



### Sovereign Silver Bio-Active Silver Hydrosol/ Homeopathic First-Aid Gel

I didn't know much about silver until I bought my first products years ago. Now whenever I feel something coming on I take Sovereign Silver and feel better. Bio-active silver hydrosol liquid or homeopathic first-aid gel basically kills whatever virus or bacteria is there and regenerates tissue. I always want silver in my home for any little cut or bruise.



### Earth Friendly Products Fruit and Veggie Wash/WAVE Dishwashing Gel, Parsley Plus

I am interested in making my home safe and keeping chemical toxins away from mine and my daughter's bodies. Earth Friendly Products' Fruit and Veggie Wash sits next to my sink along with WAVE dishwashing gel. My housekeeper uses Parsley Plus to clean everything. Yes, my house smells like a salad and it's clean and healthy.

### EcoNugenics Integrative Digestive Formula

What has been really frustrating to me is that a lot of vegetarian meat substitutes I like have gluten. But with Integrative Digestive Formula that problem is solved. It's completely gluten free. This formula with pomegranate, pepper fruit, ginger, cassia and tangerine needs to be in my purse at all times to help with bloating.

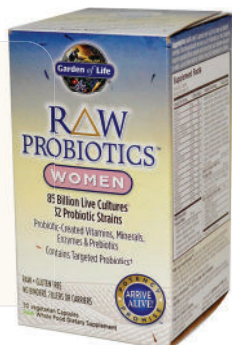


### Kyolic Aged Garlic Extract

Before I start getting sick or feel like I'm getting run down I'll make soup with tons of garlic. But Aged Garlic Extract without the odor, a pill that doesn't make me smell like death the next day, excites me. AGE helps my heart and even protects my body from chemicals in the environment.

### Garden of Life Raw Probiotics

We all need probiotics. Nobody has time to eat yogurt everyday. So go raw. I use Garden of Life Raw Probiotics.



### Everyday Throat Spray

This is the time of year when you do want a throat spray you can rely on. Everyday Throat Spray is in my purse for me and my daughter. I am always hanging out with kids and going to playgrounds. I hate having my daughter sick. Whenever the weather changes drastically, I always get sick too. When I use Everyday Throat Spray with herbs like osha root, Echinacea and licorice for infection fighting, ginger for relieving inflammation and nausea, and colloidal silver, I know it will kill germs and soothe my throat.



### Immune Tree Colostrum 6

My daughter was adopted but I am really happy that the biological mother breastfed her. I truly believe that if I were to have another child I would try my hardest to breastfeed. I think it is important for the colostrum. I use Colostrum6 along the same lines to boost the immune system and fight the flu for both me and my daughter. The strawberry chewables are for my daughter.



### Bragg Hawaiian Dressing & Marinade

I have always used apple cider vinegar. I eat salads a lot so I use Bragg organic raw apple cider vinegar frequently and I notice when I do, I feel very good, so I put it in my dressings, but sometimes I don't have time to make them. Bragg's Hawaiian Dressing has it in there and you can just use it on the go. Apple cider vinegar kills bacteria and helps the stomach. Apple cider vinegar cleanses, neutralizes, helps your immune system, prevents getting colds and flus and is an anti-acid.



### Barlean's Omega Swirl Lemon Zest

Swirls are on my list because their vegetarian formulas give you your omega-3s from flaxseed and taste like smoothies. I had my blood work done recently and my mercury was high because when I was on a diet I had fish every day. Barlean's Swirls are my way to get omega-3 fatty acids without fish oil.

Mayte Garcia was, but never just, wife of pop star Prince from 1996 to 2000. She came to his attention in 1990 at 17 as a dancer and vocalist, joining his performance company The New Power Generation. Didn't last. She became his muse, fantasy and, costumed as Egyptian princess, *Love Symbol* inspiration. He produced her album *Child of the Sun*.

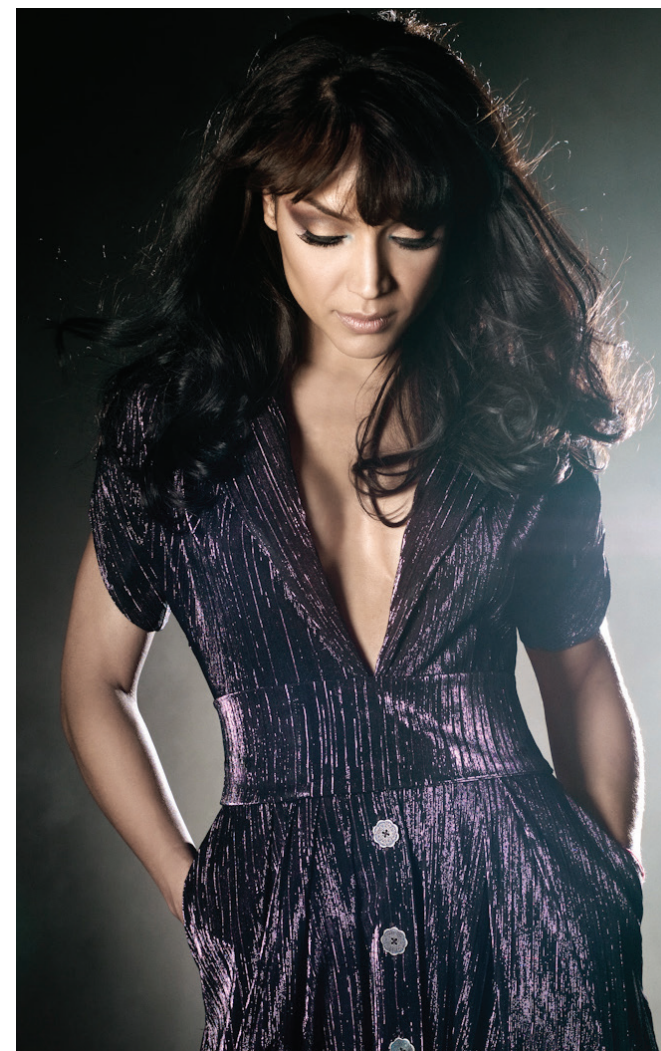
She married in white, holding his glyph, white doves released into the sky. Their child Boy Gregory died a week after birth from a skull defect, Pfeiffer syndrome. The marriage ended in 2000. Next came a relationship with Mötley Crüe's Tommy Lee. Since then, she has directed music videos for Prince, Chaka Khan, Graham Central Station and choreographed the belly dancing routines Britney Spears moved to in "I'm a Slave 4 U" at the MTV Video Music Awards. She's played roles in *The Closer*, *Las Vegas* and *Nip/Tuck*.

**HL:** You just released a new dance exercise DVD.

**MG:** I did. *Bellydance with Mayte*. It's a beginner DVD about key movements. People always ask "How do you stay so fit?" Dancing. I try to dance everyday. It gives me sanity. I love putting good music on and working up a sweat. And I don't like to say workout. It's just taking an hour to make yourself feel good.

**HL:** Tell us about your work with animal welfare.

**MG:** I have Mayte's Rescue, a nonprofit charity. It's not just about getting animals out of shelters; it's educating people to spay and neuter these animals. They come into shelters where there is no room so they get euthanized. My work is to rescue them and find a home.



# MAYTE GARCIA

## NOT JUST PRINCE DANCER

**HL:** Since you travel frequently, and when with NPG were on the road constantly, how did you keep yourself from all of the bad food that comes with the lifestyle?

**MG:** Being on the road, I had room service and when I was on tour a caterer travels with you. So I would always request vegetables and it's so crazy because it is not so easy. Today, there are Jamba Juices. But when I was touring there wasn't any of that kind of fast food orientation. I just always had a fruit platter with me. I have trained myself since I was little. I would munch on carrots and stuff like that. I think it's healthier and I just notice the difference.

**HL:** How has being a dancer influenced your health?

**MG:** I started dancing at the age of three. Being a ballerina, fruits and vegetables are your best friends. I was never a fast food person, which is crazy because my dad's a very meat and potatoes kind of guy. Being a dancer I always had to watch what I ate and living in Europe opened my eyes to fast food. I always ate fresh and loved going to the Farmer's Market and cooking. Back when I lived there, there was maybe one McDonald's and everybody would go shopping for the day and eat and it was always fresh. People weren't buying an abundance of frozen stuff. I always ate fresh and I loved going to the farmer's markets and cooking. I have always watched what I ate.



### Redd Remedies Crave Stop

I try to control sugars but I do have coffee and I do put sugar in it. I am a woman and I definitely have cravings. Once a month I want to stick my head in a bakery and live there. That's when I need Crave Stop. It controls sugar cravings with Ayurveda herbs and important minerals like chromium.



### BioRenew Real Water

Sometimes I work out a little too hard and feel really weak; sometimes I sweat too much so I use Real Water from BioRenew for electrolyte replacement. This is a cell-salt treatment replenishing something the body lacks and needs, as opposed to relying on drugs.

### Showerwise

You don't think about it but you should. In the shower you are absorbing toxins in the water through your skin and lungs. They get into your body and that can't be good. Showerwise cleans water in your shower from major chemical toxins.



### Irwin Naturals Sunny Mood

I have mom brain; they need to create a pill called mom brain. I am sometimes like, "Where is my purse? Where is my child?" I'm one of those people holding my phone going, "Where is my phone?" I tell you, having a toddler, the stress is out of control. I thought my daughter wouldn't have the terrible twos but it is happening! So anything that can calm me and help me deal with it is great. Sunny Mood has theanine, ginseng, saffron, lemon balm and rhodiola to keep you sunny.



### Arthur Andrew Medical Neprinol

I am a dancer and get injuries and scar tissue. I need something to help with inflammation and Neprinol's systemic enzymes address the buildup

of excess water and speed up the whole repair process, keeping inflammation as low as possible. I don't want to rely on prescriptions for strains and bruises. Neprinol has bromelain, papain, rutin and amla as well other enzymes.



### Spry Toothpaste

For my daughter and me, there has to be an alternative to Crest and Colgate. Spry with xylitol is the best. Xylitol is a proven cavity fighter and it's free of any harmful ingredients.



### North American Herb & Spice Oreganol Wild Oregano, Oregafresh Toothpaste and Nail-it

Two months ago I went to the Bahamas. But before I went, I started to get a cold so I went to this juice place and the guy there said I need a shot. I took the shot and I was like, "What is that?" He told me, "Oregano oil." I didn't know about oregano oil. I am all about oregano oil now. Just try it.



### Empress' Secret

Your go-to anti-aging beverage if you want to have young skin and fight premature sagging, Empress' Secret is filled with goji berries, which I love, not to mention ginseng, dragon eye and jujube. I never tried lotus seeds until Empress' Secret but I work out five times a week now and this is what I need.

