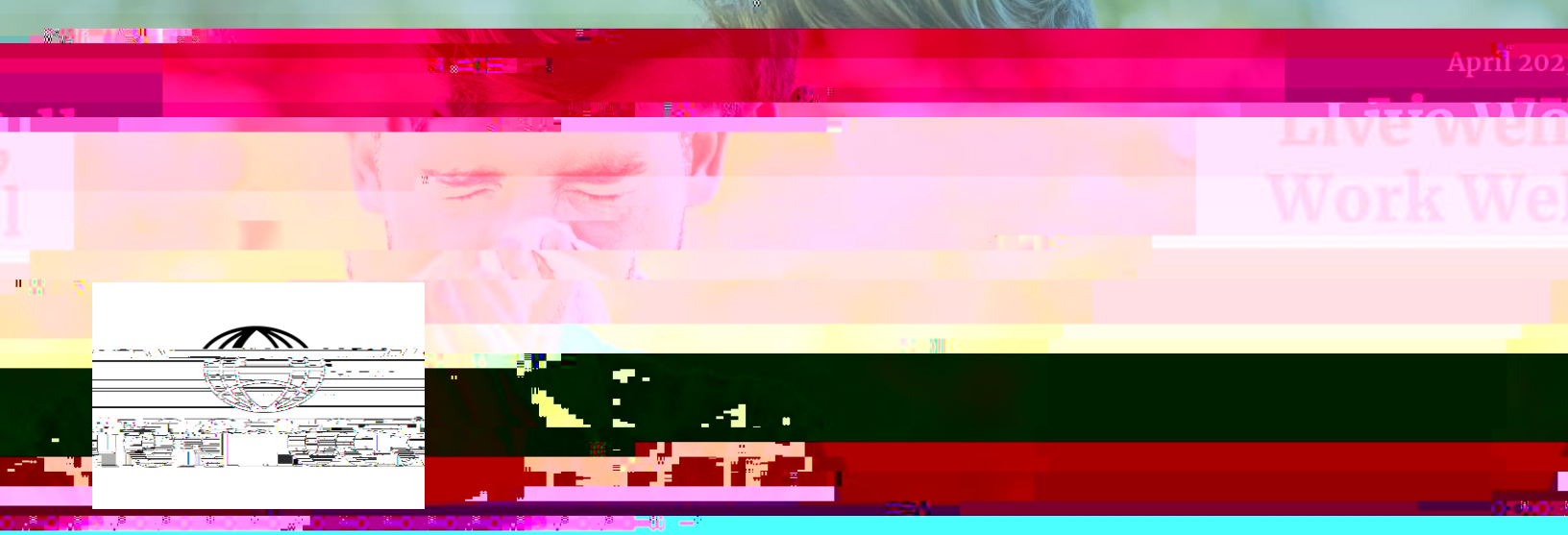

Managing Seasonal Allergies

Nip Your Allergies in the Bud

Brown Rice Tabbouleh