



whole living

body + soul

10 Best Cold and Flu

+ Have It All!

Our experts' advice on:
saving money
staying positive
finding time
getting creative
and more! PG 116

Best Daylight

A-21 TRADITIONAL CFL by BlueMax (Daylight A Series), 20W (70W to 85W incandescent equivalent). When you want cool light akin to noonday sun, this full-spectrum model offers a long-lasting option that enhances the blues, greens, and violets in your home. The conventional A-line shape lends itself to lampshades, which also soften the bright-white glow. \$20, bluemaxlighting.com

LIFE 10,000 hours (9+ years)
USE Kitchen task lighting, desk lamps
POTENTIAL SAVINGS \$56, 871 lbs. CO₂



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Find
The k
stress

Turn
What
says a

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