



Eat for Vibrant Health

A Complete Guide
to Navigating the
Health Food Maze

Give the Gift of Prosperity

Create Compelling
Visions for the Future

PLUS 5 Techniques to
Awaken Your Vitality





C is for Cookie

Beautiful Sweets offers Christmas and Hanukkah Organic Cookies, a gift that everyone can enjoy. Certified organic and festively decorated, the cookies come in a tin of twenty-four made for sharing. beautifulsweets.com - \$50

Party in Your Mouth

Delicious, exotic and beautifully designed, this Festival Collection of handcrafted chocolates will delight guests at any celebration. Made from the highest quality Belgian chocolate, the sensory feast includes a dark chocolate heart with basil-honey ganache, a milk chocolate rectangle with curry-raisin filling and a white chocolate flower with pomegranate-orange blossom. masalachocolates.com - \$18



Tea for One

Combining the therapeutic powers of world music and tea, the iRelax with Numi Tea gift set will encourage its recipient to make time for self-healing. Fair trade organic tea and a soothing Real Music CD make for perfect harmony. worldpantry.com - \$29.99



Palatal Bliss

Treat your taste buds to organic biodynamic wine. Using traditional methods coupled with solar power, and free of chemicals and harmful substances, Casa Barranca provides the finest wine in the most authentic way. casabarranca.com - \$23-\$33



Baking a Difference

Liz Lovely's Cookies are out of this world delicious, with yummy flavors like Ginger-snap Dragon and Macadamia Mountain. Plus they're certified organic, vegan and fair trade. WARNING: the package comes with "two big ones" that are meant to be shared. Who knew that socially responsible cookies could taste so good? lizlovely.com - \$3.99-\$4.39