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BALANCED LIVING

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How
SAFE
is your **FOOD?**

Yes, you can prevent
Breast Cancer

Take control
of **ANXIETY**

MORE SOLUTIONS FOR
Anemia, Lyme disease,
insomnia, loneliness

Natural solutions : vib..
SERIALS

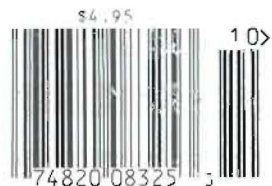


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**OLIVIA
NEWTON-JOHN**
inspires breast
cancer survivors

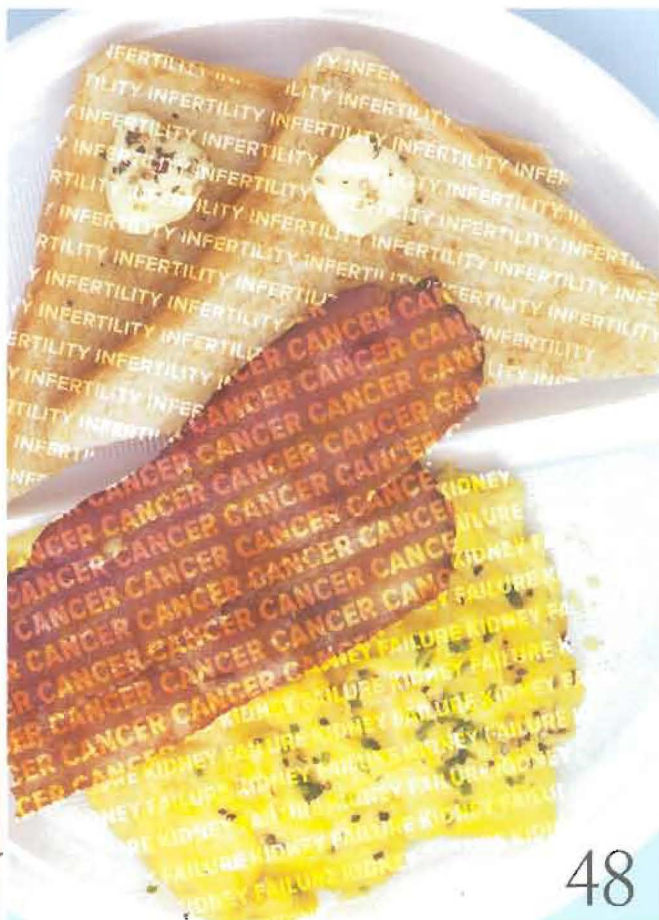
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New research shows you can lower your breast cancer risk by one-third if you make the right lifestyle choices. Enact these five targeted changes today to reduce your risk tomorrow.

BY SARAH TOLAND

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From pesticide-laden produce to salmonella-contaminated eggs, America's mass-produced, cheap food supply is causing widespread health issues. We expose the major food-safety issues and show you how to keep your family from falling ill.

BY MELANIE WARNER

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