

TODAY'S Health & Wellness

SPECIAL BULLETIN
allergies

Your National Health & Wellness Club magazine

Look
On
the
bright
side

LIVE
LONGER
AND
BETTER

STATINS
THE NEW
WONDER DRUG?

THE
TRUTH
ABOUT
CARBS

6
EASY
WAYS TO
AVOID
EXERCISE
INJURY

LOSE
THE
LAST
20 LBS
WITH MEMBER
TRES
DENDINGER

5
MINUTES
10
INGREDIENTS
15
LUNCHES





NANCY DERHEIM
product test editor

This seal is awarded to the following products, which selected testers recommend to fellow Club members. At least 67 percent of testers need to recommend a product for it to receive the Member Tested and Recommended Seal of Approval

- 6,028 Club members tested products for this issue
- Total retail value of products tested: \$41,957
- Ratings are based on a scale of 1 to 10, with 10 being the highest rating
- To be a tester, call Member Services at (877) 750-9348 or visit our Web site, www.healthandwellnessclub.com

D See the Deals & Discounts section (under Member Benefits) at www.healthandwellnessclub.com for special offers from these companies.

produce washer

The Samson Multi-Purpose Washer GWB-300 (\$349) removes 98.9 percent of pesticides and agricultural chemicals from fruit and vegetables. You can also use it to clean and sterilize kitchenware, baby toys, and other objects. Features the 3D SOUL System, which decontaminates, disinfects, and deodorizes with NanoSilver, O₃, and ultrasonic technologies. No installation required.

"The Samson washer provided cleaning power not only for fruits and vegetables, but also for jewelry and eyeglasses."

— Darcel Rhodes, Raeford, NC

"The washer was excellent for cleaning vegetables and fruits."

— Rhonda Ricci, Johnston, RI



member ratings

Quality	9.4
Performance	10.0
Ease of use	7.5

Greenbison, Inc.
(888) 992-7333
www.samsonjuicers.com

wicking nightgown

The Mikayla Nightgown (\$60) is designed for women with night sweats to ensure a comfortable night's sleep. The fabric wicks moisture from the body to keep you cool on hot nights and warm on chilly ones. The nightgown retains its wicking properties even after multiple washings. Wicking J. Sleepwear offers a full line of sleepwear and loungewear styles.

"The nightgown was attractive, but more important, it did wick away perspiration from night sweats so I wasn't chilled."

— Peggy Humbracht, Camp Crook, SD

"It works! I didn't wake up during the night soaking wet."

— Jean Wooten, Welch, WV



member ratings

Quality	8.7
Effectiveness	7.6
Comfort	8.8

D Wicking J. Sleepwear
(866) 674-0309
www.wickingsleepwear.com



low-carb pasta

Dreamfields Healthy Low Carb Living Pasta (\$2.59/16 ounces) is made of durum wheat semolina combined with a fiber and protein blend. One serving of the pasta contains only 5 grams of digestible carbohydrate (compared with the 32 to 40 grams in typical pasta), yet has the taste and texture of traditional pasta. Contains no soy or other fillers.

"Dreamfields pasta has great flavor and texture. There's no guilt in eating a large bowl since the carb content is much lower."

— Jennifer Jensen, Murray, UT

"For carb-watching pasta lovers, this is a dream come true!"

— Sally Stewart, Marana, AZ



member ratings

Quality	8.3
Flavor	8.1
Nutrition Value	8.2

Dreamfields Company
www.dreamfieldsfoods.com

sugar-free cookies

Jennies Zero Net Carb Macaroons (\$4.99/5 ounces) are available in coconut, carob, or chocolate. They are sweetened with maltitol and contain no sugar, gluten, or trans fats.

"The texture and taste of the macaroons were not compromised by decreasing the carbs."

— Marilyn Hanson, Billings, MT

"Diabetics and carb watchers now have an additional great-tasting food choice."

— Charles Greninger, Lebanon, PA

member ratings

Quality	8.1
Flavor	8.7
Nutrition value	6.8



Red Mill Farms, Inc.
(718) 384-2150
www.zerocarbsjenniesmacaroons.com

water pillow

The AquaCore Therapeutic Water Support Pillow (\$84.99) combines a soft, down-like feel with water and foam. The water-filled chamber nestles between fiber chambers. Adjust the amount of water to affect the firmness. Optional cervical insert helps to maintain head and neck position.



"This pillow provided firm support for my head and neck. You can adjust the firmness simply by adding or removing water."

— John Megyesi, Huron, OH

"The pillow is very comfortable and has helped with my neck and shoulder pain. We did find it very heavy for travel, however."

— Lori Plekker, Los Angeles, CA

member ratings

Quality	7.9
Ease of use	6.1
Rated against similar products	8.3

Core Products International, Inc.
(800) 365-3047
www.coreproducts.com

ionizing filter

Holmes Harmony Ionizing HEPA Air Purifier (\$49.99) is equipped with a carbon odor-reducing filter and an electronic ionizer that assists in particle removal. Slim and quiet, it fits into any décor. The indicator lets you know when you need a new filter. Recommended for use in rooms up to 10 x 12 ft.



"I recommend the Holmes Air Purifier because it works well to clear the air of odors so quietly and efficiently."

— Valerie Warner, Laurel, MD

"The price is great, the looks are great, and it doesn't take up much space. It cleans the air of unpleasant odors quickly."

— Emma Felton, Clinton Township, MI

member ratings

Quality	9.0
Performance	8.8
Design	8.7

Holmes Group
(800) 546-5637
www.holmesproducts.com