

VIBRANT HEALTH BALANCED LIVING

natural SOLUTIONS

19 Ways to
stay healthy
this cold season

BREAST CANCER *Survival Guide*

THE BEAUTY AWARDS

101 Purest Picks

+ How to suss out
the safest products

**IS HOMEOPATHY
SAFE?** ... See page 18

*The Secret to
All-Day Energy*

**GREEN
HALLOWEEN**
Healthier treats,
organic costumes
& more

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