

Editor's Corner

Now
in
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Format

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With cooler, wetter weather coming on fast, we bid a grateful goodbye to smoky, red sunsets and moonrises. "Moon over Bridgers" by Gerry Gram.

Welcome to our **Holiday Issue!** We here at [NaturalLifeNews](http://NaturalLifeNews.com) wish you all the happiness, peace, and joy this season can bring, filled

with family, fellowship, food, and fun! There are plenty of offerings here to tickle your taste buds and your fancy. Since this is *a special time for children*, we offer some humorous tidbits (on page 8) showing why we love them! Also, following that, an ex-Special Service Agent named Evy gives us her six tips on how we can make sure our kids stay out of danger.

Survivopedia.com is a good source for people who want to be prepared, no matter what may come upon us in times ahead. After the recent disasters over the southeastern states, I think we all are thinking more about stocking up on necessities (see page 39). And in case you're wondering what amounts of **protein and carbohydrates** are essential, there's an article by Dr. Mercola (page 34) for that, too. And Kevin Raphael Fitch, our resident astrologer, offers excerpts from his *"Light, Astrology & the Future of America"* (page 15).

Getting back to the festivities—we've got a recipe for *Roasted Pumpkin Salad*—from my wife, Jill. And Kim, our resident animal communicator let's us know what's the greatest gift we can give our animals and pets. Dr. Shapiro wraps up his series on *Gratitude for the Senses* with our precious taste and smell. And if you're looking for a seasonal spa experience, check out *Chico Day Spa's Winter Specials*.

—ENJOY THE SEASON!



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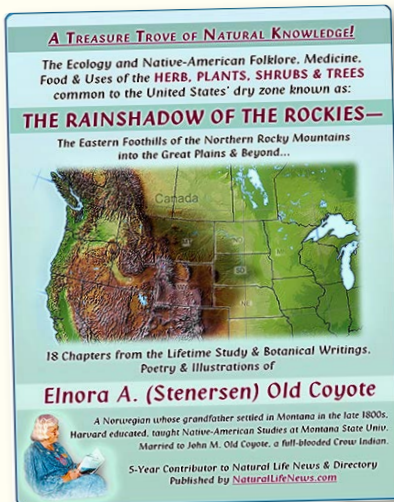
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"The Rainshadow of the Rockies"
Elnora A. (Stenersen) Old Coyote

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