

AUGUST 2010

Prevention

Proven Results!

A FLAT BELLY FAST!

From Flab to Fab in Just 7 Days!

SHOPPER ALERT!

When to Buy ORGANIC

- ◆ 12 foods to go for
- ◆ 15 you can skip

Calm Excess Worry

287

RIDICULOUSLY EASY WAYS TO:
Fight Frizzy Hair, Soothe Sunburn,
Catch a Nap, Burn More Calories...

15-Min No Cook Meals!

LOOK YOUNGER Instantly!

Trick Your Body into Frying Fat

A LIFE LESSON
(from my dogs)
p. 180

Laura Linney

Why she cares about cancer prevention



Prevention.com

<<Continued from previous

SMOOTHERS WITH STAYING POWER

3
DAYS

Avon Advance Techniques Frizz Control Lotus Shield

(\$12; available late July at avon.com) is an at-home silicone-based serum that creates a water-repelling barrier around hair. After regular use for a week, benefits persist—even through shampoos—for up to 3 days.

30
DAYS

Liquid Keratin 30-Day Treatment

(\$49; liquidkeratin.com)

is a DIY system that imitates salon treatments to smooth and loosen curls. Heads up: You'll need to keep hair dry and straight for 48 hours.

12
WEEKS

Brazilian Blowout

(\$250 to \$450; brazilianblowout.com) coats

strands with amino acids. Tresses become wavy or straight (shinier too!), depending on your hair's natural curl. Perk to this pro service: There's no waiting to wash or style hair.

3-5
MONTHS

Global Keratin Taming System with Juvexin

(\$250 to \$500;

globalkeratin.com) comes in three formulas that let your salon customize straightening. Caveat: For supersleek results, low levels of potentially damaging formaldehyde may be required. No washing or styling for 72 hours postservice. —Katie Becker

Stay Slim for Younger Skin

A recent study on 130 twins suggests being overweight increases susceptibility to the UV damage that leaves skin loose, leathery, and speckled with brown spots—possibly because eating an unhealthy diet exposes you to more free radicals. To drop pounds safely (and maybe erase a few years), aim to eat 1,600 calories a day. —Karyn Repinski

JUST CURIOUS...

Do nails really need to “breathe”?

A: No. “It’s a myth that nails must be exposed to fresh air to stay healthy,” says Mary Lupo, MD, a New Orleans-based dermatologist. In fact, 24-7 polish protects weak nails from breaking. To prevent yellowing, apply a base coat before colored polish—especially if you’re using a darker shade, which is more likely to cause harmless stains. Nails already yellow? Rub them with a lemon wedge—the acids help whiten. —KB

