

MAX

SPORTS & FITNESS

HOW TO WIN \$25,000 AND GET IN THE BEST SHAPE OF YOUR LIFE!

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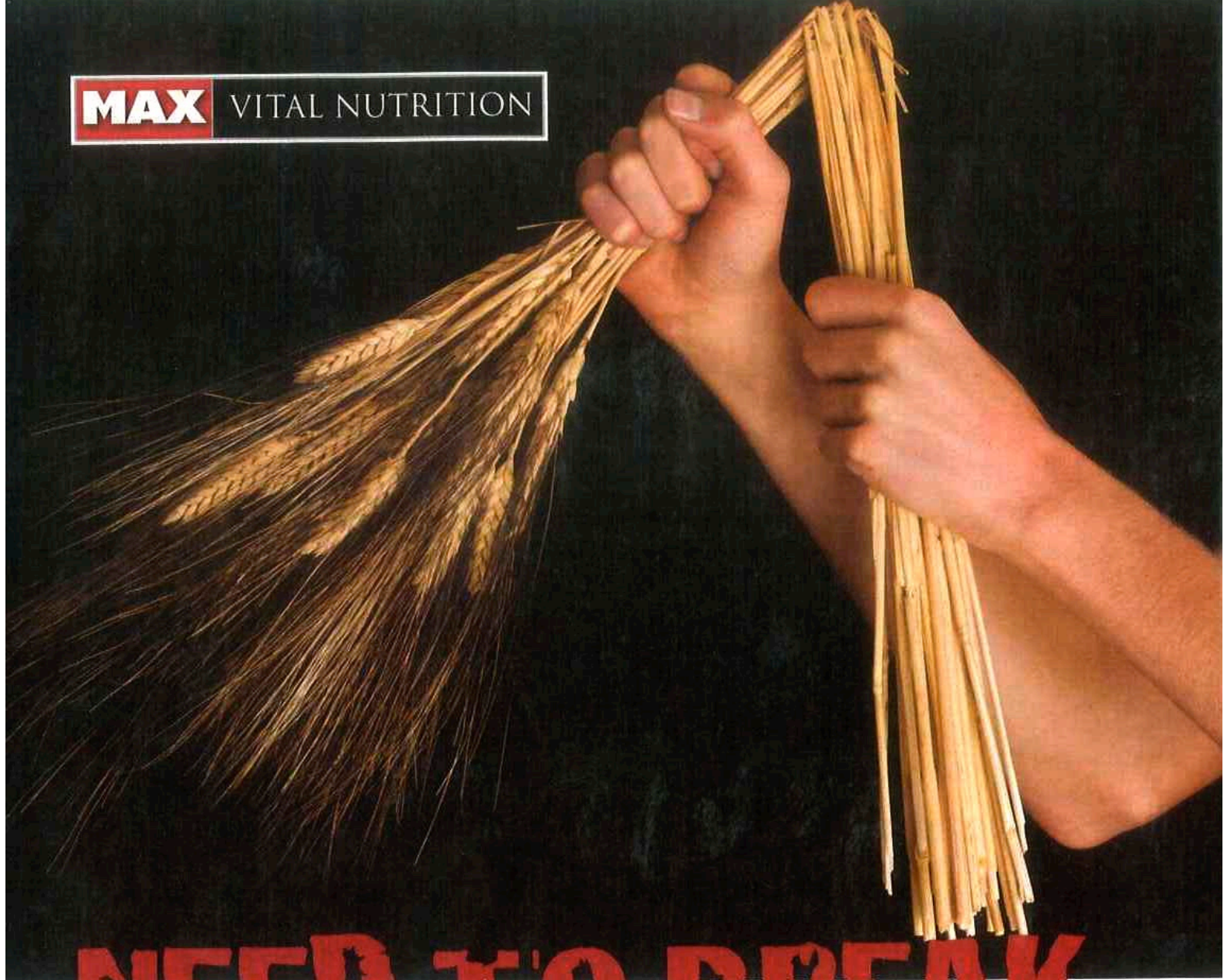


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Keep your body moisturized and skin soft with these hot products!



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NEED TO BREAK FREE OF GLUTEN?

Today, 1 in 133 people in the United States suffer from celiac disease (aka gluten intolerance) and even just a little gluten could put them at risk for permanent damage to their intestines. By Lisa Moretti

Gluten is found in many grass-related grains like wheat, barley and rye. Latin for glue, gluten is the composite of two proteins, gliadin and glutenin, which combine with starch in the center endosperm of grains. Glutenin in wheat flour makes dough elastic when it's kneaded and makes for that delightful chewiness in baked products like bagels (nom, nom, nom) that we all love. Gluten also is often hidden in foods we eat; it's used to stabilize ice cream, barbecue sauce and ketchup for instance. But gluten isn't all bad; for most of the world, gluten is a vital source of protein. It only gets ugly when you've inherited celiac

disease, an autoimmune disorder that causes extreme inflammation in the intestines in reaction to gliadin.

Although celiac disease/gluten intolerance affects all races, it's most prevalent among white Europeans and descendants. While celiac disease cannot be cured, it can be managed with a lot of label reading.

Is Your Reaction Out of Balance?

From a broader perspective, many people suffer from gluten sensitivity which is milder than gluten intolerance. Gluten sensitivity can range from slight inflammation of the

mucosa of the digestive tract to skin problems to an allergic reaction to the fungus often found in wheat. However, as the immune response from the body ramps up and you cross the border into celiac disease, the symptoms can explode to include malnutrition due to lack of absorption of vitamins and minerals, extreme bloating, fatigue, anemia, out of character weight loss or weight gain, muscle cramps and diarrhea.

Celiac disease is often called "The Great Imitator" because the immune system's reactions are all over the board. If you suspect you are sensitive to gluten or have a full on case of celiac disease, you can take a blood test to measure your antibodies to gliadin.

It's Getting Easier

Gluten-free products are popping up all over the place, and thankfully they're starting to taste good, too. Those with gluten issues have been asking for clearer labeling so alternatives like rice flour, artichoke flour and tapioca flour are more readily available on shelves as viable substitutes. It's now getting to the point that even those of us without celiac disease can enjoy the products hitting the market now. This is a great relief for households who have gluten sensitivities mixed with those who don't. The days of having to cook two meals for dinner can now be gone!

If you think you may have an issue with gluten, try a week of gluten-free eating and monitor how you feel. If you find you feel better, pop in for a blood test. Gluten sensitivity can grow more problematic over the years with constant irritation to your digestive tract. For those with celiac disease, even just a little gluten can spell disaster for their health. If you're hosting a party, be sure to ask your guests about any problems they might have – it would be terrible to unwittingly cause problems for people you care about!

Don't Forget Fido

Not surprisingly, celiac disease is on the rise among the canine set, too. If you have a dog with digestive or recurring skin problems that just won't clear up, talk with your vet about celiac disease and ask for a test. And no more Greenies for fresh breath: they are almost 100 percent gluten. **MS&F**



Certifiably Yummy Gluten-Free Products

At Expo West, the national natural products trade show, I was able to sample a lot of gluten-free products. Some were truly terrible (sorry, being honest here!). But here are some that my taste buds voted YES on:

ProBar: Gluten-free, vegan and organic. Seriously, these bars are a full meal in bar that actually taste good. They're moist, chewy and healthy. Cran-Lemon rocked my world! (www.theprobar.com)



Moore's Wing, BBQ or Teriyaki Sauce: Lots of sauces use wheat as a thickener so be careful! Moore's was hands down the best tasting of all the gluten-free sauces I tried. (www.mooresmarinade.com)



Amy's Kitchen: You've probably seen Amy's Kitchen products in the frozen section. Go ahead and buy them – everything I tried from Amy's was quick, easy and delicious. (www.amyskitchen.com)

Two Mom's in the Raw Crackers: I loved the Tomato Basil Sea Crackers because they were crunchy and tasty ... and good for you. (www.twomomsintheraw.com)

Kettle Cuisine: I tried the Chicken Chili with White Beans and wow, super tasty! They have a wide variety of soups for any hankering. (www.kettlecuisine.com)



Udi's Bakery: They started with granola (really good), then began making bagels (great), sandwich bread (tasty) and muffins, which I sampled in double chocolate and lemon crumb. Totally awesome! (www.udisglutenfree.com)

Amy Phillips' 3 Senses Gourmet: Seriously the chocolate soufflés are crazy good! (www.3sensesgourmet.com)

Liz Lovely: This company makes a great Ginger-Molasses cookie! Pricier, but decadent. (www.lizlovely.com)

chip'ins: (Note: MS&F Editor's pick!) If you crave a good crunchy treat that won't totally sabotage your diet or your tummy (if you're gluten intolerant), then look no further than chip'ins. These hot-air chamber popped, gluten free, whole grain, all natural popcorn chips that come in four yummy flavors are so delicious and nutritious, you'll have a hard time putting them down! (www.popcornindiana.com)

