

## Bed Bugs Won't Bite With HoMedics Products

Tired of losing sleep over runny noses, itchy eyes, clogged sinuses, and other allergy symptoms?

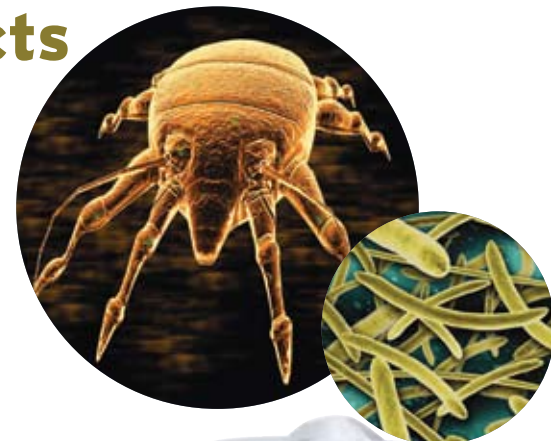
According to the **American Academy of Allergy, Asthma and Immunology**, more than 50 million people in the U.S. suffer seasonal allergies each year – especially during the spring and summer. Significant culprits in the allergy crime wave are mites, microbes, and bacteria. In fact, 99% of all homes house these criminal critters, many of which breed in bedding. Research shows half the weight of a 10 year-old mattress and 10% of a 5 year-old pillow will be composed of dust mites and their droppings.

To keep these little lurkers from ruling

the roost, **HoMedics** -- the number one name in health and wellness products -- has extended its top of the bed sleep category with **DreamShield** and **DreamShield Ultra**, designed to protect consumers from dust mites and bacteria. Developed with custom woven fabrics and state-of-the-art technology, these luxurious, yet affordable pillows, mattresses, and protectors also defend against water spills and stains.

These two premiere sleep lines have been scientifically engineered and feature tight weaves with extra-fine, single-twist threads to produce a textile that serves as a highly-effective barricade from dust mites and their waste. A stain resistance treatment

allows liquids and solids to roll right off; hypoallergenic microfiber fills offer an ideal alternative to consumers allergic to down; and easy-use, easy-care zipper designs make all products machine washable. For more information on Dreamshield and other HoMedics products, please log onto [www.homedics.com](http://www.homedics.com).



## Zenergy Yoga Celebrates 1/2 Year Anniversary

By Ali Kamen

Have you always wanted to try yoga, but were turned off by the high cost? Are you tired of impersonal and crowded yoga classes? Are you looking for a yoga studio that has a relaxed beach theme with an aura of "Aaaaah" as you walk in? Then escape to **Zenergy Yoga** today for yoga that is affordable for you and your entire family!

Zenergy Yoga opened its doors on October 6<sup>th</sup> in North Scottsdale inside **AZ on the Rocks**. Celebrate Zenergy Yoga's half-year

anniversary with **half-off yoga package specials!** On **Sunday, April 6<sup>th</sup> from 8:30-11:30am** only, select packages will be offered for half-off the already affordable prices. If you can't make it to this 3-hour celebration, then take advantage of "buy one, get one half-off" offers that will be available.

Zenergy Yoga offers classes for adults, kids, teens, families, and pregnant women. Escape to tranquility; Energize your body; Enlighten your soul. That's

Zenergy Yoga. For more information visit, [www.zenergyyoga.net](http://www.zenergyyoga.net), or call (480) 628-1453.

*Ali Kamen is the owner of Zenergy Yoga, a premier, family friendly yoga studio in North Scottsdale (located inside AZ on the Rocks).*

*Zenergy offers over 35 classes each*

*week, including Ashtanga, hot yoga, basic, flow, power, yin, yoga for athletes, meditation, kids and teen yoga, pre/postnatal, family yoga, and baby and me! Contact Ali at [ali@zenergyyoga.net](mailto:ali@zenergyyoga.net), or visit [www.zenergyyoga.net](http://www.zenergyyoga.net) for more information.*



### Earth Day at the Garden Features Purse Author

Phoenix- The public is invited to join the **Arizona League of Conservation Voters (AZLCV)** and the AZLCV Education Fund at its **2<sup>nd</sup> Annual Earth Day at the Garden**, an afternoon at **Desert Botanical Gardens** in Phoenix set for Sunday, April 20<sup>th</sup>, from 1-3pm. It will feature special guest **Diane MacEachern**, the author of ***Big Green Purse: Use Your Spending Power to Create a Cleaner, Greener World***. She will share eco-conscious ideas in sensible, time-saving ways to "go green" now, with either small changes or bigger lifestyle alterations. Additionally, she will weigh in on the importance of an individual's "vote" - either through spending power or at the ballot box- and its impact on the world. *Big Green Purse* focuses on women and their consumer clout to protect the environment and themselves. The book enables women to use their undeniable purchasing power to create safeguards that have eluded legislation and regulation. Earth Day at the Garden will include fun for kids and families with live interactions with wildlife and craft activities, such as Eco-Man, that support environmental awareness for children. Each guest will also receive a pass into the Garden's Spring Butterfly exhibit. Desert Botanical Gardens is located at 1201 N. Galvin Parkway in Phoenix.