

# Learn About Heart Friendly Lifestyle!



-  *Read Food Label Right!*
-  *Xboxes Are For Seniors Too!*

## UNIQUE HEALTH TIP

To get healthy fat called **OMEGA 3** start massaging your body with sesame (til) oil.



## READERS REQUEST

How to Handle  
Parent-Teacher  
RELATIONSHIP



## PARTICIPATE AND WIN



CLICK HERE TO WIN  
EXCITING PRIZES  
FROM **GUARDIAN**



Winner of the last issue  
**Poonam Aggarwal**

*Congratulations*

 Shop Beauty

 Shop Vitamins

 Shop Ayurveda

 Order now

If you like this newsletter, you'll also like our Monthly Magazine, Guardian Health Chronicle. Subscribe now to avail great discounts: [guardian.health@guardianlifecare.com](mailto:guardian.health@guardianlifecare.com)

FIND A STORE 

SHARE WITH A FRIEND 

GET HEALTH INFO ON FACEBOOK 

WE TWEET HEALTH TIPS 

HEALTH BLOG IN HINDI 

To unsubscribe from the mailing list : [advcard@guardianlifecare.com](mailto:advcard@guardianlifecare.com)