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**ABOUT THE MAGAZINE**

BODY AND SOUL (formerly New Age Journal) is a forum for emerging holistic thinking in the areas of ecology, food, health, business, psychology, and politics. It recognizes that the health of individuals and the health of the planet are fundamentally interconnected. BODY AND SOUL provides resources for readers seeking to expand their lives and preserve the planet.  
<P>IMPROVE YOUR LIFE AND THE LIVES OF THOSE AROUND YOU.<br><br>Leading edge ideas in the areas of health, natural living, self improve