

May 16, 2016

**First** for women

*Memorial Day mmm...*

*Grill up some fun!*

**HAPPY ENERGY!** 5 NATURAL SECRETS

**SUZANNE SOMERS, 69,** REVEALS INEXPENSIVE DIGESTIVE HELPERS THAT REVERSE AGING

**NEW THYROID CURE**

**TIRED? BLOATED?**  
90% OF WOMEN WITH THIS INTERNAL INFECTION GO UNDIAGNOSED. EASY FIX!

**YOU, BODY BEAUTIFUL**

- ✓ STRETCH MARKS
- ✓ SPIDER VEINS
- ✓ CELLULITE
- ✓ ARM WOBBLERS
- ✓ CHICKEN SKIN

**ALL-NATURAL REMEDIES**

REVERSE THINNING HAIR  
TURN OFF STRESS  
BOOST FAT LOSS BY 109%  
SHRINK A DOUBLE CHIN

**NEWS FROM HARVARD**  
80% of women over 40 lack a compound that speeds the thyroid  
The healthy fats that replace what's lacking

**Drop 35 lbs by Memorial Day**

*"It's crazy that I did what no doctor could do: I healed myself...naturally!"*  
—Cindy, who lost 53 lbs on the plan

**FREEDOM FROM WORRY!**

**EXTRA CASH**  
THE GENIUS WAY TO MAKE \$30 AN HOUR—AT HOME!

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## best you



### FOR EVEN BETTER RESULTS

Vitamin C repairs cell damage from UV rays. Experts suggest supplementing daily with 1,000 mg (try Life Extension Vitamin C with Dihydroquercetin, \$20 for 250 tablets, [LifeExtension.com](http://LifeExtension.com)) to reduce spots in just 4 weeks.

## FADE AGE SPOTS

### with a parsley mask

Beauty experts swear by parsley to erase the brown spots that show up on our face, hands and décolleté. The leafy herb contains a mild bleaching agent (called *apiol*) that breaks down spots that have formed by the overproduction of melanin (pigments that color skin). Plus, parsley's ferulic acid and antioxidants help protect skin from the UV damage that contributes to spots and wrinkles. To get the benefits, celebrity aesthetician Scott-Vincent Borba, author of *Cooking your Way to Gorgeous*, suggests applying a mask that blends parsley with Greek yogurt (its lactic acid dissolves dead skin) and lemon juice (its citric acid lightens skin).

#### TO DO:

- ▶ In a bowl, mix 2 Tbs. of plain Greek yogurt, 1 tsp. of chopped fresh parsley and 1 tsp. of lemon juice.
- ▶ Apply liberally to the chest, face and/or hands. Let sit for 10 to 15 minutes, then rinse.
- ▶ Use this mask 2 or 3 times a week to see a difference in 3 weeks.



## SMOOTH CELLULITE

### with a coconut oil massage

Shorts season can cause anxiety for the 98 percent of women who have dimply skin on their butt and thighs, which forms when connective tissue weakens and fat cells press against skin, explains Debbie Palmer, M.D. a dermatologist in Harrison, New York. To the rescue: a coconut oil massage! When absorbed into skin, the fatty acids, vitamin E and antioxidants in coconut oil have a plumping effect that helps "fill in" dimples. Plus, their moisturizing properties give skin a more supple appearance. For best results, massage the oil in with a dry brush. This improves circulation of blood and lymphatic fluid to remove trapped fluids and toxins (up to 2 pounds worth!) in dimply areas. Dr. Palmer's tip: This works best after a hot shower, when pores are still open so skin can better absorb the oil.

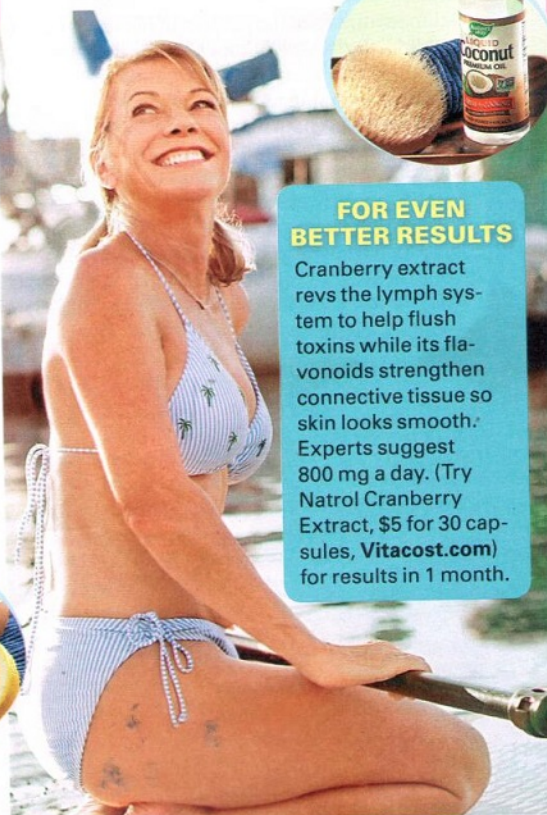
#### TO DO:

- ▶ Apply coconut oil (like Nature's Way Liquid Coconut Oil, \$12 for 10 oz., [Walmart.com](http://Walmart.com)) to dimply areas.
- ▶ With a dry brush, use sweeping, upward motions to massage the oil in for 10 minutes.
- ▶ Repeat once a day to see smoother skin in 30 days.



### FOR EVEN BETTER RESULTS

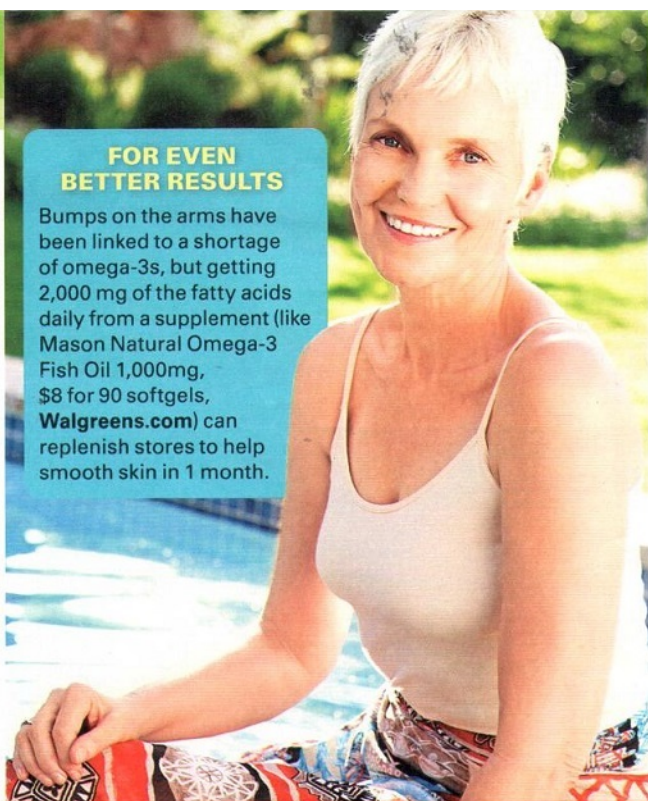
Cranberry extract revs the lymph system to help flush toxins while its flavonoids strengthen connective tissue so skin looks smooth. Experts suggest 800 mg a day. (Try Natrol Cranberry Extract, \$5 for 30 capsules, [Vitacost.com](http://Vitacost.com)) for results in 1 month.





### FOR EVEN BETTER RESULTS

Bumps on the arms have been linked to a shortage of omega-3s, but getting 2,000 mg of the fatty acids daily from a supplement (like Mason Natural Omega-3 Fish Oil 1,000mg, \$8 for 90 softgels, [Walgreens.com](http://Walgreens.com)) can replenish stores to help smooth skin in 1 month.



### SOFTEN "CHICKEN SKIN"

#### with an avocado oil "polish"

When skin on the upper arms is red and bumpy, the thought of slipping into a swimsuit or tank top can be stressful. "This skin condition, called *keratosis pilaris*, appears when the skin produces an excess amount of keratin around hair follicles," explains Dr. Palmer. "This causes hair to get trapped in pores, creating a bumpy texture on arms." To the rescue: an exfoliating massage using your kitchen sponge (yes, the kind you use to scrub dishes) and avocado oil. The abrasive side of a kitchen sponge works to gently buff off dead skin cells, unclog pores and soften bumps. And avocado oil is packed with moisturizers like vitamin E, omega-3 fatty acids and amino acids that work topically to further soften skin and improve skin tone and texture. Plus, the oil's anti-inflammatory properties work to reduce redness for tank top-ready arms.

#### TO DO:

- ▶ In the shower, apply a nickel-size amount of avocado oil onto damp upper-arm skin.
- ▶ Using the rough side of a clean new kitchen sponge, buff the oil in, using circular motions, for 1 minute on each arm, then rinse.
- ▶ Repeat twice a week for bump-free skin in 2 to 3 weeks.



PHOTOS, FROM LEFT: GETTY (2); FOTOLIA; STILLIS; HBB

style

## Slimmer & younger with self-tanner

**Bronzed skin creates the illusion of a more slender figure and adds youthful radiance. Even better: By strategically layering self-tanner, you can look even leaner. Here, easy contouring tricks to boost your swimsuit self-esteem**

### For a slimmer face

Start by applying a self-tanner cream all over the face. Then use a makeup sponge to apply a second light layer just below the cheekbones to create "chiseling" contour.

**FIRST PICK:** L'Oréal Paris Sublime Bronze Summer Express Wash-Off Face Bronzer Cream (\$10 for 1 oz., [Target.com](http://Target.com)). This facial cream contains SPF 20 to ward off UV damage, plus vitamin E to fight wrinkles.



### For "sculpted" arms

Spritz a layer of spray tanner all over arms. Once dry, spray another layer onto the inside of the upper arms (on the tricep area, where arms tend to get a bit loose and flabby). This will create a slimming shadow that makes arms appear trim and toned.

**FIRST PICK:** Banana Boat Summer Color Self-Tanning Mist (\$10 for 5 oz., [Ulta.com](http://Ulta.com)). This spray contains aloe vera juice, which moisturizes skin to improve tone and texture.



### For longer, leaner legs

Rub self-tanning lotion all over the legs. Once dry, apply a thin layer in a stripe down the inside and outside of the thighs. This will create a lighter, elongating column down the center of the legs.

**FIRST PICK:** Jergens Natural Glow Firming Daily Moisturizer (\$7 for 7.5 oz., [drugstore.com](http://drugstore.com)). It's infused with skin-firming collagen to reduce cellulite on the thighs.

