

Meditation made easy * Shiny hair, healthy skin (naturally)

NATURAL HEALTH

feel good / look good / do good

Detox your mood

10 herbs to
help you find
your bliss p. 92

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you going p. 74

A new approach
to breast cancer

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Ease autumn allergies

Natural remedies that work p. 58

Eat, Pray,
Love
giveaway!
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Biologique Recherche Huile Benefique is loaded with botanical oils, such as frangipani and tiara flower, and leaves a nongreasy film on skin to help prevent dehydration and restore lipids. \$68; biologique-recherche.us



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