

DR.OZ

Win the Ultimate Spa Trip

THE GOOD LIFE

JUNE 2015

**25 TOP
SUMMER
SUPER
FOODS**

or this
amazing fridge
see page 122

**READY FOR
GREAT SKIN?**

Expert Tips That
Change Everything

**EXACTLY WHAT TO EAT TO
GET SLIM!**

› EASY RECIPES
› POWER SNACKS
› PSST...**SECRET
WEIGHT-LOSS
SOUP**

**Life
Advice to
Help You
Thrive**

**Burn
Calories
Without
Trying**

\$3.99



**The
Symptom
Women Ignore
Too Long**

DR. OZ THE GOOD LIFE

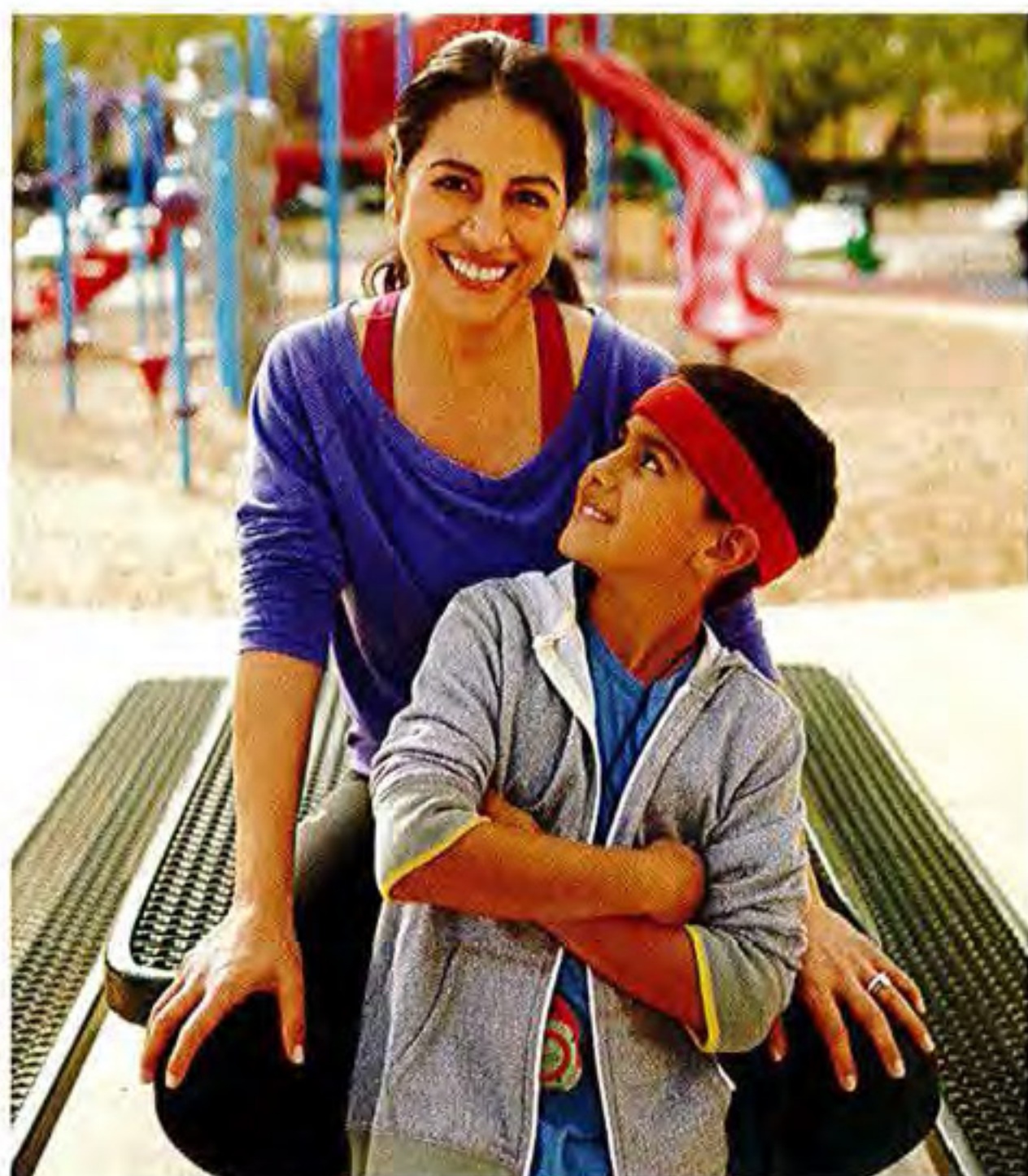
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**Have Fun,
Get Fit**
Fat-burning,
kid-inspired
moves



Cover Credits Dr. Oz photographed by Matt Jones in New York City. Styling by Kemal + Karla at the Wall Group. Grooming by Jane Choi for La Mer and Bumble and Bumble at Stockland Martel. Food styling by Chris Lanier at Apostrophe. Prop styling by Sarah Smart. Sweater, Brunello Cucinelli. Jeans, Frame. Refrigerator courtesy of Liebherr-appliances.com, 36-inch freestanding unit CBS 2062 featuring BioFresh drawers.



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**EXTRA
FEATURES!**
Check out
this issue
on your
tablet for
exclusive
Oz videos,
and more



Enter Now for a Chance to Win...

...THE ULTIMATE GOOD LIFE GETAWAY!

Snag a trip to Canyon Ranch, the award-winning wellness spa resort located in Lenox, MA, and Tucson, AZ. The winner and a guest will be flown to one of the resorts to enjoy a four-night stay, three gourmet meals a day, and a personalized nutrition reboot with a private cooking class. Plus, Canyon Ranch is throwing in \$435/person to spend on spa and beauty services, personal training sessions, and more. One runner-up will receive a gift bag full of goodies, including a Canyon Ranch cookbook and branded gear.



CANYON RANCH SHORT RULES NO PURCHASE NECESSARY TO ENTER. Canyon Ranch Getaway Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning 5/20/2015 at 12:01 AM (ET) through 8/31/2015 at 11:59 PM (ET), go to <http://www.doctorozmag.com/canyonranch> on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) Grand Prize winner will win a four (4) night trip for two (2) people to Canyon Ranch destination resort in Tucson, Arizona, or Lenox, Massachusetts (ARV: \$10,712). One (1) runner-up winner will win a gift-package comprised of Canyon Ranch products and apparel (ARV: \$335). Total ARV for all prizes awarded: \$11,047. Must have reached the age of 18 or older and be a legal resident of the forty-eight contiguous states (excluding Alaska and Hawaii) at the time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at <http://www.doctorozmag.com/canyonranch>.



...A LUXE FRIDGE!

This freestanding, energy-efficient Liebherr CBS 2062 refrigerator, which retails at \$6,299, could be yours. BioFresh drawers keep produce fresh up to three times longer than in a regular fridge, and double freezer drawers make it easy to stay organized. The fridge has LED lights, stainless French doors, and an automatic icemaker. Stylish and practical, it's a gorgeous kitchen upgrade.

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