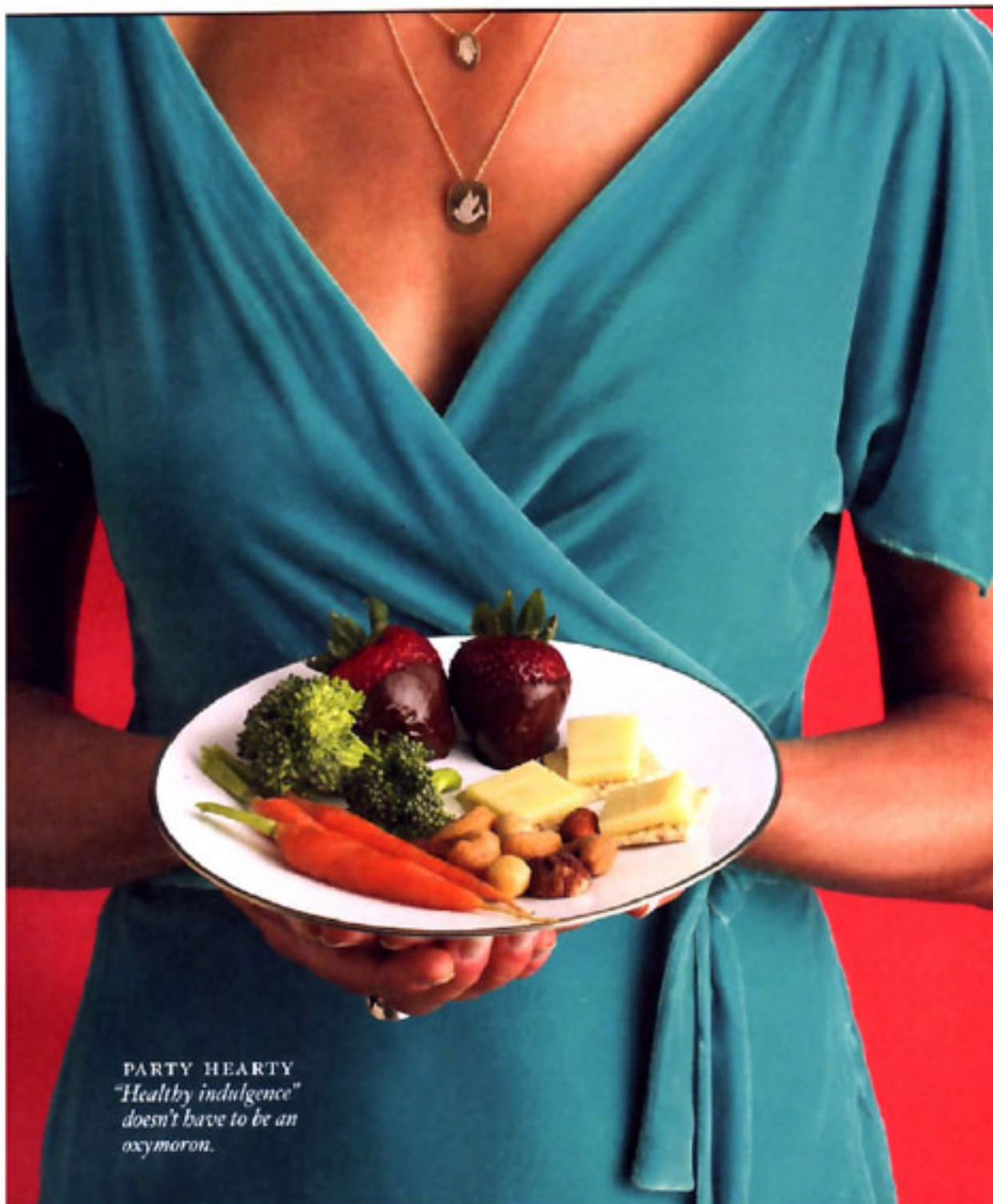


whole
living

body + soul

Guilt-Free Holidays

by Abbie Kozolchyk



PARTY HEARTY
"Healthy indulgence"
doesn't have to be an
oxymoron.