

Natural Life

SUMMER 2016

SUMMER LOVIN'

Clean energy recipes for healthy living

THE SIMPLEST ROUTE TO MINDFUL PARENTING

IRISH EXCLUSIVE

“I’m all about taking the hell out of healthy”

SUSAN JANE WHITE
ON DIGESTIVE HEALTH



GREEN DREAM
GET SUNSHINE FIT
BY GOING GREEN

SUPER BABES

Smart supplements for expectant mums

WIN THE PAGE! AN ARRAY OF HEALTHY PRIZES UP FOR GRABS, INSIDE.