

[IMAGE]

## **Spoil Yourself**

### **Six healthy indulgences for the holiday season.**

By Staff Editorial

#### **GREENS+® Energy Bars**

by GREENS+®

GREENS+ Energy Bars by GREENS+. - Copyright © Stock Photo / Register Mark GREENS+® has combined superfoods, soy protein, herbal extracts and honey to produce the only cold-processed, alkaline-forming green food bar. The GREENS+® Energy Bar delivers low-glycemic carbohydrates, protein and essential fatty acids that provide a steady stream of energy and superior wellbeing. In natural and chocolate-coated flavors. *Call 1-800-643-1210 or visit [www.greensplus.com](http://www.greensplus.com).*

#### **Shoethotics®**

by Foot Levelers

Shoethotics by Foot Levelers. - Copyright © Stock Photo / Register Mark Shoethotics come in a variety of athletic and dress shoe styles for both men and women. Foot Levelers has partnered with three trusted brands, Florsheim®, Brooks® and New Balance®, to offer stylish choices in dress, athletic and comfortable walking shoes. Talk to your health care professional about the variety of Shoethotics that Foot Levelers can offer! *Visit [www.footlevelers.com](http://www.footlevelers.com) for more information.*

#### **XG10 Whole Body Vibration Platform**

XG10 Whole Body Vibration Platform by DKN-USA. - Copyright © Stock Photo / Register Mark by DKN-USA

DKN's Innovative Whole Body Vibration (WBV) technology offers wide-ranging benefits, including training 100% of muscle fibers while increasing flexibility, oxygenation, bone density and "feelgood hormones." Suitable for all ages, WBV is very time-efficient, leaving you refreshed with an overall feeling of well-being. *Call 888-877-VIBE or learn more about Whole Body Vibration at [www.dkn-usa.com](http://www.dkn-usa.com).*

## **Quick Supplement Testing**

by Health Evolution

Quick Supplement Testing by Health Evolution. - Copyright © Stock Photo / Register Mark "What supplements should I take?" Now the guesswork is over. The Balance™ tests your response to a variety of nutritional supplements. It shows valuable data that increases your health care professional's ability to make the best recommendations for you. It takes less than 5 minutes and provides a printed report - the easy solution. *Ask your doctor about the Balance™ or call 888-878-4434.*

## **Zypan® Digestive Support**

Zypan® Digestive Support by Standard Process. - Copyright © Stock Photo / Register Mark by Standard Process

As we age, the natural production of hydrochloric acid in the digestive system slows down. Zypan contains betaine hydrochloride as well as other digestive enzymes to support healthy digestion and absorption of proteins. *Talk with your health care professional about how Zypan from Standard Process provides enzymatic support for indigestion, or visit [www.standardprocess.com](http://www.standardprocess.com).*

## **Gym Membership**

by 24 Hour Fitness

Gym Membership by 24 Hour Fitness - Copyright © Stock Photo / Register Mark People everywhere are trying to improve themselves - and for 24 years, we've given them the tools, coaching, and fun atmosphere they need to reach their goals. Sometimes, the changes are small. Other times, people change their lives. These are the stories we live for; the ones that make 24 Hour Fitness proud to be America's leading fitness chain. *Visit [www.24hourfitness.com](http://www.24hourfitness.com) to learn more.*

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/article.php?id=1128&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=1128&no_paginate=true&no_b=true)