

whole living

body + soul in balance



THE HAPPINESS
25
WAYS TO GET
UNSTUCK
AND FIND YOUR
HAPPY PLACE
ISSUE

Whole living body+soul ..
SERIALS



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**HEALTHY
COMFORT
FOODS
GUT-SATISFYING
DISHES
THAT ONLY
TASTE RICH**

*Chicken pot pie,
we're looking at you! p.88*

บริษัท เมอร์คิวรี ดาต้า จำกัด
เลขที่ 59/70 หมู่ที่ 6 ถนนงามวงศ์วาน
แขวงทุ่งสองห้อง เขตหลักสี่
กรุงเทพฯ 10210

action plan



March: Freshen Things Up

Spring is on the way, so now's the time to clean up your act and check in on those healthy New Year's resolutions. Get inspired with our small daily goals at wholeliving.com/action-plan

TUESDAY

1



MAKE THE SMARTEST SNACK EVER

with DIY almond butter. It's easier than it sounds, and protein-rich almonds can help lower cholesterol. Toast a cup of them, process until smooth, then mix in a drizzle of honey and a pinch of salt. Spread a tablespoon (about 100 calories) on apple slices or celery. | 2 3 4 5 6 7 8 9 10 11 |

SATURDAY

12

LET IN THE AIR!

It's warm enough to open windows on opposite sides of the house for 30 minutes.

This rids the air of harmful VOCs and combustion particles that have been sealed up, says eco-expert Mindy Pennybacker.

| 13 14 15 16 |



THURSDAY

17

CHUG A BEER

Happy St. Patrick's Day! You don't have to be Irish to reap beer's benefits. It ups HDL ("good") cholesterol, decreases the risk of blood clots, and contains more calcium and magnesium than a glass of cabernet and four times the polyphenols of a glass of white wine. Just one, people! | 18 19 |



SUNDAY

20

MOVE DURING COMMERCIAL BREAKS

Instead of heading for the fridge or fast-forwarding through the Geico gecko, squeeze in a mini-workout. In an hour-long show, you'll have 15 to 20 minutes of commercials to do 10 reps each of squats, lunges, and bicycle crunches to tone abs and legs. | 21 22 |

SATURDAY

TAKE PART IN EARTH HOUR

At 8:30 tonight, be part of the World Wildlife Fund's movement to raise awareness for climate change by turning out your lights for one full hour. Visit earthhour.org for more.

26



| 27 28 29 30 31 |

WEDNESDAY

23

CUT BACK ON CAFFEINE

For one day, trade your caffeinated morning jolt for an energizing walk or a mug of green tea, which has less caffeine than coffee and is rich in immunity-boosting antioxidants. Steep and repeat during your four o'clock slump!

| 24 25 |





94

FEATURES

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LIGHTEN UP

Want to turn around a bad day? Take a cue from David Lee Roth: You might as well jump. Try plyometrics (the sciency word for explosive movement) and you'll feel lighter—and happier—in no time.

BY KATE HANLEY

88
HAPPY MEALS

Bliss out with healthy versions of your favorite comfort foods.

BY SHIRA BOCAR

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GLEE CLUB

Once a week, members of the L.A. Ladies' Choir gather to find community, build friendships, and sing their hearts out.

BY LAUREN LADOCEOUR

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HARNESS YOUR HORMONES

Women's hormones are a pesky chemical soup that rules many aspects of our lives, from sex drive to sleep habits. Now there are simple (even enjoyable) natural ways to ease the symptoms they cause.

BY PEG ROSEN

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FLOWER POWER

The floral essences in these potent new skin care products are more steel magnolia than shrinking violet.

BY OLESSA PINDAK

COVER PHOTOGRAPH BY
Victoria Pearson

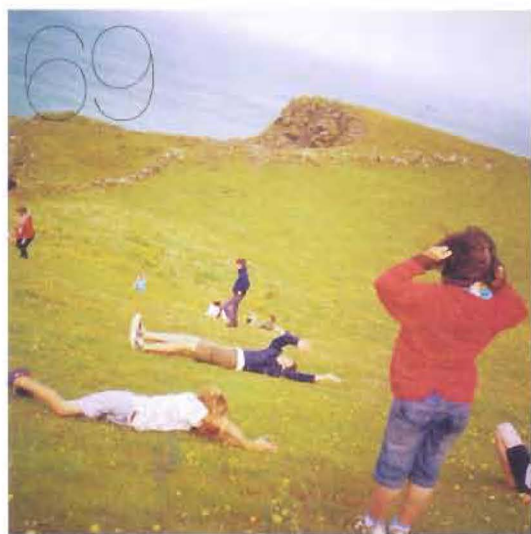
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