

Australia's Number 1  
Spiritual Lifestyle Magazine

# INSIGHT

*magazine*

SEPTEMBER 2010

Discover the  
Ingredients for a  
**Healthier**  
**Mind**  
**& Body**

How To Be  
*Your*  
**B.E.S.T.**

Shrink Your  
**Carbon**  
**Footprint**  
& Get a **Better**  
**Night's Sleep**

Exclusive Interview **James**  
**Van Praagh:**  
The Original  
Ghost Whisperer

Make Your Life  
*Extraordinary*

Personal Insights with  
**Catherine Britt**

A Different Perspective on .....  
**The Oil Spill in the Gulf of Mexico**

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