

# betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

## EATING CLEAN

**7** HEALTHY TIPS for  
*upgrading your diet*

Celebrating  
80

**5** SUPER  
SUPPLEMENTS  
THAT  
DETOX &  
CLEANSE  
YOUR LIVER

*light &  
lovely*  
SPRING  
FRESH  
PEA  
SOUP



Here's **WHAT TO EAT** if You Have  
**AUTOIMMUNE ISSUES** p. 62