

live a longer, happier & healthier life

Longevity

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www.longevitymag.co.za

WIN
GREAT PRIZES TO
THE VALUE OF
R62 500
THE FAMILY ISSUE

SUPERMOM ELLE

"WHAT I PUT INTO
MY BODY AFFECTS
THE WAY I FEEL"

EXCLUSIVE NEW COLUMN

DR OZ & ROIZEN:

**SWEAT THE
SMALL STUFF**

SHOULD YOUR
CHILD BE A
VEGETARIAN?

**SEX, DRUGS,
ALCOHOL
& TODAY'S TEENS**

AGE DEFYING

- GET THE BEST SKIN AT EVERY LIFE STAGE
- SUMMER HAIR LOOKS SIMPLIFIED

SPECIAL REPORT

BECOME THE
CEO OF YOUR
OWN HEALTH

*"I haven't
felt this good
in ages!"*

BAD DADITUDE

"PARENTING IS NOT A CALL CENTRE -
YOU CAN'T OUTSOURCE IT"

