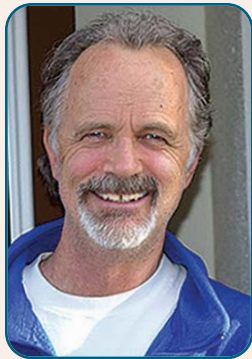


Editor's Corner

Now
in
Digital
Format



It's April 20th, it's 32° out, and it's snowing! Spring planting (as was on our wishful, March–April cover) gets delayed in these higher elevations. But, they say, MAY will be sunny and warm! We'll see...

There's quite a collection of varied, intriguing, and helpful articles in this issue. As you'll see, there is more of an emphasis on chickens, pigs and cows. To eat or not to eat? Are eggs bad for cholesterol? (Quick answer... it depends on how long you cook the yokes... See recipe on page 5.) Are they innocu-

lating livestock with the questionable mRNA shots now? In other areas of health, we have good tips for optimizing your gut microbiome, and we look at the wonderous, glowing element, phosphorus.

You may remember, we ran a guest piece on the "mostly-meat diet" in the last issue. For you "plantivores" out there, we balance out that perspective here with the views of Dr. Michael Klaper, M.D., a nutrition pioneer and long-time, plant-based-eating proponent.

Our "Men's Corner" column is gaining traction (see page 42). This time, we include a handy and helpful article on how to get you into the gym—even if you hate it! And ladies, there may be some of YOU who want to work out more, but need some tricks to get motivated. And for parents with young children, Crystal offers some useful tips in case you still have a little one wetting the bed at night (page 18).

Our guest writer, Raphael, is back with some astrological insights. Our "frequent flyer" Christopher is here with his global and metaphysical perspectives. We even snuck in some humor, both above the Table of Contents, and with a local writer who has found a way to deal with those pesky chemtrails!

And cheer up! Spring DOES arrive in Montana. —ENJOY!



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