

Smart ways to live well

AUGUST 06

Prevention®

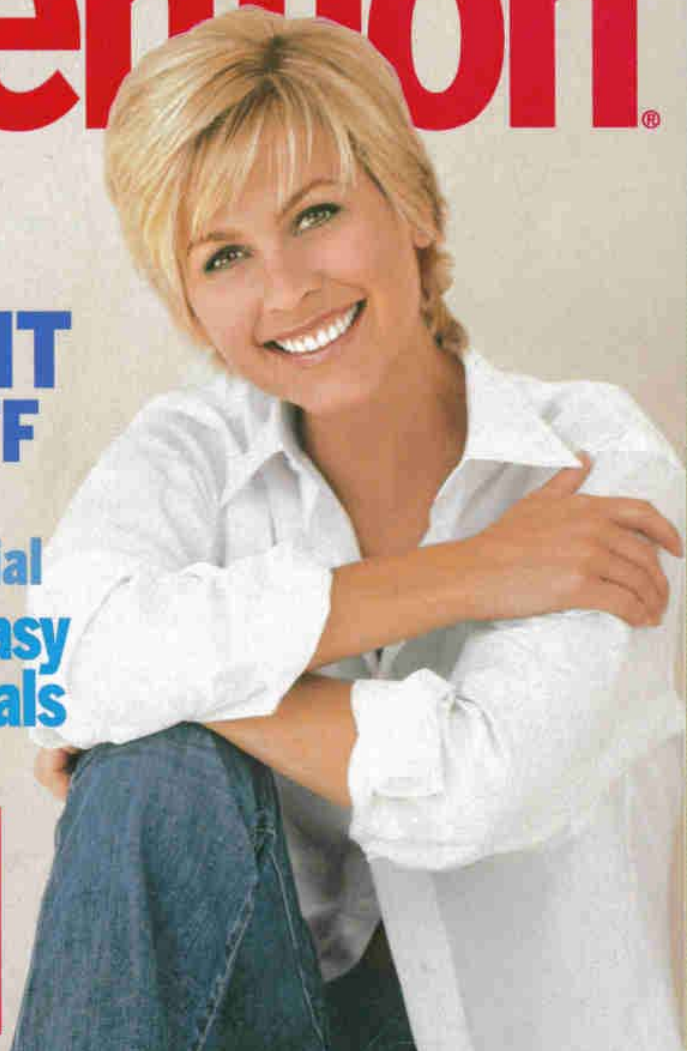
SCIENCE-TESTED

10 WAYS TO LOSE WEIGHT AND KEEP IT OFF



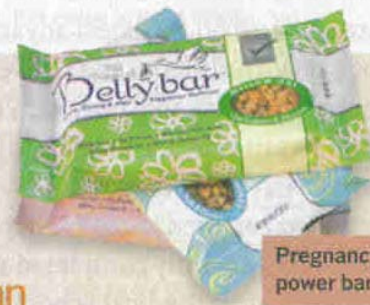
summer special
**Light and Easy
No-Cook Meals**

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SAFE TO DRINK?** p. 164



Mummy yummy

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