

alternative

THE ART & SCIENCE OF HEALTHY LIVING

medicine

Negotiating Cancer

- > Personal advice
- > Practical means

15 Migraine Triggers

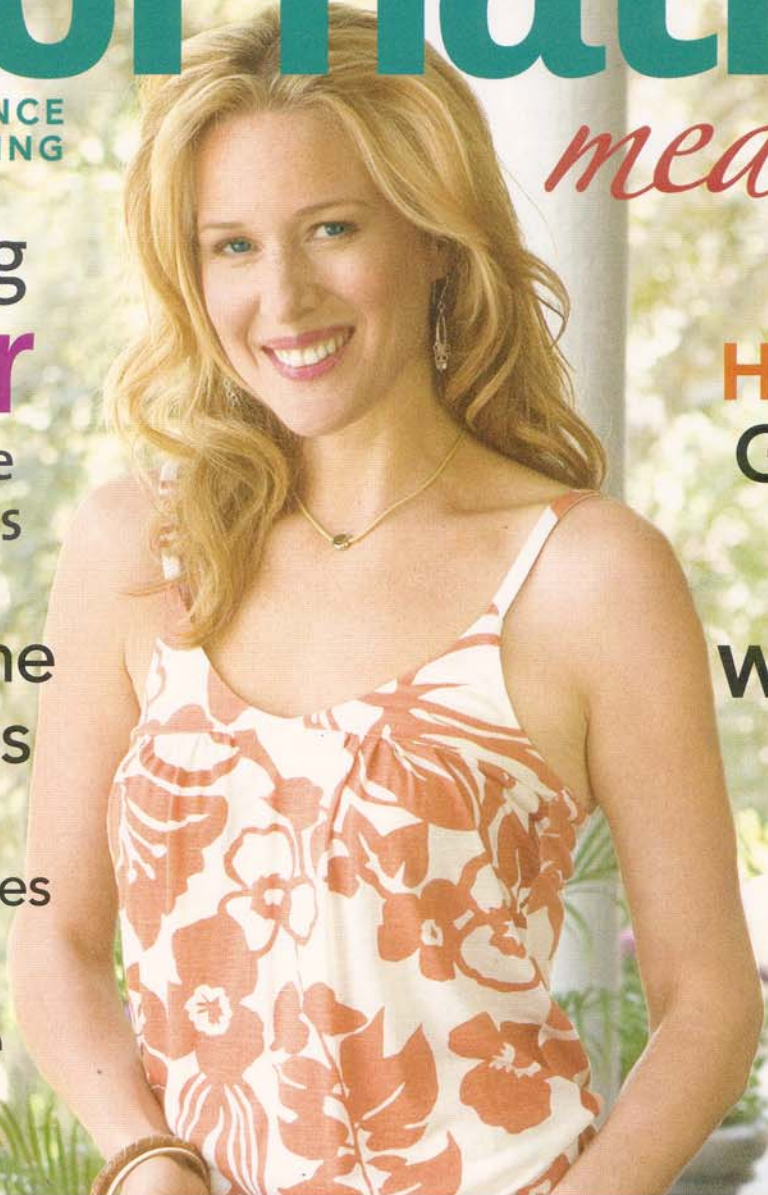
Coping Strategies for (Male!) Menopause

HERBAL

Create a HEALING GARDEN

White Weddings Go Green

Natural Sunburn Soothers



FUN FIND: All Terrain's Outdoor Travel Kit

This summer, play hard but tread lightly on the planet (and your skin) with All Terrain's Outdoor Travel Kit. Each reusable mesh bag contains six portable, chemical-free, and environmentally friendly outdoor adventure essentials, including Herbal Armor DEET-free insect repellent, TerraSport 30 SPF sweat- and water-resistant sun protection, Aloe Gel Skin Repair first-aid gel, and Hand Sanz moisturizing sanitizer. \$24.99 at www.allterrainco.com

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