



**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

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