

# wellbella

## NEW YEAR NEW ATTITUDE

- Get Thin by Living Large p. 2
- Cleanse Your Way to Beautiful Skin
- Rewire Your Brain for Happiness p.

## fight bad bug WITH GOOD BACTERIA

## DON'T GET ZAPPED!

These Nutrients  
Protect Against  
Electronic Pollution

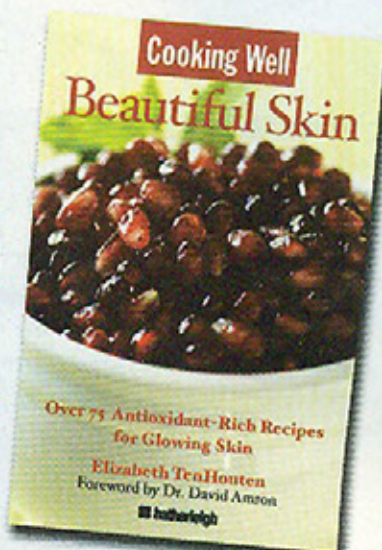
JANUARY 2011  
\$3.95US \$4.95CAN



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## \* tip

Love Every Bite  
“Cooking for  
yourself can  
be an act of



self-love,” says Elizabeth TenHouten, former model and author of *Cooking Well: Beautiful Skin*. “It’s a way to appreciate your body by nourishing it.” Here, she tells how to make eating pleasurable—not restrictive—to maximize the transformative power of healthy food.

- Make a dish you crave; you’ll delight in cooking and eating it more. (If it’s not healthy, find a version of it that is.)
- Set a beautiful table even if you’re the only one eating. “I often adorn my plate with edible flowers.”
- Enjoy every bite. “I mix foods on my plate to create a more flavorful bite.”

Valeria  
Capponi

Italian model, fitness  
and actress tells how  
to live la dolce vita