

ANNUAL HEALTHY LIVING GUIDE

# Nature & Health

2008  
SPECIAL  
ISSUE

# 800+

IDEAS TO MAKE  
THIS THE BEST  
YEAR YET!

- **EAT THIS!**  
60 foods that can change your life
- **HAVE HOTTER SEX**  
60 frisky ideas to get things started (even on a school night!)
- **MINI MAKEOVERS**  
40 summer-fresh fixes for your skin, hair, and soul
- **ESCAPE FROM HORMONE HELL**  
50 foolproof tips for your 20s, 30s, 40s ...
- **DRUG-FREE FIXES**  
150 gentle remedies for pain, stress, insomnia, and more

**PLUS YOUR HEALTH IN THE STARS FOR 2008**

● 10 MUST-TRY RECIPES ● WOMEN'S HEALTH SECRETS FROM AROUND THE WORLD ● SIX MOVES FOR A YOUNGER, STRONGER BODY

AUS \$7.95  
NZ \$9.00 (INC GST)



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