

Natural Health

FOR A BALANCED, BLISSFUL LIFE

HERBS THAT HEAL

- *Ease Aches*
- *Boost Energy*
- *Get Happy!*

What to Eat Before & After Exercise

The Healthiest Drinks, Snacks and More

CHANGE YOUR LIFE IN ONE WEEKEND

LOOK LEAN & FEEL SERENE

A Mind-Body Makeover That Works

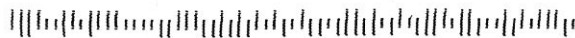
The Fault in Our Stars' SHAILENE WOODLEY

ON LIVING SIMPLY AND SEIZING EACH MOMENT

5 EVERYDAY HABITS THAT HURT YOUR HEARING

Natural Sunscreens for Younger-Looking Skin

MAY/JUNE 2014



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