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# Could naturopathy be the way to glowing, healthy skin?

by ADITI BHIMJIYANI

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Dr Nigma Talib recalls a warm turmeric drink her grandmother would make for her sister and her as little girls when they got a cold or flu. “It was

unbeknownst to her that the humble turmeric will become one of the most fashionable supplements in modern society.” Naturopathy is instinctively her draw.

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