PROBIOTICS NEVER TASTED SO GOOD...

ISN'T IT TIME YOU DID SOMETHING GOOD FOR YOUR DIGESTIVE HEALTH?

• Just one vegetarian wafer is all you need
• Delivers 1 billion friendly-flora cultures per wafer
• Great for adults, but kids love them, too

Strawberry, Blueberry, Banana, Mixed Fruit.
American Health® Chewable Acidophilus delivers 1 billion microorganisms to help keep your microflora in balance.* Each wafer contains the "good" bacteria to help keep your digestive system feeling good all day, every day.*

Support your digestive health*, delicious Chewable Acidophilus from American Health®. It's good health made simple**.

50 Listening to Jealousy
Though it can be among the most violent of emotions, if you just step back and cut off the signals, jealousy could be the bellwether that saves your relationship.
By Sara Kichel

60 No Known Expiration Date
Cognitive decline is not an inevitable consequence of age. The best way to save your brain is to change what you eat. And when you eat it. Say hello to intermittent fasting.*
By Haara Izard/Almae

70 The Fraud Who Isn’t
Despite their obvious talents and abilities, people with so-called " impostor syndrome" fear that they are living a lie. What prompts this troubling misattribution? And how should it be handled?* By Corbin Fleen

78 The Sorcerer’s Code
Software crusader Richard Stallman is on a quest to help you keep your secrets safe from technology giants and anyone else who would mishandle your personal data.
By Matthew Batuson