

NATURAL HEALTH

feel good | look good | do good

68 WAYS TO RECHARGE & RENEW

- ▶ WALK OFF WEIGHT
 - ▶ GET FLAWLESS SKIN
 - ▶ FALL IN LOVE AGAIN
 - ▶ DETOX YOUR HOME
- ...and more

POWER HERBS

Burn Fat & Boost Immunity

Anti-Aging Workout

Do It at Home In 20 Minutes

GOT TUMMY TROUBLES?
THE SURPRISING, SIMPLE CURE

Healthiest Convenience Foods
p. 37

Purifying Yoga Pose
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Cut Your Risk of Parkinson's
p. 95

Ultimate Vitamin-Packed Salad
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Why Doing Good Is Good for You
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BUILD STRONG BONES NOW
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