

DR.OZ

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# THE GOOD LIFE

easy plan

DROP

10 LBS

IN 4 WEEKS

A NEW  
MAGAZINE  
FROM DR.OZ

VITAMINS!  
WHICH ONES  
YOU NEED

NO-STRE  
IDEAS TO  
MORE

WEIRD  
YOUR PH  
AFFECTS  
SEX LIFE

TO GET

er

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in

+

FAMILY  
HEALTH

HISTORY

6 questions  
you must ask

“What to look for  
in a moisturizer?  
If you have oily skin  
focus on oil-free  
moisturizers high  
in humectants like  
SkinCeuticals  
Hydrating B5 Gel”

EAT LIKE  
DR.OZ!

