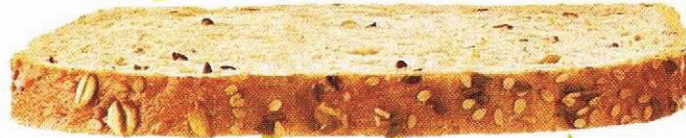


+ THE HEALTHIEST HAIR EVER ALL-NATURAL PRODUCTS THAT MAKE IT HAPPEN
GET A DANCER'S BODY—TONED, TIGHT, AND STRONG—ON A REAL WOMAN'S SCHEDULE

whole living

body + soul in balance



fiber-packed bread
multigrain slices

satisfying greens
dandelion and arugula



antioxidant-rich crunch
mango, bell pepper, onion

BUILD A

RICH and drop pounds

[Use a serum] if you're looking for the best product to deliver anti-aging ingredients to your skin. Serums have smaller molecules, so they can get active ingredients like antioxidants deeper into your skin than a cream says Susan Stuart, M.D., a dermatologist in La Jolla, California.

April 2011
Whole Living Magazine

30 d

fill
grilled

12 EARTH D DARES

OKAY, YOU'VE
CHANGED THE
LIGHTBULBS.
ARE YOU GAME
TO GO GREENER?



ASK AN EXPERT SHOULD I USE A SERUM?

Yes, if you're looking for the best product to deliver anti-aging ingredients to your skin. "Serums have smaller molecules, so they can get active ingredients like antioxidants deeper into your skin than a cream," says Susan Stuart, M.D., a dermatologist in La Jolla, California. Apply them under your moisturizer. If all you want is basic hydration, there's no need to upgrade—serums can be pricey. New for spring:

Sophyto Anti-aging Antioxidant Serum, \$33, sophyto.com