

PAPER DOLL

**Physician's
Advice On
Alternative
Medicine**

By Dr. Isadore
Rosenfeld

**Perfect No-
Growth Plants**

By Sandra Lee

**Declutter
Your
Financial
Closet**

Live Longer, Better, Wiser

THIS YEAR'S INDISPENSABLE GUIDE FOR EVERY ONE OF US

**In Step With
Serena
Williams**

By James Braxton

**Summer
Camps For
The Whole
Family**

**Tips To
Improve
"Toxic"
Relationships**

At 21, Serena Williams emerged as the world's best woman tennis player. Inside, Serena explains how she deals with the pressures of being a professional athlete.

Bazaar For Better Living

A Guide To Goods And Services



GREEN CIRCLE ORGANICS are fully cooked entrees of certified organic beef that's bred without hormones, pesticides or antibiotics. The heat-and-serve meals are ready in 10 minutes. In the refrigerated meat section at Whole Foods Markets and health-food stores; from \$8.

The natural oils and astringent in **BREATHE RIGHT SNORE RELIEF THROAT SPRAY** lubricate the throat and firm up tissue to reduce noise-producing vibrations for up to 8 hours.

The 2-ounce spray (plus 2 nasal strips) is \$12 at drugstores. Visit www.breatheright.com to learn more.



decadent Desserts for Diabetics

ON SWEETENERS, SUGARS, AND OTHER TOPICS



DECADENT DESSERTS FOR DIABETICS, by Regina Ragone, serves up cakes, pies, cookies and much more as part of a healthful diet. The recipes use no artificial ingredients and list nutritional breakdowns and exchanges. From Rodale; \$16.95 at bookstores, or from www.rodalestore.com and 1-800-848-4735.



The weatherproof **TALK TO ME PET TAG** clips on most collars and records a 20-second voice message that plays back at the press of a button. Owners can record their address, phone numbers and the pet's shot information. It's \$15 from www.talktometreatball.com or \$18 at pet stores.