

Bonnie Krims

as seen in:

## Alternative Medicine Magazine

"Living Color"  
April 2004

### Living Color

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gray, or  
Would  
opy in a  
ringe?

I feel a cringe coming on.

In a cautious move toward another of my favorite citrus colors, I buy an orange mouse pad. This, too, seems a step beyond my comfort zone. I don't like pure orange as much as I think I do; it's got to be yellowish orange.

Bonnie Rosser Krims, author of *Perfect Palettes for Painting Rooms*, encourages me to take a chance. Forget the mug and the mouse pad, she suggests: Slap some paint on the wall and live with it for a few days.

She's right, I know, but I need more time to experiment. I find myself drawn to the forces of lime green: Maybe I should paint one wall lime green and one yellow? Dare I?

*continued on page 124*

ng under  
lights  
xiety?



upper body.

Elpers adjusted a lamp head until

**STRENGTHEN BRITTLE BONES**  
With this surprisingly quick fix, pg 45

**DIETER'S SECRET WEAPON**  
Don't skimp on this key nutrient, pg 39

THE ART & SCIENCE OF HEALTHY LIVING **alternative** APRIL 2004  
**M E D I C I N E**

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Which ones do you really need? pg 68

**A New Solution for ADHD & Anxiety**  
A drug-free approach that delivers, pg 74

**Lasting Relief from Muscle Pain**  
This therapy stops trouble at the source, pg 86

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Vitamin combo shows promise, pg 17

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