

#1 SECRET TO LASTING WEIGHT LOSS • BEST VITAMINS AT 30 • 40 • 50+

Health

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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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7
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Crow's*
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R LESS!**

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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. ☐

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OCTOBER 2009