

IT'S GOOD TO BE YOU™

Women's Health

DECEMBER 2007

Your Holiday Survival Guide!

ALL-NEW WAYS TO:

- STAY IN SHAPE
- BEAT STRESS
- CONQUER CRAVINGS
- ... & CELEBRATE IN STYLE!

plus Ageless Skin!

The Real Power of Antioxidants

**YOU
ASKED
FOR IT...**

**50
GREAT
GIFTS
UNDER
\$50!**

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