

Metro Sports New York

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WE'RE FREE

SPEND YOUR
MONEY ON SPORTS

ECO LOGICAL

WHY GREENING YOUR GEAR AND
GOING ORGANIC MAKES SENSE



OPTIMIZE THE QUALITY
OF YOUR OUTDOOR WORKOUT

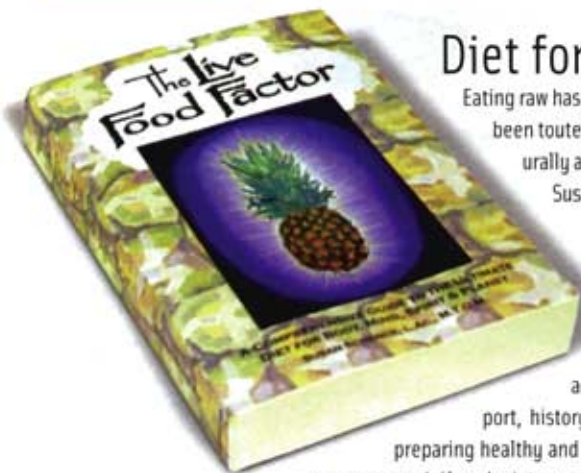
SIMPLIFY YOUR RUNS

LEARN TO CLOSE YOUR EYES AND
JUST SAY "OM"



■ Considering trying a raw food diet? The Internet is full of great online resources for information on raw foods including sites such as RawGuru.com, RawFoodChat.com and Living-Foods.com.

Diet for Mind, Body and Spirit



Eating raw has been gaining steam in nutritional circles. A raw food diet has been touted to help reverse aging, help with weight loss, immunize naturally against colds and flu, and sharpen mental clarity. According to Susan Schenck, author of *The Live Food Factor: A Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet*, the raw-food diet is the "best-kept secret on the planet." In her book, Schenck has assimilated over 50 studies from around the world touting the health benefits of going raw. Her book is broken down into four sections: an overview of the health benefits of a raw diet, scientific support, history of the raw movement, and a complete how-to manual on preparing healthy and tasty meals. Schenck provides more than 60 recipes to help you get started. If you're interested in trying a raw diet this is the guide to get you started. \$28; available from www.barnesandnoble.com and www.amazon.com.

Zico

This mildly-flavored coconut water is an all-natural answer to sugary sports drinks full of high-fructose corn syrup and other additives. Not to be confused with the high-fat coconut milk, this fat-free water, known for its medicinal properties from Hawaii to South America, is harvested from young coconuts when the liquid hits a high in potassium (15 times more than most sports drinks) and other electrolytes—perfect for health-conscious athletes. Now available through Fresh Direct and other venues in three flavors, Zico is low in acid, has no added sugar and is a great hydration or recovery drink. It's also a tasty addition to a smoothie. To sweeten the deal the company donates a minimum of 5 percent of its net profits back to the communities where Zico is grown and produced. \$1.99/11oz. www.zico.com



PB in a Pouch



Tired of the same old energy gels? Justin's Nut Butter, makers of tasty blends of organic peanut butter and all-natural almond butter, is now offering handy little 1.15-ounce squeeze packs in all of their flavors. Owner Justin Gold, an avid runner and mountain biker, created the packs as an option to super-sweet gels. "I'm a vegetarian and eat a lot of nut butter for energy and I couldn't take sweet gel anymore," he explains. The packs work in all kinds of sports: take them rafting (they don't break), take them riding, running or hiking (they're easy to carry and something different to eat), take them skiing (they don't freeze). They're also great for backpacking when you can't carry a full jar. Flavors include Heavenly Honey, Sinfully Cinnamon, Honey Almond and two new blends: Maple Almond Butter and Classic Almond Butter. Sold in boxes of 10 packs; \$6 peanut butter flavors, \$9 almond butter flavors. www.justinsnutbutter.com

The Ideal Summer Fruit

Hot summer nights call for picnics and the always present sweet treat—watermelon. Did you know it loaded with goodness? In some cultures, watermelon is considered a staple. The ancient Egyptians were the first people known to cultivate watermelons. From Egypt, melons were sent to the Middle East, where they have been a staple food for centuries. In fact, they are a reliably nourishing element of the desert diet. Second only to the tomato, watermelon is a top source of lycopene, a substance that can help prevent cancer. Lycopene is the pigment responsible for watermelon's reddish color. The color is especially vivid in sun-ripened organic watermelons. This summer fruit is also loaded with vitamin C, beta carotene and folic acid. At 93 percent water, watermelon is also rich in the electrolyte potassium, which aids in the transport of water from the intestines into the blood. Your body also needs sodium, another electrolyte, for water transport. By salting watermelon—which can actually make it seem to taste sweeter—you'll get a healthy balance of necessary electrolytes, particularly after you've been sweating hard from a workout. To find just the right melon, tap on it with your knuckle. If it sounds dull, like a thud, it is ripe. And to curtail a myth: it's okay to eat the seeds. They are actually rich in a variety of nutrients, particularly amino acids and fatty acids, plus vitamin E, potassium and phosphorus.

