

JILLIAN MICHAELS'  
FAVORITE THINGS, P. 48

THE SHOPPING MAGAZINE FOR NATURAL LIVING

# 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*

### Super Summer Product Guide

**Puerh Iced Tea** A new antioxidant-rich iced tea—Puerh (“poo-air”)—has been introduced by NUMI ORGANIC TEA. Harvested from 500-year-old organic tea trees in the Yunnan region of China, flavors include Mango Passion Puerh Black Tea, Peach Nectar Puerh Green Tea, and Moroccan Mint Puerh Green Tea.

