

DR. OZ

DECEMBER 2016

THE GOOD LIFE

TRY THIS!

OZ'S 1-DAY DIET

STOP WINTER PUDGE BEFORE IT STARTS

CALM THE CRAZY SEASON
SAY HO HO NO!
TO STRESS

MEDICAL MIRACLES OF THE YEAR

BURN 300 CALORIES THE EASY WAY

ANTI-AGING

THE SUPER POWERS OF TEA

NO-GAIN HOLIDAY EATS

CASSEROLES, COOKIES, YUM

21
BEST ENERGY TIPS

BE YOU, ONLY BRIGHTER

\$3.99



GOOD EATING

OZ NEWS: FOOD

5 THINGS WE JUST LEARNED

A ●



B ●



C ●



Turn for More



A. Drizzle this power duo over yogurt and oatmeal. Nuts & Honey (\$13, bonniesjams.com)

B. Adorable packaging alert! This raw honey comes in five pretty tins. Berry Honey Tin (\$12, naturenates.com)

C. Sweet dreams are made of these: Wild-raspberry honey and cup o' tea by candlelight. Goodnight, Honey gift set (\$48 including candle and tea, not shown, beeraw.com)

D. Winnie the who? There's a new honey-lovin' bear in town, adding cute to any counter. Dottie Honey Pot (\$20, anthropologie.com)

E. These guilt-free candies double as subtly sweet tea stirrers. Lollipop Sampler (from \$10, waxingkara.com)



D ●



E ●

1 THE SWEETEST GIFTS AROUND

We're big fans of honey: It's a cold-and-flu-season staple and a centuries-old sore throat remedy. Plus, science says that some kinds of honey even fight bacteria. But the real reason it makes such a great gift? The liquid gold is one decadent superfood. Check out these five picks.