

NATURAL REMEDIES
FOR BELL'S PALSY

COOL MEALS FOR
HOT SUMMER DAYS

DIABETES: DRUG-
FREE OPTIONS

better nutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

betternutrition.com

july 2010

stress less!

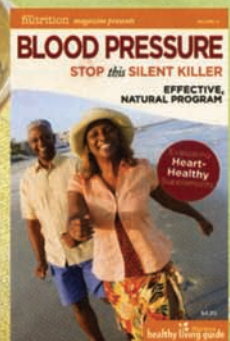
8 super herbs

Find balance & serenity while
also boosting energy



 plus

Download
It Now!



An effective natural
program to stop this
silent killer
— see p. 6 for details

READY, SET, SHOP! PERSONAL CARE

fresh air!

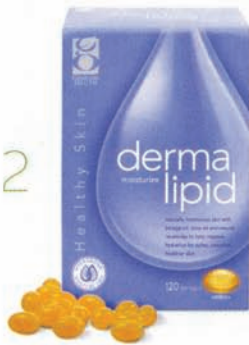
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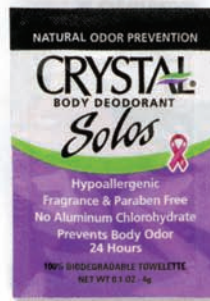
1

Say ahhh to Aura Cacia **ELECTRIC AROMATHERAPY AIR FRESHENERS**. Made with 100 percent pure essential oils, these air fresheners create a subtle yet powerful ambiance for your home. Simply plug them into any outlet. They're free from artificial colors and stabilizers, and convenient refills are also available. Choose from **Comforting Spices & Clove, Refreshing Lime & Orange, Uplifting Bergamot & Grapefruit, Relaxing Lavender,**

2



3



2

Beautiful skin begins within. **Genuine Health DERMA LIPID** oral skin supplement moisturizes and repairs skin from the inside out using a unique formula of borage oil, squalane, ceramides, and fatty acids. In just 21 days, you'll notice a softer, smoother, more luminous complexion. Plus, it's all-natural and protects skin from harsh summer UV rays.

3

Smell sweet safely. **Crystal BODY DEODORANT SOLES** prevent body odors for 24 hours by neutralizing bacteria with natural mineral salts. Plus, these biodegradable, travel-friendly towelettes contain no harmful parabens or aluminum chlorohydrate.

7 Strains to a Healthier You

New Unique 7 Strain Probiotic Blend for Complete Digestive Health

- Lactobacillus acidophilus
- Lactobacillus helveticus
- Lactobacillus salvarius
- Streptococcus thermophilus
- Bifidobacterium longum
- Bifidobacterium Bifidum
- Lactobacillus rhamnosus

- ✓ Maximum Living's NEW Probiotic Blend is formulated through the utilization of the advanced BIO-Tract® technology that protects the probiotics from destructive gastric acids.
- ✓ Contributes to overall digestive health*
- ✓ Has shown to modulate the immune system*
- ✓ No refrigeration required



MAXIMUM
Living



Our Family has been Serving Your Family for more than 17 Years

For more information or to find a store near you please call
1 800 445 4325 • www.maximumliving.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease

READER FAVORITE



"It's the best eye cream I've ever used," says Miami reader Tia Walsh. Made with mango butter and mani oil, **Zia Ultimate Eye Creme** is rich in vitamins and antioxidants to firm, moisturize, and fight free radicals.