

A guide to restoring health, heart & spirit

TOGETHER AGAIN
The news about carbs
you've been hoping to hear

TWILL YOU The latest research, p. 146

When it's

GOT GUILT?

DR. PHIL'S got a cure

when it's essential

Do we have treats for you!

From caviar to white peach crisp-friends, food and summer





When your eyes are tired the world is tired also.

When your vision has gone no part of the world can find you.

Time to go into the dark where the night has eyes to recognize its own.

There you can be sure

you are not beyond love....

Sometimes it takes darkness and the sweet confinement of your aloneness to learn

anything or anyone that does not bring you alive

is too small for you.

-DAVID WHYTE, FROM "SWEET DARKNESS"