



Barlean's Ideal Omega 3

Omega 3s are super heroes for everyone. My parents take them to reduce inflammation. I took them for my child's healthy brain development during pregnancy and to help with postpartum depression. The benefits seem endless, including the extra bonus of healthy skin and shiny hair.



Aubrey Balancing Shampoo and Conditioner

I like to use Aubrey's personal care products for my whole family. I am always looking for skin and hair care products that are free of phthalates and parabens. This shampoo smells great and is awesome for post-bath snuggling.



Earth Friendly Products Stainless Steel Cleaner & Polisher

Like many parents, I revamped all my cleaning products when I had my first child. It allows me to rest assured that I am cleaning your home without toxins, and I know that Earth Friendly Products has eliminated chemicals like triclosan and dioxane are found in mainstream cleaners.



Beauty Without Cruelty Shampoo and Conditioner

Just the name of this company automatically would make me a fan but the feel on my skin and in my hair makes me a devotee. Beauty Without Cruelty, yes, please.



Genesis Today Total Nutrition and Sea Buckthorn 100

I've just been introduced to sea buckthorn oil for beautiful skin and weight loss as well as keeping one's eyes and membranes throughout the body moist. Both Drs Andrew Weil and Mehmet Oz have extolled its many virtues and I'm excited to try.



Garden of Life Raw Cleanse

I try to do a one-or two-week cleanse a couple of times a year. Cleansing improves mood and sleep and increases energy. Even if you have the cleanest diet, using cleansing products supports removal of environmental toxins and pollutants.



EcoNugenics Digestive Formula

I take enzymes daily. Let's face it, as we age, and with our hectic lifestyles, we need a little help digesting.



Immune-Tree Colostrum Moo Chews (for kids)

When I had my kids, the doctors and nurses in the hospital referred to colostrum as liquid gold. It provides newborns with a crucial dose of antibodies, growth factors and antimicrobial compounds. Now we can have access to colostrum supplements as adults and for our children.



Bragg Ginger & Sesame Salad Dressing

I love Bragg Live Foods and feel great about giving these products to my family. Patricia and Paul Bragg are pioneers in creating a brand of all-natural living foods. Their products are so clean you can use them on a detox. This yummy dressing contains two of my all-time favorite products: liquid aminos and apple cider vinegar. Bragg products are not only delicious condiments but also useful supplements. I've been using them for years.



Aloe Life Cherry Berry Juice

Aloe juice is incredibly soothing for the digestive system. My friend thought he was getting an ulcer and supplementing with aloe juice relieved his symptoms. Aloe Life Cherry Berry is my go-to morning drink whenever I feel a little colicky.



SARAH RAFFERTY

YALE'S SUITS STAR

Sarah Rafferty, starring in USA Network's *Suits*, has been in American television since 2001, appearing in *The Practice*, *Law & Order* and *CSI*, among other top shows. A graduate of the Yale University School of Drama with a master's degree in fine arts, Rafferty met her husband Aleksanteri Olli-Pekka Seppälä there; they married in 2001 and have two daughters.

HL: *We understand your Valentine's Day celebrations are a little different—tell us how.*

SR: It's true that my daughters and I have lots of fun making old school valentine cards with doilies, construction paper and glitter. Last year, for example, my husband and I skipped the usual romantic night at a restaurant and we

snuck off for a quick ski trip. Seven runs and we were on our way home to the kids and a much needed Epsom salt bath.

HL: *What is your health routine?*

SR: No big secrets here. I feel my best when I eat whole foods and avoid the processed stuff. If it grows and doesn't come in a box or a bag with mysterious ingredients, I will eat it.

HL: *What is one healthy thing you do every day?*

SR: I eat my fresh fruits and veggies and other whole foods. I avoid wheat and dairy, but I occasionally indulge. My husband is from Europe. He believes that cheese makes the world a better place.

HL: *What supplements/herbs are you currently taking?*

SR: I always take a prenatal vitamin even when I'm not pregnant or breastfeeding. I also take vitamin D, probiotics, digestive enzymes and omega-3s every day.

HL: *What constitutes passion in your life?*

SR: Leaping out of bed to do something... (or in the spirit of Valentine's Day perhaps into bed). If you lose track of time, get in the zone and skip a meal or a nap, you're probably engaging in something you are passionate about. It tends to happen most dramatically when people are in service of others.

HL: *You come from a family rich in the arts—your mother was chairman of a university English literature department and your father an oil painter—and you have a background in theatre. Did your parents influence this passion? Did you always know this is the career you wanted?*

SR: Every year my parents would load all four daughters onto the commuter train for a big Broadway show. I remember leaping to my feet during the *Les Miserables* curtain call. My sister Connie and I had tears running down our cheeks and we subsequently spent summer vacation belting out tunes to the soundtrack. My parents are definitely responsible for getting me smitten by the theatre bug early in life. We still go to the theatre together whenever I am home. And yes, ever since I played *Really Rosie* in the sixth grade play, I have wanted to be an actor. My parents always encouraged me to follow my passion. I couldn't be more grateful. ■



North American Herb & Spice Oreganol Oil of Wild Oregano p73 Soft Gels

Whenever someone starts to get sick on set, we all pound the oregano oil to fight off infection. I'm so grateful for the soft gels, which are much easier to take than the drops; trust me.

Showerwise Shower Filter

We drink purified water but often forget that we also take in toxins through our skin and inhalation. This shower filter system is a way to remove harmful chemicals such as chlorine from the water you bathe in.



Genesis Today Total Nutrition

Total Nutrition from Genesis Today is the multivitamin shot I've been looking for. My one-a-day. One swig of these little Total Nutrition "shots," and I've taken care of my vitamin-mineral needs for an entire day. Not bad and they taste delicious, too.



Kyolic KyoDophilus Probiotics

I take probiotics every day. Healthy intestinal flora keeps things moving so to speak but is also crucial to building a strong immune system.



Kyolic Stress & Fatigue Relief

We work crazy hours on set. Supplementing with B vitamins is essential. They help fight the fatigue and the formula's deodorized Aged Garlic Extract keeps the immune system strong.



Sovereign Silver Bio-Active Silver Hydrosol

Last year, there was a terrible flu going around. Everyone I knew got it. I was introduced to silver hydrosol by my homeopath when I first started to get sick. I'm convinced that my symptoms and the duration of my sickness were radically reduced.

