

# better nutrition

July 2009

BETTERNUTRITION.COM

## AMAZING AÇAÍ

*Burn fat, boost energy—and more!*

## SUMMER CHIC

*The best products under the sun*

## GREAT EXPECTATIONS

*Healthy pregnancy tips*

## WHY YOU AREN'T LOSING WEIGHT

*Uncover the real reason*



### Relief from Summer Mishaps

**Itch Begone!** Soothe itchy, irritated, flaky skin



and rashes, including poison ivy and oak, with ALL TERRAIN DITCH THE ITCH BAR. Made with all-natural ingredients,

including tea tree oil, neem oil, and oat extract, the bar comes in biodegradable packaging.