

FATFO

MAGAZINE

modern day primal living

\$6.99 US / \$7.99 CAN

THE FOOD:

Winter Squash Chili
Pumpkin Chia Pudding
Almond Wafer Cookies
Turkey Stuffed Mushrooms
Spiced Kale Salad

Sweet Potato
Cookies (p 26)

Hormone Therapy:

INTELLIGENT MANIPULATION
OR FOOLHARDY INVITATION
OF DISEASE?



OCT/NOV 2014

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CV SKINLABS

CV Skinlabs wants to "change the way we look at skin—as a doorway to what's inside us." Founded by Britta Aragon, a former makeup artist, skincare therapist, caregiver and cancer survivor turned author and entrepreneur, CV Skinlabs' products are rigorously tested by dermatologists, toxicologists and holistic skincare chemists to ensure each lotion and balm they make is safe for sensitive skin.

Aragon has drawn from her experience as both a caregiver and a cancer survivor to develop a line of chemical-free and non-toxic alternatives to conventional skincare products.