



**BEST ALL-SEASON & SNOWTIRES**

ST. SCHOLASTICA'S COLLEGE

Top Ranges and Cookware

**GET THE MOST TV FOR YOUR MONEY**



**CR**

Consumer Reports®

NOVEMBER 2018

- Accord Hybrid
- Toilets
- Fitness Trackers
- Humidifiers
- Toaster Ovens

# Natural Cures

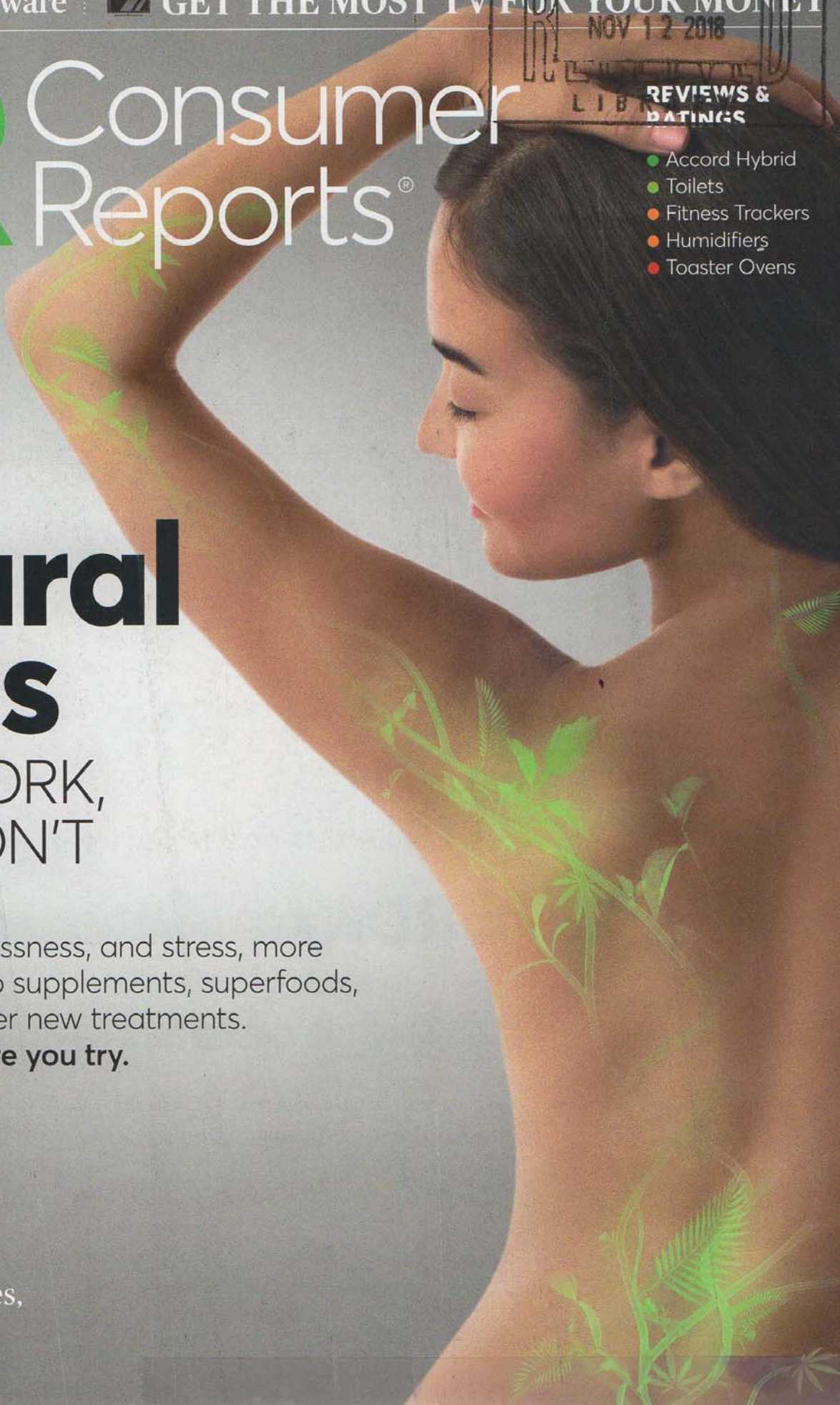
## WHICH WORK, WHICH DON'T

To treat pain, sleeplessness, and stress, more people are turning to supplements, superfoods, herbs, Reiki, and other new treatments.

**What to know before you try.**



**THE TRUTH ABOUT**  
Ice Melts,  
Food Expiration Dates,  
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& more



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ILLUSTRATIONS, COVER: TODD DETWILER. PHOTO, TOP: FREDRIK BRODÉN

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