

Prevention



MAY 2011

5 Diet MISTAKES women make

How to fix them forever

flatten
your belly

3 EASY MOVES,
3 WEEKS

SUN-SMART GUIDE

- Stop skin cancer
- Aging
- Wrinkles

super-healthy
spaces

all you need
is 1/2 teaspoon



FLOWER POWER Keep a bright bunch in the room to spur conversation: Research at Rutgers University found that elevator riders were more likely to be chatty when someone on the lift was carrying a flower.