



Earth Friendly Products Baby Ecos—Stain & Odor Remover

This stuff smells fresh and works even better. Because I am crazy about my dog I'm really conscientious about what products I use in my house. I try to keep chemicals and toxins out of my cleaning products. I will be buying this again, it works for spills on floors and counters. It was gentle and non-toxic and I found it worked well on the carpet where my dog threw up.



Aubrey Natural Baby & Kids Body Lotion

I always put lotion on my feet when I get out of the shower and then put fuzzy socks on, so that's what I was using it for and my feet were definitely softer the next day. The smell is pleasant, it smells a little bit like vanilla.

North American Herb & Spice & Nail-It

I love the Nail-It product! Often I am shooting physically demanding scenes and I'm constantly chipping nails, so I had been searching for a good product to keep my nails thicker and stronger, and I think I found it.



Rejuvila Marine Collagen & Elastin Polypeptides

My hair has been feeling much thicker since I started taking this product! Plus my skin felt hydrated and it helped my joints too.



Spry Xylitol Oral Rinse

Loved this stuff. Xylitol is great at reducing bacteria and a lot of what causes bad breath is bacteria in the mouth, so this really kept my breath super fresh and smelling great all day long. It's much better than chewing gum because that effect only lasts a little while—this was clearly getting to the root of the problem.



Immune-Tree Colostrum Moo Chews

These were tasty. I took them to set with me and found them effective against the flu. Everyone is always getting sick on set so you need to take precautions, especially ones that taste this good.

Linwoods Ground Organic Flaxseed

This stuff was awesome. I make smoothies for breakfast a few times a week so I scooped some into my smoothies for extra fiber and protein. Flaxseed gives you protein, helps cholesterol, oxygen transport, and it's an excellent source of fiber. Highly recommend.



Showerwise Filtration System

This filter works wonders! My hair felt cleaner and healthier, as did my skin. I mean who wants chemicals in their hair or on their face, or worse, down their throat? Whenever I showered I had to close my eyes because they would get so irritated from the water, and with this I didn't have to do that anymore. It reduces chlorine by up to 95%!



Genesis Today Gen Essentials—Organic Total Nutrition—Liquid Dietary Supplement

This superfood blend includes green vegetables, spinach, carrots, and tons of botanicals. I found when mixed with grapefruit juice it was an easy way to take my vitamins and supplements in a liquid form.



Barlean's Omega Swirl Fish Oil

I was afraid to try this because I thought, "Who wants to drink fish oil?" But it was surprisingly yummy and tasted just like drinking a smoothie or liquid yogurt. A great way to get your daily dose of fish oils without the fishy aftertaste.

BITSIE TULLOCH

HARVARD GRAD FALLING

Prey to Acting

Elizabeth "Bitsie" Tulloch got her name from her bomber pilot grandfather. Born in San Diego, she grew up in Spain, Uruguay and Argentina, as her father was an international banker.

Starring as "Sally" in *Quarterlife*, *Los Angeles Times* said, "Superbly performed... the scene at the end of the play, between Sally (Bitsie Tulloch) and Jack (Clark Freeman), was heartbreaking and beautiful...The lead actress, Bitsie Tulloch, [was] absolutely brilliant."

She played a lead role in Tom Hanks' *Parklands* about John F. Kennedy's assassination and had to relive the nation's pre-9/11 epicenter as Abraham Zapruder's assistant beside Paul Giamatti. She co-starred in the Academy Award winning best film *The Artist*. See her in *Lakeview Terrace* with Samuel L. Jackson. She's been doing *Grimm* on NBC since 2011. The cop drama takes tales from Grimm and puts them into dark fantasy.

HL: What has this role taught you about your own relationships?

BT: Patience. I'm extremely stubborn and impatient and Juliette has always been so thoughtful and patient with Nick. It's definitely something I've taken into consideration since I started playing the role.

HL: You just played Marilyn Sitzman, the assistant to Abraham Zapruder, in the 2013 film *Parkland*, a film about the days following the JFK assassination. How did you like working with Paul Giamatti?



BT: I loved it and have remained close with Paul. It was so important for us to feel close to each other not only because of what our two characters went through but because Zapruder was so close to all his employees. Our director Peter Landesman showed me home videos Zapruder had shot of his family interacting with his employees to get an idea of that intimacy. The first day of production Paul and I spent on the grassy knoll in Dealey Plaza in Dallas, watching JFK get assassinated. So it was incredibly intense and emotional from the start and I was lucky to be working with such a generous, talented and humble partner.



to remember November 22, 1963, remembers everything about it—what the weather was like, where they were, who they were with. It's the same for me regarding 9/11. I was in college and woke up to a ton of phone calls and ran into the common room with a bunch of other students to watch the news. It was super traumatic since both my sister and dad worked downtown (they were nearby but safe)—a day I'll never forget.

HL: *How did you fall prey to acting?*

BT: My intention was always to go to graduate school and get a masters in art history—I wanted to run an art gallery. But I took a year off and flew to LA and the rest is history! Basically the short version is that I went with a friend to an acting class and after auditing a few terrible classes I fell into the hands of the perfect teacher for me, and through her I fell in love with theater.

HL: *Who are your favorite authors?*

BT: Haruki Murakami. Books like *1Q84* and *The Wind-Up Bird Chronicle* are some of my favorites! I have read almost everything of his and I love that feeling of knowing an author so well that you feel immediately intimate when you come across a familiar metaphor or symbol in their novels—feels like family. I also love Alice Munro, Thomas Pynchon and Jhumpa Lahiri.

HL: *Who are your favorite artists?*

BT: I recently bought an awesome photograph of a lake in Washington by Matthew Brandt—since I've lived in Portland the last few years shooting *Grimm* it was my tribute to the Pacific Northwest. Before that I bought a cool print of Shakespeare by Raymond Pettibon and a print by Elizabeth Peyton. I have an awesome photograph by Kehinde Wiley and a great one by Mark Laita. My friend Sean Flynn recently sent me a beautiful photograph he took of Amsterdam that I adore. But my favorite acquisition this year was four ceramic plates by Mexican artist Eduardo Sarabia—they're cheeky and irreverent and I love them!

HL: *What are your favorite ways to stay in shape?*

BT: I take private Pilates and gyrotonic sessions 2-3 times a week. I love Pilates because it strengthens my core and gyrotonics because it strengthens my back. I have minor scoliosis so I try not to run too much, and I've found that Pilates and gyrotonics are really effective ways of staying in shape without doing too much high-impact cardio.

HL: *Do you use alternative medicine?*

BT: I go to acupuncture once a week to help with the chronic sinus infections I was getting in Portland. It took about a month to take effect but once it did, it really helped clear my sinuses and improved my circulation.

HL: *Do you use any dietary supplements, foods or beverages to keep you at your level best when on the set?*

BT: I try to take homeopathic remedies when possible. I swear by Wellness Formula—it makes you burp but it definitely helps ward off sickness. I drink kombucha a few times a week and snack on golden berries. I've always been pretty good about eating Greek yogurt and taking probiotics.

HL: *What demands did working with Tom Hanks put on you?*

BT: The producers—Tom Hanks and Gary Goetzman from Playtone—have quite a stellar resume, so it was intimidating working for them. But more than that, there were several Academy Award winners and nominees among the cast (Marcia Gay Harden, Paul Giamatti, Jacki Weaver, Billy Bob Thornton) so I worked harder than ever on my role because I didn't want to let them down. I came ready to play ball.

HL: *Did the film offer you any additional insights into those tragic events?*

BT: Definitely. I realized the JFK assassination was to my parents' generation what 9/11 was to mine. Everyone old enough



Omega 7—Eye Relief—Sea Buckthorn Oil for Eye Hydration and Comfort

This is one of the products I most immediately saw results from. I've been wearing contact lenses for 20 years and am constantly struggling with dry, irritated eyes and I quickly noticed I was using fewer lubricant eye drops during the day.



Wakunaga-Kyolic—Aged Garlic Extract Blood Sugar Balance

This product works well for people who want to maintain healthy blood sugar levels. I'm not diabetic or anything so that's not something I'm generally super aware of, but I did find I was wanting to snack less during the days I took this. I was afraid there would be a garlic aftertaste and was pleasantly surprised that there wasn't one.



Traumaplant Comfrey Cream Topical Cream

Non-toxic, soothing topical cream. It is an anti-inflammatory and sped up the healing of a nasty scrape and bruise on my shin. I added it to my little home remedy kit.

HealthDirect—AminoSculpt Anti-Aging Liquid Collagen

helps rid me of PMS bloat. I felt renewed with more energy, healthier looking skin and luscious hair.



Broo Conditioner and Shampoo

I have damaged hair from several years of dyeing it red for Grimm, and this product rinsed well and made my hair shiny and bouncy. I will buy it again. It's sulfate-free and PH-balanced and smells like cupcakes!

EcoNugenics Integrative Digestive Formula Promotes Healthy Digestive Function

This product promotes downward digestive movement to ease indigestion and heartburn—sometimes I am so busy I eat my food way too fast and get an upset stomach and found I never had that problem when taking this supplement.



Ancient Secrets—Breathe Again Hypertonic Seawater Nasal Spray

Excellent for allergy sufferers, this product allowed me to breathe easier, and I found it helped my other nasal sprays (for sinus infections) work better.

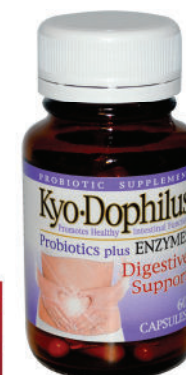
Redd Remedies In Joy Dietary Supplements

Good product. I noticed it made me feel more relaxed but not sedated.



Applied Nutrition Liquid Collagen

This product was perfect for me because I don't like drinking water, so adding it to my water for flavor was yummy—tastes like strawberries—and comes in individual vials I can throw in my purse. Better yet, after a few weeks my skin felt smoother and plump.



Wakunaga—Kyo-Dophilus Probiotics Plus Enzymes Digestive Support

I was excited to try this product! I am always reading about digestive enzymes and felt like this worked very well to help digest my food and keep me from feeling bloated (which is saying a lot, since I know I eat too much salt).



Terry Naturally Europharma Vectomega

Whole food omega 3 fatty acids from salmon: I liked this because I take krill oil for my skin, and this worked just as well without the nasty fish aftertaste (although they do smell fishy when you pop them out of the foil). One of the best side

effects was that it seemed to be helping my memory—not that I'm experiencing memory loss or anything like that, but I do lose my car keys all the time and this supplement made me feel more alert.



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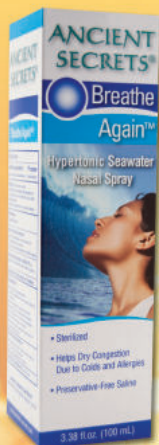
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HL: What else do you do for health?

BT: I like to hike—there's a beautiful hike up to the top of Multnomah Falls—about 1.25 miles—which may seem wimpy, but it's so steep that by the time you make it to the top you NEED to take a rest and enjoy the view.

HL: What are the biggest problems that you face in your own career?

BT: Myself! For the vast majority of actors, it's a tremendous amount of rejection and you have to have really thick skin and not take anything too personally. There's so much that's out of your control in the entertainment industry, which can be hard to stomach, so you really need to hold yourself accountable for the little that IS in your control and walk into every audition uber-prepared to do your best.

HL: What has been your favorite role?

BT: I will always have a soft spot in my heart for *Quarterlife*. Maybe because it was one of the first jobs I ever booked, or where I was in my life when I booked it, or the family the cast and crew created. I'm still really close to our creator/Executive Producer Marshall Herskovitz and will always credit him for being the person who took a chance on me early on. My character Dylan was really different from me—she didn't care what people thought of her and was edgy and artistic and opinionated and flawed and I was smitten with her. ■



Aloe Life Skin Gel

The gel works for me because aloe vera tends to be super sticky and this wasn't. I liked the lotion for the same reason—it was very light and fresh.



Organic Apple Cider Vinegar—All Natural Drink—Apple Cider Vinegar & Honey

I felt like it was cleaning me from the inside out. It was especially good after a workout. I was deeply fatigued and this gave me the extra stamina to finish a tough session with my trainer.



BioRenew Real Water

I would spray this under my tongue before workouts to make sure I didn't get dehydrated. It helped me sustain energy. It's nice because I spray it under my tongue so I was worried it would taste gross but it's pretty tasteless.