

ANTI-CANCER  
NUTRIENTS

AUTOIMMUNE  
DISORDERS & DIET

COCONUT: 50  
MANY CHOICES

# better nutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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*Beauty*

FROM  
WITHIN

The first vitamins  
for radiant skin,  
strong nails,  
and shiny hair



## SPECIAL AWARDS ISSUE!

The ultimate guide to clean, green, & natural beauty products

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## Men's Skin



### ORGANIC GROOMING BY HERBAN COWBOY ALOE SHAVE CREAM IN DUSK

Upgrade your shaving cream (and your cool factor) with this organic, vegan grooming aid for men. Aloe, lavender, and peppermint give this cream a clean scent. No dyes or alcohol are used.



### DEPTH BODY SHAVE CREAM IN BAY COCONUT

This thick shave cream has a fresh, tropical scent that's perfect for men and women. Sea botanicals, including sea lettuce, seaweed, and kelp, nourish and protect your skin while you shave.