

September 22, 2008

healthy living made easy

First



Delicious
in under
20 minutes

DINNER? DONE!

THYROID CURE

*Speed up
metabolism
by 250%*

Fired? More than 9 in 10 women currently suffer from an iodine deficiency. Quick fix on pg 31.

INSTANT BLISS

KELLY RIPA shares 10 little tricks to feeling happy every day

ENERGY SECRETS

5 smart ways to have pep to spare

PHOTOX FOR BREASTS?
New anti-sag approach

NO MORE WORRIES!

01 money-savers, shortcuts, smart solutions and more

JUST DISCOVERED

- A wood board nixes salmonella **pg 24**
- Plums can erase spider veins **pg 17**
- Ginkgo stops ringing ears **pg 25**

DO YOU EAT UNDER STRESS?

You'll drop 7-9 lbs every week

GOOD NEWS: These genius snacks calm nerves, end hunger and quell cravings

Road-tested by thousands of women like...

**Courtney
lost
115 lbs!**

\$2.49

Display until 9/22/08



your best look

10-second secrets to

spa beautiful

Rehab
#5

Katherine
Heigl, 29

CREPEY SKIN SOS

courtesy of yucca

"Steam, bake, mash or boil yucca for a skin-beautifying side dish. This tropical veggie is rich in vitamin C, which helps the body form collagen—that's what helps keep skin supple. *Saponins*, chemicals unique to yucca, repair damage to skin-cell membranes, ensuring smooth skin. We especially need it after summer, when skin has become dehydrated." —Jackie Keller

YOUR SILKIEST HAIR

courtesy of olive oil

"The beach can dry out hair, making it desperate for a cut at the end of the summer, but a bit of extra virgin olive oil does wonders. Pour the oil in a bowl and dip your fingertips in it, then work it through the top layers and ends of hair. Leave on for 10 minutes; wrap hair with a hot towel to retain heat. Once hair is dry, apply 1 Tbs. of shampoo with ¼ tsp. of cornstarch before you get in the shower. Then wet it, lather and rinse for gorgeous, shiny hair!" —Mario Russo

Jessica
Simpson, 28

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#7

FIRST PICK:

Prefer a ready-made soak? Try Nailtini Club Soda Fizz Nail Whitening Soak, \$16 for 5.6 oz., at [Beauty Bridge.com](http://BeautyBridge.com).



Carrie
Underwood, 25

INSTANT NAIL LIGHTENER

courtesy of hydrogen peroxide

"To remove the dirt that gets embedded from having your hands and feet more exposed to the elements in the summer, immerse your fingers and toes in a whitening soak of 10 parts water and 1 part hydrogen peroxide. Soaking softens the cuticles and rough skin, so take some time to push the cuticles back and gently scrub your heels and callused areas of your feet with a pumice at the end of your soak. This is also a good way to remove stains from your hands after doing your own self-tanning." —Elsbeth

Photos, clockwise from bottom left: Ron Asadorian/Splash News; Steve Granitz/WireImage; Graham Whitby Boot/Allstar/Globe Photos; RE/Westcom/Starmax, Inc.; FNY/FinalPixx.

Jaime Pressly, 31

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FIRST PICKS:
Murad Vitamin C Infusion Home Facial Kit, \$70, or Philosophy Turbo Booster C Powder, \$35 for .25 oz., both at Sephora.com.

A CURE FOR FINE LINES

courtesy of vitamin C

"Topically, I like vitamin C a lot because over the summer you begin to get extra freckles, fine lines and wrinkles. Vitamin C plumps your skin, hydrates it and reduces pigmentation. A lot of people use it the night before they have a big event because it makes a big difference. But be sure to look for a stable vitamin C product—don't use one that is already brown or turning brown. And if there's any water in the formula, it won't be stable." —Howard Murad, M.D.

OUR EXPERTS



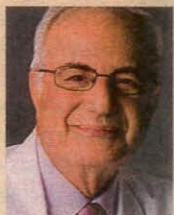
Nutrition expert **Jackie Keller**, founding director of NutriFit, helps stars like Uma Thurman and Katherine Heigl stay fit.



Manicurist **Elsbeth** works with Demi Moore, Cameron Diaz, Beyoncé Knowles, Jessica Simpson and Michelle Pfeiffer.



Mario Russo, a star hairstylist in Boston, tends to the tresses of brunette beauties Natalie Portman and Teri Hatcher.



Los Angeles dermatologist **Howard Murad, M.D.**, cares for the skin of Kim Cattrall, Renée Zellweger and Toni Collette.

AN END TO EXTRA FLAB

courtesy of chopsticks

"Replenish your body after a summer of indulgences by enjoying a plate of raw fruit or vegetables 15 to 20 minutes before you eat your entrée. You'll be less hungry, plus you get all these good fresh foods. I was at the ashram [a center that promotes healthy living, similar to a spa] last month and one of our choices was to eat a salad with a fork or with chopsticks. Can you imagine eating salad with chopsticks and how long that takes? You end up feeling full from the bulk of the salad before you even eat the entrée." —Dr. Murad

Blake Lively, 21

Rehab
#9