

# How to Make—and Keep—Your

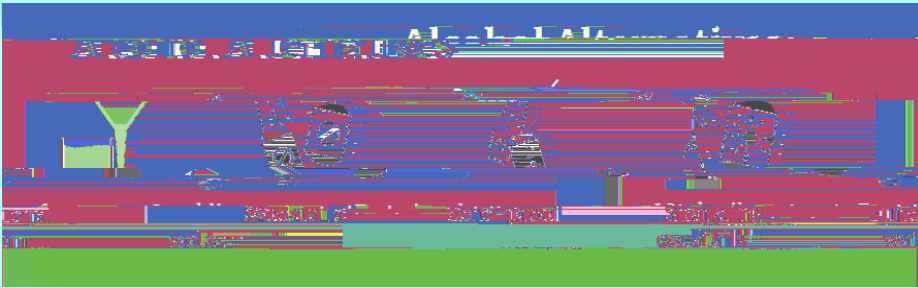
# Health Benefits of Dry January

## Beef Stew

Ingredients

Preparations

Nutritional Information  
(per serving)



# Protecting Your Skin During Winter