

CHRISTMAS BLISS BRINGERS!

December 24, 2007

healthy living made easy



DELICIOUS!
Fresh & fast favorites



GORGEOUS!
5-minute decor tricks

YOUR TIREDNESS GONE FOREVER!

News! The inner inflammation that's making 20 million women feel exhausted—and a quick fix

STRESS CURED!

Martina McBride shares her best tension tamers

CONFIDENCE FOUND!



✓ Stylists' tips for looking slim

✓ Sara Evans on why older = better

✓ Great accessories

SUPERBUG SAFETY

If you shave, you must read this!!

YOU, 25 LBS SLIMMER BY CHRISTMAS!

FULL-THROTTLE METABOLISM

HOLIDAY OOPS SOLVED!

- ✓ Facial bloat—flushed away!
- ✓ Little "leaks"—prevented!
- ✓ Self-doubt—banished!
- ✓ Extra expenses—dodged!
- ✓ Regifting goof—finessed!

GOOD NEWS!

- Researchers ID genetic differences among 3 kinds of weight-gainers
- Discover the super-nutrients that will amp up YOUR fat loss

\$2.49

Display until 12/24/07



Alert! 5 things burglars wish we wouldn't tell you!



