

better

HOW TOMATOES FIGHT CANCER

JULY 2004

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nutrition

first in natural health

suzanne somers' sexiest years

Natural Hormones, Diet, Exercise
Rejuvenated Her Life

Healthy Cocktails

Antioxidant blends are super powerful

68 ways to lower
your blood pressure

THE **BEST**
LOW-CARB
FOODS

Part 4



choices



wholly healthful

NatraLEAN low glycemic nutrition bars are a wholesome snack when you're in a hurry—and when you need to watch your blood sugar. Even better, the bar contains no wheat, dairy, corn, soy, peanuts, MSG, artificial sweeteners or other additives. 972.458.9595



fine food

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go fish!

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get in balance

Natural Balance introduces the newest addition to its Super Value line: Alpha Lipoic Acid. This antioxidant contributes to cellular energy production and cell health. Available in both 100 mg and 300 mg strength. 800.833.8737



Look for these products at your health food store, or ask your retailer to call the manufacturer for more information. Product information provided by respective manufacturers.