



## Coconut Bliss

Luna Marcus and Larry Kaplowitz, founders of Coconut Bliss desserts, simply wanted a tasty frozen dessert they could enjoy eating without feeling bad afterward. They had both given up dairy for health and ethical reasons, and had tried all the soy- and rice-based alternatives, but weren't satisfied with any of them. One day Luna asked, "What about coconut milk?" With the aid of a \$2 hand-crank ice cream maker from Goodwill, they made their first batch, knowing immediately they were on to something special. Now Coconut Bliss can be your dessert of choice.

High in medium-chain triglycerides (MCTs) identical to those in human breast milk, coconut milk has similar germ fighting and heart-protective properties. Coconut fat actually stimulates metabolism.

Flavors are Naked Coconut, Dark Chocolate, Vanilla Island, Mint Galactica, Cappuccino, Cherry Amaretto, Piña Colada, Cinnamon Chocolate Flake, Strawberry Lemon Love and Chocolate Hazelnut Fudge. SWEAT Publisher Sue Berliner taste tested the Chocolate Hazelnut and found it very good. She's anxious to try the other flavors.

Luna & Larry's Coconut Bliss™ is available in natural foods stores and some supermarkets throughout the western United States. In Arizona, try any Whole Foods and New Frontiers #4 in Flagstaff. They have a rocking fun website. Visit [coconutbliss.com](http://coconutbliss.com) for more.

## Syntol

Trillions of microflora, also referred to as probiotic bacteria, naturally inhabit our digestive tract, making it possible to digest food, absorb nutrients, and fight off infections and disease. Syntol is a combination of probiotics and non-digestible food ingredients called prebiotics that stimulate the growth and activity of the probiotics as well as our own indigenous intestinal bacteria. In addition, Syntol provides a pain relieving, anti-inflammatory enzyme blend. These enzymes are able to break down and digest Candida yeast, a common problem due to typical diets and lifestyles. Yeast is thought to be responsible for ailments such as leaky gut syndrome, many allergies, and some even believe it to be a factor in autism. Try Syntol for a happier, healthier, and longer life. The costs are \$39.99 to \$129.99, depending on size. Syntol can be purchased at [www.syntol.net](http://www.syntol.net) and locally at The Vitamin Shoppe, Healthy Habits Health Foods, and Fresh Vitamins (Arizona Health Foods.)



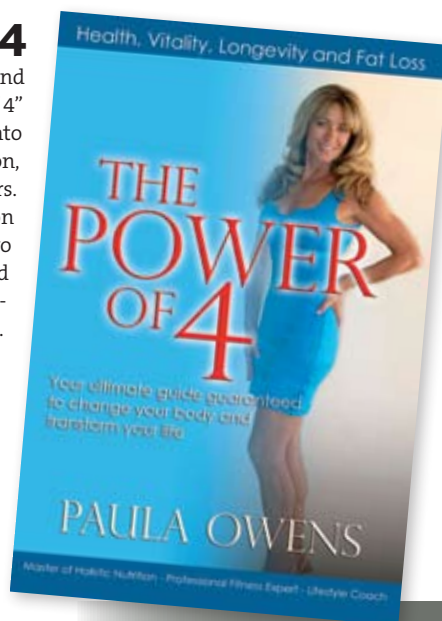
## Paula's Power of 4

Paula Owens, a Phoenix-based holistic nutritionist and fitness expert, reveals in her new book "The Power of 4" how to change your body and transform your life into one you'll love inside and out. This book covers nutrition, lifestyle, exercise and supplementation: the 4 Powers.

The "Power of 4" guarantees transformation with Paula's start simple approach of selecting two Winning Formulas every week. The book is loaded with innovative information based on Paula's expertise, as well as documented scientific research.

Paula knows her stuff. She holds a Masters degree in Holistic Nutrition, a Bachelors degree in Kinesiology and numerous professional health and fitness certifications. With more than 25 years of experience, Paula is an authority in nutrition, exercise and lifestyle transformation.

"Power of 4" costs \$18.95. Buy it at [www.paulaowens.com/powerof4.html](http://www.paulaowens.com/powerof4.html) and at Amazon.com.



## Flipping Out

With all the exercise you do, your feet deserve to be treated right during down time. Try these flips. SOLE Platinum Sandals are premium, wear moldable, orthopedic flips. The unique, patent pending anatomical design supports, cradles, and cushions your feet. Wear them all day without any pain or fatigue. The moldable, orthopedic top layer is made with a mold-optimized EVA blend that adjusts to your feet over time. The molded top layer is supported by the shape of a high density EVA midsole. This structural support ensures that the orthopedic benefits are maintained while the top layer is personalized for your feet. Cost is \$79.95. Find them at [www.solesandals.com](http://www.solesandals.com).

