

# Health

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See p.14

Secret **Natural** Ingredient

## Cinnamon Cures

*This everyday spice can nourish your skin, boost your memory, and keep the pounds away. By Susan Hall*

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FAST**

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in 4 weeks**

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what's not p.14

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**7**  
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### FEET TREAT

Antioxidant-rich cinnamon softens rough, tired skin. Try this pampering foot bath from Elizabeth TenHouten, author of *Cooking Well: Beautiful Skin* (out in November): Mix the juice of 5 lemons, 1 tablespoon olive oil, ¼ cup whole milk, ½ cup water, and 2 tablespoons ground cinnamon; soak your feet in the mixture for 15 minutes. ☐

Health.com  
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