

Boost your immunity » Holiday baking makeover » Eco-friendly gifts

# Natural Health®

feel good » look good » do good

Start  
**2011**  
healthier  
than ever!

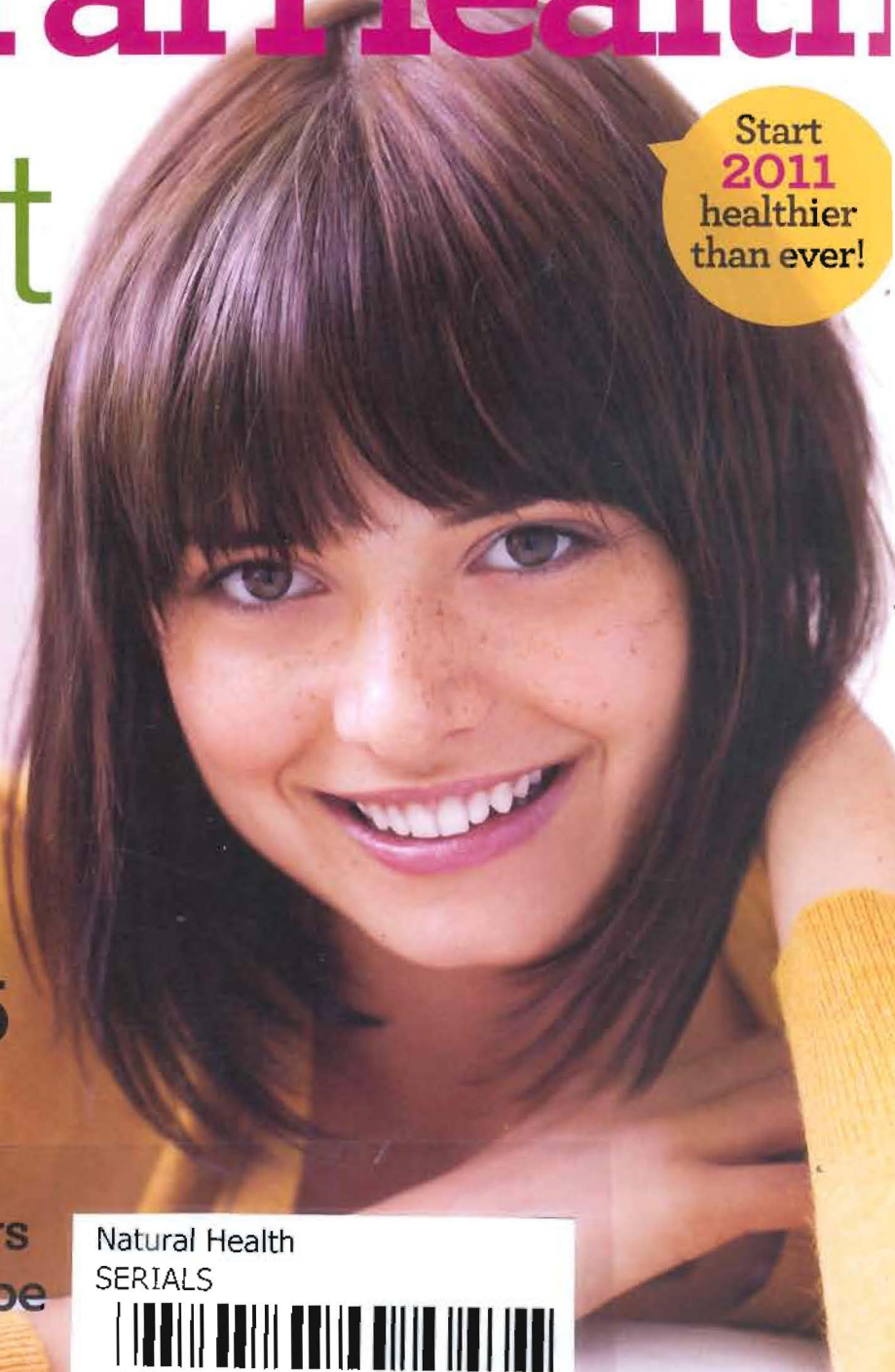
## Instant Calm

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**Recharge in 5**  
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**Overweight? Always  
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Natural Health  
SERIALS



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DEC/JAN 2011

อภินันทนาการ  
บริษัท เมอร์คิวรี ดาต้า จำกัด  
59/70 หมู่ 6 ซ.ชินเขต ถ.งามวงศ์วาน  
แขวงทุ่งสองห้อง หลักสี่ กทม 10210

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Boost your  
hair power



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» By Meghan Rabbitt

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» By Lindsey Galloway

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**74 Stress** » Embracing the good, managing the bad and keeping it from getting ugly.

» By Dorothy Foltz-Gray

### nutrition

**82 Mini-Size Me** » Six sensational small-plate recipes that are packed with nutrients, easy to share and perfect for parties.

» By Robert Firpo-Cappiello

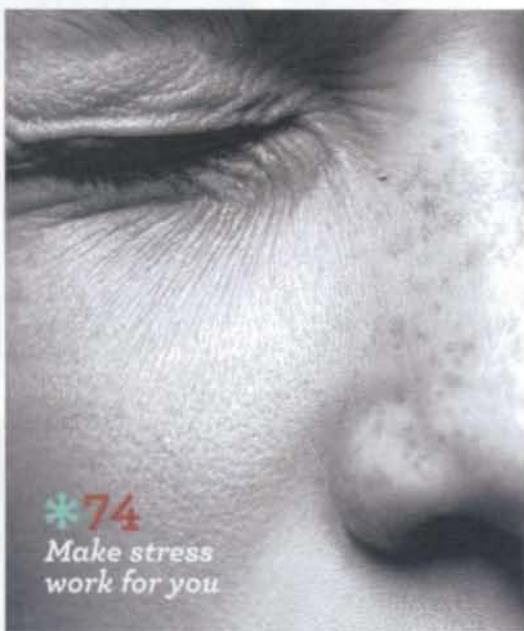
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Soulful  
eating



**\*82**  
Healthy  
nibbles



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Make stress  
work for you



**\*54**  
Thyroid  
problem?

## on the cover

Cover model Margarita Kallias wears a Madewell sweater. Photography by Reed Davis. Styling: Rita Rago for RougeArtists.com. Makeup: Wendy Osrmondson. Hair: Christophe Saluzzo for Cloutier Remix using Rene Furterer. To get the look, try products from Avon Healthy Makeup: Mousse Foundation in Light Beige, Eyeshadow in Iced Mocha, Lip Conditioner in Nude Blush and Avon SuperMagnify Mascara.



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**30 Natural Beauty** » *Essence of the East* Brighten your complexion and soothe your skin with products containing ingredients from Asia. » *Lindsey Galloway*

**36 Mind Body Fitness** » *Time to Chill* Don't let stress put a damper on your joy this season. Instead, relax with these easy, rejuvenating yoga poses. » *Judith Hanson Lasater*

**42 Healthy Appetites** » *Fresh Flours* Switch out the white stuff and boost the benefit of your favorite recipes. » *Alison Ashton*

**54 Good Medicine** » *Thyroid Trouble* An underactive thyroid gland can cause symptoms that are often ignored or misdiagnosed. Natural remedies can help. » *Angela Hynes*

**90 Natural Healing** » *Too Much Fun?* Natural remedies for jet lag, indigestion and hangovers can help you regain your holiday spirit. *Julia Maranan* » *Ask the Experts:* Is there a way to remedy my blue mood naturally? ... Can I treat herpes without drugs? ... What can I do to increase energy levels? ... Will deep-breathing help me burn more calories?

**104 Make One Change** » *Give Differently:* Unwrap the secret to a less stressful (and more joyful!) holiday. » *Meredith Anderson*

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