

# The Core

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## 4 Adopt a **HEALTHIER LIFESTYLE** 8 Steps for Lasting Success

All too often, especially when busy, we forget to take good care of ourselves and our bodies. Unfortunately, this type of neglect can exacerbate stress levels and, eventually, lead to health problems. One of the best steps you can take toward lowering your stress levels is to get into the habit of taking care of yourself.



## 7 **Outside-of-the-Box** Ways to Shed Those Extra Pounds

Make these weight-loss tips a part of your daily routine!

## 9 **Yoga: A Beginner's Guide**

Yoga instructor Barbara Benagh has practiced and taught yoga for nearly 35 years. She discovered yoga while living in England and began teaching there



## 18 Your Favorite Dishes Unveiled: What is *Really* in Your Food?

A new report reveals how your favorite hamburgers, chicken sandwiches and fries go from farm to table

## 20 **Cooking Light:** Make Organic Taste Great

Amazing Healthy Organic Recipes, you are going to love making and eating these delicious recipes and organic healthy meal ideas, including organic **chocolate!**

## 22 **Dr. Max Gerson:** Healing the Natural Way

## 24 **The Miracle of Maca** A root that helps reduce the effects of stress and boost mental clarity





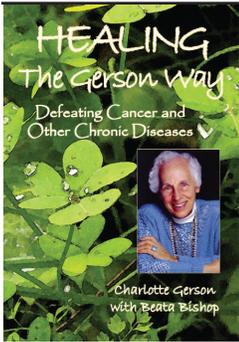
# Dr. Max Gerson

## *Healing the Natural Way*

When Dr. Max Gerson escaped Nazi Germany with his wife and daughter, Charlotte, he probably never imagined he would face a different Holocaust in the United States. Despite a relatively astounding number of patients he's cured of diseases - including cancer - his work still faces strong opposition by doctors and even the U.S. government, which has ruled his natural treatments illegal.

Gerson spent most of his life curing what has been coined by our society as "terminal illnesses." Through his use of organic diets and herbal treatments, thousands of patients around the world have been saved through his natural therapy. His daughter, who is the longest surviving Gerson patient, was cured of tuberculosis upon arriving in the U.S. - a disease that would have been considered a death sentence otherwise. Today, despite opposition, Charlotte continues her father's alternative treatment in clinics outside of the U.S.

## Organic Reading...



### "Healing the Gerson Way"

Written by Charlotte Gerson, founder of the Gerson Institute and daughter of Max Gerson, MD, and Beata Bishop, a recovered Gerson Melanoma patient, this is a complete guide to the theory and practice of the Gerson Therapy developed over 80

years ago by Dr. Max Gerson, MD (1881-1959). It shows that an increasingly denatured, nutritionally empty, toxic modern diet is the main cause of today's worsening health crisis. The book offers the solution in the form of a brilliant, precision-built nutritional program that eliminates the underlying causes of disease, leading to lasting cures. This is the definitive book on the Gerson Therapy, the oldest, best documented and most effective holistic therapy for cancer and numerous other chronic diseases.

## HGTV's Green Home Giveaway 2011

Enter the HGTV Green Home Sweepstakes 2011 for your chance to win the environmentally-friendly home in Stapleton, Colorado featured in the "HGTV Dream Home Special," plus \$100,000 cash and a new vehicle. If you don't want to worry about the taxes or reselling the Green Home, you can opt to receive \$480,000 in lieu of the house, plus the other prizes. The total prize value is worth well more than \$600,000, no matter which option you choose!



### Grand Prize:

The HGTV Green Home located in Stapleton, Colorado featured in the "HGTV Green Home" special including home furnishings, merchandise, structure, lot, landscaping, furnishings, and artwork; \$100,000 cash; and a 2011 GMC Terrain automobile. OR

the winner may choose to receive \$480,000 in cash in lieu of the home, as well as the other prizes. (ARV: \$688,775.00 if Grand Prize Winner takes title to the HGTV Green Home or \$618,775 if cash.

## FRANKLIN CHROME CITRUSMATE PLUS 3000



The all-in-one juicer from Franklin Chrome is the essential, and affordable, **must-have** in nutrition!

### Organic Gardening

When you grow your vining vegetables upward, you use less ground space. This increases your yield per square foot because you can fit more plants into the garden. But saving space is just one reason to grow your plants on trellises. Here are some other advantages to growing up:

- Monitoring and controlling pests is easier because they're right in front of your face
- Harvesting is also easier, as there's no stooping or hunching over.
- No more waste due to overripe fruits that are hidden under lush growth.
- Vertical gardens increase accessibility for gardeners with disabilities because they can tend and pick from a chair or garden seat

### Chino's Organic Pet Products

All Natural Food, Chews, Treats, Vitamins, Supplements, Toys, Gifts, Grooming & Hygiene, Accessories & more!



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