

Nov/Dec 2009

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ENERGY TIMES®

ENHANCING YOUR VITALITY, MIND, HEALTH & HARMONY

Nutrition for
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DIETS FOR
PETS**

Holiday
Gift Guide

Deepak
Chopra

ON THE BODY,
MIND & SOUL

Gifts from the Heart

GIVING GRATITUDE CARDS

Giving Gratitude cards are perfect for any time you'd like to say "thank you." Through December, creator Lisa Peterson Love will donate 20% of proceeds to Camp Soaring Eagle, a retreat for children with serious illnesses. For more information, visit www.lisapetersonlove.com.



VITA-MIX®

Healthy holiday entertaining is delicious and easy with the **Vita-Mix® 5200**. Create everything from frozen drinks to hot soup in minutes; clean-up is just as quick. To learn more, visit www.vitamix.com/energytimes.

CHOICE TEA

The Whole Leaf Organics line from **Choice Tea** features eight blends of Fair Trade Certified™ tea in biodegradable pyramids. Sold in fine health food stores everywhere.



WILLAMETTE VALLEY VINEYARDS

Willamette Valley Vineyards offers a perfect holiday gift idea with its two-bottle wooden gift box; the 2007 Pinot Gris shown has a bright, fruity, crisp style. For more information, call 800-344-9463.



NEW WAVE ENVIRO

Give the gift of chlorine-free shower water with **New Wave Enviro's Premium Shower Filter**.

Find a store near you by calling 800-592-8371 or by going to www.newwaveenviro.com.