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**NATURAL  
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## Tried & True: Better Backpacks

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Does your bag cause you back, shoulder, or neck strain? Swap it for one of these more ergonomic backpacks: According to chiropractor Scott Bautch, D.C., C.C.S.P., they distribute weight better across your shoulders and hips. -S.A.

Sumdex Nicole Modern Backpack (\$80; [www.sumdex.com](http://www.sumdex.com))

Weighing in just at 1.4 pounds, this water-repellent nylon pack won't tax your back and shoulders, and its sophisticated styling and padded laptop sleeve make it perfect for the office.



The newest colors Faded Denim, Pearl Grey, and Cranberry

Disclaimer: All logos and quotes are from the publication of Natural Health Magazine, June 2007 Volume 37, Issue 6