

REAL HEALTH™

YOUR GUIDE TO BLACK WELLNESS
A SMART+STRONG PUBLICATION

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Who's Hit Harder by Stress: Males or Females?

The Return of Cannabis as Medicine

The Pros and Cons of Using Dogs to Detect Cancer

Bobby Brown

How Finding Happiness Led Him to Become an Advocate for Health

Keys to



Curis Green Collection
(Sea Kelp Curl Cleanser, 8 fl. oz., \$15; Sea Kelp & Cucumber Hair Mask, 8 fl. oz., \$20; Green Tea Hair Rinse, 8 fl. oz., \$12; Bamboo Protein Treatment, 8 fl. oz., \$20; and Avocado Hair Mousse, 8 fl. oz., \$15) These vegan hair care products feed, nourish and strengthen curly locks. target.com



Cashmere + Caviar Hair Growth Pomade (4 fl. oz., \$12) This extra strength dressing is formulated with certified organic cashmere, caviar and champagne extract to control, smooth and provide a firm hold on frizzy edges while promoting the growth of baby hairs. curis.biz

Yonanas Dessert Maker (Classic, \$39.99, pictured; Elite, \$99.99) Create healthy and yummy soft-serve ice cream by churning any combination of fruits—just fruits!—with this frozen-dessert maker. yonanas.com



Stuff We Love

A ROUNDUP OF THE LATEST MUST-HAVE FINDS FOR HAIR, SKIN, HEALTH, BEAUTY AND MORE. THESE PRODUCTS ARE WORTH EVERY CENT.



Elna Organics Mermaid Elixir (\$0.05 oz., \$38; 2 oz., \$78) The natural peptides, hyaluronic acid, marine collagen, azelaic acid and seawater pearls in this rich moisturizer all work together to brighten, hydrate and firm the skin. elnaorganicskincare.com



Earth Therapeutics Micellar Cleansing Water (7.77 fl. oz., \$9.99) Lift away dirt and oil with this gentle cleansing water that's made with bamboo charcoal to draw out impurities and soothing tea tree oil to clean deeply and purify the skin. No rubbing or rinsing is necessary, and it works on all skin types. earththerapeutics.net



FruitOns Sun-Dried Fruit (6 oz. bag, \$3.99 to \$4.49) If you're into tasty, healthy snacks, look no further than these bags of fresh, flavorful, sun-dried, bite-size bits of real fruit. trainafoods.com