

YOUR ULTIMATE Y♥GA FIX

# YOGA

MIND  
BODY  
SPIRIT

MONTHLY

Magazine

Healing  
Power  
of the  
Lotus

Shape  
up for  
Summer

July 2008

Circulation: UK 90,000  
US 50,000

+  
Zen Yoga  
for  
Couples

Living By  
Numbers

## Drug-Free Relief From Sinus Congestion

More than 50 million Americans suffer from allergies and sinus-related conditions. Although prescription and over-the-counter medications may provide temporary relief, they can be expensive and frequently have unwanted side-effects.

Increasingly, sufferers are turning to natural remedies such as Clear Sinus & Ear® from Clear Products Inc., a leader in innovative homeopathic/herbal healthcare products. Using a proprietary blend of natural herbal extracts, Clear Sinus & Ear® combats the causes of sinus congestion by reducing inflamed tissue and helping dry



and drain sinus cavities safely and gently.  
"Our proprietary Clear Sinus &

Ear® formulation is gentle on the stomach and does not affect mental alertness, making it ideal for preventative use before swimming, flying or when moisture-related problems in the ears and sinuses are anticipated," stated founder Mr. Ozog, L.Ac., Dipl. A. & C.H. (NCCAOM) a licensed acupuncturist and herbalist, with a Master's degree in Traditional Chinese Oriental Medicine.

Clear Sinus & Ear® is available in 60-capsule bottles at a suggested retail price of \$14.99 and is available at better health food stores, pharmacies and grocery stores nationally and online at [www.Clearproductsinc.com](http://www.Clearproductsinc.com)

BIKRAM • SUMMER FASHION • WHAT'S HOT • FASTING