



» 60 SECONDS TO  
DREAM ABS

5 MINUTES TO  
A NEW YOU!

# Oxygen

ROBERT KENNEDY  
WOMEN'S FITNESS

**SHED  
FAT**  
& Still  
Satisfy  
Your  
Cravings

Start Today...

**FIVE  
MOVES  
To A  
NEW  
BODY**

...See Results  
in Only 4 Weeks

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CRANKY,  
IRRITABLE?**  
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**10 Fall Foods  
You Must Avoid!**

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TIGHT &  
LEAN** AT ANY  
AGE

Your Fool-  
Proof Plan

NOVEMBER 2008  
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Clean your body & your conscience after you exercise!

# Go Green

Feel fresh and do the earth a favor with these Oxygen-approved organics. BY SANDY BRAZ | PHOTOGRAPHY HAMIN LEE

**1 • FEED YOUR FACE**

Now you can wear your fruits and veggies! Yes to Carrots' moisturizer contains carrot juice and 26 Dead Sea minerals to revitalize skin. Bonus: Orange fruits and veggies have anti-aging and antioxidant properties. \$16; [yes-to-carrots.com](http://yes-to-carrots.com)

**2 • HEALTHY GLOW**

The Skin by Monica Olsen Essential Travel Kit is packed with goodies to keep you glowing after a trip to the gym. The kit includes balancing spray, vitamin C cream, deodorant (shown here) and more. \$35; [skinbymonica.com](http://skinbymonica.com)

**3 • HAIR REPAIR**

After a hard sweat on the treadmill, refresh your hair with Nana Essence conditioner. Formulated from nettle, oak and birch, it repairs damaged hair. Bonus: Earth-friendly shampoo and hair masks also available. \$13; [nanaessence.com](http://nanaessence.com)

**4 • STAY COOL**

Coola is an eco-conscious sun-care line that uses only the purest extracts. This face cream is organic, hypoallergenic, paraben- and petroleum-free, non-irritating and sweat resistant — perfect for those cardio days in the sun! \$32; [coolasun-care.com](http://coolasun-care.com)

**5 • CLEAN SCALP**

From Max Green Alchemy, this conditioner is a savior for itchy and dehydrated scalps. It contains a blend of oils, including lavender and rosemary, and every ounce is sulfate-, chemical- and cruelty-free. Now that's clean. \$15; [maxgreenalchemy.com](http://maxgreenalchemy.com)

**6 • HERBAL**

Blood of the Dragon Gel by Morrocco Method Intl. features herbs that are blended according to cycles used by farmers. Note that's not natural, we don't know. \$15; [morroccomethodintl.com](http://morroccomethodintl.com)