

READER'S DIGEST

AWESOME ENERGY BOOSTERS!

FEB | MARCH 2020

# best health



## START FRESH!

### 15+ WAYS CLEAN EATING CAN CHANGE YOUR LIFE

**SLEEP YOURSELF HAPPY**

**SECRET TO A HEALTHY HEART? A PET!**

**GET YOUR BLOOD PRESSURE UNDER CONTROL**

*Check out our pro tips for healthier beets*

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