

Natural Health

September, 2007

NATURAL HEALTH

feel good | look good | do good

SIMPLE 3-DAY DETOX

- **CLEANSING HERBAL TEAS**
- **CALMING YOGA POSES**
- **HEALING FALL MEALS**
- **REJUVENATING RITUALS**

7 SUPER FOODS
That Fight Cancer,
Heart Disease,
And More

**Foolproof
Grilled Veggies**
(recipes, p. 74)

**Think
Yourself
Thin**
p. 24

**Lower
Cholesterol
Without Drugs**
p. 59

**New Diabetes
Supplement**
p. 102

**Erase Scars
Naturally**
p. 108

**Best Herbs for
Ageless Skin**

SEPTEMBER 2007

DISPLAY UNTIL SEPTEMBER 10
USA \$4.50 CANADA \$6.50



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derma e[®] Organic Expressions™

These premium, olive-based skincare formulas optimize the health of your skin with certified organic botanicals and powerful anti-aging antioxidants such as Pomegranate, Green Tea and Pycnogenol[®].

1.800.933.9344
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AVEENO[®] POSITIVELY AGELESS™ REJUVENATING SERUM

AVEENO[®] POSITIVELY AGELESS™ REJUVENATING SERUM works with your unique skin, accelerating your own cell renewal process and revealing healthier, younger-looking skin. In fact, 73% of consumers saw visible improvements in lines and wrinkles in just 4 weeks. This silky fluid absorbs quickly and is designed to complement any existing daily skin care regimen. Customize your optimal skincare routine by using in conjunction with other products in the POSITIVELY AGELESS™ line.

aveeno.com/ageless
Available at Target and other fine stores.



Aura Cacia Kids

Aura Cacia Kids is the purest, cleanest fun a kid can have! The fruit, foamy, and FUN Body Wash, Hand Wash, Bubble Bath, and Body Wash will have your kids beggin' to get clean and please parents with their 100% pure essential oils and gentle, natural ingredients.

auracacia.com/kids
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Olay Total Effects Mature Skin Therapy

New Total Effects Mature Skin Therapy. A VitaNiacin complex with added soy. For intense moisture to fight 7 signs of aging and the extra dry skin that goes along with menopause.

olay.com



Smooth Infusion™

Smooth Infusion™ smooths and softens hair up to 60%*. Aveda's new Smooth Infusion Shampoo and Conditioner contains an exclusive plant infusion blend that creates a smooth new surface on hair, making it more manageable and easier to style. The smoothest move?

Find Aveda toll-free at 1.866.824.1556 or aveda.com.

*When you use shampoo and conditioner together.



Fall **into** Beauty