



**CRBS  
T SLIM!**

63 easy, healthy recipes

**ENERGY NOW!**

women have *too much* common mineral in their making them tired—s fast and free!

**WANT HER HIGHLIGHTS?"**



al-life makeovers + e tips from salon pros

**NATURAL CURES**

onal allergies  
ractive bladder  
less sleep  
ression

**SUCCESS IS WITHIN REACH**

# First for women



Harvard-trained Sara Gottfried, M.D.

**DO YOU PUT TOO MUCH PRESSURE ON YOU?**

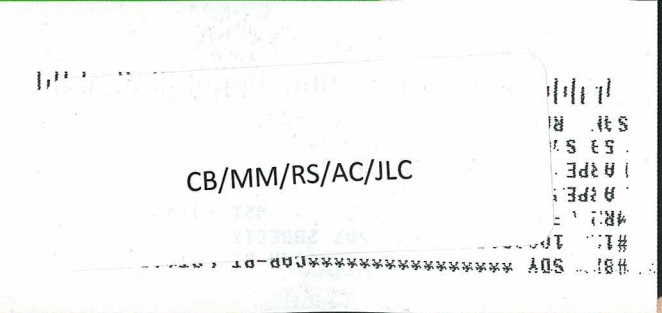
4 ways to dial down the demands and feel happy all day

**DROP 20 LBS IN 21 DAYS**

## "THIS FIXES YOUR BROKEN METABOLISM"

72-hour detoxes that reset hormone receptors to melt fat fast & forever

- thyroid
- estrogen
- cortisol
- insulin
- leptin



CB/MM/RS/AC/JLC