

HEALTHSOURCE

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December 2012 | FREE



The Greatest Gift of All.

21st Century Oncology of Jacksonville

1ST ANNUAL
HEALTHY
GIFT GUIDE

Holiday Recipe Roundup from Blue Bamboo,
Bistro Aix and Edgewood Bakery

HealthSource's
**HOT DOGS
FOR 2012**



12 Days of Healthy Holiday Gifts



Compiled by Courtney Cooper and Vanessa Wells

On the first day of Christmas, my true love gave to me... something fun, useful and healthy. HealthSource magazine's first annual holiday gift guide features 12 must-gives for this holiday season.

1. NEUMA HAIR CARE GIFT SET

\$21.00

Unwrapped: Gift sets available in volume, moisture or renew. As a truly sustainable brand, Neuma hair care products use only renewable, beneficial plant-based ingredients.

Why it's our favorite: Love the company's philosophy. We love the clean smell and shiny, bouncy hair with a hold that stays.

Find it: www.neumabeauty.com



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2. THE NAKED SERIES BOOK SET

Books range from \$12.95 to \$24.95

Unwrapped: The Naked Truth, Cooking Naked and Sleeping Naked are three books targeted toward women 40 and above. These books speak to the woman looking to change her body and life for the better.

Why it's our favorite: These books are cute, quirky and fun. Totally adore the design, illustrations and bite size content.

Find it: www.sleepingnakedafter40.com



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3. THE TOPCHIPS CHIPS MAKER

\$30.00

Unwrapped: The Topchips® Chips Maker makes vegan, light, crispy, fat-free chips. Slice the vegetable/fruit of choice with the mini mandoline, place on tray and microwave.

Why it's our favorite: Great healthy alternative to potato chips. Easy-to-make snacks in just three minutes.

Find it: www.shopmastrad.com



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4. XERO SHOES

\$24.99

Unwrapped: Xero Shoes create a modern spin on the traditional barefoot running sandal, the huaraches. This barefoot running sandal is lightweight and simulates the popular natural movement with the protection needed.

Why it's our favorite: For some reason, we picked up the pace in our Xero Shoes. Maybe from using muscles we don't regularly use. Personally, the shoes helped us shave a minute off our 5K. We also liked the option of ordering a DIY kit or readymade pair.

Find it: <http://Xeroshoes.com>



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5. LIFESTINKS® DEODORANT

\$15.00 and up

Unwrapped: Lifestinks creators are trained in lymphatic wellness and saw a need for natural deodorant. When they couldn't find one that worked they created Lifestinks®, a safe, effective natural deodorant that works.

Why it's our favorite: Okay, we love the name and it smells really great. Here's the best thing – it's powder so when it gets on your clothes, you can just pat it off. Most deodorants get on the exterior of your clothes and it's there until you wash it. Not this stuff. Lifestinks® doesn't stink.

Find it: store.duggansisters.com



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6. SPA FINDER

\$25.00 and up

Unwrapped: Redeemable at over 20,000 locations worldwide, SpaFinder Wellness connects millions seeking a healthier, happier lifestyle with wellness providers around the globe. From spas, to fitness clubs and yoga studios, recipients can indulge in some well-deserved pampering.

Why it's our favorite: Price point is reasonable; recipients can design a package that works for them and this truly is a gift of wellness.

Find it: www.spafinder.com



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7. SIMPLE HUMAN SENSOR CAN

\$200.00 and up

Unwrapped: The Simple Human Sensor Can reacts and adapts to your behavior, so it won't open unexpectedly or close before you've finished your task.

Why it's our favorite: It seems unseemly to buy someone a trash can as a gift. Trust us though, once you have this, you won't want to give it up. There is something to be said for owning a trash can that's smarter than your iPhone. Take that, Siri!

Find it: www.simplehuman.com (ships free)



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8. BEE RAW HONEY

\$78.00

Unwrapped: The perfect gift for any food lover, Bee Raw's 9-varietal honey flight offers a complete tasting from around the country. A detailed description of each flavor and origin is enclosed.

Why it's our favorite: This gift has us abuzz. The unique blend of eclectic flavors from raspberry to orange blossom to star thistle really demonstrate the diversity of honey's flavor and texture; with some as light and leggy as a fine chardonnay and others as thick and rich as molasses.

Find it: www.beeraw.com

9 LOCAL!

The Peacock Republic Candle of Hope:

WE International Anti-trafficking program helps rescue women that have been forced into prostitution. With the assistance of Peacock Republic these candles were made by women from WE International's aftercare center in East Africa. ALL profits from the candles go to WE International and the women to aid in their restorative care and provide income for them to start their own businesses.

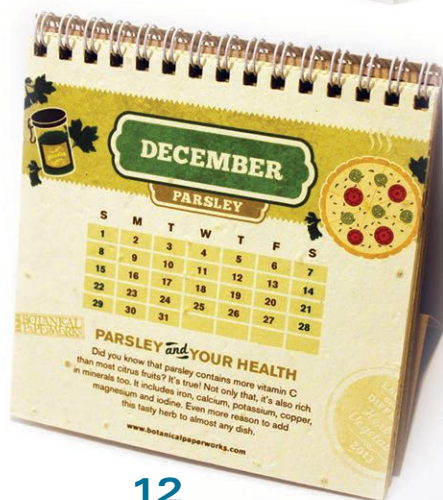


Visit <http://bit.ly/12DaysofGiving> for exclusive online giveaways from Peacock Republic.

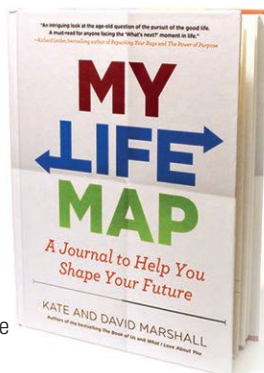
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10. MY LIFE MAP

\$16.00

Unwrapped: A journal that helps create the life stories you hope to live in the future. People of all ages can plot a visual roadmap of both their past and future in major life areas.

Why it's our favorite: Oftentimes, life has a way of turning our dreams, hopes and aspirations upside down. My Life Map helps you set your compass to true north so your life can make the shift from chaos to kismet.

Find it: <http://marshallbooks.net/>

11. GELPRO

\$99.95 for the 20x36 size (smaller sizes available for less)

Unwrapped: GelPro is the leading brand of premium gel-filled, ergonomically-designed, comfort floor mats that reduce the discomfort of standing on hard flooring. Each mat has a revolutionary shock-absorbing gel core that cradles your feet providing extra support and cushion.

Why it's our favorite: This mat's a must for anyone who spends a prolonged amount of time on their feet. Ideal for the kitchen. Great for bakers and chefs.

Find it: Bed, Bath and Beyond

12. GROW-A-GARDEN PLANTABLE CALENDAR

\$24.95

Unwrapped: This garden-market-inspired desk calendar grows an entire garden when the calendar pages are planted.

Why it's our favorite: Since Florida enjoys a year-round growing season; this is a great gift for any of the many gardeners who are sure to be on your Christmas list. We especially like the tips on drying and preserving the freshness of herbs.

Find it: www.botanicalpaperworks.com