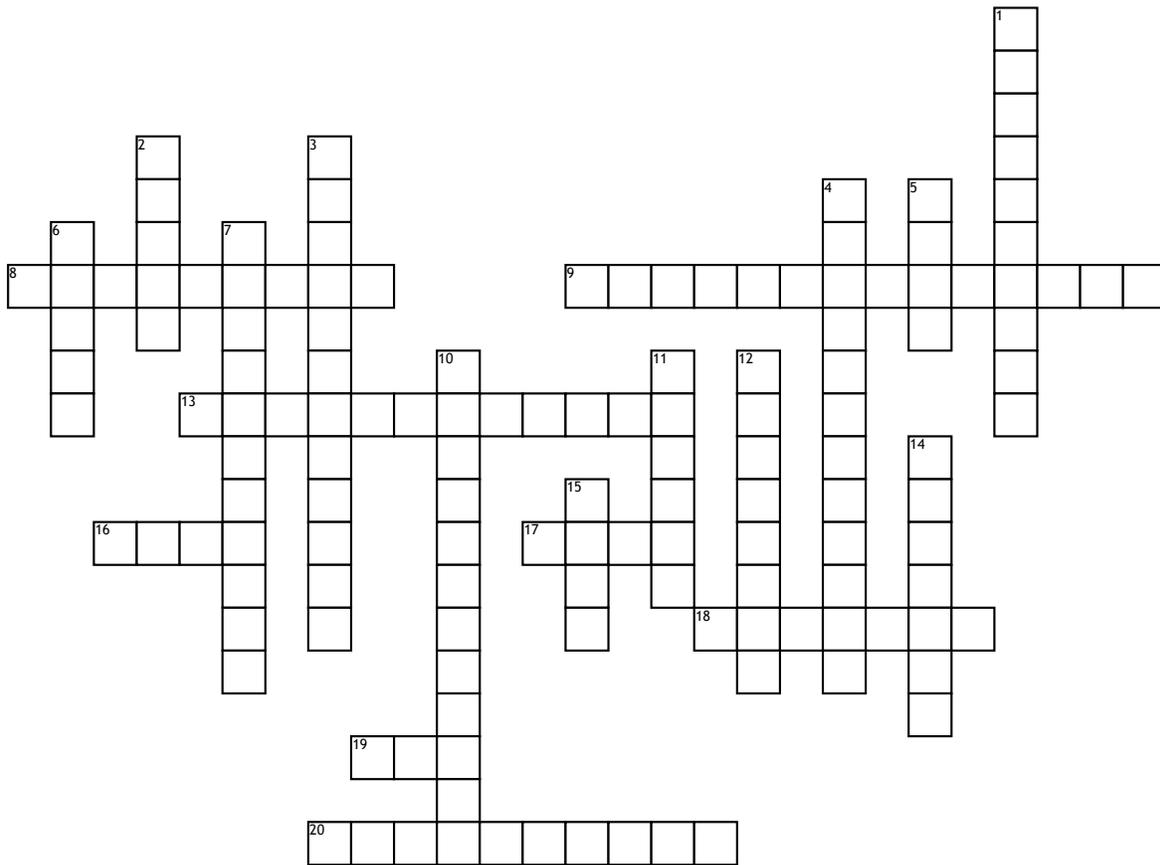


# alive Jan/Feb



## Across

**8.** Flavonoid that may reduce blood pressure and fight inflammation

**9.** Popular skincare ingredient that can hold more than 1,000 times its weight in water

**13.** Medical term for unhealthy levels of fat in the blood

**16.** Fish dish that prods you?

**17.** Traditional Polynesian medicinal plant that's popular in K-beauty products

**18.** In addition to more fat, you'll need more of this macronutrient if you're endurance training on a low-carb diet

**19.** Non-psychoactive component of the hemp plant that may curb pain, improve sleep, and quell inflammation

**20.** The write stuff for a self-care practice

## Down

**1.** IG handle for the author of <Plant Over Processed>

**2.** Band behind hits like "Barracuda" and "Crazy on You"

**3.** Book by Haile Thomas

**4.** Variety in nature (which happens to be <very> good for your health)

**5.** <Healthy at Last> author Adams

**6.** Recipe in this issue featuring okra and jackfruit

**7.** Vegetables most strongly associated with reduced risk of cardiovascular disease

**10.** One of two natural pigments you can use to give the Cashew "Cheesecake" Squares in this issue their gorgeous pink swirl

**11.** Vampires think it stinks

**12.** Berry whose extract may help reduce atherosclerosis

**14.** It's a major risk factor for heart disease

**15.** The main ingredient in our vegan mayo recipe in this issue