

Is cell phone radiation *really* a threat to your health? Find out on page 56.

VIBRANT HEALTH

BALANCED LIVING

natural

SOLUTIONS

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HAIR-PRODUCT
PICKS

*Weight-loss
Strategies*
THAT WORK!

**Feed Your
Immune System
Right**

5 Appetizers
that WOW

Natural solutions : vib..
SERIALS



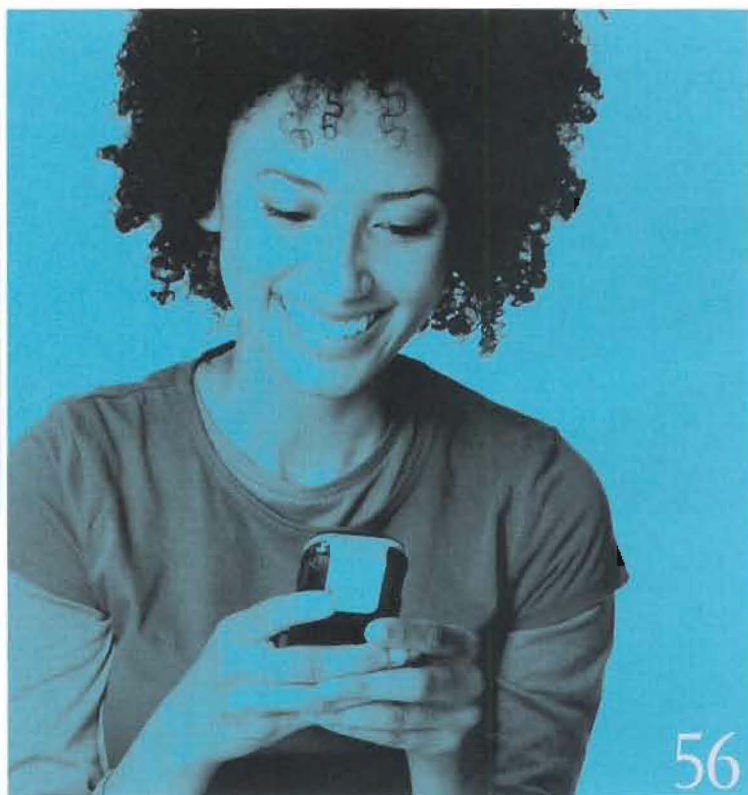
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50 Immunity Superstars

This winter, help your body fight off those germs with your diet; it's a crucial piece of the immunity puzzle. Here are the 10 powerhouse foods that will help you stay strong and snuffle-free all winter.

56 Wake-Up Call

While some studies find correlations between cell-phone radiation and cancer, there are others that find no link whatsoever. While scientists continue their research and debate their findings, here's what you can do in the meantime to minimize your risk.

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