

whole  
living

# body + soul

## 25 Secret Food

Learn to treat  
insomnia to  
items right from your kitchen

Save Y  
10 stress  
you can't

1 hour  
healthier

The best  
antiag  
strate

How to  
well wh  
partner v

reader to reader

## Natural Cures

From vinegar to carrot  
syrup, readers share their  
favorite old-time home  
remedies for everyday ills

## Win a \$1,000+ Bed Makeover!

One lucky winner will take home a complete natural-bed gift package. With a wool comforter and pillows from WÜL, an organic cotton sheet and duvet set from Under the Canopy's new Top of Bed collection, and Bach's Rescue Sleep Remedy, you'll get a better night's sleep in style! For a chance to win, send in a response to Share Your Wisdom (page 22). Look for a new Reader to Reader contest in each issue. Visit [wholeliving.com/article/bed-oasis-contest](http://wholeliving.com/article/bed-oasis-contest) for the rules.



OCTOBER 2008  
DISPLAY THROUGH OCTOBER 31



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