

A Guide To Simple Living

(NAPSA)—If life seems too complicated for you, you're not alone. According to a recent survey, more Americans than ever before are seeking ways to simplify their lifestyles. Fortunately, as it turns out, taking a few surprisingly simple steps may help put you on the road to more contentment.

That's the conclusion reached by two widely respected health and lifestyle authorities who also authored *The Pure Simplicity™ Challenge Journal*: Tieraona Low Dog, M.D., a botanical specialist named *Time* magazine's Alternative Health Innovator of 2001; and Martha Beck, a lifestyle consultant and columnist for *O, the Oprah Magazine*.

The Journal offers individuals simple solutions for living a more healthy, balanced lifestyle. Here are a few tips:

- Take the time to plan and prioritize. Gather your thoughts before your day begins and know what you want to accomplish over the next 24 hours.

- Studies have shown that just walking 3 hours a week reduces a woman's risk of a heart attack by roughly 40 percent. The goal should be 10,000 steps per day.

- Establish a regular sleep-wake schedule. A good way to begin this is by getting up at the same time every morning, no matter what time you go to sleep. Yes, this means weekends, too.

- Try slowly sipping a strong cup of chamomile herbal tea about 45 minutes before bedtime.

- Go with the flow. Learn to accept the situation, even regard it with humor. A key element to good health is the ability to respond to stress quickly and efficiently and then to relax afterwards to get your body responses back to normal.

- Designate a physical place where you are going to keep your



Participate in the *Pure Simplicity™* Challenge and win a chance to experience Arizona's Miravel Life in Balance Resort.

purse, car keys, glasses and whatever else you need when you leave the house. This simple strategy can help smooth out hectic mornings.

- For immediate protection and skin therapy, use a preventative skin-care formula that helps smooth, hydrate and strengthen skin.

The Journal is only part of a much broader effort known as "the *Pure Simplicity™* Challenge." Those who opt to take up the gauntlet are encouraged to log on to bathandbodyworks.com by December 7, 2003, and submit which tip worked best for them in simplifying their lifestyles. All participants are eligible to win an all-inclusive holistic resort package for four to Arizona's Miravel Life in Balance Resort.

Additional detailed information and rules about the Challenge can be found on the same Web site. The free journal, which is available at select Bath & Body Works stores nationwide for a limited time only or by downloading it from www.bathandbodyworks.com, complements the new *Pure Simplicity™* line of face and body care products made of pure, natural ingredients.