



# derma e's Healthy Harvest 2009



During this remarkable season known for colorful, falling leaves and cooling temperatures, it is essential to keep your skin and body healthy. With derma e's affordable fall sale products, in combination with these delicious recipes from best-selling authors of ***The Double Energy Diet***, this seasonal transition can be a happy and healthy one.



Enjoy these savory, healthy harvest recipes from The Twins' Kitchen where the *"food is twice as tasty and good for you too!"*



Judi and Shari Zucker, authors of four best selling books on Health and Natural Foods Cooking, including their latest book, ***The Double Energy Diet***.  
[www.doubleenergytwins.com](http://www.doubleenergytwins.com)

## Olive Pate with Grape Seed Oil

*Yields 3/4 cup of Olive Pate (Spread)*

1/2 pound of Kalamata Olives, pitted  
2 tablespoons of Pignolia Nuts (Pine Nuts)  
4 cloves of Garlic, minced  
1 tablespoon of Flaxseed Meal  
1/2 cup Grape Seed Oil  
Dash of ground Black Pepper



Combine all the ingredients in a blender. Puree for about 2 minutes. This mixture can be eaten right away or chilled. Serve on bread, crackers or fill in mushroom caps. We like to add sliced Organic Tomatoes on top and freshly grated Parmesan or Asiago Cheese.

## Did You Know?

Olive Oil and Grape Seed Oil provide potent antioxidant properties that help fight free radicals. Free radicals contribute to the visible signs of aging and the decline in your skin's health.

*"We encounter free radicals everyday. For example over-exposure to the sun, toxins in food, water and air, even exercise and stress can create free radicals. Topical antioxidants are the fastest and most effective way to counteract skin's age damage caused by free radicals."*

Dr. Linda Miles, L. Ac., D.O.M.  
Vice President of derma e Natural Bodycare.

## Antioxidants: The Heroes of Seasonal Repair

Summer dehydration and free radicals damage skin. derma e's ultimate **Age-Defying** moisturizers are packed with the two most powerful antioxidants for topical application, Astaxanthin and Pycnogenol®, to help visibly refine skin irregularities, minimize the appearance of fine lines and wrinkles, and reduce and prevent seasonal damage.

### 2100 Age-Defying Night Crème

2 oz ~~\$39.50~~ **\$34.50**

### 2125 Age-Defying Day Crème

2 oz ~~\$39.50~~ **\$34.50**

### 2175 Age-Defying Eye Crème

1/2 oz ~~\$22.50~~ **\$18.50**



## The Sensitive Skin Antioxidant

If you are concerned with sensitive, easily irritated or inflamed skin, choose derma e's **Pycnogenol®** formulas that help diminish fine lines and improve collagen and elastin health, leaving you with smoother, healthier and younger looking skin.

### 0696 Pycnogenol® Facial Cleanser, Fragrance Free

6 fl oz ~~\$15.50~~ **\$12.50**

### 2096 Pycnogenol® Facial Toner, Fragrance Free

6 fl oz ~~\$15.50~~ **\$12.50**

### 0485 Pycnogenol® Gel, Fragrance Free

2 oz ~~\$29.95~~ **\$25.95**

### 0495 Pycnogenol® Crème, Fragrance Free

2 oz ~~\$29.95~~ **\$25.95**

### 1910 Pycnogenol® Redness Reducing Serum

2 fl oz ~~\$29.95~~ **\$25.95**

### 1950 Pycnogenol® Eye Gel, Fragrance Free

1/2 oz ~~\$19.50~~ **\$16.50**

## Chile Cheese Polenta

*Yields 4 Servings*

One 7 oz. can of diced Green Chilies or Jalapenos, drained  
1 cup of whole Kernal Corn (fresh or frozen)  
4 cups of Rice Milk  
1 cup of dry Polenta or coarse ground Corn Meal  
1/2 cup of shredded cheese  
3 tablespoons of Earth Balance Margarine  
1/4 teaspoon ground Black Pepper

In a medium saucepan, bring Chilies, Corn and Rice Milk to a boil. Slowly add Polenta (or Cornmeal), whisking constantly until smooth (around 5 minutes). Mix in Cheese, Margarine and ground Black Pepper. Ready to serve.



## Did You Know?

Corn Meal is prepared by milling the corn kernel and can be used as a thickening ingredient and mild exfoliant in skincare products.



## Exfoliate Dry Summer Skin

Summertime dehydration slows the natural exfoliation process leaving skin dry and dull. For fresh, radiant skin, exfoliate with derma e's spa-perfect formulas on sale now:

### 0630 Fruit Enzyme Facial Scrub

4 oz ~~\$13.95~~ **\$11.95**

### 0635 Cleansing Enzyme Mask

4 oz ~~\$13.95~~ **\$11.95**

### 0694 Microdermabrasion Body Scrub Enhanced with DMAE

4 oz ~~\$25.50~~ **\$21.50**

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We look forward to meeting you!

<http://facebook.dj/dermae/>

## See our Sale items for Fall:

### Code

2100 Age-Defying Night Crème

2125 Age-Defying Day Crème

2175 Age-Defying Eye Crème

0696 Pycnogenol® Facial Cleanser, Fragrance Free

2096 Pycnogenol® Facial Toner, Fragrance Free

0485 Pycnogenol® Gel, Fragrance Free

0495 Pycnogenol® Crème, Fragrance Free

1910 Pycnogenol® Redness Reducing Serum

1950 Pycnogenol® Eye Gel, Fragrance Free

0630 Fruit Enzyme Facial Scrub

0635 Cleansing Enzyme Mask

0694 Microdermabrasion Body Scrub Enhanced with DMAE

8900 Cracked Skin Relief Crème

8400 Anti-Ache™ Herbal Pain Relief Crème

### Net Wt

2 oz

2 oz

1/2 oz

6 fl oz

6 fl oz

2 oz

2 oz

2 fl oz

1/2 oz

4 oz

4 oz

4 oz

2 oz

2 oz

### Reg Price

\$39.50

\$39.50

\$22.50

\$15.50

\$15.50

\$29.95

\$29.95

\$29.95

\$19.50

\$13.95

\$13.95

\$25.50

\$13.50

\$11.95

### Sale Price

**\$34.50**

**\$34.50**

**\$18.50**

**\$12.50**

**\$12.50**

**\$25.95**

**\$25.95**

**\$25.95**

**\$16.50**

**\$11.95**

**\$11.95**

**\$21.50**

**\$11.50**

**\$9.95**

Fall Sale is on through November 30, 2009

## Additional Skincare Reading:

[How to Help Skin Survive and Thrive when Summer Turns to Fall](#)

## Thank You For Your Support!

We would like to extend a sincere thank you to everyone who purchased a derma e product in 2008. Because derma e donates a percentage of all product sales to The Paraguay Project, a three-tiered charitable program that supports the people, rainforests and land of Paraguay, your support helped build a nursing school in Paraguay. With full accreditation from the Paraguayan government, this school helps rural young women and men get an education and find employment.

## Not sure which products to use? Take the derma Evaluation™

If someone you know, or you are still unsure about which derma e products to purchase, take the derma Evaluation™. This easy, 6-step evaluation will instantly determine the right products for you based on the information you provide.



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