

NATURAL HEALTH

feel good | look good | do good

EASY SUMMER DETOX

- ▶ NO-COOK HEALING MEALS
- ▶ MINDFUL EATING TIPS
- ▶ SAFE CLEANSING HERBS

Tummy Tamers

CURE BLOATING & CRAMPS

ULTIMATE VEGAN BBQ (RECIPES INCLUDED)

Actress **GABRIELLE ANWAR**, 39, keeps life in balance with yoga, meditation, and art.

plus:

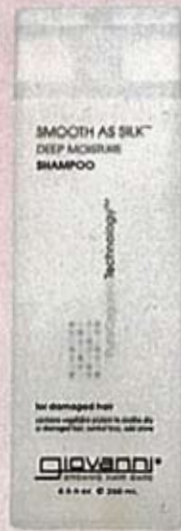
SECRETS TO A FLAT BELLY

OUR SIMPLE LOVE YOURSELF

3 Kitchen Hair Cures

1. Fight frizz with apple cider vinegar. Rinse your hair with a cup of apple cider vinegar diluted in a cup of water to make it feel shiny and soft, says Cox, author of *Natural Beauty at Home* (Henry Holt, 2002).

Budget buy: Or try a softening shampoo like Giovanni Smooth as Silk Shampoo (\$8; target.com).



JULY/AUGUST 2009

DISPLAY UNTIL AUGUST 10
USA \$4.99 CANADA \$6.99



All-Natural
BEAUTY BARGAINS