

Reduce, Recycle, Rejoice! How to wrap greener * Perfect Skin 3 steps to get your glow on

NATURAL HEALTH

feel good / look good / do good

All Day Energy!

24 easy ways to rev up your

Antibiotics are losing their effectiveness. Here's how to fight five common bacterial infections before resorting to them, plus how to make the best of it if you must.

Antibiotic alternatives



workout?
Find one you'll love to with our quiz



Take Sang Ju Yin Wan "This TCM formula combines antibacterial chrysanthemum flowers and apricot seeds with anti-inflammatory and antiviral herbs," says Jill Blakeway, M.Sc., L.Ac., clinic director of The YinOva Center in New York City. Studies published in *The American Journal of Chinese Medicine* have found that it helps boost immunity in humans.

How to fight antibiotics p. 52

Happy, holistic cookies * Pres indigestion cure

Take a break from tonics "Tonifying herbs like ginseng strengthen immunity but also strengthen pathogens once they've taken hold," says Jill Blakeway, M.Sc., L.Ac. Restart them after two symptom-free days.

Alicia Silverstone's Diet Makeover
Lose weight, feel great and love your body!

Conscious Cooking
Be kind to yourself and the planet
p. 68

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