

Smart ways to live well

MARCH 2008

# Prevention



**LOVE  
THE WAY  
YOU  
EAT!**

13 tricks to make every meal healthy & delicious

TEAR & GO GUIDE

23 Doc-Approved

**HOME  
CURES**

**Nature's Secret  
FAT BURNER!**

The nutrient that speeds weight loss & erases hunger

**MEMORY  
TRICKS**  
THE BRAIN  
EXPERTS  
LOVE

**LOOK  
FABULOUS  
AFTER  
40!**

PLUS

The One Move  
That Guarantees  
Great Health

**FIRE UP  
YOUR  
Metabolism  
IN TWO  
WEEKS!**