

# contents

- 14** SURF'S UP MOMMY!
- 18** PERSONAL VITAMINS
- 28** PHILLYS FITTEST
- 30** 5 KEYS TO SUMMER STYLING
- 57** CALENDAR OF EVENTS
- 64** BREAST CANCER SURVIVORS
- 68** HEALTHY HOROSCOPES



Publisher's page . . . . .	<b>8</b>	Initiating Change . . . . .	<b>40</b>
Helping your Children Achieve		Slow Down with T'ai Chi . . . . .	<b>42</b>
Their Potential . . . . .	<b>13</b>	Ask Fernando . . . . .	<b>43</b>
Prescription Drug Abuse . . . . .	<b>22</b>	Recipe for a Happy Dog . . . . .	<b>50</b>
Adult On-set Athlete . . . . .	<b>24</b>	Animals have spines too! . . . . .	<b>52</b>
A Healthy Mouth . . . . .	<b>26</b>	Natural Lover in charge . . . . .	<b>61</b>
Sensational Stevia Desserts . . . . .	<b>32</b>	High Heels for High Hopes . . . . .	<b>63</b>
Surrender Dorothy . . . . .	<b>36</b>	Make Everyday Mothers Day . . . . .	<b>66</b>

## Index of Advertisers

**Weight Loss**  
Healthy Inspirations, pg. 45

**Dry Cleaners**  
\$1.89 Garment, pg. 45

**Massage**  
Barefoot, pg. 41  
Bensalem Muscle, pg. 45  
Massage by Craig, pg. 56  
Healing Moon, pg. 67

**Skin Care and  
Cosmetic Surgery**  
En Vogue, pg. 37  
Dr. Sherman Leis, pg. 21  
Dr. Fisher, pg. 19  
Dr. Marlene Mash, pg. 3

**Colon Hydrotherapy**  
NE Rehab, pg. 37  
Well Being, pg. 39

**Yoga**  
Barefoot Yoga, pg. 41

**Dental**  
King of Prussia Dental, pg. 31  
Mainline Dental, pg.s 25 & 27  
Dental Health, pg. 39

**Bike Shops**  
Biketopia, pg. 33

**Supplements**  
Astavita, pg. 29

**Cellulite Reduction**  
Cellulite Reduction Center, pg. 29

**Salons/Spas**  
Blue, pg. 23

**Personal Training School**  
NPTI, pg. 29

**Personal Training**  
On The Ball, pg. 21  
Flip Fitness, pg.s 17&44

**Orthopedics**  
The Rothman Inst., pg. 4

**Juices and Markets**  
Zeiglers, pg. 17  
Whole Foods, pg. 39

**Varicose Veins**  
Bucks County Ctr. for Vein, pg. 12

**Martial Arts**  
Red Tiger, pg. 16  
Diamond, pg. 41

**Events**  
American Diabetes Stair Climb,  
Inside Front Cover  
PhillyFIT Winter Retreat, pg. 7  
National Kidney Walk, pg. 56

**Laser Eyecare**  
Siepser Laser, pg. 5

**Private Investigator**  
Barbara Gordon, pg. 44

**Sweet Treats**  
Cold Stone Creamery, pg. 59

**Back Pain/Chiropractic**  
Tri County Pain Mgmt., BC  
Narberth, pg. 55

**Pilates**  
Mindbody Pilates, pg. 65

**Lawyers**  
Michael Fioretti, pg. 60  
Borgeson & Maizel, LLC, Inside Back  
Cover

**Party Rentals**  
The Party Center, pg. 62

**Whitewater Rafting**  
L.O.S.T., pg. 62

**Fitness Centers**  
City Fitness., pg. 17

**Classifieds**  
pg. 70