

natural remedies • stress reduction • diet • exercise • spirituality

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Country Living's healthy living

AMERICA'S NO. 1 MAGAZINE FOR NATURAL HEALING

100

Natural Cures

defeat depression without drugs

manage asthma holistically

shrug off shoulder pain with yoga

enter into a state of comfort if you haven't already to help
Fale

secrets from a tantric sex workshop

can you heal yourself in your dreams?

Plus Andrew Weil

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10 remedies

10 remedies

10 remedies

Plus Andrew Weil

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