

Natural Health

January 2009

NATURAL HEALTH

feel good | look good | do good

DETOX YOUR LIFE

- ▶ **DECLUTTER** YOUR HOME
- ▶ **CLEANSE** YOUR DIET
- ▶ **RELEASE** TOXIC EMOTIONS

11 Natural Cold Cures

END EMOTIONAL EATING

Entertaining pro
KATIE LEE JOEL
shares healthy
party tips.

DECEMBER/JANUARY 2009

DISPLAY UNTIL JANUARY 19

USA \$4.50 CANADA \$6.50



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Age-Proof Your Skin



USE NATURAL FRAGRANCES

Add a fresh scent to your home with flowers instead of commercial air fresheners, which contain hormone-disrupting phthalates. In winter, fill a vase with dry lavender (the scent has a calming effect), or put a few drops of essential oil in a spray bottle and fill the rest with water.

TRY: Essential oils from **Aura Cacia** (\$4-\$20; auracacia.com); **EO** (\$8-\$16; eoproducts.com); or **Aveda** (\$13-\$16; aveda.com).

FRESHEN NATURALLY:
Add a fresh scent to your home with flowers from your garden or a local farmers' market.