

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

Note: **s** indicates a sidebar,
c indicates a chart.

- acai fruit, 125
- Accutane, 255**c**
- acetyl L-carnitine, 183, 190**c**
- acidophilus, 189**c**
- acne
 - antibiotics for, 221-222
 - case history, 212-216
 - causes of, 236, 239, 272**c**
 - products for, 328-333, 339
 - supplements for, 286, 319, 321
 - treatment for, 224-225, 228**s**, 250-252, 255-256**c**, 263**c**
- addiction programs, 78, 165
- aging. *see also* skin treatments
- age-defyers, 182-184, 249-252, 319
- caffeine and, 62
- glycation, 106**s**, 182-184, 189**c**, 190**c**
- insulin spikes and, 97
- sugar and, 58, 103
- alcohol, 76-78, 140
- Alcoholics Anonymous, 78
- allantoin, 261**c**
- allergies
 - additives and, 105
 - food, 73, 117, 126, 256**c**, 261**c**, 357
 - to supplements, 200
 - to topicals, 235, 238
 - treatment for, 56, 66, 180, 195, 272**c**, 352
- almonds, raw, 130-131
- aloe, 249, 261**c**
- alpha-hydroxy acids (AHAs), 223, 224-225, 247, 264**c**, 266**c**
- alpha-lipoic acid (ALA)
 - benefits from, 179-180, 181, 190**c**, 191**c**
 - topical skin treatments, 249, 256**c**
- aluminum chlorohydrate, 273**c**
- "American antidote" regimen, 184, 187
- American Dental Association, 293**s**
- American Dietetic Association, 91
- American Heart Association, 91, 104
- American Journal of Cardiology*, 93
- andropause, 287, 288
- animals(food), 110
- anorexia, 165, 166, 212. *see also* restrictors
- antibacterial soaps, 38**s**, 226**s**, 250, 255**c**
- antibiotics
 - for acne, 221-222, 255**c**
 - in food, 111-112, 115, 130, 240
 - natural, 133, 187, 281-282**s**
 - oral, 226**s**
 - risks of, 250-251
 - topical skin treatments, 226**s**, 263**c**
- antifungals, 250-251, 258**c**
- antihistamines, 272**c**
- anti-inflammatories, 249, 250, 262**c**, 272**c**
- antimicrobials, 44**s**, 250-251, 258**c**, 262**c**, 353, 354
- antioxidants
 - efficacy of, 180-182
 - enzyme catalysts, 182, 190**c**
 - green tea, 65-66, 69**c**, 192**c**, 199**c**, 262**c**
 - in organic food, 110
 - resveratrol, 78, 183, 184
 - for skin, 249, 259**c**, 267**c**, 278**c**
 - tocotrienols, 180
- antiperspirants, 273**c**, 352-353
- appetite suppressants, 191**c**
- apple cider vinegar, 258**c**
- apricot kernel oil, 227
- arachidonic acid, 94
- Argireline, 250, 267**c**
- Armour Thyroid, 290
- arterial embolization, 287**s**
- aspartame, 38**s**, 59-61, 105
- Aspartame (Nutrasweet): Is It Safe?* (Blaylock), 61
- Atkins, Robert, 89
- ayurvedic herbs, 255**c**
- azelaic acid, 250-251, 255**c**, 258**c**, 263**c**
- Azlex, 263**c**
- baby powder, 279**c**, 333
- baby-wipe trick, 228**s**
- Barnes basal body temperature self-test, 289**s**
- Barnes, Broda O., 289, 357
- basal temperature, 289-290
- basil, Holy, 68, 166
- bathing, 197-198, 226-227, 230, 264**c**, 265**c**
- Beauty Detox Elixir, 70-72, 74, 140, 197
- Beauty to Die For* (Vance), 237
- becocalciorol, 261**c**
- benfotiamine, 191**c**
- benzoyl peroxide, 225, 255**c**
- berberine, 255**c**
- berries, 44**s**, 75, 124-126, 184, 192**c**
- beverages, 53-83, 123, 197. *see also* *specific beverages*
- bingeing, 3-10, 161-163, 171-172b, 212.

Truth About Beauty Index

- see also* restrictors
- biochemical issues, 161-173
- Bio-Oxygen, 198
- Biosil, 268**c**
- bisphenol A (BPA), 293
- black cohosh, 287, 288
- "black hole" cravings, 9-10
- black tea, 67, 249, 274, 276**c**
- bladder cancer, 227
- Blaylock, Russell L., 61, 105
- blood sugar. *see also* caffeine; diabetes; insulin
- addiction and, 78
 - alcohol and, 140
 - spikes in, 55-57, 72-73, 92, 97, 99-100, 196
 - stabilizing nutrients, 165-166, 189**c**, 191-192**c**
- blueberries, 44**s**, 125, 184
- blue-light therapy, 263**c**
- Bodenheimer, Thomas S., 37**s**
- body image, 23-24**s**
- body powders, 279**c**
- bone density tests, 286**s**
- borage seed oils, 195
- bras, wireless, 200**s**
- brazil nut milk, 73
- bread, 119-120
- breakfast, 109-110
- breast cancer
- hormone replacement therapy (HRT) and, 287-288
 - incidence of, 65, 111, 234-235, 287-288
 - protection from, 36, 93, 134, 198, 199**c**, 200**c**
 - risk increase, 77
- breast health, supplements for, 198-200, 288, 319
- Brevail, 199**c**, 288
- broccoli, 36, 199**c**
- broken capillaries, 263**c**
- Brownstein, Arlen, 263**c**
- bulimia, 165. *see also* restrictors
- burdock, 69**c**
- caffeine, 62-65, 79**c**, 162-163, 257**c**, 290
- Caffeine Blues* (Cherniske), 62, 290
- calcium, 73-74, 130, 177, 186. *see also* dairy products
- California Safe Cosmetics Act, 236
- calories
- consumption of, 90-91, 95, 110, 133
 - counting, 88, 98-99, 170
 - kinds of, 106**s**
- Campaign for Safe Cosmetics, 241
- camu camu berry, 126
- cancer. *see also* breast cancer; carcinogens
- bladder, 227
 - colon, 126, 184
 - prostate, 111
 - rectal, 227
 - skin, 181, 224, 261**c**, 278**c**
- Candex, 196
- Capactive Radiofrequency (CRF), 252
- capillaries, broken, 263**c**
- capsaicin, 261**c**
- Carb Intercept, 192**c**, 323
- carbohydrates, 91-92, 119-126, 192**c**, 323. *see also* grains; sugar
- carbon farming, 116
- carcinogens
- in cosmetics, 235-236, 237, 253, 258**c**, 261**c**
 - in food, 105, 132
- carnosine, 182-183, 190**c**
- carotenoids, 166, 268**c**
- carraluma fimbriata extract, 191**c**
- Castelli, William, 90
- catnip, 276**c**
- cellulite, 257**c**
- Center for Disease Control (CDC), 234
- ceramides, 250
- chai, 67
- chamomile, 69**c**, 249, 261**c**
- chaste tree berry, 192**c**, 288
- checkup checklist, 285**s**
- Chemistry of Success, The* (Lark), 74**s**
- Cherniske, Stephen, 62, 290
- "chiral" technology, 247-248
- chitosan, 192**c**
- chlorella, 197, 198
- chlorine, 55, 56, 196, 227
- ChlorOxygen, 198
- chocolate, 76**s**, 308-309
- cholesterol. *see also* triglycerides
- blood tests, 285
 - controversy, 90-93
 - high, 190, 211
 - lowering, 130, 133, 177, 178
- chromium, 166, 177, 191**c**
- cinnamon, 134, 166, 189**c**
- CleanseSmart, 197
- cleansing regimens, internal, 197
- climatotherapy, 261**c**
- coal tar, 236, 253, 258**c**, 261**c**
- cocoa, 76**s**, 81**s**, 123**s**
- Cocoa Spice tea, 67
- coconut, 75-76, 132, 197, 310, 323
- coenzyme Q10 (CoQ10), 183, 190**c**, 249,

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

- 276c
coffee, 62-65. *see also* caffeine
cold sores, 273-274c, 352
cold-pressed oil, 128s, 250
collagen, 58, 181, 249, 259c
colloidal oatmeal, 265c
colon cancer, 126, 184
comfrey, 261c
condiments, 128s
consumer awareness
 eco-friendly choices, 115-116, 298-301
 health risks, 283-294
 information, 29-49, 240-241
 resources, 357-361
consumer products
 advertising, 10-11, 13, 33, 37-38, 220
 labeling, 40-41, 235-240
 marketing, 45-47, 220, 239, 241-242
 name brands, 42-47
 patents on, 35-36
 regulation of, 38-39s, 111-112, 235-236
 resource guide, 303-365
 selection, 43-44s, 243, 271-280
 trade impact, 94
Consumer Reports, 111-112
Cooking with Coconut Flour (Fife), 132
corn starch, 279c
cortisol, 62, 68, 290, 292
cosmeceuticals, 247
Cosmetic Health Report, 237
Cosmetic Ingredient Review (CIR), 236-237
Cosmetic, Toiletry, and Fragrance Association (CTFA), 236-237
cosmetics
 conventional, 263c
 cosmeceuticals, 247
 microbrewed, 242-243
 mineral, 253-254, 259c, 263c, 264c
 pseudonaturals, 241-242
 safety of, 39s, 236-237
 synthetic ingredients, 239s
cosmetologists, 233
cow's milk, 73-74
cranberry capsules, 281c
cravings. *see also* biochemical issues
 for alcohol, 77-78
 for caffeine, 62-63, 79c
 chemistry of, 54-56
 for fat, 88
 food, 9-10, 91, 162-163
 freedom from, 33, 66, 77, 80, 96
 for sugar, 20, 59-62, 66
 triggers for, 72-73
creamy drinks, 81
curcumin, 199c, 249
dairy products
 allergies and, 73
 antibiotics in, 111-112, 130
 benefits of, 93
 butter, 104
 cow's milk, 73-74
 cultured, 74
 fat in, 73, 129-130
 ice cream, 123-124, 140-141
dandruff, 258c
Dead Sea clinics, 261c, 338
Dead Sea salts, 265c
Dean, Chaz, 231, 348-349
death statistics, 177-178
decadent salad meal, 128-129s
deep penetrating light (DPL), 252
DeFazio, Angel, 235
dehydroepiandrosterone (DHEA), 62-63, 182, 192c, 287, 290
Demodicidin, 263c
dental care, 276-277c, 293s, 353
deodorants, 273c, 352-353
dermatitis, 261c, 278c, 280s
dermatologists, 245-247
detoxifiers, 71-72, 75, 196-198, 256c, 273c
d-glucarate, 199c
diabetes. *see also* blood sugar; insulin
 diet and, 91-92, 101
 leptin blood tests, 286s
 pre-diabetes, 77, 89, 107b, 114
Diamond Herpanacine, 274c
diet studies, 319
dietary studies, 92-94
"Difference Between Strength and Courage, The" (author unknown), 171
digestion, 73, 196-197
dimethylethanolamine (DMAE), 114, 267c
doctors, 30-32, 100, 178-179, 245-247, 283-284, 286s
dong quai, 288
dopamine, 97, 165
drinkable herbs, 68-69c
drinks, 53-83, 123, 197. *see also* *specific beverages*
drug companies, 34-37
drugs, prescription. *see also*
 antibiotics; *specific drug/medication categories*
 alternatives to, 191, 261c, 263c
 for hair loss, 274c

Truth About Beauty Index

- for high cholesterol, 190, 211
- risks of, 284
- for skin problems, 247, 255-256**c**, 265**c**, 267**c**, 277**c**
- synthetic, 36
- for weight-loss, 39**s**, 168-169**s**
- dry brush massage, 257**c**

- Earl Grey teas, 67
- eating disorders
 - anorexia, 165, 166, 212
 - bingeing, 3-10, 161-163, 171-172b, 212
 - case history, 212-216
 - purging, 3-5, 212-214
- eating, practical strategies, 82-83
- Eaton, S. Boyd, 89
- echinacea/goldenseal tincture, 281**c**, 354-355
- edema, 139
- effective carbs, 120**s**
- eggs, 93, 94, 96, 109-110
- electromagnetic fields, 292
- emotions, 5, 164-170. *see also* biochemical issues
- emu oil, 227
- Endermologie, 257**c**
- endometrial ablation, 287**s**
- Environmental Protection Agency (EPA), 39**s**
- Environmental Working Groups (EWG), 240-241
- epilepsy, 101
- Epstein, Samuel, 238
- Erasmus, Udo, 104
- Erbium Yag lasers, 252
- erythritol, 57, 316
- essential fatty acids (EFAs), 94, 104, 114, 229, 250, 278**c**. *see also* omega-3 essential fatty acids
- essential oils, 250-251, 262**c**
- esterfied fumeric acid, 262**c**
- estrogen, 234, 287-288
- evening primrose oil, 8, 195
- excitotoxins, 60-61, 105
- Excitotoxins: The Taste That Kills* (Blaylock), 105
- exercise, 20, 31-32, 167-168b, 291**s**
- exfoliation, 224-225
- Experimental Gerontology* (journal), 183

- Fair, Bill, 40**s**

- fashion models, health of, 23-24, 168-169b
- fast food, 135
- fat
 - abdominal, 62
 - "bad", 94-95
 - controversy, 90-93
 - dietary, 38**s**, 73, 87-95, 129-130
 - metabolism, 192**c**
 - phobia, 92-94
 - polyunsaturated fats, 92
 - saturated fats, 90, 93
 - trans fats (hydrogenated), 45**s**, 94, 104-105
 - unsaturated fats, 92
- fat-free food, 38**s**
- fatigue, 62-63, 97
- Fats That Heal, Fats That Kill* (Erasmus), 104
- fatty acids, essential (EFAs), 94, 104
- "faux-tox", 248, 249-250, 267**c**, 346
- "feel-good" brain chemicals, 165
- Fekkai, Frederic, 6
- ferritin (stored iron) blood tests, 285b, 286**s**
- fertility, 129-130
- fiber
 - benefits of, 256**c**, 261**c**
 - carbohydrates, 100-101
 - coconut fiber, 75-76, 310, 323
 - food-based, 197
 - inulin, 57, 61, 317
 - products, 323
- Fife, Bruce, 132
- finasteride, 274**c**
- fish, 114-116, 194-195, 255**c**
- fish oil
 - benefits, 192-195, 200**c**, 255**c**, 272**c**
 - supplements, 114-116, 166, 177
- 5htp, 187, 215
- flavonoids, 76**s**, 263**c**
- flaxseed, 75-76, 121, 123, 130, 151, 306-308
- flaxseed oil, 194-195
- folic acid, 40, 166
- food. *see also* cravings; eating disorders; *separate food listings*
 - additives/preservatives, 43**s**, 104-105, 111-112, 130, 133, 240
 - allergies, 73, 117, 126, 256**c**, 261**c**, 357
 - animal sources, 110
 - combining, 134-135
 - defined, 104**s**
 - depleted, 175-177
 - genetically modified, 41, 112-113
 - industry, 10-11

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

- irradiation of, 112
- organic, 110-113, 117, 240
- practical strategies, 82-83
- processed, 105-106, 115
- raw, 126-127
- real, 6-8, 85, 95-96, 105-109
- upgrades, 107-111, 118-136
- food addiction/obsession, 3-6, 78, 91, 162-167. *see also* biochemical issues; cravings; eating disorders
- food and beverage resource guide, 304-317
- Food and Drug Administration (FDA)
 - aspartame complaints, 59-61
 - cosmetic labeling, 236-237
 - drugs and, 37s
 - food ingredients and, 105-106
 - information suppression, 40s
 - natural foods and, 36, 58, 124, 126
 - supplements and, 178s
- food fixes, 58-59, 79-80c, 162-163. *see also* caffeine
- Food Guide Pyramid, 107s
- Food, Mind and Mood* (Schachter, Sheinkin), 59
- formaldehyde, 237, 264c, 277c
- fragrances, 238
- Framingham Study, 90, 92, 93
- free radicals, 180
- fruit, 124-126
- fucoxanthin, 192c
- Gaby, Alan, 290
- gamma-aminobutyric acid (GABA), 166, 248, 250, 267c
- Garcia, Oz, 182
- garcinia cambogia, 191c, 192c
- garlic, 196
- gene expression, 126
- genetically modified organisms (GMOs), 41, 112-113
- ginger, 69c
- gingko biloba, 259c
- ginseng, 69c
- glucosamine, 259c
- glutathione, 75, 189c, 199
- glycation, 106s, 182-184, 189c, 190c.
see also aging
- glycemic index, 98, 134-135. *see also* diabetes; high-glycemic diets; low-glycemic diets
- glycoalkaloids, 259c
- goat milk, 75
- goji berries, 75, 126, 316
- Gomez, Max, 40s
- gotu kola, 267c
- grains. *see also* hemp
 - blood sugar spikes and, 99, 100
 - bread, 119-120
 - cereal, 121, 123, 151
 - history of, 89, 100
 - pasta, 101, 122
 - rice, 85, 86
 - weaning off, 73, 85-87
- grape seed extract, 276c
- grapefruit seed extract (GSE), 229, 258c, 281c, 338, 353, 354
- grass-fed products, 115-116, 117
- green drinks, 70, 197
- green powder, 75, 189c
- green tea
 - as anti-inflammatory, 249
 - as antioxidant, 65-66, 69c, 192c, 199c, 262c, 274
 - for disease prevention, 180, 276c
- guggul, 255c
- gymnema, 166, 189c, 191c
- hair
 - chlorine and, 227
 - hair-loss remedies, 274-275c
 - health, 192-193
 - nutrients for, 274c
 - products, 234, 274-275c, 324-325, 348-351
 - scalp conditions, 258c
 - shampooing, 230, 258c
 - shampoo-less hair cleansing, 231s
 - styling, 231, 232
- Hair Genesis, 274c
- Hampton, Aubrey, 45s, 229s, 239
- Hartnell, Randy, 146
- Health and Healing* (newsletter), 178s, 184
- health information. *see also* consumer awareness
 - importance of, 40-42
 - from media, 35s
 - from physicians, 37s
 - unsponsored, 32-33
- health professionals
 - check ups, 246s, 285s
 - dermatologists, 245-246
 - doctors, 30-32, 100, 178-179, 245-247, 283-284, 286s
 - holistic, 272c
 - naturopaths, 286s, 288
 - nutritionists, 107s
- health risks, 283-294

Truth About Beauty Index

- Health Risks in Today's Cosmetics* (Smeh), 250
- health testing services, 357
- heart disease, 92
- heavy metals, 55, 70, 197
- hemp, 72-73, 75, 101, 120-122, 195, 311, 313
- herbal toothpastes, 276-277c
- herbs. *see specific herbs*
- herbs, drinkable, 68-69c
- herpes, 274c. *see also* cold sores
- Herpilyn, 274c
- heterocyclic amines (HCAs), 132s
- high-glycemic diets, 97, 267c
- high-impact eating, 97-99
- Holy basil, 68, 166
- hoodia gordonii, 191c, 318-319
- hormone replacement therapy (HRT), 287-288
- hormones. *see also* insulin
- andropause, 287, 288
 - balance, 192c, 286-288, 323
 - bioidentical, 288-289
 - chemicals that mimic, 234-235
 - cortisol, 62, 68, 290, 292
 - dehydroepiandrosterone (DHEA), 62-63, 182, 192c, 287, 290
 - disruption of, 234
 - estrogen, 234, 287-288
 - hormone replacement therapy (HRT), 287-288
 - human growth hormone (hGH), 192c, 287, 292
 - insulin-like growth factor (IGF-1), 111
 - leptin, 92, 286s
 - menopause, 287, 288
 - progesterone, 36, 288, 323
 - progestin, 36, 287
 - recombinant bovine growth hormone (rBGH), 41, 68-69t, 111
 - testosterone, 285, 288, 321, 350
 - thyroid, 274c, 286, 289-290
 - "youth hormone", 62-63
- horse chestnut seed extract, 266c
- horsetail, 69c
- human growth hormone (hGH), 192c, 287, 292
- hydroquinone, 258c
- hydration, 53-83, 256c
- hydrochloric acid, 263c
- hydrogen peroxide, 276c
- hydrogenated (trans) fats, 45s, 94, 104-105
- hydrolyzed vegetable protein, 105
- hydroxycitric acid, 192c
- hypoallergenic products, 239
- hysterectomy, 287s
- ice cream, 123-124s, 140-141
- immune system
- autoimmune disorders, 185, 190, 195, 226, 261c, 274c
 - boosters, 281c, 320, 327, 354-355
 - cortisol, effects of, 290
 - drugs and, 8
 - genetically modified organisms and, 113
 - responses of, 44s
- indole-3-carbinol (I3C), 36
- information, health
- importance of, 40-42
 - from media, 35s
 - from physicians, 37s
 - unsponsored, 32-33
- injectibles, topical, 248s, 321
- insect repellants, 276c, 353
- insulin. *see also* diabetes
- blood sugar and, 92, 97-98
 - food consumption and, 38, 106s
 - resistance, 55, 62, 103, 114
- insulin-like growth factor (IGF-1), 111
- Intense Pulsed Light (IPL), 251, 252, 264c
- inulin fiber, 57, 61, 317
- Jaliman, Deborah, 258c, 265c
- jewelweed, 262c, 278c, 353
- jojoba oil, 227
- Journal of American Geriatrics Society*, 93
- Journal of Nutrition*, 106s
- Journal of Orthomolecular Medicine*, 179
- Journal of Pediatrics*, 106s
- Journal of the American Medical Association (JAMA)*, 77, 92, 93, 101, 181, 290
- Journal of the National Cancer Institute*, 235-236, 288
- juices, 56
- kefir, 75, 136, 190
- kelp, 192c
- Kinerase, 265c
- kojic acid, 258c
- Kolorex, 196
- konjac root pasta, 101

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

- Lancet*, 92, 97, 106**s**
L-arginine, 192**c**, 273**c**, 274**c**
Lark Letter, The (Lark ed.), 74**s**
Lark, Susan, 74**s**, 117, 323
Larson, Joan Matthews, 140
- laser treatment, 251-252, 258**c**, 264**c**,
265**c**
lavilin, 273**c**
L-carnitine, 183, 190**c**
leaky gut, 263**c**
Lee, John, 288
lemongrass, 276**c**
leptin, 92, 286**s**
licorice, 249, 261**c**
Life Extension (magazine), 183
lifestyle, changes in, 21-22, 48-49,
295-301
Light Heat Energy (LHE), 251, 252
light therapies, 251, 252, 261**c**, 263**c**,
264**c**
lignans, 199**c**, 288
linoleic acid
 conjugated (CLA), 116, 192**c**
 gamma (GLA), 184, 195, 250, 258**c**, 262**c**,
 267**c**
lip treatments, 259**c**
liposomes, 247
liver, 8-9, 181, 192, 197, 199**c**
LiverCare, 197
Living Beauty Resource Guide, 303-361
 bathroom cabinet products, 352-355
 food and beverages, 304-317
 hair care, 348-351
 home appliance, 355
 mail order and online services, 356-
 357
 nail care, 351-352
 newsletters and periodicals, 360-361
 organizations and educational services,
 357-359
 skin care, 327-348
 supplements, 317-327
L-lysine, 273**c**
Lo Han, 57**s**
Look and Feel Fabulous Forever (Garcia),
182
- L-ornithine, 192**c**
low-carb diets, 91-92
low-fat diets, 88-89, 91, 97
low-glycemic diets, 57-58**s**, 99-102, 106**s**,
120-126, 134-135
low-impact eating
 6-day plan, 137-159
 food upgrades, 118-136
- high impact vs., 97-99
recipes, 143-159
snacks, 159
L-theanine, 65, 166
L-tryptophan, 165
L-tyrosine, 165, 192**c**
lutein, 110, 181
lycopene, 181
- MacDougall, John, 88
magnesium, 177
mahonia aquifolium, 262**c**
maltitol, 57**s**, 308, 309
margarine, 45**s**, 104
medications. *see* drugs, prescription
melasma, 258**c**
melatonin, 172, 181, 199**c**
menopause, 287, 288
Mercola, Joseph, 327, 360
mercury, 114, 195, 293
mesotherapy, 257**c**
metabolic syndrome, 55**s**
metabolism, 55**s**, 99, 101, 192**c**
Metabolism (journal), 134
methanol, 38, 61
migraines, 105
milk, cow's, 73-74
milk thistle, 8-9, 181, 192, 199**c**, 249,
262**c**
Miller, Jeffrey, 265**c**
mineral cosmetics, 253-254, 259**c**, 263**c**,
264**c**, 334, 335
mineral oil, 45**s**, 229**s**, 253, 259**c**, 260**c**
minocycline, 255**c**
minoxidil, 274**c**
moisturizers, 225-226
Molinari, Gina, 251-252
monosodium glutamate (MSG), 60-61, 105
mood stability, 164-167
mouth care, 276-277**c**, 293**s**, 353
multi-nutrient regimen, 184-185
Murray, Michael T., 261**c**, 263**c**
myomectomy, 287**s**
myrrh, 277**c**
- n-acetyl cysteine (NAC), 166, 189**c**
nail care, 234, 264**c**, 265, 277**c**, 324-325,
351-352
name brands, 42-47
nanotechnology, 186-187, 248-249, 257**c**,
268**c**
nasal spray, 272**c**
Nasalchrom, 272**c**
National Organic Rule (NOR), 240

Truth About Beauty Index

- National Toxic Encephalopathy Foundation, 235
- Natural Alternatives to Over-the-Counter and Prescription Drugs* (Murray), 261c, 263c
- naturopaths, 286s, 288
- neem oil, 255c
- neroli oil, 255c
- nettle, 69c, 262c
- New England Journal of Medicine*, 290
- niacin, topical, 256c
- nickel, 264c
- nicotine, 184s. *see also* smoking
- nitrates, 105
- nitric oxide (NO), 275
- nitrosamines, 237
- NuNatural, 144, 255c, 317
- Nurses' Health Study II, 129
- nut milk, 72
- NutraSweet, 38s. *see also* aspartame
- nutritionists, 107s
- nuts, 72, 130-132. *see also* coconut
- obesity, 284
- oils. *see specific oil types*
- oils, essential, 250-251, 262c
- oily skin, treatment for, 262c. *see also* acne
- Olestra, 38s
- oligofructose, 57
- olive oil, 92
- omega-3 essential fatty acids
 benefits from, 92, 166, 189c, 191c, 192-195, 198, 200c
 sources of, 114-116, 130-131
- omega-6 fatty acids, 95, 184, 195
- oolong tea, 65, 66, 276c
- oregano oil, 281c
- Oregon grape root, 262c
- Organic Consumers Association, 113
- organic food, 110-113, 117, 240
- Organic Valley, 113
- orthomolecular medicine, 179
- Paleolithic diet, 89
- pantothenic acid (vitamin B5), 255c
- parasites, 198
- pasta, 101, 122
- Pauling, Linus, 179
- Paulino, Thomas, 251-252
- PectaSol, 198
- pectin, citrus, 197
- pendulum, 101-102, 107, 131, 136
- peptides, 249-250, 267c
- perfume, 238, 264c
- Perricone, Nicholas, 56-58, 114, 180, 264c, 267c
- Perricone Prescription, The* (Perricone), 56-57, 114
- persistent organic pesticides (POPs), 114
- pesticides, 110-111, 114
- petrolatum, 45s, 229s, 239, 259c, 261c
- pharmaceutical companies, 34-37
- phaseolamin, 135, 192c
- phenol, 259c
- phenylpropanolamine, 39
- phosphates, 59, 62
- phospholipids, 229, 247, 250, 255c, 264c, 266c
- phototherapies, 251-252, 256c, 263c
- physicians, 30-32, 100, 178-179, 245-247, 283-284, 286s
- plant sterols, 44s
- poison ivy, oak, sumac, 262c, 278c
- policosanol, 187
- Pollock, David, 225
- pollutants, 55, 70, 197
- polycystic ovarian syndrome (PCOS), 101
- polyunsaturated fats, 92
- Pondimin, 39
- pre-diabetes, 77, 89, 107s, 114, 286s.
 see also blood sugar; diabetes; insulin
- pregnenelone, 192c
- preservatives, 105, 234-235, 265c
- Price, Weston A., 89
- Priority One: Together We Can Beat Global Warming* (Yeomans), 116
- probiotics, 74, 189c, 195-196, 261c, 326
- processed food, 105-106, 115
- Proctor, Peter, 275
- products. *see* consumer products; Living Beauty Resource Guide
- progesterone, 36, 288, 323
- progestin, 36, 287
- Propecia, 274c
- prostate cancer, 111
- protein powder, 75
- protein shakes, 74-76
- pseudonaturals, 241-242
- psoriasis, 261c, 262c, 338
- psyllium, 75-76
- pterostilbene, 44s, 125-126, 184
- PubMed, 57
- purging, 3-5, 212-214. *see also* bingeing
- pycnogenol, 181, 249, 265c
- pyrithione zinc, 258c, 261c, 339
- quaternium-15, 237
- quercetin, 186

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

- real food, 6-8, 85, 95-96, 105-109
rebound effects, 59, 79, 100
recombinant bovine growth hormone (rBGH),
41, 68-69t, 111
Recommended Daily Allowance (RDA), 68-
69t, 185-186
rectal cancer, 227
red clover, 69c
red dye #3, 105
red wine, 78
Redux, 39s
Remifemin, 287
resensitization, 22-23
resorcinol, 258c
restrictors
 anorexia, 165, 166, 212
 bingeing, 3-7, 171-172b
resveratrol, 78, 183, 184
Rivera, Rudy, 117
roasted red peppers, 150s
Roberts, H.J., 61
Rogaine, 274c
rosacea, 263c, 342
Rosacea: Your Self-Help Guide
 (Brownstein, Schoemaker), 263c
Rosedale Diet, The (Rosedale), 92
Rosedale, Ron, 92, 100, 183, 285, 286b
- salad, decadent, 128-129s
salba, 101, 120-122
saline nasal sprays, 272c
salt, 96, 108, 311
saturated fats, 90, 93
scars, treatment for, 264c, 342-343
Schachter, Michael, 59-61, 62
Schoemaker, Donna, 263c
sclerotherapy, 265-266c
Sears, Barry, 88, 106s
seaweed, 197-198, 257c, 267c
sebum, 45s, 225, 227
seed oils, 250
seeds, 130-132
selenium, 181
self-acceptance, 3-4, 20-26, 170
self-discipline/willpower trap, 19s-20
self-image, 20-26
self-sabotage, 3-4, 16-17, 163, 169-170
seltzer water, 63-64
semolina pasta, 122
serotonin levels, 61, 75, 97, 163, 165,
166
Seven Weeks to Sobriety (Larson), 140
Sexy Years, The (Sommers), 288
shakes/smoothies, 74-76
shampoo, 230, 258c
shampoo-less hair cleansing, 231s
shedding. *see also* transformation
 overview, 15-27
 process of, 15-17, 20
 rewards of, 26-27, 163, 169-170, 295-
 296
shelf-life business model, 43s, 45, 94
Shen Min, 275
Shippen, Eugene, 288
shirataki pasta, 122
shower filters, 355
showering, 226-227, 230. *see also*
 bathing
silibinin, 199c
silicone gels, 264c
6-day plan
 daily transformation, 138
 menu, 142-159
 recipes, 143-159
 snacks, 159
skin. *see also* acne; skin cancer; skin
 conditions; skin treatments
 overview, 219-232, 254-268c
 anatomy of, 222-224
 care, future of, 247-253
 nutrition and, 54-59, 76s, 110, 189-
 190c, 192-195
 resource guide, 327-348
Skin Answer, 259c
skin cancer, 181, 224, 261c, 278c
skin conditions. *see also* acne
 aging, 182-184
 dark spots, 258-259c
 dry skin, 259c, 260c
 oily skin, 262c
 poison ivy, oak, sumac, 262c, 278c
 psoriasis, 261c, 262c, 338
 rosacea and broken capillaries, 263c
 sun damage, 251-252, 266c
skin treatments
 for aging skin, 225, 251, 266c, 267c,
 346-348
 anti-inflammatories, 249, 250, 261-
 263c, 272c, 338, 342
 for dryness, 259c, 260c
 injectibles, 248s, 321
 light therapies, 251, 261c, 263c, 264c
 nanotechnology and, 248-249
 phototherapies, 251-252, 256c, 263c
 rejuvenation technologies, 251-253
 for sensitive skin, 264-265c
 skin recovery, 223-230
 sun protection, 234, 254, 258c, 259c,
 278c, 344
 supplements for, 110, 189-190c, 192-

Truth About Beauty Index

- 195, 255-268c
- topical, 221-222, 226s, 228-229, 249, 256c, 260c
- "skindromes", 221-222
- sleep
 - natural aids, 69c, 126, 172, 181, 199t, 292, 354
 - stimulants and, 77, 79
- Slimaluma, 318
- smart sweeteners, 57-58s
- Smeh, Nicholas, J., 250
- smoking, 184s, 266c
- smoothies, 74-76
- soaps, 38, 225, 226s, 250, 255c, 263c
- soda, 59-61, 62, 80
- Solanki, Bipin, 265c
- Sommers, Suzanne, 288
- sour cherry, 126
- soy extracts, topical, 267c
- soy milk, 70
- spices, 133-134b
- spider veins, treatment for, 265-266c
- Splenda, 61
- Sporanox, 277c
- spritzers, 60s
- squalene oil, 227, 250
- St. John's wort, 35s, 250
- statin drugs, 211
- Steaz Diet Black Cherry Soda, 62, 66s, 157, 305
- steroids, 221-222s, 259c, 261c, 263c, 272c, 278c
- stevia, 58s, 60, 62, 317
- stress, 62, 170, 290-292
- strontium, 263c, 264c
- studies, dietary, 92-94
- sucralose, 61
- sugar
 - elimination of, 118
 - fixes, 58-59, 79-80c, 162-163
 - metabolism, 55s
 - problems with, 54-59, 103-104, 261c
 - weaning off, 63-64, 66-67
- sugar alcohols, 57-58s
- sugar fix, 58-59, 79-80c, 162-163
- sulfites, 105
- sulforaphane, 36
- sulfur (MSM), 256c, 262c, 274c
- sun damage, 251-252, 266c
- sun protection, 234, 254, 258c, 259c, 278c, 344
- Sunette, 61
- super-foods, 101
- superoxide dismutase (SOD), 182, 249
- supplements. *see also individual supplements; individual vitamins*
 - A-list, 188-190
 - cost of, 187
 - getting started with, 8-9, 200-201
 - need for, 175-179
 - resource guide, 317-327
 - safety of, 178s
 - sweet almond oil, 227
 - sweeteners. *see smart sweeteners; specific sweeteners; sugar*
 - Syndrome X, 55s
 - synthetic ingredients, 239s
 - synthetic products, 44s, 239s
- tagatose, 61-62
- talco, 279c
- tamoxifen, 36
- taste buds, 118
- Taubes, Gary, 91
- tea bag trick, 228s
- tea tree oil (TTO), 255c, 258c, 274c, 277c, 281c
- teas. *see specific teas*
- Teeccino, 64s, 74, 79, 305
- teeth whiteners, 276c
- Terrestrials Hair Wash, 231, 333, 348-349
- testosterone, 285, 288, 321, 350
- Testosterone Solution, *The* (Shippen), 288
- Thermage, 252
- thimerosal, 265c
- thirst quenchers, 80
- threshold eating, 99
- threshold principle, 235
- thyroid, 274c, 286, 289-290
- titanium dioxide, 278c
- tocotrienols, 180, 199c, 249
- Toki, 259c, 268c
- toluene, 237, 264c
- tooth care products, 276-277c, 293s, 353
- toxins
 - in consumer products, 233-240
 - detoxifiers, 196-198
 - excitotoxins, 60-61, 105
 - in food, 43s, 104-105, 111-112, 130, 133, 240
 - in water, 54-56, 292
- trans fats (hydrogenated), 45s, 94, 104-105
- transformation. *see also shedding overview, 29-49*
 - at cellular level, 203-215
 - of daily routines, 17-18, 25-27
 - self-responsibility and, 10-13, 47-49
- transformation profiles, 203-216
- travel food, 136

Truth About Beauty Index (2nd edition)

by Kat James

Atria/Beyond Words Pubs

- trichlosan, 44**s**, 255**c**
triglycerides, 38, 57**s**, 88, 93, 104. *see also* cholesterol
truest gifts quiz, 297
tulsi, 68, 69**c**
tumeric, 255**c**, 262**c**
12-step programs, 78, 165
type II diabetes, 92. *see also* diabetes
- ubiquinol, 183, 190**c**. *see also* coenzyme Q10 (CoQ10)
Ultimate Carb Control C-120X, 192**c**
Union of Concerned Scientists, 111-112
unsaturated fats, 92
- upgrades
 eco-friendly, 298-301
 food, 107-111, 118-136
U.S. Department of Agriculture, 91, 240
U.S. Department of Health and Human Services Agency for Toxic Substances and Disease Registry, 237
- Valtrex, 273**c**
vanadyl sulfate, 191**c**
Vance, Judi, 237
varicose veins, treatment for, 180**s**, 265-266**c**, 326-327
vegetables, 127
ViraMedx®, 273**c**
virgin oils, 75
vitamin A, 255**c**
vitamin B5, 255**c**
vitamin C, 181, 182, 189**c**, 247
vitamin C, topical, 266**c**, 267**c**
vitamin D, 115-116
vitamin D2, 186
vitamin D3, 186, 190**c**, 198, 200**c**
vitamin E, 181, 255**c**
vitamin K, 129, 263**c**, 266**c**
vitamins, multi, 186, 188
Vita-Mix, 71, 72, 75, 123-124, 355
vitex, 192**c**
vitiligo, 259**c**
Viviscal, 274**c**
- water
 chlorinated, 195, 227
 fluoridated, 293**s**
 low pH, 262**c**
 pollution, 39**s**
 pure, 54-56
 toxins in, 54-56, 292
 water purifiers/filters, 55-56, 196, 227, 355
- weight loss
 appetite suppressants, 318-319
 diet drinks, 59-61, 80
 diets, 4-5, 139
 drugs, 39**s**, 168-169**s**
 self-discipline/willpower trap, 19**s**-20
 supplements, 191-192**s**, 193**s**
 water weight(edema), 139
- Wen hair products, 231, 348-349
"What If It's All Been a Big Fat Lie?" (Taubes), 91
whey protein, 75, 327
Whitaker, Julian, 178**s**, 184, 360
white flour, 103-104
white tea, 65, 249
wild yam, 36
Willett, Walter, 91
Williams, David, 360
willpower/self-discipline trap, 19**s**-20
Wilson, Bill, 78
Women's Health Initiative, 93, 287
Worst Pills, Best Pills (newsletter), 290
Wright, Jonathan, 360
- Xlear, 272**c**
xylitol
 benefits of, 281**c**
 in food, 123, 144, 277**c**, 308-310
 NuNatural, 144, 255**c**, 317
 in remedies, 272**c**, 276**cc**
 sweetener, 58**s**, 120
- yeast, 196
Yeomans, Allan, 116
Your Hidden Food Allergies Are Making You Fat (Rivera), 117
- Z-cote, 278**c**
zeaxanthin, 110, 181
Zeno acne clearing device, 256**c**
Zicam, 272**c**
zinc
 for allergies, 272**c**
 as antioxidant, 249
 for blood sugar support, 166
 for skin problems, 255**c**, 258**c**, 261**c**, 263**c**, 278**c**, 339

Truth About Beauty Index

Zone, The (Sears), 106**s**
Zovirax, 273**c**
ZSweet, 317