

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

415 Madison Avenue, 12th Fl.
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87 WORDS, 30 SECONDS

HEALTHY IDEAS

AVOID THE WORST OF COLD AND FLU SEASON BY USING YOUR BODY'S OWN DEFENSE MECHANISMS. GOOD NUTRITION, SLEEP AND EXERCISE, THE RIGHT VITAMINS, MINERALS AND HERBS, AND LIFESTYLE IMPROVEMENTS ARE ALL KEYS TO HEALTH. THEY CAN HELP YOUR BODY'S IMMUNE SYSTEM PREVENT ILLNESS. NATUROPATHIC PHYSICIANS ARE EXPERTS IN NATURAL APPROACHES TO HEALTH AND CAN GUIDE YOU. THEY OFFER PERSONALIZED CARE AND GET TO KNOW THE WHOLE YOU TO KEEP YOU WELL. TO FIND ONE NEARBY AND TO LEARN MORE, VISIT NATUROPATHIC--DOT--ORG OR CALL, TOLL FREE, (8-6-6) 5-3-8--2-2-6-7.