

Take "gobble, gobble" too literally this holiday season? Time for damage control. **jazzercise**

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January 9, 2009
Well, Well, Well
A Guide to Health and Wellness



You partied balls in '08. Here's to keeping your mind and body sound in '09.

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Dr. Morrison's Detox Diet
What: Get your system back on track and working at its optimal level naturally with the Holiday Health Revival Kit. Keep it there by following his totally reasonable eating habits.

Why: Your body is a wasteland.
Where: Online at dailybenefit.com.

DRINK
Blueprint Cleanse
What: Jolt the bod back to reality with the infamous New York two-, three-, four-, or five-day juice cleanse that now ships nationwide.
Why: The juice is loose.
Where: Online at blueprintcleanse.com.



USE
Glory for Girls
What: All-natural (read: no artificial colors, fragrances, parabens, or sulfates) cleansers, lotions, sunscreen, and deodorant that actually work and won't break the bank.
Why: Glory, glory, hallelujah.

Where: Online at gloryforgirls.com.

DEAL
Mint
What: This free financial site has launched an iPhone app, so you have no excuse to go over your budget.
Why: A refreshing way to deal with money.



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Where: Online at mint.com.



COOK

Navitas Recipes

What: Whip up deliciously healthy meals full of superfoods (chia, goji, acai) with recipes from health-minded chefs.

Why: Feliz Navitas.

Where: Online at navitasnaturals.com.

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