



July 21, 2008

healthy living made easy

First



235 quick treats

UNLEASH YOUR TRUE ENERGY

Cure for the tiredness syndrome that affects 96% of women who've

SUDDENLY SLIMMER

Amazing tips that will make you look 15 lbs thinner right now!

DRINK IN

THIS CARB-CYCLING

HEAD-TO-TOE HEALTHY

Answers to questions women are too embarrassed to ask their doctors



Loving touches—for less!



YOU, HAPPY & BEAUTIFUL

KRISTIN CHENOWETH reveals the 7 secrets that transformed her life—and looks!

ICE CREAM IS A-OK!

New research: full-fat dairy helps weight loss

NO BS

NO PILLS!
NO HUNGER!

LOST 170 LBS!

WORRY CURES

- ✓ Money savers
- ✓ Body shapers
- ✓ GI remedies
- ✓ Clutter fixes

Display until 7/21/08



\$2.49

PUMICE STONES GIVE GERMS EASY ENTRANCE

While pumice stones remove calluses more gently than razors, they're not completely safe. A Texas lawsuit linked a deadly case of MRSA to a pumice-stone abrasion received at a salon. "Pumice stones are an ideal hiding place for bacteria because they are porous," cautions Lee S. Cohen, D.P.M., a foot specialist in Ridley Park, Pennsylvania. "And the stone's rough surface can create tiny cuts that allow these infectious agents into the bloodstream." The solution: Bring a fine-grit foot file (like the Microplane XL Pro Foot File, \$30, at Microplane.com) to the salon with you for the tech to use. The file can be sterilized between uses and, thanks to its flat surface, is unlikely to puncture skin.