

Editor's Corner



It's officially summer (June 20th was the Solstice). We've been blessed with a lot of rain so far and everything is green and growing. Our summers pass so quickly in Montana... Our 4th of July parades and rodeos are around the corner... You're probably enjoying the sun and outdoor activities. Our **summer issue** is full of fun and helpful info.

Let's start you off with Gerry Gram's amazing **bird photography** and some tasty **green peas!** As the sun heats up, our Feng Shui expert, Michele Lewis takes a look at the energy of **summer's fire**.

Hormone replacement therapy is gaining traction for many of us in the older generations. And for the younger folks wishing to start families, we take a look at the often hidden **male fertility crisis** affecting many today. New to our magazine in this issue is Lisa Stavrakas, LMT, with a unique approach to correcting posture, pelvis and pain issues—it's **Hypopressive™!** Crystal outlines the different **diets**, too.

Columnist Kim Shotola brings us highlights from "**The Soul Watchers**," her groundbreaking book on holistic animal care. Maria Low, another regular writer, showcases the wonderful flowering plant, **Ylang Ylang**, and its essential oil. Guest writer, Dr. Joseph Mercola brings us four summaries of important topics to consider: 1) The truth about **bread** & why we can't digest it; 2) Restoring **mitochondrial** energy; 3) Sunlight & enhancing **circadian rhythms**; 4) The forgotten wisdom of **nose-to-tail** eating.

In a metaphysical mood? Consider the **violet flame** with Janet Little's overview of this scintillating spiritual energy. There's a vendor call out to participate in this fall's Body Mind Spirit Health & Wellness **Expo** in Helena. And **Christopher Rudy** has some eye-opening thoughts for our summer entertainment. Finally, Ph.D. psychologist **Catherine Nelson** tells the story of two families and how the walls we build can be limiting for the ones we love...

—Stay Well and Enjoy your Summer Activities!



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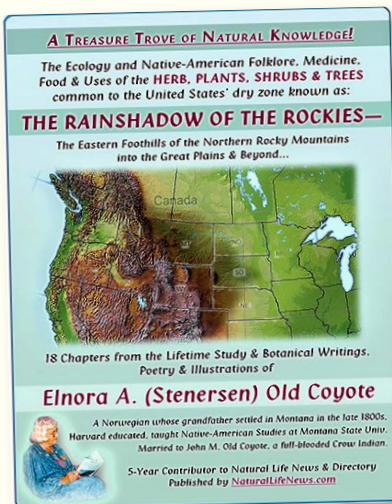
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Denis Ouellette
EDITOR / PUBLISHER / GRAPHICS

Contact us directly:
denis@naturallifeneWS.com
(406) 224-2349

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Elnora A. (Stenersen) Old Coyote

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