

# LIVING WITHOUT'S Gluten Free & MORE

## Modern Matcha

Building on 800 years of tradition, **Aiya** now brings you Matcha To Go Sticks. Snap open a matcha stick, pour it into a bottle of pure cold water and give it a shake. It's that easy. With match sticks, you get the benefits of premium whole-leaf tea in a powder. So one cup of matcha contains ten times the nutritional and antioxidant values or regular green tea. Healthy and naturally gluten-free, matcha is a refreshing thirst-buster for your workday or your workout. You can also enjoy it as a hot beverage and in smoothies. Check Aiya's website for recipes.

[aiya-america.com](http://aiya-america.com), 310-212-1395

**LIVING WITHOUT'S**  
**Gluten Free**  
**& MORE**

**GREAT GRILLING!**  
5 Secret Sauces

**QUICK & EASY**  
**SUMMER TREATS**

**Super-Healthy**  
**Homemade SNACKS**

**6 Sensational**  
**SALADS**

**Sleep Better!**  
**Gluten & Insomnia**

AMERICA'S #1 MAGAZINE FOR PEOPLE WITH ALLERGIES AND FOOD SENSITIVITIES

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Display until July 6, 2015  
GlutenFreeandMore.com

### must haves



Heritage Grain

#### Small Seed, Big Benefit

A powerhouse of protein, Kahiwa is a heritage grain that provides a fully balanced meal when paired with vegetables. This unique seed, which is half the size of quinoa, is crunchy and earthy in flavor, a perfect side. It also makes a tasty, textured addition to soups, salads and stir fries. A product of Peru, offered by Zocalo Gourmet, Kahiwa is naturally gluten-free, satisfying and delicious. Prepared like rice in 30 to 40 minutes.  
zocalogourmet.com, 425-398-9761



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#### In the Mix

Harvest Stone's new Crispy Mix gives you reason to celebrate. Pretzels, crackers and chips are tossed together for flavor and fun in the first certified gluten-, wheat- and cholesterol-free snack mix on the market. High-quality gluten-free whole grains and seeds are blended with mouth-tingling spices in Bold, Cheese and Original flavors. Gotta love that the mix has 40 percent less fat than regular potato chips.  
harveststonesnacks.com, 800-896-2396

#### Your Sensitive Skin ▶

Protect your skin and baby it against the harsh elements of everyday living. If you have sensitive skin, you know what you need—no artificial fragrance or colors, no chemical irritants. Take a close look at **everclen**, a personal care product line from Home Health. Clinically tested (not on animals) to be non-irritating and hypoallergenic, everclen is non-GMO, gluten-free and vegan friendly. It won't clog your pores and will keep your face feeling soft, clean and fresh. Facial cleanser, toner, face cream and more provide a complete program of care for sensitive skin.  
everclen.com, 855-646-0794



Product ingredients are subject to change. Read labels carefully. When in doubt, confirm ingredients directly with the manufacturer.

must haves

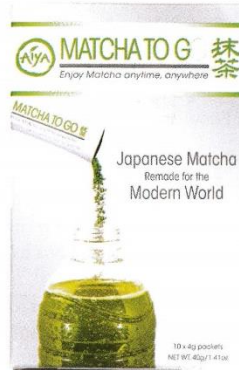


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