

METABOLIC CHANGE MAY 2020 NEWSLETTER



HEALTHY COMFORT FOOD COOKBOOKS

Great food is comfort food. Alton Brown cookbooks read like his tv series, full of facts and and great recipes. Moosewood Restaurant Cookbooks have rich and delicious vegetarian recipes. Chrissy Teigan's cookbooks offer creative comfort food recipes for the whole family.

1. America's Test Kitchen Comfort Food Makeovers
2. Eating Well Comfort Foods Made Healthy
3. Alton Brown Good Eats Cookbooks
4. The Moosewood Restaurant Cookbook Series
5. Cravings and Cravings: Hungry for More by Chrissy Teigan

SAFER COSMETICS

Cosmetics can be labeled as natural or organic without meeting any standards. Reading cosmetic ingredient labels is as important as reading food ingredient labels. Research a company and its products when looking for safer, cruelty-free alternatives to conventional cosmetics.

HAIR COLOR: Hair dyes used in salons contain toxic chemicals. Safer dyes are marketed for home use. Good Housekeeping names Aveda's hair dye as the safest. For their complete list of safer hair dyes, click [here](#).

SKIN CARE: The Honest Company offers non-toxic skin care products online. Burt's Bees skin care products are sold in most supermarkets and drugstores. I like Burt's Bees Facial Cleanser. For products that clean and moisturize, try Kate Somerville's skin care line.

MAKEUP: The Honest Company offers non-toxic makeup products online. For Allure's list of the 19 best natural and organic makeup brands for 2020, click [here](#).

STRAWBERRY SHORTCAKES

One of my mom's favorite recipes. Perfect for Mother's Day!

Vanilla

Raw Sugar

Sliced Strawberries

Heavy Whipping Cream

Annie's Refrigerator Biscuits

Kerrygold Butter or Earth Balance

Melt butter in microwave. Measure sugar into another bowl. Roll biscuits in butter and then sugar. Place on baking sheet and bake according to package instructions. Make whipped cream (see [DESSERTS](#)). Slice biscuits and cover with strawberries. Top with whipped cream.