



Oh for a Good Night's Sleep...

Here's another way to help get a good night's sleep. iSleep Herb Pac utilizes Chinese herbs. Each packet of iSleep Herb Pac contains a 6 gram mix of the herbs Spiny Jujube, Chuan Xiong, Poria, Licorice, Anemarrhena, Light wheat grain, Flowery knotweed seed, Ophiopogon and Arbotitae seed.

One packet is equivalent to a pot of freshly cooked herbs, but without the hassle of cooking them yourself. Simply drink as a tea or mix with water or juice and drink before bed. iSleep Herb Pac says it causes no morning grogginess or lethargic feeling. iSleep "helps your body go to sleep and stay asleep" so you can be rested and productive the next day. Each box contains 20 packets and costs \$26.95. Available at www.pacherbs.com or by calling 877-818-9990.



For Mother's Day

Forget flowers, Spoonful of Comfort is a brand new Florida Company that features old-fashioned, homemade chicken soup that can be sent to your much appreciated mom... anywhere in the country. They use a special recipe with all natural ingredients — chicken stock, chicken, pasta noodles, carrots, celery, onion, parsley, salt and pepper — no additives or preservatives.

The soup is prepared in small batches, jarred up and sent out upon order. Each 64-ounce jar comes ready to enjoy — just heat and eat and you can even add a personalized note for mom. It comes beautifully packaged and complete with a beautiful silver ladle.

You can add some fresh rolls or homemade oatmeal cookies to accompany the soup too. Cost: \$32. Visit www.spoonfulofcomfort.com.

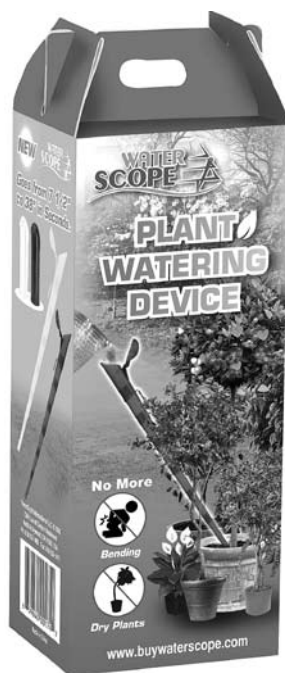
Colorful Slouch Totes for the Beach

Dare to bring your precious designer bag to the beach? It's a dilemma some women face when the warm weather sends us all to the beach.

Best to leave that lovely leather at home and consider this slouch tote bag instead. The Gondola Slouch Tote from Lug (www.luglife.com), has a classic curved shape and comes with a cleanable exterior, comfy straps, loads of storage and a soft-lined pouch for your cell phone, camera or Kindle reader.

It's available in a eight bright colors (including red, pink, teal and orange—just to name a few).

Lug is sold throughout in specialty stores throughout the U.S. and also online at www.Luglife.com.



How does your garden grow?

Winter is long gone and now you're heavy into reviving your garden, including your container plants.

The WATER-SCOPE is a handy device for watering all size plants/trees without bending. It extends from 7 1/2" to 36" in seconds and can be used as watering funnel for watering your yard and patio plants, trees, or flowers.

You remove the bottom cover and allow WATER-SCOPE to form into a telescopic 36" length. By placing the end tube inside the plant soil, and making sure it is held upright and well supported, then filling it with water, you can automatically water plants/trees for few days. It can hold as much 30 ounces of water, when fully extended.

You can also use it for all daily watering needs without bending, crawling down, or wasting water. Our hot summers are rough on plants, especially on non-native plants. Irrigation is a must in order to maintain good plant vigor during hot summers. Proper watering year round to promote deep extensive rooting is the key to summer hardiness.

The WATER-SCOPE sells for only \$8.99. For information call (800) 656-0551 or visit www.buywaterscope.com.

Little Beads that Help in a Big Way

Trollbeads is now offering the Haiti Empowerment Bead Collection in support of Habitat for Humanity's efforts to provide housing for 50,000 low-income Haitian families over the next five years.

This new collection of vibrant, colorful glass beads reflects the culture of the Haitian people, and the beads' message of love and support is meant to help strengthen all those affected by the catastrophic earthquake in January.

The Haiti Empowerment collection joins over 500 interchangeable Trollbeads, which are

handcrafted from the raw materials including 18K gold, sterling silver, Italian glass. There are a number of stores that sell Trollbeads including Heritage Gifts, 3713 Bahia Vista, Sarasota; The Giving Tree Gallery, 5 N. Blvd Of The Presidents, Sarasota; Paper Panache, 3633 Cortez Road W. B-8, Bradenton; Sirene, 237 West Venice Avenue, Venice; and Classic Creations, 2389 S. Tamiami Tr., Venice. For more info, visit www.trollbeads.com.

