

CURCUMIN
the spice of life

INFLAMMATION
how to beat the heat

VITAMIN D
our ultimate guide

better nutrition

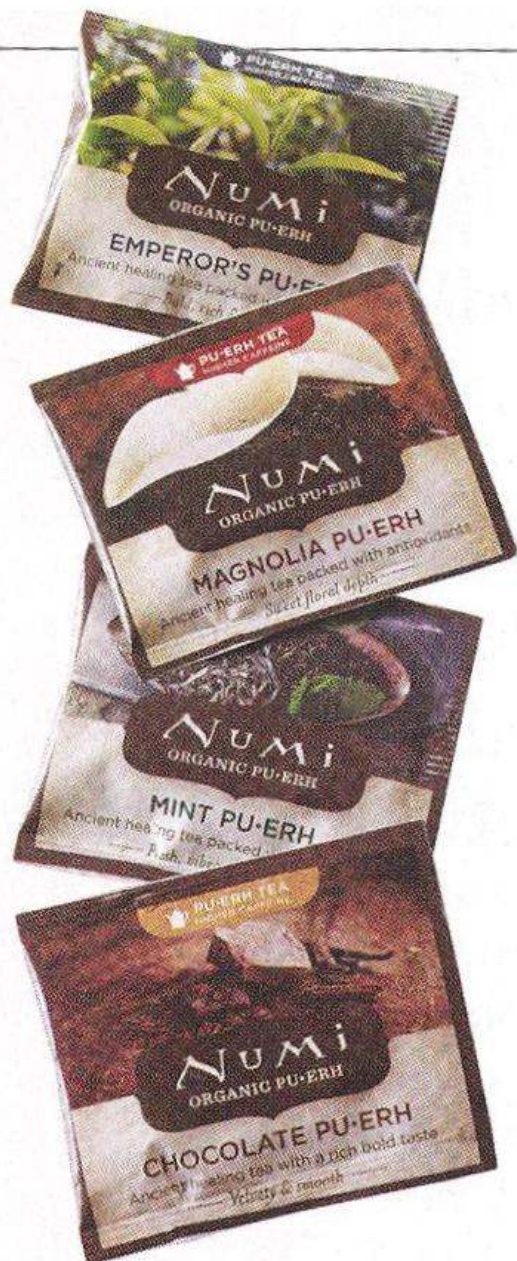
YOUR GUIDE TO NATURAL LIVING

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25+
natural



ARTERY HEALTH 101
SAVE YOUR HEART WITH
THIS PROVEN PROGRAM!



Sip 'n Soak

Complete your soak with a steaming mug of healing tea. We like Numi Organic Tea's Pu-erh (poo-air). Pu-erh goes through a 60-day fermentation process, which lends a bold flavor with a hint of malt. Rich in antioxidants (more than green tea), Pu-erh has been shown in studies to reduce cholesterol, improve digestion and metabolism, and even support healthy weight loss. Available in Chocolate Pu-erh, Magnolia Pu-erh, Emperor's Pu-erh, and Mint Pu-erh, all from Numi Organic Tea. A splash of milk and natural sweetener turn this brew into a coffeehouse-style treat.

plus
WHAT DOES
"GLUTEN FREE"
REALLY MEAN?

POTIONS
boosts

