

▶ Ayurnas Nasya Oil

Catherine Potter got me hooked on this! Using a Neti Pot and Nasya oil is a traditional method to purify and revitalize your breathing passages. Nasya involves the application of a few drops of Ayurnas (Chopra Center's blend of organic ingredients) to your nasal membranes - just a drop of the oil on your baby finger and apply it inside your nostril. Then gently sniff it up and repeat on the other side. In the winter months when the air is so dry, I just love this stuff!

\$24 at Northern Star College of Mystical Studies, #209, 10715 - 124 Street, Edmonton, 780-447-3667 and online: www.store.chopra.com



▶ Pork & Clams

I love eating at Spago, a wonderful Portuguese restaurant owned and operated by Maria Nobre and her family. It's all delicious but I've got a real weakness for the Pork & Clams (pan fried marinated pork tossed with clams, mussels and potatoes in a paprika, garlic wine sauce). Every month, or so, I need my Pork & Clam fix. Try it and you'll see why.

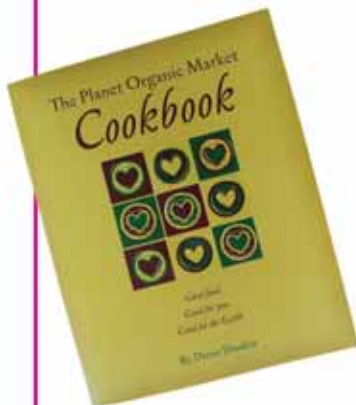
\$23, Spago Portuguese Restaurant, 12433 - 97 Street, Edmonton, 780-479-0328.



▶ Crystals

I just love crystals and this year in Feng Shui they are perfect for the West gua as a wealth star resides in the West this year (Water Dragon). You can use anything from the earth element (like beautiful pottery) to activate the star, but because crystals are considered to be the "living" earth element, they are a powerful cure. The one shown here is an amazing celestite crystal I got at Ascendant Books a few years ago, but the crystal can be in any form (geode, cluster, sphere).

Varying prices (depending on a crystal) at Ascendant Books, #105, 10310 - 124 Street, Edmonton, 780-452-5372, www.ascendantbooks.com



▶ Planet Organic Market Cookbook

One of my favourite things at Planet Organic is the 'Hail-to-the-Kale' salad - LOVE it! I'll buy 4 or 5 containers every time I'm there. Then I discovered the amazing cookbook that Diane Shaskin (co-founder) has written. It's a collection of organic recipes from the Planet Organic Deli, from their world-famous Cosmic Cookies to 'eggless' egg salad, including the 'Hail-to-the-Kale' salad. Make it or buy it - now it's up to you!

\$29.99 at Planet Organic Market - Edmonton: 12120 Jasper Avenue or 7917 - 104 Street and Calgary: 4625 Varsity Drive NW or 10233 Elbow Drive SW; www.planetorganic.ca



▶ Artsy I-Phone Cases

I love local art and love to feature it on every page possible in Mosaic, so I was so pleased to see one of our favourite artists, Maria Pace-Wynters, come out with her own line of I-Phone Cases featuring her art! They are available in the following formats: iPhone 4S/4 Deflector or Capsule, iPhone 3GS Capsule and iPod Touch 4G Capsule.

\$38 - \$44 (+ shipping) at www.redbubble.com/people/mpwynters/ship/iphone-cases or through Maria's blog at www.mariapacewynters.wordpress.com

Please note that all of these items may be available at many places, but I've only listed the stores where I found them at.