

Health • Fitness • Personal Growth • Environment • Creative Expression

# natural FREE awakenings®

healthy living. healthy planet.

Atlanta Edition

December 2008



## GREEN PARTIES

simple tips for  
eco-entertaining

scrumptious holiday  
cookies by the  
**DECADENT DOZEN**

**TRULY GIFTED**  
creating connections  
of comfort and joy

### Play the Abundance Game with New E-zine

**N**atural Awakenings readers now have an opportunity to win prizes each month in the new Abundance Game. To play, readers simply subscribe to the *Natural Awakenings* digital E-zine and look for the hidden question or clue within the magazine pages. The 99th reader to email the correct answer will win a \$50 gift certificate from one of our advertisers.

There is no purchase necessary to play, but only digital subscribers can participate. To subscribe to the digital E-zine, visit the *Natural Awakenings* website, [www.Atlanta.NaturalAwakeningsMag.com](http://www.Atlanta.NaturalAwakeningsMag.com) and click "subscribe" or email [AtlPublisher@naturalawakeningsmag.com](mailto:AtlPublisher@naturalawakeningsmag.com) and type "subscribe" in the subject. The December digital magazine will be emailed directly to your inbox for you to begin enjoying the game and the interactive magazine.

As reader participation grows, the prizes are expected to increase in value and abundance. *Natural Awakenings* Publisher Anna Romano says, "It has always been our mission to deliver health and wellness resources to our readers. This new game is our way of injecting a bit of joy and abundance into the experience of reading *Natural Awakenings*."

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### Drink for Success

**R**ecently, business mogul Bill Farley approached Dr. Thomas Yarema with the question, "If I could take something every day that could improve my life, what would it be?" The answer was unequivocal – amalaki, one of the most potent herbs in the whole Ayurvedic pharmacopeia.

Amalaki has been called "The Great Rejuvenator" for over 50,000 years because of its great healing powers. For centuries, this small fruit, which grows in the fertile soil at the base of the Himalayas, has been considered the most effective source for, among other things, promoting cellular rejuvenation, enhancing immune function and increasing vitality.

Based on its remarkable nutritional profile, amalaki could've been mixed with standard fruit juices and still become a best-seller. But after referring to ancient Ayurvedic formulations and modern scientific research, the world-class Zrii team of Western medical doctors, Ayurvedic experts and chemistry and nutrition PhDs decided to create a formulation unlike any other product on the market—a combination of select herbs and fruits that completely unlocks the potency of amalaki. In each bottle of Zrii liquid nutrition, amalaki is combined with Schizandra, Haritaki, Ginger, Turmeric, Tulsi and Jujube.

Zrii is wholeheartedly endorsed by the Chopra Center for Wellbeing, founded by Dr. Deepak Chopra and Dr. David Simon. This is perhaps the most prestigious endorsement ever given to a liquid nutritional beverage. Zrii is currently looking for ground floor leaders to build the network structure of this new company and offers an outstanding prosperity plan that pays in many ways. According to Farley, "In three to five years, Zrii will be a billion dollar brand and a household name."

For more information, call Greg Ledford at 404-944-9101 or email [thebestamalakidrink@yahoo.com](mailto:thebestamalakidrink@yahoo.com). If you are interested in becoming a Zrii executive, join an Opportunity Meeting Saturdays at 2 pm at the Piedmont Chiropractic Clinic.

### i-tryit.com Launches Natural Product Showcase

#### Consumers Offered Half-Price Deal

**I**n answer to the market's demand for well-researched green, clean products at excellent prices, Pure Zing, an online directory of natural product reviews, has announced the official web launch of i-tryit.com. This online marketplace allows health-conscious and green consumers to test drive pre-screened natural products for half-price, along with an agreement to write a product review.

A recent research study by Arbitron confirms that one-third of customers who try a sample buy the product in the same shopping trip and 58 percent buy the product in future shopping trips.

For new members of i-tryit.com, Pure Zing is offering a \$1500 Grand Opening Giveaway including mineral cosmetics, natural skin care products, organic and bamboo sleepwear and a starter kit of ecological household cleaners.

"Two of the greatest barriers to consumer adoption of green, natural products are researching products for pure ingredients and the premium price," said Page Remick, CEO and lead reviewer for Pure Zing and i-tryit.com. "i-tryit.com addresses both these barriers—we not only do the homework for green shoppers, we offer them rock-bottom prices."

All i-tryit.com's products are pre-screened to sister site Pure Zing's exacting standards of excellence and are listed with expert and consumer reviews.

For more information, visit [www.i-tryit.com](http://www.i-tryit.com) or call Lisa Thorell at 321-281-8378. See ad on page 11.



## GREEN LIGHTS

New energy-saving LED holiday lights use 90 percent less energy than conventional bulbs and can save up to \$50 on the household energy bill through the holiday season.

Source: SierraClub.org

## Are You Looking for Chemical-free, Natural and Organic Products You Can Trust?



## Natural & Organic for Half Price

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- Pre-screened, chemical-free, natural and organic products
- All products sold at half-price
- Membership is FREE!

Interested Supplier?  
Visit <http://www.i-tryit.com/supplier>

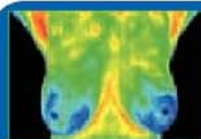


## The Green Healer

It turns out that broccoli is a super way to green holiday menus. This wonder veggie, which has been found to lower the risk of heart disease, stroke and cancer, now has been found to even reverse damage done to heart vessels as a result of diabetes, according to UK researchers.

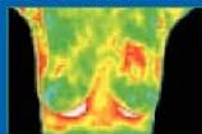
People with diabetes are evidently up to five times more likely to develop cardiovascular disease than others. With diabetes on the rise, we have good reason this season not to shy away from having seconds of the green stuff.

Source: Medical News Today, 2008



Normal breast thermography image

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### EARLY DETECTION SAVES LIVES

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