

# About Organic Lifestyle Magazine

We believe that everyone is responsible for his or her health. What you eat, what you drink, the chemicals you place on your skin, the chemicals you use in your house and garden, and the medical choices you make combine to create your state of health. You choose conventional medicine, alternative treatment, or home remedies. You decide your course of action.

At OLM we do not claim to be doctors. We do not diagnose or treat disease. We share information. We do believe in the balance of mind, body, and spirit. We do believe the basis for health is a balanced, nutrient rich, organic diet. And while we believe conventional medicine has its place, we wholeheartedly endorse alternative, nutritional medicine because of our own personal experiences.

Listen to the pharmaceutical television commercials. They want you to take a pill to relieve depression, but warn you that permanent physical side effects or even death may occur. They want you to take a pill for insomnia at night, but warn that you may experience a sudden increase in gambling or you might drive somewhere in your sleep. And yet, by law, we must tell you the following:

Natural methods may sometimes backfire and you use them at your own risk.

If you are pregnant, consult with your physician before using any natural remedy.

Regardless of your beliefs, regardless of ours, choose wisely. This is your body and your life. Don't choose a health care practitioner who wants to keep you uninformed and dependent. Choose one who shares your beliefs, one who becomes your

partner and teacher, one who encourages you to take responsibility for your health. Be wise. Be well. Live an organic lifestyle.

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