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WHERE STYLE MEETS SUSTAINABILITY

SUMMER 2017

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dinners!



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BETTER.**



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& INCREDIBLE GOODIES
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CONTENTS

SUMMER 2017

departments

42

FIVE EASY POSES

Feeling stressed out? Calm your mind and loosen your body with these yoga poses.



8 LETTER FROM DANNY

Danny shares the joy of hanging out with Harry Connick, Jr.—and putting together this issue.

10 BEHIND THE SCENES

Get the backstory on the amazing issue you have in your hot little hands.

14 NATURALLY, ON TV

Watch every Saturday morning on NBC as Danny brings these pages to life—plus, Season One's top recipe!

16 FAVORITE THINGS

We've rounded up several eco-happy products that pass our test—they're *Naturally* brilliant.

22 BRIGHT IDEAS

Don't toss those empty cosmetic containers—they're the right size for making these fun upcycled crafts.

34

WU-NDERFUL FOOD

Food stylist Alison Grisé Wu shares her secrets—and her recipes—for dishes that look as good as they taste.



24 DO JUST ONE THING

Or 15! Check out Danny's ever-popular rundown of easy, earth-friendly ideas. You'll save money, too!

30 FAST YOUR WAY TO WELLNESS

Want to lose weight, live longer, and feel better? Healthy living expert Lee Holmes dishes out the hows and whys of intermittent fasting.

38 THE CHICKEN AND THE EGG

Thinking of adding backyard birds to your flock? Lifestyle expert Gany Lalo thinks you should. Here's what to know before you cross that road.

130 NATURALLY, LOVE

Wait! Before you leave, gaze at this inspiring page.



LETTER *from* DANNY

Have you caught my appearances on Harry Connick, Jr.'s daytime talk show "Harry"?

It's one of my favorite shows to visit because I get to go and *totally* surprise the entire studio audience by giving each person all of my favorite things! This season, it's been everything from juicers (Nutribullet!) to skin care products (Koparil) to the Rolls Royce of water filters (Pentair!). People ask me why I go to the trouble to do this and my answer is simple: I love to spark pure joy.

That's why this issue of *Naturally* has a huge new feature called "So Fabulous... It's Free." It showcases several All-Star Fabulous Foodie items I adore so much that I want you to try them absolutely, positively for *free*. No gimmicks. No joke. We have packed this issue with coupons that let you walk into the supermarket, grab the delicious treat and get it totally—did I mention this?—for *free*. If you can't be in Harry's studio audience, this is the next best thing.

This summer issue is also jam packed with other great features, including our take on backyard BBQ'ing that is totally plant-based and meat-free. And what goes better with our foolproof recipes than a chilled bottle of Sauvignon blanc? May I suggest organic and biodynamic wines from Bonterra? Join us as we head to California to meet the makers and learn how Bonterra isn't just an earth-friendly brand, but they are pretty darn good winemakers, too.

We also spend the day with beauty megastar Bobbi Brown and get the scoop on her new healthy lifestyle enterprise (and a few recipes to help you glow from the inside out). And did you know you can turn a few pantry staples into creamy, delicious, ooey-goey "cheeze"? Yes, totally vegan and totally incredible. Plus: try out some yoga moves to help you feel revitalized and your best; learn a new foolproof way to create a customized vitamin plan; visit a cozy-cool cottage perched on the edge of San Francisco Bay; and find out how to sneak vegetables into decadent desserts (eggplant brownies? Yes, please!).

It's summer! Get reading, get cooking, and get clipping! I'm glad you're here.

—DANNY SEO
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Naturally

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PHOTOGRAPH BY JONAS JUNGBLUT

fitness

five easy poses

FEELING STRESSED? CHILL OUT WITH THESE RELAXING YOGA POSES, GUARANTEED TO LOOSEN YOUR BODY AND LIGHTEN YOUR MIND.

STORY BY CLAIRE CONNORS

➔ **It's no secret that yoga** is a wonderful way to stay flexible, improve muscle strength, and increase energy. But for yogi Donna Sorce, it's also the key to finding tranquility. "The most important benefit from a regular practice is the peace and overall calmness you will achieve," she says. We know what you're thinking: "But I'm too stressed (or busy, or overwhelmed) to chill out!" The truth is, all you really need is 10 minutes and these five relaxing poses to relieve tension, decompress, and calm your mind.

Depending on where you are in your practice, some of these can be challenging positions, but Donna offers tips on how to make them easier for beginners, and for the more advanced, how to turn up the heat a bit, too. "I always tell my students, no matter what pose you're in, you want to find the balance between effort and ease. That's what yoga is all about—finding that balance." To add to your whole body experience, click on one of Donna's yoga-licious playlists on Spotify at Donna DiMeo Sorce.

What you'll need

- A mat
- A strap
- Two blocks, depending on your flexibility

For the Pose

- Hold each pose for five to ten deep breaths, inhale through the nose and exhale through the mouth.
- Keep your eyes closed or your gaze soft.
- Smile, relax, and enjoy the process.



Meet Donna Sorce

A former professional dancer turned yogi, Donna is honored to be sharing her favorite stress-reducing poses with *Naturally* readers. The busy Los Angeles-based mom of two has been practicing and teaching yoga for 17 years. And it certainly shows: the remarkably youthful 53-year-old charmingly calls herself "the poster child for all the benefits of yoga." To learn more about Donna and her classes, go to: bu-yoga.com or visit her at our go-to detox retreat, The Ranch Malibu.



1

THREADING THE NEEDLE AT THE WALL

Benefits: Stretches the hips, lower back, and inner thighs.
Instructions: Lie on your mat with both feet against the wall, your bottom about six inches from the floorboard, and your arms relaxed by your side. Cross your left ankle just above your right knee and press your right foot against the wall, stretching your hip. Breathe. Repeat on the other side.
Remember: Your shoulders will naturally want to lift up, but relax and keep them pressed to the floor.
To go deeper: Lower your tailbone as close to the mat as feels comfortable.

2

SHOULDER THREADING THE NEEDLE

Benefit: Relieves stress from shoulders, arms, upper back, and neck.

Instructions: Start in Tabletop position on your hands and knees. Turn your left palm upwards so you're looking at it, then "thread" your left arm between your right hand and knee, extending your right arm straight ahead, until eventually you're lying on your left shoulder with your face resting on the mat. Reach your left hand as far away from your torso as possible, twisting your torso, pulling the shoulder blade away from the spine to ensure a delicious stretch to all of those muscles along the backbone. Breathe. Come back to Tabletop; repeat on the other side.

Remember: Don't slouch. Keep your knees under your hips.

Make it easier: If you have shoulder issues or an injury, reach both arms straight in front of you, resting your forehead on the mat and getting a relaxing outer deltoid stretch.



3

COW FACE POSE OR HAPPY COW POSE

Benefit: Opens the hips and knee joints, and stretches the shoulders.

Instructions: Start in Tabletop. Cross your right knee in front of the left, opening your feet wide to the edge of the mat. Then slowly walk your hands back and sit between your feet. Voilà! Drop a strap over your right shoulder, lift your left arm up behind you, getting your left elbow as close to your head as possible and hold the strap. Wrap your right arm behind your back, reach up toward your left hand, and grab the other end of the strap. Ideally you want to be able to shake hands behind your back, but that's very challenging, which is why we use the strap. Breathe. Drop the strap, release your legs, shake it out, and go back to tabletop. Repeat on the other side.

Remember: This is a very deep pose, so do it after a few other poses when you're warmed up.

Make it easier: Sore knees? No worries. This can be done with crossed legs, straight legs, or even sitting in a chair at your desk.

Go deeper: Gently bend your body forward to deepen the stretch in your hips, keeping your gaze on the horizon line.



PRO TIP:

Keep your equipment nearby. You don't want to come out of a pose just to grab a strap or a block that's out of reach.





4

HALF SPLIT

Benefit: An excellent stretch for tight hamstrings, which can cause lower back pain.

Instructions: Start in Tabletop pose. Bring the right foot forward between

your hands. You can either place your hands on the floor, or, if your hamstrings are really tight, you can use your blocks. Slowly straighten your right leg, flex your foot, and bend the body over the leg as much as you can. Keep your hips squared and stacked over your left knee. Reach your tailbone back, raising your

heart toward your shin. Breathe. Switch sides and repeat.

Remember: Maintain a flat back when bending forward. Rounded backs are not healthy for your spine.

Make it easier: Lightly bend the leg for less of a stretch.



5

THE NECK STRETCH

Benefits: The perfect remedy for tense neck muscles, which can cause headaches, and tight shoulders.

Instructions: Start in Hero's pose, sitting on your heels. Place your left arm behind your back. Take your right hand and interlace the fingers at waist-level on the right side. Squeeze the elbows together, opening up your chest as well as your shoulders, and grasp the palms together. Keep your face forward and drop your ear to the right shoulder to deepen the stretch in the neck. Breathe. Repeat on other side.

Remember: You can do this sitting cross-legged on the floor (for extra support you can sit on a block), in a chair, or standing.

Go deeper: The tighter you squeeze your palms together, the better the shoulder stretch.



PRO TIP:

This is a great workplace pose to do at your desk to relieve physical and mental stress.