



All the health benefits of DHA omega-3, none of the fish.

New moms are aware of the many brain and eye benefits DHA omega-3 provides their developing infants — and they want these benefits without the concerns associated with fish. In fact, prenatal customers prefer vegetarian DHA over fish oil 2:1*. That's why companies such as CitraNatal® choose life'sDHA — life'sDHA is a fish-free, vegetarian source of DHA with no risk of ocean-borne contaminants.

To learn more, visit lifesDHA.com.



Please see the patient information sheet after the CitraNatal® ad for additional information.

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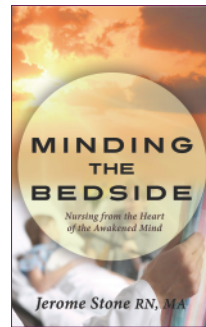


BOOKSHELF

Minding the Bedside: Nursing from the Heart of the Awakened Mind

by Jerome Stone, RN, MA

Have the distractions from life ever gotten in the way of your workplace focus? Have you ever stood by a patient's bedside and found your mind elsewhere? If you're nodding yes to these questions, you're not alone. With the release of *Minding the Bedside: Nursing from the Heart of the Awakened Mind*, there is now a solution. By weaving together teachings, stories, and insights, *Minding the Bedside* takes readers on a heart-opening exploration into the true nature of healing through working with one's mind and tackles the big questions that face helping professionals, such as



what does it mean to "show up"?

By utilizing his 30 years of nursing experience, and more than 15 years studying and practicing contemplative and meditation methods, author Jerome Stone answers those vital questions. Through sharing his own discoveries,

through sharing the wisdom of great spiritual teachers, and through a discussion of modern scientific research into mind-body medicine, *Minding the Bedside* brings you where you need to be—present at your patient's bedside.

Jerome Stone lives in Boulder, Colorado. This is his first book.

New from NPWH



NPWH has created a tool kit for you to help identify and treat heavy menstrual bleeding (HMB). The tool kit includes informative and helpful items for use in the office and to send home with patients.

For your complimentary HMB tool kit, please contact Nancy Breton at NPWH by email (info@npwh.org) or by phone (202-543-9693, ext 1).