

A MARTHA STEWART PUBLICATION

# whole living

body + soul in balance

CHARGE UP  
YOUR  
HEALTH

15

WAYS  
TO FIGHT  
COLDS,  
FLU, AND  
THE BLUES  
*all season long*

*green tea with lemon  
and pomegranate p.91*

Whole living body+soul ..  
SERIALS



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อภิชนัทนาการ

บริษัท เมอร์คิวรี ดาต้า จำกัด

59/70 หมู่ 6 ซ.ชินเขต ก.จามวงศ์วาน

แขวงทุ่งสองห้อง หลักสี่ กทม 10210

**+**  
**ALWAYS HUNGRY?**  
HOW TO DECODE AND CURB  
YOUR CONSTANT CRAVINGS

DECEMBER 2010

wholeliving.com



# whole life action plan



## December 2010

Revel in the excitement of the season—without getting run-down. Be your calmest, healthiest self this year by taking on our daily challenge at [wholeliving.com/action-plan](http://wholeliving.com/action-plan)



1 WEDNESDAY  
TRY A TINCTURE

These concentrated extracts of medicinal plants can be potent remedies for cold-weather ailments. Check out our recipes at [wholeliving.com/tincture](http://wholeliving.com/tincture)

2 THURSDAY  
HANUKKAH  
It's the second night of the Jewish festival of lights. Take time to reflect on a small miracle that has brought light to your life. [ 3 ]



SATURDAY

4

### LENGTHEN YOUR LEGS

Do a set of calf raises. On a platform or stairs, slowly lift up on tiptoe as high as you can, then lower your heel; repeat 10 times. [ 5 ]

6 MONDAY  
SPICE UP YOUR HOT CHOCOLATE

Stir energizing spices like cinnamon and cardamom into antioxidant-rich dark chocolate. Follow the recipe at [wholeliving.com/spiced-chocolate](http://wholeliving.com/spiced-chocolate)

[ 7 8 9 ]



10 FRIDAY  
WINTER BLUES?

Lift your spirits with citrus. Add 10 drops of any combo of lemon, lime, and orange essential oils to each ounce of your lotion. Slather it on daily, or put the oils in a diffuser and breathe deeply.

[ 11 12 13 14 15 ]



16 THURSDAY

GO STEAM When your face gets dry and dull, a steam treatment with lavender and calendula can bring back the glow: Moist heat hydrates skin and boosts circulation. See [wholeliving.com/facial-steam](http://wholeliving.com/facial-steam)

[ 17 18 19 20 21 22 23 24 ]



FRIDAY

31 MINGLE

To avoid mindless munching, focus on people, not food. Fill a small plate, then back away from the buffet table! Circulate and socialize.



25 SATURDAY  
CHRISTMAS DAY It's a day of birth and rebirth in unexpected places. Today, celebrate the possibility of renewal. [ 26 27 28 29 30 ]

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**WINTER WELLNESS  
GUIDE**

Too often winter begins with a sniffle, peaks with a holiday hangover, and ends with the blues. Not this year! Here's what you can eat, take, and do to stay healthy through the season.

BY NANCY GOTTESMAN

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**THE GREATEST GIFT**

There's an ocean of need out there, and our single small donation can seem like a drop in the bucket. But that drop matters, says one unlikely philanthropist who challenged herself to give until it didn't hurt.

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Nutty whole-grain flavors and chewy textures make pastry chef Kim Boyce's sinfully delicious baked goods a spiritual experience.

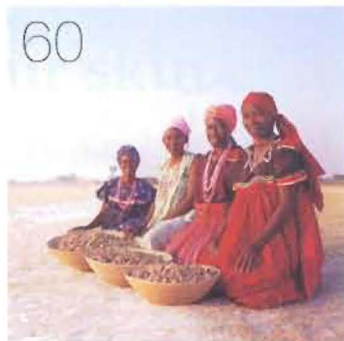
BY LUISA WEISS

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**STEALING BEAUTY**

Simple three-step spa treatments bring moments of tranquillity to the season's stir.

BY MELISSE GELULA



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