

Get in "No Shirt" Shape in Three Weeks

# MEN'S JOURNAL

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**FIRE  
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GRILL**

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Team Six**

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Statins**  
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## Hair Care Without Chemicals

It used to be that healthy, nontoxic shampoos smelled bad and left your hair feeling dirty. No more. A new crop of natural products works great, without the damaging stuff.

by MELAINA JUNTTI

### CONDITIONERS

**Giovanni Wellness  
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