

YOUR GUIDE TO **BEAUTY • HEALTH • FITNESS**

HOLIDAY 2008

# healthwise

**FREE**

LOOKING **GOOD** FEELING **GOOD**

GUIDE TO  
GIFT  
GIVING

**BEAUTY  
HOW-TO**

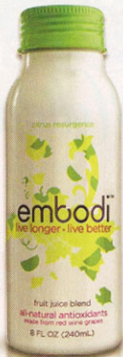
**HEALTHIER  
HOLIDAYS**

**IMPROVE  
YOUR  
FISCAL  
FITNESS**

TV PERSONALITY

**JOAN  
LUNDEN**

**MANAGING YOUR FAMILY'S  
HEALTH & WELLNESS**



**cutting edge**

Watching the look of excitement on someone's face as they open your holiday gift is priceless, but fighting with those hard plastic shells can be frustrating. The Pyranna offers an easy and safe solution to opening that impossible packaging that houses toys and electronics. [pyranna.com](http://pyranna.com).

**toast your good health**

By now you know the encouraging results on the benefits of red wine: cardiovascular health, increased longevity, diabetes and cancer prevention, cholesterol reduction. But what if you don't want the negative side effects associated with wine? Embodi™ is the first beverage to provide the full spectrum antioxidants of red wine without the side effects of alcohol. [drinkembodi.com](http://drinkembodi.com)



**empower yourself**

Put yourself in a hypnotic trance with the help of Rebecca Wesson's P.O.W.E.R. Hypnosis CD's and quickly reach your goals in every aspect of your life. [rebeccawesson.com](http://rebeccawesson.com).

**philanthropy made easy**

Consumers can support their favorite causes by shopping at GoodShop.com where they can choose from more than 700 top online retailers including Target, Apple, Macy's, Best Buy, Barnes & Noble. The shopping experience and the prices are exactly the same as going to the retailer directly, but up to 37% of the purchase price is donated to the user's favorite cause.

**now hear this**

Reconnect family members affected by hearing loss with the Clarity C420 amplified cordless telephone this holiday season, and have clearer, more understandable conversations in the new year. [clarityproducts.com](http://clarityproducts.com).

