



Holiday Shopping

Gifts That Wish You A Merry Healthy Holiday

(NAPSA)—This holiday season, people are doing more than wishing each other health and happiness. They are sending gifts from the heart that promote health and feelings of well-being.

“Rather than sending gifts that gather dust or add inches to the waistline,” suggests *Prevention* Editorial Director Rosemary Ellis, “a better choice might be a gift that puts loved ones in a better mood or on the road to good health.”

There’s a healthy selection of gifts to choose from—ranging from heart monitors to body massagers to meditation videos. Here are some ideas to make shopping merrier from the experts at drugstore.com.

- Wrap the specially designed Body Benefits Heated Massaging Neck Rest around neck and shoulders to massage away the winter blues.

- Help loved ones monitor their cholesterol. The Three Minute Cholesterol Monitor can provide results in as many minutes and is as accurate as tests used by doctors and medical labs.

- Turn your bathtub into a spa with HoMedics JetSpa Elite Luxury Bath Spa and let the powerful swirls of water wash away stress.

- Brush up on your toothbrushes. A Sonicare Toothbrush has bristle tips that move three times faster than other toothbrushes, creating a dynamic cleaning action.

- Time for New Year’s resolutions? The Ultimate Weight &



Have yourself a healthy little holiday. Give gifts from the heart that are good for the heart.

Body Fat Scale helps you make the right health and fitness decisions by accurately determining whether you’re losing pounds from fat or muscle.

- Forget the fruitcake—the Polar Heart Rate Monitor watch is the perfect gift for the star athlete or the armchair quarterback.

- Don’t forget to breathe during the holidays. Give yourself a lesson in calm with Gaia’s DVD series on relaxation and breathing for meditation.

- Having trouble lowering that blood pressure? When a healthier diet and exercise regimen doesn’t do the trick, try RESPERATE, a new medical device clinically proven to significantly lower blood pressure without side effects.

Treat yourself to the gift of shopping online at a site designed for one-stop shopping. All of these gifts can easily be found at drugstore.com, making holiday shopping less stressful.