

10-Minute Cellulite Cure

JULY | 2011

Prevention

REAL-WOMAN TESTED

GET THIN BY FRIDAY!

Lose 10 Inches In 2 Weeks

Secrets For A Safer Hospital Stay

#1: Don't Have Surgery In July



GREAT 400 CALORIE MEALS

HOT OFF CAT CORA'S GRILL

SPECIAL REPORT

"My Doctor Called Me Fat!"

Women's Fight For Better Care

Marie Osmond

How She's Kept Off 40 lbs For 4 Years!

ENTER FOR YOUR CHANCE TO WIN A Year Of Marie's Diet Program P.86 \$3,900 VALUE

16

Habits That Make You Look Older

When Feeling Bad Is Good For You (Really!)





Testing The Waters

When you crave more zing than plain old H₂O can provide, there are now light and healthy options. These calorie-free herb- and fruit-infused waters refresh—without added sugar or preservatives:

Hint Blackberry: The aroma of berries refreshes your senses, and the flavor is subtle.

Metromint Goodberrymint: You'll get a natural high from the cool scent and gentle hint of real mint.

Ayala's Herbal Water Ginger Lemon Peel: This organic water has a bold, spicy kick.

—JM

BERRY HEALTHY You can cut your risk of developing Parkinson's disease about 22% by eating at least 2 cups of blueberries or strawberries each week.



The Case For Coconut

What less-famous fat might turn out to be as healthy as olive oil? Coconut oil. Why? It fights inflammation.

did you know?

The "Wow" In Watermelon



This summer treat is up to 40% higher in cancer-fighting lycopene if kept at room temperature as opposed to in the fridge. Added perk: Some research even suggests that the fruit's high levels of citrulline may act as a "natural Viagra."

—Molly Raisch

Prevention

Testing The Waters

+nutrition know-how



When you crave more zing than plain old H₂O can provide, there are now light and healthy options. These calorie-free herb- and fruit-infused waters refresh—without added sugar or preservatives:

Hint Blackberry: The aroma of berries refreshes your senses, and the flavor is subtle.

Metromint Goodberrymint: You'll get a natural high from the cool scent and gentle hint of real mint.

Ayala's Herbal Water Ginger Lemon Peel: This organic water has a bold, spicy kick.

—JM