

# Natural Health

FOR A BALANCED, BLISSFUL LIFE

## THE 5-DAY DIET

THE NEW FOOD CLEANSE TO DROP POUNDS—FAST!

**SPRING CLEAN YOUR LIFE!**  
Send Stress Packing

**10 PERFECT SLEEP SECRETS**

**PLUS FAT-BURNING YOGA PLAN**  
Firm All Over—The Easy Way!



*Emmy Rossum*

The Star Of *Shameless* Reveals Her Gluten-Free Diet Tricks

2 WEEKS TO **GREAT SKIN**

Personalized Routines For A Flawless Complexion

**VACAYS THAT NOURISH YOUR SOUL**

MARCH/APRIL 2014

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