

# NATURAL HEALTH

feel good | look good | do good

## 52 WAYS TO FEEL & LOOK YOUNGER

### BEST HERBS FOR MEMORY

### POWER SNACKS FOR ALL-DAY ENERGY

### FOOLPROOF TIPS FOR LOSING WEIGHT

## SUPER BEAUTY SUPPLEMENTS

For Great Skin, Hair & Nails

**ALLERGY RELIEF**  
14 DRUG-FREE REMEDIES

**7 Instant Mood Boosters**  
p. 16

**Don't Eat This Fish!**  
p. 20

**Detox Your Desk**  
p. 28

**Ease Anxiety Naturally**  
p. 97

**Guilt-Free Hot Dogs**  
p. 20



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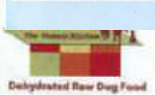
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