

How to Make—and Keep—Your

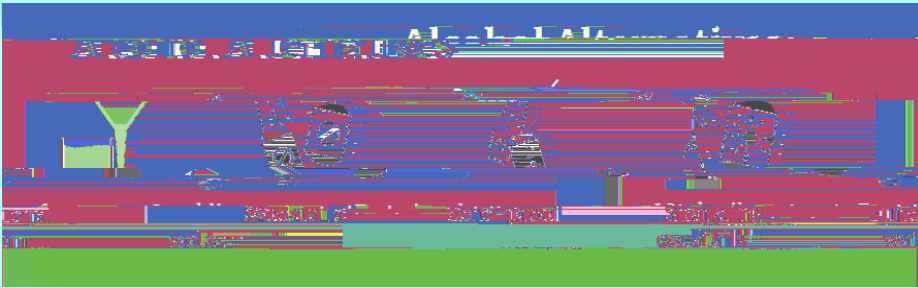
Health Benefits of Dry January

Beef Stew

Ingredients

Preparations

Nutritional Information
(per serving)



Protecting Your Skin During Winter