

New Energy Bars

When biting into a dreamy, chocolate-covered peanut butter Zing Bar, it's hard to believe you don't need to feel guilty. Far from a deconstructed Reese's Peanut Butter Cup, these bars are packed with protein, fiber, and nut butter. Minh-Hai Tran, M.S., R.D., the Seattle-based nutritionist who has lent her wisdom to *Organic Spa Magazine* in the past, has joined forces with fellow Bastyr University-trained nutritionists to launch Zing Bars, which also come in blueberry-almond and oatmeal-chocolate chip flavors. "We are all in private practice and clients often asked us for energy bar recommendations. We were unable to find one we could heartily recommend—especially one that was wheat- or gluten-free that was also high in protein and that tasted great," explains Tran. Now they turn their clients on to their own Zing Bars, which have from 10 to 13 grams of protein per 110-calorie serving, and embrace organic ingredients like peanut butter, wild blueberries, dark chocolate, and agave nectar syrup.

"You can add a piece of fruit or latte for some more oomph to make it a mini-meal if desired," adds Tran. "I personally eat Zing bars as an easy on-the-go snack." Coming soon: cranberry-orange and peanut butter-chocolate chip, two new vegan flavors made from rice protein. www.zingbars.com



Supplement Spotlight → BACH FLOWER REMEDIES

Sometimes when we feel stressed or blue, food often becomes a source of comfort. Unfortunately, finding solace in overeating when we feel this way happens all too often. These compulsive eating habits are driven by our negative emotions, falsely feeding our feelings instead of our bodies, which crave a more nourishing and balanced approach. To help out comes Bach Flower Remedies. The same brand behind the popular stress reducer, Rescue Remedy, Bach has assembled a portable Emotional Eating Kit, containing three flower remedies that help put the kibosh on emotional eating. All you need to do

is simply take two drops of each remedy straight from the bottle or dilute into any beverage four times a day. According to Dr. Denise Lamothe, the emotional eating expert and author of *Taming of the Chew*, the three taken together make for a powerful combination. "Crab apple helps people appreciate their bodies, cherry plum helps keep them grounded in reality so they don't lose control, and chestnut bud helps them learn from past mistakes," she explains. "It's subtle; it's not a dramatic change, but it does start working immediately." www.bachflower.com



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