

Type 2 Diabetes Guide

better nutrition

November 2006

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THE SHOPPING MAGAZINE FOR NATURAL LIVING

5 a Day for Stress

Tension-taming nutrients
that protect your body

Better Skin, Less Pain

Hyaluronic acid's
antiaging benefits

Mangosteen

From inflammation to immunity,
the superfruit's healing powers

7 Reasons to Reach for
Hemp Foods

stressed?

take 5—supplements, that is

FEELING THE PRESSURE LATELY? SO IS YOUR BODY! HERE'S A SIMPLE, INEXPENSIVE WAY TO SHORE UP YOUR DEFENSES AGAINST STRESS



ENZYMEDICA DIGEST GOLD has a range of enzymes to aid fat, protein, carb and fiber digestion.