



whole living

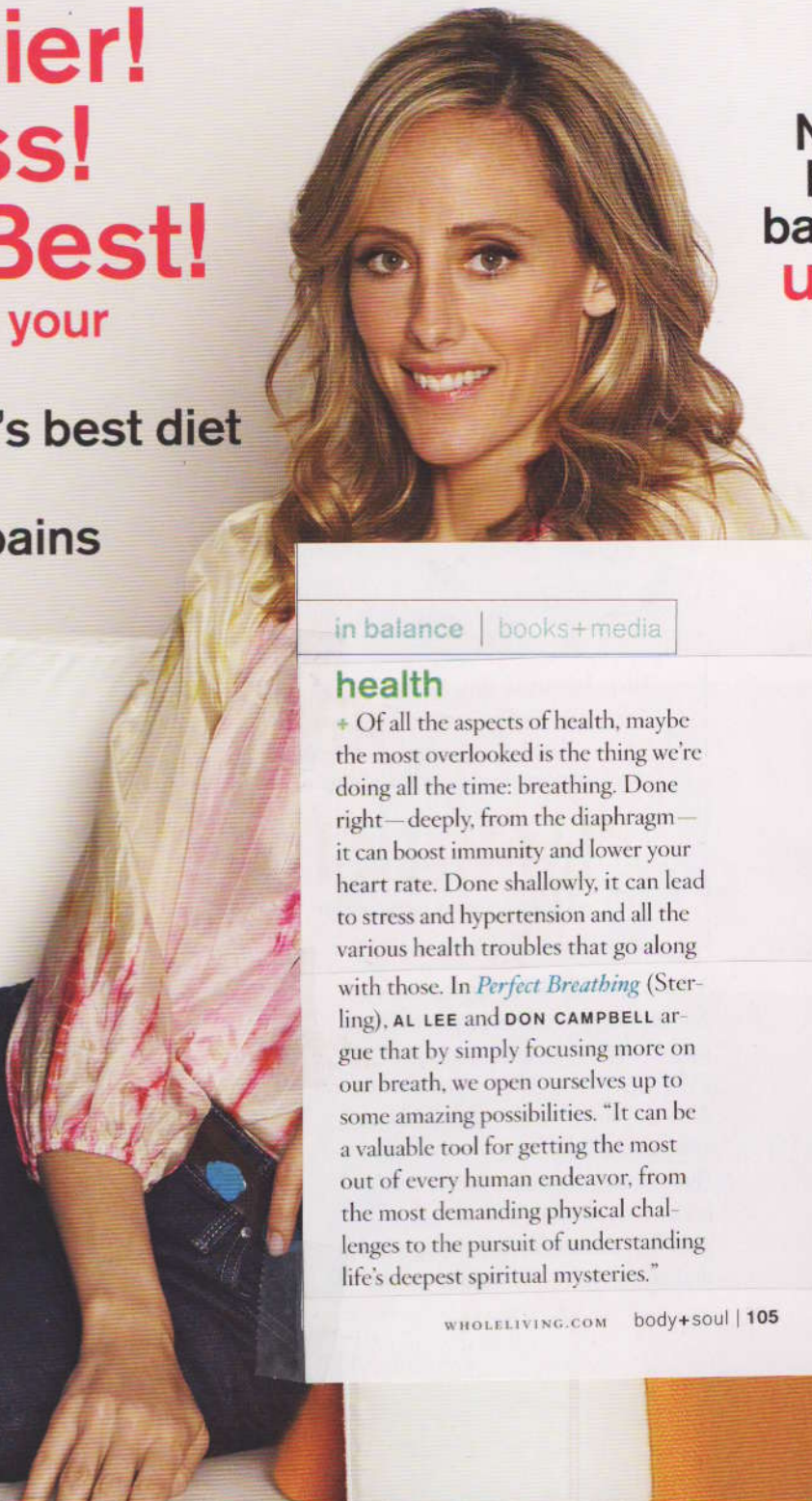
# body + soul

## Eat Healthier! Stress Less! Feel Your Best!

- 57 ways to maximize your vitality starting today
- discover the world's best diet
- boost your energy
- wipe out aches + pains

**+**  
Natural beauty bargains under \$10

*Plus*  
We answer your most embarrassing health questions  
**8 kitchen secrets** from nutritionists and top chefs



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### health

+ Of all the aspects of health, maybe the most overlooked is the thing we're doing all the time: breathing. Done right—deeply, from the diaphragm—it can boost immunity and lower your heart rate. Done shallowly, it can lead to stress and hypertension and all the various health troubles that go along with those. In *Perfect Breathing* (Sterling), AL LEE and DON CAMPBELL argue that by simply focusing more on our breath, we open ourselves up to some amazing possibilities. "It can be a valuable tool for getting the most out of every human endeavor, from the most demanding physical challenges to the pursuit of understanding life's deepest spiritual mysteries."

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