

Balance

Health & Wellness

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Dear Reader,

There is a body of knowledge regarding a person's Health and Wellness that the world desperately needs. The knowledge that will enable people to take charge and make choices on how they can improve their health and prevent future disease. It's our mission to give the reader good information, so they can make wise choices, have more options and most importantly spread the knowledge on living a balanced life. By reading our magazine we hope you join us by becoming a messenger of Health and Wellness and it will bring a little more balance in your everyday life.

I invite you to keep an open mind and warm heart to the wonderful insight that Balance Health and Wellness has to offer. I'm delighted that you have chosen to pick up this magazine with a thought that something within can offer a bit of advice, excite your intellect or cause you to question your habits. Throughout the course of our issues we will keep the readers abreast of the latest trends, medical breakthroughs and findings, and even get insight from professionals in your area on health and wellness topics.

Our 2010 issues will focus on an array of integrative health topics such as: **Bio-Identical Hormone Therapies, The Latest Trends in Diet and Exercise, various holistic and alternative therapies** as well as **conventional medicine options**. We welcome and thank you for the opportunity to share our insight and offer choices when it comes to your health and wellness.

Here's to having a choice when it comes to our Health.



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Feature: Natural Hormone Replacement Therapy

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