

Healthy Living

THE MAGAZINE FOR LIFE

SWEET DREAMS

SLEEP YOUR WAY TO A HEALTHIER YOU

Special Sleep Report!

THE SALT DEBATE

How Much is Too Much?

Kids and Cash

5 TIPS ON THE VALUE OF MONEY

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THE SIMPLE CONNECTION BETWEEN WHAT YOU EAT AND HOW YOU LOOK AND FEEL.

"MUST HAVE BEEN SOMETHING I ATE" by Peggy Katsopoulos

In Peggy's debut holistic nutrition guide, this Greek gourmet spins salads into PMS cures, turns

oatmeal into a sleep aid and transforms kelp into a weight loss wonder.

This book is not your typical 'eat your greens' nutrition book but a personalized resource for discovering the connection between the food you eat and how you look and feel.

Topics and tips include:

- Learn key ingredients that will keep you feeling energized and stress-free
- Reveal what could be sabotaging your weight loss efforts
- Discover how to kick cravings to the curb
- Get gorgeous with beautifying foods
- Locate the best foods to lift your mood
- Plus 25 guilt free yet indulgent recipes with colour photos

Visit peggyk.com.



"Easy" can also be healthy.

At Supper Works, we shop, chop and clean up. You prep, freeze and enjoy at home.



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