

NATURAL HEALTH



feel good | look good | do good

HOLISTIC M.D.

Dr. Oz's
THANKSGIVING
SUPERFOODS
+ easy, healthy recipes

JUMP TO IT!
The 10-minute
Detox Workout

GREEN UP
YOUR
BEAUTY
ROUTINE

strengthen
your nails

Use a sweet scrub
Eating sugar may not be a treat for skin (see "3 Saboteurs to Avoid," page 73), but the granules make an effective and gentle exfoliant. Just like on facial skin, dead, dry cells build up on nails and cuticles, so removing them restores luster and smoothes cuticles, says Jessica Vartoughian, owner of Jessica Nail Clinic in L.A. Try a product like 1 | Orly SugarFix Citrus Scrub (\$20; orlybeauty.com) or mix plain sugar with warm olive oil, then scrub slowly and carefully.



ORLY'S CITRUS SUGARFIX

AS SEEN IN NATURAL HEALTH NOVEMBER 2009

orlybeauty.com



"I beat