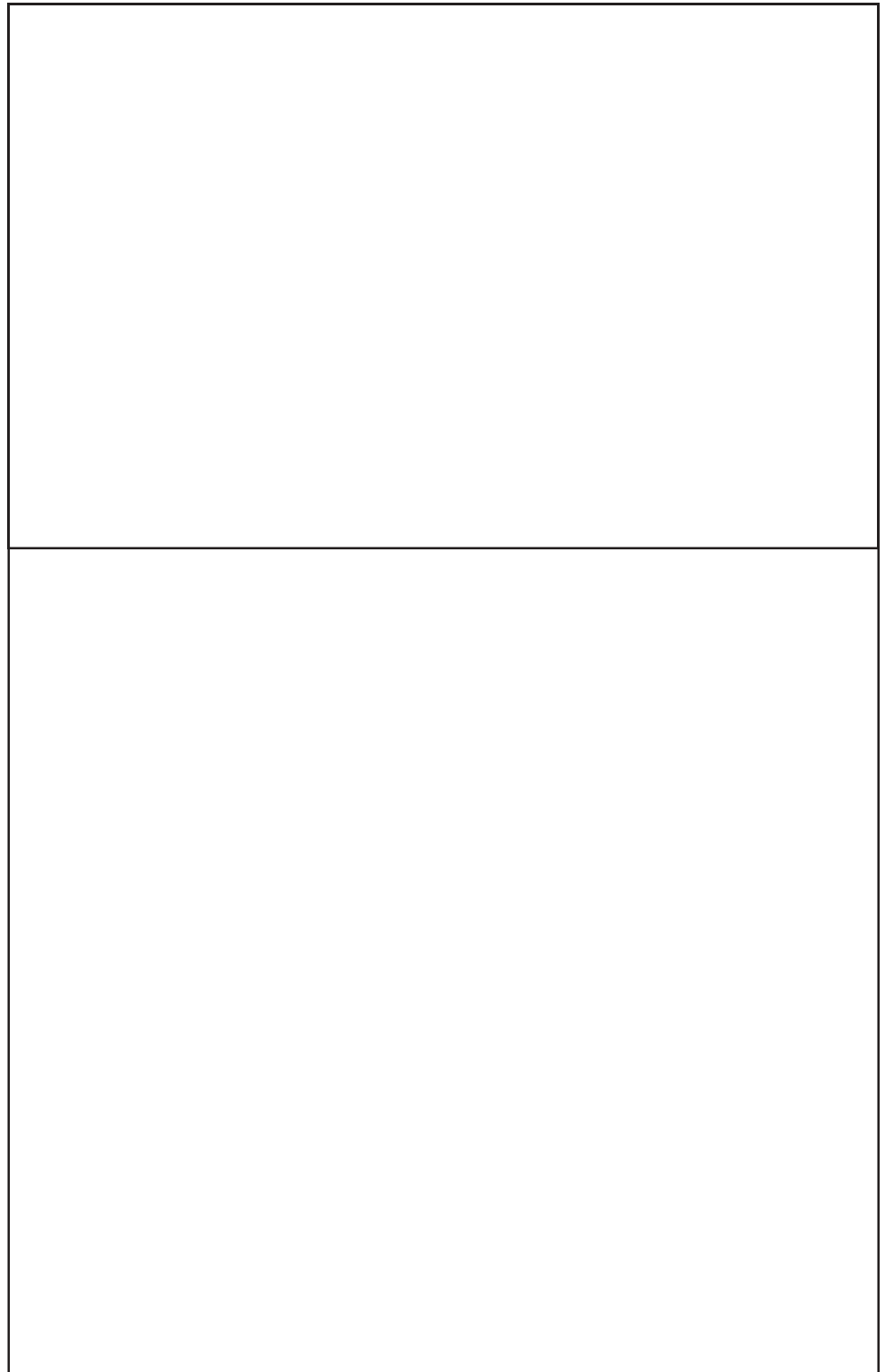
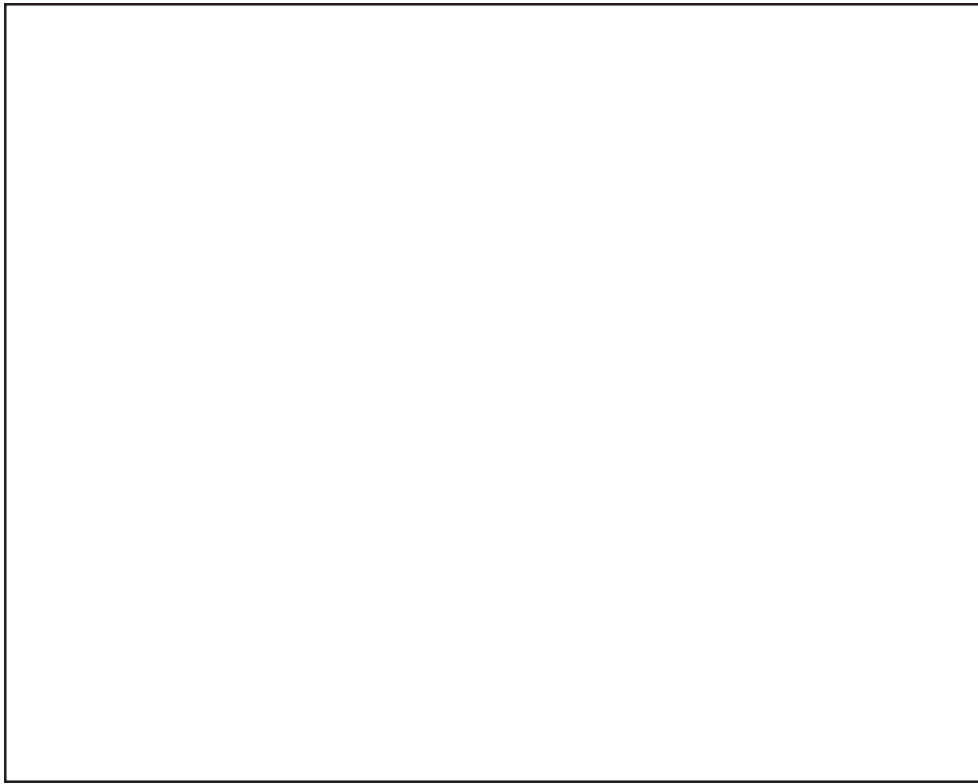




Manage It, Inc. □ □ □ □ □ □ □ □  
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Transcendental ideas elude us. We're conditioned to think we exist only in the flesh. However, universal creative energy organizes everything in our world. The Chinese refer to this energy as *chi*; in India, it's called *prana*. To the Japanese, it's *ki*. And in ancient Eastern cultures, it's called *prana*.



## Our smart ,our s ress!

Pucker Up...couples who frequently kiss just to kiss are eight times more likely to be stress-and depression-free, compared to mates who only smooch when they have sex, finds a survey by the Berman Center in Chicago. Kissing may release oxytocin, the so-called "chemical of attachment," which has a calming effect, says therapist Laura Berman, PhD, the center's director.

Science supports her speculatto . A University of North Carolina study of 38 couples found that a 20-second hug increased blood levels of the bonding oxytocin and reduces stress hormones in both men and women.

## DRINK IN THIS IDEA...Stop the Pop!

A recent study indicates that middle-aged people who down a soft drink daily are increasing their risk of developing meta-olic syndrome-a combinatto of factors including excessive waist circumference, high blood pressure, low levels of