

## INSIDE NATURAL HEALTH

**Vital Signs – *Where Health and Lifestyle Intersect:*** This vibrant, newsy section features the latest on health and wellness; great ideas for living better; and short items on living your best life.

**Natural Beauty – *Where Science Meets Beauty:*** Our intelligent reporting (citing the latest studies, quoting trusted sources), our lush and sensuous photography, and our helpful advice on aging gracefully, prolonging the benefits of youth, and living with confidence makes this one of our most popular departments.

**Healthy Appetites – *Savvy Strategies for Eating Well:*** We've recruited some of the best food writers, recipe developers, and chefs to provide solid nutritional advice for cooking light, eating for energy, losing or maintaining weight, and using foods to heal.

**Mind Body Fitness – *Exercise Prescriptions for a Stronger, Healthier Body:*** We work with fitness experts to provide safe, simple exercise routines that can help prevent or ease common aches and pains.

**Good Medicine – *Integrative Treatments for Optimum Health:*** This department represents our signature approach to health care: a responsible balance of alternative therapies and conventional modalities. We explore the best of eastern and western traditions to educate our readers about all the available options.

**Health and Healing – *Tapping into Alternative Wellness:*** In this section, we deliver definitive, up-to-the minute information on the world of alternative medicine and therapies.

**Make One Change – *One Easy Step to a Better Future:*** This unique column, which appears on the closing page of each issue, epitomizes the Natural Health approach to wellness: positive changes happen one simple step at a time.

NATURAL  
FEEL GOOD • LOOK GOOD • DO GOOD  
HEALTH