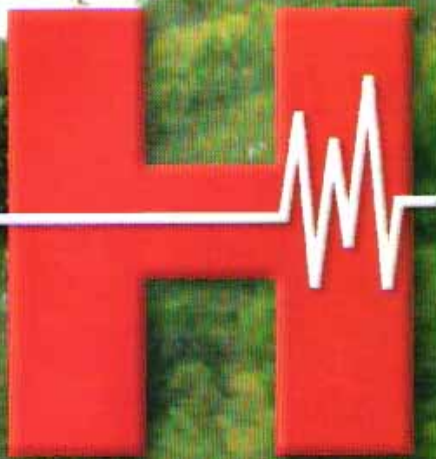


FREE
JUNE 2006



MAGAZINE

The Pulse of Today's Health

A PUBLICATION OF THE FLORIDA TIMES-UNION

In the great
OUTDOORS

CYCLING • SWIMMING • RUNNING

THYROID DISEASE

How Much Do You Really Know About ...

Postpartum Depression • Orthodontics • Nail Fungus

HEALTHY PICKS



Soy good

How would you like to have some of your favorite wholesome foods infused with the healthful benefits of soy? Crum Creek Mills did just that with a variety of products from pastas and pancakes to breadsticks and nuts. Affordably priced, Crum Creek Mills products can be purchased at www.crumcreek.com or by calling 1-888-607-2500.



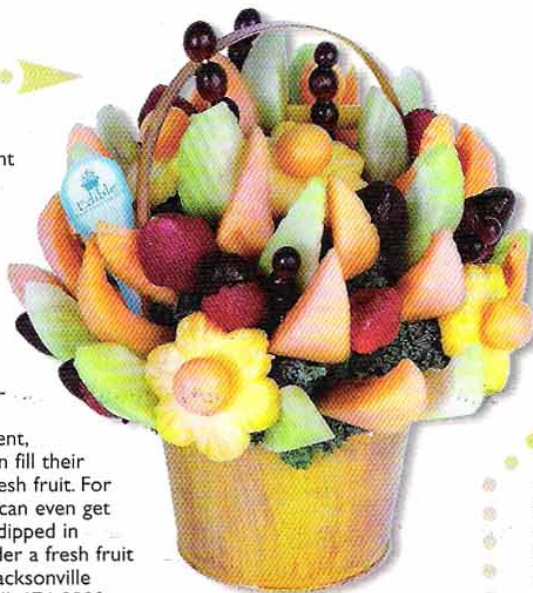
Wildtree Herbs



Wildly good, these products are preservative-free, natural items that are not only tasty and delicious, but fun and easy to make from the cardiologist-recommended Roasted Garlic Grapeseed Oil to bread dippers, marinades, mixes and blends. The plethora of choices are scrumptious. For more information on items and to order locally, call 904-399-8034.

From soy goodness to grapeseed oil, fresh fruit to tart cherries, this segment of Healthy Picks gives you the scoop on a few of our favorites.

Fruit For You. Want to send a unique, colorful, fresh and tasteful bouquet to someone? If so, then Edible Arrangements' fresh fruit designs are for you. The presentation will not only "wow" the recipient, but will more than fill their daily serving of fresh fruit. For an extra fee, you can even get the strawberries dipped in chocolate. To order a fresh fruit design from the Jacksonville franchise, call (904) 674-0000.



Edible Arrangements



Tart is Smart is a new all-natural tart cherry juice that contains no additives or sugars. Manufacturers claim the juice contains at least 17 different antioxidants including anthocyanins – the plant flavonoid that gives tart cherries their ruby red color and melatonin. Available in ready to drink or concentrate, Tart is Smart can be found in the refrigerated aisle of select Publix Supermarkets or through www.tartissmart.com.