

## SOB

LOOK  
HOT  
FEEL  
GREAT  
421

WAYS TO  
NEVER  
DIET  
AGAIN

GET CUT  
IN MINUTES

GO  
GOURMET  
(8 SAVE MONEY)

CHOLESTEROL  
ASK FOR THIS  
TEST NOW! PG 51

MARTA MONTENEGRO

FOODS  
TO HEAT  
UP THE  
NIGHT

USIVE!  
FAEL  
DAL  
UP TO MARTA



BOOK REVIEW

**Cooking Well: Beautiful Skin**

Beauty is more than skin-deep, so find it with Elizabeth TenHouten's *Cooking Well: Beautiful Skin*. Based on a holistic philosophy of health and skin care, TenHouten offers more than 75 antioxidant-rich recipes, like Scallop and Beet Tower, Grape Leaves with Asparagus and Crumbled Feta, and Filet Mignon and Figs, to nourish the body from the inside out. *Beautiful Skin* also offers topical food-based treatments for skin clarity, tone and detoxification, and covers the importance of optimal hydration, exercise and meditation in achieving inner and outer beauty. [hatherleighpress.com](http://hatherleighpress.com)

