

Grand Gulps



1. Real Energy

Trying to quit coffee? Dandy Blend is a rich, warming substitute made from roasted barley and rye (gluten removed), as well as adrenal-supportive dandelion root. About \$12 from www.dandyblend.com.



2. Tea Time

Green tea is so rich in antioxidants that it practically makes us younger as we drink it. Rishi's sencha blend has a grassy flavor that's good all day long. \$15 at natural markets or from www.rishi-tea.com.



3. Raw Power

Harmless Harvest never heats its fair-trade raw-coconut water, so it has all the potent flavor that's usually lost through processing. \$5 at natural markets. www.harmlessharvest.com



4. Main Squeeze

These cold-pressed juices from Juice So Good contain tasty combinations of raw vegetables and fruits, so getting your greens can be effortless. About \$8. www.juicesogood.com



5. Root Down

TumericALIVE Elixirs provide a healthy dose of raw anti-inflammatory turmeric blended with coconut water, cayenne, mint, and other delights. About \$6. www.tumericalive.com



6. Heal Thyself

Delicious Gingerade kombucha from GT's can soothe an upset stomach and help rebuild gut bacteria to prevent future woes. About \$4. www.synergydrinks.com