

* 40th Anniversary Special!

The Best of Natural Health®

feel good » look good » do good

40 changes to make now

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yoga + water = **bliss**

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JULY/AUGUST 2011

DISPLAY UNTIL AUGUST 8, 2011
USA \$4.99 CANADA \$6.99

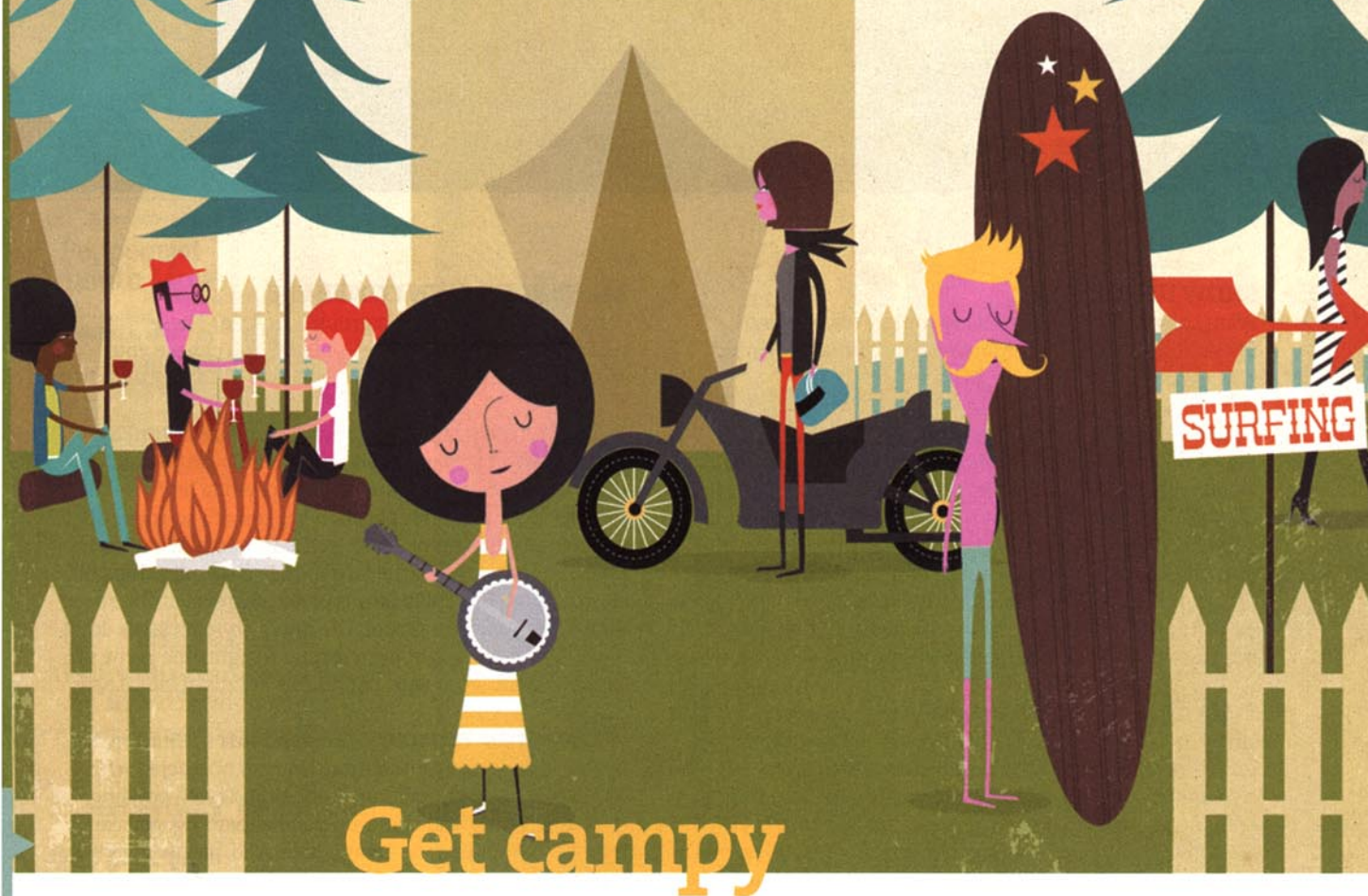


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inspirations for a healthier you

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Get campy

by Meghan Rabbitt

Summertime adventures for grown-ups



Does the thought of sleep-away camp conjure up memories of first kisses, s'mores around the campfire and adventures in the woods—or homesickness, bad cafeteria food and poison ivy? No matter what your experience was like when you were a kid, these grown-up getaways will remind you of the best of what summer camp is all about. These spots offer opportunities to immerse yourself in something new, make friends and have a ton of fun—minus the mosquito nets, bug juice and questionable sloppy joes. So if you're looking for more stimulation on your next vacation than you'd get lolling on the beach sipping margaritas, get packing. (No putting your clothes in zip-lock baggies required.) »



Ride a horse or a wave at one of these camps for grown-ups.



SHOW UP FOR FUN

Want someone else to plan every minute of your day? Choose one of these day camps based on what jibes most with your interests.

*** Rev things up** Always wonder what it feels like to ride a hog? For big kids who like big bikes, check out **Camp H-D**, hosted by the Harley-Davidson Museum in Milwaukee. These five-day adventures include group rides, a museum tour, meet-and-greets with Harley-Davidson executives, outings in Milwaukee and more. \$3,000 per person, which includes hotel, food, transportation (not including airfare) and access to planned activities; go to hdmuseum.com for more information.

*** Hang ten** Get in touch with your inner soul surfer and head to La Jolla Shores, Calif., to learn how to ride waves with the best of 'em. **Surf Diva** holds two-day and five-day women-only camps for beginner and intermediate surfers, with morning and afternoon sessions taught by world-class surfers. (Can't sneak away this summer? Surf Diva offers camp sessions all year round—in Southern California and Costa Rica!) \$1,500 per person for five days, which includes meals, lodging, surf equipment and instruction and transportation to all activities (not including airfare); check out surfdiva.com for more information.

*** Say cheers** Calling all wine lovers: A three-night, four-day stay at **Ellis House Wine Camp** on the east end of Long Island, N.Y.—an under-the-radar wine-making region—includes behind-the-scenes tours with winemakers and private tastings at the area's award-winning wineries. You'll also have time to explore the region's many vineyards, quaint villages and beautiful beaches. \$1,000 per person, which includes lodging, breakfasts, al fresco lunches and food-and-wine-pairing dinners; visit ellishouseandb.com for more info.

MAKE YOUR OWN ITINERARY

Not a fan of adhering to a group schedule? These resorts have a camplike feel—but let you choose your own activities and adventures.

*** Do it cowgirl style** **The Alisal Guest Ranch and Resort** in Solvang, Calif., is a working cattle ranch 35 miles north of Santa Barbara. Join a cowboy on horseback (or haywagon) and ride through the resort's 50 miles of scenic trails; fly-fish or kayak in the 100-acre Alisal Lake; play a round at one of the two 18-hole championship golf courses; hike, bike, play tennis or simply relax at the spa or outdoor swimming pool. The ranch-style cottages don't have TVs, which might even inspire a nighttime game of Truth or Dare. From \$495 per double per night; alisal.com

*** Dive into nature** **Palmetto Bluff** in Bluffton, S.C., is a dog-friendly resort on more than 20,000 acres with 37 miles of oceanfront. From croquet and lawn bowling to watercrafting and stand-up paddleboarding, you can try every summer sport imaginable. And, nature lovers rejoice: The resort is a conservancy, where researchers conduct all kinds of real-world experiments—and let guests take part in them. You can go bird watching or even on an alligator-tracking expedition with the conservancy's scientists. From \$350 per night; palmetto-bluff.com

*** Find a desert oasis** **L'Auberge de Sedona** in Sedona, Ariz., is nestled on the terra cotta banks of Sedona's red rock country. Take stargazing lessons with an astronomer, hike through the area's famous red rocks (stop by the concierge or one of the city's many "Hike House" kiosks around town to choose a walk that's just your speed) or head into town to check out the art galleries. And if you're worried about the heat, don't be: Sedona is typically about 20 degrees cooler than Phoenix, proving that you *can* visit sizzling-hot Arizona in the summer. From \$255 to \$1,050 per night; lauberge.com ✕