

Be Good to Your Heart

The VitaClay Multicooker combines traditional clay pot cooking with computerized electronic rice cooking and programmable slow cooking that can make meals healthy, easy and time-efficient.

The VitaClay has a mineral-rich liner made from Zisha clay that retains and enhances the fresh, natural flavor of food and preserves juices and nutrients. Unlike non-stick aluminum or ceramic cookware, the clay liner is pure and free of metals and chemicals like lead or Teflon. The liner is removable and completely dishwasher and microwave safe.

The VitaClay is a time saver, through its slow cook/rice cook feature and its set-and-cook capacity, work for families who want a home-cooked meal after a busy day. It has a microcomputer and built-in thermostat that enable it to self-adjust the heat up or down based on the ingredients in the pot, the volume, and the set time. It has an extensive cooking time range from a 30-minute boil to a 20-hour slow-cook. The cooker costs \$139.99 and can be purchased at www.vitaclaychef.com, via phone at (877) 877-9121 or at stores. For more info, visit www.vitaclaychef.com.



Spring Clean Your Yoga Mat

You're feeling good about the hundreds of calories just burned in your yoga class, sweating out all the toxins from the stressful week. You head home, shower, feeling totally refreshed. But what about your yoga mat?

Did you know that the average gym mat carries about 100,000 bacteria per square centimeter? Not exactly something you want to sink your bare feet into. And while the task of cleaning this big piece of rubber (hopefully natural) may be daunting, it's something that should always be done after a sweaty workout.

To make the cleaning process a little easier and less harmful for your mat (and body), Manduka has launched a new to the market organic mat wash line. It's the first wash on the market formulated specially for natural rubber mats.

Available in two different formulas, **Mat Renew** and **Mat Restore**, and four different scents, the new yoga mat washes provide users with a non-chemical cleaning solution to keep yoga mats clean, disinfected and smelling fresh. Spring Cleaning your yoga mat may not improve your triangle pose, but it will keep it as revived as the yogis who use it. Check out the new mat washes at www.manduka.com.



Toast Valentine's Day Sweetly with your Sweetie

With Valentine's Day right around the corner **Godiva Liqueur** can add a romantic touch to your evening. Pour over ice and enjoy flavors such as Chocolate, White Chocolate, Mocha and Caramel.

A romantic evening with your sweetheart can be enhanced by using melted chocolate (known for its supposed aphrodisiac qualities) to rim your glass of Godiva Chocolate Liqueur on the rocks. To create the ultimate celebration of chocolate for Valentine's Day, can pair Godiva Liqueur in your flavor of choice with chocolate dipped strawberries. Available at most liquor or retail stores that sell alcoholic beverages.

Tea That Sparkles

Steaz has launched the first certified all-natural zero-calorie carbonated soft drink in four flavors: Raspberry, Orange, Blueberry Pomegranate and Black Cherry.

Steaz is made with organic ingredients and sweetened with the all-natural leaves of the stevia plant. Steaz Zero Calorie combines the bubbles of a soda with a cup of freshly brewed green tea, providing a 120 mg of natural tea antioxidants.

There are no calories, no carbs and no sugar added. Like all Steaz products, the line is certified organic as well as Fair Trade Certified. Steaz Zero Calorie is sold in 12 oz. fully recyclable glass bottles and four-packs. Suggested retail pricing for a four-pack is \$4.99.

Steaz (www.steaz.com) is sold in retail grocery stores such as Whole Foods Markets and Target Stores.

