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# The gift of health

When you're shopping for family and friends this holiday season, remember that the best present you can give is the gift of health and beauty.



Help them find their balance with a Power Balance bracelet, performance technology that's designed to work with your body's natural energy flow. It's a favorite among athletes for whom balance, strength and flexibility are important. [powerbalance.com](http://powerbalance.com)

Chew over this energy-boosting stocking stuffer for women: 60 calories packed with natural caffeine, multiple B vitamins, vitamin C, folic acid and coenzyme Q10. A portion of proceeds goes to breast cancer research. [moveitsportsgummies.com](http://moveitsportsgummies.com)



Put the fountain of youth in your girlfriends' stockings. Frownies Under Eye Patches can be used once a week to enhance the undereye area and keep skin amazingly beautiful. [frownies.com](http://frownies.com)

Give the gift of yoga! Practice anywhere, anytime with My Yoga 2 Go. This practice system includes 70 pose cards, seven color-coded workouts and a convenient tote. [MyYoga2Go.com](http://MyYoga2Go.com)



Don't forget Fido's stocking! Woodrow Wear's Power Paws are a sensible, sock-based traction solution for dogs with hip or mobility issues. They also cover injured paws and protect hardwood floors from nail marks. A Dog's Life, 7812 Louetta, in Spring. [woodrowwear.com](http://woodrowwear.com)



It's the perfect holiday gift for the fashionable woman who loves high heels, but hates the pain that comes a few hours later. Spare Soles come in a cute matching wristlet so she can tote it in her purse for a quick change. Look for them to start showing up in vending machines at night clubs! Lots of colors and prints are available. Z-Coil Footwear, 5653 Beechnut, or [sparesoles.com](http://sparesoles.com)



Organickidz baby bottles are free of BPA, PVC and phthalates that can leach from plastic, and they won't shatter like glass bottles. Even better, they keep liquids hot or cold for at least six hours and easily convert to sippy cups. [organickidz.ca](http://organickidz.ca)



This holiday season, Victorinox Swiss Army is giving back to breast cancer research. A percentage of proceeds from this specially designed timepiece and the Victorinox Swiss Army Knife will go to Susan G. Komen for the Cure. Nordstrom, or [www.swissarmy.com](http://www.swissarmy.com)

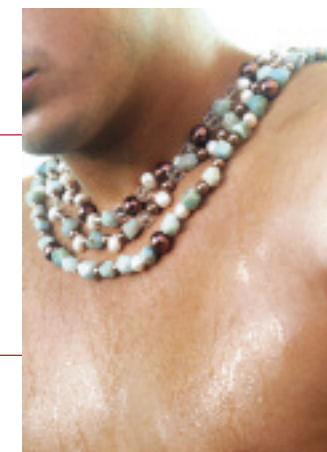


For every woman on your list, Pump Gloves keep hands safe from gas, grease, grime and germs at the gas pump. No more having to wash hands after pumping gas! Many colors are available and as an added perk, they also can be used as driving gloves, offering UV protection from the sun's harsh rays. [pumpgloves.com](http://pumpgloves.com)



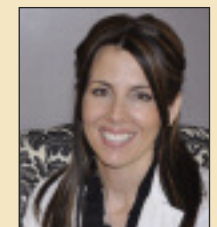
Now your awareness wristbands can honor a loved one. These sterling silver Life Links simply clamp onto your colored wristband. A percentage of sales is donated to research. [life-links.us](http://life-links.us)

How about the gift of nature? Houston artist Robert Moore creates classic, hand-knotted jewelry using natural stones with healing properties. He designs peices for men and women, can redesign your out-of-date jewelry or even custom create pieces with the healing stone that's right for you. [rpmcreations.net](http://rpmcreations.net)



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