

SATURDAY

12 SAY YES TO THE DRESS

Save time and money this season by investing in a single versatile dress that you can wear several ways, says Ashley Hanosh, owner of the Honey in the Rough boutique in New York City. Pair it with boots and a cardigan for day, or with heels for a night out.

[13 14]



TUESDAY

15 REMOVE TARNISH NATURALLY

Pour hot water into a pan lined with aluminum foil. Add one cup baking soda and a dash of salt and stir to dissolve. Place utensils one at a time in the water; the chemical reaction effortlessly dissolves tarnish. [16 17]



SUNDAY

20 SATISFY YOUR SWEET TOOTH

Unlike baked goods loaded with white sugar and flour, dark chocolate has anti-inflammatory properties. One study found that people who had a 20-gram serving (less than an ounce) every three days had significantly lower levels of the markers for chronic inflammation than those who didn't eat any or ate too much. A little goes a long way. [21 22 23]

FRIDAY

18 MOISTURIZE FROM WITHIN

Even as you slather on the lotion, be sure to up your intake of essential fatty acids from food and supplement sources, says Cathy Wong, N.D. "They help cell membranes draw in nutrients and hold onto water while keeping harmful substances out." Try 1 to 2 tablespoons of flax, chia, or hemp seeds, a few walnuts, or a high-quality fish-oil supplement. [19]

THURSDAY

24 SWITCH SPUDS

Trade your traditional mashed potatoes for sweet this Thanksgiving—a medium-size one contains more than a day's worth of vitamin A, 57 percent more fiber, and 55 percent more vitamin C than a white one. [25]



SATURDAY

26 EASE A SORE THROAT

Swallow a tablespoonful of soothing honey topped with a squeeze of fresh lemon juice to calm inflamed tissues and a dash of cayenne to stimulate circulation, says Elson Haas, M.D. [27 28 29]



WEDNESDAY

30 CLEAR THE AIR

Holiday scents can set a festive mood—but many air fresheners contain hormone-disrupting chemicals, such as VOCs. Try making your own all-natural home fragrance: Combine 30 to 40 drops total of various essential oils (like citrus and clove, pine, or peppermint) with 1 cup of water in a spray bottle, and spritz to your nose's content.



photographs clockwise from top left: Johnny Miller (4); Ditte Isager