

alternative THE ART & SCIENCE OF HEALTHY LIVING *medicine*

7 WAYS TO FIGHT ASTHMA

>> Drug-Free Solutions

Healthy Summer Tips

> Sun-sational



All Terrain Performance Sunblock AquaSport
Designed for dunking and splashing, this sunscreen is one of the hardest sunscreens we reviewed. All Terrain recently reformulated to remove all parabens from their line of sun protection for outdoor enthusiasts.
SPF 30 (\$9.99, www.allterrainco.com)

Lower your
Blood Pressure
the easy way
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One family's
journey through
Alzheimer's
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Boost your
Immune System
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