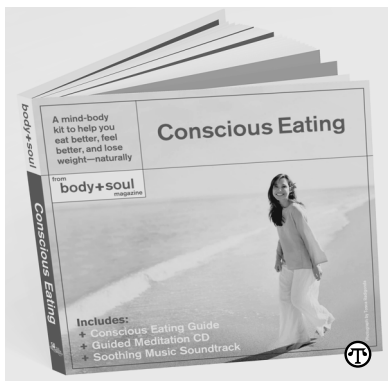


DO IT & DIET

Dieting's Missing Link

(NAPSA)—If you're concerned about your weight and vitality, a new approach may be just what you need.

The idea is something called "Conscious Eating." It's not a diet but an approach to eating created by the editors of *Body + Soul* magazine, the newest publication from Martha Stewart Living Omnimedia. The program can be used to slow down and tune in your body's natural intelligence



Approach food from a mindful point of view and your body knows just how much to eat, says one new program.

about what it needs, while better understanding your emotions and how they affect your appetite.

To help more people find this road to wellness, there's a new book full of simple strategies. The book outlines the principles of Conscious Eating and how to make them work in your life. The 64-page book comes with two CDs—one of relaxing music and the other on meditation techniques to use before eating. The kit also includes inspirational cards in an attractive tabletop box.

You can learn more at www.TheRelaxationCompany.com.