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The **BENEFITS** of being a
WORKING MOM

A hand holding a green apple in a white lab coat. The background is a white lab coat with a stethoscope and a blue pen visible. The apple is the central focus, held gently in the palm of a hand. The overall image conveys a sense of health and natural medicine.

Cleaning House

By Melissa Brazier

Feeling Better From the Inside Out

Green definitely is the new black. And I don't mean just in terms of fashion. Alternative health therapy has become a large industry based on promises of renewing the body's health, vitality and energy. In light of recent naturopathic and organic trends, one topic of debate has been body detoxification and cleansing. However, with so many products on the market for detoxing at home, it's difficult to know what exactly is safe and effective.

I spoke with two certified naturopathic doctors, Dr. Valerie Franc and Dr. Melina Roberts, to get to the bottom of this hot topic.

