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Women's Health

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Makeup that's skin-tone sensitive



CLOCKWISE FROM TOP LEFT: RANDI BEREZ; BARTHOLOMEW COOK; GABRIELLE REVERE; LISA SHIN




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for women

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Lauren Conrad photographed by Nino Muñoz. Styling: Kate Moodie. Hair: Charles Baker Strahan for Herbal Essences/Artists by Timothy Priano. Makeup: Amy Nadine for Chanel. Manicure: Jenna Hipp for John Masters Organics/Tracey Mattingly. Alice + Olivia by Stacey Bendet dress, J. Crew belt, Zoë Chicco earrings, Sydney Evan love ring, La Petite Princesse enamel ring, Garland Collection star bangle, Jennifer Fisher Jewelry studded bangle. Makeup by Mark: Mark Get in Line Hook Up Liquid Waterproof Eyeliner in Painted Black, Mark Lash Splash Hook Up Waterproof Mascara in Black, Mark On the Dot Eye Color Compact, Mark Touch & Glow Shimmer Cream Cubes All Over Face Palette, Mark Glow Baby Glow Luxe Hook Up Lip Gloss in Lotus Luxe.

CLOCKWISE FROM TOP LEFT: MARK ANDREW; CLIFF WATTS/ICON INTERNATIONAL; ADAM LEVEY; JEFF HARRIS

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The Cost of a Happy Life

➔ One of my favorite things about editing *Women's Health* is that I learn things—lots of things—every month. Our pages are packed with expert-backed, research-supported info that's meant to help you live a happier, healthier life, and the editors here are beneficiaries too. Of all the amazing insights I gleaned from this issue, one stands out. It's a passage in "Mad Money," page 112, written by personal-finance author Jean Chatzky. It reads: "A study revealed that what you need to feel happy is enough cash to live comfortably—not lavishly, just comfortably. More money than that won't buy more happiness."

On a visceral level, I can accept that statement. But my conscious brain just ain't buying it! I did an informal poll of friends and coworkers, and only one was enlightened enough to agree wholeheartedly. Perhaps it's the stress of living in these tough economic times that prevents us from feeling anything but anxiety when wondering how much money is enough. But the revelation Jean shared is an appealing one, so I dug a little deeper to find out how we can liberate ourselves from financial fear so we can better appreciate what we have. Here, a few revelations of my own:

- **MONEY COSTS TIME.** You can't escape the fact that earning more dough often means working more hours—hours spent away from home, family, friends, romantic partners, and hobbies. This trade-off can negatively affect happiness. Cassie Mogilner, Ph.D., a professor of marketing at the Wharton School, has conducted some research in this area, but she admits that more needs to be done to truly understand the relationship of time, money, and happiness. For now, try to determine your own set point when it comes to the interplay of financial gain and social sacrifice.

- **EXPERIENCES TRUMP MATERIAL GOODS.** This is one "truth" I can accept at face value. One of my passions is traveling, and I know for certain that my trip to Thailand last Christmas was way more valuable to me personally than a designer wardrobe ever could be. The same goes for smaller-scale experiences—attending a concert, taking a road trip to see an old friend, the price of a lift ticket to spend the day snowboarding.

- **GIVING AWAY MONEY MAKES YOU HAPPIER.** A few years ago I was lucky enough to attend a talk by former president Bill Clinton. He was promoting his book *Giving* and recounted, in his completely engrossing way, countless stories of charitable donations people had made around the world. Some gave a little, some gave a lot—but regardless, they all experienced the unadulterated joy of that selfless act. It's hard to part with money, especially when we're freaked about our own financial security. But if you have enough to meet your needs and some set aside for emergencies, donating to a cause you believe in will reward you emotionally—and it will help mitigate that stronghold money has over your sense of well-being. When you think about it, a charitable donation is also a gift you give yourself.

Michele

Michele Promaulayko
Editor-in-Chief

IN HER WORDS ADVICE AND OPINIONS FROM WOMEN INSIDE THIS ISSUE

"Women are really good about going for their annual Pap smears, but I don't know one gynecologist who will look in your mouth."

—Gigi Meinecke, D.M.D., on detecting oral HPV, "If You've Ever Had Oral Sex... You Need to Read This," page 148

"What appears to be luck is really the result of perceptions, personality traits, choices, and actions. And all of that is within your control."

—Psychology professor Carol Sansone, Ph.D., "Make Your Own Luck," page 107

"Our bodies thrive most when we eat a diverse, nutritious, and moderate diet... so don't obsess."

—Maria Rodale, author of *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe*, "Words to Eat By," page 132

Which topics do you want us to tackle?

Join the *Women's Health* reader panel at WomensHealthMag.com/Panel.

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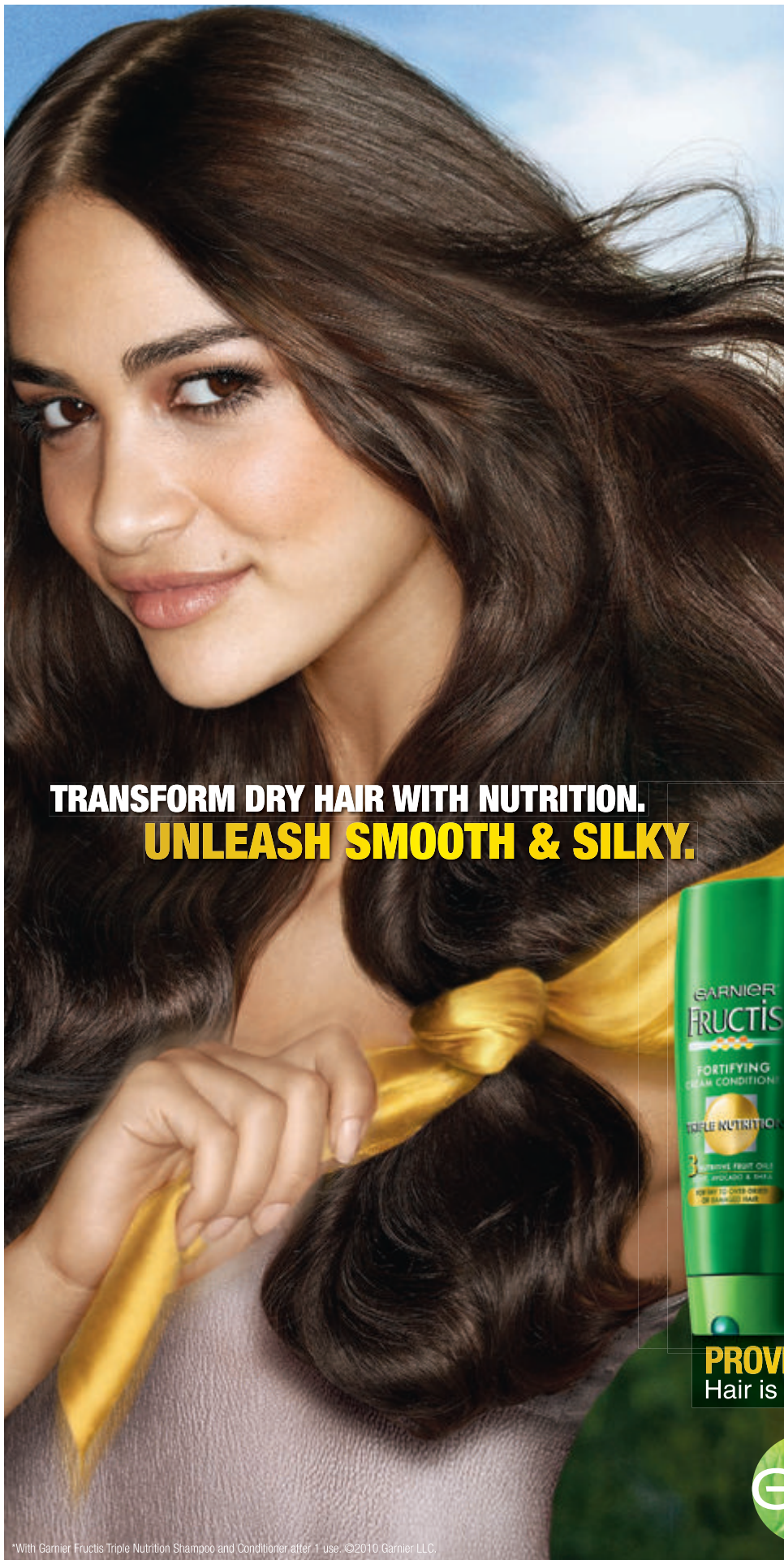
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Tips Our Experts Give—and Follow



▶ FITNESS EXPERT
VALERIE WATERS

Valerie is an L.A.-based personal trainer who has worked with stars such as Jennifer Garner and Kate Beckinsale. In “How Fit Are You Really?” on page 126, she shares her advice for measuring core strength and tightening your abs. Here, she reveals two of her top stay-in-shape secrets.

HOW I CHASE AWAY PAIN:

coconut water

“I drink coconut water every morning before working out. It’s an excellent natural source of potassium, so I’m less likely to cramp up.” Try Zico Pure Premium Coconut Water, \$2.79 for a 14-ounce bottle.



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2-Second Life Changers

▶ Remedy the Red

“To quickly calm the redness in your face after a workout, suck on an ice cube. As the ice touches the roof of your mouth, it will constrict some blood vessels in your face, immediately reducing the flush.”

—**Francesca J. Fusco, M.D.**

▶ Squat Down

“When picking up anything heavy, always bend from your knees, keep your back upright, and use your legs and hips. This will help keep your spine healthy and may prevent a serious back injury later in life.”

—**Carol Espel, M.S.**

▶ Think Thin

“Take a tip from the pro-athlete playbook: When you’re dying for a doughnut or an extra slice of pecan pie, use visualization and imagine yourself in your favorite pair of snug-fitting jeans.”

—**Keri Glassman, M.S., R.D.**

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July/August 2010

WE HEAR YOU!

➔ **SIMPLY IRRESISTIBLE?** In a culture steeped in infidelity, it can seem as if monogamy doesn't stand a chance. In July/August's *"Is Fidelity Obsolete?"* we explored the biological impulses that are causing more and more people to cheat. This controversial topic triggered an emotional response from both women and men... • **"I vowed to be faithful, but infidelity can be tempting. You have to be strong and have a deep connection with your spouse not to stray."** —*Robertine Urey, Germantown, MD* • **"Fidelity is not obsolete. When you love and respect someone, cheating doesn't enter your mind. Holding yourself to a high standard is key. A big part of why people cheat is they believe they're entitled to do so (e.g., "I'm unhappy in my marriage"). There's no shame, no accountability—just a me-me-me attitude that's ruining our society."** —*Katty Dos Santos, Amsterdam, The Netherlands* • **"People change and grow apart. Who's to say 10 years from now I won't look at my lady and see that we are completely different? What do I do then?"** —*Ebun Okubanjo, Brooklyn, NY*

GREENE PIECE

I loved seeing Ashley Greene on the cover! (And the photos inside of her and [*Twilight* costar] Kellan Lutz were amazing.) It's great that she's into health and fitness, versus starving herself to stay thin.

—*TMSLKN, via WomensHealthMag.com*

CRY, BABY

I don't understand how a natural human emotion can be perfectly OK for one sex, yet it's frowned upon for the other ("Dry Your Eyes, Guys!" July/August). If sadness warrants tears, so be it.

—*SmsDiaNA, via Facebook*

JUMP START

I've been doing the plyometrics workout featured in "Jump on It!" (July/August), and I have the results to prove it. I finally have the lean muscles I've always wanted—which is great because I'm a professional cheerleader. And since it also

gets my heart rate up, I've been burning more calories. In fact, I've shed 13 pounds!

—*Anne-Marie Amatulli, Massapequa, NY*

DRINKING IT IN

The July/August issue was fantastic. I made two of the cocktails from "Cheers to Your Health!" for various occasions—including a bachelorette party, where eight girls raved about the rosé sangria!

—*Laura Faller, Birdsboro, PA*

CORRECTION: On pages 132 and 135 of the September 2010 issue, we misidentified Diana Hoppe, M.D., author of *Healthy Sex Drive*, *Healthy You*. We regret the error.

Where to Reach Us

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**vs. thick hair.

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NOVEMBER'S GIVEAWAY

ACCESSORIZE YOUR LIFE!

Go to WomensHealthMag.com/WinToday during November to enter the daily giveaway. Hurry! Each drawing lasts only 24 hours. Check back the next day at noon* to see if you've won. Unless we note otherwise, we'll award one prize per day.

Prizes include...

1 / Necklaces and earrings from **AK Vintage** 2 / Belts and jewelry from **Devon Baer** 3 / Necklace scarves from **Necklush** 4 / Wooden jewelry from **Helveta Vyotlag** 5 / Totes from **B. Makowsky** 6 / Accessories and more from **Isaac Mizrahi LIVE!** 7 / Gift certificates for handcrafted jewelry from **Plum and Sage** 8 / iPad cases from **M-Edge**

GRAND PRIZE

One reader will win a set of personalized jewelry from designer Sarah Chloe worth more than \$1,700—including a cutout monogram necklace, an engraved initial disk pendant, a gold diamond bangle, and a signet ring.



To learn more about the grand prize and to qualify, visit WomensHealthMag.com/WinToday and enter to win any daily prize during the month of November.

Sign up for our newsletter at WomensHealthMag.com/WinToday to receive Win Today e-mail reminders, or follow @WinTodaySweeps on Twitter for daily prize tweets.



New Online This Month
The 411 on Colds and Flu
Winter is here—time for germ warfare! From immunity-boosting foods to the best OTC meds, we have all the ammo you need to battle colds and flu this season! Go to WomensHealthMag.com/ColdAndFlu

*ALL TIMES EASTERN. NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. DAILY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY. THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON NOVEMBER 1, 2010, AND END AT 2:59 A.M. ON DECEMBER 1, 2010. VOID WHERE PROHIBITED. OPEN TO LEGAL RESIDENTS OF THE UNITED STATES WHO ARE 18 AND OLDER AND THE AGE OF MAJORITY IN THEIR STATE OF RESIDENCE. FOR OFFICIAL RULES, GO TO WOMENHEALTHMAG.COM/WINTODAY. RODALE INC., 33 E. MINOR ST., EMMAUS, PA 18098-0099 IS THE OPERATOR OF THE SWEEPSTAKES.

LISA SHIN

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for kicking my sensitive skin to the curb.



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See more thank yous at: www.curel.com/thanks

Q

Can upgrading my pillow improve my sleep?

—Alex L., New London, CT

Yes. Don't take a one-size-fits-all approach to sleep gear, says Joseph Ojile, M.D., founder and CEO of the Clayton Sleep Institute in St. Louis. To prevent mid-slumber neck cramps from plaguing you, **rest on a pillow that doesn't stretch your muscles and keeps them relaxed.** Once a year, make sure your pillow passes this test: "If you're lying on your side, your head should be perpendicular to your shoulders," says Ojile. "If you're lying on your back, your head should be comfortably flexed or extended." Having your chin too close to your chest can block your airway. And if you have allergies, cotton and polyester hypoallergenic fillings are best.

Is there any way to make scars (from cuts, blisters, and bug bites) less visible?

—Kelly O., New York, NY

Swipe on a thin film of Kelo-cote scar gel once a day for 60 to 90 days (\$27, kelo-cote.com), suggests Eric Schweiger, M.D., a dermatologist in New York City. The silicone in the gel helps flatten the scar and reduce discoloration. You can also smooth Dermablend Leg & Body Cover Foundation over the area. Its lightweight but creamy texture makes scars temporarily invisible, and it won't rub off on clothes (\$26, dermablend.com). For unsightly scars, ask your doctor about laser treatments—you'll likely need three or four sessions, which can run \$500 to \$1,200 each.

I'm allergic to milk. How else can I get the calcium I need?

—Rachel H., Cranbury, NJ

You should consume 1,000 to 1,200 milligrams of calcium a day, but drinking cow's milk isn't your only option. "Try calcium-fortified almond or soy milk," suggests Lisa C. Cohn, R.D., of Park Avenue Nutrition in New York City. "Both contain approximately the same amount of calcium—about 250 milligrams per cup—as cow's milk." Or get >>

• Have sweeter dreams.

Got a question?

> Visit WomensHealthMag.com
/AskWH to post your query online or
e-mail us directly at WOnline@womenshealthmag.com.

SHIFT_ the way you move



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ALTIMA

Over 5,000 quality tests. Nissan ALTIMA. Innovation for all.

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ASK WH

your daily dose via dark-green leafy vegetables such as cooked spinach (250 to 300 milligrams per cup), navy or pinto beans (up to 125 milligrams per cup), and plain low-fat yogurt (415 milligrams in eight ounces). You can also take a 500-milligram calcium supplement twice a day. "Your body can't absorb more than about 500 milligrams at a time," says Cohn.

One of my legs is more muscular than the other. How did this happen? And can I correct it?

—Karen G., Charlestown, MA

This is a surprisingly common issue among athletes. "Sometimes it's genetic, but usually it's because you inadvertently train one side harder than the other," says Los Angeles-based personal trainer Tina Claire. "People tend to favor their dominant leg [the one they kick with] during physical activities, making those muscles grow faster." If you notice more than an inch difference in size, do 25 to 30 reps of single-leg squats with your weaker leg three times a week.

THE smackdown

3 LARGE MEALS **VS** 5 SMALL MEALS



The winner: **5 SMALL MEALS**

IF YOU CONFINE YOUR CALORIES TO THREE MEALS, YOUR BLOOD SUGAR LEVELS ARE MORE LIKELY TO DIP, MAKING YOU FEEL FAMISHED, SAYS WAYNE ANDERSEN, M.D., MEDICAL DIRECTOR FOR MEDIFAST, A WEIGHT-LOSS PROGRAM. AND WHEN HUNGER STRIKES, YOUR BODY PROTECTS ITSELF BY STORING EXTRA CALORIES AS FAT INSTEAD OF USING THEM FOR ENERGY, WHICH MAY CAUSE YOU TO PACK ON SOME POUNDS. ANDERSEN SUGGESTS THAT WOMEN EAT THREE 300- TO 400-CALORIE MEALS PER DAY, WITH TWO 100-CALORIE SNACKS IN BETWEEN, SUCH AS HALF A CUP OF EDAMAME, TWO CUPS OF RASPBERRIES, HALF A SMALL AVOCADO, ONE HARD-BOILED EGG, OR 12 ALMONDS.

ASK the GUY NEXT DOOR

• MATT BEAN



Aside from the obvious, where do guys like to be touched?

—Jill C., New York, NY

Q



Explore his border regions.

Um...near the obvious? There are the parts that turn a guy on if rubbed the right way (the obvious and anything near it), the moves that put him to sleep (back rubs, shoulder squeezes), and the suggestive stuff that accomplishes both. If you're massaging his shoulders, reach around and graze his pecs with your fingertips; when you're squatting on his butt rubbing his back, trace your nails along the sides of his abdomen, hinting at a below-the-border destination. That'll leave him relaxed and turned on—the best of both worlds.

I love my boyfriend, but we come from completely different backgrounds and have nothing in common. Can this work?

—Carolyn M., Tustin, CA

Who wants to date their own clone? Different life experiences can make a couple stronger—and brains matter more than upbringing. Empathy is important, but navigating a mismatch—in worldview, religion, or socioeconomic status—means first understanding your own biases. Otherwise, it's impossible to see how his background sculpts the way he loves and fights.

Work through that, and then the really important stuff can emerge: Are you as smart or adventurous as he is, and vice versa? Do you understand what motivates him? Respecting each other's opinions will keep you from butting heads.

The guy I'm seeing has been divorced twice. Major red flag?

—Steph P., Pacific Palisades, CA

Probably. Even if you give him the benefit of the doubt—one wife was crazy, the other wasn't the right fit—he's still partly to blame. But the only way you'll know for sure is by asking him. Find out what he's looking for in a woman. If he discusses everything he *didn't* like about his exes, you may be in trouble. If he fesses up to his faults, he's all clear. Failure can make a guy a better man, if he knows how to learn from it.

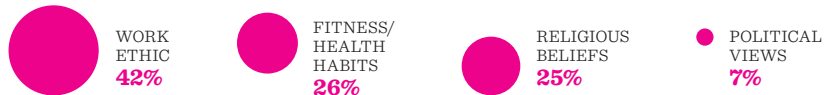
Got a question for the guy next door?

> He's ready to solve your relationship problems at WomensHealthMag.com/GuyNextDoor.

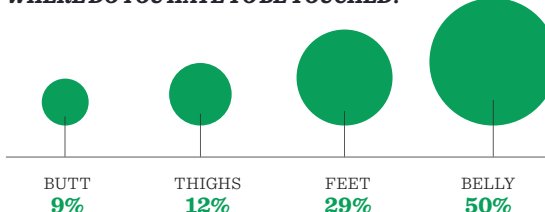
YOUR 2¢

Here's what you had to say about these hot topics:

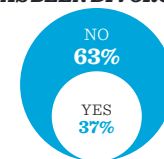
WHICH IS THE MOST IMPORTANT THING TO HAVE IN COMMON WITH A MATE?



WHERE DO YOU HATE TO BE TOUCHED?



WOULD YOU HAVE RESERVATIONS ABOUT DATING A GUY WHO HAS BEEN DIVORCED?



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Women everywhere have made Regenerist a favorite. It's the number-one anti-aging serum and the number-one anti-aging moisturizer.* And our eye roller has been awarded an Allure Readers' Choice Award for best eye cream.

*Based on U.S. unit sales information, 52 weeks ending 6/12/10.

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COLD WEATHER GEAR

New Cold Weather Gear

Lightweight insulating fabrics retain body heat & wick away moisture so you won't have to cut down your cold weather workout.

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HOW YOU PLAY[®]
CHAMPIONUSA.COM/COLDWEATHERGEAR

SCOOP!

Fitness

Breakthroughs You Can Use

ONE-WORD ANSWER

Antioxidants

In a study, people who took multivitamins with antioxidants for three weeks were able to pedal at the same pace with less effort than those who took a placebo. **Antioxidants protect muscle proteins from free-radical damage that can lead to fatigue**, says Angela Mastaloudis, Ph.D., an antioxidant specialist. You can get your daily dose from just two cups of fruit and two and a half cups of veggies.

Source: *Applied Physiology, Nutrition, and Metabolism*

PEDAL POWER

Your next spinning class could do more than tone your gams:

A company called The Green Revolution siphons your effort on the bike and converts it into electricity that is used to power the gym itself or sent to a power grid to light up other locales. **In a year, a class of 20 bikes pumps out enough energy to light 72 homes for a month.**

The first systems were installed in New York City and Washington, D.C., in May, and the company plans to have 150 systems up and running nationwide within the next year.

26

PERCENTAGE DECREASE IN RISK OF DEMENTIA LATER IN LIFE FOR WOMEN WHO EXERCISED AT LEAST ONCE A WEEK AT AGE 30 VERSUS THOSE WHO DIDN'T EXERCISE AT ALL

Source: *Journal of the American Geriatrics Society*

THIS JUST IN

Don't Tread on Me

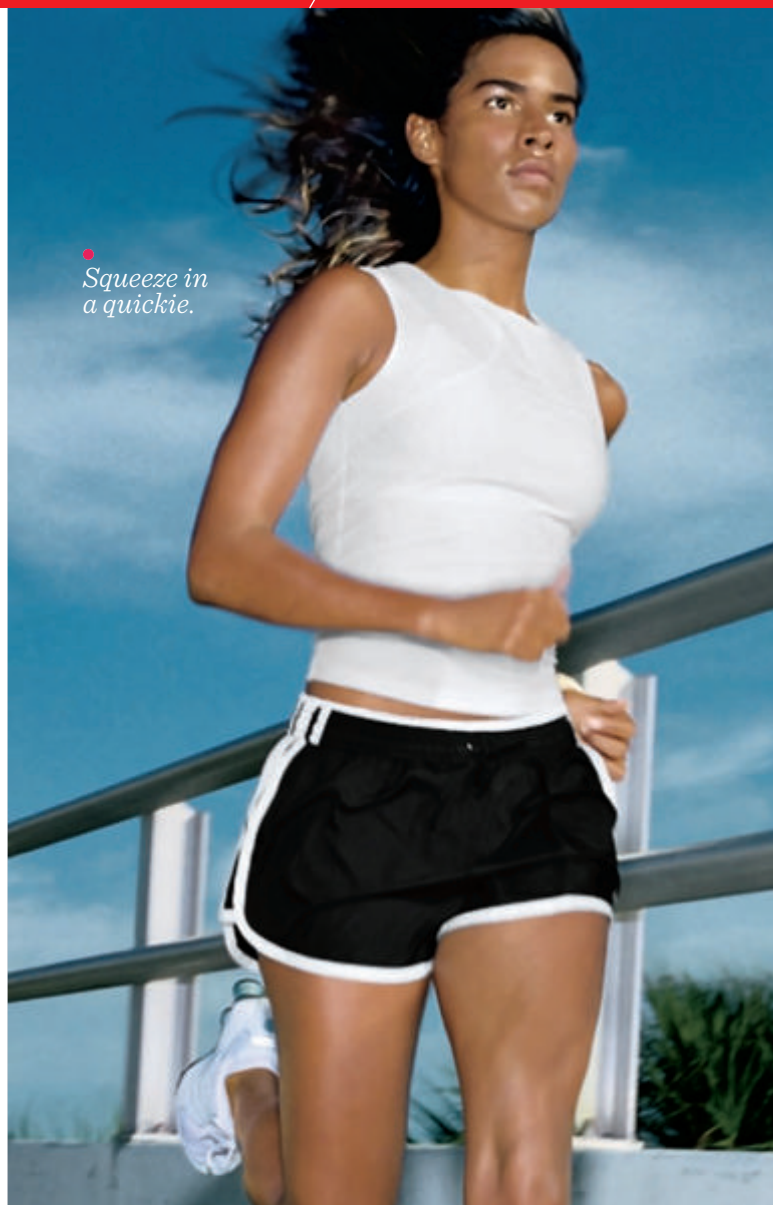
Dread the 'mill? Hop on the elliptical instead. Subjects in a recent study burned the same amount of calories on both machines—about 160 in a 15-minute workout (that's 640 an hour!). The elliptical *may feel easier*, but that's because most people lean on the handrails, which takes the load off your legs so you don't have to work as hard, explains study coauthor Gregory Brown, Ph.D., of the University of Nebraska at Kearney. Ditch the rails (or use them only for balance) and pump your arms as if you were running. Grab a pair of three-pound dumbbells for a full-body burn.

• *Squeeze in a quickie.*

PERFECT 10

Great news if you're time crunched: **Just 10 minutes of moderate exercise dials up your metabolism for an hour or longer**, reports the journal *Science Translational Medicine*. Researchers found that levels of molecules involved in calorie burning changed significantly an hour after a 10-minute treadmill test—in some cases doubling among the fittest subjects. But no matter what shape you're in, "even a short amount of exercise triggers metabolism benefits that last long after you stop moving," says study coauthor Gregory Lewis, M.D. (For more ways to boost your metabolism, see page 60.)

FROM RIGHT: NICOLA MAJOCCHI/FOLIO ID; TRUNK ARCHIVE

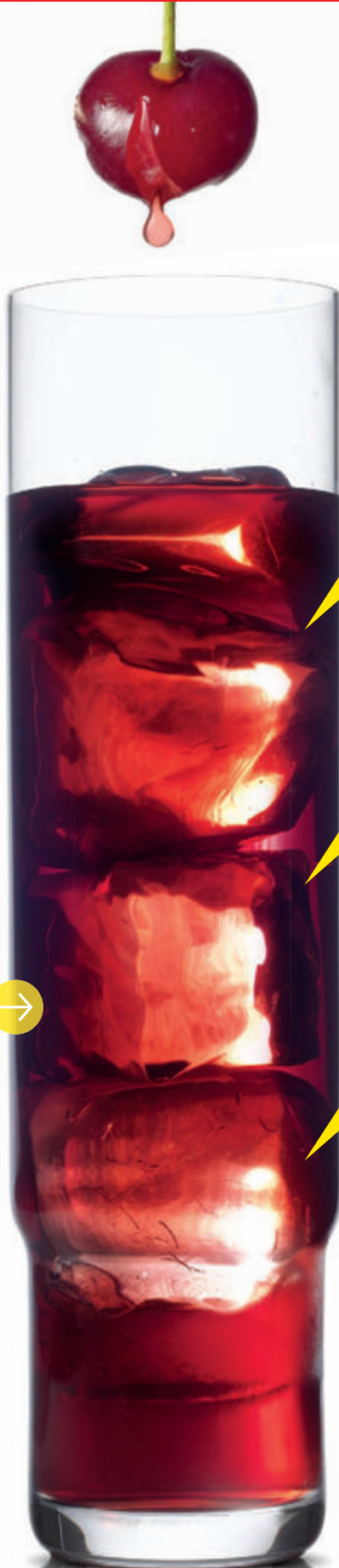


CHERRY ON TOP

Make some room in your pantry for the latest superfood: tart cherries. The juice from this fruit can help with sore muscles, sleepless nights, and more. And you don't have to drink up to reap the benefits, says Lona Sandon, R.D., an assistant professor of nutrition at the University of Texas Southwestern and a spokesperson for the American Dietetic Association. Fresh and dried tart cherries pack the same nutritional punch. (Swap eight ounces of juice for one cup whole or a half cup dried.) Three ways the fruit benefits your bod: →

11
36

PERCENTAGE BY WHICH YOU LOWER YOUR RISK OF TYPE 2 DIABETES WHEN YOU REPLACE JUST A THIRD OF A SERVING OF WHITE RICE WITH WHOLE WHEAT OR BARLEY EACH DAY
Source: Archives of Internal Medicine



ONE-WORD ANSWER

Stanols

Compounds in plants that decrease the body's ability to absorb LDL cholesterol (the bad kind). The American Heart Association suggests getting two grams per day. Since it's hard to get that much from produce alone, try foods that are fortified with them (certain brands of OJ, margarine, and yogurt).

Source: American Journal of Clinical Nutrition

FUELS YOUR WORKOUT

Superfood factor: Glucose and fructose—simple carbohydrates that are easy to digest quickly, giving muscles the insta-energy they need to power through workouts. Drink eight ounces an hour before your sweat session to top off your carb stores.



BLOAT, SOLVED!

If your belly has been bubbly lately, hidden fiber may be to blame. Food companies are spiking everything from oatmeal to ice cream with inulin, a type of fiber made from chicory root that brings down the fat content. Aim to get most of your fiber from fruits, veggies, whole grains, nuts, and legumes, says Joanne Slavin, R.D., of the University of Minnesota at St. Paul. While inulin has no recommended daily limit, it could be causing your unexplained tummy trouble. Keep an eye out for it in foods touting "added fiber."

PROTECTS AGAINST PAIN

Superfood factor: Anthocyanin—a natural anti-inflammatory that works like ibuprofen in the body. Runners who drank two 10.5-ounce bottles of tart cherry juice a day for two weeks before a race had less pain afterward than a placebo group.

SETTLES YOU DOWN

Superfood factor: Melatonin—a hormone that helps regulate sleep. A recent study in the *Journal of Medicinal Food* found that insomniacs who drank two eight-ounce cups of tart cherry juice a day for two weeks fell asleep 20 minutes faster than a control group and slept more soundly through the night.

A PERK WHEN YOU'RE PREGNANT

Among the many "joys" of pregnancy are a host of nutritional no-nos. But now the American College of Obstetricians and Gynecologists says it's safe to drink coffee while your bun is baking. "Studies suggest that consuming 200 milligrams of caffeine—the amount in 12 ounces of coffee—does not increase your risk of miscarriage or preterm birth," says William Barth, M.D., of Harvard Medical School.

FROM LEFT: JONATHAN KANTOR, FOOD STYLING: VICTORIA GRANOF/ART DEPT, TRUNK ARCHIVE



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That little part of you that wants to quit? Silence it with PowerBar® Performance Energy bars. Studies show that our C2MAX blend, a 2:1 glucose to fructose ratio, can deliver up to 50% more energy to muscles and boost endurance by 8%. PowerBar Performance Energy bars also feature *cramp crushing™* electrolytes.* Because starting strong means nothing if you can't finish the job.

* Each bar contains 200mg of sodium - a key electrolyte lost in sweat that is associated with muscle cramping in some athletes. See powerbar.com for more information.



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AVERAGE NUMBER OF TIMES A WOMAN CHANGES HER HAIRSTYLE IN HER LIFETIME. GET INSPIRATION FOR YOUR NEXT LOOK—WHETHER IT'S FOR THE OFFICE OR A FORMAL AFFAIR—AT WOMENHEALTHMAG.COM/BLOG/THEBEAUTYLAB. Source: Independent poll of 3,000 women by hairstylist Andrew Collinge

BETTER BREAKOUT ERASER

Next time a Mars-size zit lands on your forehead, remember this:

Products that contain benzoyl peroxide and salicylic acid zap acne better than other formulas, reports a study of more than 7,000 patients in the Journal of the American Academy of Dermatology.

People using treatments with these ingredients sported up to 50 percent fewer spots than those who applied other solutions or nothing at all.

"They work better because they affect more than one part of the acne pathway," says lead study author Alexandra Kimball, M.D., a dermatologist at Harvard Medical School. Find the ideal combo in Clean & Clear 2-in-1 Acne & Mark Eraser Kit (\$25, at drugstores).



Darkened lashes make the whites of the eyes look brighter.

MASCARA MASTER CLASS

Sixty-five percent of women swipe on mascara, making it the most popular type of eye makeup, reports a 1,000-woman survey by the market-research firm Mintel. "Whether you're wearing jeans or an evening gown, mascara can transform your look," says celebrity makeup artist Jeannia Robinette, who counts Kate Hudson as a client. That's because you can achieve different effects by switching up the type of mascara you use and how you apply it. Here are three lash looks to try.

THE LOOK: Bold and voluminous

DO THIS: Use a lash curler to curl your top lashes. Then apply mascara, starting at the base and gently wiggling the brush for a concentrated coat, and sweeping the color out to the tips. Apply up to three coats on top and bottom lashes. (A wand with a mix of short and long bristles will give you the best coverage.) Finally, use a clean disposable mascara brush to separate just the tips.

TRY: Diorshow (1) Extase Mascara, \$28, sephora.com

THE LOOK: Long and separated

DO THIS: Apply a single coat of mascara from base to tip of both top and bottom lashes. For added length and minimal clumping, choose a brush that has close-set equal-length bristles. Remove any clumps with a clean disposable mascara applicator.

TRY: CoverGirl (2) LashBlast Length Mascara, \$7.49, at drugstores

THE LOOK: Long and lush

DO THIS: Start at the inner corners of your eyes and brush two coats from base to tip of top lashes, working outward. Look for a wand with shorter bristles at the tip. Skip the lower lashes.

TRY: Chanel (3) Inimitable Intense, \$30, chanel.com



THIS JUST IN

Glow Natural

Greening your beauty routine just became a whole lot easier.

Visit BetterOrganicChoice.com and fill out a questionnaire about the products you currently use (from moisturizer and shampoo to blush and perfume) as well as your skin tone, hair type, and allergies.

A natural-product consultant will recommend similar green alternatives for each item. Cost is \$30 for three product suggestions.

WHAT IS IT?

ti-tā-ni-um di-oxide

\ tī-tā'nē-əm dī-āk'sīd \ n.

A natural chemical that reduces the irritation and redness

brought on by hair waxing by blocking the immune response that causes inflammation.

Find it in Bliss Spa's white wax formula (blissworld.com).

Source: Paul Jarrod Frank, M.D.



Can your body wash nourish this deeply?

Other moisturizing body washes are made with a thick and heavy moisturizing ingredient that sits on top of skin, almost as if you are wearing it. Only Dove contains NutriumMoisture™, a breakthrough formula of soybean oil and skin-natural lipids that can nourish deep down. In fact, it's the most effective natural nourishment ever. So next time you're choosing a body wash, ask yourself, "Can it do what Dove does?"

Superior natural nourishment for your skin.



THEIR MOISTURIZING
INGREDIENT



Dove **nutrium**
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Demonstration of one ingredient in NutriumMoisture™ shows difference in how moisturizers can work on the surface layer of skin.

6.5

NUMBER OF POUNDS LOST, ON AVERAGE, OVER 12 TO 18 MONTHS WHEN A PERSON STARTS USING PUBLIC TRANSPORTATION

Source: American Journal of Preventive Medicine

HIP CHECK

Carrying extra weight in your belly increases your risk of heart disease and cancer, but packing it on your hips may be a different kind of health trap. A study of nearly 9,000 overweight women found that those who were pear-shaped performed worse on memory tests than their apple-shaped counterparts.

“Subcutaneous fat, the type that accumulates in the hips, produces high levels of hormones that may affect the brain,” says lead study author Diana Kerwin, M.D., of Northwestern University. Body shape is genetic, but keeping the pounds at bay can help. The study found no relationship between waist size and brainpower among healthy-weight women.

THIS JUST IN
PopSmart

The proposed soda tax could help shrink your own can if a new study in the *American Journal of Public Health* is any indication. Researchers found that a 45-cent price hike on regular soft drinks cut sales in a hospital cafeteria by 26 percent. A pop tax could prompt similar cutbacks among consumers, and skipping that daily cola could help you lose nearly 15 pounds in a year. More in your wallet and less on your belly? Win-win!



It can be good to flip the bird!

GOBBLE MORE, WEIGH LESS

Got turkey on the brain (or overflowing from your fridge)? It's a diet-friendly choice any time of year. A new study conducted by the nonprofit weight-management organization Shape Up America! found that substituting turkey for beef or pork slashes an average of 108 calories per meal. Here are easy swaps you can make to reap the benefits all day long:

At breakfast	At lunch	At dinner
INSTEAD OF: Sausage and pancakes	INSTEAD OF: Hamburger	INSTEAD OF: Grilled steak kebabs
COOK UP: Turkey sausage and pancakes	COOK UP: Turkey burger	COOK UP: Grilled turkey kebabs
SAVE: 86 CALORIES	SAVE: 125 CALORIES	SAVE: 114 CALORIES
INSTEAD OF: Bacon and eggs	INSTEAD OF: Roast beef sandwich	INSTEAD OF: Pork kielbasa
COOK UP: Turkey bacon and eggs	COOK UP: Roasted turkey sandwich	COOK UP: Turkey kielbasa
SAVE: 26 CALORIES	SAVE: 65 CALORIES	SAVE: 96 CALORIES

WHAT IS IT?

res·ver·a·trol \ rez-vir'ə-träl' \ n.

The red-wine compound that's famous for protecting the heart may also shrink your waist. An animal study found that taking a daily supplement led to a 13 percent decrease in calorie consumption and a 29 percent increase in resting metabolic rate. *Salud!*

Source: BMC Physiology

CLOCKWISE FROM TOP RIGHT: TOM SHIERLITZ; TRUNK ARCHIVE

THE FIESTA GETS 40 HIGHWAY MILES PER GALLON. THAT'S MORE THAN 21 HYBRIDS.

SERIOUSLY.



How does the Fiesta get more miles per gallon than many hybrids?* Two words: thoughtful engineering. The kind that understands that giving the Fiesta a Ti-VCT engine will allow it to squeeze every last drop. Or that a line cutting through the taillamp will make the Fiesta more aerodynamic, and therefore more fuel-efficient. But these are only a few of the many reasons the Fiesta can go farther than so many other cars. Including all those hybrids.

IT'S A PRETTY BIG DEAL.



INTRODUCING THE NEW **FIESTA**

fordvehicles.com



Drive one.

*EPA-estimated 29 city/40 hwy/33 combined mpg, automatic SFE vs. 2010/2011 hybrids. Fiesta SES shown. EPA-estimated 29 city/38 hwy/33 combined mpg, automatic.



The only time you should pick on yourself

FLAWED AND FABULOUS

Striving for perfection? The quest to be the best can take a big toll, says research from the Association for Psychological Science. Trying to live fault-free can increase anxiety levels, which can trigger health problems such as cardiac disease and depression, says psychologist Prem Fry, Ph.D., of Trinity Western University in Canada. The most successful people learn how to use the resources around them instead of burning themselves out and thereby sacrificing their health, she says.

50

NUMBER OF RECEIVED E-MAILS A DAY IT TAKES TO STRESS OUT THE AVERAGE PERSON. NIX YOUR ANGST BY USING ELECTRONIC FLAGS TO PRIORITIZE IMPORTANT E-MAILS, AND THEN FILE AWAY THE ONES THAT CAN WAIT A DAY OR TWO.

Source: Intermedia/Harris Interactive

WHAT IS IT?

pha·kic lens·es / fā'kik lenz'əz / n.

In this new and possibly safer alternative to LASIK, plastic or silicone lenses are surgically implanted directly into your eyes to correct nearsightedness. No more glasses, no more lost contacts! Ask your eye doctor for more info.

Source: Cochrane Reviews



EMERGENCY ROUTINE

No one ever *wants* to land in the ER, but women end up there a lot: We make up nearly 55 percent of all visits, according to the Agency for Healthcare Research and Quality (common reasons include pneumonia and UTIs). Given that the average ER wait is around four hours, we asked the Association of Emergency Physicians (AEP) for the best ways to get in, get better, and get out—fast.

- +** **BE PERSISTENT**
You are allowed to ask (and ask again) how long your particular wait will be. But if the staff leaves you hanging for a while, yours might not be a true emergency. You may be better off at a walk-in clinic, says AEP's Gary M. Klein, M.D., who notes that more than half of ER patients don't have life-threatening problems.
- +** **BE AGGRESSIVE**
In serious agony? Let yourself be heard—loudly. If you have chest pains or feel like you're going to pass out, be explicit, says AEP's Steven Henson, M.D. "You need to be treated right away." The ER is no place to be stoic.
- +++** **BE PREPARED**
Keep a list in your wallet of the meds you take (including vitamins) and any allergies you have, plus your primary-care doc's info. Having this ready for an ER nurse will save time and help prevent mistakes.
- ++++** **BE INSISTENT**
Many ERs—especially those in big cities—are attached to teaching hospitals. Sure, doctors in training have some experience, but if you're gushing blood or doubled over in pain, "ask to be treated by the attending physician," says Klein. A seasoned pro has likely seen cases like yours before.

THIS JUST IN

Get Supported

Founded by cancer survivor and reality star Diem Brown, the new gift registry at MedGift.com operates just like a bridal one: Hospital patients register for things they need (money for Rx meds, groceries) or want (cleaning help, a mani/pedi), and then friends and generous strangers can log on to donate funds and services.

FROM LEFT: WALTER CHIN/TRUNK ARCHIVE; COMSTOCK/GETTY IMAGES



sound mind sound body

PROUD SPONSOR OF THE
ING NEW YORK CITY MARATHON

running cleanses the mind and body



FANTASY GUYLAND

You might want to sit down for this one. In a survey of more than 100,000 men, a whopping **61 percent said they fantasize about getting busy with your friends.** *What?!*

Before you ditch all of your hot gal pals, consider this: "It's normal for people to imagine doing things they don't necessarily want to do in real life—that's the essence of a fantasy," says relationship

therapist Krista Bloom, Ph.D. It's cause for concern only if, say, he starts to talk a lot about how attractive your friends are or actually starts flirting with them, says Bloom. The survey also found that 42 percent of men believe their partners have no clue what goes on in their sexy daydreams. In case you're wondering, here's what other naughty thoughts are running through his head:



WHAT IS IT?

pink balls \pink bôlz\ *n.* The female equivalent of blue balls. In this uncomfortable state of sexual arousal, an increase in blood flow causes the genitals to swell, but there's no release. If he hits his high note and you're not there yet, drop this term and he'll be raring to go all over again.

Source: TheFrisky.com

THIS JUST IN

Move Over, Plan B!

Last spring we told you about a new emergency contraceptive pill called EllaOne (then available only in Europe) that prevents pregnancy if taken within five days of an "oops!" moment. Well, the FDA has now given Plan B's biggest rival the go-ahead to jump the pond, and Ella (the U.S. brand name) will be available via prescription to American women by the end of 2010. According to a study, women taking Ella within 72 hours of unsafe sex have a one in 50 chance of getting pregnant, versus a one in 40 chance after taking Plan B. Progress!

33

PERCENTAGE OF MARRIED WOMEN WHO BELIEVE THEIR PETS ARE BETTER LISTENERS THAN THEIR HUSBANDS ARE. (WANT TO TRAIN YOUR GUY TO PAY ATTENTION? USE DIRECT STATEMENTS LIKE "BABE, I NEED YOUR ADVICE ABOUT THIS SITUATION AT WORK" TO GET HIM TO FOCUS ON WHAT YOU'RE SAYING.)

Source: PetSide.com



SPEAK UP FOR MARRIAGE

If you're not that outgoing, take note: People who get anxious in social situations tend to be less happy in their marriages than those who are gregarious, according to a report in Personality and Social Psychology Bulletin. Researchers examined levels of shyness and marital satisfaction among 112 couples and discovered that the shy spouses had more problems with trust, jealousy, money, and household management.

"Shy people are less confident in their ability to solve problems," says lead author Levi Baker, a researcher at the University of Tennessee, "so they may end up avoiding marital issues in general. And then the problems snowball." So if you're timid, try to tackle issues head-on when they come up instead of hoping they'll go away.

Oakley the correspondent™

Gretchen Bleiler
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Style+ Beauty Lab

Pretty **Annoying!**

Quick fixes for those irksome
little beauty issues

By Alexis Farah

Beauty Snag:
ONE CHIPPED FINGERNAIL

Quick Fix!

> When your manicure takes a hit, you have two options. “The first is to file the nail down a bit and then paint over what’s left of the chip with the same polish hue,” says celebrity manicurist Bernadette Thompson. Let the polish

dry, then finish with a quick-dry top coat such as **Butter London Hardwear (1)**, \$18, butterlondon.com. Don’t own the color? Dip a clean nail polish brush into remover, then run it in a vertical line from cuticle to nail tip (where the

damage is). “This softens the polish so that you can drag some over to fill in the chip,” says Thompson.

Beauty Snag:
HARD-TO-SHAVE STRAYKNEEHAIRS

Quick Fix!

> Bony kneecaps (and the skin above them) can cause the razor blade to drag, skip, and nick your skin. Oust knee hair by shaving horizontally instead of vertically and using a newish blade (after five uses, a razor becomes too dull to remove hair smoothly), suggests Diane Wood, a master barber for King of Shaves. “Your hair grows downward, and moving across the grain provides a closer shave and less irritation than shaving against hair growth.” Try **Venus Embrace Disposables (2)**, \$12, at drugstores. Or opt for an in-shower depilatory like **Sally Hansen Sensitive Skin Spray-On Shower-Off Hair Remover (3)**, \$8, at drugstores. Spray onto your knees, wait three minutes, then rinse.

Beauty Snag:
DARK UNDER-EYE CIRCLES

Quick Fix!

> To mask the telltale sign of a late (or sleepless) night,

use a thick, full-formula concealer (they come in sticks or pots) that has a yellow undertone. The yellow cancels out the blue in dark circles. Try **Bobbi Brown Face Touch Up Stick (4)**, \$22, bobbibrown.com. Swipe a small concealer brush over the tip of the concealer stick, then apply the makeup to the darkest spots and blend,” says celebrity makeup artist Brett Freedman, founder of Vanitymark cosmetics. Set the concealer with a powder like **M.A.C Blot Powder/Pressed (5)**, \$22, maccosmetics.com.

Beauty Snag:
A DENT FROM YESTERDAY'S PONYTAIL

Quick Fix!

> Embrace the indentation. “Create beachy waves by using a curling iron to add random little twists all over your head, which will make the bump less visible,” says hairstylist Byron Williams, a partner in the Byron & Tracey Salon in Beverly Hills. Dead set on a straight style? Apply a light styling serum over the bump; try **Sebastian Professional Taming Elixir (6)**, \$17, sebastianprofessional.com for salons. Blast hair with a blow-dryer (low heat) for a few seconds, then run a flat-iron over the dented area.

Beauty Snag:
RED BUMPS ON THE BACK OF YOUR ARMS

Quick Fix!

> “It’s most likely keratosis pilaris, a common skin

condition that occurs when bacteria gets trapped under the skin and inflames the hair follicle,” says plastic surgeon Mauro Romita, M.D., medical director of the Ajune Center for Beauty Synergy in New York City. These bumps are often genetic and can also be caused by wearing sweaty gym clothes after working out. Wipe a glycolic pad—like **Cane + Austin Retexturizing Treatment Pads 10% Glycolic/Face (7)**, \$60, nordstrom.com—over the red guys once or twice a day to help exfoliate the top layer of skin and release the bacteria.

Beauty Snag:
ROOT REGROWTH BETWEEN APPOINTMENTS

Quick Fix!

> “One trick I love is using a colored dry shampoo to camouflage roots until your next trip to the salon,” says Williams. A good one to test-drive: **Bumble and Bumble Hair Powder** (available in four colors), \$35, bumbleandbumble.com. For a more permanent solution, try **L’Oreal Paris Root Rescue (8)**, \$8, drugstores nationwide—a 10-minute at-home coloring kit with a brush attachment for easy root application. “Apply body cream to the section of your strands that you don’t want to color. This will prevent the rest of your hair from getting damaged and absorbing the chemicals meant only for the regrowth,” says Mika Fowler, a stylist at the Gavert Atelier Salon in Beverly Hills.

More beauty problems—solved!

> For additional beauty snags and their solutions, visit WomensHealthMag.com/Snags.





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Star Fragrance Wars

In addition to battling at the box office and on the pop charts, celebs are now duking it out at the beauty counter.

You may laugh at the idea of spritzing on, say, Eau de Paris Hilton, but celebrity fragrances are big business—they raked in nearly \$118 million in 2009 at department stores alone. What's the appeal? "They make fans feel invited into the exciting lifestyle of the stars," says Mary Ellen Lapsansky, vice president of the Fragrance Foundation. Check out the slew of new star scents hitting the market this fall.

—Alyssa Kolsky Hertzog



CELEB	SCENT	PAST HITS	ROLE	WHO WILL BE A FAN	RIVAL AROMA
FERGIE	Outspoken by Fergie (1) , \$28 for 1.7 oz, avon.com. A mixture of midnight jasmine and "black leather."	None. This is her first foray into fragrance.	She took a particular interest in making sure the fragrance's bottle hit the right note, modeling it after a crystal decanter in her bridal suite. (She's married to actor Josh Duhamel.)	Those who aren't afraid to be bold. "This fragrance unfolds to reveal a white floral bouquet," says Irina Burlakova, a perfumer at Givaudan. "It makes you feel confident when you wear it."	Britney Spears Radiance , \$50, at select Macy's
MARIAH CAREY	Mariah Carey Lollipop Bling Honey (2) , \$35 for 1 oz, at Macy's. A sugary, fruity mix of pineapple and honey.	M by Mariah Carey launched in 2007, and two other fragrances followed (Luscious Pink and Forever), bringing her total global sales past the \$150 million mark.	Mimi's new trio of candy-esque fragrances (in addition to Honey are Ribbon and Mine Again) were inspired by her real-life engagement story. In case you missed the <i>TMZ</i> report: Hubby Nick Cannon proposed with a Ring Pop.	Hopeless romantics...with a sweet tooth. "This is a bright, cheerful, fruity floral," says Burlakova. "It will boost your mood every time you put it on."	Jessica Simpson Fancy Nights , \$49, macys.com
HALLE BERRY	Halle Berry Pure Orchid (3) , \$28 for 1 oz, at Walmart. A blend of Italian lemon, star anise, and, of course, orchid.	Her first scent, Halle , hit beauty counters in March 2009 and has generated more than \$60 million in sales. Industry sources foresee Pure Orchid bringing in an additional \$40 million this year. Third and fourth fragrances are in the works.	For her second scent, Halle wanted to create a "more sensual, seductive, and intriguing" version of her debut fragrance.	Women who have a secret naughty side. "This scent instantly conjures up a romantic evening on the beach in some amazing tropical paradise," says Burlakova. "It's very sexy on the skin."	Beyonce Heat , \$49, macys.com
JENNIFER LOPEZ	Love and Glamour Jennifer Lopez (4) , \$49.50 for 1.7 oz, at Macy's. A sexy combo of guava and sandalwood.	Glow , launched in 2002, raked in more than \$100 million in sales its first year. The 14 scents that followed (including five Glow spin-offs) weren't as wildly successful, but their steady popularity has contributed to a total of \$1 billion in sales.	With 16 fragrances, J.Lo has become a scent-crafting veteran. "I kept going back to [the company] and saying, 'Can we push the sandalwood a little more, make it a tiny bit more sexy?'" she has said.	Ambitious types. "It's grown-up—a sophisticated, voluptuous scent that makes you feel as if you're being wrapped in a bouquet of flowers," says Burlakova.	Christina Aguilera by Night , \$39, Kohl's nationwide
GWEN STEFANI	Harajuku Lovers Wicked Style Love by Gwen Stefani (5) , \$45 for 30 ml, at Sephora. A mélange of nectarine, violet, and praline.	Gwen's first Harajuku Lovers collection, launched back in 2008, took in a whopping \$50 million globally in its launch year. Two other Harajuku collections came later, plus her own signature scent, L . All made serious bank.	Gwen designed the fashion-y bottles for Love and the rest of the collection (Lil Angel , Music , Baby , and G). "I loved coming up with the outfits," she says.	Trendsetters. "Cool and youthful, it has a flirty feel and smells like yummy ice cream," says Burlakova.	S by Shakira , \$35, at drug-stores

Want more celeb scents? > See which other stars have their own fragrances at WomensHealthMag.com/StarScents.

SHOP your SHAPE

Coats

Looking cool and staying warm are not mutually exclusive. Climb out of that bulky puffer and slip into one of these flattering toppers.

By Thea Palad

PHOTOGRAPHS BY
GABRIELLE REVERE

Contoured seams and a slightly flared skirt add feminine curves to a straighter shape.



J.Crew Lady wool/nylon coat, \$298, jcrew.com; Loft sweater, \$59.50, loftonline.com; Sanctuary pants, \$130, at Skirt, 610-520-0222; Vivienne Westwood Anglomania belt; Heather Benjamin necklace, \$685, at Calypso, 866-422-5977; Gorjana stacking rings, \$145 for a set of seven, gorjana.com



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→ A gathered collar and full-length ruffles create curves.

LaRok Luxe Lolita rayon/poly coat, \$368, at Julian Gold, 210-824-2493



→ A tiered skirt adds volume to slim hips.

BB Dakota Clifton Melton wool coat, \$130, lulus.com



← Floral details at the collar draw eyes to your décolletage.

Yoana Baraschi Femme Fatale coat, \$481, at Siren, 914-777-2122

← Bathrobe styling lets you define your waist without compressing your chest and hips.

Guess by Marciano Darla wool coat, \$288, guessbymarciano.com



BEST FOR...
PEAR



→ Double-breasted buttons won't gap over a large chest.

Old Navy wool coat, \$89.50, oldnavy.com

BEST FOR...
CURVY

→ An empire waist and pleated skirt disguise a fuller lower half.

Yumi Sovereign Style poly/wool coat, \$260, modcloth.com



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By *Liza Collis*

PHOTOGRAPHS BY
GABRIELLE REVERE



This luxe pull-over could fool even the most discerning eye.

Leyendecker faux-rabbit-fur sweatshirt, \$242, 25park.com; **Kasil Workshop** jeans, \$187, shopakira.com; **Loft** belt, \$29.50, loftonline.com; **Sorrelli Mimi Collection** earrings, \$14.30, sorrelli.com; **Express** rhinestone and satin bracelet, \$27, express.com; **Ben-Amun by Isaac Manevitz** bracelet, \$215, ben-amun.com; **Gorjana** rings, \$145 for a set of seven, gorjana.com

STYLING: LIZA COLLIS, HAIR: GEORGE ORTIZ/CONTACT NYC, MAKEUP: RENEE MAJOUR FOR NARS COSMETICS/JUMP, STILLS: LISA SHIN



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Ben-Amun by Isaac Manevitz pearl necklace, \$98, ben-amun.com

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Laila Rowe bag, \$52, lailarowe.com

Faux suede and fur driving gloves for high-society impostors.

Laila Rowe gloves, \$16, lailarowe.com



Vintage mink... or a mall find? We won't tell if you don't.

Laila Rowe faux-fur neck warmer, \$26, lailarowe.com; Martine Wester earrings, \$18, martinewester.com; Lydell NYC knuckle-buster ring, \$38, lydellnyc.com; Low Luv x Erin Wasson chain band, \$30, tobi.com; Monet three-ring set, \$42, monet.com; Jen Kao cardigan, \$850, at The Webster, 305-674-7899



←
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Afaze ring, \$18, afaze.com

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Lenora Dame bracelet, \$112, lenoradame.com

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Flat-Ab Pilates

Get a tighter tummy at home, thanks to this innovative workout.

By Jen Ator

PHOTOGRAPHS BY CHRIS SHIPMAN

⇒ You've probably read about celebs extolling the virtues of Pilates (lean legs, a supertaut tummy!), or maybe even heard the hype from mat-class-obsessed friends. If you're still skeptical, keep reading: "Pilates puts your muscles—especially the smaller, stabilizing ones—under constant tension over a large range of motion to create that enviable long, lean look," says Lauren Piskin, owner of Physicalmind Studio in New York City. What's more, one study found that women who swapped their usual routines for two 60-minute Pilates sessions a week saw significant increases in abdominal endurance, hamstring flexibility, and upper-body muscular endurance.

Problem is, these perks often come with a hefty price tag: A few sessions a week (typically using a bed-size contraption called a Reformer) can set you back hundreds of dollars. So Piskin created this at-home total-body workout, which gives your abs some extra love without damaging your bottom line. All you need is a Pilates ball. "The ball mimics the resistance of the machine to challenge your muscles as you move through fluid movements," says Piskin. Do the following sequence two or three times a week. Starting with the first move, do eight to 10 reps of each exercise with little to no rest between exercises.



A PILATES BALL

➤ Piskin recommends the Stott Pilates Seven-Inch Mini Stability Ball (\$9, stottpilates.com). Don't have one? Any medium-size, semihard ball (around the size of a soccer ball) will do.

Mermaid with Ball ▲

Sit with the ball at your left side, and bend your left leg in front of you, your right leg behind you. Place your left hand on the ball, elbow slightly bent, and extend your right arm out to your side at shoulder level (a). Brace your core and roll the ball out to the left as far as you can while reaching your right arm over your head (b). Hold for two or three seconds, then roll the ball back toward your body and return to the starting position. That's one rep. Finish all reps, then switch sides and repeat.



Focus on form and control through each move for the sleekest results.

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Rollover ◀

Lie faceup on the floor or an exercise mat with your arms at your sides, palms down, legs straight. Lift your legs until they're perpendicular to the floor, feet flexed **(a)**. Keeping your shoulders relaxed and legs straight, brace your core and raise your hips, slowly reaching your legs behind your head as far as you possibly can and pointing your toes behind you **(b)**. Slowly reverse the movement to return to start. That's one rep.

QUICK TIP
Keep your feet off the floor throughout the move, and reach back only as far as you comfortably can.

Footwork on Ball ▶

Lie faceup, arms by your sides, palms facing down. Bend your knees and place the balls of your feet on top of the ball, heels together and toes pointing slightly outward in a small V shape **(a)**. Engage your core and contract your glutes to lift your hips an inch off the floor, then roll the ball away from you until your heels are on the ball **(b)**. Pause, then bend your knees to roll the ball back to the starting position. That's one rep.



QUICK TIP
As you roll down, think of your spine as a string of pearls. Lower your body one pearl at a time until the biggest pearl (your head) touches the floor.

Swan on Ball ▼

Lie facedown with your legs extended shoulder-width apart behind you. Position the ball under your chest and rest your forearms on the floor, palms down, elbows close to your body **(a)**. Bring your shoulder blades back and down, press your palms lightly on the floor, and slowly lift your head and chest as you lengthen your spine **(b)**. Hold for two or three seconds (imagine trying to create as much space between your ears and toes as possible), then return to the starting position. That's one rep.



QUICK TIP
Keep your core engaged throughout the movement to prevent putting pressure on your lower back.



Back Arm Rowing ▲

Sit with your knees bent and feet flat on the floor about hip-width apart. Extend your arms straight in front of you, palms up. Your back should be straight, your chest up **(a)**. Brace your core, curl your tailbone under, and slowly lower your upper body to a 45-degree angle. At the same time, bend your arms to bring your elbows close to your body, closing your hands into fists and pulling them toward your shoulders at eye level **(b)**. Pause, then reverse the motion to return to start. That's one rep.

Roll Back and Up ▲

Sit with your legs extended straight out in front of you, feet flexed. Hold the ball in front of you at shoulder level, arms straight. Keep your chest up and back straight **(a)**. Contract your core and glutes, then slowly roll back until your back is flat on the floor and the ball is directly overhead **(b)**. From that position, bring your chin to your chest and slowly roll back up to the starting position. That's one rep.



Mermaid with Twist ▶

Sit on your left hip with your left leg flat on the floor, knee bent 90 degrees, and your left palm on the floor. Bend your right knee toward the ceiling and place your right foot flat on the floor in front of your left foot; rest your right arm on your right knee **(a)**. Shift your weight onto your left arm and straighten both legs to raise your hips toward the ceiling while extending your right arm directly over your head **(b)**. From this position, twist your torso down and to the left, reaching your right arm underneath your body **(c)**. Reverse the movement to return to the starting position. That's one rep. Finish all reps on that side, then switch sides and repeat.



Coordination with Ball ▲

Lie faceup with your hips and knees bent 90 degrees; hold the ball with both hands, arms straight. Bend your elbows and lower the ball toward your chest, pressing your hands firmly against the ball **(a)**. Brace your abs, extend your arms in front of you, curl your shoulders off the floor, and straighten your legs **(b)**. Hold for one or two seconds, then reverse to return to start. That's one rep.

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workout

Tone Every Inch

For a seriously hot physique, make sure no muscle is left behind!

Wild guess: When you hit the gym, your main concerns are lifting your butt, trimming your thighs, flattening your belly, and sculpting sexy arms. Makes sense, but focusing only on obvious attributes can lead to muscular imbalances, causing pain and raising your risk of injury, says Tracey Mallett, a trainer at Gold's Gym Fitness Institute in Los Angeles, who created this workout. Plus, you'll miss out on your body's full potential. The solution? Hit neglected areas—**calves, lats, hamstrings, and rear delts**—while working your entire body to boost lean muscle mass and fry fat fast.

Complete this circuit three days a week. Do all the reps for each move without taking a break between exercises. Rest for up to 30 seconds after the last move, then repeat the circuit two or three more times.

—Jess Fromm

• Develop your hidden assets.

PH8 top, American Apparel bra and shorts, New Balance sneakers



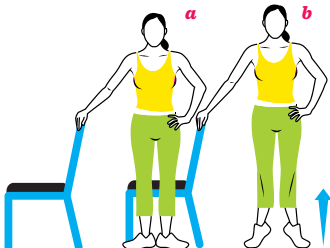
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FOUR TOTAL-BODY MOVES

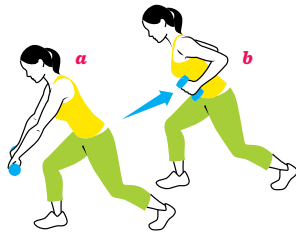
1/ BALLET CALF RAISES

Stand next to a chair with your heels together and toes pointed out to create a wide V shape. Place your right hand on the chair, left hand on your hip (a). Slowly rise onto the balls of your feet (b). Hold for two seconds, then slowly return to start. That's one rep. Do 10 to 15.



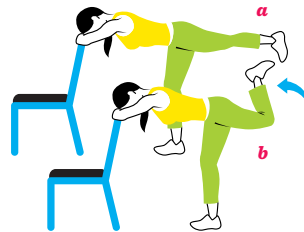
2/ ROTATION ROW

Hold a pair of dumbbells in front of you at shoulder height, palms facing down. Stand with your right foot in front of your left, bend your knees, and lean forward slightly (a). Pull the weights to the sides of your torso, rotating your palms toward your body (b). Slowly return to start. That's one rep. Do 10 to 15.



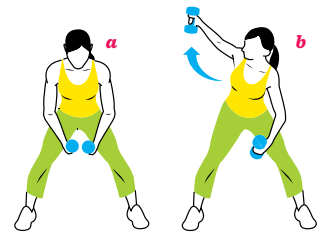
3/ HAMSTRING "T" CURL

Place your forearms on the back of a chair, elbows out, and rest your head on your arms. Raise your left leg behind you to hip height, right knee slightly bent (a). Slowly bend your left knee, bringing your heel toward your butt (b). Slowly return to start. That's one rep. Do 10 to 15, then switch sides and repeat.



4/ WINDMILL

Stand with your feet wider than hip width and hold a pair of dumbbells in front of you, elbows slightly bent, palms facing each other; lean your torso forward (a). Rotate to the right as you raise your right arm toward the ceiling (b). Return to start. Repeat to the left, and keep alternating for 20 total reps.



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Frank J. Costa
Urologist

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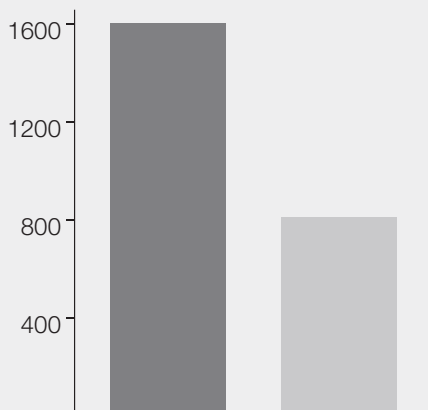
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• Post-exercise fat burning can last up to 24 hours.

➔ Have you ever watched a slender woman take down a big bowl of ice cream and wondered, *Where does she put it?* She doesn't put it anywhere, actually. Most likely, she has a Maserati-fast metabolism that incinerates fat before it has a chance to take up residence on her thighs.

Jealous? Don't be. While genetics counts for part of your metabolic efficiency, you can give Mother Nature a kick in the pants by simply tweaking your fitness regimen. "Your body adapts to exercise over time, which causes your metabolism to fall into a lull," says Geoff Bagshaw, group fitness manager at the Equinox fitness club in Miami. "Adding variety to your workouts will help you break through plateaus so you continue to see results."

Intensity matters too: Exercising harder promotes the growth of lean muscle, which burns more calories during and after your workout, says Craig Ballantyne, owner of TurbulenceTraining.com. The three strength-training techniques on these pages will inject a powerful double shot of variety and intensity into your usual routine. Replace one of your regular workouts each week with one of these training methods and watch those extra pounds melt away.

Contrast Training

> This technique involves doing a resistance exercise with weights, and then immediately following it with an explosive body-weight exercise that works the same muscle group. "In contrast

Crank Up Your Metabolism

Don't curse a sluggish system—boost your calorie-burning potential with these three body-revving workouts.

By Amanda Vogel / PHOTOGRAPHS BY RANDI BEREZ

training, the movement pattern of the second exercise should always mimic the first one," says sports performance specialist Barry Lovelace, owner of FitQuest Fitness in Allentown, Pennsylvania. In other words, chest presses should be followed by explosive pushups, or dumbbell squats followed by squat jumps.

Fat-trimming trick: Busting out an explosive move after a strength move trains your body to recruit more muscle fibers. Researchers at the University of California at Santa Cruz found that this type of workout (also called concurrent training) increases lean muscle mass while it decreases body-fat percentage.

TRY IT Hold a 10- to 20-pound dumbbell in each hand, stand with your feet hip-width apart, and lower into a squat (as if you're sitting into a chair) for five to 10 reps. Then ditch the dumbbells and do five to 10 jump squats: Lower into a squat, then push through your heels to jump off the ground; land softly and immediately lower into another rep. Rest for one to three minutes, then repeat the sequence, working your way up to five or six sets.

Pyramid Method

> You'll do three or more sets of the same exercise, starting with light resistance and high reps, then increasing the weight and decreasing the reps

All-out effort keeps your heart rate zipping for the entire workout.

with each set. A full workout of pyramid sets can be tough (and time consuming), so start by working one upper-body and one lower-body exercise into the end of your workout, says Ballantyne. This way, you won't exhaust the key muscle

TRY IT Holding a pair of dumbbells at your sides, step forward with your right foot and lower your body until your right knee is bent 90 degrees. Return to standing, and continue for a total of 15 reps. Repeat with the left leg, then

groups you need to complete your regular routine.

Fat-trimming trick: Unlike other intense workouts that build strength, this technique emphasizes muscular endurance (the rate at which your body can continually produce force), which can increase your fat-burning rate.

17
PERCENTAGE
MORE REPS
PEOPLE COULD DO
IN THREE SETS
WHEN THEY WERE
WELL HYDRATED

Source: Researchers at the University of Connecticut

rest for 20 seconds before doing the second set: 10 to 12 reps, using a slightly heavier weight. Rest, then increase the weight again and do six to eight reps.

Tabata Method

> Fast-and-furious intervals—20 seconds of all-out effort followed by 10 seconds of rest—are repeated a total of eight times (for a grand total of four minutes). Researchers at McMaster University in Ontario found that exercising as hard as you can for short periods of time is as effective at improving muscle and metabolism as sweating it out longer at a lower intensity.

Fat-trimming trick: All-out effort keeps your heart rate zipping for the entire workout (even during the rests) and for hours after you kick off your sneakers. The end result? You burn extra calories.

TRY IT Bagshaw suggests this three-move sequence: Starting with exercise one, do as many reps as you can with proper

form in 20 seconds, rest for 10 seconds, then continue for a total of eight intervals. Rest for two minutes, then go to exercise two and do eight intervals. Take another two-minute breather, then do eight intervals of exercise three.

1/ Lunges with biceps curls: Holding dumbbells at your sides, step back and lower into a lunge, curling the weights up to your shoulders. Stand and repeat, alternating legs.

2/ Squats with overhead presses: Hold dumbbells at shoulder height and lower into a squat. Press the dumbbells directly overhead as you stand.

3/ Pushups: From a pushup position (or modified pushup position, with your knees on the ground), bend your elbows to lower your chest to the floor. ■

Work out on the go!

> Always on the run? Download free workouts for your portable media player at WomensHealthMag.com/Downloads.

Never Get Sick Again

Cold season starts this month. Supercharge your immunity with these five all-natural tricks. *By Karen Asp*

W → Women may have stronger immune systems than men do, according to the *Proceedings of the National Academy of Sciences*, but we still get hit with an average of three colds a year. Defy those odds by building up your natural defenses.

•
Talk
about
healing
hands!

1/ Pop a Probiotic

The buzz around gut-friendly probiotics just got a little louder. Not only do some of the microorganisms combat gastrointestinal woes, but they can also influence your body's T cells, the crucial white blood cells that help power your immune system. According to recent research published in the journal *Postgraduate Medicine*, women who downed daily probiotics saw their T-cell count skyrocket, making them much less vulnerable to infections. Though you can score some of the healthful stuff in a variety of foods like yogurt, miso, and tempeh, you're better off taking a 60- to 90-milligram supplement every morning during cold season, says lead study researcher Mira Baron, M.D., an internist in Cleveland.

2/ Raise Your D Levels

Supernutrient vitamin D strengthens bones, fights inflammation, and boosts your mood. Turns out, it can also help slay infections. In a national study, people with low D levels were 36 percent more likely to catch respiratory ailments. Other current research shows that, when people with ample D do get sick, they may recover faster. "Vitamin D helps your body produce a protein called

3/ Get Pampered

Regular 20-minute, moderate-pressure rubdowns decrease the body's level of cortisol, a stress hormone that can take a toll on your immune system, says Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine. "Massage stimulates your nervous system to slow the production of cortisol," she explains. "And by lowering cortisol, you're increasing your immune response." No time to squeeze in a spa appointment? Lie faceup on the floor with a foam roller positioned perpendicularly under your back and slowly roll over it in an up-and-down motion. (Go to WomensHealthMag.com for more about foam rollers and information on where to buy one.)

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Healthy Dose Never Get Sick Again

cathelicidin that fights bacteria and viruses,” says Carlos Camargo, M.D., an associate professor of medicine at Harvard Medical School. Because it’s nearly impossible to get enough D from food—even if you regularly nosh on salmon and dairy products—it’s best to invest in 1,000 IU supplements. Take two a day in the winter months, when the sun’s rays aren’t as strong. (Soaking up natural sunlight prompts the body to make its own vitamin D. However,

when you crave a midafternoon snack, says Sharon Zarabi, R.D., a nutritionist in New York City. Or swap your regular latte for plain green tea; you’ll not only save hundreds of calories but also ward off infection. (The brew is brimming with antioxidants called catechins, which may have serious immune-aiding abilities.) Or, when you’re lagging, take a 10-minute walk—even if it’s just around the house—instead of reaching for a sugary pick-me-up.

20
NUMBER OF SECONDS YOU NEED TO SPEND WASHING YOUR HANDS TO KILL OFF COLD AND FLU GERMS

Source: Centers for Disease Control and Prevention

experts caution against too much D-producing sun exposure because it can lead to a heightened risk of skin cancer.)

4/ Cut Some Calories

Even slightly overweight people who slashed their caloric intake by just 10 percent ended up with heartier T cells, according to the *Journal of Gerontology*, possibly because a little extra weight can prompt the body to release a certain immune-suppressing hormone-like compound. Stash a pack of sugar-free gum in your bag and reach for a stick

5/ Clock In Face Time

Surprise: All of your friends come with benefits. People with the most types of relationships—everything from close friends to neighbors—have a greater resistance to infectious diseases, according to *Health Psychology*. Conversely, that same research shows that loners’ immune systems suffer. “Lonely people often have high stress levels, which can have a negative effect on the immune system,” says Sheldon Cohen, Ph.D., a psychologist at Carnegie Mellon University. The exact number of friends you need to help you stay cold-free is unclear, but don’t let that stop you: Set a goal of making one new connection a month, whether it’s at the office, the gym, or the coffee shop. ■

Win the colds war
 > Still have questions about seasonal sickness? Visit our cold and flu center at WomensHealthMag.com/ColdAndFlu.

IS IT A NASTY COLD OR THE FLU?

How to tell if your symptoms mean you have an H1N1-like virus (yes, it’ll be back this year) or just the sniffles

Cough, cough. Sneeze, sneeze. You’re sick—but with *what*? The common cold and influenza share a host of similar symptoms, but in order to feel better, you first have to determine what’s kicking your butt. “While a cold can make you feel awful for a few days, the flu can be serious and potentially life threatening,” says Tanya Edwards, M.D., medical director at the Center for Integrative Medicine at the Cleveland Clinic. The best course of action when you start to feel sick is to rest, drink lots of fluids, take OTC fever reducers such as Tylenol, and suck on sore-throat lozenges to numb the pain, says Aaron Glatt, M.D., of the Infectious Diseases Society of America. If you have a cold, your symptoms should ease up within three days. If they don’t, you’ve likely been hit with the flu, so be sure to see your doctor ASAP for a diagnosis and medication. This chart can help you ID your illness.

Symptom	Cold	Flu
Stuffy nose	x	x
Sneezing	x	x
Sore throat	x	x
Cough	x	x
Headache	x	x
Fever		x
Extreme fatigue		x
Muscle aches		x
Nausea, vomiting, or diarrhea		x



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Check Yourself!

Today you can self-test for everything from high cholesterol to chlamydia. And as wait times for doctors' appointments grow longer, it's tempting to turn to the drugstore aisle instead. But should you really go for a DIY diagnosis?

THE TEST	HOW IT WORKS	THE SECOND OPINION	THE VERDICT
CholesTrak Total Cholesterol Testing Kit \$20, at drugstores	A thermometer-style device scans a drop of your blood and displays your total cholesterol number within 15 minutes.	Getting a respectable result may lull you into a false sense of security, says cardiologist Nieca Goldberg, M.D., director of the Women's Heart Center at New York University Langone Medical Center. Even if you have a high level of HDL ("good") cholesterol, elevated LDL (the "bad" kind) can still put you at risk for heart disease.	Skip it.
Home Access HIV-1 Test System \$44, homeaccess.com	Order a blood-sample kit online and call to set up an anonymous account. Mail in your dime-size specimen and you'll get your results in 10 days, as well as access to counseling.	It's FDA approved and basically the same HIV test you'd get at your doctor's office, says infectious disease specialist Shannon Galvin, M.D., an assistant professor at Northwestern's Feinberg School of Medicine.	Take it.
AZO Urinary Tract Infection Test Strips \$11, azoproducts.com	A urine dipstick screens for two UTI signs: infection-fighting white blood cells and nitrite, a chemical produced by invading bacteria.	If you're otherwise healthy and not pregnant, you can safely take the test. Call your physician if your results indicate a UTI and ask for a prescription for antibiotics, says Andrew Kaunitz, M.D., a professor of obstetrics and gynecology at the University of Florida College of Medicine.	Take it.
Immune Tech My Allergy Test \$50, immunetech.com	Buy the kit online and send in a blood sample, which will be scanned for reactions to 10 common environmental and food allergens.	Skin tests are the best way to determine environmental allergies, says allergist Neeti Gupta, M.D., of the Mercer Allergy & Asthma Center in New Jersey. And while blood tests are the right way to diagnose food allergies, they carry a high risk of false positives.	Skip it.
Chlamydia Tests Free (in some states) at iwanthekit.org	Rotate the included cotton swab inside your vagina for 15 seconds, then seal your sample in the provided plastic tube. Mail it in and you'll get results via phone in one week.	Up to 90 percent of women with chlamydia (the most common bacterial STD) have no symptoms. So if you're sexually active, it's important to be tested annually, says Charlotte Gaydos, Dr.P.H., an infectious disease specialist at Johns Hopkins University School of Medicine. If you do have any suspicious symptoms, see your doctor right away.	Take it. (If your state doesn't fund this exact test, visit your M.D. instead. Most other online versions aren't FDA approved.)



21
AVERAGE NUMBER OF DAYS A NEW PATIENT MUST WAIT FOR A NONEMERGENCY DOCTOR'S APPOINTMENT

Source: Physician recruiting firm Merritt Hawkins & Associates

RYAN MCVAY/GETTY IMAGES



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Is Your *Health* on the Line?

New studies show that some mobile gadgets we use every day might pose serious risks. Here's how to stay safe in a wireless world.

By Sascha de Gersdorff

PHOTOGRAPH BY GABRIELLE REVERE

Unless you've had your cell phone permanently glued to your ear, chances are you've heard the recent health buzz: Mobile devices may cause cancer. While it's true that the National Cancer Institute has ruled them safe, a growing number of independent researchers disagree.

Those experts point out that the FCC wireless regulations on cell phone safety are largely based on something called specific absorption rate (SAR) levels, or the rate at which our bodies absorb radiation. Most phones *do* comply with the federal standards, but SAR monitors only thermal effects. (In other words, if the radiation from your phone isn't cooking your brain, it's regarded as safe.) But mounting scientific evidence suggests that *nonthermal* radio frequency radiation (RF)—the invisible energy waves that connect cell phones to cell towers, and power numerous other everyday items—can damage our immune systems and alter our cellular makeup, even at intensities considered safe by the FCC.

Protect your
brainpower.

HAIR: GEORGE ORTIZ/CONTACT, MAKEUP: RENEE MAJOUR/JUMP MANAGEMENT, STYLING: LIZA COLLIS, PROP STYLING: ANGELA CAMPOS/STOCKLAND MARTEL, EXPRESS BLAZER, ANN TAYLOR TOP, ARIEL GORDON JEWELRY NECKLACE, MODEL'S OWN RINGS

“The problem is that RF can transfer energy waves into your body and disrupt its normal functioning,” explains Cindy Sage, an environmental consultant in Santa Barbara, California, who has studied radiation for 28 years. “Here’s why that’s crucial: Overwhelming evidence shows that RF can cause DNA damage, and DNA damage is a necessary precursor to cancer.”

The 2010 Interphone study, the largest to date on RF exposure from mobile phones, has spawned a quagmire of controversy, says health researcher and medical writer Kerry Crofton, Ph.D., who spent four years reviewing RF science for her book *Wireless Radiation Rescue: Safeguarding Your Family from the Risks of Electro-Pollution*. Many groups, including the National Cancer Institute and the telecom industry, read the results of that study as a green light for wireless calling. Others, like Crofton, point out that because it was largely based on lower cell-phone usage in the '90s, the research has little bearing on today's world, in which 285 million Americans have mobile phones and 83 percent of 18- to 29-year-olds are “wired” all the time and sleep with their cell phones next to their heads.

One thing the Interphone study did find? People who chatted via cell for just 30 minutes a day for 10 years saw their risk of glioma (the type of brain tumor that killed Ted Kennedy) rise 40 percent.

As a result, many European countries are considering banning cell phones for children under age 6 (RF penetrates little kids' brains more easily), and France has already banned all wireless technology in some schools and many public places, notes physician and epidemiologist Samuel Milham, M.D., a leader in the growing field of electromagnetic research.

All parties agree on this: More studies need to be done. In the meantime, it's best to take easy precautions—and not just with mobile phones. “Never before in human history have we gone from one radiated environment to another,” says Crofton. “We’re going to wireless offices and living in wireless homes. Even beaches and parks are going wireless. We’re exposed everywhere.”

The good news is that you don't need to ditch your gadgets. This advice will let you stay plugged in—and keep you healthy.

Cell Phones

When your phone is on (which it probably is even as you read this) it's constantly sending and receiving RF signals to and from the nearest cell tower to keep you in service. The farther you are from a tower, the harder your phone has to work and the more RF it emits, explains David Carpenter, M.D., director of the Institute for Health and Environment at the University at Albany. The activity really amps up when you're, say, driving through rural areas.



1996

THE LAST TIME THE FCC UPDATED ITS GUIDELINES ON CELL-PHONE SAFETY STANDARDS

Plus, within the close confines of a car, your entire core is exposed to the radiation.

➤ **The safer solution:** Keep your phone off when driving until you really need it, says Carpenter. And no matter where you are, avoid holding a cell phone directly to your noggin (the Interphone study showed gliomas were more prevalent on the side of the head people continuously pressed phones to), always keep it at least six inches or more from your body (in your purse, not your pocket), and use either speakerphone or

a corded headset (not a wireless headset). Or text up a storm. If you have a smartphone that's loaded with games, music, and movies, turn your wireless settings off while playing or rocking out. Similarly, don't ever use your cell phone as a bedside alarm clock without first disabling the wireless mode.

Cordless Phones

These stealth wireless threats “have become so powerful, they're often as strong as cell phones,” says Sage. “The phone base is like a mini cell tower. It radiates 24-7 and can have a range of up to 300 feet.” Particularly suspect are digital enhanced cordless telecommunication (DECT) phones. Preliminary blind studies have found that, when sitting beside a DECT phone base, some people experienced arrhythmia, a troubling heart-beat irregularity that could eventually lead to stroke or coronary disease, says Sage.

➤ **The safer solution:** You might feel somewhat retro, but “just get a corded phone with an extra-long cord so you can

BUMP WATCH

The evidence is in and one thing's for sure: **Expectant mothers should quit gabbing on wireless phones**, whether cordless or cell. (If you absolutely must, use a headset and hold the phone far away from your womb.) Environmental consultant Cindy Sage points to preliminary studies that show mobile radiation affects fetal brain development in utero, which could mean a severely heightened risk of learning problems later on. Research is now being done on the full reproductive repercussions of RF (and some European governments have already issued official warnings), says David Carpenter, M.D. “It's another thing you should avoid while pregnant—just like smoking or drinking,” says Sage.

still walk around," says Crofton. "They're better, they're cheaper, and they work in a power outage. Every time you replace a DECT with a corded phone, you're cutting the RF levels in your home significantly."

Wireless Routers

Your neighborhood coffee shop's wireless Internet access may often seem like a godsend, but the router that's needed to provide the service is continuously emitting high levels of RF (up to 200 feet out), and that constant exposure has been linked to deadly diseases. "If the whole body is radiated by a router's RF emissions, the greatest concern is cancer, especially leukemia," says Carpenter. Also, be aware of your at-home router and any plug-in wireless USB cards you often use.

➤ **The safer solution:** Ditch your wireless router and plug your computer directly into a cable modem, says Sage. That Ethernet technology doesn't leak RF and is often faster and more secure. If you just can't give up your wireless router (e.g., if you live in a home with a handful of computer users), make sure you sit as far away from it as possible, says Crofton, and turn it off at night and whenever you're not online. Another easy fix: Plug your router into a surge protector with a timer, and set it to go off each night so you don't have to remember to flip the switch.

Laptops

"When you hold your laptop on your lap, what you're essentially doing is radiating your pelvis," says Carpenter, "so all the cancers that affect that area are of concern." Indeed, early studies point to a heightened risk of testicular cancer for men who keep RF-emitting devices close to their belts. For women, adds Carpenter, "the studies aren't quite there yet, but I think we can say that anything that might cause cancer almost always causes birth defects, so pregnant women—or those wanting to become pregnant soon—should take extra precautions."

➤ **The safer solution:** Keep your laptop off your lap (if you have to rest it there, buffer it with a sturdy pillow that's at least six inches thick). Try to use a desktop computer at home and treat your laptop as an on-the-go convenience. One thing to keep in mind: Laptops are a high RF radiation

risk only while connected to wireless Internet, so when you're watching a DVD, fiddling around with your photos, or writing that dissertation, just disable your connection and you'll be much safer.

Baby Monitors

"Baby monitors release more RF than cell phones do, and putting them next to a crib is very, very unwise," says Carpenter. He points to a recent University of Utah study that shows RF radiation can penetrate almost entirely through a child's brain, which doesn't form completely until nearly 20 years of age. "It's very clear from all the existing research that the younger the child is, the more vulnerable he or she is to the effects of RF radiation."

➤ **The safer solution:** Consider not using a baby monitor. If you absolutely must use one, place it far from your baby's crib—at least 10 to 15 feet away. ■

Other Household Hazards

Two more RF emitters to watch out for

➤ **Microwave ovens:** Though most new and properly working units are tightly sealed, it's nearly impossible to see if a seal is broken or damaged. And if that's the case, your microwave could be leaking RF radiation. Your best bet is to hit start and "just get out of the kitchen," says environmental consultant Cindy Sage. Or stand at least 10 feet away while nuking your food.

➤ **Compact fluorescent bulbs (CFBs):** The harmful radiation swilling around most of these bulbs could outweigh their eco-friendliness. (They're also made with mercury, a toxic pollutant.) "Avoid CFBs, and buy LED bulbs instead—they conserve energy without the environmental problems," advises Sage.



CORBIS SUPER RF/ALAMY

IMPORTANT SAFETY INFORMATION Continued

The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.

Serious and or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Tell your doctor or get medical help right away if you experience any such symptoms, further injection of BOTOX® Cosmetic should be discontinued.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as Myobloc® or Dysport®; have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including if you have: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (It is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (It is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes. For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.

By prescription only
1-800-BOTOX-MD



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“Once You Get It, You Really Get It.”

Why millions of women have experienced **BOTOX® Cosmetic**.

Proven year after year...with real, noticeable results. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic**.

BOTOX®
—Cosmetic
onabotulinumtoxinA

There's only one BOTOX® Cosmetic

Results may vary. 8 out of 10 women achieved clinically significant results at day 30 in clinical trials.

Go to **BotoxCosmetic.com** now to find a doctor and sign up for exclusive invitations, special offers, and great savings on treatments.

IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing**, due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects**. The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

See adjacent page for additional safety information associated with BOTOX® Cosmetic

MEDICATION GUIDE BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with BOTOX® or BOTOX® Cosmetic before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

• **Problems swallowing, speaking, or breathing. These problems can happen hours to weeks after an injection of BOTOX® or BOTOX® Cosmetic** usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with BOTOX® or BOTOX® Cosmetic.

• People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with BOTOX® or BOTOX® Cosmetic.

• Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving BOTOX® or BOTOX® Cosmetic have the highest risk of getting these problems.

• **Spread of toxin effects.** In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:

- loss of strength and muscle weakness all over the body
- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of BOTOX® or BOTOX® Cosmetic.

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving BOTOX® or BOTOX® Cosmetic?"

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® has been used at the recommended dose to treat severe underarm sweating, blepharospasm, or strabismus, or when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the

eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary). It is not known whether BOTOX® is safe or effective in children younger than:

- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether BOTOX® and BOTOX® Cosmetic are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take BOTOX® or BOTOX® Cosmetic if you:

- are allergic to any of the ingredients in BOTOX® or BOTOX® Cosmetic. See the end of this Medication Guide for a list of ingredients in BOTOX® and BOTOX® Cosmetic.
- had an allergic reaction to any other botulinum toxin product such as *Myobloc*® or *Dysport*®
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems
- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if BOTOX® or BOTOX® Cosmetic can harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if BOTOX® or BOTOX® Cosmetic passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® or BOTOX® Cosmetic with certain other medicines may cause serious side effects. Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc*® (rimabotulinumtoxinB) or *Dysport*® (abobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- BOTOX® or BOTOX® Cosmetic is an injection that your doctor will give you.
- BOTOX® is injected into your affected muscles or skin.
- BOTOX® Cosmetic is injected into your affected muscles.
- Your doctor may change your dose of BOTOX® or BOTOX® Cosmetic, until you and your doctor find the best dose for you.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking BOTOX® or BOTOX® Cosmetic. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic can cause serious side effects. See "What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?"

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to BOTOX® or BOTOX® Cosmetic may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of BOTOX® and BOTOX® Cosmetic. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about BOTOX® and BOTOX® Cosmetic. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about BOTOX® and BOTOX® Cosmetic that is written for healthcare professionals. For more information about BOTOX® and BOTOX® Cosmetic call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 03/2010

This Medication Guide has been approved by the U.S. Food and Drug Administration. Manufactured by: Allergan Pharmaceuticals Ireland a subsidiary of: Allergan, Inc. 2525 Dupont Dr., Irvine, CA 92612

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Lose weight at home... and on the road!

New!

COOK THIS! Turn your favorite restaurant meals into **fat-blasting superfoods** that cost just pennies and are 350 calories or less!



New!

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Choose a 100 Grand bar instead. You'll cut your fat intake in half and save 100 calories!

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Cook up these gooey, spicy chicken wings at fewer than 350 calories per serving! (An order of wings at Hooters packs a whopping 1,010 calories!)

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Try These On for Sides

Clever ways to trim the fat—but not the flavor—from traditional Turkey Day dishes

By Karen Ansel, R.D. / PHOTOGRAPHS BY JONATHAN KANTOR

➔ Does just *thinking* about Thanksgiving make your jeans feel a little snug? It should. The average meal on this holiday packs an eye-popping 4,500 calories and a button-popping 229 grams of fat. But don't blame the bird. "The turkey isn't what pushes Thanksgiving calorie counts over the top," says Elisa Zied, R.D., author of *Nutrition at Your Fingertips*. "It's the sides that are pumped full of butter, sugar, cream, and oil."

Fair enough. But who doesn't wait all year to dig into classics like homemade stuffing and buttery mashed potatoes smothered in gravy? Since no one should feel deprived of their favorite dishes, we slimmed down the most notoriously fattening sides. Make all these swaps, and you'll trim more than 500 calories from your feast!

Pass Up...

MASHED POTATOES WITH GRAVY

Per ½-cup serving: 232 cal, 12 g fat (7 g sat), 24 g carbs, 728 mg sodium, 2 g fiber, 6 g protein



Pass the...

TWICE-BAKED POTATOES

These spuds have all the buttery richness of the mashed guys but only a fraction of the fat. They're already seasoned, so you won't be tempted to slather on the butter and salt, and they come in nature's own portion-controlled packaging. Remember to eat the skins—that's where the nutrients and nearly 70 percent of the fiber hide.

- 4 large russet potatoes, scrubbed
- ¼ cup nonfat buttermilk, warmed
- 2 Tbsp nonfat sour cream, at room temperature
- 2 scallions, thinly sliced

1/ Bake potatoes in a 400°F oven until soft, about 1 hour. Remove potatoes from oven, allow to cool for 5 minutes, then slice each in half.

2/ Scoop the flesh from each potato into a large bowl; set the skins aside. Mash the potatoes.

3/ Add buttermilk, sour cream, ¾ teaspoon salt, ¼ teaspoon pepper, and scallions; mix thoroughly. Spoon an eighth of the potato mixture into each reserved skin.

4/ Place potato halves on baking sheet and rewarm in 400°F oven until heated through, about 10 to 15 minutes. Serve immediately.

MAKES 8 SERVINGS

Per serving: 153 cal, 0 g fat (0 g sat), 35 g carbs, 199 mg sodium, 3 g fiber, 5 g protein

Pass Up...

GREEN BEAN CASSEROLE

Per ½-cup serving: 175 cal, 10 g fat (3 g sat), 18 g carbs, 541 mg sodium, 4 g fiber, 5 g protein



Pass the...

GREEN BEANS WITH SHALLOTS

No need to sabotage a perfectly good vegetable by drowning it in a pool of cream of mushroom soup and deep-fried onions. This lean bean dish delivers just as much flavor and crunch, and it sidesteps two-thirds of the belly-bloating sodium you'll find in a casserole.

- ¼ cup olive oil
- 4 large shallots, peeled and quartered
- 2 Tbsp reduced-sodium chicken broth
- 2 lbs green beans, trimmed

1/ Bring a large pot of water to a boil.

2/ While water is heating, pour olive oil into a large sauté pan over medium heat. Add shallots.

Reduce heat to medium-low and sauté until shallots are soft, about 10 minutes. Add chicken broth, ¾ teaspoon salt, and ¼ teaspoon pepper; stir well. Remove from heat.

3/ Add green beans to boiling water and cook for 5 minutes. Drain. Toss beans with shallot mixture. Serve immediately.

MAKES 8 SERVINGS

Per ½-cup serving: 107 cal, 7 g fat (1 g sat), 12 g carbs, 181 mg sodium, 4 g fiber, 2 g protein

*As much protein as an egg,
now found in a bowl.*

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There's a surprising way to get protein at breakfast: Kashi® GOLEAN® cereals. With protein, plus fiber, they help keep you full all morning. Try GOLEAN, and find out even more about protein at kashi.com



7 whole grains on a mission™

Kashi® GOLEAN® cereals (without milk) = 9-13g protein per svg; One large egg = 6g. Diets high in protein and fiber have been shown to help reduce feelings of hunger.

Pass Up...

TRADITIONAL STUFFING

Per ½-cup serving: 265 cal, 11 g fat (2 g sat), 38 g carbs, 865 mg sodium, 3 g fiber, 6 g protein

➔ **Pass the...
BROWN RICE
PILAF WITH APRICOTS
AND ALMONDS**

Make your stuffing with whole-grain pilaf instead of bread and you'll trim 61 calories and seven grams of fat. Not only will these slow-to-digest grains help keep you full, but they've also been shown to blast ab fat.

- 1¾ cups reduced-sodium chicken broth
- 1¾ cups medium-grain brown rice
- 1 Tbsp olive oil
- 1 cup finely chopped Vidalia onion
- ¼ cup chopped dried apricots
- 2 tsp lemon zest
- 2 Tbsp chopped fresh parsley
- ¼ cup slivered almonds

1/ Combine chicken broth, 1¾ cups water, and ¾ teaspoon salt in saucepan. Bring to a boil. Add rice. Reduce the heat to low, cover, and cook for 40 minutes.

2/ Ten minutes before rice is finished, heat olive oil in a sauté pan over medium-low heat. Add onion and sauté until just soft, about 5 minutes. Add apricots, lemon zest, 2 tablespoons water, and ¼ teaspoon ground black pepper. Stir well and remove from heat.

3/ Once rice is cooked, remove from heat. Let stand covered 5 minutes. Uncover and toss with onion mixture, parsley, and almonds. Serve.

MAKES 8 SERVINGS

Per ½-cup serving: 204 cal, 4 g fat (1 g sat), 37 g carbs, 203 mg sodium, 2 g fiber, 5 g protein



This carb leaves you satisfied, not stuffed.

Pass Up...

CANNED CRANBERRY SAUCE

Per ½-cup serving: 225 cal, <1 g fat (0 g sat), 57 g carbs, 2 mg sodium, 4 g fiber, <1 g protein

➔ **Pass the...
CRANBERRY-PEAR SAUCE**

Cranberries are weight-loss superstars. Studies have found that they contain organic acids that may help dissolve fat deposits, plus enzymes that may boost metabolism. Too bad we tend to dump sugar over them to temper their tartness. The pears in this dish add sweetness, which means you can use half the sugar found in most canned sauces.

- ½ cup sugar
- 12 oz fresh cranberries

- 3** Bosc pears, peeled, cored, and chopped
- 1** tsp ground cinnamon
- ¼** tsp ground nutmeg
- ⅓** tsp ground cloves

1/ In a large saucepan, bring 1 cup water, sugar, and ¼ teaspoon salt to a boil. Stir well.

2/ Add cranberries, pears, cinnamon, nutmeg, and cloves; stir well to combine. Reduce heat to low and simmer for 25 to 30 minutes, until cranberries burst.

3/ Remove from heat. Serve at room temperature or chilled.

MAKES 8 SERVINGS

Per ½-cup serving: 112 cal, 0 g fat (0 g sat), 29 g carbs, 62 mg sodium, 4 g fiber, 0 g protein

Pass Up...

CANDIED SWEET POTATOES

Per ½-cup serving: 315 cal, 7 g fat (3 g sat), 61 g carbs, 153 mg sodium, 5 g fiber, 2 g protein

⬆ **Pass the...
CHILI-SPICED
MASHED SWEET
POTATOES**

Not only is this dish practically fat-free, but the chili powder contains capsaicin, which studies have shown may inhibit fat-cell growth and help people consume fewer calories. And cinnamon is no slacker spice either: It keeps your blood sugar stable and your appetite in check, so you won't be tempted to go back for a second helping.

- 4** large sweet potatoes (3½ lbs total)
- ½ cup fresh orange juice
- 2** tsp orange zest
- 2** Tbsp brown sugar
- 2** tsp ground cinnamon
- 1** tsp chili powder

1/ Bake the sweet potatoes in a 425°F oven until they are soft, about 70 minutes. Remove sweet potatoes from oven and allow them to cool slightly.

2/ In a small bowl, whisk together orange juice, orange zest, brown sugar, ¼ teaspoon salt, cinnamon, and chili powder.

3/ Scoop out the insides of sweet potatoes and place in a large mixing bowl. Pour orange juice mixture over sweet potatoes, mash well, and serve.

MAKES 8 SERVINGS

Per ½-cup serving: 191 cal, <1 g fat (0 g sat), 45 g carbs, 169 mg sodium, 6 g fiber, 3 g protein



A no-guilt side? Only if the cran isn't canned.

Saving room for dessert?

➤ Find calorie-saving swaps for your sweet tooth at WomensHealthMag.com/SwapYourSlice.

Women'sHealth

Hot Stuff



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AUSSIE'S "RAMP UP YOUR ROUTINE" SWEEPSTAKES

Women's Health and Aussie's "Ramp Up Your Routine" Sweepstakes is a chance for one entrant to enter to win a trip to beautiful, sunny Miami, to have fun in the sun and get pampered with a makeover. The grand prize winner will also receive a Women's Health travel bag full of Aussie goodies to take on the trip to Miami.

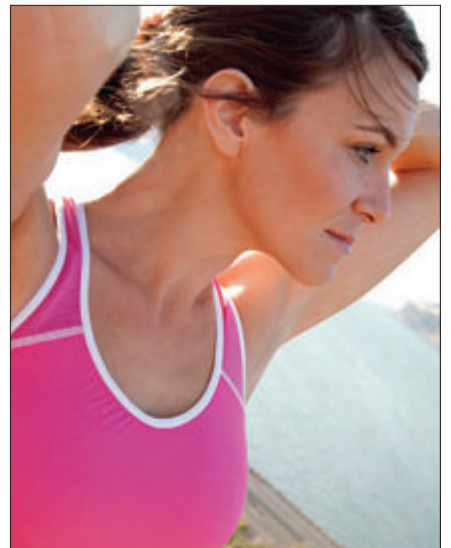
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Indulge your sweet side with Ghirardelli® LUXE MILK™ Chocolate. LUXE MILK is 100% All Natural, made from the finest cocoa beans, highest-quality ingredients and real vanilla, delivering an unparalleled rich and creamy chocolate experience. Take in the heavenly aroma and let the ultimate chocolate pleasure linger. Ghirardelli LUXE MILK comes in 100% All Natural flavors such as pure Milk, toasted Almond, roasted Hazelnut and buttery Toffee, available at your local Target, Walmart, grocery, drug or specialty store.



**reach, press,
twist, lift...
repeat 4 reps.**

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FOR THE LATEST PRODUCTS, EVENTS AND SPECIAL OFFERS.

“My body is stronger and tighter than ever before.”

When Andrea Vandiver graduated from Maryland's Salisbury University in 2004, she was a healthy size 8. But then a job as a sales rep kept her on the road, which meant most of her meals came from drive-throughs. “I ate out constantly and munched on whatever was served at business meetings,” says Andrea, now 29. By the winter of 2006, at 5'4" and 215 pounds, she was miserable with her weight—and her career.



BEFORE
215 lbs
—
AFTER
150 lbs

THE CHANGE

A few months later, Andrea quit her sales job and enrolled at Towson University in Baltimore to pursue a teaching degree. Moving gave her the perfect opportunity for a fresh start. “My weight was out of control,” she says. “This was the excuse I needed to get back on track.”

THE LIFESTYLE

Cutting carbs jump-started Andrea's weight loss. “I literally dreamed about cake, but after a few weeks I stopped having cravings,” she says. She lost 12 pounds in a month, then slowly added whole grains back into her diet. She also began eating breakfast daily (something she'd never done before). Too self-

conscious to join a gym, Andrea used fitness DVDs and weights at home, and in March 2007, she signed up for a program that trains beginners to run a 5-K. When she completed the race that October, she was 65 pounds lighter and “incredibly happy.”

THE REWARD

Andrea now has the energy to keep up with the third-graders she teaches...and enough left over to train for a half marathon. She also enjoys how having a trimmer figure means she can now swap outfits with her friends. “I'm fitting into clothes I wore in college!” she says.

ANDREA'S TIPS:

- Run early.** “I wake up at 5 a.m. to get exercise in. If you don't make it a priority, it won't happen.”
- Don't stress about the scale.** “I try on an old pair of jeans once in a while. If they fit, I'm doing OK!”
- Bring your pregame.** “I'll have a healthy snack like peanut butter and jelly on whole-wheat bread before going to happy hour so that I won't overdo it.”

Share your story
 > If you've fought flab and won, you could be featured in the magazine. Go to WomensHealthMag.com/YouLose.

Q & A

TAKE A LOAD OFF

• KERI GLASSMAN, R.D.
NutritiousLife.com

Will becoming a vegetarian help me shed pounds?

—Calla S., Santa Cruz, CA

Ditching meat doesn't mean you'll also ditch the muffin top. Some vegetarians become “carbottarians,” meaning they fill the void of good-for-you lean meats with processed starches like french fries and white bread. These foods don't fill you up for long, so you end up overeating. The slim-body secret of thin vegetarians isn't what they don't eat, it's what they *do* eat: lots and lots of water-rich veggies, which have the most nutrients (as well as filling fiber) for the fewest calories. Whether you eat meat or not, be sure to fill about three-quarters of your plate with produce at every meal.

I can't stand drinking skim milk. Is soy milk a good substitute?

—Jean R., Martinez, CA

Light, unflavored soy milk is a worthy stand-in for skim—in fact, one cup has slightly fewer calories than a cup of nonfat milk, and similar amounts of protein and calcium. Soy is also just as effective as nonfat milk in promoting weight loss, according to a study published in the *Journal of the American Dietetic Association*. Plus, other research has found that drinking soy milk helps lower “bad” cholesterol (LDL) and raise the “good” kind (HDL). From a palatability standpoint, soy milk is thicker and richer than skim, which means you may enjoy it more. Give it a shot!

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Your Flat-Belly Day

A 1,500-calorie eating plan designed to keep you trim and satisfied

By Keri Glassman, R.D.



BREAKFAST OATMEAL WITH PECANS AND BERRIES

- 1 packet Original Quaker Instant Oatmeal* made with 1 cup skim milk and mixed with...
- 2 Tbsp chopped pecans
- ½ cup raspberries
- ½ cup blueberries

*THE SOLUBLE FIBER IN OATMEAL WILL KEEP YOU FULL well past the time you usually start thinking about lunch.

Total: 351 calories

Snack 1

- 1 medium banana
- 2 tsp peanut butter*

*NATURAL NUT BUTTERS PROVIDE FILLING PROTEIN AND HEALTHY FATS. Plus, studies have found that noshing nuts in the a.m. causes you to eat fewer calories throughout the rest of the day.

Total: 167 calories



LUNCH TURKEY PITA

- 4 oz fresh roasted turkey (about 4 medium slices)
- 1 tsp Dijon mustard
- ¼ cup spinach
- 4 small tomato slices
- ⅛ cup sprouts
- 1 small whole-wheat pita

SIDE SALAD

- 1 cup chopped romaine lettuce
- ½ cup chopped cucumber
- ½ cup chopped red pepper
- ½ cup hearts of palm*
- 1 tsp olive oil

DESSERT

- ½ cup strawberries

*TOSSING SURPRISING INGREDIENTS INTO A SALAD IS THE KEY TO PREVENTING "SAME-OLD SALAD" FATIGUE. Spice up your greens with unexpected extras such as hearts of palm, jicama, artichokes, or capers.

Total: 395 calories



DINNER HEALTHY CHICKEN PARMIGIANA WITH PENNE

- 4 oz grilled chicken, diced
- ½ cup tomato sauce
- 1 cup cooked spinach* (sautéed in 1 tsp olive oil)
- ½ cup whole-wheat penne
- 1½ Tbsp grated Parmesan

*SPINACH CONTAINS LIPOIC ACID, which plays a role in energy production and may help regulate blood sugar levels.

Total: 437 calories

INDULGE WITHOUT BULGE

- > Add: ½ cup Edy's Slow Churned Vanilla Bean Light Ice Cream (100 calories)
- > Subtract: The penne and 1 Tbsp Parmesan at dinner. Sprinkle ½ Tbsp cheese on veggies or chicken (100 calories).



Snack 2

- Skim latte (6 oz skim milk* and 6 oz coffee) sprinkled with cinnamon
- ½ oz 70% dark chocolate

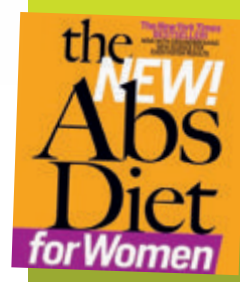
*SKIM MILK IS A DIETER'S BEST FRIEND, and not just because it's fat-free and low-cal. Studies show that the calcium you get from two daily servings of dairy is associated with lower body weight.

Total: 150 calories



Daily total: 1,500 calories

Note: For optimal weight management, combine this nutrient-dense meal plan with exercise.



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Women'sHealth

Hot Stuff



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WINTER WEAR AT WALGREENS

In this issue, check out our list of must-have products to help you conquer the winter woes. Be one of the first 5,000 shoppers to purchase two or more of the products featured below at any Walgreens retailer or online at Walgreens.com and receive a FREE Women's Health fleece blanket.

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DERMATOLOGICAL SCIENCE

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“My dishes are simple to shop for, easy to prepare, and fun to serve,” says Claire.



Marinate large shrimp in lemon and olive oil, then grill them along with the cheese.

← SWEET-AND-SPICY GRILLED HALLOUMI

Halloumi is a superfirm Greek cheese made from a mixture of sheep's milk and goat's milk, and its texture can stand up to searing and grilling without melting.

- 4 oz block Halloumi cheese, halved horizontally
- 2 Tbsp chili-flavored olive oil plus extra for drizzling*
- 1 small Cubanelle (Italian sweet pepper)
- 1 Tbsp honey
- 4 oz baby arugula or mache greens

1/ Heat a gas grill or stove-top grill pan to high. Put cheese on a plate and drizzle some chili oil over the surface, rubbing the pieces together to coat. Using a metal spatula, transfer oiled cheese to the hot grill and cook just until deep grill marks appear, 3 to 4 minutes.

2/ Carefully flip and grill the opposite side until grill marks appear, about 3 minutes more. Transfer to a cutting board to cool slightly. Cut into thin strips.

3/ Meanwhile, put pepper on the grill and cook, turning frequently, until lightly charred. Let stand until cool, remove stem and seeds, dice pepper into small pieces, and reserve.

4/ In a small bowl, whisk 2 tablespoons chili oil and honey until honey has dissolved. Season mixture with kosher salt and freshly cracked pepper to taste; stir in diced pepper.

5/ To serve, put small piles of greens on 4 appetizer plates. Arrange cheese strips on each plate, then drizzle honey vinaigrette over the Halloumi. Season cheese and greens with salt and pepper; serve immediately.

MAKES 4 SERVINGS

*Buy chili-flavored olive oil at the grocery store or make it yourself: Mix 1 cup olive oil with 1 teaspoon crushed red-pepper flakes. Heat in a saucepan over low heat, about 5 minutes. Store in the fridge in a sealed container for 3 to 4 weeks.

STEPHEN MURELLO

Take Five!

Elegant meals often call for a cart full of ingredients. Thankfully, Food Network's **Claire Robinson** has simplified sophisticated dishes by using just five fab fixings.



Toss a few sprigs of cilantro into the pan under the fish.

↑ SAKE AND LEMONGRASS STEAMED SEA BASS

You'll be surprised by how much flavor a fresh piece of fish will take on.

- 4 lemongrass stalks
- 3 limes, sliced into thin rounds
- 4 skinless fresh sea bass fillets
- 1 piece fresh ginger (about 2 inches), peeled and cut into thin coins
- 1/3 cup sake

1/ Preheat oven to 425°F. Prepare lemongrass by removing the outer tough leaves to reveal the bulb's white center, retaining just the lower 3 inches of each stalk. Smash each bulb with the back of a knife to release oils and flavor.

2/ Lay sliced limes in the bottom of a baking dish. Evenly space lemongrass pieces on top of limes, then lay ginger slices evenly around lemongrass. Place fillets directly on top of lemongrass and ginger, pour sake over fish, and season with kosher salt to taste.

3/ Cover dish with foil and bake until fish is firm, about 15 minutes. Cooking time will vary depending on the thickness of the fillets.

4/ Just before serving, spoon a little of the liquid from the pan over the sea bass fillets and transfer to plates.

MAKES 4 SERVINGS

Like your food *really* spicy? Mince a red chili and toss it in with the onion (or use a pinch of dried chili flakes).

↑ RIOJA STEAMED MUSSELS WITH CHORIZO

This is a fun Spanish spin on the classic French dish *moules marinière* (mussels with garlic and white wine). The spicy oils from the chorizo and sweet shallots pair well with the mineral qualities of mussels. Add the dry robust flavor of rioja, a Spanish red wine, and you'll never miss the French version.

- 1 lb fresh chorizo, crumbled
- 1 large yellow onion, sliced
- 1 bottle rioja or other dry red wine
- 2 lbs black mussels, cleaned and debearded
- 1/2 cup coarsely chopped curly parsley

1/ Over medium-high heat, cook chorizo in a large, heavy covered pot until fat is rendered and meat is browned, about 10 minutes. Remove meat with a slotted spoon and reserve.

2/ Add onion to the pot and cook until softened, about 6 to 8 minutes. Add chorizo back to the pot, pour in wine, and bring to a boil. Drop in mussels, cover, and cook until mussels have opened, 4 to 5 minutes.

3/ Remove the lid and discard any mussels that have not opened. Season with freshly cracked pepper to taste, add parsley, and stir until thoroughly mixed. Serve immediately.

MAKES 4 SERVINGS



Hungry for more?
 Excerpted from *5 Ingredient Fix: Easy, Elegant, and Irresistible Recipes*, by Claire Robinson
 (Grand Central Life & Style, 2010). Robinson, a graduate of the French Culinary Institute, hosts both *Food Network Challenge* and *5 Ingredient Fix*.

Ramp Up Your Routine

Fuss-free hair that looks great all day long doesn't have to be a struggle. Let Aussie's celebrity stylist Sarah Potempa show you how to get "no-worries" waves to give your locks a stylish Fall boost.

before make-over



PROBLEM: Curls Fall Flat for a Night Out on the Town

after make-over



aussie



SOLUTION:

Steps to "Make Your Waves and Curls Behave"

1. To add volume and help protect hair before styling, apply **Aussie's Catch the Wave Mousse + Leave-In Conditioner** to the roots of damp hair.
2. Blow dry hair loosely with your fingers, lifting the roots up until 80% dry. Finish drying with a large boar-bristle round brush; start with roots and round out ends.
3. Section out hair. Start at the back and work to the sides and top. Spritz each 1" section with **Aussie's Sprunch Hairspray** before ironing.
4. Using a 1" curling iron, with the clamp closed, wrap each section away from the face and down the iron in a spiral motion. Slide the hair off from the bottom and allow to cool.
5. Run your fingers through the hair to soften and smooth the curls.

"Ramp Up Your Routine" Sweepstakes

Women's Health's "Ramp Up Your Routine" Sweepstakes is a chance for one entrant to win a trip to beautiful, sunny Miami, to have fun in the sun and get pampered with a makeover. The grand prize winner will also receive a Women's Health travel bag full of Aussie goodies to take on the trip to Miami.

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The Secret Life of Green Tea

It's good for more than just brewing! Apply some culinary creativity to reap its many health benefits.

By Jessica Girdwain

PHOTOGRAPHS BY
JONATHAN KANTOR

• *A delicious dusting of antioxidants*

➔ If the only time you've tried green tea is after being served a scalding-hot cup (no handle!) at a local Japanese restaurant, you're missing out on its many flavors and forms. "All green tea comes from the *Camellia sinensis* plant, but the final aromas and tastes differ depending on where the leaves are grown and how they're produced," says Mary Lou Heiss, coauthor of *The Tea Enthusiast's Handbook: A Guide to the World's Best Teas*.

More surprising? In Asia, green tea is a common recipe ingredient, which is a great—and sneaky!—way to incorporate this nutritional powerhouse into your diet. Here's a quick primer on six different varieties, plus ideas for how to cook with each.

WHY GO GREEN?

Green tea doesn't ferment (which is how black and oolong teas are made), so it contains far more health-boosting antioxidants called catechins—especially the cancer fighter epigallocatechin-3-gallate (EGCG).

Source: Lisa Boalt Richardson, author of *Tea with a Twist: Entertaining & Cooking with Tea*

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Matcha

Leaves are ground into a fine powder, which you can whisk into water for tea. Since you consume the actual leaves, you get more antioxidants than from other green teas.

FLAVOR: Strong and grassy

CREATIVE USE: Stir one teaspoon into a smoothie or dust it over vanilla ice cream or a bar of dark chocolate. The tea's earthiness is a pleasant contrast to the food's sweetness.

Dragon Well

This yellowish-green flat-leaf tea is one of the most popular drinking teas in China.

FLAVOR: Soft chestnut notes, toasty

CREATIVE USE: Chop the tea leaves, combine with spices, and use them to coat chicken or steak before cooking.

Gunpowder

This Chinese tea is pan-fired before being tightly rolled into small pellet shapes.

FLAVOR: Robust with a sweet finish

CREATIVE USE: Substitute a cup of gunpowder tea for a cup of broth in vegetable-based soups. Throw steeped chopped leaves into soup while it simmers to add extra greens.

Sencha

The most popular green tea in Japan, sencha leaves are steamed, producing a bright green color, then rolled into needle form.

FLAVOR: Mild and slightly sweet

CREATIVE USE: After mixing the dough or batter for cookies, muffins, or scones, fold two tablespoons of dried sencha tea leaves directly into it, then bake as usual.

Kukicha

Called "twig tea," kukicha is derived from thinly cut stalks of sencha and gyokuro leaves.

FLAVOR: Light and smooth with

roasted, woody notes

CREATIVE USE: Add a few tablespoons to a marinade for fish or shellfish.

Kukicha balances out sweeter varieties, like halibut or scallops.

Hojicha

It's made from leaves that are roasted until they're dark brown. Because it's picked at the end of the season and roasted at a higher heat than other teas, hojicha contains lower levels of caffeine.

FLAVOR: Roasted and nutty

CREATIVE USE: Ladle a cup of steeped hojicha tea over a mixture of brown rice and roasted fall veggies, like squash. Garnish with a sprinkle of chestnuts. ■

6

NUMBER OF MONTHS THAT STORED GREEN TEA MAINTAINS ITS ANTIOXIDANT LEVEL

Green Tea's Super-powers

Scientifically proven ways it does a body good

Melts Belly Fat

Overweight and obese adult exercisers burned 7 percent more abdominal fat when they drank caffeinated green tea compared with other caffeinated beverages, according to a study in *The Journal of Nutrition*.

Keeps Teeth Healthy

Drinking two or more cups of green tea a day is associated with a lower risk of tooth loss, reports a new study in *Preventative Medicine*.

Lowers BMI

Those who drank the equivalent of two or three cups of green tea a day reported a lower BMI and body weight, says a University of Connecticut review.

Reduces the Chance of Skin Cancer

Green tea can help repair DNA damage caused by UVB rays and lower risk of melanoma, according to

an animal study in *Cancer Prevention Research*.

Prevents Stroke

Drinking three cups of green tea a day lowered stroke risk by 21 percent, according to a 2009 study.

Decreases Lung Cancer Risk

In a not-yet-published study, Taiwanese researchers found that drinking more than a cup of green tea a day reduced people's odds of getting lung cancer, regardless of smoking status. In fact, nonsmokers who drank green tea daily had five times less risk compared with nonsipping peers.




THIS
plus
THAT

Crispy Parmesan Chicken

Why have poultry in a bucket when you can eat this delectably crunchy meal?

• Pairs perfectly with a side of spinach sautéed with garlic and red pepper flakes



2 boneless, skinless chicken breasts (6 oz each)



1 cup bread crumbs



2 Tbsp fresh parsley, roughly chopped

You'll also need...

- 2 Tbsp grated Parmesan
- ½ Tbsp dried Italian seasoning
- 2 egg whites
- ½ Tbsp olive or canola oil
- 1½ Tbsp butter
- 2 Tbsp capers
- 2 Tbsp Dijon mustard
- Juice of 1 lemon

How to make it:

- 1/ Cover chicken breasts with parchment paper or plastic wrap and use a meat mallet or heavy-bottomed pan to pound them to ¼-inch thickness.
- 2/ Combine bread crumbs, cheese, and Italian seasoning in a wide bowl. In a second bowl, beat egg whites slightly. Season chicken with salt and pepper to taste. Now carefully dip each chicken breast into egg whites and then into crumb mixture, pressing to ensure an even coating on both sides.
- 3/ Warm oil over medium heat in a large stainless-steel sauté pan or cast-iron skillet. Add chicken and cook for 3 to 4 minutes or until crust is deeply browned and crunchy. Turn and cook for another 2 to 3 minutes. Transfer chicken to a platter to rest.
- 4/ While the pan is still hot, add butter. Cook until lightly browned (shouldn't take more than a minute), then stir in capers, mustard, and lemon juice, using a wooden spoon to scrape up any browned bits. Turn off the heat and add parsley. Set aside sauce.
- 5/ Halve the chicken breasts and serve with sauce drizzled on top.

MAKES 4 SERVINGS. Per serving: 250 cal, 9 g fat (4 g sat) 15 g carbs, 580 mg sodium, 1 g fiber, 25 g protein

Q & A

HOT DISH

• ELLIE KRIEGER, R.D.
Host of Food Network's
Healthy Appetite

When baking, I know applesauce can replace oil. What other healthy cooking swaps are there?

—Elena S., via Facebook

You can also swap in canned prune or pumpkin puree, carrot baby food, or mashed bananas in lieu of fattening moist ingredients like oil, butter, and lard. That said, I find that purees work best in recipes that already have a fruit element, such as blueberry muffins or apple cake. For chocolate goodies like brownies, go with a quarter cup of Greek-style yogurt as a stand-in for the same amount of oil or butter. You can sub in whole-grain pastry flour—which is extra-soft—for half the all-purpose flour called for in the recipe. It's an easy way to add fiber and antioxidants without getting that gritty whole-grain taste.

I have a recipe that calls for broccoli rabe, but I can't find it at my supermarket. What can I use instead?

—Sara C., Marysville, WA

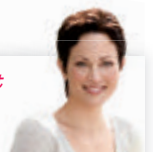
For most dishes, it's fine to substitute regular broccoli or leafy greens such as kale, mustard greens, or turnip greens. But you should ask your grocery or produce manager to start carrying this wonderful veggie. (You probably aren't the only one looking for it!) Rabe—which looks like a very leafy head of broccoli—has a pleasant yet bitter taste that adds complexity to any meal. It's fantastic when blanched and then sautéed with garlic and olive oil.

Want more delicious dishes?

> Get yummy recipes in your in-box at WomensHealthMag.com/Newsletters.

Ask the Expert

SEND ELLIE YOUR KITCHEN QUESTIONS AT



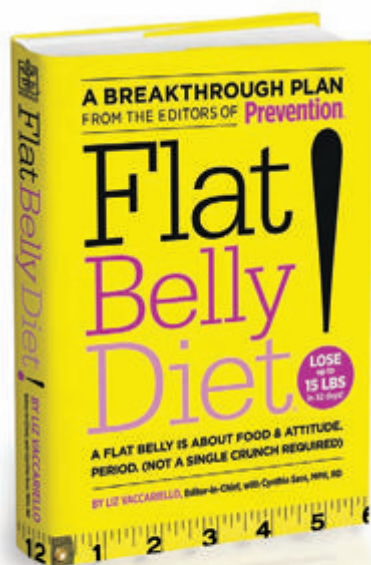
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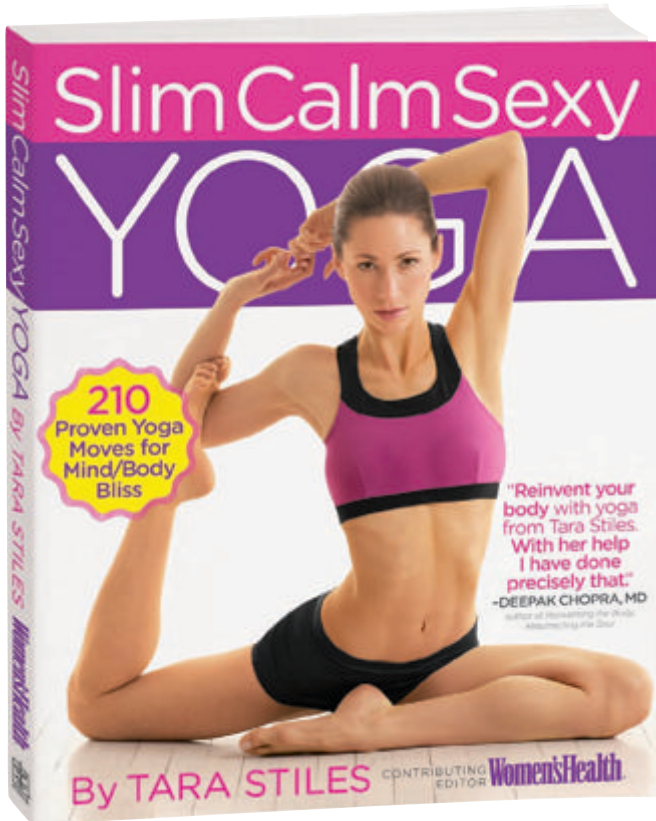
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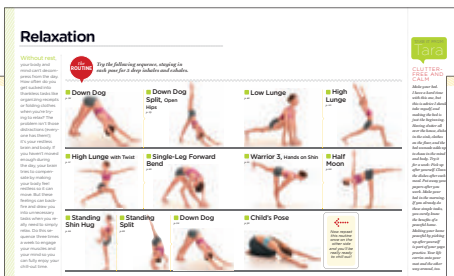
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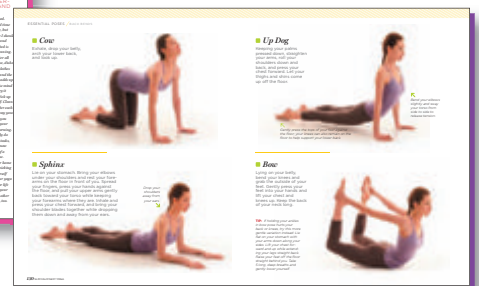
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Sex + Love

What He's Hiding from You98
What Men Think.102

Get as Good as You Give

Feel free to be a pleasure hog. It'll amp up the experience—for both of you.

By *Carrie Sloan*



CLEARLY, YOU DON'T HAVE TO WEAR THE PANTS TO CALL THE SHOTS.

→ While women may naturally be the more benevolent gender, when it comes to claiming bedroom bliss, there's good reason to get greedy. A new study conducted by Kwantlen Polytechnic University in British Columbia found that the more you focus on your own pleasure during sex, the more satisfied you and your partner will be. That's right, even *he* wants you to be selfish in the sack. "We were pretty surprised because we set out to provide evidence of the opposite," says study coauthor Cory L. Pedersen, Ph.D. And other sex experts agree that men get off on seeing their partners reveling in ecstasy.

It largely comes down to enthusiasm. A woman who has sex because she craves it is going to be really into the experience, says Pedersen. And that enthusiasm appeals to men for two reasons: First, when you take responsibility for your carnal contentment, he doesn't have to worry that you're not enjoying yourself—he can see that you are! And second, the sight of an aroused woman produces more of the sex hormone testosterone in men.

Still unsure how to claim your fair share? Start with these spine-tingling tips.

Treat Yourself

"From an evolutionary standpoint, the brain's main priorities are survival and sex. So when you're having sex, your brain's pleasure center gets the green light to orgasm when worry (or danger) isn't present. That's why it's important for women to be relaxed if they want to climax,"

says Gert Holstege, Ph.D., a professor of neuroscience at the University of Groningen in the Netherlands.

In one study recently published in the *European Journal of Neuroscience*, two groups of women had their brains scanned while they watched porn. And wouldn't you know it, the group that was more sexually charged showed lower levels of activity in the left brain, the part in charge of nagging to-do lists (clearly these women weren't thinking about picking up their dry cleaning).

To relax your mind enough to focus on your pleasure, ask your guy to give you a massage (rubdowns release the feel-good hormone oxytocin, which helps you zone out) or try this mindfulness technique from Louanne Cole Weston, Ph.D., a board-certified sex therapist in Fair Oaks, California: Imagine a ticker tape running in your brain that broadcasts only sexy thoughts. Every time something stressful or mundane enters your mind, address it briefly by saying to yourself, *I'll deal with that later*, and then allow yourself to flip to the next naughty image on your mental reel. Eventually, you will train yourself to drown out external noise and focus on the bliss your body is receiving.

Direct Him

Every guy has one go-to move in his arsenal that worked wonders on a past partner, so he keeps whipping it out for each new bedmate, hoping to repeat those ego-boosting results. The problem, of course, is that every woman's body responds differently to stimulation. For that reason, you need to tell him what makes your toes curl. "Don't worry that you're being bossy by telling him exactly what you like," says Belisa Vranich, Psy.D., author of *He's Got Potential: A Field Guide to Sty Guys, Bad Boys, Intellectuals,*

Cheaters, and Everything in Between. "Guys don't mind a little direction in bed. They know you want an orgasm, and they want to give it to you. Plus, it's so much less work for them." So take his hand, place it on the body part you want to be stroked, and simply say, "Touch me here."

Steal the Spotlight

This one might make you cringe, but hear us out: Gazing at yourself in the mirror while you're having sex can increase the heat significantly. In a recent study conducted at the University of Texas at Austin,

"Guys don't mind a little direction. They know you want an orgasm and they want to give it to you."

even women who didn't like their tummies, thighs, or boobs were turned on when they masturbated in front of a mirror. Experts figure that seeing your own naked, aroused body triggers a primal sexual instinct in women. Give it a shot when you're with your guy by propping up a full-length mirror next to the bed so you can both get an eyeful of the action.

Give Yourself a Hand

During intercourse, you probably let your hands wander all over your guy's body. But you might want to try keeping them to yourself, especially during positions such as doggy-style or reverse cowgirl. "These positions typically stimulate your G-spot and front vaginal walls, so stroking your clitoris—which is neglected in these poses—will double your pleasure," says Ian Kerner, Ph.D., author of *She Comes First*. Or just lie back and touch yourself. Watching you

masturbate will make him feel like a voyeur (a big turn-on for guys) and also give him pointers on how you like to be caressed. Everybody wins.

Don't Interrupt Oral

A woman will often stop a guy while he's pleasuring her orally because she assumes he's getting tired or bored. Not such a hot idea. "Some women report that when they are headed toward orgasm from oral sex and then stop to have intercourse, they can't

seem to get the momentum back and the orgasm ends up slipping away for good," says Weston.

Whenever you feel a surge of guilt about how long he's been down there, just remember this: Guys get off on giving you oral. In fact, a recent study published in the *International Journal of Sexual Health* says that men love the look and taste of their partner's genitals. "It's such a false stereotype that guys don't like to give oral sex," says Kerner. "Granted, the oral-averse man does exist, but most say it's an exciting way to bring a woman to climax." So next time, ride that wave all the way to shore. ■

Want more sexy ideas?

► Test out all 35 of our orgasm-inducing moves at WomensHealthMag.com/SexPositions.

Q & A

KISS AND TELL

• MICHELLE CALLAHAN, PH.D.
DrMichelle.com
Author of *Ms. Typed: Stop Sabotaging Your Relationships and Find Dating Success*

Sex during your period: good idea or bad idea?

—Meagan T., New York, NY

While some women feel bloated and unsexy during "that time of the month," many report a boost in arousal, thanks to all the extra blood flowing to the genitals. Plus, having an orgasm may lessen menstrual cramps. So if you and your guy are game, throw down a dark-colored towel and get busy. You may want to stick to horizontal positions like missionary, because when you're lying down, your flow tends to be lighter. Just remember that you can get pregnant during your period, and STDs are transferred easily during menstruation because your cervix widens, so you should use a condom.

Guys always friend-zone me. How can I get them to see me as a girlfriend?

—Sarah U., Brookline, MA

Start by revealing your softer side. Talk about things that are important to him (his family, his interests). Actively listening and asking a few questions will show that you're interested in him on a deeper level. Plus, you'll engage him in an intimate conversation he may not have with a friend. You could also dress up a little—he'll notice the effort. Finally, don't be afraid to drop a subtle hint (touching him on the arm while talking) or a big one (asking him out directly). A bold woman is a turn-on for some men.



Ask the Expert

SEND DR. MICHELLE YOUR SEX AND LOVE QUESTIONS AT

WomensHealthMag.com / Experts

What He's *Hiding* From You

Even if he's not concealing a Tiger-size secret, chances are, the guy who shares your bed is up to some sneaky stuff, according to our survey of more than 1,000 men. We reveal their eye-opening admissions.

By *Elise Nersesian-Solé*



Honey, why do you take such long showers?

That was incredible. Really...

XXX-cellent Adventures is on pay-per-view. Awesome!



Oh, Angelina! Um, I mean Erica.

Don't wait up. I have to work late again.

1

→ Late last summer, Elin Nordegren reportedly confessed to feeling “stupid” and “embarrassed” that she didn’t realize her golf-pro husband was having multiple affairs. The obvious question: Had she been ignoring the warning signs, or was Tiger Woods just really, really good at subterfuge? Another burning query on many women’s minds: Could the guy I love be keeping any dark secrets from me?

To find out, *WH* teamed up with its brother publication, *Men’s Health*, to conduct a poll of nearly 2,000 people (the female confessions are in this month’s *MH*) to find out what couples are keeping from each other. The first thing to note: Seventy-seven percent of the guys said it’s perfectly fine to keep secrets in a relationship. Here, the clandestine thoughts and actions you’ll definitely want to know about:

23

PERCENT OF MEN HAVE CHEATED ON THEIR CURRENT PARTNER

(And another 31 percent said they’d cheat if they could get away with it.) There’s no sugarcoating this info: Guys are tempted to stray. And their reasons for doing so are both sexual *and* emotional. Thirty-one percent of the cheaters say they strayed because they were bored in bed, and 24 percent said it was because they no longer felt desired by their partner. “Women make a huge mistake in assuming that men don’t need to feel wanted in the same way that females do,” says Debby Herbenick, Ph.D., author of *Because It Feels Good*.

→ Your Move

You can deal with both issues by pouncing on him more often—it keeps him guessing and lets him know you’re hot for him. Wake him up with oral sex or just straddle him when he gets home from work. And don’t phone in foreplay. Softly stroke his face, rub his shoulders, and make out as passionately as you did when you first got together.

45

PERCENT THINK ABOUT OTHER WOMEN DURING SEX

“Guys have a roster of images they use for fantasizing, and they’re constantly adding new ones to the mix,” says Scott Haltzman, M.D., author of *The Secrets of Happily Married Women*. “It can be anyone: a porn star, an actress, his coworker, your sister, or the waitress who poured his coffee at the diner this morning.” And while this sucks to hear, it’s totally normal. “I’m surprised more men didn’t confess to doing this,” says Herbenick. “How long intercourse lasts depends, in part, on his ability to stay aroused, and giving in to an exciting fantasy during sex can keep him going.”

→ Your Move

Don’t stress about it, says Herbenick. It doesn’t mean he isn’t attracted to you or wishes he were in bed with someone else. But if the thought of this really bugs you, make sex more intimate by turning on the lights or flipping into a position that allows for more eye contact (such as missionary or girl on top).

AWANI WILLET/GALLERY STOCK

55

PERCENT WATCH PORN AT LEAST EVERY WEEK

Plain and simple: Straight guys like looking at naked women. And since porn offers so many outrageous sexual scenarios, it could also be a way for him to “experience” crazy sex without actually going there. Wondering when guys cram in all this erotic viewing? It often takes place when you’re not home, while you’re sleeping, or when he’s at work.

➔ Your Move

“Women often assume that men use porn when they’re dissatisfied with their sex life, but a movie can’t compare to being with a real woman,” says Ian Kerner, Ph.D., author of *She Comes First*. So don’t sweat it. Glimpsing at porn a couple of times a week is normal. But if you suspect he’s developed a big-time porn habit (one sign is that he’s glued to his computer late at night and snaps it shut when you walk into the room) or he’s not initiating sex as much as he used to, then you might have a reason for concern. To address the problem without making him feel like a freak, Kerner suggests saying something lighthearted like, “Hey, there’s a real-live woman over here who really wants to have sex with you!” Chances are, that’s all the encouragement he’ll need.

17

PERCENT HAVE FAKED AN ORGASM

Quickened breathing, loud gasps, and clenched muscles aren’t just female plays—some men resort to them too. “If a man’s erection is starting to fade, he might fake an orgasm to avoid being humiliated in



What you don't know can hurt you.

AND THEN THERE'S THIS...

- > 56% secretly think they're the smarter one in the relationship
- > 19% are dating someone they know they don't want to marry
- > 27% wish their wives were bringing home a bigger paycheck
- > 34% have contacted a past love on Facebook
- > 40% have spilled a secret about you to their buddies

front of his partner,” says Lori Buckley, Psy.D., a sex therapist in Pasadena, California. A few common erection killers: feeling pressure to perform when he’s not in the mood, first-time jitters (he’s intimidated by how hot you are), and being drunk or tired. Hey, it happens.

➔ Your Move

The only way you’d know if he didn’t climax is if you slyly inspected the condom (please don’t!) or, if he was ungloved, you didn’t feel the physical sensation of his ejaculation.

Suspect he’s putting on a show? Don’t be offended, says Buckley. If he hasn’t hit his peak—and you’ve already climaxed—take a break to kiss or go down on each other. For

a guy, seeing a woman in the throes of pleasure is like hitting the sexual jackpot—and that can be enough to get him where he wants to go. “Ultimately, a fake O once in a blue moon is probably situational and nothing to worry about,” says Kerner. “But if you think it’s happening often, ask him about it in a nonaccusatory way.”

41

PERCENT HAVE SNOOPED THROUGH THEIR PARTNER'S E-MAIL OR PHONE

“Networking sites like Twitter, Facebook, and Four Square offer so many avenues into what your partner is thinking that snooping can become irresistible,” says Benjamin R. Karney, a professor of psychology at the University of California at Los Angeles. In fact, women do it too: Our WH/MH poll found that 50 percent of chicks are guilty of cyber-sleuthing.

➔ Your Move

“If you think he’s snooping or you’ve caught him red-handed, ask yourself if there’s a reason he

might be worried. Do you have a close guy friend he hasn’t met? Is your ex still around?” says Karney. Ask him, “What did you think you’d find?” Tell him that if he wants to know anything, he should just ask you. (And then go change your passwords.)

47

PERCENT SAY THEY MASTURBATE WEEKLY (AND 17 PERCENT DO IT DAILY)

Weirdly, it’s often a good sign. “Men usually masturbate more when they’re having regular sex,” says Kerner. “The more sex he’s having, the higher his libido and the more he’ll feel like having sex. So if you’re not around, he may take matters into his own hands.” And sometimes he’s just lazy—he wants a quick release and lacks the energy for the real thing.

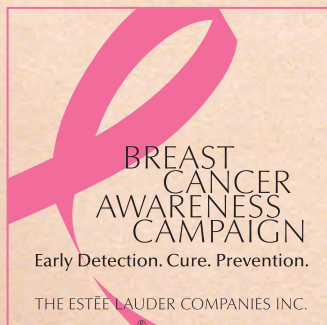
➔ Your Move

Nada. “Men produce 10 times more testosterone than women do, so it’s common for them to feel urges more often,” says Kerner. “If he’s masturbating, that probably means he’s sexually satisfied.”

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WOMAN
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• Smoldering stare? Check. Pillowy lips? Check. Lust object? Check!

WHAT
men
THINK

Karl Urban,
38, who stars in the new action-comedy *Red*, reveals how to capture a guy's attention...and keep it.

In *Red*, you play a tough guy. In real life, what's your most alpha quality, and your most girlie one?

I'm a very physical guy. I love fishing and surfing, and I work out every day. I'm high energy. My most feminine quality is that I love to light scented candles and take long baths. I could be in there for hours.

How should a woman approach a man she's interested in?

Nothing beats a great smile. Be genuine and fun. And having a sense of humor is fantastic. But it all comes down to confidence. She may have these amazing attributes—intelligence, wit, humor—but if there's a lack of confidence it inhibits people from connecting. Just be self-assured and you'll be good.

What do guys find so thrilling about the chase?

It's that whole hunter-gatherer thing. Guys think, *I must conquer this!* Chasing someone is about discovery.

In what way do women underestimate men?

Thinking that men can do only one thing at a time. We can actually do one and a half things!

Seriously, I can cook a meal, feed a dog, and talk on the phone [all at once] exceedingly well.

You've been hitched for seven years. What have you found to be the best thing about marriage?

Being able to confide in someone who is patient with you, who understands and supports you. I don't believe I could work as effectively at what I do without the support of my wife.

—*Elise Nersesian-Solé*

Want more love advice?

> To find out what other celeb guys have to say, visit WomensHealthMag.com/Men.

Winter Wear at **Walgreens**

Dry, itchy skin, flaky lips, Rudolph-red nose—sounds like you've got a case of the winter woes! While the white scenery and sentiment of the season are both magnificent, the torture that cold weather inflicts on your face and body is anything but. That's why Women's Health and Walgreens partnered up to bring you a great selection of must-have products to get you through the next few months. So grab a hot cup of tea and a fuzzy pair of slippers, and then flip to find your winter Rx.

Look inside to find out how to get a free fleece blanket from Women's Health.

Garnier Ultra-Lift® Anti-Wrinkle Firming Moisturizer SPF 15



Featuring Pro-Retinol from Nature, this daily anti-wrinkle cream with SPF protection is proven to deliver effective wrinkle repair action while gentle on skin.

Tip

Smooth Move

Lack of moisture in cold air can dry out skin, making wrinkles more noticeable. To keep your face looking firm and crease-free, use a wrinkle-fighting cream as a primer for your foundation. Apply a pea-size dot to your forehead, cheeks and chin. Massage the product into your skin using gentle, circular motions (vigorous rubbing can loosen skin and create more creases down the line!). Now use a damp sponge to stipple on your foundation so as not to remove any of the moisturizer you just applied.

SLIMQUICK®

Lose up to 25 pounds quickly† with New SLIMQUICK® Ultra Fat Burner. Designed for women, it uses a key ingredient that works to help BURN FAT, CALORIES and CARBS. Incorporate into your diet and exercise routine to achieve your weight-loss goals.

† KEY INGREDIENT WITH DIET OVER 90 DAYS



Tip

Slim Down

Bulky sweaters and coats hang sexier on a fit frame. Bust water retention and seasonal weight-gain (darn those holiday parties!) with an energy boosting, appetite-suppressing supplement. Look for one that contains caffeine (to help with fat oxidation) and/or green tea, which helps fight obesity and lowers LDL, or “bad cholesterol.”

Curél® Ultra Healing® Lotion for Dry Skin

Ideal for extra dry skin, this ceramide-rich formula has been clinically proven to repair and renew extra-dry skin two times better than the leading intensive lotion. It contains extra-strength, naturally hydrating agents to help even the driest skin feel immediately soft, supple and restored.



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USE AS DIRECTED. *AMONG OTC MOUTHWASHES.

Tip

The White Stuff

Scarves and hats make most of your face invisible, except of course your smile. Make sure it's bright enough to make a statement (with fresh breath, to boot!). Swish with a whitening mouthwash after meals. And remember to rinse your mouth with water immediately after drinking beverages that have a tendency to stain, like dark sodas, coffee and, the ultimate offender, red wine. Doing so will make the mouthwash's job much easier!



Tip

Stay Soft

Keep your exposed parts from looking like alligator limbs by gently exfoliating all over with a nubby washrag or bath puff (a smooth surface will accept moisturizer more evenly). Then, massage a lotion containing moisturizing ingredients like ceramides and shea butter into your damp skin. For ample moisturization, use two pumps for each body part from joint to joint. For example, two pumps from wrist to elbow, two more from elbow to shoulder and so on.

Bold Remedies

These quick tips will help your skin stay soft all season.

1.

Resist the urge to take long, hot showers or baths (even though you are cold!). They will suck the moisture out of your skin, drying it out further. Instead, take showers in warm water for only five minutes. And warm up with a nice fluffy towel.

2.

Apply moisturizer to damp skin. It may feel strange at first, and you may have to rub it in a little longer for it to fully sink in, but the excess water on your skin's surface will help with maximum absorption.

3.

Avoid using minty-feeling lip balms. Menthol and camphor can be tempting because they feel soothing, but actually they tend to dry further, so stick to basic formulas that contain natural ingredients like shea butter, coconut oil or beeswax.

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Life Skills

Mad Money 112

Make Your Own *Luck*

You're more in control of your destiny than you think. Follow this simple advice for getting great stuff to come your way.

By Alexandra Hall

• Positive energy brings you positive results.

at the University of Utah, agrees: “What appears to be luck is really the result of perceptions, personality traits, choices, and actions. And all of that is within your control.” Read on and discover how to put good luck firmly in your grasp.

Consider Yourself Lucky

Want to improve your luck? It could be as easy as adjusting your attitude. Studies show that people who consider themselves lucky actually tend to be—it’s a self-fulfilling prophecy. That’s because positive thinkers are always keeping their eyes peeled for fortuitous situations, and they’re more likely to pounce on them when they arise.

In a study conducted by Wiseman, researchers placed some money on the sidewalk in the paths of different

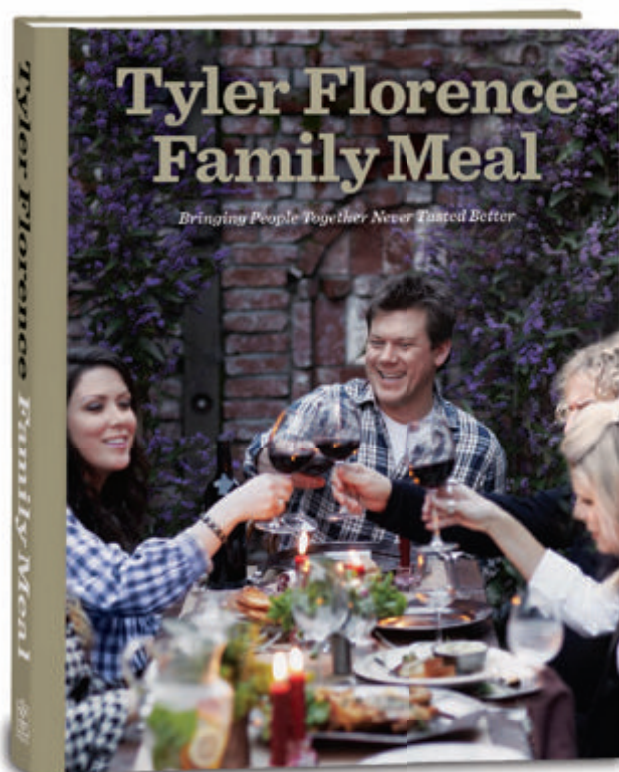
“What we think of as chance and luck are not at all the same thing,” explains Richard Wiseman, Ph.D., a psychologist from the University of Hertfordshire and author of *The Luck Factor*, who has done a decade of research on the topic—enough to convince him that no more than 10 percent of life is actually random or pure chance. “The rest is luck,” he says. “And luck is determined by your attitude toward life, by what you put out into the universe and how you respond to the results.” Carol Sansone, Ph.D., a professor of psychology

Studies show that people who consider themselves lucky actually tend to be—it’s a self-fulfilling prophecy.

⇒ We’re taught to believe that some people are simply born lucky, when in reality, that’s just a convenient excuse to lean back and take it easy, rather than try to exert some control over our destiny. After all, if you aren’t one of the “chosen” fortunate ones, what can you possibly do about it?

Well, actually, quite a bit. The fact is, more and more psychologists are finding out that it isn’t the hand you’re dealt that’s important in life but how you play your cards. To put it another way: We’re all capable of making our own luck.

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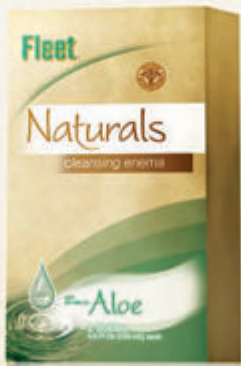
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Life Skills

Make Your Own Luck

people—some who claimed to be lucky, and others who considered themselves unlucky. The “lucky” people noticed the money and picked it up; the “unlucky” people walked past the cash. “Serendipitous types are upbeat and optimistic,” says Sansone. “They look for luck in all kinds of events, and they expect good outcomes.” It’s a numbers game: If you believe you have a good shot at winning, you’re more likely to participate in the football pool at work or the guess-how-many-jelly-beans-are-in-the-massive-freakin’-jar contest at the mall. The more you take advantage of these chance opportunities, the more you improve your odds.

> LUCKY YOU: “As they say about the lottery, ‘You have to play in order to win,’” says Daniel “Chip” Denman, a statistician at the University of Maryland. If you don’t take chances and put yourself in a position to have something positive happen, it won’t. And pay close attention to what you’re putting out there: “The reactions you draw from others are a huge factor in determining your own luck,” says Sonja Lyubomirsky, Ph.D., a psychologist at the University of California at Riverside. “If you exude positive energy, people will respond to you positively.”

Shift Your Focus

Hey, there’s certainly nothing wrong with being a conscientious worker and pouring your heart and soul into a worthwhile project. But by tuning out the rest of the world, you may be missing out on another way to reach your goal. People who are less flexible tend to overlook opportunities by staying too focused on only one path, according to Elizabeth Nutt Williams, Ph.D., a psychology professor at St. Mary’s College of Maryland. “That type of tunnel vision may lead to faster results,” she says, “but being willing to explore unforeseen opportunities can lead to different and unexpected outcomes, and sometimes better results in the long run.”

> LUCKY YOU: Give it a rest, OK? Every once in a while, take a time-out from whatever project you’ve been slaving over. Not only will taking a breather clear your head and refresh your mind, but it may bring you in

HOLD IT!
New research shows that good-luck charms may actually be effective.



**Live a
CHARMED LIFE**

Don’t be embarrassed to bust out that rabbit’s foot.

► Your grandmother’s locket. A four-leaf clover. A worn-out pair of underwear you’ve held on to for the past 10 years. Do certain “lucky” charms really hold special powers? Possibly. A belief in superstitious rituals can yield performance-improving effects, according to Lysann Damisch, coauthor of a recent study on the part that superstition plays in luck, published in *Psychological Science*. “Superstition can increase people’s confidence,” explains Damisch, who pursued the study after realizing just how many sports stars wore good-luck clothing items on big game days. “In other words, if you have your lucky charm close by, you’ll feel more confident and secure, which makes you try harder and perform better.” Check out some of the study’s results:

IMPROVED ACCURACY

Test participants who were handed a golf ball and then told, “Here is your ball. So far, it has turned out to be a lucky ball,” were actually 35 percent more likely to sink their putts than those who were given the golf ball and simply told, “This is the ball everyone has used so far.”

MORE PERSISTENCE

In an anagram game, participants were asked to form as many words as possible from a string of eight letters. People with lucky charms tended to set higher goals (16 more words) and stuck at it longer (almost five and a half minutes more) than those whose lucky charms had been removed.

BETTER MEMORY

People who had lucky charms did better when playing memory games than those who were separated from their good-luck tokens. Even better news: Those with charms claimed they felt 30 percent more capable than the competitors who didn’t have their keepsakes.

17

PERCENTAGE OF WOMEN'S HEALTH READERS
WHO SAY THEY HAVE A LUCKY CHARM—OR
RITUAL—THAT REALLY WORKS!

contact with something (or someone) that can help with whatever it is you're working on. Inspiration can come from pretty much anywhere: After-work margaritas with coworkers can lead to some helpful piece of office gossip or help you get a better understanding of what makes your boss tick. A few minutes of Web surfing might uncover a recent news story or study that supports a thesis you're writing.

Take More Risks

People who consider themselves lucky tend to take more chances, strike up more conversations with strangers, and follow more job leads. Instead of telling themselves, *There's not a snowball's chance in hell that's going to happen*, they tell themselves, *That looks kind of cool. Maybe I should check it out*. And they get stuff—good stuff, like a bump up to first class (simply because they asked for it), a cute boyfriend (who says you shouldn't make the first move?), or a cool job (they had the moxie to ask for a sit-down with the boss). And it gets better: Good outcomes increase the belief that you can accomplish whatever you set out to do, which fuels an appetite for future risk.

> **LUCKY YOU:** You know the annoying little voice playing inside your head that's telling you not to do something? The one that sounds suspiciously like your hypercritical mother, your best frenemy, or your downer of a 10th-grade guidance counselor? Well, risk-taker types learn to tune out all the negativity. Follow their lead by listening to your gut and refusing to retreat (even if you have a few doubts). Instead, ask yourself this: *What's the worse that can happen if I try this and fail?* Chances are, it isn't all that bad. Then ask yourself, *What will I regret more months or even years down the road: taking the risk or playing it safe?* You already know the answer to that.

Brush Off Failure

Yes, failing sucks. But if you're going to let a critic's harsh words, a few (OK, numerous) impersonal rejection letters, or a job promotion that never materialized knock you out of the game—or make you reconsider your

goal—you're making a serious mistake. An important trait among lucky people, according to Lyubomirsky, is that they don't get terribly fazed when something doesn't go according to plan, and they tend to move quickly to the next step. "They have an adaptive way of dealing with failure," she explains. "They don't dwell on the negative or let obstacles get in the way of taking another chance later." Serendipitous types know that there are a lot of different paths for getting wherever it is they want to go. And even if their dream doesn't pan out, there's always another (usually better) opportunity just around the corner.

> **LUCKY YOU:** Instead of sulking over a few nasty setbacks, use them to your advantage. Ask yourself, *What have I learned from these experiences? What do I need to do next?* Remember: Life's little roadblocks aren't the end, they're merely part of the journey as you make your way toward your ultimate goal. They're opportunities to tweak your talents and iron out the kinks so you can try again. And kick butt.

Break Familiar Patterns

Turns out, change really is good. Easygoing people who have more of a go-with-the-flow approach to life—and who are more willing to alter their daily or weekly routines—open themselves up to more opportunities and fortuitous encounters.

> **LUCKY YOU:** Promise yourself that every couple of days, you'll break away from your usual patterns or, as Denman puts it, "shuffle the deck of your daily activities." Even a small adjustment—going out to lunch instead of brown-bagging it, taking an alternate route to work, trying a different fitness class—will double the number of people you come in contact with and increase the chances of something good happening. "Taking a step out of the ordinary can be a great way to find good fortune," says Denman. But, he warns, you have to be mentally prepared to look for the good in any given situation. So keep your eyes peeled. You won't see potential opportunities if you're lost in your own little world. ■

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Mad Money

The term usually refers to a stash of rainy-day cash. But lately, it could well sum up how bonkers some people get when it comes to dealing with their finances. Here's how to keep a clear head through good times and bad.

By Jean Chatzky

• *Have a high tolerance for risk? Hold on to those bucks.*

➔ It was the kind of thing a Brit might refer to as “bad form.” This past May, Sarah Ferguson, the Duchess of York, was nabbed on videotape reportedly promising access to her ex-husband, Prince Andrew... in exchange for £500,000 (about \$750,000). The person she was dealing with turned out to be an undercover reporter running a sting operation. Why would Fergie—a former British Royal, Weight Watchers pitchwoman, and best-selling children’s book author—risk her reputation as well as her seemingly cordial relationship with her ex?

The fact is, money—just like love, drugs, and alcohol—can make us do crazy (and often stupid) things. And the more moola that’s on the line, the more likely it is for logic to fly out the window. “No doubt about it, we act differently when money is involved,” says Sheena Iyengar, a professor at Columbia Business School, who offers this explanation: “Money isn’t just a tool we use to get the things we want in life.” Sure, it may have started out that way, in the days when we traded in pelts or cowrie shells. But today money is loaded with all sorts of meanings: power, security, and again, love. And as a result, we treat money differently from other commodities.

“If I take any other resource—such as a basic one like water, or a luxury like bottles of champagne—and I say I’m going to divvy it up among my employees, there’s a feeling that it should be split fairly,” says Iyengar. “But if I say I have some extra money, more infighting is involved. People consider, *Who’s more worthy? Who’s less?* It’s a value judgment—morality is associated with it. So it’s more complicated.”

That’s why clear thinking is of paramount importance in matters of how we spend, save, and invest. By following the advice on these pages, you’ll improve your chances of managing your money rationally, even when your brain wants it the other way around.

Understand Your Natural Tendencies

Where money is concerned, people tend to do two things over and over, says Barry Schwartz, author of *The Paradox of Choice*. First, we adapt to how much money we have. That’s why two paychecks after getting a raise you can’t remember how you could have lived on less. Second, we compare ourselves with others. How much you have isn’t nearly as important as whether or not you have more than your best friend or coworker does, says



High-Heeled Rollers

Why more women are stepping up to the casino table

Walk into a casino and take a look around. It’s likely you’ll no longer be in the minority, gender-wise. “Not because men are gambling less,” says Keith Whyte, executive director of the National Council on Problem Gambling, “but because women are gambling more.”

What’s behind the boost?

For one thing, stress. “Men tend to be action gamblers. They do it to beat the odds,” says Marcy Hawkins, a California-based gambling counselor. But women hit the slots to escape pressure—juggling a job, marriage, kids. “It’s not necessarily about winning,” says Hawkins. “It’s about being in a place where they’re free from worries.” In fact, research shows that the rhythm of electronic gambling (like the spinning reels of a slot machine) puts players into an almost trancelike state referred to as the machine zone.

Convenience is also part of the appeal. In 1972, only seven states had lotteries; now some form of legalized gambling exists in all but two (Utah and Hawaii). Plus, the easy access and anonymity of Internet gambling sites lure a lot of women.

Suspect you may have a gambling problem?

Get help. Gamblers Anonymous (gamblersanonymous.org) offers free support meetings around the country.

Schwartz, adding, “Chances are, if you make an irrational decision about money, one or both of those factors are in play.”

Making or losing money can also cause the brain to go haywire. “Losing a lot of money is particularly painful,” says Jason Zweig, author of *Your Money & Your Brain*. In fact, most of us hate parting with money much more than we enjoy gaining an equal amount. The phenomenon, called loss aversion, was first recognized by two psychologists from the Hebrew University of Jerusalem in 1979.

Here’s what’s going on inside your head when dealing with a financial loss. Fear and anxiety cause a part of the brain—the amygdala—to spring into action and prompt you to react. This “act now!” impulse can cause you to make snap decisions. Most people are wired to avoid loss, so this reaction often makes us bad investors, because we tend to unload our winning stocks and hold on to the losers. Why? Because, says Zweig, admitting the loss hurts too much.

Figure Out Your Risk Threshold

While most people are risk averse, some actually enjoy sticking out their neck, says Bert Whitehead, author of *Why Smart People Do Stupid Things with Money*. In the latter case, the hormones produced under stressful situations give them a high, and they enjoy the euphoric feeling so much, they can’t resist seeking out risky situations (gambling, cheating on their spouse, buying hot stocks that are getting a lot of play in the news, jumping out of an airplane). When people have a high risk tolerance, explains Whitehead, they may have a skewed sense of what’s truly dangerous and what’s not. “I have clients who believe the stock market is risky, but they think nothing of going to Las Vegas and putting \$10,000



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Life Skills *Mad Money*

down on the craps table.” It’s the gambling aspect that excites them.

To understand what you’re doing, take a look at your behavior in other areas of your life. Whether you get a jolt from playing extreme sports or having unprotected sex, you should know that the same risky patterns could be hurting you financially. But being too cautious isn’t beneficial either. If you shy away from even small risks—say, trying a new food or traveling abroad—you may not be taking enough chances with your retirement portfolio. Loading up on CDs when you should have some stocks for equity isn’t smart either.

40

PERCENTAGE OF WOMEN
AGES 26 TO 39 WHO CARRY
A CREDIT CARD BALANCE OF
\$5,000 OR MORE—AND 20
PERCENT OF THOSE WOMEN
OWE MORE THAN \$10,000

If you want to make wise investment decisions, start by considering the appropriate asset allocations for your age. The rule: Subtract your age from 100. That’s roughly the percentage of money you want to have in stocks. (For example, a 40-year-old should have 60 percent of her portfolio devoted to stocks.) Put the rest in bonds and cash. Then, if you want to take a chance and pour money into a friend’s business or buy a stock you heard about on a tip, limit your exposure to just 5 to 10 percent of your portfolio. Super-risky bets (like casino gambling) should come out of your entertainment budget.

Consider the Trade-offs

Next time you’re faced with a financial what-if, consider the alternatives. Most people don’t. Duke University professor Dan Ariely, Ph.D., author of *The Upside of Irrationality*, and his team of researchers went to a car dealership and asked shoppers, “What will you not be able to afford if you buy this car today?” Turns out, most were unable to answer. “Money is hard to think about. And when people have mortgages, loans, and credit cards—all of which make it more difficult to figure out how much money we have and how much we’ll need—it’s even trickier to decide whether or not to proceed,” he says.

Making intelligent choices means being *über*rational. Before pulling out the plastic, look at the best-case and worst-case scenarios. Ask yourself, *If I make this purchase, what does the optimum outcome look like, and what’s the likelihood that it will happen?* Do the same for the worst possible consequence, and force yourself to look at what you would need to do if it occurred. “The trade-offs have to be made salient,” says Iyengar. “They can’t just be numbers. You have to understand them emotionally too.” Translation: You can’t just think about losing \$1,000; you have to consider what it means to your life. Are you betting or spending so much that you’d have to give up dining out? Put off buying new clothes for a year? Move into a smaller apartment? Be as clear as possible about the consequences and it can help you make sound decisions.

Recognize the Allure of Living Large

Further complicating the scenario: The bigger the numbers get, the less rational we’re likely to be. Take the lottery. When the jackpot is “only” a few million, people buy one or two tickets, or don’t play. But when the prize grows to hundreds of millions, people will go to extremes to get in on the action, driving across the state line, even though the chances of winning have gone down. Fergie, who reportedly admitted after the incident that her finances were suffering, likely behaved as she did because of the large amount of money on the table and the fact that she had adapted to a lavish lifestyle. She didn’t just want some money, she probably wanted enough to reclaim her former way of living.

But everyone who desperately longs to be wealthy should consider this: A Roper study conducted for my book *The Ten Commandments of Financial Happiness* revealed that what you need to feel happy is enough cash to live comfortably—not lavishly, just comfortably. More money than that won’t buy more happiness. Understand this, says Whitehead, and you can quite possibly control your brain and avoid nutty behavior. “The true definition of financial independence,” he says, “is knowing how much is enough.” ■

Want more money advice?

Get a handle on your cash by visiting
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01

Skinny Cow Low-Fat Ice Cream Cups—Strawberry Cheesecake

Real cheesecake flavor with sweet strawberry swirls in a nice-sized cup!

Per container: 150 cal, 1g fat (0.5g sat), 32g carbs, 65mg sodium, 4g fiber, 4g protein



SWEETS & TREATS

Stress-free decadence

2 Blue Bunny All-Natural Frozen Yogurt—Bordeaux Cherry Chocolate

Creamy and indulgent (like ice cream!) with chunks of cherries and chocolate. Digestion-helping probiotics are the bonus.

Per ½ cup: 120 cal, 3g fat (1.5g sat), 21g carbs, 50mg sodium, 2g fiber, 4g protein



3 Smart Ones Peanut Butter Cup Sundae

No need to hit the ice-cream parlor: This yummy dessert is topped with thick fudge sauce and mini peanut butter cups.

Per dessert: 170 cal, 5g fat (2.5g sat), 28g carbs, 90mg sodium, 3g fiber, 4g protein



4 Häagen-Dazs Mango Sorbet

An amazing sorbet made with mango puree and lemon, carrot, and pumpkin juices, served up in a portion-controlled cup.

Per container: 140 cal, 0g fat (0g sat), 0mg sodium, 0g fiber, 0g protein



5 Weight Watchers Strawberry Smoothie Low Fat Frozen Yogurt Bars

A strawberry smoothie on a stick for only 60 calories? Yup. So go ahead—enjoy two.

Per bar: 60 cal, 1g fat (1g sat), 12g carbs, 25mg sodium, <1g fiber, 1g protein



6 Barbara's Bakery Snackimals—Chocolate Chip

These crunchy, all-natural, partially organic chocolate-chip animal crackers are so good you'd steal them from a kid.

Per 10 cookies: 120 cal, 4g fat (0g sat), 19g carbs, 80mg sodium, 0g fiber, 1g protein



7 Back to Nature Cranberry Pecan Granola Cookies

Generously sized and delicious, these heart-healthy cookies are made with whole-grain rolled oats, dried cranberries, pecans, honey, and pineapple, pear, and peach juices.

Per cookie: 130 cal, 6g fat (0.5g sat), 20g carbs, 105mg sodium, 2g fiber, 2g protein



8 Jell-O Mousse Temptations—Dark Chocolate Decadence

For all the mousse lovers out there, this fluffy, airy, and (best part!) easily portable delight contains only 60 calories and 2.5 grams of fat.

Per container: 60 cal, 2.5g fat (1.5g sat), 10g carbs, 100mg sodium, 1g fiber, 2g protein



9 Barry's Bakery French Twists—Chocolate Chip

Crunchy, sweet cinnamon puffed pastry that's easy on the scale and light on artery-clogging fat.

Per 2 twists: 60 cal, 2g fat (0.5g sat), 9g carbs, 25mg sodium, 0g fiber, 0g protein



10 Surf Sweets Jelly Beans

Soothe your sweet tooth with ease: These jelly beans are made with organic fruit juice (no corn syrup here!) and zero artificial colors or flavors.

Per bag: 90 cal, 0g fat (0g sat), 22g carbs, 15mg sodium, 0g fiber, 0g protein



11 Pepperidge Farm Goldfish—S'mores Adventures

Love s'mores, but not the open fire or melted marshmallow all over your hands? Try these. And if you like quantity with your quality, rejoice! You get 54 goldfish for only 130 calories!

Per serving (54 pieces): 130 cal, 4.5g fat (1g sat), 23g carbs, 125mg sodium, 1g fiber, 2g protein



12 Weight Watchers Chocolate Crème Cake

A rich cake with a delish creamy center that will quell any raving chocolate craving—without packing on pounds.

Per cake: 80 cal, 3.5g fat (1.5g sat), 16g carbs, 95mg sodium, 4g fiber, 1g protein



KEY

- PROMOTES WEIGHT LOSS
- BUILDS MUSCLE
- BATTLES CANCER
- FIGHTS HEART DISEASE
- BUILDS BONE
- ORGANIC

BREADS & CEREALS

The best dough for your money

13 Weight Watchers 100% Whole Wheat Pita Pocket Bread

Stuff away! These pitas have a filling seven grams of protein and nine grams of fiber.

Per pita: 100 cal, 1g fat (0g sat), 24g carbs, 260mg sodium, 9g fiber, 7g protein



14 Arnold Grains & More 100% Whole Wheat Triple Health Bread

What *hasn't* been crammed into this loaf of bread? It's teeming with fiber, protein, and heart-protecting omega-3s.

Per slice: 100 cal, 2g fat (0g sat), 20g carbs, 170mg sodium, 6g fiber, 4g protein



15 Erin Baker's Breakfast Cookie—Banana Walnut

Enjoy banana puree, walnuts, and oats for breakfast. Grab one during the morning rush or before a sunrise run.

Per cookie: 300 cal, 8g fat (0.5g sat), 52g carbs, 240mg sodium, 5g fiber, 7g protein



16 BetterOats Oat Revolution! Thick and Hearty Old-Fashioned Instant Oatmeal—Apples & Cinnamon

A delicious but not goeey instant oatmeal that comes in portion-controlled pouches. Apples and cinnamon add just the right amount of sweetness—no sugar overload.

Per pouch: 130 cal, 2g fat (0g sat), 26g carbs, 170mg sodium, 3g fiber, 3g protein



CONDIMENTS

Toppers and dips that deliver flavor, not fat

24 Annie Chun's Chinese Stir Fry Sauce

Try it in your next veggie stir-fry—it's lower in sodium than most other brands. Preservative-free too.

Per Tbsp: 45 cal, 3 g fat (0 g sat), 4 g carbs, 350 mg sodium, 0 g fiber, 1 g protein



25 Mrs. Renfro's Habanero Salsa

All kinds are delish, although we really loved the sweet and spicy mango variety. Serve with chips and Mexican dishes, or try it as a garnish for grilled fish or chicken.

Per 2 Tbsp: 15 cal, 0 g fat (0 g sat), 4 g carbs, 170 mg sodium, 0 g fiber, 0 g protein



26 Classico Organic Spinach & Garlic Pasta Sauce

Delicious everyday pasta sauce with added greens and garlic. Lower in sodium than other kinds too.

Per 1/2-cup serving: 70 cal, 1.5 g fat (0 g sat), 11 g carbs, 330 mg sodium, 2 g fiber, 2 g protein



27 LaFamiglia DelGrosso Uncle Joe's Vodka Celebration All Natural Pasta Sauce

Worth the splurge for real homemade taste. And you'll recognize everything on the ingredients list.

Per 1/2-cup serving: 90 cal, 6 g fat (2 g sat), 8 g carbs, 430 mg sodium, 2 g fiber, 2 g protein



28 French's Horseradish Mustard

Gives traditional mustard a wake-up call. A great almost-calorie-free flavor bomb.

Per tsp: 5 cal, 0 g fat (0 g sat), 0 g carbs, 80 mg sodium, 0 g fiber, 0 g protein



29 Cedar's Tzatziki Greek Strained Yogurt Dip—Cucumber and Garlic

Smooth, cool, and creamy, the perfect topping for Greek favorites or as a veggie dip.

Per 2 Tbsp: 35 cal, 2.5 g fat (1 g sat), 2 g carbs, 55 mg sodium, 0 g fiber, 1 g protein



30 Jif Omega-3 Creamy Peanut Butter

Tastes like the stuff you remember eating as a kid, but has the addition of the omega-3s EPA and DHA, making it even more heart healthy.

Per 2 Tbsp: 190 cal, 16 g fat (2.5 g sat), 8 g carbs, 160 mg sodium, 2 g fiber, 7 g protein



31 Colavita Extra Virgin Olive Oil

A rich, quality olive oil that works well as both a cooking and dressing oil.

Per Tbsp: 120 cal, 14 g fat (2 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



32 Briannas Special Request Lively Lemon Tarragon Dressing

Tart and tangy—with no fat! Drizzle on salads, or use it to marinate any type of meat before cooking.

Per 2 Tbsp: 35 cal, 0 g fat (0 g sat), 8 g carbs, 150 mg sodium, 0 g fiber, 0 g protein



33 Crisco Puritan Canola Oil with Omega-3 DHA

This is a great, light-tasting general kitchen oil. It gives you 20 percent of the omega-3 DHA you need—with no fishy taste.

Per Tbsp: 120 cal, 14 g fat (1 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



34 McCormick Perfect Pinch Savory All-Purpose Seasoning

Infuse foods with tons of flavor (and no extra sodium or calories) with this premixed blend of chili pepper, thyme, oregano, rosemary, turmeric, ginger, cinnamon, and paprika.

Per 1/4 tsp: 0 cal, 0 g fat (0 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



35 Wild Thymes Tangerine Salad Refresher

Much more complex and taste-bud-rewarding than your typical bottled fare. Can also be used to marinate chicken or seafood.

Per Tbsp: 32 cal, 16 g fat (2.6 g sat), 2.4 g carbs, 5.5 mg sodium, <1 g fiber, 0 g protein



36 Ready-Pac Pico de Gallo

Whip this out when friends stop in—they'll never know you didn't make it! Also a great topper for quesadillas and tacos.

Per 2 Tbsp: 5 cal, 0 g fat (0 g sat), 2 g carbs, 15 mg sodium, 0 g fiber, 0 g protein



37 Heinz No Salt Added Tomato Ketchup

Made with AlsoSalt, a salt alternative, this ketchup has five milligrams of sodium compared to the 170 in regular red stuff. And the best part? You'll barely taste the difference.

Per Tbsp: 25 cal, 0 g fat (0 g sat), 6 g carbs, 5 mg sodium, 0 g fiber, 0 g protein



PASTA & RICE

No need to fear these carbs

38 Ronzoni Garden Delight

Infused with dried carrots, tomatoes, and spinach, this pasta delivers half a serving of veggies. No wonder it's packed with vitamin A and loads of energizing B vitamins.

Per 2 oz dry: 190 cal, 1 g fat (0 g sat), 40 g carbs, 15 mg sodium, 4 g fiber, 7 g protein



39 Healthy Choice Fresh Mixers Rotini & Zesty Marinara Sauce

Nuke the genius package and you'll get a desk-side lunch that packs seven grams of fiber, a serving of veggies, and a whopping 930 milligrams of heart-healthy potassium. No need to refrigerate it either.

Per package: 300 cal, 4 g fat (1 g sat), 56 g carbs, 600 mg sodium, 7 g fiber, 10 g protein



40 Barilla Plus Penne

Thanks to a smart mix of slowly digested semolina wheat, whole grains, and legumes, this pasta will keep you satisfied for hours.

Per 2 oz: 210 cal, 2 g fat (0 g sat), 38 g carbs, 25 mg sodium, 4 g fiber, 10 g protein



41 Eden Organic 100% Whole Grain Udon Pasta

With 15 percent of your daily dose of iron, zinc, and niacin, plus 20 percent of your day's thiamin, phosphorus, and magnesium, Eden's Japanese noodle puts others to shame.

Per 1/2 cup: 180 cal, 1.5 g fat (0 g sat), 38 g carbs, 120 mg sodium, 5 g fiber, 8 g protein



42 Casbah All Natural Wild Mushroom Toasted CousCous

Whip this up when you're entertaining. It's so incredibly rich and tasty, no one will know it came from a box.

Per 1/2 cup dry: 170 cal, 0.5 g fat (0 g sat), 34 g carbs, 480 mg sodium, 2 g fiber, 6 g protein



43 Seeds of Change Organic Uyuni Quinoa & Whole Grain Brown Rice with Garlic

We don't know which is better—the delicious combo of perfectly spiced brown rice and quinoa or the fact that you can zap it in the microwave in 90 seconds.

Per cup: 240 cal, 3.5 g fat (0.5 g sat), 47 g carbs, 400 mg sodium, 3 g fiber, 6 g protein



44 Arrowhead Mills Organic Pearled Barley

Move over, oatmeal. Barley is the ultimate grain for heart health, with more cholesterol-lowering beta glucan than oats—and more protein and fiber too! Have it as a side, try it in soup, or use it in place of rice in risotto.

Per 1/4 cup dry: 160 cal, 1 g fat (0 g sat), 32 g carbs, 5 mg sodium, 8 g fiber, 5 g protein



45 Lotus Foods Jade Pearl Rice

The bamboo-infused rice boasts an impressive 10 grams of fiber per serving (almost half of what you should be getting daily), plus 18 percent of the iron you need in a day.

Per 1/4 cup dry: 160 cal, 0 g fat (0 g sat), 29 g carbs, 0 mg sodium, 10 g fiber, 5 g protein



46 Casbah Lentil Pilaf

Go ahead and dig into this slimming side dish. For just 150 calories, you'll get six grams of fiber and nine grams of protein, courtesy of a clever combo of long-grain rice and lentils.

Per 1/4 cup dry: 150 cal, 0.5 g fat (0 g sat), 32 g carbs, 440 mg sodium, 6 g fiber, 9 g protein



47 Lundberg Wild Blend Rice

Pile your plate with this perfectly nutty blend of six different wild and whole-grain rices.

Per 1/4 cup dry: 150 cal, 1 g fat (0 g sat), 33 g carbs, 0 mg sodium, 3 g fiber, 2 g protein



17 Bear Naked 100% All-Natural Granola—Maple Pecan

An indulgent granola made with whole-grain oats and pecans, and lightly sweetened with maple syrup.

Per 1/4 cup: 130 cal, 4.5 g fat (0.5 g sat), 22 g carbs, 20 mg sodium, 2 g fiber, 4 g protein



18 La Tortilla Factory Smart & Delicious 100-Calorie Tortillas

Big tortillas that don't come with a big caloric price tag. Use them for breakfast burritos, quesadillas, and wraps.

Per tortilla: 100 cal, 1.5 g fat (0 g sat), 24 g carbs, 320 mg sodium, 8 g fiber, 5 g protein



19 Pepperidge Farm Deli Flats Soft 100% Whole Wheat

These babies give you that bread sandwich sensation without all the unnecessary carbs. They also pack a big fiber and protein punch.

Per roll: 100 cal, 1.5 g fat (0 g sat), 19 g carbs, 170 mg sodium, 5 g fiber, 6 g protein



20 Kashi GoLean Crisp! Toasted Berry Crumble

Get your sugary cereal fix without the guilt: This sweet and crispy cereal is peppered with oats, cranberries, and blueberries.

Per 1/4 cup: 100 cal, 4 g fat (0 g sat), 35 g carbs, 130 mg sodium, 8 g fiber, 9 g protein



21 Thomas' 100% Whole Wheat Bagel Thins

It's as if your bagel went on a diet. You get the crunch (if you like it toasted), but all the extra dough is gone (from the bagel, and then from your body).

Perfect for breakfast, as a snack (with a bit of peanut butter), or as a sandwich bread.

Per bagel: 110 cal, 1 g fat (0 g sat), 24 g carbs, 190 mg sodium, 5 g fiber, 6 g protein



22 Nature's Path Organic Crunchy Vanilla Sunrise

Need to be gluten-free, or just want to break out of a breakfast rut? Try this omega-3-rich treat made with unusual grains such as flax, quinoa, buckwheat, and amaranth. A hint of vanilla separates it from other bowl options.

Per 1/2 cup: 110 cal, 1 g fat (0 g sat), 25 g carbs, 130 mg sodium, 3 g fiber, 2 g protein



23 Quaker Oatmeal Pancake Mix

Oats make the usual fluffy pancake a bit more satisfying, and all you need to add are fat-free milk and eggs. It's a super-simple way to make heart-healthy flapjacks.

Per serving: 150 cal, 2 g fat (0 g sat), 31 g carbs, 360 mg sodium, 4 g fiber, 5 g protein





SNACKS, CRACKERS & CHIPS

Healthy ways to quiet the munchies

48 Everybody's Nuts! European Roast Pistachios

We're not sure how they got the vinegar flavor inside the shell, but we do know it is so totally addictive.

Per ½ cup: 170 cal, 15 g fat (1.5 sat), 8 g carbs, 330 mg sodium, 2 g fiber, 6 g protein



49 Planters NUT-rition Heart Healthy Mix

An awesome blend of heart-protecting peanuts, almonds, pecans, pistachios, hazelnuts, and walnuts, with 50 percent less sodium than other mixed nuts.

Per oz: 170 cal, 15 g fat (1.5 sat), 5 g carbs, 50 mg sodium, 3 g fiber, 6 g protein



50 Emerald Trail Mix—Tropical Blend

This tasty gathering of glazed walnuts, cashews, coconut, granola, dried mango and pineapple, and banana chips gives new meaning to trail mix.

Per ¼ cup: 130 cal, 7 g fat (2.5 g sat), 17 g carbs, 40 mg sodium, 1 g fiber, 2 g protein



51 Blue Diamond Cinnamon Brown Sugar Oven Roasted Almonds 100 Calorie Pack

Sweet and savory goodness coats these ultimate good-for-your-heart gems.

Per pack: 100 cal, 8 g fat (0.5 g sat), 4 g carbs, 15 mg sodium, 2 g fiber, 3 g protein



52 Cherry Raisinets

Pair sweet dried cherries with rich dark chocolate and you get a heaping handful of antioxidants bursting with flavor. Now, if we could just stop eating them...

Per ¼ cup: 200 cal, 8 g fat (5 g sat), 32 g carbs, 5 mg sodium, 2 g fiber, 1 g protein



53 Special K Fruit Crisps

Like Pop-Tarts for grown-ups—without all the calories! Get them in either blueberry or strawberry.

Per 2 crisps (strawberry flavor): 100 cal, 2 g fat (1 g sat), 20 g carbs, 80 mg sodium, <1 g fiber, 1 g protein



54 Terra Exotic Harvest Vegetable Chips

This fun mix of carrots, blue potatoes, and kabocha squash boasts 40 percent less fat than potato chips, plus three grams of filling fiber. (They look so pretty on the chip 'n' dip platter too.)

Per oz (about 16 chips): 130 cal, 6 g fat (0.5 g sat), 16 g carbs, 160 mg sodium, 3 g fiber, 2 g protein



55 Triscuit Thin Crisps

Whole-grain triangles that are perfect for eating alone or dunking into hummus, dip, or salsa. We dig the Original and the Quattro Formaggio flavors.

Per 15 crackers (Original flavor): 130 cal, 4.5 g fat (0.5 g sat), 21 g carbs, 180 mg sodium, 3 g fiber, 3 g protein



56 Kettle Brand Krinkle Cut Potato Chips—Salt & Fresh Ground Pepper

Pepper heats up the typical chip experience, so it's satisfying to eat just a few.

Per oz (9 chips): 150 cal, 9 g fat (1 g sat), 16 g carbs, 190 mg sodium, 2 g fiber, 2 g protein



57 Tostitos Blue Corn Tortilla Chips

They're serious—only three ingredients in this delightful salsa delivery vehicle.

Per oz (7 chips): 140 cal, 7 g fat (1 g sat), 19 g carbs, 115 mg sodium, 2 g fiber, 2 g protein



58 Luna Protein—Cookie Dough

It's better than a candy bar (and better for you), plus the perfect marriage of protein and fiber will keep you full for hours.

Per bar: 180 cal, 6 g fat (4 g sat), 21 g carbs, 230 mg sodium, 3 g fiber, 12 g protein



59 Orville Redenbacher's Smart Pop! Gourmet Popping Corn (94% Fat-Free) Mini Bags

Movie-theater-esque popcorn that comes in a convenient 100-calorie single-serving bag.

Per bag (popped): 100 cal, 1.5 g fat (0 g sat), 21 g carbs, 140 mg sodium, 3 g fiber, 3 g protein



FROZEN MEALS

Easy prep, even easier on your waist

61 Cedarlane Scrambled Egg Whites, Vegetable & Cheese Breakfast Burrito



A so-good, protein-packed, ready-to-go breakfast burrito with scrambled egg whites, potatoes, veggies, and cheese.

Per burrito: 290 cal, 9 g fat (3 g sat), 39 g carbs, 650 mg sodium, <1 g fiber, 15 g protein

62 Annie Chun's Organic Potstickers—Chicken & Vegetable



The perfect protein-rich appetizer or meal. Made with organic chicken and served in a wrapper that's both crispy and tender.

Per 7 pieces: 220 cal, 3.5 g fat (0.5 g sat), 32 g carbs, 620 mg sodium, 2 g fiber, 14 g protein

63 Healthy Choice All Natural Entrées Tortellini Primavera Parmesan



Whole-grain tortellini filled with four cheeses—ricotta, Parmesan, Romano, and provolone—in a marinara sauce. Made with chardonnay wine and extra-virgin olive oil.

Per serving: 220 cal, 4.5 g fat (2 g sat), 35 g carbs, 500 mg sodium, 6 g fiber, 9 g protein

64 Kashi Red Curry Chicken

If you like sweet and spicy, this new chicken dish with hearty whole grains, sweet potatoes, bok choy, and red peppers will put a smiley face on your palate.

Per serving: 300 cal, 9 g fat (3.5 g sat), 40 g carbs, 470 mg sodium, 5 g fiber, 18 g protein



65 Organic Bistro Wild Salmon

We're not kidding: This omega-3-rich wild Alaskan salmon tastes great right out of the microwave! Comes in a rosemary-orange glaze with sides of cranberry-walnut rice pilaf and broccoli.

Per serving: 390 cal, 13 g fat (2 g sat), 43 g carbs, 65 mg sodium, 6 g fiber, 28 g protein



66 Kashi Caribbean Carnival Pizza

The real carnival is in your mouth: This pizza is made with plantains, antioxidant-rich mango and kale, and guava-infused jerk sauce.

Per ½ pizza: 280 cal, 8 g fat (2.5 g sat), 39 g carbs, 590 mg sodium, 5 g fiber, 14 g protein



67 MorningStar Farms Lasagna with Sausage-Style Crumbles

If you're a vegetarian who is looking for a protein-rich lasagna—or you're just trying to cut down on meat—this is the perfect meal for you.

Per serving: 270 cal, 6 g fat (2.5 g sat), 41 g carbs, 590 mg sodium, 6 g fiber, 20 g protein



68 Smart Ones Southwestern Style Chicken Fiesta Grilled Flatbread

An indulgent grilled flatbread sandwich made with white-meat chicken, fire-roasted veggies (including peppers, corn, and onions), and a tasty red-pepper sauce.

Per serving: 310 cal, 7 g fat (1.5 g sat), 43 g carbs, 630 mg sodium, 4 g fiber, 17 g protein



69 Lean Cuisine Chicken in Peanut Sauce

Tender chicken served over veggies and whole-wheat pasta, tossed with a taste-bud-pleasing Thai peanut sauce.

Per container: 280 cal, 8 g fat (1.5 g sat), 30 g carbs, 560 mg sodium, 5 g fiber, 22 g protein



70 DiGiorno 200-Calorie Portions Cheese & Tomato Pizza

It has the usual cheese, tomato, and garlic, but its pizza-parlor taste and generous size make it a standout.

Per square: 200 cal, 9 g fat (4 g sat), 22 g carbs, 440 mg sodium, 1 g fiber, 9 g protein

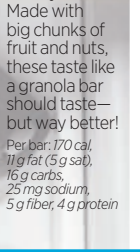


60

Kind Fruit & Nut Bars

Yum, yum, and more yum! Made with big chunks of fruit and nuts, these taste like a granola bar should taste—but way better!

Per bar: 170 cal, 11 g fat (5 g sat), 16 g carbs, 25 mg sodium, 5 g fiber, 4 g protein





DRINKS

Slim and supple sips

72 Teas' Tea Rose Green

Who needs sweeteners when you can get real green tea infused with rose petals? Just one sip and you'll swear this stuff was freshly brewed. You also get 120 percent of your daily vitamin C, not a common find in iced tea.

Per 8 oz: 0 cal, 0 g fat (0 g sat), 0 g carbs, 20 mg sodium, 0 g fiber, 0 g protein



73 Lipton Black Tea—Vanilla Caramel Truffle

A rich, indulgent elixir that tastes like a juicy caramel minus the calories.

Per tea bag: 0 cal, 0 g fat (0 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



74 Naked 100% Juice Peach Guava Smoothie

Coconut water makes this smoothie shockingly low in calories. It also boasts 40 percent of your daily vitamin C needs, thanks to a genius blend of peach, mango, and guava purees.

Per 8 oz: 100 cal, 0 g fat (0 g sat), 25 g carbs, 40 mg sodium, 0 g fiber, 1 g protein



75 Northland Raspberry Pomegranate Goji

A unique blend of fruits and extracts form this antioxidant superjuice. Try it in place of your morning OJ to shake things up.

Per 8 oz: 130 cal, 0 g fat (0 g sat), 32 g carbs, 20 mg sodium, 0 g fiber, 0 g protein



76 Jones Zero Calorie Zilch

Move over diet cola—with flavors like pomegranate, bubblegum, and vanilla bean, this no-cal soda delivers maximum taste.

Per 12-oz bottle (pomegranate flavor): 0 cal, 0 g fat (0 g sat), 1 g carbs, 35 mg sodium, 0 g fiber, 0 g protein



77 Skinny Water

There's a reason fit celebs such as Fergie and Kristen Bell are swigging this stuff: zero calories, no preservatives, and (oh yeah) it tastes amazing.

Per 8 oz (orange cranberry tangerine flavor): 0 cal, 0 g fat (0 g sat), 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



78 Powerade Zero

This no-cal sports drink is so light and refreshing, it might be gone before you get to the gym. (Pack two just in case!) The shot of energy-boosting B vitamins makes it even better.

Per 8 oz (grape flavor): 0 cal, 0 g fat (0 g sat), 0 g carbs, 100 mg sodium, 0 g fiber, 0 g protein



71

Gatorade Prime 01 Pre-Game Fuel

A quick burst of 100 calories and B vitamins is just what you need before an early-morning workout.

Per pouch: 100 cal, 0 g fat, 25 g carbs, 100 mg sodium, 0 g fiber, 0 g protein

KEY

- PROMOTES WEIGHT LOSS
- BUILDS MUSCLE
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- FIGHTS HEART DISEASE
- BUILDS BONE
- ORGANIC

SOUPS

Lower-sodium liquid delights



79

Earthbound Farm Organic Mini Peeled Carrots with Ranch Dip

Single-serve baby carrots that can fit into the smallest of lunch bags, with just enough ranch to kick up the flavor without adding a lot of fat.

Per package: 90 cal, 8 g fat (1 g sat), 7 g carbs, 177 mg sodium, 1 g fiber, 1 g protein

91 Imagine Sweet Potato Soup (Light in Sodium)

Dreamy, creamy, perfectly sweet soup with 70 percent less sodium than you'll find in other brands. The nutrient-rich sweet potato also gives you a healthy dose of vitamin A.

Per cup: 110 cal, 1 g fat (0 g sat), 23 g carbs, 140 mg sodium, 3 g fiber, 2 g protein



92 Amy's Organic Soups Chunky Tomato Bisque

Rich and thick like a good bisque should be, but without all the fat. No need to add milk or water either.

Per cup: 130 cal, 3.5 g fat (2 g sat), 21 g carbs, 680 mg sodium, 3 g fiber, 3 g protein



93 Right Foods Dr. McDougall's Black Bean All Natural Soup

The healthy, hearty soup will make you feel good inside, and so will the eco-friendly packaging.

Per cup: 120 cal, 1 g fat (0 g sat), 23 g carbs, 460 mg sodium, 5 g fiber, 6 g protein



94 Kettle Cuisine Three Bean Chili

A tasty, microwavable vegetarian offering that piles on the belly-busting fiber and protein.

Per container: 220 cal, 3.5 g fat (1 g sat), 36 g carbs, 450 mg sodium, 15 g fiber, 11 g protein



95 Muir Glen Organic Chicken Noodle Soup (Reduced Sodium)

Immunity-boosting comfort food sans the usual salt load—and the chicken is organic! Grandma would be proud.

Per cup: 90 cal, 2 g fat (0.5 g sat), 11 g carbs, 480 mg sodium, 1 g fiber, 7 g protein



96 Health Valley Organic Split Pea & Carrots Soup (40% Less Sodium)

Another monster fiber serving to help you lose inches, but with about half the sodium of regular pea soups.

Per cup: 120 cal, 0 g fat (0 g sat), 26 g carbs, 480 mg sodium, 7 g fiber, 7 g protein



97 Manischewitz Chicken Broth (Reduced Sodium)

Use it to make homemade chicken soup, but it's also perfect for sauces and flavorful cooking, with 370 milligrams less sodium than traditional broth.

Per cup: 15 cal, 0.5 g fat (0 g sat), 1 g carbs, 420 mg sodium, 0 g fiber, 1 g protein



98 Campbell's Select Harvest Light Italian-Style Vegetable Soup

You can slurp the whole veggie-loaded can for 100 calories and not worry about serving-size overload.

Per cup: 50 cal, 0 g fat, 14 g carbs, 480 mg sodium, 4 g fiber, 3 g protein



FRUITS & VEGGIES

Five a day? No problem

80 Chiquita Pineapple Bites with Coconut

There's no need to buy (and core) an entire pineapple! This single-serve fresh treat has almost a day's worth of vitamin C.

Per piece: 40 cal, 0 g fat (0 g sat), 9 g carbs, 15 mg sodium, <1 g fiber, 1 g protein



81 GoGo SqueeZ Apple Cinnamon Applesauce

Forget the spoon. Just open the tube and eat. Perfect for hiking or as a healthy grab-and-go snack.

Per pouch: 50 cal, 0.3 g fat (0 g sat), 10.3 g carbs, 3 mg sodium, 1 g fiber, 0 g protein



82 Musselman's Healthy Picks Raspberry Acai Applesauce

Applesauce gets a no-added-sugar flavor boost from raspberry and acai purees.

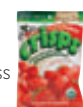
Per container: 70 cal, 0 g fat (0 g sat), 17 g carbs, 10 mg sodium, 3 g fiber, 0 g protein



83 Brothers-All-Natural Organic Fruit Crisps—Strawberry

These crispy freeze-dried organic berries never go bad and are never out of season. Toss into cereal or on top of plain or frozen yogurt.

Per package: 30 cal, 0 g fat (0 g sat), 6 g carbs, 0 mg sodium, 1 g fiber, 1 g protein



84 Muir Glen Organic Fire Roasted No Salt Added Diced Tomatoes

Rich smoky goodness sans the salt lick. Add to soup or use in salsa.

Per ½ cup: 30 cal, 0 g fat (0 g sat), 5 g carbs, 15 mg sodium, 1 g fiber, 1 g protein



85 Cascadian Farms Chinese-Style Stirfry Blend

A six-vegetable frozen blend that's perfect for last-minute meals. Stir in chicken or beef and soy sauce, and you have a healthy dish that kills Chinese takeout.

Per cup: 25 cal, 0 g fat (0 g sat), 5 g carbs, 15 mg sodium, 2 g fiber, 1 g protein



86 Dole Greener Selection Salad

Red cabbage and carrots add antioxidants and flavor, taking this blend a notch above your typical prepared bagged lettuce mixes.

Per ½ cups: 15 cal, 0 g fat (0 g sat), 3 g carbs, 15 mg sodium, 1 g fiber, 1 g protein



87 Bella Sun Luci Sun Dried Tomatoes with Italian Basil

Deliciously soft, these moist gems are an easy add-in to salad or pasta.

Per ½ oz: 35 cal, 0 g fat (0 g sat), 6 g carbs, 35 mg sodium, 1 g fiber, 2 g protein



88 Mezzetta Express! Deli-Sliced Roasted Sweet Bell Pepper Strips

Layer them on a sandwich or add to pasta, pizza, or a salad. Roasted sweet pepper taste with all the prep work done for you.

Per oz: 5 cal, 0 g fat (0 g sat), 2 g carbs, 105 mg sodium, 0 g fiber, 0 g protein



89 Westbrae Natural Organic Salad Beans

A pesticide-free blend of pinto, kidney, and garbanzo beans that's terrific for soups, salads, or easy sides.

Per ½ cup: 100 cal, 0.5 g fat (0 g sat), 19 g carbs, 150 mg sodium, 6 g fiber, 6 g protein



90 Epic Roots Chard Mix

Break out of your sautéed-spinach rut. These ready-to-cook bright greens supply a day's worth of vitamin C.

Per ½ cups: 40 cal, 0 g fat (0 g sat), 6 g carbs, 160 mg sodium, 1 g fiber, 2 g protein



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Now we've squeezed more luscious strawberry flavor into every cup. Taste the big difference for yourself.



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DAIRY

Delish sources of calcium and protein

99 Eggland's Best Farm Fresh Grade A Large Eggs

With less cholesterol and saturated fat, and more omega-3s and vitamins A, D, and E, what's not to love about these incredible edibles? They taste farm fresh too.

Per egg: 70 cal, 4 g fat (1.5 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 6 g protein

100 Wallaby Organic Down Under Yogurt—Peach Passion

Creamy and fruity, but not too sugary, with live and active cultures. Made with organic evaporated cane juice and passion fruit juice for a natural sweetness.

Per container: 140 cal, 2 g fat (1.5 g sat), 25 g carbs, 80 mg sodium, 0 g fiber, 6 g protein

101 Stonyfield Oikos Organic Greek Yogurt Pure Pleasure on the Bottom—Chocolate

They're not joking about pure pleasure. Feed your choco fix and build your bones too.

Per container: 110 cal, 0 g fat, 17 g carbs, 55 mg sodium, <1 g fiber, 10 g protein

102 Voskos Non Fat Greek Yogurt—Honey Vanilla Bean

The honey and vanilla add just enough sweetness to keep you coming back to this protein powerhouse.

Per container: 130 cal, 0 g fat (0 g sat), 20 g carbs, 45 mg sodium, 0 g fiber, 12 g protein

103 Kerrygold Aged Cheddar Cheese (Reduced Fat)

Half the fat of regular cheddar, but it doesn't taste like most dried-out low-fat offerings (and it melts like full-fat types too.) A great cheese-platter choice.

Per oz: 70 cal, 4 g fat (2.5 g sat), 0 g carbs, 210 mg sodium, 0 g fiber, 8 g protein

104 Sargento Colby-Jack Sliced Cheese (Reduced Sodium)

This cheese is so good, you'll never notice that it has a quarter less sodium than the usual kind. The perfect pick for a grilled cheese sandwich.

Per slice: 70 cal, 6 g fat (4 g sat), 0 g carbs, 90 mg sodium, 0 g fiber, 4 g protein

105 Fiber One Lowfat Cottage Cheese with Fiber

Creamy taste with the benefit of a whopping five grams of fiber per serving. Excellent source of protein too. Top with fruit or pile it onto a baked potato.

Per ½ cup: 80 cal, 2 g fat (1 g sat), 8 g carbs, 430 mg sodium, 5 g fiber, 10 g protein

106 Kraft 100 Calorie Packs Cheese Bites—Mozzarella, Garlic & Herb

Great on-the-go calorie-controlled protein snack. Stick it in your bag with a piece of fruit and you'll be prepared for any hunger attack.

Per package: 100 cal, 8 g fat (5 g sat), <1 g carbs, 290 mg sodium, 0 g fiber, 6 g protein

107 Weight Watchers Spreadable Wedges—Garlic & Herb

Spread this cheese product onto whole-grain crackers or a slice of apple and enjoy its delicious, creamy, cheesy taste for just 30 calories!

Per wedge: 30 cal, 2 g fat (1 g sat), 1 g carbs, 240 mg sodium, 1 g fiber, 2 g protein



108 Land O' Lakes Butter with Olive Oil Spread

Olive oil cuts back on butter's natural saturated fat content without overpowering the taste.

Works great as a spread or in cooking.

Per Tbsp: 90 cal, 10 g fat (4 g sat), 0 g carbs, 90 mg sodium, 0 g fiber, 0 g protein



109 Earth Balance Organic Buttery Spread—Original Whipped

Dairy- and gluten-free, with no trans fats, this spread has a light, buttery taste. Can also be used for cooking, frying, and sautéing.

Per Tbsp: 80 cal, 9 g fat (2.5 g sat), 0 g carbs, 100 mg sodium, 0 g fiber, 0 g protein



110 Truwhip

Unlike most whipped toppings, it contains no hydrogenated oils, high fructose corn syrup, or trans fats. Adds a light sweetness to desserts.

Per 2 Tbsp: 30 cal, 2 g fat (2 g sat), 3 g carbs, 0 mg sodium, 0 g fiber, 0 g protein



111 8th Continent Soy Milk—Complete Vanilla

Not only a delicious alternative to regular moo juice but also a great-tasting soy milk. It's a calcium, vitamin D, and omega-3-fatty-acid machine, so pour away.

Per 8 oz: 80 cal, 2.5 g fat (0 g sat), 8 g carbs, 95 mg sodium, 3 g fiber, 6 g protein



112 Philadelphia Cream Cheese Minis (Reduced Fat)

You won't overdo it with these tiny tubs of cream cheese. Dress up your morning bagel or use as a dip.

Per tub: 80 cal, 6 g fat (4 g sat), 2 g carbs, 160 mg sodium, 0 g fiber, 3 g protein



113 Smart Balance Fat Free Milk and Omega-3s & Vitamin E

Rich and creamy taste—just like 2 percent milk, but without the fat. Also contains 25 percent more calcium and protein than regular fat-free milk.

Per 8 oz: 110 cal, 0 g fat (0 g sat), 160 mg sodium, 14 g carbs, 0 g fiber, 11 g protein



114 Blue Diamond Natural Almond Breeze Unsweetened Non-Dairy Beverage—Chocolate

Delish chocolate-milk flavor with no chalky aftertaste (and without all the sugar of other chocolate milks). Pour into coffee for a quick mochachino or serve cold in a glass with your favorite cookies.

Per 8 oz: 45 cal, 3.5 g fat (0 g sat), 3 g carbs, 180 mg sodium, 1 g fiber, 2 g protein



115 Smart Balance Sour Cream with Omega-3s and Vitamins D and E (Reduced Fat)

In addition to a rich, creamy taste, it has vitamins D and E, as well as EPA and DHA omega-3s—which you won't find in most other sour creams.

Per 2 Tbsp: 50 cal, 3.5 g fat (2 g sat), 2 g carbs, 40 mg sodium, 0 g fiber, 1 g protein



MEATS & SEAFOOD

Perfect proteins to build lean muscle

116 Oscar Mayer Turkey Cotto Salami

A spicy salami that doesn't come laden with the usual cold-cut sodium and saturated-fat brigade.

Per slice: 45 cal, 3 g fat (1 g sat), 0 g carbs, 310 mg sodium, 0 g fiber, 4 g protein



117 Just Bare Chicken Hand-Trimmed Boneless, Skinless Chicken Thighs

These cage-free birds are an ideal recipe starter: You can dress 'em up in any variety of spices and sauces.

Per serving (4 oz): 180 cal, 8 g fat (3 g sat), 0 g carbs, 85 mg sodium, 0 g fiber, 21 g protein



118 Coleman Organic Chicken Breast Nuggets

Got a hankering for the drive-through kind? Grab these instead. They're just as fast (and good)—and they take only 10 minutes in the oven or two minutes in the microwave.

Per 6 nuggets: 160 cal, 10 g fat (2 g sat), 6 g carbs, 345 mg sodium, 0 g fiber, 11 g protein



119 Jennie-O Savory Seasoned Turkey Burgers

Juicy, individually wrapped, white-meat burgers that can go straight from the freezer to the grill.

Per burger: 200 cal, 10 g fat (3 g sat), 0 g carbs, 410 mg sodium, 0 g fiber, 28 g protein



120 Coleman Natural Chicken Sausage—Spinach & Feta

The ultimate healthy alternative to brats, and they're vegetarian-friendly and chemical-free too.

Per link: 140 cal, 8 g fat (2.5 g sat), 1 g carbs, 430 mg sodium, 0 g fiber, 14 g protein



121 Honeysuckle White Turkey Sausage—Roasted Poblano Pepper

Spice up breakfast! These gluten-free sausage links don't come loaded with artery-clogging fat. No MSG either.

Per serving (2.5 oz): 150 cal, 9 g fat (2.5 g sat), 3 g carbs, 380 mg sodium, 1 g fiber, 15 g protein



122 Great Range Bison Pot Roast

Still leery of other red meats? This pot roast will convert you. It has all the roasted taste but very little saturated fat.

Per serving (4 oz): 150 cal, 7 g fat (1.5 g sat), 0 g carbs, 60 mg sodium, 0 g fiber, 24 g protein



123 Gorton's Grilled Tilapia—Lemon Peppercorn

Lemon peel and sea salt keep the flaky flavor fresh and the sodium count low.

Per fillet: 80 cal, 3 g fat (1 g sat), <1 g carbs, 260 mg sodium, 0 g fiber, 14 g protein



124 Ocean Beauty Steamer Entrees Mandarin Orange Salmon

Rich restaurant flavor that cooks right in the microwavable bag.

Per serving (7.5 oz): 240 cal, 9 g fat (1.5 g sat), 12 g carbs, 600 mg sodium, 1 g fiber, 27 g protein



125 Blue Star Crabmeat

Sustainable (i.e., not endangered) real crab in an eco-friendly pouch. Makes a great building block for make-your-own crab cakes.

Per ½ cup: 45 cal, 0 g fat (0 g sat), 0 g carbs, 220 mg sodium, 0 g fiber, 10 g protein



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On-the-Go Info

Go to WomensHealthMag.com/SlimDown to download the Slim Down Shopping List for your iPhone.





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Introducing Arnold® Health-full™

With 80 calories a slice, fiber and protein to help satisfy your hunger, and great-tasting whole grains to indulge your taste buds.

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•
*When it
comes to
fitness,
looks can be
deceiving.*

Puma tank,
Lululemon Athletica
bra, American
Apparel shorts,
model's own
bracelet



HOW FIT ARE YOU REALLY?

» BEING IN GREAT SHAPE ISN'T JUST ABOUT HAVING A FLAT TUMMY AND A STRONG HEART. TO MEASURE YOUR TRUE LEVEL OF CONDITIONING, TAKE THESE SEVEN MINI TESTS—THEY FOCUS ON THE AREAS THAT MATTER MOST FOR WOMEN. ONCE YOU KNOW WHERE YOU FALL ON THE FITNESS SPECTRUM, USE OUR BODY CHALLENGES TO REACH YOUR HOT AND HEALTHY PEAK.

BY JEN ATOR • PHOTOGRAPHS BY RANDI BEREZ

TAKE EACH OF THESE TESTS TO GAUGE YOUR PERFORMANCE LEVEL. IF YOU FALL SHORT IN ANY AREA, FOLLOW OUR TIPS TO BOOST YOUR ABILITIES, THEN RETAKE THE TEST IN THREE TO FOUR WEEKS TO TRACK YOUR PROGRESS.

UPPER-BODY STRENGTH

Many women focus only on their biceps and triceps (we get it, who doesn't want arms like Michelle Obama's?). Problem is, they're ignoring key muscles in the chest, shoulders, and upper back that build strength, streamline posture, and prevent injuries, says Rachel Cosgrove, *Women's Health* fitness advisor and half of the husband-and-wife duo that owns Results Fitness in Newhall, California. Rowing movements—like the ones in this test—are an excellent measure of upper-body strength because they target all the muscles and use your body weight as resistance.

The Test: Three-Rep Inverted Row

Think of this exercise as an upside-down pushup: Lie faceup on the floor with your shoulders directly underneath a secure barbell. The bar should be high enough that when you grab it your back is not resting on the ground. Hold the bar with an overhand grip, hands wider than shoulder width.



Rep one: Bend your knees 90 degrees, feet flat on the floor, lift your hips to form a straight line from shoulders to knees, then pull your body to the bar. If you can touch your chest to the bar, move on to rep two.

Rep two: Extend your legs so your body is in a straight line. Repeat the movement from the first rep by pulling your body to the bar. If you can touch the bar with your chest, move on to rep three.

Rep three: Place your feet on an exercise bench so your legs are in line with your shoulders. Perform the same movement as the first two reps, pulling your body to the bar while maintaining a straight line.

MEASURE UP
If you...

	Excellent	Good	Below Average
Can complete all three reps with proper form	✓		
Can complete one or two reps with proper form		✓	
Cannot complete one rep with proper form			✓

GET STRONGER
Add this upper-body combo from Cosgrove to your routine two or three times a week: Do as many reps of the modified inverted row (rep one) as you can, then do as many pushups as you can. Rest for 60 to 90 seconds, then repeat for a total of two or three sets. Aim for more reps each workout.

THE DANGER OF BEING "SKINNY FAT"

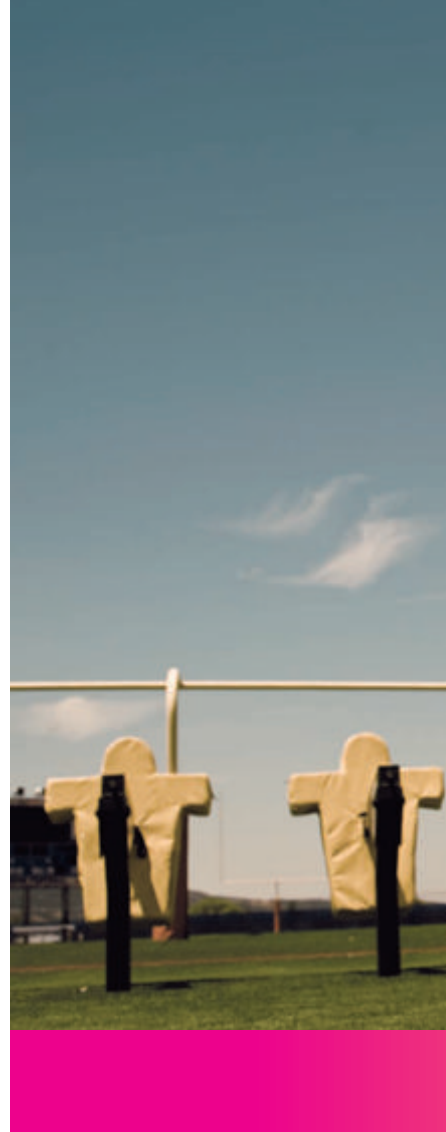
Just because you look great in those jean leggings doesn't mean you can beg off our recommendations: According to a Mayo Clinic study, more than half of normal-weight Americans—a whopping 30 million!—actually have dangerously high percentages of body fat that put them at risk for obesity-related health

problems. Researchers coined the term "normal-weight obesity" (you and your friends might call it "skinny fat"), and a woman's risk of dying from heart problems or stroke rises twofold if she falls into this category, says lead researcher Francisco Lopez-Jimenez, M.D.

The health hazard can't be mitigated simply by dropping digits on the scale: The study suggests that body mass index (BMI)—a measure of body fat based on a person's height

and weight—isn't always an indicator of good health. Instead, researchers suggest lowering your risk by replacing troubling fat with lean muscle mass. (Lucky for you, all of our tests will help you do that!)

Ask your doctor, or even a staff member at your health club, for a body-fat assessment, or measure yourself using an at-home scale. Many new models, such as Withings: WiFi Connected Body Scale (\$159, withings.com), can measure lean and fat mass percentages.



"Being able to run miles a day is a good measure of cardio endurance, but it's not the best measure of muscle endurance," says fitness expert Robert Dos Remedios, author of *Cardio Strength Training*. That's because running for distance primarily challenges your heart and lungs, not your legs. (Yes, your legs may feel tired, but your muscles aren't actually exhausted.) When you focus on muscular endurance—your ability to sustain resistance over time—you gain the strength to power through longer, more intense workouts, says Dos Remedios. The following test challenges both aspects, showing you how long your lungs and muscles can last before calling it quits.

The Test: Leg Matrix

Do all four moves back-to-back without rest. If you stop or can't do the move with proper form, that's the end of the test. Track your success through reps: On your first try, do 10 reps of each move. Wait two days, then repeat with 15 reps. Then test two days later with 24 reps.

STYLING: ZOE GLASSNER/CELESTINE; FASHION MARKET: THEA PALLO; HAIR AND MAKEUP: ADRIENNE HERBERT/HAIR AND MAKEUP; SHIRT: CALVIN KLEIN; TANK AND SHOES: ASICS; SHORTS: ALEX CAO/GETTY IMAGES (TAPE MEASURE)

AGILITY

Whether you're dodging people in a crowded airport or sidestepping a sidewalk puddle, your split-second actions (and reactions) are considered by some to be the epitome of fitness. "Agility is the culmination of all your basic biomotor abilities—coordination, speed, balance, power, and conditioning—working together to respond quickly in any situation," says Craig Friedman, director of the performance innovation team at Athletes' Performance in Phoenix.

The Test: Four-Point Touch

Place four markers in a square, five yards apart. Stand in the middle with your knees and hips bent (a), and set a timer to 15 seconds. Move as fast as you can to the front left marker and touch it with your left hand (b). Return to the center, then repeat to the front right marker. Continue this pattern, moving clockwise, trying to touch as many as possible in 15 seconds.



MEASURE UP If you touch...	Excellent	Good	Below Average
Nine or more markers	✓		
Six to eight markers		✓	
Fewer than six markers			✓

ADD PEP TO YOUR STEP
Incorporating plyometrics—like power skips—into your workout can boost agility, reports a new study. Add two sets of 10 reps to your routine three times a week: Skip as high as you can by raising your right knee to hip height and keeping your left leg straight. Land on the ball of your left foot, and repeat, alternating legs.

Puma tank, Lululemon Athletica bra, American Apparel shorts, New Balance shoes, model's own bracelets

ENDURANCE

Squat: Stand with feet hip-width apart, hands behind your head (a), and lower until your thighs are parallel to the ground (b). Push through your heels to return to standing.



Squat jump: Lower into a squat as described to the left (a), then jump off the ground as high as you can (b). Land softly, and immediately lower into another squat and repeat.



Lunge: Stand with hands behind head (a), then step forward with your left foot and lower until your right knee almost touches the floor (b). Return to start, repeat on the other side.



Split jump: Lower into the lunge described to the left (a). Jump as high as you can and switch legs in the air (b). Land softly, then lower into your next rep on the opposite side (c).

MEASURE UP

If you...

	Excellent	Good	Below Average
Can complete 24 reps of each move with proper form without stopping	✓		
Can complete 10 or 15 reps of each move with proper form without stopping		✓	
Cannot do 10 reps of each move with proper form without stopping			✓

AMP YOUR ENDURANCE

Boost both your aerobic and muscular endurance by adding intervals—high-intensity work followed by low-intensity recovery—into your strength training. You'll torch more calories in less time and train your body to push harder for longer. Try this three-week plan from *Dos Remedios*: During week one, do each of your strength exercises for 20 seconds, then rest for 40 seconds. In week two, work for 30 seconds and rest for 30 seconds. For week three, follow a 40-second work and 20-second rest interval.

BALANCE

» Thank your body's self-awareness next time you save yourself from a spill in your four-inch pumps: Nerve endings in your tendons and muscles sense the subtle changes in your body position, says fitness expert Todd Durkin, author of *The IMPACT! Body Plan* and owner of Fitness Quest 10 in San Diego. That unconscious info, combined with (and enhanced by) your coordination and strength, is used by your motor system to rule how well you stay on your feet.

The Test: Single-Leg Balance and Touch

Test each leg separately. Stand on your right leg, knee slightly bent (a), and bend down to touch your toes with your left hand, keeping your back flat and raising your left leg behind you (b). Return to the starting position without putting your left foot down. Repeat as many times as possible in 60 seconds.



MEASURE UP If you touch...	Excellent	Good	Below Average
21 times or more	✓		
10 to 20 times		✓	
Fewer than 10 times			✓

BOOST YOUR BALANCE

Anchor your roots with this modified tree pose: Standing on your right leg, place your left foot on your right inner thigh, left knee turned out. Close your eyes and extend your arms overhead. Hold for 20 seconds, then return to start. Repeat on the opposite side. Your goal: Minimize the number of breaks in form, like moving your hands or opening your eyes.

LOWER-BODY STRENGTH

» The leg and butt muscles are loaded with strength and calorie-burning potential, but many women don't utilize them. This lower-body power problem is twofold, says Alwyn Cosgrove, *Men's Health* fitness advisor and the other half of the husband-and-wife team that owns Results Fitness. First, most women let their quads do more work than their hamstrings (a muscle imbalance that decreases overall strength and increases risk of knee injury), and second, one leg usually outmuscles the other (which can lead to hip and back problems). This test will reveal any discrepancy.

The Test: Three-Rep Single-Leg Squat

Test each leg separately. Starting with rep one, perform the exercise as instructed with proper form. Complete it successfully, and continue to the next rep. When you can't complete a rep with correct form, that's the end of the test.



Rep one: Place a bench about a foot behind you and stand on your left leg; lift your right leg and both arms in front of you (a). Bend your left knee and lower until you are sitting on the bench (b). Pause, then drive back up to the starting position.

Rep two: Get into the starting position from rep one (a) and lower yourself until you are almost sitting on the bench (b). Graze the bench and drive right back up without touching the bench.

Rep three: Stand on the bench and balance on your left leg with your right foot off the bench, arms straight in front of you (a). Bend your left knee and sit back as far as you can into a squat (b), while still being able to drive back up to the starting position.

MEASURE UP

If you...

Can complete all three reps with proper form

Excellent

Good

Below Average

✓

Can complete reps one and two with proper form, but not rep three

✓

Cannot complete rep one with proper form

✓

EVEN THE SCORE

It's not uncommon for each leg to score differently, says Cosgrove. The fix: Add the single-leg squat to your routine two or three times a week. Select the rep you did with your weaker leg (or rep one, if you couldn't do any). Starting with that leg, repeat the move as many times as you can, then do the same amount with the stronger leg. Rest for 60 seconds, then repeat for a total of two sets. After three weeks, retake the test and see where you stand.

Loup tank, American Apparel shorts, New Balance for Nine West shoes

FLEXIBILITY

Touching your toes comes in handy during a yoga session, but research suggests that there's a tipping point to how much flexibility is actually beneficial. When your tendons and ligaments are too loose, the joints may not be fully protected, upping your risk of injury, says Mike Boyle, owner of Mike Boyle Strength and Conditioning in Boston. This test focuses on your hip flexors, a commonly stiff (yet frequently

ignored) spot for women: Tightness here signals a host of muscular imbalances in the hips, glutes, and hamstrings that can lead to muscle strains and lower-back pain.

The Test: Thomas Test

Test each leg separately. Lie on a bench, knees at your chest (a). Hold one knee with both hands as you extend your other leg, relax your hip, and lower as far as possible while keeping the leg straight (b).

MEASURE UP If your...	Excellent	Good	Below Average
Extended leg drops below your hips	✓		
Extended leg is parallel to your hips		✓	
Extended leg is above parallel to your hips			✓

FLEX EVEN FARTHER

Tight hip flexors? Blame weak glutes. Strengthen them by doing this move three times a week: Lie on your back with your knees bent and feet flat on the floor. Pull your right knee to your chest with both hands, then lift your hips by pushing down into your left heel. Hold for six seconds, then return to start. Do six, then repeat on the other side.

CORE STABILITY



American Apparel tank, PH8 leggings, LaMer Collection watch, model's own Links of London bracelet

Just because you bang out 50 crunches a day doesn't mean your abs are as strong as they should be: "The role of the entire core is to stabilize the spine while your arms and legs move," says celebrity trainer Valerie Waters, who has sculpted the bodies of A-listers such as Jennifer Garner

and Kate Beckinsale. "Crunches flex your spine instead." Here's a better way to measure core strength.

The Test: Walk Outs

Get onto your hands and knees, palms flat on the floor, knees bent 90 degrees, and back flat (a). Slowly walk your hands away from

your body, keeping your arms straight and your core and glutes engaged (b). Extend as far as you can, hold for 20 seconds, then slowly walk your hands back to the starting position, maintaining proper form and control. If you fall, drop your hips, or lose form at any point, retry the test.

MEASURE UP If your thighs are...	Excellent	Good	Below Average
Nearly parallel to the ground	✓		
Less than 45 degrees to the ground		✓	
More than 45 degrees to the ground and/or you're unable to hold the position for 20 seconds			✓

MAKE OVER YOUR MIDDLE

If you fall below average, focus on doing a plank until you can hold it for 30 seconds: Get into a modified pushup position with your forearms on the floor and your legs extended straight behind you. Your body should form a straight line from your shoulders to your feet. Engage your core and glutes and hold this pose. Or balance on something unstable—a stability ball, a BOSU trainer, a Valslide—during any exercise. Your core will have to work even harder to keep you steady.





words to eat by

Dense, science-heavy nutritional information can be hard to digest, so we asked experts to cut their best advice into bite-size pieces. These nuggets of wisdom will go down easy—and keep you slim, strong, and healthy.

BY CELESTE PERRON / PHOTOGRAPHS BY STEPHEN LEE



While dietary guidelines and food pyramids certainly have their place, eating well is like assembling Ikea furniture: The simpler the instructions, the easier they are to follow. For example, consider the revolutionizing manifesto of food activist and author **Michael Pollan: Eat food. Not too much. Mostly plants.** In that vein, we asked our favorite experts—dietitians, nutrition Ph.D.s, top chefs, and food-world authors—to share their personal commandments for eating healthfully, curtailing calories, cooking deliciously, and savoring every bite.



pucker up

> “Lemon is my secret weapon,” says **Katie Lee, author of *The Comfort Table*. “Squeeze the juice or sprinkle zest over vegetables instead of using extra oil, butter, or salt. You can sauté spinach with just a teaspoon of oil, and then add a little lemon juice for a lot of flavor without a lot of calories.”**

taste the rainbow

> “I always ask ‘Where are the colors?’ when I look at a plate,” says **Ellie Krieger, R.D., host of *Healthy Appetite* on the Food Network and author of *So Easy*. “Ideally, there should be a full spectrum, since differently colored produce offers different antioxidants.”**

embrace your inner carnivore...

> “If you compare lean grass-fed beef with skinless poultry breast, the fat is almost the same, but the beef gives you considerably more zinc, iron, and B₁₂,” says **Catherine Friend, author of *The Compassionate Carnivore*. Bison and pasture-raised pork are also very lean, healthy, and delicious, she adds.**

...and your hidden vegetarian

> “For the sake of your health and your waistline, vegetables should be the bulk of your meals, and there’s almost nobody out there who couldn’t benefit from eating more of them,” says **Mark Bittman, a food columnist for *The New York Times* and author of *The***

Food Matters Cookbook. “Instead of a huge slab of some animal protein and a little side of veggies, do a small piece of fish or meat on a plateful of vegetables.”

sharpen your knives

> A dull knife can lead to even duller food. “This is one of my most important rules,” says **WH contributor Cat Cora, the first female chef on *Iron Chef America* and author of *Cat Cora’s Classics with a Twist*. “Cutting with sharp knives makes cooking more of a pleasure, and you’ll be more likely to chop up lots of healthy veggies.” Take your knives to a cookware or cutlery shop for a tune-up every few months.**

dine without the dictionary

> “The FDA now has more than **3,000 ingredients on its list of safe food additives,**” says **David Zinczenko, editor-in-chief of *Men’s Health* and author of the *Eat This, Not That!* book series. And because we don’t really know how all those preservatives, artificial sweeteners and colorings, and flavor enhancers may affect your waistline and health, he suggests you follow this rule: If a 7-year-old can’t pronounce it, you don’t want to eat it.**

turn off the stove

> That’s right—shut down the heat a full three minutes before you think you should. “Overcooking removes flavor and nutrients,” says food writer **Merrill Stubbs, cofounder of Food52.com. “Internal heat keeps food cooking for a while after you remove it from the stove or oven, so let it sit a few minutes before serving.”**



make mother nature your top chef

> “That means using organic sugar instead of sugar substitutes, fresh fruits and vegetables instead of processed foods,” says Maria Rodale, author of *Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe* and CEO of WH’s parent company, Rodale. “If nature made it, it has to be better for you.”

think before you drink

> “The average person consumes more than 400 calories a day from beverages,” says Zinczenko. “And that includes about 10 teaspoons of added sugar from soft drinks.” If you swap out juice and soda for no-cal drinks like unsweetened tea and water, you could lose up to 40 pounds in a year.

stash a snack

> If you’re carrying something that’s healthy and portion controlled, you can satisfy the munchies without succumbing to a 500-calorie muffin. “I always pack light cheese, raw almonds, a packet of dry cereal, or a piece of fruit in my purse,” says Cora.

how to homemade

> “Cooking is almost always healthier than eating restaurant or takeout food, and you’re more likely to cook if you stick to a simple set of multipurpose tools,” says Bittman.

get the flax

> “Sprinkle ground flaxseed over cereal, pancakes, yogurt, smoothies, nut butters, and anything else you can,” says Stephen Perrine, author of *The New American Diet*. “It’s an easy way to add fiber and omega-3 fatty acids.”

have a change of seeds

> Not a fan of flaxseed? Try pumpkin or sunflower seeds—two more great sources of healthy fats and some fiber, says WH contributor Keri Glassman, R.D., author of *The O₂ Diet*.

MAKEUP: GREGG BROCKINGTON FOR NARS COSMETICS/JUDY CASEY; PROP STYLING: PAMELA DUNCAN SILVER/BIG LEO PRODUCTIONS; MANICURE: SOFIA SHUSTEROV FOR DIOR BEAUTY/JUDY CASEY INC.

order the weirdest thing on the menu

> “Unusual foods tend to be healthier because they’re raised or grown in nature or in small operations, not giant concentrated feedlots or massive, pesticide-heavy farms,” says Perrine. Think venison or rabbit instead of beef or pork; duck, ostrich, or pheasant instead of chicken or turkey; dandelion or watercress instead of Bibb or romaine; halibut or porgy instead of salmon or sea bass.

be an egghead

> “I always buy two dozen eggs, and boil one dozen to snack on,” says Lee. Leslie Bonci, R.D., director of sports nutrition at the University of Pittsburgh Center for Sports Medicine, adds: “Eggs have only 70 calories and provide protein, vitamin D, iron, and sometimes omega-3s.”

whip up your own salad dressing

> Really, it’s easier than getting the protective seal off a store-bought bottle. “Many premade dressings have water and high-fructose corn syrup as the primary ingredients,” says Perrine, who makes his own dressing using oil, mustard, and balsamic vinegar or lime juice. The basic formula? Roughly three parts oil to one part vinegar, or half oil and half lime or lemon juice.

raid your spice rack

> “Cinnamon may help regulate blood sugar, turmeric may help prevent Alzheimer’s, and oregano may possess cancer-preventive properties,” says Glassman. So sprinkle cinnamon on your latte, curry powder on your sautéed veggies, and big handfuls of herbs on salads and in pasta sauces.

turn the box around

> The front of any food product is where marketers stick claims like “natural,” “low-fat,” and “no added sugar”—all of which can mean squat. “The true test of the quality of the product is the ingredients list and the nutrition facts panel. Learn how to read those,” says Jessica Seinfeld, author of the new book *Double Delicious! Good, Simple Food for Busy, Complicated Lives*.

go with the grains

> “I make big batches of oatmeal, brown rice, and quinoa on the weekend and store them in the

fridge,” says Perrine. “When I need them for breakfast or side dishes during the week, I just heat them up in the microwave and they’re ready to go.”

eat like it’s monday morning

“Think of each meal as a clean slate, an individual opportunity to eat well,” says Glassman. “If you’ve been eating a lot of fried foods or sweets, don’t throw in the towel and have even more—you can start fresh the next time you sit down to eat.”

balance your meals, balance your body

> “The best options are meals and snacks that contain a mix of carbs, protein, and fat. This balance helps with satiety, weight management, blood sugar, and bone health,” says Bonci. “So almonds and fruit are a better choice than pretzels, even if the calorie counts are the same.”

double up on apps instead of having one entrée

> “Restaurant portions are usually huge, so my strategy is to order two appetizers: one salad or vegetable, and one protein-rich dish such as tuna tartare or grilled chicken skewers,” says *WH* contributor Lisa Drayer, R.D., author of *The Beauty Diet*.

relax, then eat

> “The whole world is not going to end if you take a break to eat,” says Cora. It’s better for your health, both physiological and psychological. “Have a glass of wine, and savor

enjoy everything in moderation

> “Our bodies thrive most when we eat a diverse, nutritious, and moderate diet,” says Rodale. “So don’t obsess over too much or too little food, or whether you’re eating the wrong type of food.” If that means splurging on chocolate once in a while, do it!

whomever you’re with.”
(Alone? Savor the silence.)

shake up the salt

> “Good, flaky sea salt makes everything taste better,” says food columnist Amanda Hesser, author of *The Essential New York Times Cookbook*. “It adds a crunchy texture and enhances the other flavors, and you can get away with using less of it.”

accept the whole food pyramid

> “Beware of any diet that eliminates an entire food group,” says Jennifer Anderson, Ph.D.,

a professor of food science and human nutrition at Colorado State University. “Crazy rules like ‘Eat fruit only in the morning’ are just gimmicks for trying to sell a book.”

always leave wanting more

> “Stop before you’re full and while you still want to eat more,” says Krieger. “Not in a negative, deprived way—you shouldn’t still be hungry—but on a scale of 1 to 10, if 10 is Thanksgiving full and you usually eat until you’re at an 8, try stopping at 6. You’ll feel and look better.” ■

rise and dine > “Eat a breakfast that contains fiber with protein and a little fat, because it kick-starts your metabolism and fills you up until lunch,” says Glassman. “My go-to meals: a slice of whole-wheat toast with natural peanut butter, or a scrambled egg with some berries.” Bonus: Research shows eating breakfast may help you lose weight and keep it off.





Beauty 2.0

The new look-great frontier is filled with cool innovations: makeup that boosts collagen, mobile dermatology appointments, even skin-care webisodes! And these aren't on the horizon—they're here.

BY MARY ROSE ALMASI // PHOTOGRAPHS BY STEPHEN LEE // STILLS BY LISA SHIN

Considering that we live in a world where your car can talk you through a road trip and you can shop from your cell phone, it's no wonder beauty practices are also going high-tech. "These days, it isn't enough for makeup to come in a perfect shade or for a skin cream to do one thing well—products need to make your life easier too," says Taya Tomasello, director of Beauty Innovation Americas for Mintel International, a Chicago-based market-research firm. And that can mean products that multitask, work remotely, or employ up-to-the-second ingredients. Check out how your favorite beauty products and rituals are evolving with the times. >>



Makeup with Benefits

Blush, foundation, and eye shadow can now do more than pretty you up. They can also smooth out wrinkles and uneven texture with ingredients such as peptides and antioxidants that are normally relegated to anti-aging skin treatments. And while these makeup items can't replace your daily skin-care regimen (they contain less concentrated versions of those fancy ingredients), "the extra dose of anti-agers they provide helps you achieve better results in both the short and long term," says Francesca J. Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai School of Medicine. "Women should definitely try them."

A few to check out: **FusionBeauty Colorceuticals SculptDiva Contouring & Sculpting Blush** (\$29, sephora.com) is a cream blush made with collagen-stimulating peptides, which plump cheeks for a firmer look. **Aveda Nourish-Mint Lip Definer** (1) (\$20, aveda.com) contains collagen-boosting peptides that make lips appear fuller. **Babor Super Soft Eye Shadow** (2) (\$22, babor.com) tightens lids with peptide-based firming agents typically found in anti-aging eye creams.

Some products have hidden tone-improving talents: For example, **Tarte At Ease** neutralizing

yellow concealer (\$30, sephora.com) disguises the ruddiness from rosacea with yellow pigments and also helps prevent flushing with anti-inflammatory peptides.

Get-Happy Hues

Color therapy is a centuries-old philosophy based on the belief that specific shades stimulate the amygdala, the emotional center of the brain. "Mounting evidence shows that certain colors can affect mood, behavior, and job performance," says Pamela Dalton, Ph.D., a sensory scientist at Monell Chemical Senses Center in Philadelphia. "For example, red has been shown to make people carry out tasks faster and more accurately, blue can be calming, and yellow may be invigorating."

Beauty companies such as Kroia Skincare, which recently debuted **Energizing Yellow and Soothing Blue Foaming Moisturizers** (\$40, kroia.com), are jumping on the color-therapy bandwagon by tinting their skin-care products with shades considered to be mood enhancing. "By applying the product, the perception is that you are 'imbuing' yourself with the properties of the color," explains color specialist Leatrice Eiseman, head of the Eiseman Center for Color Information and Training,

BEAUTY 3.0: WHAT'S NEXT

The latest beauty innovations might seem a little out-there, but they may be coming to a beauty counter (or dermatologist's office) near you very soon.

NEUROCOSMETICS

> "These are products that contain plant proteins called nootropics, which stimulate the nerve endings in the skin and are said to boost levels of serotonin and dopamine, two hormones that give us a sense of euphoria," says cosmetic chemist Ni'Kita Wilson.

QUICK-CHANGE NAIL COLOR

> Researchers at the University of California at Riverside are developing two-sided color pigments that can be flipped from one shade to the other using a magnet. If it works, new polish shades could be transformed while you wear them.

INJECTIONS THAT TRULY CHANGE SKIN

> In the next decade, stem cells could be injected into wrinkles to grow collagen and smooth skin. These aren't the stem-cell-mimicking proteins currently used in skin care. The new shots will use authentic human stem cells.



Attraction Agents

Cosmetics that are laced with pheromones—which supposedly have the power to put you in a sexy mood and attract others to you—are a seductive marketing message, but do they work? “By using something that makes you think about being sexy, you might feel more self-confident or sensual, and that can have an impact on how others respond to you,” says Dalton. Check out **Purple Lab Luvah (5)** (\$24, purplelabnyc.com), a lip gloss containing dong quai, an herb used in Chinese medicine as an aphrodisiac and libido stimulant, and **Booty Parlor Kissaholic Lip Gloss (4)** (\$16, bootyparlor.com), a gloss that utilizes aphrodisiacs.

Color Chameleons

Now *this* is exciting: Cosmetic chemists have recently figured out how to create products that adjust to your skin tone. So say buh-bye to clownish blush, and that heinous line of demarcation between your jaw and neck

caused by foundation that doesn’t quite match your skin.

“The new technology ensures you’ll get the color that’s right for you, and it won’t look garish or obvious. It’s your skin, but better,” says Stephen Sollitto, a makeup artist in Los Angeles.

It sounds like magic, and it kind of is. These clear gels and creams contain encapsulated color pigments that break down and adjust to your pH (the degree of acidity or alkalinity in your skin’s outer layers) when you apply them. The technology is being used in blushes, bronzers, concealers, and foundations, says Ni’Kita Wilson, a cosmetic chemist in Fairfield, New Jersey. Worth trying: **Almay Smart Shade Bronzer and Concealer** (\$9 each, at drugstores) are long lasting and totally innocuous. **Mally Beauty Couture Color Custom Blush (3)** (\$25, mallybeauty.com) and **Clarins Rouge Prodige Instant Blush Magic Colour (6)** (\$26, clarins.com) both mimic the flush you get after a walk outside on a cool day. ■

HIGH-TECH HOTNESS

SKIN-SAVING WEBISODES

New York City-based cosmetic dermatologist Neal Schultz, M.D., supplies a wealth of skin-care info on **DermTV.com**. The site offers two-minute webisodes that tackle more than 200 skin concerns, everything from acne to stretch marks—no skin topic is taboo. Biggest surprises? The guy is a genius, and he doesn’t push products—two things you don’t expect from an Internet doctor.

VIRTUAL DOCTOR VISITS

Doctors are now making house calls again...via Skype. “It’s an easy, quick solution for when you can’t get to the doctor’s office and have only a minor issue, like an acne breakout or dark circles, or if you’re curious about whether you need Botox,” says Neil Sadick, M.D., founder of Sadick Dermatology in New York City, who offers this service to patients when they’re out of town. Some have even asked him to analyze their cellulite via Skype! But Sadick is quick to point out that more pressing issues, like a funky-looking mole or a skin infection, might still require an old-school trip to the office. Virtual doctor visits cost about half the price of in-office appointments, and they aren’t available to first-timers (most docs will do Skype consults only with their regular patients). Not all derms provide the service yet, so ask yours about their Skyping capabilities.

LOOK-PRETTY APPS

> The **MakeupHD** app (\$5) lets you upload your photo and try on existing

makeup shades from a database of more than 200 brands. Plus, it tells you where to buy them.

> Frizz prone? The **Haircaster** app (\$1) maps the weather in your area and predicts if you’ll have a good hair day or a bad one.

> If you’re an impulse shopper (and fragrance fanatic), try **iPerfumer** (free). It suggests new scents based on the ones you already love.

> Need a mental boost? **iLookgood** (free) acts like a mirror so you can check your makeup, and it offers compliments like “Have you gotten prettier?” and “Your butt looks amazing in those jeans.” Like **MakeupHD**, this app requires iPhone 4’s front-facing camera.

> And just for fun, the **iSurgeon Lite** app (free) lets you see yourself with a nip and a tuck.

All apps are available at iTunes. (Read the system requirements carefully before buying.)

BEAUTY DISPENSERS

Vending machines, once lowly purveyors of sugary drinks and salty chips, are getting a makeover. Ones specifically designed to hawk beauty products are rolling out across the country and can be found in airports, supermarkets, and malls. They work just like soda machines (except credit cards are accepted!) and allow you to buy your high-end goodies while you’re on the go—so you won’t have to drive out of your way to get to a freestanding store or wait a few days for your Web-purchased products to arrive at your doorstep. **ProActive Solution** and **The Body Shop** are the first to hop on this trend.

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LC's Rules of Style

Whether she's on the red carpet or being snapped by paparazzi, **LAUREN CONRAD** always manages to radiate her own brand of Cali-girl cool. On these pages, the designer and author offers up her best styling strategies.

PHOTOGRAPHS BY NINO MUÑOZ



No. 1

TOUGHEN THE TENDER
"I like to wear a shrunk blazer or leather jacket with a formal dress. It updates the entire look, making it a bit different from the standard fare."

Lauren's own Joie leather jacket, \$698, singer22.com; Nanushka dress, \$350, at Beyond 7, 646-619-6857; Steve Madden boots, \$130, stevemadden.com; Zoë Chicco earrings; Jennifer Fisher Jewelry necklace; Archive bracelet. On her right hand: Sydney Evan stacked rings, Ariel Gordon Jewelry heart and hex rings. On her left hand: Hamilton Jewelers Bellini Collection diamond ring, Sydney Evan ball and bar rings. Lauren's own bra.

No.

2

CINCH IT IN

“There’s no better ally for a girl than a great belt. Not only does it highlight the waist, but in this age of the voluminous top, it’s the best way to tackle all that extra fabric, which can overwhelm a lot of figures.”

The Belt by Joe’s belt, \$58, joesjeans.com; Nanushka tunic, \$175, at Beyond 7, 646-619-6857; LC Lauren Conrad jeggings, \$44, kohls.com; Sara Weinstock necklace; Diane Cotton cuff; Doyle & Doyle ring



No. 3

ADD A LITTLE POP

“Color is one of the most appealing ways to make an outfit more interesting. If you’re reluctant, start with small doses (say, shoes or a bag) and work yourself up to a brightly hued top.”

Lauren's own **Christian Louboutin** shoes, \$695 for similar styles, 212-396-1884; **Betsey Johnson** corset, \$248, betseyjohnson.com; **Joie** shorts, \$378, bloomingdales.com; **J.Crew** belt, \$32.50, jcrew.com; **Carol Marie** necklace; **Sydney Evan** stacked rings; **Doyle & Doyle** butterfly ring



No.



LIVE IN YOUR LBD

"The little black dress is one of the most enduring pieces, and finding a well-fitting one is essential. No matter what style you choose, you have a lot of options. Pair it with tights, cinch it with a belt, or layer it with a cardigan or blazer."

Elizabeth and James dress, \$395, net-a-porter.com; LC Lauren Conrad cardigan, \$50, kohls.com; Laurence Dacade shoes, \$750, at Bergdorf Goodman, 800-558-1855

No.

5



REQUIRE A JACKET

“A well-cut jacket is a great layering piece—plus it can make any outfit look more polished. I love a shrunken blazer with a white tee and skinny jeans for daytime, and a boyfriend blazer with a feminine minidress at night.”

Strenesse Blue jacket, \$560, at Searle, 212-750-5153; Diane von Furstenberg dress, \$498, dvf.com; Zoë Chicco earrings; Doyle & Doyle necklace; Frieda & Nellie by Stacy Herzog and Sarah Reid bracelet

LAUREN CONRAD

has a wardrobe any girl would love to get her paws on—including, apparently, her 2-year-old Labrador retriever mix, Chloe. “She ate two of my Chanel purses and chewed the heel off a pair of boots right out of the box,” says Lauren between bites of shrimp salad at a Los Angeles restaurant. Determined to salvage the pricey pieces—which she uses to dress up basics like her favorite Elizabeth and James boyfriend blazer and BDG jeans from Urban Outfitters—she enlisted a “fashion doctor” to repair the damage. Much to her relief, “he was like a magician. He brought everything back to life!”

NEW BOOKS, NEW LOOKS The former reality star is experiencing a new lease on life of her own. Since leaving *The Hills* in 2009, Lauren has embarked on not one but two lucrative new careers: author and clothing designer. Her first two books—installments of her *L.A. Candy* series, which chronicles one girl’s drama-filled adventures on a glossy docu-soap (sound familiar?)—topped the *New York Times* best seller list. The latest, *Sugar and Spice* (which recently hit bookstore shelves), is expected to do the same.

The 24-year-old Laguna Beach, California, native has also parlayed her enviable “girlie, relaxed, cool” style into a mini-industry that includes a breezy fashion guide called *Lauren Conrad Style*, also recently released, and her bank-

account-friendly clothing line, LC Lauren Conrad, for Kohl’s department stores. (She’s modeling a few pieces from her fall collection on these pages.)

RECIPE FOR HAPPINESS Moving beyond *The Hills* has led to a healthier lifestyle. While club hopping was once part of her job description, Lauren now prefers to stay in most nights and whip up nutritious meals for her two roommates, one of whom is *Hills* costar Lo Bosworth, 24. “I like to know exactly what’s being put into my food,” explains Lauren, who often prepares fish and vegetables for dinner (her specialty dish is stuffed peppers). “And it’s nice to come home at the end of the day and cook with your friends.”

FIT FACTOR To keep her 5’6” frame toned, Lauren often forgoes the gym for outdoor pursuits, such as kayaking, hiking the steep canyons of Malibu with her boyfriend of more than two years, 32-year-old actor Kyle Howard, and playing tennis with friends on the court near her apartment. “None of us are any good,” she says with a laugh, “but there’s a lot of running around just trying to hit the ball.” She also squeezes in 30-minute kickboxing sessions with longtime trainer Jarett Del Bene. “Any way to make a workout feel like playtime is great,” she says. “The stress just melts away.”

Granted, there’s less anxiety these days. “A lot of the craziness is over. It’s the calm after the storm,” she says of post-TV life. Clearly, reality doesn’t bite after all.

—Shawna Malcom

LC Lauren Conrad top, \$40, and jeans, \$44, kohls.com

For jewelry credits and full shopping info, turn to the Buyer’s Guide on page 155.

“A little bizarre but really cool” is how Lauren describes her success as a writer.





GET LAUREN'S *Eyeliner Look*

Lauren's styling savvy extends to makeup. Case in point: her signature cat-eye look. "She started doing it during the first season of *The Hills* and loved the way it elongated her eyes, so she's been wearing it ever since," says Lauren's makeup artist, Amy Nadine. You can get the same sexy effect by following these three steps:

1/ Choose a black liquid eyeliner with a thin tip. Lauren's favorites are **Mark** Get In Line Hook Up Liquid Waterproof Eyeliner in Painted Black (\$6, meetmark.com) and **Dior** Style Liner in Noir Black (\$32, sephora.com).

2/ Rest your elbow on a table or counter in front of a mirror (it will give you a steadier hand). Starting at the inner corner of your top eyelid, drag the tip of the brush along the lash line to the outer corner, making the line thicker as you go. The firmer you press down on the brush, the thicker the line will be.

3/ Extend the liner a bit past the outer corner of your eye, flicking the "wing" up and out toward the end of your brow.

Styling by Kate Moodie

HAIR: CHARLES BAKER STRAHAN FOR HERBAL ESSENCES/ARTISTS BY TIMOTHY PRIANO. MAKEUP: AMY NADINE FOR CHANEL. MANICURE: JENNA HIPPI FOR JOHN MASTERS ORGANICS/TRACEY MATTINGLY.

Catch more of Lauren

> For an exclusive behind-the-scenes video from our shoot with Lauren Conrad, visit WomensHealthMag.com/Lauren.

If You've Ever Had Oral Sex...



More and more dentists are
diagnosing an STD-related cancer.



You **Need To** Read This.

Long known to cause cervical cancer, the pervasive but often silent human papillomavirus (HPV) has been finding its way into women's mouths.

BY ALYSSA GIACOBBE

MISCHE EDDINS, 37, awoke with a head cold. Or what seemed like one anyway. Postnasal drip. Sore throat. Swollen lymph nodes. No biggie—it was the fall of 2007, and a seasonal bug was winding its way through Seattle. “I had *just* been bragging to my friends about how I’d managed to avoid getting sick,” she says. “But I was healthy, so it all passed quickly.” Everything, that is, except a swollen node on the left side of her neck, which, months later, hadn’t gone away.

Christmastime came, and the little bump was still there. Sans appointment, Mische walked into her doctor’s office and left with a script for antibiotics. No improvement. She then bounced from M.D. to M.D., and finally, six months after that seemingly innocuous head cold, she had a PET/CT scan. The results were a total shock: Mische had stage III oral cancer, and the disease had spread from her tonsil to her lymph nodes.

Within hours, her docs had scheduled a tonsillectomy and were talking about chemo and radiation. Someone suggested she prepare a will. “I was floored,” she says. “A will?” A professional singer, Mische exercised almost every day, ate a mostly organic diet, didn’t booze heavily, and never smoked as an adult. Even her doctors were stymied.

Searching for answers, one physician tested Mische’s cancer cells for human papillomavirus (HPV), the sexually transmitted infection notoriously linked to cervical cancer. Mische was taken aback; she’d spent the past 16 years in two monogamous relationships and was fastidious about getting annual Pap smears, which had never been abnormal. Why were they now testing her *mouth*? Her doctors explained the worrisome new link between oral cancer and HPV, which can be transmitted to the mouth through oral sex. And indeed, she tested positive. Her oral cancer was HPV-related.

TEN YEARS AGO, oral cancer among women was practically unheard of. Patients were nearly always male and over 50, heavy smokers or drinkers, or both. (When actor Michael Douglas, 66, was diagnosed with the illness this past summer, the media pointed to his longtime half-a-pack-a-day habit.) But according to the *Journal of Clinical Oncology*, there has been a major upswing in HPV-related oropharyngeal cancer, a deadly disease often found in the base of the tongue and the tonsils. In fact, roughly a quarter of all oral cancers are now HPV-related, according to the American

Cancer Society, and approximately 25 percent of cases occur in women—some as young as 19, says Gregory Masters, M.D., an oncologist at the Helen F. Graham Cancer Center in Newark, Delaware.

But how could HPV, a “down there” disease, be causing so many mouth problems? It’s something doctors and public-health experts have long feared, thanks to the rampant spread of the virus. You’ve likely heard the daunting stats: Approximately 20 million Americans currently have HPV, with 6 million new infections discovered each year through Pap or cervical swab tests, according to the Centers for Disease Control and Prevention. What’s more, the virus—which can have zero symptoms or bloom into a series of visible warts—will affect up to 80 percent of sexually active women at some point in their lives.

In the vast majority of cases, the body’s immune system will clear HPV on its own within two years (there is some debate over whether the same HPV infection can ever return to cause cervical lesions later, but research is still in early stages). However, a small percentage of infected women—around 11,000 per year—will not clear HPV and may develop cervical cancer. This

cancer in young female patients. “Since HPV-related oral cancers don’t affect the traditional group of those at risk for mouth cancer, a lot of these cases are missed or diagnosed late,” affirms Eric J. Moore, M.D., an otolaryngologist at the Mayo Clinic in Rochester, Minnesota. “Usually, the patient is healthy, exercises regularly, and eats right. She doesn’t fit the profile.”

LYDIA MINER definitely didn’t fit the profile. She, too, ate well, worked out, and didn’t smoke or drink much. But she had a strange sensation in the back of her throat that felt like a half-swallowed pill, stuck midway. Or maybe, she thought, it was a patch of skin irritated by one of the many times she’d hurriedly choked down lunch during her hectic job as an environmental consultant in Anchorage, Alaska. “For a while I thought I was just imagining it,” says Lydia, now in her forties. But after two months, she knew better.

Like Mische, she got a scan, which showed something alarming. “The doctor stared at the results, then turned to me and said, ‘I’ve got to tell you, I think you have oral cancer,’” she recalls. Her small malignant tumor, which was later surgically removed, tested positive for HPV.

Between 1999 and 2007, rates of HPV-related oropharyngeal cancer rose 28 percent. **They continue to rise at a rate of about 3 percent every year.**

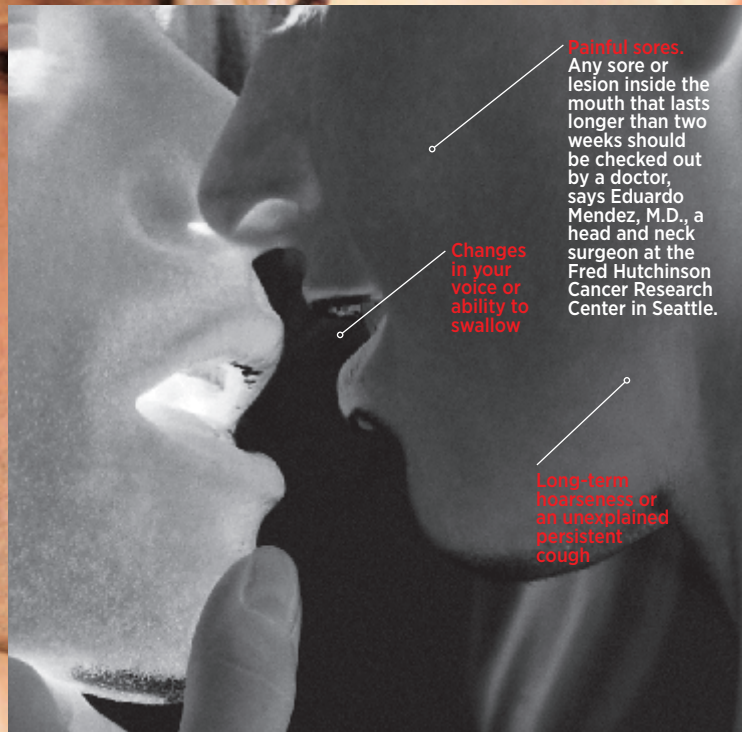
has prompted the federal government to recommend, somewhat controversially, that all girls be vaccinated for HPV by age 12. (See “The HPV Vaccine: Risks vs. Rewards” on page 152.)

To date, safe-sex campaigns have typically blamed the spread of HPV on unprotected vaginal intercourse. But it’s now clear that the disease can be contracted orally too. And that’s where things got dangerous for Mische Eddins and thousands of other women. Their mouths were infected with HPV-16, the particular type that most doctors believe is responsible for the majority of cases of HPV-related oral cancer.

Just how long HPV-16 lingers in the mouth before turning into cancer is uncertain. But what is evident is that more than 14 percent of cases aren’t caught until very late stages, possibly because some physicians are slow to consider the

Lydia was incredulous. She hadn’t thought about the virus in more than a decade.

In her twenties, she’d had a series of abnormal Pap smears; however, by her thirties, her Paps continuously came back normal, and she’d forgotten all about any irregularities. But HPV is nothing if not sneaky; it can lie dormant and undetectable in the body for years, making it incredibly difficult to know if you’re infected and unknowingly passing it along to others. This can also make it nearly impossible to pinpoint the partner responsible for giving it to you. (Meaning, that one-night stand you had in your teens or even the guy you dated seriously in college can come back to haunt you well into your thirties and beyond.) Though between 40 and 60 percent of guys have HPV at any given time, less than 1 percent will have visible symptoms, and there are currently no FDA-approved HPV tests for men. What all this



Painful sores. Any sore or lesion inside the mouth that lasts longer than two weeks should be checked out by a doctor, says Eduardo Mendez, M.D., a head and neck surgeon at the Fred Hutchinson Cancer Research Center in Seattle.

Changes in your voice or ability to swallow

Long-term hoarseness or an unexplained persistent cough

Pain or swelling in the lymph nodes or neck that lasts longer than two weeks

A persistent sore throat. "Don't ignore a sore throat that goes on longer than two weeks or any lump in your neck that's present for more than a few days," says Eric J. Moore, M.D., an otolaryngologist at the Mayo Clinic.

Watch Your Mouth!

Oral cancer can show up as tumors, cracks, or lesions on your throat, voice box, tonsils, or tongue. Nearly 40,000 Americans will be diagnosed this year, and because 14 percent of oral cancers are caught too late, only two-thirds of those patients will survive longer than five years. Radiation and chemotherapy are the most common courses of action, though surgery can be done if the tumors are small and accessible (treatment side effects can include loss of taste buds, vocal-cord damage, trouble swallowing, and scarring).

Because the cancer is so tricky to catch, it's important to pay close attention to any changes in your mouth and throat. Check for the early warning signs detailed above.

means is that oral sex—once considered a safer alternative to vaginal sex—might not be so harmless after all.

The most obvious HPV-related oral-cancer risk factors, as you might imagine, have to do with the kind of sex you have, how often you have it, and the number of partners you've tangled sheets with. According to a study in the *New England Journal of Medicine*, people who have had six or more sex partners are more than twice as likely to develop oral cancer. But those who've had six or more oral sex partners increase their chances by a whopping 340 percent. As such, says Masters, HPV-related oropharyngeal cancer should be considered a sexually communicable disease. "From cases I see, I get the sense that many younger people don't think oral sex counts as sex," he says. "But oral sex has risks too."

As is the case with most STDs, the best way to protect yourself from HPV-related oral cancer is abstinence, which isn't

realistic for most people. Complete honesty about your sexual history and frequent HPV testing can help, and the HPV vaccine might work too, says Francis Worden, M.D., a clinical associate professor of medicine at the University of Michigan and a leading researcher of HPV-related oral cancers. (Though, Worden notes, the vaccine's efficacy is an assumption at this point: "There's no data just yet.") Using condoms for any sexual contact—yes, including oral sex and even with a committed partner—can also help thwart the genital-to-mouth spread of HPV, though Moore concedes it's naive to think couples will commit to a lifetime of wrapped-up oral sex. (For their part, men can get oral HPV by performing oral sex on a woman with vaginal HPV, with or without using a dental dam, says Worden. Michael Douglas reportedly tested positive for HPV, and while there's no concrete link between his particular cancer and the STD, cases of HPV-related oral cancer are also rising among men.)

If this advice sounds thin, that's because it is. The fact is, a lot of HPV research still needs to be done—if it can be done at all. For one thing, determining how sexually transmitted diseases spread depends in large part on the truthfulness of patients and test subjects. "It's particularly tough to get figures on sexual habits, because you're relying on people's memories and forthrightness," says Masters.

THE GOOD NEWS you've been waiting for: If detected early, this type of cancer is highly treatable. Compared with other forms of mouth malignancies, HPV-related oropharyngeal cancers have significantly higher survival rates, especially among nonsmokers. "For reasons we're not entirely sure of, HPV-related cancers respond better to chemotherapy and radiation," says Masters. "The majority of patients are cured not only because they are generally younger and more tolerant of treatment but also because the cancer

The HPV Vaccine: Risks vs. Rewards

Billed as an antidote to cervical cancer—not to mention the widespread STD—the controversial shot could also help curb oral cancer. But is getting it a good idea?

THE EQUATION SOUNDS STRAIGHTFORWARD ENOUGH: THREE QUICK PRICKS OVER THE COURSE OF SIX MONTHS EQUALS IMMUNITY FROM THE HUMAN PAPILLOMAVIRUS, WHICH, IN TURN, EQUALS PROTECTION FROM CERVICAL CANCER, THE THIRD MOST COMMON WOMEN'S CANCER.

IF ONLY THE MATH WERE THAT SIMPLE.

IN FACT, GARDASIL, THE HPV VACCINE THAT SCORED FDA APPROVAL FOUR YEARS AGO FOR GIRLS AGES 9 TO 26, AND

CERVARIX, WHICH RECENTLY HIT THE MARKET FOR THOSE AGES 10 TO 25, HAVE CREATED SO MUCH CONTROVERSY THAT MANY WOMEN DON'T KNOW WHETHER TO ROLL UP THEIR SLEEVES OR RUN FOR THE HILLS WHEN THEIR DOCS OFFER TO STICK 'EM. HERE ARE THE HARD FACTS, SO YOU CAN MAKE UP YOUR OWN MIND. (WHATEVER YOU DECIDE, THOUGH, IT'S STILL CRUCIAL TO ALWAYS VISIT YOUR M.D. FOR REGULAR PAP SMEAR SCREENINGS.)

More than 100 strains of HPV exist, and 30 of them are associated with below-the-belt cancer. Gardasil and Cervarix target two types—numbers 16 and 18—that are thought to be major root causes of cervical cancer, says vaccine developer Diane M. Harper, M.D. Indeed, research shows the shots provide complete protection from both 16 and 18, and Cervarix offers extra protection against three other cancer-related versions. There also may be hope for women already diagnosed with precancerous cells: A new therapeutic vaccine that would zap those—in lieu of any surgery—is in clinical trials and could be available in five years.

HPV often triggers an abnormal Pap result, so being vaccinated can lower your chances of suffering through a post-screening scare by up to 20 percent.

And that's a huge plus, says Marjorie Greenfield, M.D., a professor of obstetrics and gynecology at Case Western Reserve University School of Medicine. "So many patients who have abnormal Paps then go through noxious, uncomfortable, and scary diagnostic procedures," she explains. These can involve the removal of cervical tissue, which can later affect a woman's ability to carry a baby to term. People with sketchy Pap results also have to deal with the anxiety of learning they might have an STD, adds Greenfield.

The vaccination could be beneficial even if you've already been infected with HPV. Here's the logic: Because women aren't tested for specific types of the virus, an HPV-positive test result doesn't necessarily mean you have the 16 or 18

types. So a post-diagnosis shot could still help ward off those versions. This is the reasoning that led Lena Chen, a freelance writer in Boston, to opt for Gardasil while at Harvard University, even though she'd had a previous HPV scare. "I thought it was a good investment in my future health," she says. "I wish I'd done it sooner."

But how much immunity-boosting staying power the vaccines have is (almost) a shot in the dark. Early research shows Gardasil and Cervarix are both effective for up to five years (the latter after just one dose). But slow-growing cervical cancer takes ages to develop, so a vaccine would need to be 100 percent effective for at least 15 years to truly prevent a tumor. In the absence of long-term studies, scientists can't say whether women who've received

actually behaves differently.” The key, of course, is to catch it early—in most cases, this means spotting a lesion or a change in mouth tissue color or texture. It also means seeing your dentist regularly.

Tests using rinses, dyes, and different types of light are being developed to allow dentists to administer comprehensive oral-cancer screenings, but many dentists are already actively peering into patients’ mouths, on red alert for cancerous signs. (While all dentists are educated in cancer screenings, not all perform them, so it’s crucial to ask.) John Comisi, D.D.S., a dentist in Ithaca, New York, says he has caught dozens of lesions on female patients, many in their thirties. “Some don’t turn out to be much of anything,” he says. “Others turn out to be abnormal cells that over time would surely become cancerous.”

“Women are really good about going for their annual Pap smears, but I don’t know one gynecologist who will look in your mouth,” adds Gigi Meinecke, D.M.D.,

a dentist in Potomac, Maryland, who performs a thorough oral exam on all of her patients. “The only place you’re going to get that is at your dental office.”

A good oral-cancer screening, says Meinecke, includes a comprehensive head, neck, and lower-jaw examination, as well as superficial checks of the lymph nodes, the front of the ears (where tumors can also develop), and the back of the neck. And your tongue should be thoroughly examined from every angle. “Basically, what we’re looking for are subtle changes in coloration,” she says.

Dental screenings aren’t 100 percent fail-safe. “The biggest problem with these types of cancers is that people typically don’t have a lot of symptoms, and if you can’t see it or feel it, your dentist might not either,” says Moore. But enlisting an extra set of trained eyes is still a worthwhile protective measure. “In my opinion, any oral abnormality should be investigated,” says Comisi. “You just can’t be too sure.” ■



the shots will need to be poked again later. If a second round is warranted, remembering to re-up could be a problem for some, while cost could be an issue for others. (Some plans cover both Gardasil and Cervarix, but if you’re not insured, the \$300-plus price tag might be a sticking point.)

Cervical cancer is preventable without the vaccine. Because it takes so long for HPV to develop into full-blown cancer, there’s plenty of time to head it off with regular Pap tests. According to the American Cancer Society, the five-year survival rate for cervical cancer that’s caught early is about 92 percent; when precancerous lesions are removed, a complete cure becomes a sure thing. What’s most important, says Harper, is always being vigilant about your checkups, shot or no shot. “No one who’s had the vaccine should feel as if she’s totally protected,” she explains. “Less common HPVs—ones that are not targeted by the vaccine—can also cause cancer. Being vaccinated just means you’ve taken more steps toward prevention.”

There may be side effects. Serious ones. Many Gardasil recipients experience normal vaccine aftermath like redness, soreness, and fainting. (“Any vaccine is associated with fainting,” says Michael

Lamacchia, M.D., an infectious disease specialist at St. Joseph’s Children’s Hospital in Paterson, New Jersey. As such, many docs want patients to stay in the office and rest for 15 to 20 minutes after a Gardasil shot.)

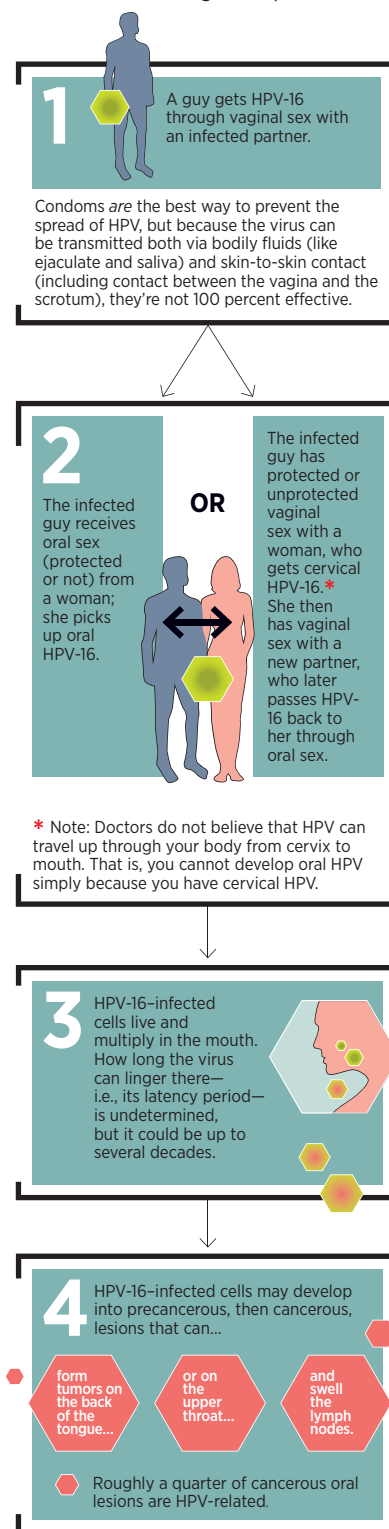
But thousands of women have also reported more worrisome issues, including crippling fatigue, paralysis, blindness, or autoimmune complications, and some have even died, according to CDC and FDA data. “I was 19 when I got the first shot, but my arm hurt so badly for the next three months that I didn’t go back for the second,” says a 21-year-old who asked not to be identified. “Even now my arm is considerably weak, and I have vertigo and other health problems. I used to run almost four miles a day. Now I spend a lot of time seeing doctors.”

While researchers aren’t certain that grievances like these stem from direct Gardasil side effects (Cervarix hasn’t been around long enough to amass complaints), “it’s critical to note that more than 70 healthy young girls have died from a neurological reaction that occurred soon after getting Gardasil,” says Harper. (The FDA is not required to act in response to any side effect that occurs in fewer than one in 10,000 people.) So if you’re really concerned, she says, “you can avoid the risks by opting for a lifetime of Pap smear screening rather than vaccination.”

—Maura Rhodes

Contraction Reaction

Nearly all cases of HPV-related oral cancer have been linked to one particular type of the virus: HPV-16. Although there’s still research to be done, scientists have determined its general path:





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On the Cover:

Alice + Olivia by Stacey Bendet dress (price upon request), aliceandolivia.com
Garland Collection gold and diamond star bangle (\$1,980), garlandcollection.com
J.Crew patent-leather belt (\$29.50), jcrew.com
Jennifer Fisher Jewelry gold organic stud bangle (\$900), jenniferfisherjewelry.com
La Petite Princesse enamel rectangle ring (\$98), nolitajewelry.com
Sydney Evan gold "love" ring (\$750), ronherman.com for stores
Zoë Chicco pavé diamond spike studs (\$554), zoechicco.com

SHOP YOUR SHAPE
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BB Dakota Clifton Melton wool coat (\$130), lulus.com
Gorjana stacking rings (\$145 for set of seven), gorjana.com
Guess by Marciano Darla wool swing coat with leather sash belt (\$288), guessbymarciano.com
Heather Benjamin agate necklace (\$686), at Calypso, 866-422-5977
J.Crew double-cloth Lady day coat (\$298), jcrew.com
LaRok Luxe rayon/poly Lolita coat (\$368), at Julian Gold, 210-824-2493
Loft sweater with contrast piping (\$59.50), loftonline.com
Old Navy textured wool coat (\$89.50), oldnavy.com

Sanctuary Jeri corduroy pants (\$130), at Skirt, 610-520-0222
Tulle vintage wool double-breasted sailor-button coat (\$103), tulle4us.com
United Colors of Benetton wool and nylon single-breasted pea coat (\$199), 800-535-4491 for stores
Yoana Baraschi Femme Fatale coat with roses (\$481), at Siren, 914-777-2122
Yumi Sovereign Style poly/wool coat (\$260), modcloth.com

START FAKING IT!
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Afaze square stone double-twist ring (\$18), afaze.com
Ben-Amun by Isaac Manevitz thin Swarovski crystal bracelet (\$215) and faux-pearl single-strand necklace made with Czech glass beads (\$98), ben-amun.com
Boutique 9 Berry gold pumps (\$160), bloomingdales.com for stores
DKNY watch with faux-croc strap and silver dial (\$65), macys.com for select stores
Express rhinestone and satin bracelet (\$27), express.com
Gorjana stackable sterling-silver rings (\$145 for set of seven), gorjana.com
Jen Kao Multiplicity cashmere cardigan (\$850), at The Webster, 305-674-7899
Kasli Workshop Devious Slim Boot jeans (\$187), shopakira.com
Lalla Rowe faux-fur neck warmer (\$26), double-chain-strap quilted barrel bag (\$52), and faux-suede and faux-fur driving gloves (\$16), lailarowe.com
Lenora Dame jumbo pearl filigree bracelet with brass chain, gold ox-plated bead caps, and glass pearls (\$112), lenoradame.com
Leyendecker faux-rabbit sweatshirt (\$242), 25park.com
Loft paillette flower belt

(\$29.50), loftonline.com
Low Luv x Erin Wasson small coil band (\$30), tobi.com
Lydell NYC pavé double ring (\$38), lydellnyc.com
Martine Wester classic stud earrings (\$18), martinewester.com
Monet base metal and glass stone rings (\$42 for set of three), monet.com
Mulberry for Target satchel (\$35), target.com
Sorrelli Mimi Collection Mini Mirror stud earrings (\$14.30), sorrelli.com
Temple St. Clair for Target gold necklace with pear drop stones (\$30), target.com
Vita Fede leather bangles (\$90 to \$140 each), vitafede.com

FLAT-AB PILATES
PAGES 53 TO 55

Body Language Sportswear Zeta top (\$40), 818-783-4671
Lululemon Athletica Wunder Under Crop pants (\$68), lululemon.com
New Balance NBx-Treme Crop bra (\$45), newbalance.com
Somnio Pacemaker sneakers (\$135), somiohshoes.com
Zobha Supplex/Lycra leggings (\$74), zobha.com

TONE EVERY INCH
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American Apparel cotton spandex ruched-front tube bra (\$11) and The Disco Short (\$46), americanapparel.net
New Balance 920 sneakers (\$95), newbalance.com
PH8 reverse-seam racer-back tank (\$34), ph8bybebe.com for stores

HOW FIT ARE YOU REALLY?
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American Apparel mesh running shorts (\$18), loopterryrunning.com

shorts (\$20), and ribbed boy beater tank (\$17), americanapparel.net
Asics low-cut shorts (\$28), asics.com for stores
LaMer Collection wrap watch (\$84), lamercollections.com
Loup poly/spandex tank (\$58), louponline.com
Lululemon Athletica Flow Y bra (\$68), lululemon.com
New Balance 758 sneakers (visible in the Table of Contents, \$90), newbalance.com
New Balance for Nine West Cyprus Suede sneakers (\$89), newbalance.com for stores
Nike tank (\$40 for other colors) and LunarSwift+ sneakers (\$85 for other colors), nikestore.com
PH8 leggings (\$79 for similar styles), ph8bybebe.com for stores
Puma Urban oversize tank (\$50), macys.com for select stores

LC'S RULES OF STYLE
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Archive Charleston recycled brass and crystal bracelet (\$92), archivejewelry.com
Ariel Gordon Jewelry pavé mini heart ring (\$435) and diamond hex stack ring (\$620), arielgordonjewelry.com
Betsy Johnson Eve Hartely burnout velvet corset (\$248), betsyjohnson.com
Carol Marie jewel oval web necklace (\$175), carolmariedesign.com
Christian Louboutin Declic suede platform pumps (\$695 for similar styles), 212-396-1884
Diane Cotton vintage bird suede cuff (\$240), at Solo Showroom, 212-620-0988
Diane von Furstenberg silk Garvin dress (\$498), dvf.com
Doyle & Doyle Baroque pearl and diamond ring (\$3,600), gold

butterfly and flower ring (\$350), and peridot and pearl wreath pendant necklace (\$985), doyleanddoyle.com
Elizabeth and James sculpted bustier stiletto dress (\$395), net-a-porter.com
Frieda & Nellie by Stacy Herzog and Sarah Reid Frieda bracelet (\$250), friedaandnellie.com
Hamilton Jewelers Bellini Collection pavé diamond ring (\$1,125), hamiltonjewelers.com
J.Crew smooth leather belt (\$32.50), jcrew.com
Jennifer Fisher Jewelry gold necklace (\$210) with pavé black diamond disk (\$350) and star charm (\$420), jenniferfisherjewelry.com
Joie Dolores leather jacket (\$698), singer22.com, and Denver leather shorts (\$378), bloomingdales.com
Laurence Decade Sima suede pumps with tulle and crystal bows (\$750), at Bergdorf Goodman, 800-558-1855
LC Lauren Conrad jeggings (\$44), chiffon-trim cotton cardigan (\$40), lace-trim polyester blouse (\$40), and French-terry jeans (\$44), kohls.com
Nanushka Candy silk velvet sweetheart cocktail dress (\$350) and Milla batik silk tunic (\$175), at Beyond 7, 646-619-6957
Sara Weinstock diamond butterfly necklace on Boston chain (\$640), at Barneys New York, 310-276-4400
Stevie Madden Harlem leather combat boots (\$130), stevemadden.com
Strenesse Blue silk velvet jacket (\$560), at Searle, 212-750-5153
Sydney Evan rose-gold stackable ring set with white diamonds (\$3,425), yellow gold ring with white pavé diamond balls (\$750), and rose-gold top pavé bar ring (\$600), at Bergdorf Goodman, 800-558-1855
The Belt by Joe's Spectrum belt (\$58), joesjeans.com
Zoë Chicco gold and diamond pavé spike studs (\$554), zoechicco.com

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Percentage who have refused to leave a gratuity after experiencing bad service

PERCENTAGE WHO ALWAYS SEND HANDWRITTEN THANK-YOU NOTES:

Seventy-nine

Number of thank-you cards Hallmark sells annually:

195 million

TOP THREE GIFTS THE AW IS MOST THANKFUL TO RECEIVE:

- 1 An experience gift (e.g., a trip, a spa day)
- 2 Something expensive she'd never buy for herself
- 3 Something sentimental

Food she appreciates the most on Thanksgiving:

Stuffing



Sources: Women's Health poll and Hallmark.com

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Thanks a Lot!

The Average Woman's attitude on gratitude

3

Number of languages the AW can say thank you in

Person she's most grateful to have in her life:

Mom

Physical trait the Average Woman can thank genetics for:

{Her pretty eyes}



TOP THREE BEAUTY PRODUCTS SHE THANKS GOD FOR EVERY MORNING:

- 1 Moisturizer
- 2 Mascara
- 3 Concealer

Character trait she appreciates most in a partner:

Loyalty

The AW feels most appreciated when...

"He writes me a sweet note."

Number of women who feel underappreciated at work:

4 in 9

31

Percentage who show their thanks for a raise or promotion by working extra hard

Percentage of women who have ended a relationship because they didn't feel appreciated:

55

Dear Subaru,



"I got my first Subaru when I was four years old. It was a go-kart that I won in a contest. Years later, I'm the proud owner of two Outbacks and looking to add another! I still wish I had that BRAT, though!" - Reid J, Rockford, IL. **Love. It's what makes a Subaru, a Subaru.**



Tell your story at subaru.com/dearsubaru



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