

THE POWER OF GLYCOLIC ACID, AT HOME

VISIBLY FEWER WRINKLES. REVEAL BRIGHTER SKIN

[10% GLYCOLIC COMPLEX]
30 PADS GENTLE ENOUGH FOR DAILY USE

REVITALIFT BRIGHT REVEA

DERM-INSPIRED ANTI-WRINKLE + BRIGHTENING TREATMENT

TECHNOLOGY GLYCOLIC-INFUSED PEEL PADS

CLINICAL RESULT__VISIBLY REDUCES WRINKLES, BRIGHTER, MORE RADIANT SKIN

INGREDIENT_ 10% GLYCOLIC COMPLEX

HOW IT WORKS GENTLY EXFOLIATES DULL SKIN

ĽORÉAL SKIN EXPERT/PARIS

3600 SCIENTISTS, 6 RESEARCH CENTERS WORLDWIDE. DEDICATED TO BEAUTIFUL SKIN AT EVERY AGE.

DR.OZ THE GOOD LIFE

IT'S
THE OZ
AWARDS

Find all our healthy winners for body. mind & soul on p. 21

Mini gardens

Yogurt 2.0

Beauty innovations

Sneakers to love

A mindful revolution

Health game changers

Clean-eating snacks

Proven anti-agers

Amazing burgers

Tea, transformed

Supermarket discoveries

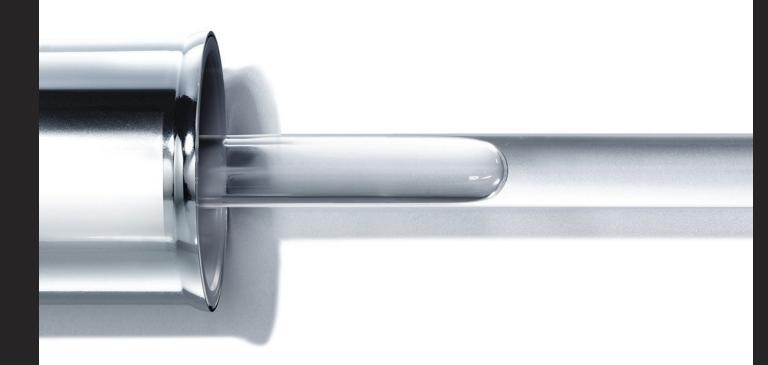
"Voodles"!

Star ingredients

...and more for you!

REVEAL BRIGHTER SKIN WHILE YOU FIGHT WRINKLES:

DISCOVER THE POWER OF GLYCOLIC ACID SKINCARE





CLEANSE

Daily Scrub Cleanser gently exfoliates away dullness with natural volcanic particles, preps skin for treatment.



TREAT

Peel Pads work with Glycolic Complex to remove dead skin cells with one textured pad. Reveals brighter, smoother skin, over time.



MOISTURIZE AM

Day Lotion SPF 30 protects, helps visibly correct skin tone, reduce wrinkles.

Always apply SPF after using products with Glycolic Acid.

Two amazing actions. One amazing skincare routine. L'Oréal's new Bright Reveal. It not only brings out your skin's glow, you see fewer wrinkles,* too. The key ingredient is Glycolic Acid.** The secret of dermatologists, it's what helps trigger such effective results: brighter, smoother, glowing skin, and visibly fewer wrinkles.* For all skin types.

BECAUSE YOU'RE WORTH IT.™ lorealskinexpert.com ©2017 L'Oréal USA, Inc.

*Excluding Daily Scrub Cleanser **Glycolic Acid concentration is less than a dermatologist procedure

[GLYCOLIC ACID]

Penetrates into skin. Removes dead skin cells. Reveals brighter, smoother skin.







「PRO-RETINOL ☐

In Day Lotion SPF 30 and Dual Overnight Moisturizer, helps stimulate cell renewal; visibly reduces fine lines and wrinkles.



REVITALIFT BRIGHT REVEAL

MOISTURIZE PM

Dual Overnight Moisturizer exfoliates to better infuse skin with powerful ingredients, to visibly smooth and brighten overnight.



EXPERT ADVICE

FOR AWARD-WORTHY SKIN



Dr. Rocio RiveraPhD and expert on skin biology

"Women shouldn't have to choose what sign of aging they want to address. I love the Revitalift Bright Reveal collection because it was designed to be simple, yet effective on the appearance of wrinkles* and uneven skin tone. Now, women have an affordable over the counter alternative to an in-office Glycolic Peel"**

*EXCLUDING DAILY SCRUB CLEANSER
**GLYCOLIC ACID CONCENTRATION IS LESS THAN A DERMATOLOGIST PROCEDURE

Wrinkles are the #1 skin concern for women in the U.S.; skin tone is #2. **DR. ROCIO RIVERA**, Assistant Vice President of Scientific Communications at L'Oréal Skin Expert/Paris, explains how the new **Revitalift Bright Reveal** collection addresses both to reveal red carpet-ready skin for your big night...and every day!

OUTSTANDING PERFORMANCE IN A FEATURED ROLE

GLYCOLIC ACID

It is the smallest in the alpha-hydroxy acid (AHA) family, making it a more efficient molecule. It works not only as a skin brightener for radiant skin but also to help reduce the look of wrinkles. Glycolic Acid is an ingredient dermatologists use that helps trigger such effective results.**

**GLYCOLIC ACID CONCENTRATION IS LESS THAN A DERMATOLOGIST PROCEDURE

PRO-RETINOL®

A stabilized form of Vitamin A found in both Day Lotion SPF 30 and Dual Overnight Moisturizer. It helps stimulate cell renewal and visibly reduce fine lines and wrinkles.

VITAMIN C

As a key antioxidant in the body, Vitamin C is a key anti-aging molecule.

OUTSTANDING PERFORMANCE BY AN ENSEMBLE REVITALIFT BRIGHT REVEAL COLLECTION



Revitalift Bright Reveal BRIGHTENING DAILY SCRUB CLEANSER

With natural volcanic particles (mechanical exfoliation) + glycolic acid (chemical exfoliation), they gently, yet effectively, work together to cleanse skin of impurities and instantly make skin glow. It foams beautifully and cleanses very effectively.

DR. RIVERA'S EXPERT ADVICE

"I like to keep this cleanser in my shower and use it midway through after my skin has softened. I love the way my skin feels afterwards."

Revitalift Bright Reveal BRIGHTENING PEEL PADS

Gentle enough to use daily, our peel pads visibly smooth skin instantly. In addition, they wipe away the look of dullness AND visibly reduce wrinkles. They are dual-sided (one side is smooth and the other is textured for additional mechanical exfoliation).



DR. RIVERA'S EXPERT ADVICE

"This Peel Pad is a great 2 in 1. It is both the formula and the texture of the pads that make them so effective. The dual side allows you to personalize how much exfoliation you want while both sides deliver the 10% Glycolic complex that the pads are soaked in."





Revitalift Bright Reveal BRIGHTENING DAILY MOISTURIZER SPF 30

Formulated with Glycolic Acid, Pro-Retinol, and Vitamin C, this feather light moisturizer glides on effortlessly to visibly reduce wrinkles + help correct uneven skin tone in just 1 week. Broad spectrum SPF 30 protects the results you'll enjoy from using the whole collection. This elegant formula with micro pearls also makes the skin glow immediately.

DR. RIVERA'S EXPERT ADVICE

"Always use SPF along with Glycolic Acid products, as your skin may be more sensitive to the sun. Always apply SPF to any skin that is exposed to the sun, rain or shine."



Revitalift Bright Reveal BRIGHTENING DUAL OVERNIGHT MOISTURIZER

This formula contains the highest levels of Glycolic Acid in the Bright Reveal regimen. It was engineered and designed to be used at night, when skin is most receptive and not exposed to the sun's rays or other environmental stressors.

DR. RIVERA'S EXPERT ADVICE

"I like to apply right after cleansing, when skin is still damp. Smooth the two moisturizer formulas over face and neck in upward movements (against gravity)."

Visit **LOREALSKINEXPERT.COM** for more expert skin care advice.

BONUS ADVICE FOR AWARD-WORTHY SKIN:

Take a healthy, balanced approach to diet, exercise, work, family, and "me"-time. Drink more water and less coffee. A good night's sleep, feeling happy and accepting and loving yourself are truly the best skincare tools, in addition to using the **Bright Reveal Collection**.





Persistent dry skin?

Dive into deep moisture

AmLactin® Alpha Hydroxy Therapy contains more than 3x the concentration of lactic acid*, a powerful AHA, compared to other top selling therapeutic moisturizers. Our powerful formulas deeply moisturize and boost the skin's natural renewal process through gentle exfoliation.

Reveal softer, smoother skin with AmLactin[®]. Save \$3 now. AmLactin.com



Who Are Your Best Supporting Actors?

Before we tear open the envelopes for this year's Ozcars, honoring the top healthy foods and finds (page 21), take a minute to think about another category of nominees: the people who'd be up for Best Actor in a Supporting Role in your life. These are the folks, just outside your everyday circle of family and friends, who play a vital part in helping you stay healthy and happy, like the five below:



Do you have one person nearby you can count on in a pinch? Mrs. Luchs not only calls us when she's made extra chicken soup (which Oliver loves), but also keeps an eye on our home-and gets in if there's an emergency. Once when we were away, I needed an important document. Even though it was well past midnight, she went over to my house and we directed her by phone until she found it. Everyone should have a neighbor like that. Sure, it's practical, but the health benefits of strong social connections are the real payoff.

► YOUR REVERSE MENTOR

This is someone—usually younger than you—who keeps you up-to-date on

tech, pop culture, lingo, and other valuable contemporary currency. Mine is John Oates, the show's senior director of social media strategy, who has taught me about the nuances of various platforms. Some years back, when I first ventured onto Facebook and Twitter, I was so excited that I shared too much. John taught me to treat social media like a cocktail party: Say just enough to add a little something to the conversation, then move on. One of the reasons I appreciate Snapchat is that the app gives you only 10 seconds to film your video-there's no wasting people's time!

► YOUR FINANCE WHIZ

Though most of us keep money issues private, you should have someone trust-worthy to help counsel you about smart investments as well as life goals and the way your overall financial strategies fit with them. Health and wealth are very much tied together, since money is one

of life's major stressors. By working with you to plan for the big picture, advisers can not only help improve your bank account but lighten your worry burden, too.



It can be a wise friend or a religious leader—anybody you trust for the occasional sermon, whether it's a formal one or the more organic type, over beers or coffee. I don't mean "sermon" in the lecture way, but in the fable way—that is, someone who tells a great story you derive life lessons from. Done well, this can help explain the unexplainable and make sense of a confusing world.

▶ YOUR PHARMACIST

Both my grandfather and Lisa's were pharmacists,

Get in touch!
Send comments
and questions
to DrOz
@DrOzTheGood
Life.com.

The winners?
All those people
who make you
feel like one.

back in the days when the drugstore was connected to the soda fountain and when pharmacists were the first line of medical defense. They were trusted guides to home remedies and what to take when. Today, I think these professionals are one of the most underutilized resources on your health care team. Even in big-box drugstores, you can have a relationship with the pharmacist, who can point you to the right overthe-counter drugs (especially if you're taking other meds) or help figure out when your symptoms might be worth a visit to the doc.

Don't have these exact people in your life? Think about who makes up the supporting cast that helps you shine. Tell them thanks and make them feel like the stars they are.

DR. OZ THE GOOD LIFE

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Our healthy recipes, now available as meal kits! Delivered by Chef'd. Go to chefd.com/dr-oz to order.

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ENJOY THE GOOD LIFE ANYWHERE

Check out our tablet edition for exclusive videos from Dr. Oz, and visit our website, DrOzTheGoodLife.com, for recipes, health tips, and new stuff daily!

Your Smart Ideas

Sail through the rest of winter with these inventive tips, all submitted by readers and bloggers who know their health hacks.

STEP AWAY FROM THE SNOOZE -

"I keep my alarm clock across the room from my bed, so when I wake up early to exercise, I don't have the option to hit snooze; I have to get up and turn the alarm off. Once I'm standing, I'm up! It makes getting myself moving so much easier." –Sam Gottuso

ALLERGY FAIL-SAFE –

"I have a few food allergies, but instead of reeling them off at a restaurant, I hand my waiter a card that lists them. That way, I don't have to be that person at the table or worry about the waiter accidentally getting my allergies wrong." —Amy Azarow

WARM UP A COLD —

"When I have a cold, I steep gingerroot and lemon rinds in my green tea. It's the perfect 'feel better' drink, and the ginger seems to help clear up my sinuses."

-Hudson Van Slooten

SMOOTH OUT -

"I always brush and detangle my hair before getting in the shower, rather than afterward. I'll have fewer knots in my hair after washing it, and I can avoid brushing when it's wet, which can cause breakage."

—Emily Nordquist

PENCIL IN YOUR HEALTH

"I schedule healthy activities especially things that I know would be easy to put off when my day gets crazy, like an hour for exercise or 30 minutes for food prep. I may have to move these plans around, but once they're on my calendar, I don't cancel. They're too important to me." —Kristen Seymour; see more ideas from her at fitbottomedeats.com

A HAPPIER HOUR -

"When I don't want a cocktail (but don't want boring water, either), I order seltzer with a dash of bitters. It has a fraction of the calories of a normal happy-hour drink."

com Submissions may be —Ruthanne Goff

COBBLER IN A MUG

"I make a quick dessert that I never feel guilty about: Cut up an assortment of fruit (whatever's in the fridge) and put it in a mug. Top with a pinch of sugar and a crumbled, oat-based granola bar. Microwave it on high for 30 seconds for an instant and low-calorie cobbler."

–Michael Nussbaum

WALK THIS WAY -

"If I don't have time to work out, I'll walk to the grocery store during my lunch break and speed up and down the aisles (while trying not to bump into anyone!). It's a great way for me to get my legs moving midday, and while I'm there I choose a healthy lunch."

-Alexa Lippman; find more tips at fitforfreenyc.wordpress.com

How are you springing ahead? Send your ideas to **Tips@DrOzThe GoodLife.com.** Submissions may be edited for length and clarity.



HE GOOD LIFE

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Dr. Oz's Rx of the Month

A REAL WAKE-UP CALL

We all know better than to drink and drive, but as a chronically sleep-deprived nation (we were ranked the fourth-most-exhausted country in a recent poll), more of us need to start asking ourselves: Am I too tired to get behind the wheel? Skipping even a few hours of sleep nearly doubles your risk for an accident, says a new report by the AAA Foundation. So grab a full night's rest before hitting the road. If you can, bring along a passenger; chatting can keep you energized. And whenever you're feeling signs of sleepiness, pull over and take a nap—it'll help.

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eyes, yawning,

or making

rookie-driver

mistakes? Get

off the road.

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OMEGA-3,-6, & -9 IN ONE CONVENIENT BLEND

Udo's Oil provides all the omegas you need in one spoonful...we're talking about omega-3 & -6 plus the added benefits of omega-9. We use pure, fresh-pressed flax oil and blend it with sunflower, coconut, and sesame oils ensuring that we provide you with all the omegas your body needs. Since your body can't make them, it's important to use Udo's Oil daily...just blend, mix, and drizzle it into every meal. Udo's Oil... because getting the omegas your body needs shouldn't be complicated.





To find a store near you, visit: WWW.FLORAHEALTH.COM

What's the best tea? Is it OK to crack your back? Find out here.

03.17



ASK DR. OZ ANYTHING

Your Body Questions, Answered!

Do you have to wash precut lettuce and bagged salads? OZ SAYS If the wrapper says it's been washed, there's no need to douse it again. The chance of contracting a food-borne illness from E. coli or salmonella in your precleaned packaged greens is minuscule, says Luke LaBorde, Ph.D., an associate professor of food science at Penn State University. And even if the leaves harbor bad bacteria, rinsing probably won't remove all of them because they can stick to the nooks and crannies of produce. If you're going to wash anything, says LaBorde, THANKS, BUT make it your hands, since I ALREADY HAD you're less likely to get sick from the greens than from cross-contaminating food after touching germy kids, pets, or a cutting board recently used for raw meat.

Can anything help bring on a sneeze? Looking at a bright light doesn't always work!

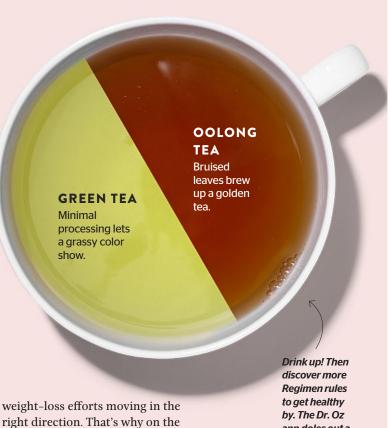
OZ SAYS Turns out, the old stare-at-a-light trick unlocks a sneeze for only about one-third of people: those who have a gene that triggers the reaction, says Marc I. Leavey, M.D., a primary care specialist at Lutherville Personal Physicians in Lutherville, MD.

When that stuck sneeze hits, it usually means your body is trying to clear an irritant from your nasal passages, so it's worth making an effort to bring it on. Try these alternatives when you desperately need the relief of a good achoo:

- · Massage the bridge of your nose, tickle the roof of your mouth with your tongue, or even try plucking an eyebrow hair. These actions can stimulate the trigeminal nerve—the facial nerve involved with sneezing.
- · Gently insert a rolled piece of tissue or a cotton swab into your nostril. A little gross (and requires privacy), but it's often effective.
- Still no achoo? Try touching a cold surface, faking a sneeze, or tilting your head back. "These are a little fringy," says Leavey, "but they might work."

IS GREEN TEA AS **GOOD FOR YOU** AS OOLONG?

OZ SAYS I'm a fan of both. "Green and oolong teas come from the exact same plant. The difference is what's done to the leaves after they're harvested," says Haylie Pomroy, author of The Fast Metabolism Diet and nutritionist for my new wellness plan, called the Regimen. For oolong, the leaves are left in the sun and intentionally bruised so they oxidize—the same process that makes an apple turn brown. That step gives oolong its yellow/ orange hue and also makes its nutrients easier to absorb, she says. You don't want to miss out on them-the polyphenol compounds in both black and green leaves can lower inflammation and reduce the risk of many diseases. Plus, they help keep your metabolism and your



plan we specifically recommend drinking two cups of it a day, one with breakfast and one with lunch. (Doesn't hurt that it tastes great.) If caffeine makes you feel stressy, decaf is fine; you'll still get the healthy micronutrients.

app doles out a perfect dose of eating and wellness advice every single day.



FOR HEALTHIER-LOOKING SKIN, LOOK FOR EUCERIN, NOW IN THE RED CAP.

Eucerin Advanced Repair, formerly Smoothing Repair, is a breakthrough to repair dry, itchy, rough, flaky skin.



BEFORE

ORIGINAL HEALING

Programme from the Control of the Co

Q

ARE FLAVORED VINEGARS HIGH IN SUGAR?

oz says They're not your lowestsugar condiment, but don't ban them from the pantry, because they're a nice way to add a tangy taste without a lot of calories. Just be aware that flavored vinegars often contain 2 to 4 grams of sugar per tablespoon (4 grams is about what's in a teaspoon of straight-up sugar). That's what you'd get with balsamic vinegar, too. It's not a big deal if you use a typical amount on your food—which is less than a table-spoon, says Leah Groppo, R.D., a clinical dietitian at Stanford Health Care. But if you'd rather spend your sugar calories on something other than salad, opt for splashing those greens with red wine vinegar, which contains barely any of the sweet stuff.



Can a contact lens get stuck behind your eye?

oz says No; your eyes just aren't made that way. "A membrane called the conjunctiva prevents anything on the surface of your eye from getting behind your eyeball," says Andrea Thau, president of the American Optometric Association.

But any wandering lens calls for a rescue mission. Squirt some saline solution in your eye and see if that flushes it out. If not, place a mirror flat on a countertop or table, lift your upper eyelid, and look down at your reflection—that should make the contact easier to find and fish out. A lens that gets displaced won't damage your eye as long as you remove it with clean hands (and no sharp fingernails, please!).

?

Why do some people's ear piercings stretch and others' don't?

OZ SAYS Blame what's in your jewelry box and your earlobe type—both contribute. Heavy earrings are the most common culprit and can create tears in the tissue over time, says dermatologist Lindsey A. Bordone, M.D., of Columbia University Medical Center. If you swear your normal-size baubles are giving you trouble, you might have a lower level of elastin or collagen in your earlobe skin, she

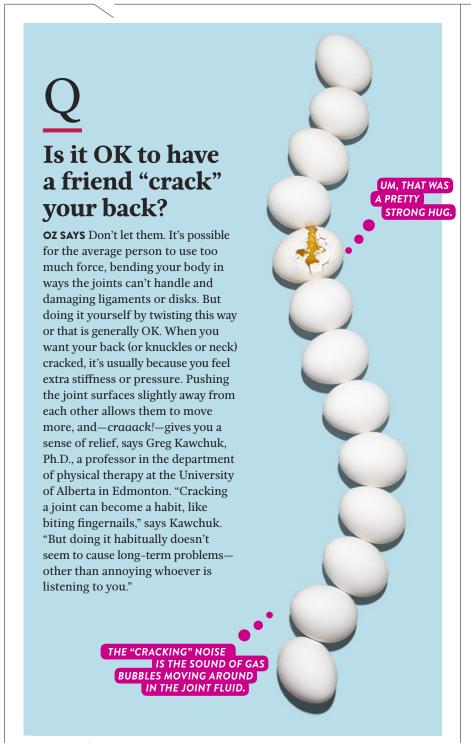
says. (But don't worry, that doesn't mean anything about your overall skin or health.)

A tear can be repaired. Go to a cosmetic surgeon for this tricky job, which requires lining up the tissue perfectly and sewing the hole shut. You can have your ear repierced in six to 12 months; just know that the hole must land in a slightly different place—it can't be on scar tissue or it could droop and tear again.



Statement earrings may end up saying, "Get to a cosmetic surgeon!"







OXYGEN FACIALS

THE CLAIM New, at-home oxygen beauty masks promise to boost circulation and cell turnover so you'll look extra radiant.

OZ SAYS There's probably some truth to the premise, but you might want to wait before rushing to buy the product. The type of oxygen in these masks may do your skin good-it's different from the damaging, "unstable" type that's formed by UV light and pollution. This "friendly" oxygen is thought to help rev up the activity of mitochondria in vour cells, savs Whitney Bowe. M.D., an associate clinical professor at Mount Sinai Medical Center. That stimulates the skin to produce collagen, get rid of old cells, and make new ones-a process that can help hold back signs of aging.

But there's no evidence yet on whether oxygen in mask form can penetrate skin enough to make a difference. And any improvement could be due to other get-you-glam ingredients in the products. "The oxygen may help with a glow, at least temporarily, in the same way exfoliation and massage do," Bowe says. "But it's not likely to replace antiagers like retinol." If you're looking for real changes, best to stick with a more proven product. **SKIP IT**

?

What counts as resistance training?

OZ SAYS Any exercise where you're pushing or pulling against a force that "resists" you qualifies. Think weights, moves like push-ups and sit-ups (gravity opposes you), or working out with those stretchy resistance bands. Even heavy-duty household chores like cleaning out your attic can count, with the lifting, pushing, and pulling they require, says Carol Torgan, Ph.D., an exercise physiologist in Bethesda, MD. It all helps build and maintain valuable anti-aging muscle and strength.



FOR DRY, CRACKED SKIN



PRESERVATIVE FREE • FRAGRANCE FREE • HYPOALLERGENIC LEARN MORE. AQUAPHORUS.COM

DR. OZ, CAN WE PUT BAKED POTATOES BACK ON THE MENU?

OZ SAYS

YES, YOU CAN!

When it comes to the baked potato, we tend to blame the messenger, villainizing a perfectly decent spud for delivering butter, sour cream, bacon bits, and more. On its own, though, a medium russet potato—skin and all—has just 168 calories and some impressive nutrients:

- · 4 grams of fiber to fill you up
- 952 mg of potassium (that's more than twice the amount in a medium banana, and about 20% of your daily recommended amount)
- 37 grams of carbohydrates, your body and brain's preferred source of fuel
- Almost 2 mg of iron, or about 15% of what you need each day

Bottom line: Potatoes aren't the enemy. But let's get back to toppings, because there are so many great-tasting, body-friendly options. Try Greek yogurt instead of sour cream, a drizzle of olive oil instead of butter, and beans or sautéed greens instead of bacon. Now that's what I call a hot—and healthy—potato.

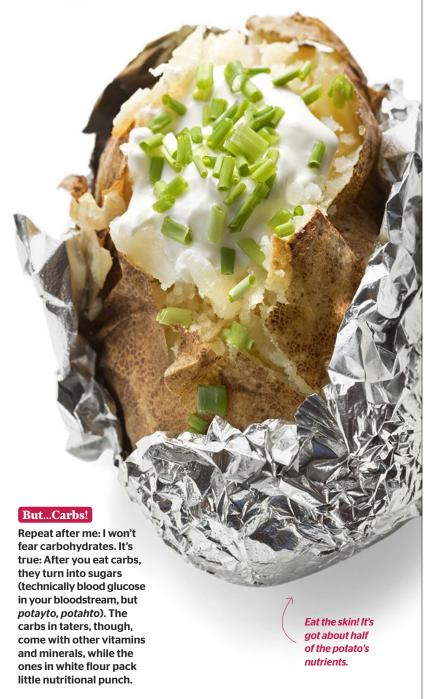
SPIFFY SPUDS]

Make It a Meal

Sauté ¼ cup chopped red pepper in 1 tsp olive oil until soft. Add 1 tsp chili powder, ¼ cup black beans, and a handful of spinach, and cook until warmed through. Top potato with pepper mixture, sliced avocado, a squeeze of lime, and a few thin slices of chile pepper for extra heat. That's no side dish, people!



Adding healthy fats and protein like avocado and black beans—helps even out the spike in blood sugar from the potato's carbs.



STOCKFOOD/GETTY IMAGES. ILLUSTRATION BY CLAIRE MCCRACKEN. SOURCES. LINDSEY PINE, R.D.N., OWNER OF TASTY BALANCI NUTRITION: FRANCES LARGEMAN-ROTH, R.D., AUTHOR OF *EATING IN COLOR*

YOU WON'T EVEN KNOW WHAT'S KNOW WHAT'S MISSING.* *IT'S SUGAR

Silk Unsweetened Almond Milk has 0 grams of sugar per serving. Which means it has nothing but taste.







PURE LOVE

INTRODUCING PURE LEAF® TEA

The exceptional fresh taste of tea comes from delicate tea leaves, kept long, then simply picked, rolled and expertly crafted. So their natural tea essence shines through.

We love tea the way you love tea – simple and real.



2017

2 ZICARSI

beauty

The Year's
Smartest
Picks for Your
Body

health

home

food

Everybody make some noooise!

It's time for our annual Ozcars, starring the most innovative wellness trends of 2017. Cheer for this handpicked collection of outstanding new finds, then let them make your good life even better.

Photographed by JEFF HARRIS Styling by ELIZABETH PRESS

-The Editors

OUNDATION: STUART TYSON/STUDIO D. CHICKPEAS, FAUX MEAT, HOTEL, TEA, SUNGLASSES (OPPOSITE PAGE): COURTESY OF MANUFACTURERS

2017



SEA SALT

superfood

THE RIDICULOUSLY VERSATILE CHICKPEA

Dang, chickpeas—you've been holding out on us! These protein-packed legumes leaped way out of their hummus-tub comfort zone this year. Now they're starring in the snack aisle, in boxed pasta, in vegan mayo, even in baked goods. We can't wait to see what creative new trick these beans try next.

pictured (from left) Biena Chickpea Snacks, Lensi Chickpea Casarecce, Sir Kensington's Fabanaise, Rule Breaker Chocolate Chunk Blondies



good eats



The veggie-burger world is beefing up with plant-powered substitutes that taste crazy close to real meat. Jackfruit, a pulpy fruit native to Asia, does a mean pulled-pork imitation. (Our taste-testers liked products from Upton's Naturals Jackfruit and the Jackfruit Company.)

And Beyond Meat's pea-protein-based Beyond Burger—through some truly wild food wizardry—looks, cooks, and chews a heck of a lot like beef.





makeup

CUSTOMIZED FOUNDATION

Kudos to beauty companies for taking the headache out of finding your best base. With the MatchCo app. you snap pics of your wrists, forehead, and cheeks, and they're used to whip up a justfor-you foundation for under \$50. Elizabeth Arden Red Door Spas and Lancôme makeup counters do the same using a diagnostic tool that analyzes your skin tone and color to create an exact match.

pictured (from left)
The Red Door Custom
Color Foundation (\$59,
thereddoor.com), Lancôme
Le Teint Particulier Custom
Made Makeup (\$80, select
Nordstrom stores)

good drinks

TEA THAT TASTES LIKE TEA

We love that bottled iced tea is finally kicking its sugar habit-and that the American palate seems primed for the shift. "The numbers show it: Unsweetened iced teas are growing more than six times faster than sweet offerings, and people are buying them," says Cassin Chaisson, tea director at Nestlé Waters North America. With mass-market options abounding, there are tons of tempting ways to get in on the trend. Grab one of these, and glug guiltlessly.

pictured (from left)
Nestea Unsweetened
Real Brewed Black Tea,
Pure Leaf Unsweetened
Green Tea, Honest Tea
Unsweet Peach Ginger Tea



travel

HEALTHY HOTELS

Remember when going on vacation was guaranteed to sink your diet or fitness plan? No more. Hotels have been stepping up their health game, which means you could come home in better shape than when you left. Every room at the wellness-themed chain Even comes with a stability ball, a yoga mat, and standing desks, as well as a nutritionist-vetted menu. The Epiphany Hotel in Palo Alto, CA, will stock your minibar with superfoods instead of junk. And the Westin (pictured) and Marriott are expanding fitness programs that take workouts beyond the gym. Sweat, then chill.







HEART HEALTH MADE EASY

Cardiovascular-care gadgets give you a can't-fudge-it way to check in on your health outside of the doctor's office. Track your blood pressure over time with monitors that connect wirelessly to your phone-try the Omron Evolv (\$100, amazon.com). Or keep an eve on heart rate and rhythm with Kardia Mobile (above): Place your fingertips on the sensor to capture a medical-grade EKG in just 30 seconds. You'll be alerted if there's an abnormality and given the option to send the reading to your doc. So heart smart! pictured, front and back view AliveCor Kardia Mobile (\$99, alivecor.com)

skin care

GOOD SKIN FOR ALL

Dealing with adult acne? For years, your over-the-counter options were limited to a few ingredients. But now, the first no-Rx retinoid—Differin Gel (\$30, drugstores)—has hit shelves, putting clear skin within reach. Pimples? So 2016.



Clean energy

Since 2008, Unilever, the parent company of Caress, has reduced its carbon emissions by 39%. The goal: to get 100% of the company's energy from renewable sources by 2030.

Responsible ingredients

The tuberose flowers and patchouli used for the fragrance are sourced via a fair-trade program that demands environmental transparency from suppliers.

beauty

big brands go green

Major beauty companies like Johnson & Johnson, L'Oréal USA, Procter & Gamble, and Unilever have recently signed the American Business Act on Climate Change pledge, promising to do business in a way that's better for the planet. They're slashing ${\rm CO_2}$ emissions, eliminating waste, tapping ethical ingredient sources, and generally making drugstore products a lot more eco-friendly.

pictured Caress Hypnotic Aura Body Wash (\$4, drugstores)

good eats

SAVORY YOGURT









Less waste

This redesigned

plastic, keeping

of the stuff out

of landfills.

bottle uses 10% less

about 175 metric tons

We've been saying it for years, people: Savory-style yogurt is a revelation. (You haven't lived until you've yummed up plain Greek yogurt with olive oil and fresh herbs.) So it's thrilling to see less sweet, grab-and-go options springing up in the dairy aisle. If you're a strawberry-banana loyalist, ease your way into the trend with a still-fruity pick that has a savory twist. (Spicy mango yogurt, anyone?) Then move on to dunking veggies in a savory yogurt dip (mm, roasted red pepper). You'll be downing spoonfuls of a veggie-licious flavor in no time.

pictured (from left) Chobani Chipotle Pineapple "Flip," The Chaat Company Mango Chili Savory Yogurt Snack, Blue Hill Sweet Potato Yogurt, Chobani Roasted Red Pepper Mezé Dip

fitness

ON-CALL COACHES

That dream of having a personal trainer?
Now you can live it with interactive app-based programs that walk you through workouts ("Let's warm up with jumping jacks") and track form and pace to give you real-time feedback. Goals: Reached.

try PEAR 2.0

(\$4/month or \$30/year, pearsports.com)

good eats

HEALTHY MEAL KITS

Simple-to-prep, good-for-you ingredients that are delivered directly to your doorstep? Yes. A thousand times yes.

kit picks Green Blender (pictured, greenblender.com), Green Chef (greenchef.com), Chef'd (our magazine has partnered with Chef'd; you can try some of our recipes and so many others at chefd.com)

beauty

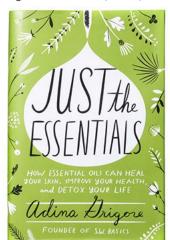
ESSENTIAL OILS GO WIDE

No longer relegated to hippieish health-food stores, these plant extracts (research shows some can help boost mood and ease pain) are newly accessible. Canadian essential oil emporium Saie Natural Wellness is opening 30 U.S. stores this year; Nourish Organic's oil-based moisturizers are heating up the beauty aisle at Whole Foods; Desert Essence just introduced a line of low-priced aromatic blends: and essential oil pioneer Adina Grigore's new book offers pointers on how to use 'em.

pictured (clockwise from top left) Nourish Organic Skin Calm Cream-to-Oil Treatment (\$25, Whole Foods); Just the Essentials, by Adina Grigore (\$26, amazon.com); Saje Natural Wellness Diffuser Blend in Liquid Sunshine, Exhale, and Refresh (\$15-\$19 each, saje.com); Desert Essence Organic Essential Oil Blend in Sharp Thought and Mood Lifter (\$13 each, Whole Foods)















A java fix that doesn't hurt the planet.







Ever since single-serve coffee machines were invented, we've had nagging concerns about their landfill-clogging coffee pods. So we're psyched that brewers like Ethical Bean, Cameron's Specialty Coffee, and Oakland Coffee are now selling pods made from plant-based materials that are compostable. Guilt-free java? We're here for it.

pictured (from top) Oakland Organic Coffee (\$7, oaklandcoffee.com), Ethical Bean (\$8, Target), Cameron's Better Brew Coffee Pods (\$7, cameronscoffee.com)

eating out

RESTAURANTS CUT BACK ON ANTIBIOTIC-RAISED MEAT

Giving livestock antibiotics can encourage antibiotic-resistant bacteria to grow. So it's a relief that some chains, including Panera Bread, Chipotle, and Subway, are reducing their use of antibiotic-raised meats. (Those three have healthy menu options, too.)



kitchen

OH-SO-MAGICAL MULTICOOKERS

One-pot meals come together painlessly in these plug-in dream machines. They have multiple cooking settings (sear, sauté, slow-cook, steam, and more), so you don't have to fiddle with lots of pots and pans in pursuit of a healthy dinner. The KitchenAid model (above) is amaze—it even makes yogurt. We also love the Instant Pot, a slow cooker/pressure cooker combo with great safety settings.

hot pots KitchenAid 4-Qt. Stainless Steel Multi-Cooker (\$220, williams-sonoma.com), Instant Pot (from \$99, amazon.com)





kitchen

FOOD-WASTE FIGHTERS

Legislators, supermarkets, root-to-leaf chefs-everyone who's anyone is pitching in to combat food waste. An easy way to help at home: Use cutting-edge containers that keep produce fresh longer. These Rubbermaid ones are especially great because you never have to change the filters. Just pop fruits and veggies inside, and watch 'em last and last in your fridge. pictured Rubbermaid FreshWorks Produce Saver (from \$9, target.com)



SHOES YOU'LL **WANT TO** LIVE IN

fit gear

Unlike clunky walkers of the past, these sneakers have sleek silhouettes, pop-y colors, and on-trend details but are built for all-day, exercise-to-errands comfort thanks to memory foam liners, arch support, orthotic inserts, and more. Pound the pavement in style, ladies. pictured (from top) Naturalizer Morrison (\$89, naturalizer com) Merrell Around Town Chukka (\$100, merrell.com), Asics Metrolyte (\$70, asics .com), Vionic Fyn (\$110, vionicshoes.com)

good eats

GLOBAL FLAVORS

Italian seasoning and herbes de Provence, we still love you. But we're really excited to see more geographical diversity in the spice space these days, such as Frontier Co-op's Ethiopian-inspired Berbere blend and McCormick's Japanese Seven Spice (Togarashi). Snag one of those at the grocery store, or be a kitchen mad scientist with the sampler set below-it comes with a dozen yummy concoctions. pictured Three blends from Chef's Daughter World Traveler Spice Kit (\$18,

worldmarket.com)



beauty

giving joy to cancer patients

Wellness for Cancer teaches spas how to adjust services for those dealing with the side effects of treatments and medications. Mission Brows creates realistic-looking false eyebrows for chemo patients. And Thrive Causemetics donates one product to a woman undergoing cancer treatment for every product sold. Major props to these initiatives—bright spots during what can be a very dark time.



skin care

ANTI-AGING HERO: NIACINAMIDE

There's not much this B vitamin (also listed as nicotinamide on product labels) can't do: "It's a great brightener, moisturizer, and anti-inflammatory," says Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Hospital in New York. And it's making us look glow-ier in a slew of new products.

pictured (from left) CeraVe Skin Renewing Day Cream with Broad Spectrum SPF 30 Sunscreen (\$25, Target), Paula's Choice Resist 10% Niacinamide Booster (\$42, paulaschoice.com), StriVectin Active Infusion Youth Serum (\$86, Ulta), Olay Regenerist Miracle Boost Concentrate (\$25, drugstores), Skin Inc Vitamin B3 Serum (\$45, Sephora)

COUNTERTOP GARDENS

Scientists are amped about hydroponics, or dirt-free farming, which uses a nutrient solution and bright lighting to help plants grow; some think it'll help turn drought-ridden areas green. But you should be all kinds of excited too, because home hydroponics kits now range from the souped-up and sleek AeroGarden Harvest (below) to the simple GrowBottle from UnCommon Goods, which uses a recycled wine bottle to create an herb patch. You won't have to go far for your veggies.

pictured Miracle Gro AeroGarden Harvest (\$150, aerogarden.com)

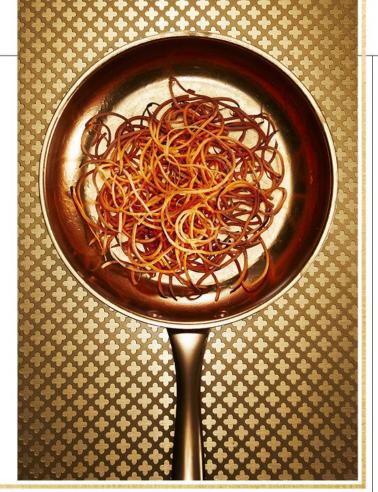


good eats

premade voodles"

Spiralized veggie noodles have gotta rank high on the list of history's cleverest culinary brainstorms. And eating them is easier than ever with prepackaged ones popping up in grocery stores and online. Hungryroot ships its beet. carrot, daikon, sweet potato, and turnip noodles nationwide.

pictured Hungryroot **Sweet Potato Noodles** (\$6/15 oz, hungryroot.com)



health

MEDICATION INNOVATION

This year, OTC meds got an inventive rethink. The "why didn't that exist before?" winner: a coffee pod version of cold and flu relievers. The nighttime and daytime formulas work with many single-serve machines to brew a soothing, warm, med-infused beverage. Such a nice way to take your medicine.

pictured CVS Health Nighttime Cold & Flu Relief Single Serve Cups (\$8.50 for an 8-count box, cvs.com)



hair care

KÉRASTASE

LORL

SCALP-FRIENDLY HAIR PRODUCTS

The source of better-looking hair is a healthy scalp, and new products help you get one. Oilabsorbing masks nix greasy roots; scrubs whisk away dead skin cells; and updated dandruff shampoos use supersmall zinc particles for faster results.

pictured (from left) L'Oréal Paris Hair Expert Extraordinary Clay Pre-Shampoo Mask (\$7, drugstores), Kérastase Paris Gommage Chronologiste Revitalizing & Exfoliating Scalp Treatment (\$44, kerastase-usa.com), Head & Shoulders Smooth & Silky Shampoo (\$6, drugstores)

wellness

MINDFULNESS IS HAVING A MOMENT

Om's the word. We're all swapping Spinning classes for sessions at meditation studios, and counting steps and stress levels with high-tech mindfulness trackers that help keep us Zen.

try Sona tracker (\$199, caeden.com)

fit gear

FILTERED WATER **BOTTLES**

Last year, for the first time in the U.S., plain old water edged out soda as the nation's favorite drink-way to go! But many of us are still chugging agua from a plastic bottle, which can be pricey and bad for the planet. Thankfully, filtered reusable bottles are making it easier to take a swig straight from the pipe. Bobble boasts a carbon filter that strips chlorine from tap water, and LifeStraw removes bacteria and protozoa-so handy when you're traveling. Sip, sip, hooray. pictured Bobble Infuse

(\$15. waterbobble.com)



Mayi Moisture hair care

wholesome hair starts with

aloe juice first ingredient.

NO Silicones

NO Parabens

NO Sulfated Surfactants

YES Vegan

YES Pure Coconut Water

YES Pure Aloe
Juice

Mani Moisture

Heal & Hydrate + Shea Butter SHAMPOO

For Dry, Damaged Hair

often/Quench/Repair

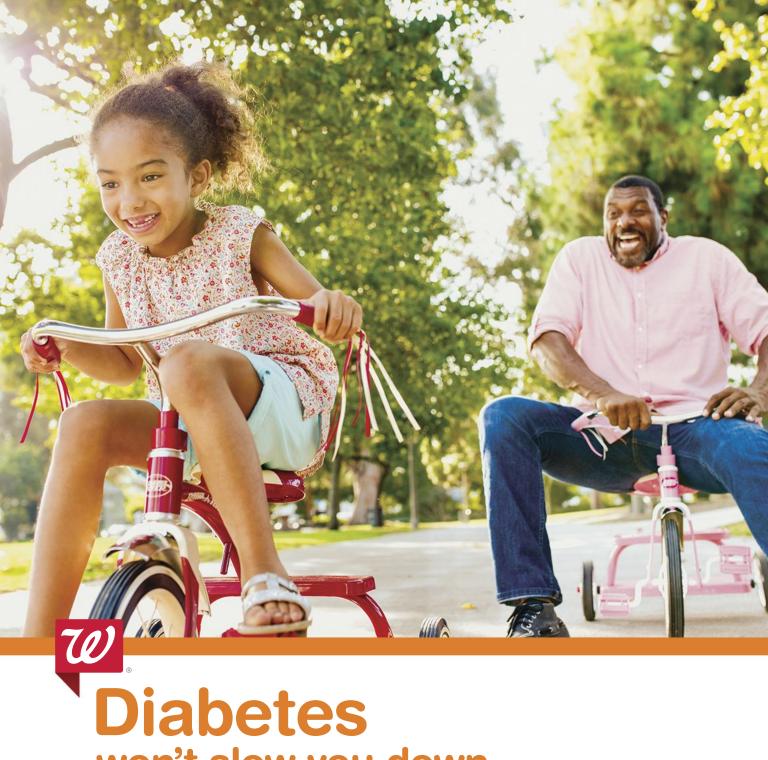
eamy Shea Butter in Coconut Oil Macadamia Oil

ATE-FREE SURFACT

385ml 13 fl. oz.



wholesome beauty ... for ALL hair types.



won't slow you down

Who says diabetes has to get in the way of what's amazing in life? Not us. That's why Walgreens is right around the corner for expert pharmacy care in store or online via pharmacy chat. You can count on us for medications you rely on and supplies from all major brands.

Learn more at Walgreens.com/Diabetes.







GO SUGAR-FREE FOR 30 DAYS

Got an out-of-whack relationship with sweets? A detox might be the fix. Geraldine DeRuiter tests it out.

ILLUSTRATION BY STEPHAN SCHMITZ

Sugary snacks were rare in my home growing up, but that only made my sweet tooth more voracious: As a child I learned if you happened upon a plate of cookies, the only sensible response was to mash as many into your face as possible, since there was no telling when that would happen again.

Recently, I started to worry that too many of my dietary choices involved caramel. I was in pretty good health—I went hard on the leafy greens (partly to balance out all the candy), and I walked everywhere. Yet sometimes after snacking like a trick-or-treater, I'd get queasy or have inexplicable headaches. I also didn't like how out of control I felt. I couldn't pass a bakery without walking in, even if I wasn't hungry. And if I was? Just pray I didn't mistake your finger for a madeleine.

The worst part was, I hardly ever *enjoyed* dessert anymore; I scarfed it down joylessly. So I decided to take a break and quit sugar for a month—not just cookies and cakes, but anything with added or artificial sweet–eners. One friend predicted I'd last three days. Another said three hours. Here's how it went: **Week 1** I start checking ingredients lists and discover that my favorite foods are loaded



with sugar. It sneaks into almost everything, even sushi. Even corn chips. (I mean, what in the actual hell? Who puts sugar in corn chips?) I make plain oatmeal with berries my morning go-to but hate how bland it tastes. Plus, my energy levels are way off—I'm sluggish and cranky as all get-out.

Week 2 I crave massive amounts of starches—without sugar, the biggest source of carbs in my usual diet, I think my body's looking for a replacement. And all I want is dessert. Via Google I learn that sugar triggers the same feel-good hormones as sex or drugs. In one study, rats chose it over drugs. Maybe this isn't just about willpower—I might be going through withdrawal. Week 3 My midafternoon energy crashes are gone, and I'm starting to feel good. And now that my taste buds aren't being bombarded with sugar, they've gotten more sensitive—everything tastes sweet, even fennel. I have one teensy slipup at dinner with friends, who push me to take a spoonful of dessert. It's only sorbet, but shockingly, I can't stomach it—it's too cloying. Week 4 I'm amazed at how clearheaded I feel, and I've even shed four pounds, though I wasn't aiming to lose.

After my detox, I no longer try to skip *all* sugar, but I've scaled way back—I feel better when I'm eating less of it. And when I do have dessert, I've learned to take a small piece and savor it. For the first time in my life, I'm a one-cookie woman.

Say Sayonara to Sugar

Women should limit sugar to 6 teaspoons a day, say health guidelines, but most of us eat more than twice that. So how can you dial down the sweet stuff in your diet? Going cold turkey like DeRuiter did isn't impossible, but it can be hard. So try weaning yourself off graduallyit'll give you time to adjust so you won't feel like tearing your hair out, says Kristen Gradney, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. For our step-by-step plan to quit sugar and never miss it, see DrOzTheGoodLife .com/cut-sugar-plan.





march for babies





KAYA SURVIVED!

She was born 4 months early and spent more than 5 months in the hospital.



march for

Sign up at marchforbabies.org





THE MOVE

SIMPLER SIDE PLANK

For a trim waist and better balance, use side planks to target your obliques. "Try this modified version to build strength before moving on to the more advanced kind," says Cliff Robertson, a coach at Titan Fitness Studios in New York. "Use the mantra to remind yourself that growing stronger takes time, and that's OK."

BY LISA HANEY PHOTOGRAPHED BY LAUREN PERLSTEIN

A/ Start by lying on your left as possible—like a long, firm line. Then, with one leg stacked on top of the other, bend knees to 90 degrees and position your left elbow directly under your shoulder for stability, with your

side, making yourself as straight left palm flat on the floor.

B/ Place your right hand on your hip. Keeping your spine straight and neck long, lift your hips off the floor as shown, and tighten your core. Try to hold for 20 to 30 seconds. Lower to start position, then switch sides and repeat. That's 1 set. Do 2 to

Bonus Benefits

This core toner also works your butt, back, and chest muscles.



MAKE IT HARDER Instead of this bent-knees variation, keep your legs extended with feet stacked, supporting your weight on your forearm and feet.



Progress, not perfection.

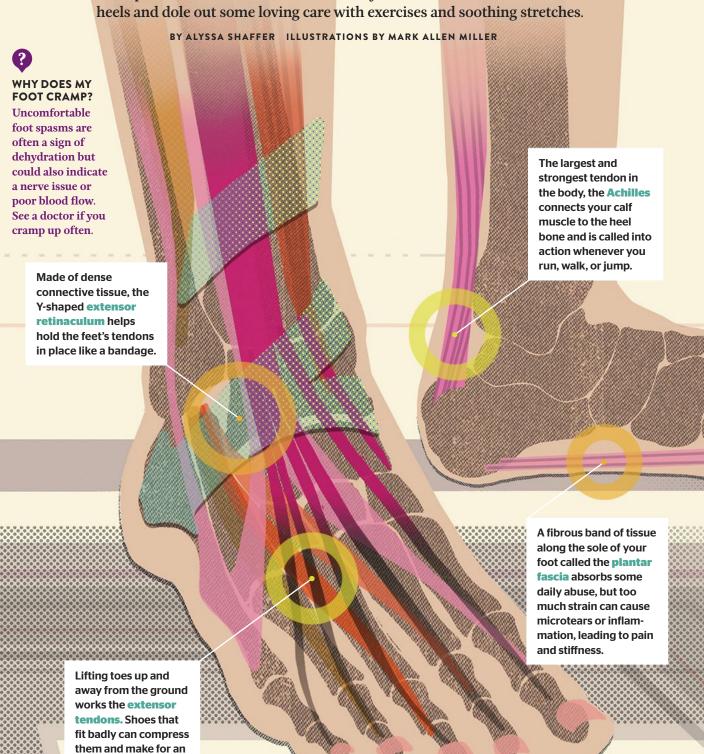
What inspired the mantra: "I was going through a dark time in my life, but when I tried to rush the emotional healing process, it only reopened my wounds," says Robertson. "In fitness as well, you can injure yourself if you try to advance too quickly. I use this mantra as a reminder to be patient—that eventually I'll get where I want to be."

ouchy day.

GET TO KNOW YOUR...

FEET

A public service announcement from your tired tootsies: Stash the



[VITALS]

52

The total number of bones contained in your two feet—that's 25% of all the bones in your body.

75,000

About how many miles most people will walk by age 50—roughly three times around the equator.

250,000

The number of glands in the feet. They can secrete up to half a pint of sweat daily.

(Yay for breathable shoes.)

ARCH STRETCH

Cross foot over opposite thigh. Lightly grasp toes, gently pulling them up and toward you, until you feel a stretch along your arch. Hold 10 seconds, then switch feet.

Stretch 'Em Out!

stimulates the nerves

and muscles in the

circulation, helping

area and revs up

your trotters feel

less fatigued. Feel the "aah" with these simple moves:

Flexing your feet



TOE RAISE

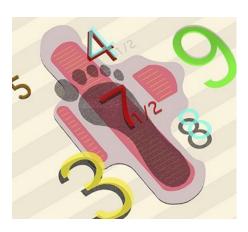
Start with foot flat on the floor. Keeping heel on floor, lift toes and curl them under for 5 seconds. Repeat 10 times, then switch feet.

BALL ROLL

Using light to medium pressure, slowly roll a tennis or golf ball back and forth under the entire length of each foot for 60 seconds.

FEET NEED A WORKOUT TOO They go through a serie

They go through a serious growth spurt when you're young, increasing a full size every four to eight months during your first five years. Feet stabilize around age 18 to 20, but once you hit your forties you may need to start shopping for larger shoes again. That's because the more than 100 muscles, tendons, and ligaments in each foot begin to weaken at this age, causing your bones—and thus your feet—to spread out. On top of that, the natural fat pads that cushion your soles become thinner after years of stomping around (especially if you're a runner or spend a lot of time in heels), which makes walking barefoot uncomfortable. To keep your feet strong and pain-free, choose shoes with arch support to take some of the strain off your ligaments, and put your piggies to work three to four times a week with exercises that strengthen the small stabilizing muscles down there. Try using just your toes to pick up and put down marbles, for example, or do towel scrunches: On a slick floor, spread out a towel and stand with feet on the edge of it. Keeping heels in place, use your toes to gradually grab and pull the material toward you, inch by inch.



THEY SAY A LOT ABOUT YOUR HEALTH

Signs of heart, lung, and circulation issues sometimes show up in the feet first. If your body has trouble pumping blood, keeping your central organs safe becomes its number one priority, so the outer parts, including the feet, get shortchanged. The lack of blood may turn toes white or blue, or lead to pitting (small dentlike depressions) in the surface of the toenails. Talk to your doctor if you notice any of these symptoms. Burning or numbness of the feet should also be examined; either could be a sign of nerve damage caused by high blood sugar levels or diabetes.



TICKLISH? THAT'S A GOOD THING!

Your feet pack in more than 7,000 supersensitive nerves, many of which lie close to the skin. They give you quick feedback if you tread on a stray Lego piece and also help you keep your balance. Whether you're standing still, walking on ice, or jogging across uneven terrain, nerves in the feet stay alert for changes in pressure or movement. They send messages to the spinal cord and brain about where to place your next step and when you need to readjust your body to stay upright. These nerves become less sensitive as you age—part of the reason why seniors are more prone to falling—but spending time walking around barefoot can help keep them sharp as you get older.



Always Discreet. For bladder leaks.

"HOW I GOT OFF THE MEDS"

Medications are tricky—once some people pop, they can't stop. Hear how these women got hooked on everything from over-the-counter sinus pills to prescription painkillers, and what helped them break free.

You'll be glad they shared their stories.

BY JIHAN THOMPSON PHOTOGRAPHED BY LEVI BROWN



NATURAL RELIEF

HOOKED ON

Heartburn Meds

Sitting down to almost every meal, Mara Woloshin, 59, prepared herself for the burning sensation that would rise in her chest within an hour of finishing whatever was on her plate. "I had hellacious burning when I would get in bed each night," she says. "Unless I slept with my body at a 45-degree angle, I could feel the acid climbing up to my throat. I'd wake up at 1 A.M. with my chest on fire." She said no to a prescription heartburn medication that her doctor suggested, fearing that she'd be on it long-term, and hit the drugstore instead. The irony? For nearly two years, she downed a combination of liquid antacids and pills for short-term relief. (Most antacids shouldn't be taken regularly for more than two weeks, according to package instructions.) "I was overdosing on those meds out of desperation. I would take a dose, then come back an hour later and swig some more. I wasn't even measuring it. My motto was: Give me a fix and make it fast."

HER ONE-EIGHTY

A gastroenterologist took one look into Woloshin's throat and said, "It's pretty ugly down there. If you keep taking all these medications, you'll trash your kidneys and then your liver." Scared by the thought of doing more damage to her body, she was finally ready to search out a smarter, drug-free solution. That's when her M.D. recommended an Easternmedicine doctor-a specialist in integrative medicine who could introduce her to alternative remedies. The first change: a complete diet overhaul. A close review with the new doctor revealed that many of Woloshin's food choices were setting her up for the burn.

Tomato sauce, which had been a staple in her diet, tends to be highly acidic, triggering heartburn; and alcohol and fatty foods (including dairy) can relax the esophageal sphincter, making reflux more likely. (Quick science lesson: This muscular ring normally seals tightly to prevent acid in the stomach from backing up into the esophagus. But some of the things Woloshin ate and drank regularly—like fried foods and wine—loosen the seal.)

Woloshin cut back or eliminated the main culprits to see if that would help, and it did. "By the third week, the diet changes started to make a difference, and my heartburn was incredibly reduced," she says. "As for the meds, within a month I stopped taking them."

Lifestyle tweaks helped too. Woloshin now walks three days each week and gets acupuncture regularly. Both walking and acupuncture have been found to decrease backflow and reduce the stomach acid that can contribute to heartburn. "It's been almost two years since my last episode," she says. "I have so much more energy—I feel like I've added years to my life."

A DOC'S TAKE Victoria Maizes, M.D., executive director of the Arizona Center for Integrative Medicine and a professor of medicine at the University of Arizona, recommends diet changes over a reliance on heartburn meds. If you already have a dependence on heartburn meds, she says you should work with a doctor to develop a plan to get you off the drugs: "I'll put patients on a weaker medication first. Then I'll gradually wean them off while using four or five different alternative remedies, and then I slowly get them off those, too." Maizes says certain supplements can bring relief—licorice extract, for example, helps coat the esophagus to prevent further irritation. And Iberogast, a supplement that contains peppermint and chamomile, can also coat and soothe the throat. If your symptoms flare up at night, Maizes recommends melatonin; it's known as a natural sleep aid, but it can also double as a heartburn med. "It works by tightening the esophageal sphincter, reducing reflux."

HOOKED ON Sinus Relievers

Melinda Parrish, 32, started taking an over-the-counter decongestant when she was stuffed up from a summer cold and allergies. It worked, but Parrish soon noticed that the meds, which contain the stimulant pseudoephedrine, came with an unexpected perk: They gave her a jolt of energy. "Pretty soon I developed a weird ritual," she says. "I would take one in the morning and wash it down with an energy drink." For nearly a year, she popped her pill like other people slurp a shot of espresso.

HER ONE-EIGHTY "I realized the meds were a crutch when I ran out of my supply during a work trip and couldn't get to the pharmacy for moreit threw my whole day off," she says. "I was tired and spacedout. I had to drink three energy drinks as opposed to the one I would normally have had." That day of withdrawal prompted her to examine why she felt like she couldn't get out of bed in the morning without a stimulant. Her aha: She wasn't happy in her consulting job and felt she should be doing something different. When she was able to acknowledge the real issue, she started working on a career change and eliminated her A.M. fix. "Once I stopped taking the pills, I wasn't as fired up in the morning, but I also wasn't crashing later." Parrish ultimately made a career shift from consulting to modeling after a former client scouted her. "It wasn't easy, especially given the fact that I got my first modeling gig at 29. But it's amazing how fast things can move when you start taking better care of your emotional and physical health."

"Set some realistic expectations," says Agarwal. "Symptoms may worsen as you taper off meds. But if you can get over the hump, you can get over the dependency."

A DOC'S TAKE "I see patients misusing decongestants all the time in my practice," says Shilpi Agarwal, M.D., a family and holistic medicine physician. "Overthe-counter sinus meds can ramp up your heart rate, which is especially dangerous if you have high blood pressure. If you're still using them for congestion after five days, see a doctor." For a long-term habit, Agarwal often recommends reducing the dosage slowly.

HOOKED ON Opioids

Tanisha Shanee, 32, started experiencing piercing low back pain in 2002. She weighed 250 pounds, and her doctor believed her size was contributing to the problem. But years passed without her addressing the weight, and her condition only worsened. There were days when the excruciating pain radiated down Shanee's legs to the point that she couldn't walk. In 2006, an MRI showed a slightly herniated disk, prompting her doctor to give her the highest dosage of prescription painkillers. "My pharmacist pulled me aside and said, 'Cancer patients take this for pain after chemotherapy. Is it that bad?' I replied, 'Yes! Don't ask questions! I walk around with level 10 pain every day!"

At first she took the opioids only at night. "They made me so woozy that I didn't want to take them during the day—they pretty much knocked me out," she says. Soon, though, she built up a tolerance to the drugs and needed more meds, so she took the opioids during daytime, too.

HER ONE-EIGHTY "When I started to drive with the painkillers in my system, I knew things were getting out of control," says Shanee. She began cutting the pills in half and switched back to taking them only at night. She also scheduled regular massages to ease her pain.

In late 2012, she stepped on the scale for the first time in months. No number appeared: she was over the 350-pound limit. "That was my breaking point," says Shanee, who realized she was now more than 100 pounds heavier than when her doctor first urged her to start losing weight. "I changed my diet and began exercising. Even when I was in discomfort, I would still push myself to walk. Instead of letting the pain be the reason that I didn't work out, I turned it into the reason that I did."

By early 2013, about three months after her breakthrough, she had lost 40 pounds and no longer needed the opioids at all. "My pain episodes went down to once or twice a week," says Shanee. "By the time I'd lost another 100 pounds, my back pain was virtually gone."

A DOC'S TAKE We're in a national crisis of addiction to opioids, and "doctors are just as much at fault as patients," says Agarwal. The Centers for Disease Control and Prevention has updated its guidelines, suggesting that three days or less is often sufficient for opioid usage. But a doc's decision to follow that recommendation is voluntary. Shockingly, 99% of physicians still write prescriptions for narcotic painkillers that extend beyond it.

Treating opioid addiction as a country means putting an end to the stigma and focusing on whatever medical intervention patients need to recover. Depending on the person, that may mean medication that can treat opioid use disorder and/or behavioral counseling. Adds Agarwal: "With lifestyle changes, you'd be amazed by how much better you may feel."



DR. OZ SAYS...

If your doctor hands
you a painkiller
prescription, be an
advocate for yourself
by asking the right
questions. For
example, 'Do I really
have to be on this
medication?' 'How
long should I take it
for?' Often, there are
safer alternatives,

especially for

long-term use.

BURN MORE CALORIES ROUND THE CLOCK

From the moment you wake up until lights-out, you set those cals on fire. Learn some simple ways to sizzle more, effortlessly.

BY LESLIE GOLDMAN ILLUSTRATIONS BY JING ZHANG

You haven't read this story yet and you're already a calorie-burning pro. By the time you finish, you'll have torched about 15 cals. Sure, it won't help your jeans fit better, but it's not too shabby for lounging on the couch while paging through a magazine. In fact, your body consumes calories 24/7 like a champ, even while you sleep. By the time your alarm goes off in the morning, you've already burned roughly 500 simply by snoozing yep, you're that good.

Just as a car runs on gas, your body relies on calories to keep going. Most are burned during its never-ending housekeeping duties such as pumping the heart, circulating blood, breathing, and even blinking, says Zhaoping Li, M.D., Ph.D., director of the center for human nutrition at David Geffen School of Medicine at UCLA, And the behind-the-scenes work that you can't see or feel—keeping your immune system at the ready or firing up neurons—is powered by energy in the form of calories too.

Your brain alone needs about 420 calories a day in order to function.

The total amount of energy required to keep your body up and running is your resting metabolic rate, or RMR, and it accounts for 60% to 75% of the calories you utilize on any given day. For the average woman who doesn't exercise regularly, that's an RMR of about 1,400 calories (depending on factors such as genetics, height, and body type). Age plays a role, too: Once you hit your thirties, your metabolism slows by roughly 10% every decade, primarily due to the loss of muscle mass.

Eating more calories than you need for your RMR without moving enough to burn them off causes your body to store the extras as fat—and hello, weight gain. It's not news that bumping up calorie burn can help you slim down, but what's surprising is that you don't have to break a sweat to do so. Let's start kicking some calorie butt, shall we?

Of the calories you incinerate each day...

are burned for your

working organs like

the heart and lungs.

RMR to fuel hard-

60-75% 15-30%

movement, whether that's exercise at the gym or daily activity. are burned by the process of eating and digesting food and beverages.

EAT TO YOUR ADVANTAGE

Great news for foodies: 10% of the calories you use daily are burned just by processing your meals (called dietary thermogenesis). During digestion, the body works to break down food in the stomach and then absorb its nutrients into the bloodstream.

But not all calories are created equal. The ones in a skinless chicken breast, for example, are superior to those in a brownie. Aside from the fact that the sweets won't keep you full for long, your body doesn't burn as many calories when digesting the brownie. That's because the protein in chicken is made up of large molecules, and your digestive system has to use some serious elbow grease to break them apart. The result of all that effort: To extract 100 calories from a protein-rich food, your body burns through about 30 calories. (You use just six to 10 calories while digesting 100 carbohydrate calories, and three calories for the same amount of fat.)

This isn't a green light to gorge on chicken wings-calories will still add up, no matter the source, but being mindful about portion size and what's on your plate could give you a slight burn advantage.

GO BIG AT BREAKFAST

The morning isn't the time to skimp, so opt for a veggie omelet and whole grain toast over coffee and a banana. One study found that overweight women on a 1,400-calorie-a-day plan who ate a 700-calorie breakfast, 500-calorie lunch, and 200-calorie dinner lost more than twice as much weight compared with those who had the reverse meal pattern. Study authors believe that hormonal changes are at play. In the A.M., when cortisol and adrenaline levels are high, food is more likely to be used for energy rather than converted to fat. So if you front-load calories during your morning meal, they'll be more easily burned off as you walk, run, lift, and bend your way through your day.

Digesting your food burns calories (a.k.a. dietary thermogenesis). LESS BURN MORE BURN 🏜 🕯 MOST BURN Nuts Avocado Fruits and veggies Eggs Salmon Frozen macaroni and cheese Sandwich Truth Choosing whole wheat bread over white will burn more cals during digestion, and its fiber will keep you fuller longer.

TAKE A PASS ON PROCESSED

Processing foods, whether to turn tomatoes into ketchup or rice into cereal, often kick-starts the breakdown of nutrients. giving your body less digestion work (and in turn, fewer calories are burned). Compare two 600-calorie sandwiches: One study found that it takes almost 120 calories for the body to process the one made with a nutty whole wheat bread and real cheddar cheese-but only 64 calories to digest the one on white bread with processed cheese product. So with the healthy sammie, your body burns off about twice as many of its cals while you chow down.



Hot Science

Pocket this fun piece of trivia: 19th-century scientists developed a way to calculate the number of calories in food by setting it on fire. Food was placed in a machine immersed in water and burned, and the calories were calculated by measuring the spike in water temperature. Today, we use a more up-todate approach, based on the energy released by each of a food's specific nutrients (proteins, fats, carbohydrates, etc.). The result: moreaccurate nutrition labels, fewer charred carrot cakes.

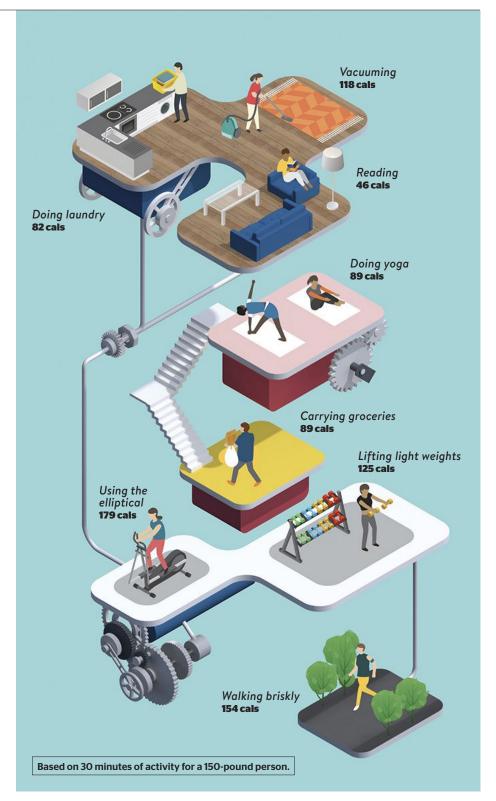
INNER WORKINGS

KEEP IT MOVING

The final chunk of your daily calorie burn comes from physical activity, both normal daily movement (showering, vacuuming, carrying groceries) and intentional exercise (jogging, yoga, strength training). Most people can expend more calories with regular day-to-day movementwhich researchers call nonexercise activity thermogenesis (NEAT)—than they can at the gym, says James Levine, M.D., Ph.D., codirector of Obesity Solutions at Mayo Clinic Arizona. That's because the difference between the daily NEAT burn of a busybody compared with someone who is mostly sedentary can be as much as 2,000 calories-way more than you'd use up with a gym workout or a light jog after a do-nothing day. Some ideas to get you thinking about how to move more: Walk to the coffee shop instead of driving, spend an evening strolling around an art exhibit rather than watching TV, even chop and dice veggies versus buying precut produce at the store.

MAKE MODERATION YOUR MANTRA

If your workout mentality is More is better, know that going bonkers at the gym won't erase bad food choices. Research shows that calorie burn will plateau after a certain amount of exercise. When you get above a moderate activity level, the body adapts in an attempt to conserve its resources. This isn't to say you should hang up your sports bra: exercise is critical for heart, brain, bone, and immune health. But if you want to lose weight, it's far easier-and more effective-to put down the cookies than it is to elliptical them away. Your best burn-more-cals game plan: Eat a nourishing diet, exercise regularly without going overboard, and get off your bum. Hey, why not stand up to read the rest of this magazine?



How You Sweat Away Calories

Step 1

To stay fueled while you exercise, your body taps into calories, burning either carbohydrates (a.k.a. glucose) or fat.

Stop 2

As you begin to breathe heavily, extra oxygen enters your body, where it starts to metabolize the glucose or fat.

Step 3

This creates carbon dioxide (which you breathe out) and water (mainly as sweat)—and away those calories go!

SE MASON UNIVERSITY, FAIRFAX, VA; PHYSIOLOGY, ALMA COLLEGE, ALMA, GEORGE MASON NUTRITION AND FOOD STUDIES, GEORG 94.D., PROFESSOR, CLINICAL EXERCISE DEPARTMENT OF ALEX MONTOYE, SOURCES: LILIAN DE JONGE, PH.D., ASSIS' CIAN, WALTER REED NATIONAL MILITARY I NUTRITION, FOOD STUDIES, AND PUBLIC I F PHYSIC



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TIRED.* * BASLEP?

SO WAS WRITER AND INSOMNIAC VALERIE FRANKEL. THAT'S WHY SHE **TRAVELED** 2,400 MILES FOR **ONE NIGHT OF REHAB WITH** AMERICA'S SLEEP DOCTOR. THE **LESSONS SHE LEARNED WILL TRANSFORM** YOUR LIFE, ONE **RESTFUL NIGHT** AT A TIME.

I'M TERRIBLE IN BED. The worst. And yes, it's sleep I'm talking about. When the lights go out, my mind switches into overdrive. I start crunching numbers, checking the time, replaying conversations, and worrying about how losing hours of sleep is going to ruin the up-

coming day. I've tried all the deep breathing and relaxation techniques to help bring on sleep and still found myself popping Ambien in all-too-frequent desperation. I'd love to ditch the pills and learn how to drift off like a normal person—a reasonable thing for an otherwise healthy middle-aged woman to ask.

But who could solve my problem? The nation's foremost clinical sleep psychologist,

Michael Breus, Ph.D., seemed like a good bet, and when I rang him, he graciously agreed to help me. But before telling him my story, I wanted to know his. For starters, how did he come to be a sleep doctor in the first place? I assumed that in the distant past, he'd had a personal history with insomnia too. "Why specialize in sleep otherwise?" I asked.

"Actually, I've always been a good sleeper," he said. "I'd intended to specialize in sport psychology, but I didn't get a slot in the residency program I applied to. They did have a sleep track, though, so I sold myself to the hospital as a sleep guy, fully intending to transfer to sports. By day three, I'd fallen in love with clinical sleep medicine and have never looked back. I change lives in 24 hours. Where else can you make such a big impact in so little time? It's an amazing gift, and I've been doing it for 15 years."

My nightly wrestling match with slumber was anything but a gift. I described my frustration with not falling asleep, and Breus gave a diagnosis: sleep onset insomnia associated with anxiety. "I can offer suggestions," he said.

I'd already read about and researched the to-dos, I told him. What I really needed was for someone to *show* me how it was done. So I floated an idea. "You know what'd be cool?" I began. "Having a sleepover with you, the sleep doctor. I could learn by good example."

"I love it," he said. "Will you be in the neighborhood?"

At the time, he lived in Scottsdale, AZ, and I was in Brooklyn, NY. "How's next week?" I asked. When you can't remember the last time you woke up refreshed, 2,400 miles doesn't seem like too far to travel to learn healthy sleep habits from the master.

STYLING BY GILLEAN MCLEOD. PROP STYLING BY KENDALL FAETH. GROOMING BY MEIKO

THE SLEEPOVER BEGINS

I arrived chez Breus in the afternoon. It was a very lovely house in the desert hills, with a pool and an airy great room, plus cacti. Lauren Breus, Michael's wife, was welcoming and gave me a quick tour of the house, starting with their bedroom: a warm and cozy space with cream-colored walls, a plush maroon duvet, soft carpeting, and wood furniture. I couldn't help but comment on the TV on the dresser. "Do you watch in bed?" I asked. A major no-no when it comes to getting good sleep, I thought.

"Every night," she said.

And where were the blackout shades I'd always heard were a must? In the Breuses' bedroom, there were curtains but no blinds at all. "You keep these open?" I asked.

"Yes. There aren't any city lights up here, so it's dark at night," she said. "But at dawn, the sun comes in, and we wake up."

I was baffled. Were America's most famous sleepers breaking *all* the rules?

THE SLEEP DOC TELLS ALL

Breus arrived home, and we sat down to eat dinner at 8 P.M. No one brought a phone or gadget to the table—not even the kids, who were chatty and polite.

"We stick to a tight schedule," Breus said. "Dinner at the same time, whenever possible. Regular workouts. Lauren and I try to exercise a few times a week." But sometimes life gets in the way, he ad-

mitted. "And you can't stress out about it; worrying is worse for sleep than missing a workout."

The most important scheduling rule in the Breus home is the wind-down hour before bed. During this time, no homework, housework, work-work, or deep talk is allowed. "The point of wind-down is to let the brain quiet and the body relax," he said. "Answering emails, having an intense conversation, and doing a lap on social media are stimulating. We do those things earlier in the night."

"OK, but Lauren watches TV to wind down? In bed? Really?" I was still shocked. Research says that looking at blue light from computers, phones, tablets, and televisions before bed messes with our melatonin levels. For a bad

sleeper, that can be the difference between dozing off and staring at the ceiling for hours.

"Playing Candy Crush with an iPad from 8 inches away will absolutely keep you awake," Breus said. "I tell patients to set an electronics curfew one hour before bed." You can buy screen shields for any device (\$20 and up, amazon.com) or wear special glasses that block out blue light (\$8 and up, amazon.com), but it's still a bad idea to play games that rev up your brain before bed. And if you're a print-book reader, make sure you have low-blue-light lamp bulbs for your bedside table.

The TV, according to Breus, is less of a concern. "The tube falls into a different category for two reasons: proximity and engagement," he explained. "The screen is 12 feet from our heads. Besides, Lauren isn't watching too closely. When she gets sleepy at around 10 o'clock, she closes her eyes and just listens. The sound distracts her brain and lulls

her to sleep like a white noise machine. It's more of a relaxation tool than engaging entertainment by then. I have no problem with *listening* to TV before bed."

Either Lauren sets the timer on the TV or Breus switches it off, since he goes to bed an hour later than his wife. "Everyone's sleep needs are different," he said. "I've been a less-than-seven-hours guy my whole life. Lauren needs eight or nine. She falls asleep around 11 and gets up at seven. I'll go to sleep around 12 and get up at seven."

At this point, it was close to 9 P.M. Arizona time, which, for me, was midnight. "Are you feeling anxious about whether you'll fall asleep tonight?" Breus asked.

I nodded. "How about some calming banana tea?" he offered. "I made this as a guest on *The Dr. Oz Show.* You just cut off the ends off a banana, slice it into three pieces—with the peel on—boil for 10 minutes, strain, and serve." Breus poured my "tea" into a Sleeping Beauty mug (nice touch). "The peel is packed with magnesium, which is soothing, and the potassium is a muscle relaxant. Have it an hour before bed, along with a bowl of cereal. Carbs cause an increase in serotonin, which makes you sleepy."

I took the last sip of my banana tea before we wandered into the Breuses' bedroom. Lauren had put the kids to bed and was winding down in sweats. Breus opened his night table drawer to show off a stash of six or seven sleep masks. One had eye cavities to prevent eyelash rub.

Another was infused with lavender. He said he used his masks and earplugs if Lauren bucked their usual routine and stayed up late with the TV on and he needed to doze off before her.

The message: The Breuses work around each other to co-sleep peacefully, even when they're on different schedules. My husband and me? "We bicker every night," I said. "As soon as I get in bed, he starts futzing around, doing stuff or scrolling along on his phone. I'm lying there, waiting for him to shut down, getting more and more annoyed and worked up." Anxiety and frustration before bed only make your insomnia worse, Breus emphasized.

Lauren tucked herself into bed and turned on *How to Get Away* with Murder—her last "watch" before she switches to listening mode with the nighttime news. I asked if I could stick around and watch it with her. She made room on the bed, and I scooted onto the edge of her mattress, the Rolls–Royce of the bedding world: a \$10,000 Tempur–Cloud Luxe Breeze with an adjustable base that allows you to raise and

FIVE GOOD SLEEP

RULES

Because it's not just babies who need to be trained.

RULE Nº 1

Get some A.M. sun. Light enters your eyes, travels along the optic nerve, and tells the brain it's time to wake up. Do this and you'll feel sleepy at night.

RULE Nº 2

Stay consistent.
When you wake up
and go to bed at the
same time each day,
you prime your body
for better rest.



lower the head and feet on either side. According to Breus, memory foam material is preferable to springs and coils (memory foam conforms to your body, a plus if you have trouble getting comfortable)—but you don't have to go top-of-the-line. The Amerisleep Revere Bed, one of the top-rated mattresses in a 2016 Consumer Reports guide, is \$1,300.

It was so comfy in the bed that I understood why the pets liked to hop up there. "Our animals are generally low-key," Breus said. "Once they're down, they don't move. But if the cat digs his claws into me, he's out."

My cat, Penny, on the other hand, would come and go multiple times each night, sometimes plopping onto my pillow and waking me. Another sleep issue, clearly.

At 11, it was time for Lauren to turn in, so Breus showed me the guest room where I'd be sleeping. A slow-turning ceiling fan was on in there. "The fan provides a white noise to drown out other loud sounds that might awaken you at night," he said. I could also turn it off and download the SimplyNoise phone app for a pink * noise. "Pink noise is not as hard on your ears or as brain stimulating as white noise." The guest bed itself, also with a Tempur-Pedic mattress (although not Luxe), was smartly dressed in a chocolate-colored cotton duvet. The pillow, I noticed, was much flatter than the one I used at home, and this was by design for back sleepers like me. "That's a low-profile pillow," Breus told me. "A full pillow pushes your chin to your chest and can decrease your ability to breathe."

I realized at this point that it was nearly 2 A.M. back home, and I was exhausted. Breus and I said goodnight, and I was left alone with my low-profile pillow. I lay awake as the house went quiet and used a tip Breus had given me earlier: Count backward from 300 by threes. "It's complicated enough that you can't think of anything else, and it's so damn boring that you just fall asleep," he assured me. I did that whole counting thing three times—never losing track or feeling sleepy. Finally, at around 2 A.M. (I held off as long as I could), I gave in and took an Ambien.



RULE Nº 4

Stick to a 2 P.M. caffeine cutoff. Drinking something caffeinated even six hours before bed can reduce your total z's by more than an hour.

THE GROGGY MORNING AFTER

We ate our breakfast outside the next morning. I had slept for six hours—I woke at 8 A.M.—and I didn't feel at all rested. Let's just say I was so not the girl in the sleep ads, waking up refreshed and stretching sexily in her white camisole. Breus, meanwhile, was chipper and smiley as he ate his berries and Greek yogurt. I was invited to help myself and peeked in the fridge. It was full of fruits, veggies, hard-boiled eggs, turkey breast,

and whole-grain bread. I confessed that mine was usually empty or near-empty and I ordered takeout too often.

"Sleep deprivation causes food cravings and overactive appetite," he said. "When you're tired, you feel grumpy, out of focus, and hungry for high-fat, high-sugar food. If you sleep adequately, you'll feel less anxious, be more productive, reach for healthier food, and have more energy," he continued. "It all starts with sleep."

After breakfast I took a car to the airport, thinking over everything I'd learned, and already craving a nap.

PRACTICING MY NEW SLEEP RULES

As soon as I arrived back home, in a fit of inspiration, I went shopping and filled my fridge with Breusian food choices. Then I went for a run

at 6 P.M., which would leave me plenty of wind-down time afterward.

My husband joined me for a hot mug of banana tea at 11 P.M., an hour before bed. As the week progressed, this became a nice ritual—the only time all day, in fact, that we spent together without distractions.

Over the course of that first week, I got used to earlier rising and even started waking up a few minutes before the alarm I'd set for 7 A.M. I can't say that I consistently fell asleep as soon as my head hit the low-pro pillow at midnight. That did not happen and still doesn't. But instead of stewing in frustration for hours, I seemed to lose consciousness within half an hour to an hour. If I got a big idea during that time, I used a voice app to record my thought (a Breus suggestion, because it keeps you in sleepy-time M.O. more than journaling does).

Breus had mentioned his concern with my abuse of a certain drug: caffeine. "No caffeine after 2 P.M.," he'd said. I dearly missed my 4:30 coffee break and cursed Breus's name when my withdrawal headache hit during those first couple of days. But it faded, and as with all his sleep rules, this one got easier with practice.

A YEAR LATER: SNOOZING (AND

LIVING) BETTER THAN EVER

It's been a full year since my sleepover with the sleep doctor. My precious cat, Penny, died, so her snuggling up next to me is no longer an issue. She now sleeps on a low-profile pillow in cat heaven. RIP, Penny.

Breus had said in our first conversation that he could change someone's life in 24 hours, and some big changes have stuck with me. Thanks to a consistent sleep schedule, I get about seven hours of sleep per night. This winter, I got only one cold, a big improvement over last year, when I was sick for two months straight.

Mornings aren't as groggy for another reason, too: My Ambien use is down to once or twice a month. I usually take it only on trips. When you don't waste half the day in a drug-hangover fog, you can get a lot more done. I still struggle to keep the fridge stocked with healthy food, and my weight hasn't changed all that much, but I have the energy to exercise more. Along with taking a daily morning walk outside, I'm doing yoga three times a week, as well as fitting in a weekend run, so my clothes are looser. More important, I feel great, and I'm in better shape all around. Looking back, I'm a bit horrified by the pills and the 10 years of on-and-off chronic insomnia, crankiness, and frustration. I used to think of my bed as the enemy. But now I end the long day looking forward to a good night.

NO SLEEP DOCTOR IN YOUR LIFE? TRACKERS ARE THE CLOSEST THING.

They all operate a little bit differently—
trackers can go on your
wrist, your nightstand,
or your mattress—but
they generally chart
how many hours you
sleep and the quality of
your shut-eye.

Of course, all this slumber spying raises the question: Why bother? Can't you determine if you slept enough by how rested you feel? Well, yes, but a tracker makes it easier to diagnose your sleep trouble and improve the right habits—especially if you use this two-step process.

STEP ONE * GET SOME DATA

Choose the type of tracker you think you'll like (maybe you can't sleep with something on your wrist or you want only a minimum of data). Each morning, check the tracker to see if you slept as long or as well as you thought you did, and note whether you felt great or lousy when you got up. "There's a sleep disorder called paradoxical insomnia, where people just don't realize how long they're really sleeping," says Raj Dasgupta, M.D., an assistant professor of clinical medicine at Keck School of Medicine of University of Southern California. You might think you're getting seven-and-ahalf hours, but if you're tossing and turning for 30 minutes, taking a five-minute bathroom break, and hitting snooze for 25 minutes in the morning, you're way down to six-anda-half. Most people need more than that.

STEP TWO

TWEAK YOUR HABITS

A tracker can gather info, but to really get something out of it, you need to do a little extra sleuthing. When it shows you did extra well or poorly, look at the habits that might have contributed to that, says Breus. "Keep a notebook, and jot down things like what time you ate, whether you felt stuffed, if you skipped your usual meditation or had a glass of wine, and when your last dose of caffeine was," he says. "Then see if a pattern emerges."

That's exactly what Emily Baker, 38, an attorney from Los Angeles, did. "I noticed that the nights my tracker showed me I'd

tossed and turned were those when I'd also had too much sugar in the evening or worked late on my laptop," she says. "So I started having my sweet treat in the afternoon and switched to making tea, stretching, and meditating at around 9:30." She now sleeps much bettersomething she credits as the main factor for her 40-pound-andcounting weight loss.

Meghan Kennihan, a 35-year-old personal trainer in the Chicago area, also adjusted her evenings. "My tracker showed that I was in bed for eight hours but wasn't sleeping well during that time-the 'sleep score' it gave me every morning was really low," she says. "I had a feeling that the violent crime dramas I was watching at night weren't helping. I switched to reading and almost instantly saw my score go up."

Naturally, trackers aren't perfect. They often use motion to determine sleep quality, so they might not pick up on a sleep disorder, since not all are accompanied by tossing and turning, says Breus. "If you have worrying symptoms like excessive daytime sleepiness, see a doctor or a sleep specialist, no matter what your tracker tells you."

-Alice Oglethorpe

Additional source: David Claman, M.D., director of the UCSF Sleep Disorders Center

NINETY-TWO PEOPLE A DAY TIMES 365...THAT'S MORE THAN 33,000 AMERICANS WHO ARE KILLED BY GUNS EVERY YEAR.

More than double that, about 84,000, is how many are injured by guns annually. When medical professionals face an epidemic—think Zika, Ebola, even the flu—they find ways to save lives. So last year, the American Medical Association (AMA) declared gun violence "a public health crisis." Doctors' organizations have tried to get out in front of the problem, to go beyond stitching up victims, reconstructing tissue and bone, rehabilitating bodies and lives, and delivering, sometimes day in and day out, devastating news to victims' families. Eight major medical groups (including the American Academy of Pediatrics, the American Academy of Family Physicians, and the American Psychiatric Association) issued a statement, endorsed by the AMA, offering ways to stem the health consequences of the crisis. It's not about being for or against gun ownership. "Simply, guns are a risk worth attending to, like we do with other causes of death," says Deborah Azrael, Ph.D., of the Harvard Injury Control Research Center. (See "What the Major Medical Groups Say," right, for details.)

There may be organizational accord, but individuals in the medical field fall all over the spectrum on the best method of managing guns. What unifies them? They're confronted with the issue on a visceral level few of us can even imagine. They see what happens when bullets meet bodies, and their opinions are shaped by dramatic personal experiences. Their accounts aren't always easy to read, but every one is illuminating. Here, a rare inside look at the experiences that have shaped medical professionals' beliefs and sometimes even changed their lives. Think you know where you stand on this vital-to-all issue? Read the seven riveting stories here, then decide.

WHAT THE MAJOR MEDICAL GROUPS SAY

These recommendations came from eight health-professional organizations committed to turning the tide on gun violence. They support:

- Universal background checks of gun purchasers
- Elimination of medical gag rules (see page 56)
- Restrictions on militarystyle assault weapons and large-capacity magazines for civilian use
- -o Better access to services for people with mental and substanceabuse disorders
- Research to support strategies for reducing firearm-related injuries and deaths.

uring my internal medicine internship, I treated a man who had been shot in his teens and was now partially paralyzed. He had been in and out of the hospital countless times for different infections and subsequent injuries, and had become addicted to pain medicine. It was a sad case of a young man whose life had been drastically changed forever and the new problems he now faced as a result of the shooting. I couldn't help but wonder not only how this happened but why it happened, and what the alternatives could have been to the gun that changed his life.

I'm learning that we need to broaden the scope of research and look into the societal, economic, and mental-health issues that contribute to gun violence. If you think about a public-health problem like obesity, we don't talk about locking up people's refrigerators. We focus on wellness, education, and prevention. In Baltimore, where I'm from, the gun-violence rate has gone up, despite more guns being seized. So it doesn't seem that sending in the police to take guns away is the answer.

Politics and lack of funding for gun research have kept the Centers for Disease Control and Prevention from deeply studying the issue. But the best way to affect policy and public opinion is to provide data—not just about the rate of gun violence but also its medical costs. One recent year's calculations put it at about \$670 million, 73% of which is for victims who are uninsured or have public health insurance, which means taxpayers cover most of the bill. It's more important than ever to see that there are many components that could help solve the problem, like mental-health and community programs, and better gun-safety technology. I'm young and idealistic. Maybe too idealistic. I care about this issue, though, not only as a doctor but also as a citizen. You cannot tear down this problem just by taking away people's guns.

THE SURGEON

"WHEN I THINK ABOUT GUN VIOLENCE...I THINK OF THIS BOY'S STORY."

Lydia Vaias, M.D.

Vaias is a surgeon based in Anaheim, CA, who chose surgery as a specialty when, as a medical student, she watched doctors save a life after a shooting.

I was chief resident at the UC Irvine Medical Center, a Level I trauma center. One day we were paged that someone was coming in, so we went to the trauma bay and stood in our designated positions. All we knew was that it was a boy in his early teens with a gunshot wound. When the EMT came in with the gurney, we saw that instead of lying flat, the boy was sitting up. The room went quiet. He'd been shot in the face by his friend—they'd been playing in the basement.

THE GOOD LIFE REPORT

He was standing next to the friend when a hunting rifle went off. From his nose down to his jaw, he was just shredded tissue, so he couldn't make a sound. I remember his eyes—the scariest, eeriest thing I had ever seen—because he was screaming with them.

There were at least five surgeons waiting for him. He survived, but I don't know what his cosmetic or functional results were. When I think about gun violence, the easy accessibility of guns in the home, and the laws being introduced about doctors not being able to discuss gun safety [see "What Docs Can Say About Guns," right], I think about that kid. And I think about all the kids left unsupervised with loaded and unlocked guns around, just to pick up and play with. Maybe this wouldn't have happened if someone had explained to this family the importance of keeping these guns out of the hands of children when they're not supervised. I also wish people knew how badly other firearms can damage the body; military-grade bullets can rip it apart. That's the part no one sees.

THE PSYCHIATRIST

"DOCTORS SHOULD NOT ROUTINELY RAISE THEIR OPINIONS ABOUT GUNS."

Robert B. Young, M.D.

Young is a psychiatrist in Pittsford, NY, who is also executive editor at Doctors for Responsible Gun Ownership.

It's a lot more common for doctors to carry a gun than you'd realize. But they don't talk about it. We have doctors in our organization, Doctors for Responsible Gun Ownership, who've said, "I really want to support you. I believe in this. But I have to stay anonymous because my employment can be threatened; it's so politicized."

The issue of guns rarely needs to come up with my patients. Doctors should not routinely raise their opin-

ions about guns, because physicians are in a position of great respect in our society. Anything we say can influence our patients. That's the reason our organization is against the medical profession's taking any position that is antigun, including advocating that all of us should actively council patients against owning guns. We don't think doctors should raise it. On the other hand, I do sometimes have patients who raise it, and when they do, I'm happy to talk to them. I don't want my suicidal patients having immediate access to guns or any other weapons, so when I have such a patient, I make a plan with whoever else lives in their house to keep them from potentially lethal things. That includes firearms, but it also includes knives. If they have a plan to hang themselves, it includes ropes.

I own five guns, and I am ready, willing, and able to use them for the safety of my family. As my kids came along, I started seriously thinking about what I would do to protect them. Well, I realized I would die for them. But I'd rather be in the position of being able to protect them without possibly dying for them.

THE EMT

"THE DEBATE INSIDE ME CONTINUES."

Chris Cebollero

Cebollero is a former chief of EMS in North St. Louis County, MO, and worked during the riots that shook Ferguson in 2014.

Emergency medical technicians (EMTs) have the tools, knowledge, and experience hopefully to make a difference to someone who has been shot. But if you're at a scene and the perpetrator is still around, your own life may become part of the tragedy. You need to make sure the scene is safe, so you have to wait for police authorization to enter it.

Whether EMTs should carry firearms is a hotly debated topic. If one

What Docs Can Say About Guns

Many medical associations think it's as important for physicians to ask about firearm safety as about smoke detectors and seat belts.

But legislation enacted in Florida in 2011, referred to as a gag rule, states that practitioners "should refrain from" asking questions about firearms and can't enter gun ownership info in medical records (with a few exceptions). The penalty: a hefty fine and possible loss of license.

Proponents of such laws think questions about firearms infringe on the right to privacy and the right to bear arms. Opponents say gag rules tread on the constitutional right to free speech.

Florida's law is currently under appeal and is not enforced, but 10 other states have introduced similar legislation. Docs' associations continue to offer tips on ways to have the conversation, believing it may help save patients' lives.

of us shoots because our lives are in danger in a situation we're responding to, it would drastically change the paradigm of our business. But during the riots, I had an intense fear of the unknown. Every time it seemed to be getting better, it got worse. There were a couple of nights when I looked at my gun safe at home and asked myself, If I carry my weapon, who's going to know? As the leader of the department, I had to set a standard, but it didn't stop me from wanting to hide a gun inside my uniform to make sure I had it to protect myself and my crew. I never did cross that line.

On some calls, if we're going into a situation that has the potential to be unsafe, we can get "force protection," meaning a police unit goes along for protection of the EMS crew. During the Ferguson crisis, the police weren't



able to come with us into the "hot zones" where people were shooting, and I had to limit my crew from responding to certain 911 calls.

During the first night, 911 got a call that a convenience store in the middle of the fighting was being burned to the ground. Because of gunfire, the fire department wasn't allowed in. Then we got a call that protesters had beaten up a man who'd been walking by the store; he was unconscious and bleeding. Because of that gunfire, we couldn't get to him, either. We had to wait for the police to quell the protesters, and it took about 45 minutes to get to him. Same thing happened with a woman in labor. She lived in a hot zone, and we couldn't get that force protection. Her family escorted her about a quarter mile through the woods to an area where we waited for her. One paramedic asked how I could decide not to go in to help her. I said, "The reason is because you're going home to your wife and daughter tomorrow morning, and I don't have to make a visit to tell them that

you're not." But people are dying because EMTs don't get the all-clear call to go in and save them. I don't know that I advocate EMTs being armed. Yet every time a first responder gets shot, the debate inside me continues.

Kids and Guns: The Numbers

119 people died between 2014 and 2016 from firearms shot by children under age 12; 268 more were injured.

1.7 million kids live in homes with loaded and

unlocked guns. A firearm in the house raises the risk of accidental shooting death by more than three times for one gun; four times for more than one.

3 out of 4 kids ages 5 to 14 know where firearms are kept in their home.

"THERE IS SUCH FUTILITY TO WHAT I DO SOMETIMES."

Sheldon Teperman, M.D.Teperman is the chief trauma surgeon at Jacobi Medical Center, Bronx, NY.

he worst part of my job is walking out of my operating room after losing someone who has been shot and having to tell a mother her child is not coming home. You steel yourself. You prepare yourself. Because you know what's about to happen; you know you are about to snatch all the light and air out of this woman's existence. Delivering this news is part of my professional responsibility, and it's always the most terrible moment of my life, and it repeats itself over and over.

To be effective at what I do, to spare lives and mitigate injury, I need to maintain a certain distance. Yet I can't do that, because I think that as



a trauma surgeon, once I become inured to the violence and it stops bothering me, it's time to quit. It's hard to find the balance. And the very young and the very old, shot because they just happened to be there, are the ones I can't guard against. This one woman-she was 92-was in her house standing by the window when a bullet from a gang fight broke through the glass and landed in her hip. She bled out. There was nothing I could do for her. And when I pronounced her dead, her blood covering every inch of me, I sat down in the middle of the operating room and cried. There is such futility to what I do sometimes. As loud and as hard as I fight against gun violence, this country is tone-deaf. Nothing ever changes. If someone I've saved asks how they can thank me, I tell them to send me a picture of them with their family at Christmas, being alive. I hang these pictures on my wall. I don't have enough of them.

he week after the Pulse nightclub shootings last June was rough. Hearing it on the news was one thing, but coming in and seeing the victims and their families-it smacks you in the face. It was patient after patient. They looked to us to say, "Everything is going to be OK." We were their cheerleaders. But every day, I left crying. The types of injuries many of them had would have killed them 10 years ago, but medicine has gotten that much better. They live, but for many, nothing will be the same. Patients from the Pulse incident went to that club being able to do everything for themselves, and all the people I worked with were so motivated to get back to that level. For many, everything they do will require more energy. Sometimes, gunshot victims won't have bowel or bladder control. They'll have catheters they have to insert and remove. They'll give themselves suppositories so they can have a bowel movement.

It was rare for me to see gunshot wounds when I started here 21 years ago. The norm was people assaulted with baseball bats or knives. But in the past five or six years, I've treated two or three gunshot patients a day. Greater accessibility is the only explanation I have. People talk about gun control, but if someone wants a gun they're going to get a gun. What society does to control it, I have no idea.

THE PEDIATRICIAN

"I CAN'T BE COMPLACENT. I COUNSEL EVERY FAMILY I MEET."

Christina Propst, M.D.

Propst, a pediatrician in Houston, is affiliated with Texas Children's Hospital and the Women's Hospital of Texas.

Back in 2012, there was a young man all of us knew who was, by all accounts, a golden boy. Nice kid, known for helping people, a football player, no drugs or alcohol or history of mental illness or depression. He was having a bad day, something with his girlfriend. He left school early, found his grandfather's handgun, and shot himself in the head. No note. No text. No warning. His mother found him. All it took was one impulsive teen moment.

A teenage brain is a work in progress; connections are still being formed. It responds to the surge of teenage hormones just as other parts of the teenage body do. As a result, the teenage brain has been shown to have clear deficiencies in consequential thinking, cause-and-effect thinking, impulse control—the little voice on your shoulder saying, "Hey, if you shoot yourself in the head, you're dead." That lack of perspective is as innate to teenagers as tantrums are to toddlers. I haven't found any data on why teens turn to guns. It may be because they want immediate relief from the pain they're feeling. There seems to be a sense of personal control as well as less likelihood of prolonged suffering.

This boy's death was a turning point for me, particularly with regard to counseling not just patients' families but everyone about the increased risk of suicide by firearm when a gun is in the home. At the time, my sons were 9 and 11, and I was just beginning as a parent to stare down adolescent angst and hormones. I came to realize I could not be complacent. People say, "Oh, my child's never going to look under there or reach up there." I saw a statistic from Everytown for Gun Safety that said that every 36 hours there's an unintentional shooting involving a child. That can be the kid who finds a gun and shoots their sibling, or the one who finds the gun, points it at themselves, and shoots. So I counsel friends and patients. I counsel neighbors. I don't harangue or harass, but gun safety is something people need to be aware of, because guns could kill any child. ■

Guns and Suicide

The **No. 1** cause of death by firearm is suicide, accounting for nearly 66% of firearm deaths in the U.S.

83-91% of suicide attempts with a gun end in death, compared with 0.5% to 2% of intentional drug overdoses.

Suicide risk is 2 to 10 times higher in homes with guns as opposed to homes without them.

50% of people who survived a near-lethal suicide attempt said that less than an hour passed between the decision to take their own life and the attempt, according to the *British Medical Journal*. Other research found the time gap to be 10 minutes or less.



GOOD GENES

Beating The Odds...And The Clock

How many times have you heard (or said) that a woman looks young because she has good genes? New research shows that there are some genetic variations which are more frequently found in the 10% of the population we call the Super-Agers. What can the other 90% do? The scientists at Olay have shown that what you do is more important than your DNA.



Dr. Frauke Neuser
OLAY PRINCIPAL SCIENTIST

Dr. Frauke Neuser, Olay Principal Scientist, teamed with 23andMe, the leading personal genetics company, to study the genetics of women in relation to how well their skin was aging. They were especially interested in a group of women who aged exceptionally well.

Decoding the secrets of these exceptional agers and identifying how Olay can apply them to help more women look ageless has been one of the greatest journeys of her career.

Breaking The Code

How Olay is changing the game

The study took a closer look at the fingerprint of unique gene activity in the 10% of the population they called **Super-Agers** (women who look 10 years younger than their actual ages).

Their skin cells behaved more like women in their 20's. Important biochemical and molecular processes that help keep skin looking youthful don't start slowing down in the Super-Agers as much as they do in the rest of us! The good news is Olay reformulated their products to include ingredients that may help your skin to behave like that of the Super-Agers.



A NEW COMBINATION OF INGREDIENTS TO HELP YOU LOOK LIKE A SUPER-AGER

NEW CAROB EXTRACT

Derived from the carob tree seed, carob extract is rich in certain sugars and has been shown to reduce the appearance of lines and wrinkles in just 4 weeks.



NIACINAMIDE (VITAMIN B3)

boosts surface cell turnover

AMINO-PEPTIDE

helps decrease appearance of fine lines and wrinkles

VITAMIN E

is a naturally occurring anti-oxidant

OLIVEM

increases penetration of anti-aging ingredients

HYALURONIC ACID

draws water to the skin

NATURE VS. NURTURE

There is good news for all of us who aren't Super-Agers. The research showed that genetics had surprisingly little to do with how well skin ages. You have the tools to impact the visible aging process of your skin.

Try these 5 lifestyle choices to help your skin look more youthful.

- 1 Use sunscreen daily (minimum of SPF 15, but 30 is even better)
- 2 Get 120 minutes of moderate exercise or 75 minutes of vigorous exercise per week
- 3 Get 7-9 hours of sleep every night
- 4 Maintain a positive attitude... to keep those frown lines away!
- 6 Keep skin hydrated with a daily skincare regimen

With the addition of new carob extract, Regenerist Micro-Sculpting Cream provides hydration and renewal benefits to firm and lift. Layer New Regenerist Miracle Boost Concentrate under Micro-Sculpting Cream to deliver 60% more anti-aging ingredients (when used together). WOW!



TRUE BEAUTY

Coconut

Yes To Coconut Ultra Hydrating Micellar Cleansing Water (\$9, Target)

Baking Soda

Soda Acne Scrub (\$6.50, drugstores)

Apple Cider Vinegar

dpHue Apple Cider Vinegar Hair Rinse (\$35, ulta.com)

Bioré Baking



NUXE

rêve de miel



DIY Beauty, Bottled

For prettier skin and hair, kitchen staples like baking soda (gently exfoliates) and apple cider vinegar (a clarifying rinse) are supereffective. So why shouldn't folksy ingredients pop up in new products? Try one of these picks, but don't stop concocting. We like the homemade treatment below.

Make your own moisturizing mask

From Stephanie Gerber, the author of Hello Glow: Mix 1 Tbsp baking soda, ½ cup Greek yogurt, and 1 tsp each coconut oil and water. Apply to clean, dry skin, and leave on for 15 minutes. Rinse away with warm water.

Honey Nuxe Rêve de Miel Face Cleansing and Make-up Removing Gel (\$19, ulta.com)

101 FL OZ US 30 mL CO **Greek Yogurt**

> Korres Greek Yoghurt Smoothie Priming Moisturizer (\$42, Sephora)

PUBLISHED BY WELDON OWEN, 2017

BY STEPHANIE GERBER.

PTED FROM HELLO GLOW,

RECIPE AD

e 200 ml ETR. IL





PRETTY COOL

LIQUID HAND SOAP

HAND LOTION



SILKIFYING SUDS

That tight feeling you get from washing your hands? Kiss it goodbye-this soap-lotion hybrid cleanses and hydrates. In three scents, like the warm, sweet Shea & Cocoa Butter (above).

Softsoap Hand Wash Plus Lotion (\$2.50, drugstores)

COLOR-CORRECTING CONCEALER

MATTIFYING LOTION

MAKEUP PRIMER



HAIRSPRAY

ROOT-LIFTING SPRAY

HEAT-PROTECTANT SPRAY

Flip this forward to get at your roots.

MOUSSE



SALT SPRAY



BIGGER BEACHY WAVES

Looking for volume and soft but sexv texture? This is the product for you. Work a dollop into damp strands (it goes on white, so you can see the spots you've missed), and blowdry. You get lift plus breezy waves from the tackiness of the salt.

Bumble and Bumble Surf Foam Spray Blow Dry (\$31, Sephora)

WATER-RESISTANT SUNSCREEN

TINTED MOISTURIZER



A little coverage (three sheer shades) with a lot of SPF staying power.

Shiseido Sports BB Broad Spectrum SPF 50+ with WetForce Technology (\$38, shiseido.com)



CLINICAL STRENGTH.

INVISIBLE SOLID | completely clean

DON'T PIT OUT WHEN YOU STRESS OUT.

PRETTY COOL

LIQUID BRONZER

HYDRATING SERUM



The textured side is

perfect for extra-

dry areas like your

knees and elbows.

BODYWASH

BAR SOAP

LOOFAH



BODY BEAUTIFIER

The colored side gently exfoliates rough patches; the white side is smooth and silky to move softly across your skin; and in the middle there's a squishy cleanser that works into a rich lather when you get it wet. Shower tech, 2017!

Olay Duo (\$13, olay.com for stores)

FOUNDATION SELF-TANNER



FUN WITHOUT SUN

Get mediumcoverage makeup (in three shades) that evens out skin and leaves behind an ohso-subtle faux glow. One pump of the dual-chamber bottle dispenses part foundation, part gradual self-tanner. Almay Healthy Glow

Makeup + Gradual Self Tan (\$15, drugstores)

> Great for sensitive types, the oil base soothes as you scrub.

ANTI-AGING SOLID SERUM

FOUNDATION

SUNSCREEN



BIG RESULTS, SMALL PACKAGE

Powerhouse moisturizers and anti-agers, including hyaluronic acid, ceramides, and antioxidants, join forces with full-coverage foundation to disappear the years. The secret weapon: SPF 50 mineral sunscreen.

IT Cosmetics Confidence in a Compact (\$38. Ulta)

FACE SCRUB

MAKEUP REMOVER

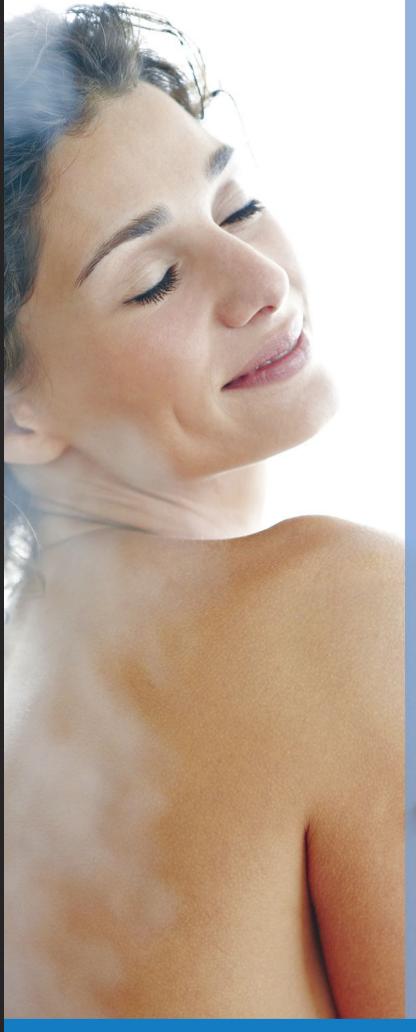
CLEANSER



FACE FIRST

Everything you love about the classic apricot scrub, in a totally new form. This oil-based exfoliator cleanses and dissolves makeup (just don't use it near your eyes) while smoothing with microbits of apricot pit.

St. Ives Exfoliate & Nourish Apricot Oil Scrub (\$7, CVS)



MenopauseAND YOUR SKIN

Take Back Control With Healing Ingredients



Meet Dr. Kavita Mariwalla, MD, FAAD

A nationally recognized leader in dermatology, Dr. Mariwalla specializes in anti-aging and serves on the Board of Directors of the American Society of Dermatologic Surgery

Glycerin

Glycerin helps maintain softness by decreasing water loss from the skin's surface. As skin ages, it loses elastin and collagen. Glycerin hydrates and combats dryness to keep skin's texture looking supple.

Petrolatum

This naturally occurring compound is one of the best emollients for skin healing. With its occlusive ointment consistency, petrolatum repairs fragile skin that tears easily due to damage caused by sun exposure and decreasing hormone levels.

Vitamin B₃

This ingredient addresses dry and sensitive skin by increasing production of ceramides and fatty acids, two key components of the skin's outer protective barrier. As an added bonus, Vitamin B3 also inhibits the transfer of pigment to skin cells, minimizing dark spots.





Specially formulated for menopausal skin, Vaseline Mature
Skin Rejuvenation contains glycerin, PPAR Activators, Vitamin B3 and micro-droplets of Vaseline jelly to transform skin from dry and depleted to healed and balanced from the first application.

THE MENOPAUSE QUESTIONS TO ASK Your Doctor

Be Prepared For Your Next Appointment; Use This List To Get The Conversation Started.

1

WHAT ARE THE EARLY SIGNS OF MENOPAUSE THAT I SHOULD BE LOOKING OUT FOR?

I KNOW MENOPAUSE CAN CHANGE METABOLISM AND CAUSE WEIGHT GAIN. ARE THERE EXERCISES I CAN DO OR FOODS I SHOULD AVOID TO PREVENT THIS?

2

3

DOES MENOPAUSE INCREASE MY RISK FOR OTHER HEALTH-RELATED CONDITIONS?

WHAT TREATMENTS
OR SOLUTIONS WOULD
YOU RECOMMEND
FOR ADDRESSING MY
MENOPAUSAL SYMPTOMS?

4

5

HOW LONG DOES MENOPAUSE TYPICALLY LAST, AND HOW WILL I KNOW WHEN IT'S OVER?

To learn more, visit **Vaseline.com**



AGING Hot Spots

And How To Care For Them



mouth

DIPS IN ESTROGEN CAUSE SKIN TO LOSE ELASTICITY AND FLEXIBILITY OVER TIME. ONE OF THE FIRST AREAS OFTEN AFFECTED IS AROUND THE MOUTH AND CHEEKS WHERE MOVEMENT OF FAT PADS CAN CREATE A DOWNTURNED MOUTH AND JOWLS.

TIP: Incorporate phytoestrogens like soybeans, green tea and yams into your diet for help firming up facial skin.

hands

DIMINISHING HYALURONIC ACID LEVELS COMBINED WITH EXPOSURE TO THE ELEMENTS MEANS LESS MOISTURE FOR THE HANDS, OFTEN CAUSING SKIN TO BECOME DRY AND EVEN SCALY.

TIP: Apply SPF to exposed skin daily for protection from further weather and sun damage.





décolletage

AS THE BODY'S ABILITY
TO PRODUCE OIL DECREASES,
SKIN CAN TAKE ON A CREPE-LIKE
TEXTURE, ESPECIALLY
ON THE DÉCOLLETAGE AREA.

TIP: Keep skin intensely hydrated with Vaseline Mature Skin Rejuvenation to effectively correct dryness while absorbing quickly for a non-greasy feel.









THE DOCTOR IS IN WHEREVER YOU GO



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naturally better

PERMANENT HAIR COLOR



Feel **radiant** when you use Naturtint's blend of **nurturing** botanical extracts for **natural**, **luminous** hair color.

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WHAT'S IN YOUR...

SHAMPOO?

If you're frizzy, flat, or fried, the right shampoo can help put an end to all that strand stress and make you love your hair again.

BY AMBER BRENZA PHOTOGRAPHED BY TRAVIS RATHBONE

The basics

All shampoos are a mix of cleansers and conditioners. From there, formulas vary.

- ▶ CLARIFYING types power through product buildup with detergents like sodium lauryl sulfate or sodium laureth sulfate. Use only when you need a deep clean.
- ▶ **COLOR-SAFE** ones go light on foaming cleansers (they can strip hair dye) and heavy on moisturizers like **dimethicone** (a silicone) or natural **oils**.
- ▶ SMOOTHING shampoos are similar to color-safe products but may also be formulated with vegetable oil or panthenol to add softness.
- ► ANTI-BREAKAGE formulas often contain plant-derived **keratin**, a protein that coats the hair shaft to prevent damage.

WHEN TO TRY A 2-IN-1

Back in the 1980s, when shampoo-conditioner combos hit shelves, they were more about cleansing than moisturizing. Now conditioning ingredients outweigh cleansers. If you have thick, curly, or frizzy hair, a 2-in-1 can give you a moisture boost. Otherwise, skip it.



SULFATES: REALLY THAT BAD?

These foaming ingredients (see "Clarifying," left) wash away grime, but they have a reputation for drying out strands and fading color. Sulfate-free shampoos typically feature gentler, plant-based cleansers like **sodium cocoyl glycinate** and **coco glucosides**. If you dye or have dry hair, sulfate-free shampoos will provide extra TLC. But if your hair is oily (or you pile on the styling products), these 'poos won't get rid of gunk quite as well.

.3.

did you know

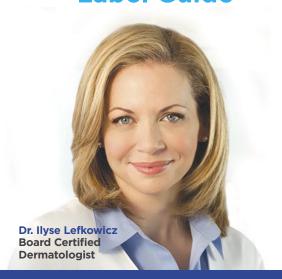
YOU CAN USE SHAMPOO TO CLEAN YOUR HAIRBRUSH. WET THE BRUSH WITH WARM WATER, SQUEEZE A BIT OF SHAMPOO ONTO A TOOTHBRUSH, SCRUB, THEN RINSE.

How to fight flakes

Dandruff shampoos use different active ingredients to help stop shoulder snow:

Zinc pyrithione kills the fungus that causes flaking, selenium sulfide slows the accumulation of dead skin cells on your scalp, and salicylic acid sloughs those cells away. You may need to experiment with various products until you find one that works.

Dr. Lefkowicz's Label Guide



These 4 ingredients in New Head & Shoulders Clinical Solutions stop dandruff symptoms fast, while giving you soft, beautiful hair.



SELENIUM SULFIDE

This prescription strength anti-infective is part of Head & Shoulders Clinical Solutions' new proprietary formula and helps relieve stubborn dandruff and other chronic scalp issues like itchiness and dryness



ZINC PYRITHIONE

Effectively treats dandruff and helps prevent the formation of scalp irritants



DIMETHICONE

Smooths and protects the hair cuticle, keeping hair soft and shiny



FRAGRANCE

Sulfur-blocking technology reduces the perception of scent from actives and leaves you with fresh, clean-smelling hair



Mythbusting with Dr. Lefkowicz





DANDRUFF SHAMPOOS JUST MASK THE SYMPTOMS. DON'T THEY ALWAYS JUST COME BACK?"

Head & Shoulders Clinical Solutions provides up to 7 days of protection from stubborn dandruff symptoms. In fact, the new formula targets the source of Chronic Scalp Issues (CSI) to provide unbeatable dandruff efficacy. Even after just one use, it eliminates over 90% of Malassezia Globosa, the primary cause of CSI, making it effective for common scalp problems like Seborrheic Dermatitis.

With 50 years of heritage developing best-in-class, anti-dandruff technology, Head & Shoulders partnered with Walgreens to bring you New Head & Shoulders Clinical Solutions with Selenium Sulfide to eliminate CSI, while also maintaining healthy, great-looking hair.

To learn more, visit headandshoulders.com



I HAVE STUBBORN DANDRUFF, BUT I'M WORRIED A CLINICAL SHAMPOO WILL BE TOO HARSH ON MY HAIR."

I tell patients with CSI that caring for the scalp is **the foundation for growing healthy, beautiful hair**. Head & Shoulders Clinical Solutions is prescription-strength, but it actually moisturizes hair so that you can have soft, manageable hair even if you use it daily.





DANDRUFF SHAMPOO SMELLS TOO MEDICINAL!"

Head & Shoulders Clinical Solutions has a great scent that leaves hair smelling fresh and clean. Unlike other (dandruff) shampoos, it has sulfur-blocking technology that reduces the perception of scent from Selenium Sulfide.



TELL STUBBORN DANDRUFF TO FLAKE OFF!

If you have dandruff, especially stubborn dandruff, it may seem like you are the only one suffering from the itching, flaking and embarrassment. You aren't! 1 in 2 people will suffer from dandruff at some point.



Handling Chronic Scalp Issues
(CSI) has never been easier with

New Head & Shoulders Clinical

Solutions. Dr. Ilyse Lefkowicz,
Board Certified Dermatologist,
explains the ingredients that
make it hard on dandruff
but gentle on hair.

She's even busting a
few dandruff myths.

LIFT HERE TO LEARN THE TRUTH about 3 longstanding dandruff myths.

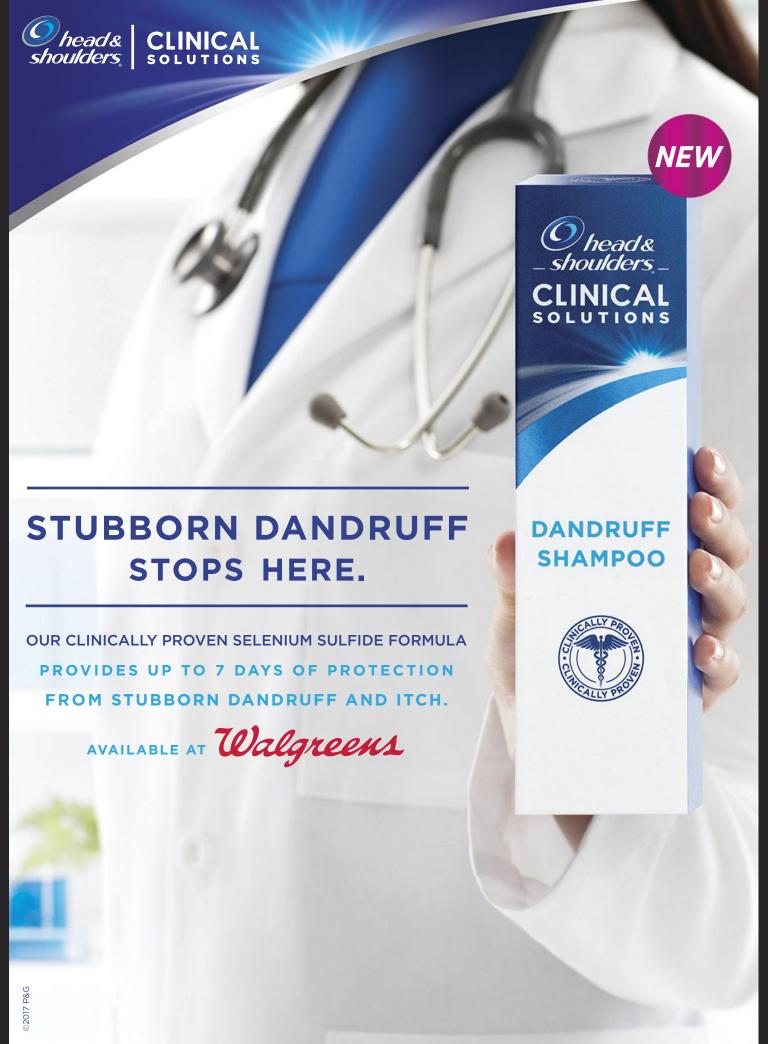
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CLINICAL

THE #1 DERMATOLOGIST RECOMMENDED BRAND







GET BACK YOUR

IT'S BEEN A LONG, DRY,
DULLING WINTER, BUT
OPERATION RADIANCE
WILL FIX ALL THAT.
GO AT THE PROBLEM
WITH SMART SKIN CARE,
STRATEGIC MAKEUP,
AND A YUMMY MENU OF
SKIN-BOOSTING FOODS.

BY SARAH WEIR
PHOTOGRAPHED BY GARY LUPTON

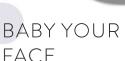




UNCOVER FRESH NEW SKIN

Until your twenties, your skin cells turn over (dry, dead ones fall away so new ones can come to the surface) about every 28 days. After that, turnover slows to around every 34 days. Right now, things are even more sluggish: Cold air and low humidity cue cells to create a dead-skin dog pile, forming a thicker protective

barrier from the elements. But we don't spend our lives outdoors the way our ancestors did, so we don't need all that thickened skin, says Jegasothy. That's why you should try to exfoliate at least once a week during winter, says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at the Mount Sinai Hospital in New York. Chemical exfoliants, like the glycolic acid in Drunk Elephant T.L.C. Sukari Babyfacial (\$80, Sephora) and the lactic acid in Pixi Beauty Peel & Polish (\$24, Target), dissolve dead cells but can be hard on sensitive skin. If that's you, go with a gentler manual exfoliator like a soft washcloth or a cleansing brush.



Radiance really comes down to the state of your skin cells. "When they're plump and full of water, they snuggle right up against each other, creating a flat surface that reflects light," says Whitney Bowe, M.D., a clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai. Dried-out skin cells are rough, jagged, and, you guessed it, reflect light unevenly. "When dry skin scatters light, your eyes perceive it as flat and dull," says Bowe. Right now, there's a cluster of moisture vampires around you (indoor heat, cold temperatures outside, and drying products). Some foaming washes contain surfactants that can strip away the natural skin oils that prevent water from evaporating from

your skin, so switch to a creamy or oil-based cleanser, recommends Bowe. Two we like are **Avène Tolérance Extrême Cleansing Lotion** (\$32, aveneusa.com) and **Kopari Coconut Cleansing Oil** (\$32, kopari beauty.com).

T.L.C. Sukari Babyfa

Also, power up a humidifier in your bedroom. When the air around you is bone-dry (often the case with the heat cranked up), your skin suffers, drying out too, says S. Manjula Jegasothy, M.D., an associate clinical professor of dermatology at the University of Miami Miller School of Medicine. And turn down the water temperature in the shower; too-hot H₂O can leave skin parched, red, and irritated.

Is vitamin C the superantioxidant? "What's so great about C is that it not only scavenges cell-damaging free radicals, it also stimulates collagen," says Waldorf. New formulations use high-tech tweaks so the C moleculenotoriously unstable and tough to formulate in products stays fresher longer.

DERMAR

TRY THESE MIGHTY INGREDIENTS

Fewer wrinkles means more glow (think of the difference between a smooth piece of aluminum foil and a crinkled one), and antioxidants are your first line of defense against the damage that can cause sagging and fine lines, says Bowe. "UV rays and pollution can damage collagen and elastin, the proteins that form a scaffolding to keep skin taut." Use an antioxidant serum before you apply moisturizer in the morning. Common antioxidants include green tea, resveratrol, and vitamin E, but one in particularvitamin C-is popping up in products in a major way right now (for more on it, see left). Two to try: **Dr. Dennis Gross** C+ Collagen Brighten & Firm Vitamin C Serum (\$78. Sephora) and Derma E **Vitamin C Concentrated** Serum (\$20, Ulta).



With the previous steps, you should be seeing a radiance boost in the mirror, but you need to act fast to trap the moisture in those new cells. As your last step, smooth on a moisturizer with humectants like glycerin or hyaluronic acid; they hook hydration from the air and the deeper layers of your skin, Jegasothy says. Normal to oily skin types will love the newest moisturizing trend: the hydrating serum. Lightweight and fast absorbing, the Rodan + Fields **Active Hydration Serum** (\$108, rodanandfields.com for info) won't leave you with a

> New research suggests that regular SPF use won't just prevent glow-depleting skin damage but may actually reverse it, improving skin texture and clarity.

greasy sheen. Drier types should look for these ingredients in a thicker cream-the extra emollients will help lock in the moisture you need. We like Vichy Aqualia Thermal **Rich Dynamic Hydration** Cream (\$31, CVS). If we're talking Sahara-level dryness, pat a few drops of a face oil like Burt's Bees Complete Nourishment Facial Oil (\$15. drugstores) over your cream to help keep skin supple and hydrated. (It won't take the place of a moisturizer, though. An oil just traps moisture that's already there; if you don't have enough to begin with, it won't be much help.) Broken-record alert: Finish with SPF. "Sundamaged skin gets dried out easily," Waldorf says.

USE A LITTLE FOUNDATION

It can pay off in huge glow dividends...if you choose the right formula. Scan the bottle for one of two key words: "hydrating" or "luminizing." Hydrating formulas have more moisturizers (some even contain sophisticated ones like hyaluronic acid and ceramides) than matte pigments, which in large doses can dry down to a dull finish, says makeup artist Coleen Campbell-Olwell. These can be more sheer, so apply a few dabs of concealer over areas

that need more coverage. One to try: Neutrogena **Hydro Boost Hydrating Tint** (\$15, drugstores). Luminizing foundations have those extra moisturizers too, plus lightreflecting minerals like mica and pearl powders for double the effect (perfect for women over 50, who may need the boost). Try the Sulwhasoo **Perfecting Cushion Bright**ening (\$65, Nordstrom), which comes with a blending sponge-gently press it into the foundation-soaked cushion compact to get the right amount of product every time. Don't need so much coverage? Dab on one of the new glow-tions; they're just moisturizers with a little pearlescent sheen. We like L'Oréal Paris Age **Perfect Cell Renewal Rosy** Tone Moisturizer (\$25. drugstores).

BEAUTY FROM THE INSIDE]

Chomp on glow foods

First step: Cut down on added sugar. Too much can trigger glycation, a process that occurs when sugars bind with proteins in the skin and damage collagen, according to a study in *Clinics in Dermatology*. It also makes insulin skyrocket, triggering moisture–sapping inflammation throughout the body.

Eating more omega-3 fatty acids can be a bonus. Found in generous doses in flax, coldwater fish like salmon and sardines, walnuts, chia seeds, and soybeans, omegas are rich in DHA and EPA, two compounds that help reduce inflammation and restore moisture to the skin. According to one animal study, omega-3s may battle UV damage as well.

Loading up on probiotic-rich foods like yogurt, kombucha tea, and sauerkraut can help repopulate your gut with good bacteria, fending off inflammation, says Bowe. Also vital for glowing skin? Selenium, found in cottage cheese, tuna, and turkey—it can help strengthen cell walls to protect against moisture–zapping agitators like pollution and the sun, says one study.



"Will my face look frozen?" "Is it risky?"
"Does it hurt?" "Am I shallow if I want to try it?"

ASK ANYTHING ABOUT INJECTABLES

Honest derms answer your secret questions about Botox. (Seriously, there are billboards about erectile dysfunction, but we're still embarrassed to talk about this?!)

BY MEGHAN RABBITT PHOTOGRAPHED BY LEVI BROWN



"If I start getting injections, will I have to maintain them to look like myself?"

-JACKIE N., BOULDER, CO

Yes...but that maintenance could get easier. Botulinum toxin (the active ingredient in muscle relaxers like Botox, Dysport, and Xeomin) and fillers (Juvéderm. Restvlane, and Belotero) wear off within three to nine months. depending on how fast your body metabolizes what's injected. But the more often you get them, the less you're likely to need over time, says Amy Wechsler, M.D., a New Yorkbased dermatologist and psychiatrist. Think about it: A line or wrinkle develops in part due to overuse of a muscle; Botox works by stopping the muscle movements that cause those wrinkles. So not only can injections actually soften wrinkles you've got, they can also condition you to stop scrunching your face unconsciously, staving off future lines.

Fillers plump lines using hyaluronic acid, collagen, or man-made polymers, but they also stimulate skin's natural collagen production, says Wechsler. "A patient may need three syringes of filler at first, and it may last nine months or longer," she says. "Eighteen months later the same patient may need only half that to get the same result."



Are there side effects?

You may see some bruising, especially riaht where the needle went in. It's pretty common if vou're on aspirin therapy or popping certain meds, so give your derm a rundown of everything you take. And load up on pineapple juice before and after getting injectionsit has a natural enzyme that helps decrease bruising.

As you get older, skin becomes fragile like tissue paperwhen lines show up, they stick around.



"Why do these injections look natural in some women and just plain fake in others?"

-MATTY S., ALBUQUERQUE, NM

This has a lot to do with the skill level of your doctor, says Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine. "It's not that some people look weird because that's the way they respond to Botox," she says. "It's where it's injected and how it's used."

Let's say you have a slightly smaller forehead than the average woman but you get the same amount of neurotoxin—you may look a little startled while another woman won't. An experienced doc should be able to detect the nuances in your face and account for them. "Ask her how many years she's been injecting, and

request to see before and after photos," says Diane S. Berson, M.D., an associate clinical professor of dermatology at Weill Medical College of Cornell University. A good rule of thumb: Go with someone who has been injecting for at least two years. Your best bet is a board-certified dermatologist or plastic surgeon with a thriving aesthetic practice (meaning she's also skilled in noninvasive cosmetic procedures like lasers and chemical peels).

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"REAL-TALK TIME: DO INJECTIONS HURT A LOT?" -MARY ANNE R., SOUTHOLD, NY

Most patients say they don't hurt as much as a bikini wax (often they are less painful than even a flu shot), says Berson. Muscle relaxers tend to hurt less than fillers because they're injected into the fleshiest part of the muscle where there's plenty of cushioning, Gohara adds. Fillers are injected into the second layer of skin, which is filled with blood vessels and lots of nerves.



"Are we going to find out 10 years down the road that these toxins are causing damage?"

-BECKY M., MISSION VIEJO, CA "It's unlikely," says Gohara. "We've been doing this since the '90s, so we're past that critical time when something would've evolved as a potential problem." True, botulinum toxin is produced from a bacteria that can be poisonous in large amounts (tiny quantities of a protein from the toxin get injected into your face). But docs point to one longterm study of patients who've received repeated doses that shows the injections to be safe and effective for minimizing wrinkles.



"Are there risks to getting cheap filler?"

-KIKI R., MONTEREY, CA
It may be tempting to buy that Groupon special, but a discounted rate may be the result of a practitioner seeing a huge volume of patients (she still makes money; you get rushed in and out of the office) or a diluted injection,

says Gohara. "Muscle relaxers arrive as a powder, and practitioners have to mix it with a type of saline solution before injecting," she says. So while a highly diluted injection isn't likely to cause an adverse effect, it's possible you won't get good, long-lasting results. You can ask your doctor if she's watering down the injection, but there's obviously no guarantee you'll get a straight answer. Just remember: The average price of a single Botox session is \$370. If you're getting it for half that, be skeptical.



"I heard that injections can cause you to feel 'off' for months afterward. Is there any truth to this? As someone who has dealt with anxiety in the past, that scares me."

-EMILY L., NEW YORK, NY

Mention this during your consultation, urges Wechsler. Not being able to move your face the way you're accustomed to can lead to anxiety, particularly if you're prone to it. On the flip side, one study published in the *Journal of Psychiatric Research* has shown that getting Botox injections actually could alleviate depression. "A few of the most common places to use Botox are the forehead and frown lines, the parts of your face that express fear, anger, and sadness," says Josie Howard, M.D., a

clinical instructor of psychiatry and dermatology at the University of California, San Francisco. "When you block this response with a neurotoxin, you may decrease the intensity of the emotion." If any of this makes you worried but you still want to try injections, Wechsler recommends starting with small doses so you get used to the feeling.



"Part of me finds these injections vain and unfeminist. But I'm still intrigued. How do I know if it's worth getting over my hang-ups?"

-VANESSA M., WILMINGTON, MA
Figure out your real motivation
for wanting to try Botox or
fillers, says Howard. "There's
positivity in knowing you're
taking care of yourself, and
feeling good about your appearance can be very affirming
and empowering," she says. But
if your interest is based more
on trying to fit an expectation
of what you think you should
look like—or pleasing someone
else—you may be setting yourself up for disappointment.

Wechsler agrees, adding that as a feminist, she believes women should feel free to care for themselves and their bodies however they want. Her view: "If there's a way to slow down the aging process that's safe and will help a person feel better about herself, I say that's good medicine."

[INJECTABLES BY THE NUMBERS]

40-59

The average age of a Botox patient.

21%

Increase in patients trying injectables from 2014 to 2015.

9.1 million

Number of people globally who've tried Botox or facial fillers.

Source: American Society of Plastic Surgeons











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KEEPS COLOR PURE FOR UP TO 4 WEEKS

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 ** No animal-derived ingredients or byproducts. Formulas not tested on animals.
- † Made in a facility that also processes gluten. ©2017 L'Oréal USA, Inc.

ĽORÉAL HAIR EXPERT/PARIS



NO MORE WIMPY HAIR!

If your strands are looking a little lifeless, here's a heads-up: You can do something about it. These clever stylist secrets will help make whatever you've got look up to **50% thicker**. We're talking big difference, people.



Getting the hair you want—full, voluminous, gorgeous—is a numbers game. It's not one thing that's going to make the difference; it's a few. The perfect cut, the right products, some genius styling techniques—they'll all help create the illusion of thicker-looking strands, says Lucinda Ellery, a salon owner who specializes in hair loss and thinning. Ellery and other top stylists share their best tips on how to bulk up and keep that body going strong.



GET A CUT THAT THICKENS

"Your haircut accounts for nearly half of your volume," says Enzo Angileri, celebrity hair expert for Infusium. Layers can help if your length is above the shoulders (if not, skip them—they make longer hair look even thinner). More body-boosting ways to go:

Long, layered pixie

It's a longer, softer, more voluminous take on a short crop. "The choppy layers create movement, height, and texture," says Ellery. The shape is key, too: Sideswept bangs will cover a thinning center part (that's where sparseness is most visible).

Textured bob

Unless you're a member of the touring cast of *Chicago*, a blunt bob is a tough look to pull off. Instead, have your stylist snip layers in varying lengths throughout the interior of your cut, says Johnny LaVoy, celebrity stylist for PRO Beauty Tools. The short pieces add lift and movement.

Collarbone-grazing lob

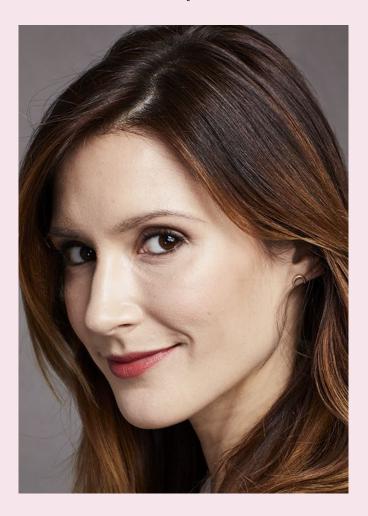
Experts say this is as long as fine types should go, and the trick is blunt-cut ends. When hair is cut straight across, the weight falls on the bottom and those ends appear thicker and healthier. "Thin hair that's longer than bob length should always be blunt cut," says Ellery.



> Styling Tip #1 <

PART ONLY PARTWAY

A side part will give instant lift. "But many women make the mistake of parting all the way back to the crown, which makes hair look flat," says Ellery. Instead, try just a 2-inch part. Then comb the rest of your hair straight back, creating even more volume at the crown, she says.





CHOOSE YOUR BEST BODIFIER

Need allover body? Try mousse: Look for a foam with polymers and proteins. We like Living Proof Timeless Plumping Mousse (\$28, Ulta). Apply a golf-ball amount to partially dry hair so the bodifying ingredients don't get diluted by water, says Stephanie Angelone, of RPZL Salon in New York.



If you want lift at the hairline and crown, use a root lifter: These sprays give roots height without stiffness, says cosmetic chemist Ron Robinson. Lift small sections of damp hair with your fingers and spritz. We like StriVectin Hair Max Volume Root Lifting Spray (\$26, ulta.com).



Voluminous, tousled styles call for a dry texture spray: Its mineral powders give hair a body boost, says Tommy Buckett, Garnier Fructis celebrity hairstylist. Try Moroccanoil Dry Texture Spray (\$28, moroccanoil.com) on dry, clean hair. Then shake out strands with your fingers.





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- Paraben-free Dye-free Vegan**
- No harsh salts No gluten ingredients[†]

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 † Made in a facility that also processes gluten.

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TRY SOME BODY-REVVING COLOR

News to most of us: The ingredients in permanent dyes swell and lift your hair's cuticle (its outer layer) so the color molecules can penetrate, and that swelling actually makes hair feel and look thicker, says Jason Dolan, colorist at Nunzio Saviano Salon in New York. The tone you choose and where you (or a colorist) apply it can also give a fuller look.

Highlights/lowlights: Lighter tones around your face give the illusion of more volume, says Dolan. If you're a DIY girl, look for an at-home kit that comes with a brush-on applicator, or apply the lightening mixture with a toothbrush. Placing lowlights, or darker tones, throughout hair can add dimension too.

Allover color: Not up for the maintenance of highlights and low-lights? Go for a deeper base. "Generally, darker hair looks denser," says Ellery. Opt for a warmer, deeper version of your current shade.



There are two main kinds of volumizing shampoo; make sure you reach for the right one.

If your hair is oily or you use a lot of styling product, go for...

...a shampoo that removes all traces of residue that can weigh hair down. These contain detergents like sodium laureth sulfate and are free of heavy conditioners like silicones. Try **Herbal Essences White Grapefruit & Mosa Mint Naked Volume Shampoo** (\$6, drugstores).



If your hair is superfine, go for...

...a shampoo containing plumping ingredients that weightlessly bind to the hair shaft, thickening the diameter of each strand. Check labels for polymers, wheat or rice proteins, sugar molecules, or starches, says cosmetic chemist James Hammer. One to try: It's a 10 Haircare Miracle Volumizing Shampoo (\$22, Ulta).



LIGHTEN YOUR CONDITIONER

We know, it's tempting to skip or skimp on conditioner because it makes your hair too flat, but fine strands need moisture too. "There is a way to condition that won't leave you looking limp," says Suave Professionals celebrity stylist Jenny Cho. Her suggestion? Skip the creamy formula and mist dry hair with a lightweight leave-in like L'Oréal Paris EverPure 10-in-1 Elixir (\$10, drugstores). "It's the lightest form of conditioner you can get," she says. If your ends are superdry, use regular conditioner just on the tips, and rinse well.



> Styling Tip #2 <







DOUBLE UP YOUR BUN

Fatten it with this trick from Devin Toth, a stylist at Salon SCK in New York: Secure hair into a ponytail with an elastic; divide in half. Make a bun with one half. Pin to secure. Wrap the remaining hair around the outer edge of the first bun and pin in place.



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> Styling Tip #3 <







GIVE YOUR BRAIDS BULK

Thin hair makes for weeny braids—unless you "pancake" them, says Sarah Potempa, celebrity hairstylist and creator of the Beachwaver Co. After you've created your plait, gently tug on the sides to loosen, widen, and add volume.



BLOW IT OUT-AND UP!

For bouncy hair that definitely won't fall flat, try these pro blow-dry tweaks and techniques.

Ditch the nozzle

This attachment, meant to direct the airflow, can flatten hair—good if you're going for a sleek look, bad if volume is your goal.

Over-direct

That's what stylists call it when they blow-dry your hair in the opposite direction from the way it lies. Flip your head over and blow-dry your hair toward your face. "By doing this, you're lifting the roots away from the scalp, creating more volume," says Buckett. Or blow-dry it to the opposite side of your part, then flip it back.

Keep the temp warm, not scorching hot

Fine strands are prone to static (not to mention damage) when blasted with too much heat, says Cho.

Try the 90/10 approach

Blow-dry hair upside down until it's 90% dry, using your hands. Called "rough drying" by the pros, this technique coaxes out more natural texture. Then straighten up and use a round brush to lift your roots as you blast them with the blow-dryer. "A lot of women don't get the roots fully dry," says Jeffrey Paul, whose Cleveland salon specializes in thinning hair. "And the slightest bit of moisture will cause your style to collapse."

Shrink your brush size

When you want bigger hair, it's tempting to go with the biggest round brush you can find, but don't do it. ----Laura Polko, celebrity hairstylist for Scünci, recommends a medium-size brush for gripping and lifting hair at the roots. Choose one with a mix of natural boar and nylon bristles, which won't snag and break strands.





STEAL SECRETS FROM SHAMPOO COMMERCIALS

We've all seen those ads featuring models with hair for days and thought, No way could that be me. But if you have a little extra time, try two on-set secrets from the stylists behind those looks:

Try unexpected product combos

For both body and lift, Richard Marin, celebrity hairstylist for Remington, spritzes roots first with a sea-salt spray, then with dry shampoo. He finds that this combo creates texture at the root without being stiff or sticky.

Lift roots without heat

Make several twists with hair on the top of your head from the hairline to the back of your crown. Secure twists with bobby pins and mist with water or hairspray. Let them sit for 30 minutes, untwist, and gently tousle with your fingers. Body boosted, just like that, says Toth.



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- With Coconut Oil Tames frizz

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EAT LIKE DR. OZ

LUCKY

dy's Day, I challenged

to invent new ways to

the author of The Oz

Morford, R.D.; and

Frances Largeman-

of Eating in Color.

Swiss Chard

Milder than kale. A cup has up to 500% of your daily vitamin K needs.

RECIPE IDEAS Riff on hummus.

Ulli purees raw chard. tahini, pinto beans, garlic, lemon juice, and cumin to make a dip.

Add to lentils.

Stir stemmed, chopped chard into a pot of spiced lentils when they're nearly ready to serve. Cook until wilted.

Bok Choy

Pile it high. This low-cal green comes with plenty of filling fiber.

RECIPE IDEAS Try it in stir-fries.

Bok choy goes in when everything else is about done cooking, right before adding sauce.

Make a salad.

Toss raw baby bok choy with orange segments. shredded chicken. cashews, and an Asianinspired dressing.

Spinach

An iron champ with a light, easy taste. Sneak it into most anything.

RECIPE IDEAS Add to smoothies. Just a handful healthies

up any blend.

Popeye-ify pancakes.

When Jenn makes pancakes, she purees 1 cup fresh spinach with the wet ingredients (egg, milk) until smooth, then combines with dry ingredients (flour, sugar, etc.).

Kale

Generous helpings of vitamins A, C, and K: check, check, check.

RECIPE IDEAS Bake tasty chips.

Lisa drizzles stemmed kale with olive oil and whatever spices we're in the mood for, then bakes till crispy.

Serve up a side.

For a spicy-sweet dish, Ulli sautés kale with almonds, raisins, and red pepper flakes.

Arugula

This peppery stuff is a good source of folate. iron, and beta-carotene.

RECIPE IDEAS Plump your pasta.

Arugula + halved cherry tomatoes + feta + balsamic + noodles. Ta-da: pasta, salad.

Put it on pizza.

Roughly chop arugula, pile it onto a cooked pie, then pop the whole thing in the oven for a minute or two.

Mustard Greens

Tons of sharp flavor plus some compounds linked to eye health.

RECIPE IDEAS Toss with lettuce.

These leaves add zing to salad greens, says Katie.

Fix a frittata.

Frances sautés greens and onions with olive oil in a cast-iron skillet; pours in a mix of eggs, milk, Parmesan, salt, and pepper; and bakes at 350°F until set, 40 min.

Romaine

The salad bar go-to brings lots of vitamin A for only 6 cals per cup.

RECIPE IDEAS Swap with bread.

Sub in a romaine leaf or two for the top piece of bread in a sandwich.

Try Caesar 2.0.

Quarter 1 head romaine lengthwise. Brush with olive oil, then grill or broil just until wilted. Sprinkle on Caesar dressing and Parmesan.

Veggie Tops

Don't toss these! Many are rich in nutrients such as vitamin C.

RECIPE IDEAS Do carrot-top pesto.

Ulli pulses carrot greens in a food processor with basil, pine nuts, lemon juice, olive oil, and Parmesan until smooth. Great on a sandwich.

Garnish with celery.

Its leaves are delicious chopped and scattered over grain dishes.

Collard Greens

These deliver a dose of choline, a nutrient that supports brain health.

RECIPE IDEAS Swirl into soup.

Green up minestrone with chopped collards.

Have veggie tacos.

Cook collards in boiling water 2 min; drain. In a pan, heat olive oil and minced garlic. Add greens; sauté for 1 min. Spoon onto tortillas with salsa and avocado.

Cabbage

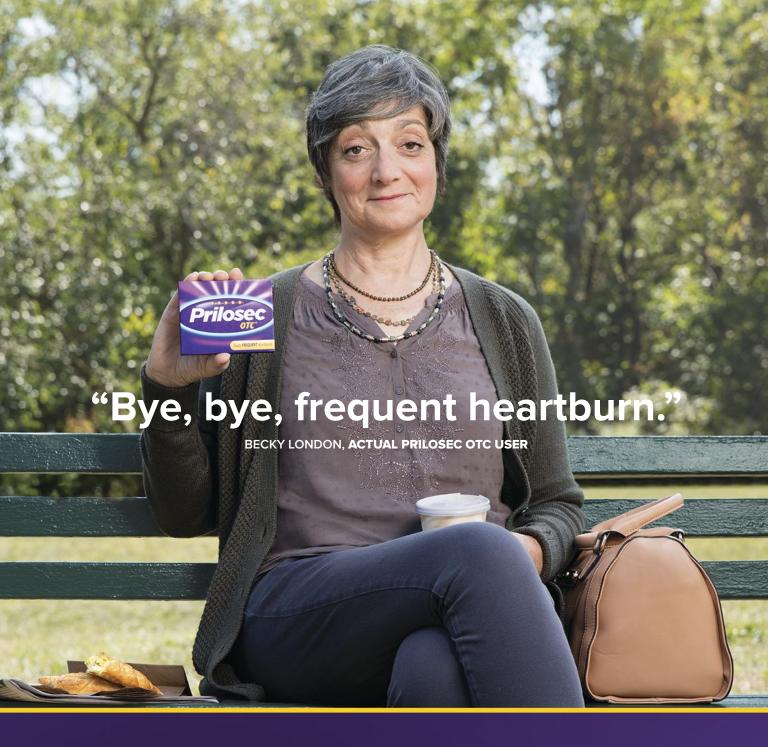
Great crunch. Its phytochemicals may help to lower cancer risk.

RECIPE IDEAS Roast away.

Drizzle cabbage wedges with olive oil. Add salt and pepper, and roast at 450°F until softened. Spritz with lemon juice.

Make a slaw.

Mix shredded cabbage with chopped apple, olive oil, apple cider vinegar, salt, and pepper.







DOCTOR' RECOMMENDEDFOR **10** STRAIGHT YEARS AND IT'S STILL RECOMMENDED **TODAY**

ONE PILL EACH MORNING. 24 HOURS. ZERO HEARTBURN*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect. †AlphalmpactRx ProVoice™ Survey, Jan 2006 - Mar 2016. © Procter & Gamble, Inc., 2017

WORLD'S BEST CHICKEN SOUPS

No wonder so many cultures simmer up their own delicious take on chicken soup—it offers the perfect combo of protein, vegetables, and body-comforting warmth.

Try a few and go global with the ultimate homey classic.

RECIPES BY SUSAN SPUNGEN PHOTOGRAPHED BY BURCU AVSAR



NEW BASICS

Fire up a big batch of this easy stock as a wholesome base for any of the recipes that follow. It will yield enough broth and cooked meat for two recipes' worth of soup. (Freeze what you don't use.) No time for homemade? Use low-sodium store-bought chicken stock, and shred a rotisserie bird.

Simple Chicken Stock

PREP 20 min — COOK 1 hr 40 min MAKES 3 quarts (plus 4 cups meat), enough for 2 soups

- 1 (3½-lb) whole chicken, giblets discarded
- onion (do not peel), quartered
- 2 garlic cloves (do not peel)
- 2 carrots (do not peel), cut into 2-inch pieces
- 2 celery stalks with leaves, cut into 2-inch pieces
- 3 parsley sprigs
- 2 thyme sprigs
- 1 bay leaf
- 1/2 tsp black peppercorns
- 1 tsp coarse salt
- 16 cups cold water

PLACE chicken, breast side down, in bottom of a large stockpot. Add remaining ingredients, and bring to a boil.

REDUCE heat and simmer, turning chicken with tongs every 20 min or so and occasionally skimming foam from surface of stock, 1 hr 15 min.

REMOVE pot from heat and let cool, 30 min. Transfer chicken to a bowl. When cool enough to handle, pull off meat, and discard skin and bones. Pass stock through a sieve into another pot, and discard solids. If using stock immediately, skim off and discard any visible fat; otherwise, refrigerate or freeze stock and chicken separately, and skim off fat before using.

61 cal, O g fat (O g saturated), 7 g protein, 7 g carb, 1 g sugar, O g fiber, 318 mg sodium, O mg cholesterol per 1½ cups (stock only)



SCOTTISH

The soup's catchy name, cock-a-leekie. presumably comes from two of its must-haveschicken and leeks. But this pot has a grab bag of memorable addins, including pitted prunes (sounds crazy, but they add a delicious trace of sweetness) and an optional splash of scotch, because (1) Scotland! and (2) a little alcohol helps dial up aroma and flavor. For stick-to-your-ribs heft, the soup brings in fiber-filled barley, a heart-protecting grain.

[Scotland]

Cock-a-Leekie Soup

PREP 20 min — COOK 50 min SERVES 4

- 1 Tbsp olive oil
- ½ cup pearled barley
- 3 leeks (white and pale green parts only), sliced into 1-inch half-moons, rinsed well
- 5 carrots, peeled and cut into ³/₄-inch chunks (1 heaping cup)
- 1 garlic clove, minced
- 6 cups Simple Chicken Stock, plus 2 cups shredded chicken (recipe, far left)
- I cup pitted prunes, coarsely chopped
- 1 thyme sprig
- 1 bay leaf
- 1 tsp coarse salt Pepper
- 1 Tbsp scotch whiskey (optional)

HEAT oil over medium heat in a large saucepan. Add barley,

stirring to coat. Toast, stirring occasionally, until fragrant and lightly browned, about 5 min.

ADD leeks, carrots, and garlic. Cook, stirring frequently, until vegetables have softened, about 5 min more. Add stock, prunes, thyme, bay leaf, and salt. Bring to a boil. Reduce heat, and simmer, partially covered, until barley is tender, 25 to 30 min.

DISCARD thyme and bay leaf. Add shredded chicken, some pepper, and the scotch, if using. Cook until heated through, 2 to 3 min. (Note: Additional stock can be added to leftover soup if it becomes too thick.)

521 cal, 9 g fat (2 g saturated), 33 g protein, 81 g carb, 27 g sugar, 12 g fiber, 941 mg sodium, 58 mg cholesterol per serving



NEW BASICS

[Japan]

Soba Noodle Chicken Soup

PREP 25 min — COOK 30 min SERVES 4

- 6 oz buckwheat soba noodles
- 1 Tbsp vegetable oil, such as canola or safflower
- 8 oz shiitake mushrooms, stems discarded, caps sliced into strips
- ½ tsp coarse salt
- 1 Tbsp grated fresh ginger
- 2 garlic cloves, grated
- 5 scallions, sliced (dark green parts reserved for garnish)
- 1 red bell pepper, cut into large dice or strips
- 6 cups Simple Chicken Stock, plus 2 cups shredded chicken (recipe, page 98)
- 2 tsp red chile sauce, such as sambal oelek (look for this in the Asian foods aisle)
- 2 tsp reduced-sodium soy sauce
- 4 oz snow peas, trimmed and halved (1½ cups) Toasted sesame oil, for drizzling (optional)

COOK noodles in boiling water according to package instructions. Rinse in cool water, drain, and set aside.

HEAT vegetable oil in a large saucepan over medium-high heat. Add mushrooms and salt, and cook, stirring once or twice, until mushrooms have softened, about 2 min.

ADD ginger, garlic, and scallions (white and pale green parts only), and cook, stirring, 1 min. Add red pepper, and cook 1 min more. Add stock and chile and soy sauces. Bring to a boil, scraping up bits from bottom of pan with a wooden spoon. Reduce heat; simmer, 5 min.

ADD shredded chicken and snow peas. Return to a boil. Cook 3 to 5 min. Divide noodles among 4 bowls and ladle in soup. Top with reserved scallion greens, and drizzle with sesame oil, if using.

446 cal, 10 g fat (2 g saturated), 37 g protein, 53 g carb, 7 g sugar, 5 g fiber, 930 mg sodium, 58 mg cholesterol per serving



[Peru]

Chicken Soup with Corn and Cilantro

PREP 20 min — COOK 35 min SERVES 4

- 1 bunch cilantro, trimmed
- 4 garlic cloves, 2 minced
- 1/2 serrano chile (seeds removed), coarsely chopped
- 6 1/3 cups Simple Chicken Stock, plus 2 cups shredded chicken (recipe, page 98)
- 1 Tbsp olive oil
- 1 onion, chopped
- ½ tsp cumin
- 2 cups frozen corn kernels (do not thaw)
- 3 Yukon gold potatoes, peeled and cut into chunks
- 1 tsp coarse salt Juice of ½ lime, plus lime wedges for serving
- 1 cup cooked quinoa

PULSE cilantro, whole garlic, and chile in a food processor. Whir in 1/3 cup stock, or enough for a thick puree to form. Set aside.

HEAT oil over medium heat in a large saucepan. Add onion and minced garlic, and cook, stirring, until onion is translucent, about 5 min. Stir in cumin. Add corn, potatoes, remaining 6 cups stock, and the salt. Bring to a boil. Reduce heat, and simmer until potatoes are tender, 18 to 20 min.

ADD shredded chicken, cilantro puree, and lime juice. Cook to heat through, 3 min. Top each serving with ¼ cup quinoa. Serve with lime wedges.

453 cal, 10 g fat (2 g saturated), 34 g protein, 60 g carb, 7 g sugar, 6 g fiber, 884 mg sodium, 58 mg cholesterol per serving

PERUVIAN

This herbalicious bowl takes its cues from aguadito, a Peruvian classic. Corn and potatoes, veggie staples in Peru, are the filler-uppers, and this version subs in quinoa for the usual rice. That great green hue? A cilantro puree made with fresh chile brightens the pot, in looks and taste.





pro tip

MAKING THIS SOUP AHEAD? BOIL AND STORE THE ORZO SEPARATELY SO THE MINIPASTA STAYS NICELY AL DENTE, THEN STIR IN TO SERVE.

[Greece]

Chicken Soup with Lemon and Orzo

PREP 15 min — COOK 30 min SERVES 4

- 1 Tbsp olive oil
- 1 onion, chopped
- 2 celery stalks, sliced
- ½ cup diced carrot
- 1 tsp coarse salt
- 3/4 cup whole wheat orzo
- 6 cups Simple Chicken Stock, plus 2 cups shredded chicken (recipe, page 98)
- 2 large dill sprigs, plus more for garnish Juice of 1 lemon, plus 4 thin slices Pepper
- 2 cups baby spinach leaves, packed

HEAT oil over medium heat in a large saucepan. Add onion, and cook, stirring occasionally, until translucent, 4 to 5 min. ADD celery, carrot, and salt. Cook, stirring frequently, until vegetables have softened, 6 to 7 min more. Add orzo, stock, and dill sprigs. Bring to a boil. Reduce heat, and simmer until orzo is cooked, about 8 min.

REMOVE dill sprigs. Add shredded chicken, lemon juice, lemon slices, and some pepper. Simmer, adjusting heat if necessary, until chicken is heated through, 2 to 3 min. Add spinach, stirring until wilted.

BEFORE serving, sprinkle dill liberally over each bowl.

354 cal, 9 g fat (2 g saturated), 32 g protein, 37 g carb, 4 g sugar, 4 g fiber, 911 mg sodium, 58 mg cholesterol per serving ■

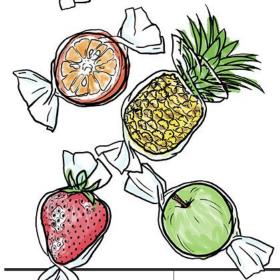
GREEK

Lemon, the signature flavor of Greek avgolemono soup, perks up this dill-flecked,
Mediterranean-style take on chicken soup.
Power foods join the pot: Whole wheat orzo offers good carbs, and a shower of baby spinach is a bonus veg alongside regulars like celery, carrot, and onion.

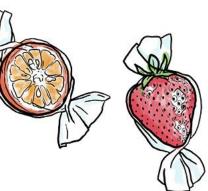


HOW TO EAT FRUIT AND NOT GAIN WEIGHT

BY JENNA AUTUORI-DEDIC ILLUSTRATIONS BY CLAIRE MCCRACKEN



For sweetaholics trying to cut down on processed sugar, fruit is a life—and waist—saver. So there's no doubt that you should make your way to the produce aisle; just don't turn it into an all-you-can-eat buffet. What many women don't realize, say experts, is that too much of anything—fruit included—is a problem. Sure, the natural sugar in fruit is a better choice than the processed kind that gets added to baked goods, ice cream, and other treats, but in excess it can trigger the same spike-your-blood-sugar effect. Plus, fruit makes it easy to take in more calories than you need to maintain your weight or shed pounds. Use our guide, and then dive into nature's candy.



TIP#1

FRESH IS BEST

Don't fall for the "made with real fruit" label. Often, items with this claim on the package aren't any healthier than a bag of jelly beans. Sure, you might get a small quantity of actual fruit, but if there are other main ingredients like corn syrup, sugar, and juice concentrate, you're not exactly eating produce, people.

TIP #2

JUST ADD PROTEIN

Fruit has lots of great things going for it, but protein isn't one of them. The fix? Pair appropriately. "Foods with protein take more time to digest, metabolize, and use, which means you burn more calories processing them," says Caroline Apovian, M.D., director of the Nutrition and Weight Management Research Center at Boston Medical Center. "This helps keep your blood sugar from skyrocketing and wards off future sweet cravings." Plus, you'll stay fuller longer. The classic combo of cantaloupe and cottage cheese is a great pick if you're managing your weight. And try these below:

PROTEIN UP!

SLICE a small banana in half (lengthwise), scoop 1 cup of low-fat cottage cheese on top, and sprinkle with cinnamon and 10 chopped walnuts.



Other ideas: Have some gourmet beef jerky along with your grapes. Or dip your apple wedges into some almond butter. Fruit just got filling!

TIP#3

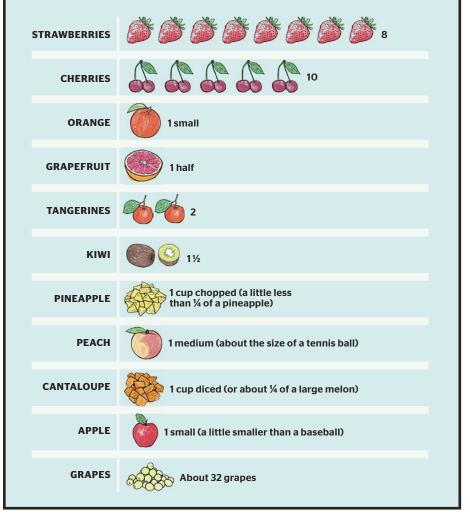
CHEW (DON'T SIP) YOUR FRUIT

This rule applies even if the juice or smoothie you're grabbing at the grocery store says "made with whole fruit." "People are often misled into thinking that anything containing fruit is healthy," says Apovian. "But when fruit is turned into a juice, its natural sugars are separated from its fiber and the fiber is what keeps you feeling full and helps prevent blood sugar spikes. Drinking a glass of apple juice gets a rush of sugar into your blood and then leads to a quicker crash, so you're likely to feel hungry sooner than you would by eating a whole apple." You're also taking in way more calories: An 8-ounce glass of orange juice has roughly the same amount of cals as two oranges.

MINIGUIDE

KNOW WHAT A FRUIT SERVING IS

"I tell my clients they should be eating the colors of the rainbow when it comes to fruits—a variety is important to get all the disease-fighting vitamins, antioxidants, and minerals that contribute to good health," says Melina Jampolis, M.D., a physician nutrition specialist in Los Angeles. But people are often confused about what a serving of fruit is, she says, which can lead to OD'ing. "When fruit isn't packaged into a portion size created organically by Mother Nature, like a banana or an apple, it can be easy to overeat in the same way you can overdo it on candy or potato chips." Who knew, for instance, that a serving size is only 10 cherries? But here's the yay: Sometimes you get a little more than you might think. A few guidelines:



TIP #5

SKIP THE DRIED STUFF

"Dried fruit is easier to overeat because the water content has been stripped out and you end up with a smaller volume," says David Katz, M.D., director of the Yale–Griffin Prevention Research Center. "It's still a better choice than, say, candy, but you should eat it in moderation. Calories add up quickly, even if fruit is healthy and nutritious." Besides, would you rather have one leathery dried pineapple ring or a cup of the fresh whole fruit in all its juicy tropical glory?

TIP#4

MAKE ROOM FOR SWEET VEGGIES

You might not think to reach for the crudités when you're trying to cut down on candy, but it's a smart move. Vegetables, even the sweet ones, are generally a lot lower in sugar than fruits.

For example...

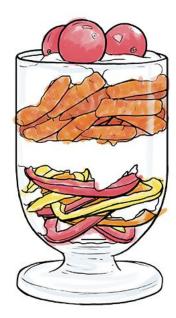
1 cup of sliced red pepper =

6 g sugar

VS.

1 cup of orange sections =

17 g sugar





So think of baby carrots, red peppers, and cherry tomatoes as a "fruggie snack." And you might not crave dessert if dinner comes with a side of roasted beets, butternut squash, or sweet potato with cinnamon.





Give plants a starring role at the breakfast table and you can easily crush a cup or more of produce while still puttering around the house in your fuzzy slippers. If you're not sure how to get started, these recipes—from a gorgeous veggie hash to a pro-berry yogurt parfait—will point the way to a plant-tastic day.



DR. OZ SAYS...
In my family, we love
the Turkish tradition
of playing up produce
at breakfast. One
favorite: plates of
sliced cucumbers,
tomatoes, melons,
and peaches served
alongside soft-boiled
eggs and feta cheese.

BAKED MIXED-BERRY OATMEAL

PREP 10 min – COOK 45 min SERVES 4

- 1¼ cups 2% milk, plus more for serving
- 2 large eggs
- 1 tsp cinnamon
- 2 Tbsp honey or pure maple syrup
- 1/2 tsp baking powder
- 1/4 tsp coarse salt
- 1 tsp pure vanilla extract
- 2 heaping cups mixed berries (such as blueberries, raspberries, and blackberries)
- 1 cup rolled oats
- 1/4 cup sliced almonds

HEAT oven to 375°F. Whisk milk with eggs, cinnamon, honey, baking powder, salt, and vanilla.

scatter half the berries evenly in a small (1½-quart) baking dish. Scatter oats evenly over fruit. Pour milk mixture on top. Arrange remaining berries on top. Bake 15 min.

SPRINKLE almonds on top, and bake until berries are bubbling, center is cooked, and oatmeal is slightly puffed, 20 to 30 min more. Serve warm with more milk.

259 cal, 9 g fat (2 g saturated), 10 g protein, 38 g carb, 18 g sugar, 7 g fiber, 262 mg sodium, 99 mg cholesterol per serving



SALMON EGGS BENEDICT

PREP 10 min – COOK 10 min SERVES 4

- 1/4 cup plain 2% Greek yogurt
- 1 avocado, cut into chunks Juice of 1 lemon
- 3/4 tsp coarse salt plus a pinch Pinch of cayenne pepper
- 2 Tbsp extra-virgin olive oil
- 1/4 cup plus 2 Tbsp hot water
- 8 oz baby spinach (11 packed cups)
- 4 large eggs
- 4 oz smoked salmon (about 4 slices)
- 2 whole wheat English muffins, split and toasted Black pepper

PUREE yogurt, avocado, lemon juice, ¼ tsp salt, and the cayenne in a food processor or blender until very smooth. With processor running, drizzle in oil and hot water. Set avocado sauce aside

BRING 3 to 4 inches of water to boil in a wide saucepan for poaching the eggs.

HEAT a large skillet over medium-low heat. Add spinach and a pinch of salt. Cover, and cook, stirring occasionally, until wilted, about 5 min. Transfer to a paper towel-lined bowl, and cover to keep warm.

ADD ½ tsp salt to saucepan, turn off heat, and crack in eggs. Gently simmer over low heat until whites are set, 4 to 7 min.

DIVIDE salmon and spinach among 4 English muffin halves. Top each with an egg. Dollop with the avocado sauce, and season with pepper. Serve remaining sauce on the side.

340 cal, 21 g fat (4 g saturated), 18 g protein, 21 g carb, 4 g sugar, 7 g fiber, 670 mg sodium, 192 mg cholesterol per serving







ROOT VEGGIES

Sweet potato, beets, red onion, fennel...our hash is a vegetable party on a plate, with more than a cup of roasted produce per serving.

ROOT VEGETABLE HASH WITH EGGS

PREP 20 min — COOK 50 min SERVES 4

- 1 (8.8-oz) package peeled precooked beets, diced (1½ cups)
- fennel bulb, trimmed and diced (fronds reserved for garnish)
- 1 Ib sweet potato (about 1 large), diced
- 1 red onion, diced
- 1 garlic clove, minced
- 1 Tbsp rosemary, coarsely chopped (optional)
- 1 Tbsp plus ½ tsp olive oil
- ½ tsp coarse salt
- 4 large eggs

HEAT oven to 425°F. Toss beets with fennel, sweet potato, onion, garlic, rosemary, 1 Tbsp oil, and the salt. Roast on a rimmed baking sheet, 30 min.

STIR vegetables, and roast until soft and caramelized, 15 to 20 min more.

HEAT remaining ½ tsp oil in a nonstick skillet over medium heat. Crack eggs into pan, and cook until set, 5 to 7 min.

DIVIDE hash among plates, and top with the fried eggs. Sprinkle with fennel fronds.

258 cal, 9 g fat (2 g saturated), 10 g protein, 35 g carb, 13 g sugar, 7 g fiber, 445 mg sodium, 186 mg cholesterol per serving

CHARD & TOMATO

These quinoa bites are dotted with colorful tomatoes, but they offer more than veggie confetti: There's a cup or so of Swiss chard in each one.

QUINOA "MUFFINS" WITH GREENS & TOMATOES

PREP 20 min — COOK 40 min MAKES 6

- 3/4 cup quinoa
- 1 Tbsp olive oil
- 1 small onion, chopped
- 1 garlic clove, minced
- 6 packed cups torn Swiss chard leaves (12-oz bunch)
- 3/4 tsp coarse salt plus2 pinches
- 2 large eggs
- 1/4 cup plain nonfat Greek yogurt
- 1 cup crumbled feta cheese
- 3 scallions, thinly sliced
- 1/4 cup chopped dill
- ½ cup grape tomatoes, halved Pepper Vegetable oil cooking spray

HEAT oven to 375°F. Put quinoa in a saucepan with 1½ cups water; bring to a boil. Reduce

heat and simmer, covered, until water is absorbed, about 10 min. Stir; let cool slightly.

HEAT oil in a deep-sided skillet over medium heat. Cook onion and garlic, stirring, until translucent, 3 to 5 min. Stir in chard and a couple pinches of salt. Cover; cook, stirring once or twice, until wilted, 3 to 4 min.

WHISK eggs with yogurt. Stir in quinoa, feta, scallions, dill, tomatoes, chard mixture, ¾ tsp salt, and some pepper.

SPRAY a 6-cup muffin tin with cooking spray. Divide batter among cups, pressing to shape with wet hands. Bake until golden brown, about 25 min.

195 cal, 9 g fat (4 g saturated), 10 g protein, 18 g carb, 2 g sugar, 3 g fiber, 545 mg sodium, 79 mg cholesterol per serving

Sources: Julieanna Hever, R.D., author of The Vegiterranean Diet; Sharon Palmer, R.D.N., author of Plant-Powered for Life





working just as hard for up to 30 days.1 Available at your vet. Learn more at FRONTLINE.com/Gold



GO FOR THE GOLD



Consider

his needs

Think about your

dog's age and habits

as you shop. Is he

a sucker for all things

cozy? Try a soft, round

bed he can cuddle

up in. Is he older and

arthritic? Pick an

orthopedic bed.

I sleep 12 to

day, so I want

14 hours a

TURER. SOURCES: ERIN WILSON, MEDICAL DIRECTOR OF THE ASPCA ADOPTION CENTER; KENNY LAMBERTI, FOR THE COMPANION ANIMALS DEPARTMENT AT THE HUMANE SOCIETY OF THE UNITED STATES F MANUFACTU PRESIDENT F

HOME LIFE

Get Him a Bed, **Take Yours Back**

More than half of dog owners share their bed with their pooch, but if you've got allergies or asthma or your four-legged friend snores and kicks up a storm, it's time for a new sleeping arrangement. Fortunately, dog beds are having a moment, with lots of chic but durable options available. For example, the new memory-foam pooch beds from the mattress startup Casper are like tiny versions of its bed for people, only washable and chew-proof. Here's how to bed shop for the pet in your life.

Keep it roomy

No matter what kind of bed you choose, it should be big enough for your pooch to lie on his side and stretch out. Since dogs have a wider variety of sleep positions than we do, they need



Go for climate control

Dogs can't regulate their body temperature the way we can, so check out beds that'll keep your pooch cool or warm, depending on the weather in your area.



Casper Dog Mattress (from \$125, casper.com)

CALM H@ME, HAPPY YOU

More than half of Americans say they're stressed-out by clutter but don't know how to deal with it. So how's this for easy: a month's worth of quick, doable tidy-ups to make your life a bit more sane, care of our genius cleaning experts.

Junk piles, you've been warned.

BY LASHIEKA HUNTER PHOTOGRAPHED BY LARA ROBBY

DAY 1

Clear a surface, any surface

Zoom in on one or two clutter hot spots that are small enough to be swept clean right away, like your nightstand or coffee table. It's low-hanging fruit, but it'll make your home feel just a little bit neater and inspire you to whip other areas into shape, says Melissa Michaels, the author of Make Room for What You Love.

SIMPLIFY IT Shoo the mess off one surface into a box, then walk around putting stuff back in its rightful place (or the trash). That's it—you're done for the day.





SCRAP YOUR TO-DO LIST

Instead, make a not-to-do list. Jot down all the organizing projects you think are important, and then decide which, realistically, will just have to wait. The best way to figure out what makes the cut and what doesn't? For each, ask yourself if doing it would help you move through your day with fewer aggravating hiccups. If the answer is yes, it gets top priority.



Pick a spet for odds and ends

Surprise! We're not hating on your junk drawer. In fact, that space where your spare keys, Scotch tape, and extra pens roam free can serve a legit purpose (as long as you don't go overboard—limit yourself to one or two small ones, please). "Sometimes we need the blessed relief of opening a drawer and tossing in things that don't yet have a home," says Karen Kingston, the author of Clear Your Clutter with Feng Shui. Still, junk drawers need attention so they don't overflow; show yours a little love today.

SIMPLIFY IT Tip out the contents and sort them into three piles: items to put away, items to chuck, and items you don't know what the heck to do with. You get to put those back until the next cleanup. But if you still haven't come up with a plan for them by then, deep-six 'em.

DAY 4

Say no to paper bills They have a funny way of turning into paper clutter. If you haven't gone digital with your bill paying yet, go online and set up at least one today.



Retire Old Makeup

It could be harboring bacteria or fungi you don't want on your skin anyway. Other cosmetics to dump: anything in a cracked or icky case or an unflattering shade, beauty extras you just don't need (you only have one face), and perfumes you're so over. Hand those last two off to a friend, or mark any unopened, unexpired makeup for donation—lots of charitable groups accept them.

SIMPLIFY IT Brands often list expiration dates, but a general rule is to ditch lipstick and foundation after a year and mascara after three months (that dark, moist tube is everything to germs). And trash any cosmetic that smells funky or has changed consistency.

DAY 6

Disown owner's manuals Most are posted online, so you don't need paper copies. Plus, the digital ones are easier to search through.



MAKE THE KITCHEN LESS MUGGY

You can never have too many coffee cups—said no one ever. Pull yours out of the cupboard, pick about 10 that you like and your family actually uses, and donate the rest, suggests Sara Pedersen, creator of the blog Time to Organize.

STUDIO D. STYLING BY JULIE FLYNN FOR HALLEY RESOURCES

Give old socks the boot

Throw out any that have holes or have been living the single life without their mate. Then fold whatever's left. "The drawer will be neater, and you'll fit more in it," says Barbara Reich, the author of *Secrets of an Organized Mom*. Plus, you'll quickly be able to grab the pair that works, instead of fumbling around at 7 A.M.

ages ago? Instead of holding on to the physical items, take photos of them. The memories are what count, and pics can trigger those.

Part with kid art Those bins full

of projects your children made

SIMPLIFY IT If there are a few you can't bear to part with, put them on display instead of leaving them buried in the basement. Do a deep dive into your ward-robe and grab all the "someday" items (as in "This dress is a few sizes too small but might fit someday"). Outfits for your fantasy self only take up space that your real self needs. Boost clothing karma by giving them to a pal or to charity.

DAY **13**

RECYCLE A HEAD

To get rid of paper junk before it even reaches your counter, stick a recycling bin wherever you open your mail, says the blog Becoming Minimalist. You'll be more apt to toss advertisements or coupons—that is, things that lure you into buying more stuff you don't need.

DAY **10**

DAY 9

Lose outdated fitness gadgets

We love the '90s too, but exercise equipment purchased back when the Macarena was still hot has probably outlived its value. Dump anything that's been collecting dust. Then stash the good stuff—say, resistance bands and mini weights—all together in a basket, box, or storage ottoman close to where you use them. That way, there's no clutter and no excuse for not working out.

DAY **11**

Brighten your closets Sticking a battery-operated LED light in each of them will change your life. Once you can see the depths of a space better, it's easier to keep it neat.

Make a shredding date

Chains like Office Depot will shred sensitive paperwork for free during tax season. Check their websites for details and set a calendar reminder to head in.

DAY 14

Get off annoying mailing lists

To cut down on credit card offers you just have to tear up, log on to OptOutPrescreen.com or call 888–5–OPT–OUT, suggests the Federal Trade Commission. These are run by the major consumer reporting companies, and you can ask to stop receiving offers for the next five years, or even permanently.

DAY **15**



tidy up your takeout menus

Trash the ones you've had since the Bush administration, along with any you and your family know by heart or can easily bookmark online. Give the rest a more discreet (and accessible) home in a vinyl folder tacked inside a pantry door.

DAY **17**



ORGANIZE THAT FRIDGE

If yours is like a black hole—leftovers go in, but they don't always come out—take a sec and chuck anything that's out—dated or unidentifiable. Then pull shorter items to the front, Pedersen says. That'll make it harder for food to get lost and easier for you to see what's there before a grocery store run.

DAY 18

Clutter-proof the living room

Tell your family that your main living space now has a strict cartand-carry policy, says Cynthia Ewer, the author of *Cut the Clutter*. That means while everyone's welcome to hang out or do homework there, any items they haul in must be collected when they leave.

SIMPLIFY IT Stock up on baskets with handles to make it easier for kids (and grown-ups) to ferry stuff in and out.

DAY 19

Use a label maker "It creates a visual cue to put things where they belong," says Donna Smallin Kuper, creator of the blog Unclutter. Try it on pantry or linen closet shelves.

CLUTTER, BUSTED

DAY 20



Call in charities

Some, like the Salvation Army, let you schedule pickups online, so you can clear out those books and old clothes you boxed up but never got around to dropping off at a donation bin. Remember to get a receipt for your taxes.

DAY **21**

Find a clutter buddy Like your fitness-minded friend who trades healthy recipes with you, a pal who shares your passion for decluttering can inspire you and

a pal who shares your passion for decluttering can inspire you and keep you accountable, Kuper says. Check in with each other regularly and share what you've crossed off your list.



Pick one drawer you use every day and organize it with a divider—you'll love the results. We spend a year of our lives looking for lost items, according to the National Association of Professional Organizers, but dividers make it easy to find what you need and stop small items from shifting around when you open or close a drawer.

SIMPLIFY IT Save yourself \$20 and make your own dividers using empty shoe boxes. DAY **23**

Ditch the clutter goggles

You can get used to ignoring your mess with enough practice, so work on zeroing in on items that don't belong in a space, says Rita Emmett, the author of *The Clutter-Busting Handbook*.

SIMPLIFY IT Starting now, glance over your shoulder every time you leave a room. Anything out of place? Take it to the right spot.

DAY 24

Check for lids Give food containers a new job requirement: They must have lids, or to the recycling bin they go. To cut down on strays, store all lids together.



Fence in mess

Stick pretty serving trays here and there. Like bins, they help you corral smaller items together in one place (say, napkins and condiments in your kitchen, or beauty products in your bathroom).

DAY **26**

Dejunk your jewelry

Empty tangled costume pieces onto a table, thank them for the good times, and weed out anything that's chipped, broken, or out of style.

DAY **27**

Martha up your sheets

Pros swear by this classic Martha Stewart move: When you're putting away laundry, stick folded sheets inside a matching pillowcase to keep sets together and make them easier to track down.



SCRAP 'EM!

Decorative pillows are like bunny rabbits—get a few cute ones and pretty soon you're overrun. Scaling back is an easy way to make a room feel less chaotic, says Ruth Soukup, the author of *Unstuffed:* Decluttering Your Home, Mind & Soul. Take some away for a month and see if you miss them.

DAY **29**

DAY 28

Look for sneaky storage spaces

There are spots around the house—like the backs of doors or sides of cabinets—you tend to ignore. But with a few good hooks, they could help you get stuff out of the way. Pick which ones you'll use.



DAY 30

Eliminate expired meds

Get rid of any that have changed color or odor or that are in unmarked containers and can't immediately be identified. Dump them out of the bottles and into a plastic bag with kitty litter or coffee grounds before tossing them.

 SIMPLIFY IT Ask your pharmacy if it hosts drug "take-back" programs, or check sites like DisposeMyMeds.org for initiatives in your area.

DAY 31

Relax Take a deep breath, look around your space, and celebrate your progress. Your home is calmer, and now so are you.



MIND OVER MEDICINE

Should does start prescribing meditation along with traditional pills and treatments? Maybe, based on the latest thinking and these three amazing stories of pain, frustration, and recovery.

BY AMBER BRENZA
ILLUSTRATIONS BY ANNA PARINI



and pain; your mind may be the key to reversing the process.

Is it just us, or was 2016 rough? And '17 is off to a feisty start as well, with political shake-ups jangling our nerves. But more Americans are discovering an ancient coping tool to deal with it all: meditation. The practice is suddenly everywhere: Mindfulness studios and apps abound; athletes and celebrities enthuse. Calming our minds is now a top priority—and a healthy one. Science has picked up speed on meditation research, too. Mounting evidence shows that a quiet mind can have a positive effect on your health, even providing relief for chronic pain and psychological conditions. So find a comfortable seated position and listen up as docs—as well as current research and real-life stories—show how far the power of meditation can go.

MEDITATION FOR...

MIGRAINES

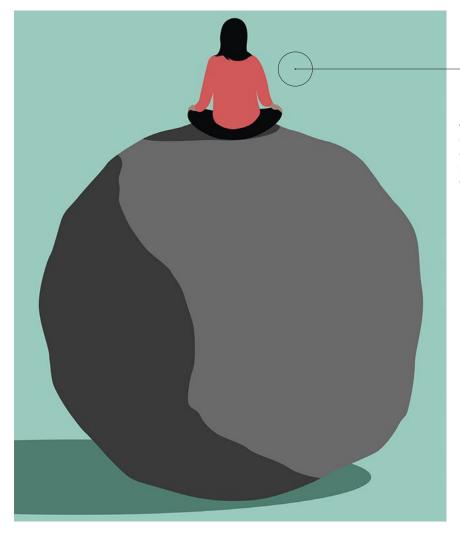
Migraines affect 12% of the U.S. population, causing 113 million lost workdays each year. Many sufferers stem the discomfort with medications, but these treatments can come with side effects, the possibility of overdose, and frustration when, for some, they simply don't work.

Elizabeth Kanna learned this the hard way. She'd had migraines since she was 12, sometimes as often as weekly in particularly stressful times. She had taken a more reactive approach for years—tamping down the pain once it had already started, through OTC or prescription drugs. Nothing gave her full relief. But in December 2015, the migraines escalated to twice a week, leaving her totally incapacitated.

Through her own research, she came across the idea that mindfulness could help. "I assumed I'd never have time for it," she says, "but finally I thought, If I don't have 10 minutes a day to try this, I need to look at my life."

She was onto something: A small 2014 study in the journal *Headache* found that mindfulness had big benefits for people with migraines. Those who practiced mindfulness exercises for eight weeks had fewer migraines, and bouts were shorter and less severe. Another small 2014 study concluded that meditation may help sufferers tolerate and manage their pain.

Researchers aren't sure why meditation makes a difference, though lowering tension seems to play a big role. "High stress levels and fluctuations in those levels can precipitate migraines,"



Meditation may reduce disease risk and improve your health overall.

Daily ZenHow the three women in this story meditate each day.



ELIZABETH KANNA
"Each morning, after
my decaf coffee or tea,
I practice meditation
for 20 minutes using
the Headspace app."



SARAH CHOUEIRY SIMKIN "I set an intention first, then I do at least 10 minutes of meditation followed by a reflection of my practice."



DEBORAH AVERY
"I start off with a yoga
flow, then I meditate
for 15 minutes and
end with a statement
of gratitude."

says Elizabeth Seng, Ph.D., a research assistant professor of neurology at Albert Einstein College of Medicine. Meditation consistently keeps stress lower. But there's more: "It may also help people think about pain differently, which improves their lives even if it doesn't completely banish discomfort," Seng says.

Two weeks after starting meditation, Kanna noticed changes. "I felt calmer overall. I also noticed I got fewer migraines, and when I did, they were shorter and less painful."

The practice helped Kanna become more connected to her body; she's more aware of symptoms like neck stiffness or shallow breathing, which often precede a migraine, so she can mitigate its full force.

Kanna's migraines may never go

away, but thanks to meditation, she's no longer a prisoner to pain. "It allows me to live my life the way I want to: not controlled by headaches."

MEDITATION FOR...

CROHN'S DISEASE

The number of people in the U.S. with inflammatory bowel disease (IBD) keeps growing—it's now at 1.6 million. The disease includes Crohn's and ulcerative colitis, and there's no cure—sufferers have to manage the chronic conditions through lifestyle changes and medication. But recent research suggests a quieter mind may also help.

Sarah Choueiry Simkin, 32, has been dealing with Crohn's disease since age 13. "I had serious stomach issues—bloody stools, abdominal pain, and weight loss," she says. Simkin



DR. OZ SAYS...
I've seen that there's
more to healing than
knives, stents, and
sutures. Mindfulness
can help your body
achieve the wellness
it really wants. And
hey, it's free.

At 22, she took up a yoga practice that included snippets of meditation. "I found that the more I practiced those, the lower my stress levels were, and the fewer Crohn's symptoms I'd experience," she says.

Research in the journal PLOS One helps explain this reaction. In the study, IBD and irritable bowel syndrome (IBS) sufferers who practiced mindfulness for 15 minutes a day had fewer symptoms than those who didn't. But especially interesting was that meditation may have actually changed their bodies; through blood samples, researchers found it reduced the expression of inflammatory genes linked to IBD and IBS. Stay with us: Basically, we all have the same types of genes, but their activation level varies between people. "The genes are either turned on or turned off," says Michael Irwin, M.D., director of the UCLA Mindful Awareness Research Center. When inflammatory genes are on, they increase inflammation, along with the risk of chronic illness. Meditation, however, helps turn off those genes.

In the 10 years since Simkin started meditating, her Crohn's flare-ups have gone from weekly to no more than once a month. They're shorter and less intense, too.

Meditation has also helped her with mental issues that piggyback on her condition. "Struggling with a chronic disease makes you feel angry and lonely," she says. But for Simkin, meditation quells those feelings

during an attack and curbs the anxiety over when or whether the next one will hit. A calmer mind all around.

MEDITATION FOR...

POST-TRAUMATIC STRESS DISORDER

People dealing with PTSD—chronic feelings of fear, anxiety, and anger from a trauma-find it nearly impossible to soothe their constantly onguard minds. A sexual assault at age 19 left Deborah Avery, now 39, with persistent unease. "I don't remember ever feeling totally safe after that day," she says. When other therapies failed to help, she gave meditation a shot. "It brought about such a calmness in me that I had never experienced before. I knew I had to keep it up."

Meditation's impact on PTSD goes deeper than relaxation. A 2011 review shows that mindfulness improves coping skills, which can help PTSD sufferers better identify what triggers their stress and lower the anxiety that follows. Another study found that mindfulness reduced PTSD symptoms like self-blame. "With this disorder, you're living a trauma over and over again, setting off a stress response," says Irwin. Meditation, however, pushes you to live in the present and stop replaying traumatic moments. It's what allowed Avery to talk about her sexual assault to begin with, and she says the practice has helped her respond better to traditional counseling. "It lets me sit with my feelings and be present in sessions," says Avery, "so I can talk about what happened, rather than ignore it."



"Om" on Demand Interested in meditation but not sure where to start? Try these apps.

HEADSPACE

Before you dive in, this app leads you through 10 free sessions on how to meditate. (\$13/month)

CALM

The guided and unguided meditations here are accompanied by sounds and scenes from nature. (\$10/ month)

BUDDHIFY

This app gives you specific meditations based on whatever you're doing at the moment. (\$5)

10% HAPPIER

You get seven free days of guided meditations, along with actually funny videos on what meditation is and how to do it. (\$10/month)

How to Meditate—Right Now

Get started with this guided exercise, adapted from Agapi Stassinopoulos's book Wake Up to the Joy of You.

Close your eyes and get into a comfortable position. Take a deep breath and exhale, breathing out any tension, anxiety, and worry. As you inhale, breathe in a sense of peace, beauty, and relaxation. Focus on your heart, and with every breath allow it to expand and fill you with energy. Allow yourself to be quiet and still, knowing you can trust your soul and your spirit. Nothing to do, nowhere to go, just calm. Stay there for a few minutes. Build on this calmness. Now, when you're ready, fill your lungs and body with oxygen, gently exhale, open your eyes, shake your shoulders, wiggle your fingers and toes, and stand up. Open your arms and exhale a long sigh, "aah." Once more, "aah." Give yourself a big hug.

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You, the **Food Stylist**

Everyone's posting pics of their meals. Make yours the prettiest!

Whenever contributing food editor Susan Spungen sends us photographs of the recipes she's cooking up for future issues, we look and drool. So we asked her for the secrets to taking picture-perfect food snaps.



Bring the food center stage by setting your dish against a dark background. The recipe for this baked mixedberry oatmeal, is on page 106.

Play with colors. The shades of pink in this rice bowl make it look as good as it tastes.





Keep the crumbs! They give shots an inviting, can't-wait-todig-in quality.

Get the recipes for the rice bowl and the chocolate clementines at DrOzTheGoodLife.com/food-pic-tips.

ENJOY SIMPLE MEALS WITH CALIFORNIA WALNUTS

Want to make a simple meal special? Sprinkle California walnuts on all your favorite recipes. Visit our Simple Meals Recipe Collection at walnuts.org.



Green Beans with Olives, **Sun-Dried Tomatoes and Walnuts**

INGREDIENTS

- ½ C California walnuts. coarsely chopped
- Extra virgin olive oil, or oil from sun-dried tomatoes
- 3/4 lb Green beans, fresh, ends trimmed
- 1/4 C Mixed olives, pitted, coarsely chopped
- Sun-dried tomatoes, chopped
- 11/2 t Lemon juice
- Sea salt, smoked or plain

DIRECTIONS

- 1. Place walnuts in a large skillet over medium heat. Cook for 5 minutes or until toasted and fragrant, stirring frequently. Remove from skillet and set aside. 2. Heat oil in same skillet over medium-high heat. Add green beans and cook for 5 minutes or until crisp-tender, stirring frequently.
- 3. Add olives, tomatoes, lemon iuice and salt. Cook for a minute or two more until all ingredients
- 4. Sprinkle with walnuts and serve.



; WORRELL/STUDIO D. CRAFT STYLING BY BLAKE RAMSEY FOR PAT BATES AND ASSOCIATES

PLAY WITH YOUR SUPERFOOD

PEARS

Nothing gets us all aflutter like a nice, juicy pear. Try our yum new ways to eat them, then enter for a chance to score a snack jackpot.

A sweet tweet

We're big fans of this power fruit. A medium pear has about 6 grams of filling fiber and a respectable dose of vitamin C. Plus, research suggests eating pears may help fend off weight gain.



WINNING READER IDEA

"To make pear chips, place thinly sliced pears on a parchment-lined tray, brush them with a little maple syrup, and bake for 3 hours at 225°F, flipping halfway through. Better than candy!" —Joan Long, Anderson, CA



EAT THEM OZ-STYLE

Spoon over oats

In a bowl, toss diced pear with cinnamon and a splash of vanilla extract. Heat a little butter in a pan, add the pear, and sauté until caramelized. Then heap it all over a bowl of oatmeal.

Whip up dressing

In a blender, whir a peeled, cored pear with olive oil, white balsamic vinegar, minced shallot, and lemon juice. It's extra delish over a bed of arugula with cucumbers and blue cheese.

3

Skewer'em

Cut a pear, an apple, and your favorite firm cheese into cubes. Grab a handful of grapes.
Then thread up a skewer.
(Or load up tiny toothpicks, and share the app stacks with a crowd.)

ENTER FOR A CHANCE TO WIN A YEAR OF FREE SNACKS!

TELL US

What's your favorite way to eat kiwi?



Share your playful minirecipe or snack idea with us and you could win a yearlong snack subscription from Love with Food—boxes of healthy treats delivered to your home—plus, we'll print the winning answer in a future issue.



Email your suggestion to us at SuperfoodTip @DrOzTheGoodLife.com between February 7 and March 6, 2017. See page 119 for the complete rules.





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- VIOLA DAVIS, ACTOR

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