

Innovative *Living*



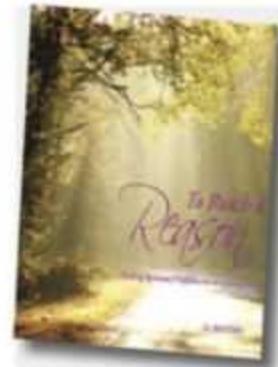
PostureZone analysis app

This free app from iTunes reveals subtle imbalances and asymmetries that can lead to back pain, stress, poor athletic performance, and even make you look older. strongposture.com



Nutritional Supplement for Dry Eye

Doctor-recommended HydroEye is a nutritional supplement containing GLA and omega 3 fatty acids. Research in recently published clinical trial has shown it significantly improves dry-eye symptoms. sbh.com



To Reach a Reason FINDING SPIRITUAL FULFILLMENT AS A CAREGIVER

According to the Alzheimer's Foundation of America, an estimated 5.1 million Americans may have Alzheimer's disease. Over and above that staggering number are the families and friends of loved ones experiencing this debilitating disease. Author D. Rogers has been a professional in the field of aging for more than 30 years, and has been a personal caregiver for 10 years. Drawing from her experience, Rogers provides comfort and support to caregivers. Published by CrossBooks Publishing (May 2013); available at amazon.ca

