

Editor's Corner

Now
in
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Format

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Welcome to Autumn 2024!
With all that's going on, we appreciate you taking some time to get some helpful news from our online magazine. As usual, we're jam-packed with "**healthy, wealthy and wise**" tips, resources, and inspiring education on topics that you can put right to use.

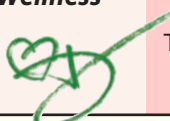
For starters, you've got the recipe for some delicious **cucumber juice** with an explanation of its amazing benefits. Then we offer some **Feng Shui** advice on how to transition smoothly from the energies of Summer into

Autumn. There's a story about how a lady made the best of a **skunk encounter!** And if you're the lucky "parent" of a beautiful animal like the one on our cover, you'll enjoy debunking some myths on how to take care of it holistically and naturally.

Maria Low has been around the **wonders of essential oils** for a long time, working closely with Gary Young, the founder of Young Living, perhaps the highest quality of them all. She shares her story.

Have you heard of the **Energy Enhancement System**, where you bathe in a force-field of "scalar energy" to improve and enhance many aspects of life? There are centers now in virtually every city, and Bozeman has an excellent one. And the **Chico Day Spa** in Pray, MT, has some new treatments to share with you. Don't miss the **Helena Health & Wellness Expo** on October 19th. And **Breathwork in Bozeman** on October 13th!

—ENJOY!



With cooler and wetter weather coming on fast, we bid a grateful goodbye to August's smoky, red sunsets and moonrises. Thanks, Gerry Gram, for the photo.



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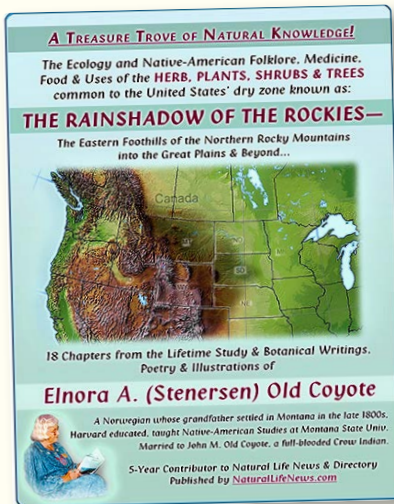
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"The Rainshadow of the Rockies"
Elnora A. (Stenersen) Old Coyote

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