

A Letter From The Editor: The Look of Love

Valentine's, Galentine's, Palentine's... whichever you call the holiday, February is full of all things romance and love. But what does that mean to you? While we usually take the opportunity to celebrate a significant other or best friend in our life, do you also celebrate your love for yourself? Not only can this be your love for your self as a person and mental and emotional wellbeing, but also loving yourself by taking good care of our physical self. February is the time that cardiovascular awareness and heart health are forefront.

This month we invite you to not only focus on relationships with loved ones, but also with yourself. Of course, chocolate, which is often given at this time of year, is connected to both hearts: the emotional love and the physical health! We have recipes and articles for you.

Enjoy your loved ones, yourself, some chocolate, and our great articles!

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