



whole living

# body+ soul

## Eat Healthier! Stress Less! Feel Your Best!

57 ways to maximize your vitality starting today

- discover the world's best diet
- boost your energy
- wipe out aches + pains

Plus  
We answer your most embarrassing health questions

8 kitchen secrets from nutritionists and top chefs

**+**  
Natural beauty bargains under \$10

MARCH 2009  
DISPLAY THROUGH MARCH 16



online at  
[wholeliving.com](http://wholeliving.com)



**100% ORGANIC LOTION STICK** by Bubble & Bee  
Organic It's a softening salve in an easy-to-use retractable solid. Stow in your purse or gym bag for instant relief for chapped hands or heels. \$7.95, [bubbleandbee.com](http://bubbleandbee.com)

**ROOT 66 MAX VOLUME SHAMPOO AND CONDITIONER** by Giovanni  
With healing horsetail extract, plumeria, and vitamins B5 and E, this duo cleans and protects hair without weighing it down and leaves behind a fresh scent. \$8.49 each, [beauty.com](http://beauty.com)