

# Ba|ance

Health & Wellness  
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Dear Reader,

With so much information floating around, it's hard to decipher fact from fiction regarding diet, nutrition, healthcare, and product selection. This issue's feature selection isn't our typical feature article, but illustrates that our selection criteria is based on evidence and principals and not paid ads or hype. Another hot topic we will continue to touch upon is HealthCare Reform. As Congress implements reform via the Patient Protection and Affordable Care Act, there are several prevention-related provisions in the new laws that are of significant importance. In this issue we try to set the stage by outlining parts of the Act's general intentions regarding prevention and wellness. We are happy to see that prevention is finally in the spotlight as it has been underfunded and largely ignored over the last 10 to 15 years. Although the new laws have created controversy we hope the spotlight and direction it takes ensures an opportunity to push health and wellness across families in a country that desperately needs reform. As we wait for this all to unfold, take charge of your health and wellness: read our magazine then pass it on to a friend. We welcome and thank you for the opportunity to share our insight and offer choices when it comes to your health and wellness.

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



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## Feature:



**REMOVE INCHES  
IN JUST  
2 WEEKS!** PAGE 30



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