

delicious Living

FEEL GOOD/LIVE WELL

Special
COUPON
section
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Eating for charity

Do good with your dollars by supporting ethics-conscious food companies. Here, the best of the bunch to munch:

THE PICK Fair trade chocolate

THE PAYBACK Cocoa harvested by farms and co-ops that pay a living wage and often use organic practices

BUY IT Online at www.globalexchange.org

THE PICK Rainforest Alliance—certified coffee

THE PAYBACK Farmed without the use of pesticides that damage the rain forest; harvesters are treated according to fair labor laws.

BUY IT Log on to www.rainforest-alliance.org to find a retailer near you.

THE PICK EcoFish shellfish and fish

THE PAYBACK Caught without harming marine habitats; 25 percent of profits go to promote sustainable fishing.

BUY IT Log on to www.ecofish.com or call 877-214-3474 for a seller in your area. —Camille Noe

A guide to women's health

How to **ENERGIZE** your **SEX DRIVE** naturally

Food **OBSESSION** When **healthy eating** becomes **harmful**

5 Southeast Asian **RECIPES**

The **scoop** on **PUMPKIN** nutrition

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By Natural Product Retailers