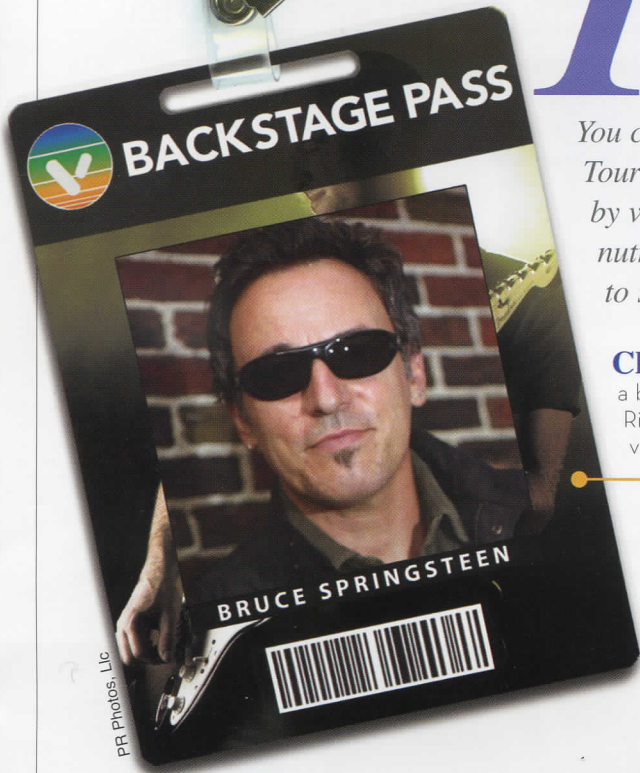


Backstage Pass



You can tell a lot about celebrities by reading their *Tour Riders*, which are lists of requirements to be met by venues where they are performing. As it turns out, nutrition is often at the top of the list when it comes to stars' dressing room demands:

Christina Aguilera: This chart-topping pop songstress is a big believer in pre-performance nutrition – among her Tour Rider requirements are requests for Echinacea, chewable vitamin C, soy milk and assorted energy bars.

Bruce Springsteen: According to his tour documents, The Boss might just be a natural health buff: he requests that his dressing room be fully stocked with whey protein powder, soy protein powder, vitamin C, and green tea. Perhaps this energizing nutrition helps power Springsteen through his legendary marathon concerts.



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Sheryl Crow: This Grammy-award winning musician requests dissolving vitamin C and B12 packets in her dressing room. A breast cancer survivor, Crow also advocates fortifying the immune system with acupuncture and herbal teas.

Prince: Pushing 50, this inimitable musical genius may have nutrition to thank for his high-energy performances. The Purple One requires that a physician be available at show venues to administer a shot of vitamin B12 before he takes the stage.

WHY? DETOX

Detoxification is a hot natural health topic, driving sales of popular supplements like psyllium husk, goldenseal, milk thistle, dandelion root and colon cleansers.

Confronting Toxic Contamination in Our Communities, a report by the Women's Health Foundation of California, explains that detoxification practices may be well-warranted. Not surprisingly, the report suggests that the ever-increasing toxic load in our bodies may negatively impact health in a number of different ways.¹ Additionally, the report asserts that, due to societal and physiological reasons, women may be more sensitive to toxic dangers than men.

For the full report on toxicity, visit www.womensfoundca.org



Mineral Immunity

Despite our best efforts, sometimes catching that annoying common cold is unavoidable. Thankfully, studies suggest that our immune system may be strengthened by natural nutrition – and that the mineral Zinc may be especially soothing. According to research conducted by the Cleveland Clinic Foundation, study participants who took one zinc lozenge every two waking hours while suffering from the common cold reduced the duration of their symptoms by nearly 50%.²

¹Women's Health Foundation of California. *Confronting Toxic Contamination in Our Communities: Women's Health and California's Future*. 2003. Available at: www.womensfoundca.org

²Mossad, S. et al. Zinc Glutamate Lozenges for Treating the Common Cold: A Randomized, Double-Blind, Placebo Controlled Study. *Annals of Internal Medicine*, July, 1996. Vol. 125, Is. 2, Pgs. 81-88.