

Stressfree Living

Health & Lifestyle Magazine

The Rewards of
Journaling

Taking
HERBS
to Heart

The Health
Benefits of
Lifting Weights

Living
Green

The Future of
Socially Responsible
Investments

Just Between Us

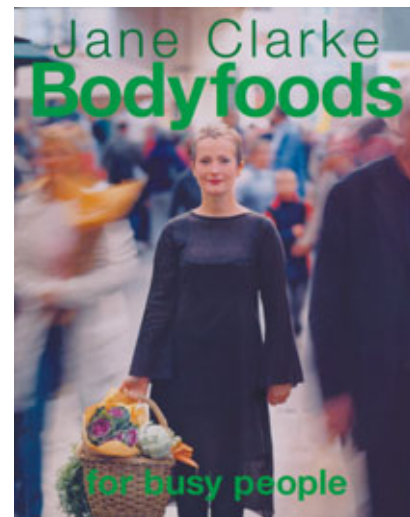
Flavorful Food Finds!

Spice up Your Kitchen



SoHo Spices Magnetic Spice Shakers. This high style spice rack fits with any cook who has a taste for function, style and organization. This set of 6 Magnetic Spice Shakers comes with a brushed metal panel for easy wall mounting. The spice shakers are made from 18-8 stainless steel and protect the potency and flavor of the spices. You can fill them with your favorite flavor!

\$26.99
www.target.com



“Body Foods for Busy People”

BY JANE CLARKE

There is a saying, “if you nourish the body, you nourish the soul.” Jane Clarke’s book, “Body Foods for Busy People”, builds upon that principal. It provides helpful insight into foods that are not only beneficial, but critical to our bodies. With simple tips, recipes and a day-by-day plan to get you started, this is a must read for those who are concerned with the foods they are eating.

\$16.47

www.amazon.com

You don't have to cook
fancy or complicated
masterpieces - just good food
from fresh ingredients.

- JULIA CHILD

Trendy Little Herb-Savor

Fresh ingredients are the staple to a cook's kitchen. This trendy little “herb-savor” can save your precious herbs, making them last up to three weeks longer. Showing the natural beauty of the herbs, you can breathe easily knowing they are being kept fresh with a refillable water base. This is a must have for the savvy chef.

\$29.95

www.prepara.com

