



**RBS  
AT SLIM!**

63 easy, healthy recipes

**ENERGY NOW!**

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

**WANT HER  
HIGHLIGHTS"**



all-life makeovers + the tips from salon pros

**NATURAL CURES**

seasonal allergies  
irritable bladder  
less sleep  
depression

**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

