

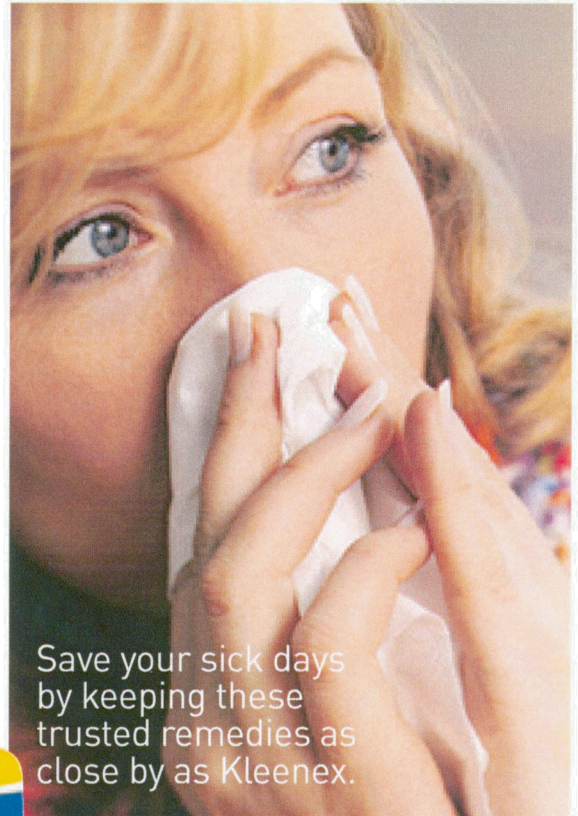


betterlivingboutique

The Ultimate Cold-Care Kit



Teaming all of our immune system's best friends, including vitamin C, echinacea, goldenseal and even garlic, Source Naturals' **WELLNESS FORMULA** has achieved near-legendary word-of-mouth status as a must-have cold-fighting companion.



Save your sick days by keeping these trusted remedies as close by as Kleenex.

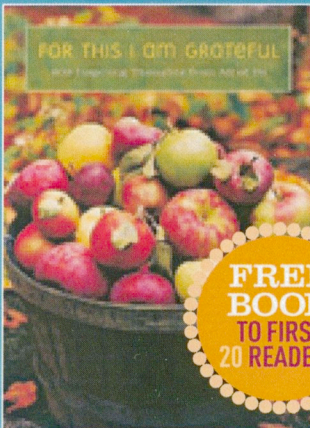
Because preschool kids have an average of six to eight colds per year, parents will appreciate Hyland's **SNIFFLES 'N SNEEZES 4 KIDS**. The quick-dissolving tablets are free of pseudoephedrine and acetaminophen, and have no side effects.



Homeopathic heavy-hitters are what make a spoonful of Bio-Remedy **COUGH SYRUP** far more than just a tasty throat-coater.



Get an Immune-Boosting Attitude



IDENTIFY ALL THE GOOD THINGS IN YOUR LIFE rather than the bad, and you may be able to throw a curveball to colds. To help cultivate an attitude of gratitude, and just in time for Thanksgiving, the new book *For This I Am Grateful* (Everyday Wisdom Press, 2006) presents a collection of insights from everyday people as they share moments that have enriched their lives. (for more info, see www.chroniclebooks.com.) We liked this cute little book so much, we asked for some freebies to give away. Be one of the first 20 readers to reply to editor@letslivemag.com (type "Gratitude Book" in the subject line), and we'll send you a free copy!

FREE BOOK TO FIRST 20 READERS



An herbal extract from a South African plant (pelargonium), **UMCKA COLD CARE** from Nature's Way reduces the severity of throat, sinus and bronchial irritations.

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