

TOP STRESS STOPPERS FROM DR. OZ

RELIEF
ON
P. 36

Prevention

Real-Woman Tested

EAT Your Way THIN!

DOUBLE-DIGIT
WEIGHT LOSS
SECRETS

Tired All The Time?

What's Normal,
What's Not

JIGGLE-PROOF ARMS & ABS

In 3 Easy Moves!

Cancer Vaccine Breakthrough

Put The
Sizzle
Back In
Your Sex
Life

Cold & Flu
Fighting
Recipes

**Kristin
Chenoweth**
On The Healing
Power Of Faith
& Puppy Love

ENTER FOR
CHANCES TO
WIN
\$12,000
IN HEALTHY
PRIZES! P. 122



+beauty

Natural All-Stars

After reviewing ingredients, research company Organic Monitor named Intelligent Nutrients, John Masters Organics, and Aubrey Organics the top brands in the US.

WASH THIS WAY

John Masters Organics Zinc & Sage Shampoo with Conditioner (\$20; johnmasters.com) has a dozen certified organic ingredients—and no sulfates or synthetic fragrances.

SAVE YOUR SKIN

Aubrey Organics Rosa Mosqueta Night Crème (\$23.50; aubreyorganics.com) staves off wrinkles with gentle anti-agers such as rosa mosqueta and primrose oil.

SMACK YOUR LIPS

Intelligent Nutrients Lip Delivery Antioxidant Gloss in Purple Maize (\$24; intelligentnutrients.com) packs free-radical fighters from good-for-you superfoods such as açai berries and gets its pretty mauve color from purple corn.

Easy At-Home Facial

Add **Shea Terra Organics Rosemary & Herb Facial Steam Syrup** (\$22; sheaterraorganics.com) to a bowl of hot water, soak a washcloth in the solution, and lay it on your face. The steam opens pores so rosemary and calendula



Fine-Hair Fix

Breakthrough thickener **Nioxin Diamax Treatment Spray** (\$50; nioxin.com for salons) uses a blend of panthenol and niacinamide to **increase the diameter**

