

**ALWAYS  
TIRED?**

This common infection  
may be to blame

July 21, 2003  
for women on the go  
**First**

21 shortcuts to **happy**

**Salon-perfect  
in seconds!**



33  
tips

**Bye-bye, humidity hair!**

Are you thinner than you think? (see pg. 38)



**Easy summer  
favorites**

- Low-fat
- Fuss-free

24 pages of yum!



What your handwriting says about you

**Instant  
stress erasers**

- The foods that turn off tension fast
- The words that get him to help
- Quick tricks that simplify your life

**FLUSH FAT  
FAST**

Super-quick slimdown

3 days	7 days	14 days
-3.2 lbs	-10.1 lbs	-20.3 lbs

**FOOD ENZYMES  
BREAKTHROUGH**

✓ Fat just melts away

✓ Your energy soars

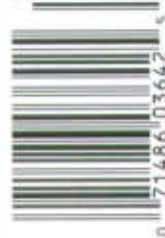
✓ Lose 10 lbs a week



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let yourself off the hook

health



### Hip gloss

Having kicked her smoking habit and become an avid yoga fan, **Christy Turlington** is the picture of physical and spiritual health. You glow, girl!



### Superstar slick

If we'd just run a charity race, we'd be sweatin', too! But even with her oily mug and sweat-suit scruff, *Down with Love's* **Renée Zellweger** looks feature-picture perfect.

# Everybody shines sometimes

Forgot your compact at home? Don't sweat it! As these Tinseltown sweeties show, it's fine to go with the glow.

### Sweat in the city

Hmm...has new mommy **Sarah Jessica Parker** traded in her face powder for Pampers? The *Sex and the City* star recently arrived at a fancy New York City fashion show wearing a vintage tee, a mussy mane and a shiny, happy smile.



### Glam-girl gleam

Hey, **Gwynnie**, why the big grin? Maybe Ms. Paltrow's honey, Coldplay singer Chris Martin, dedicated yet another song to her. That kind of public display of affection would sure make us sweat (and smile)!



### Radiant Ripa

She's got a bouncing baby boy, Joaquin, and a red-hot hostess gig on *Live with Regis & Kelly*. Could **Kelly Ripa** possibly shine any brighter? Well, if we're talking about her glistening forehead and polished apple cheeks, the answer is yes!

## 3 REASONS it's good to glow

Go on...pitch the pancake and toss the toner. Why? Natural face and hair oils are actually healthy, says dermatologist Joshua Berlin, M.D., of Boynton Beach, Florida. Here, the benefits:

### ■ A younger look

"Lipids, ceramides and alpha hydroxy acids—the ingredients contained in many moisturizers—are found naturally in body oils," explains Dr. Berlin. They help skin stay moist from the outermost layer in, preventing lines and creases.

### ■ A stronger barrier against germs

"Body oils function as a buffer between the skin and internal tissues and organs," says Dr. Berlin. This is essential for stopping nasty little things like bug-bite venom, poison-ivy toxins and germs from penetrating deep beneath the skin's surface, where they could lead to more serious problems.

### ■ A lustrous, more manageable mane

"Scalp oils keep hair from becoming dry and brittle," says Dr. Berlin. If your hair is naturally dry or coarse, shampoo every other day to give natural oils a chance to lubricate the hair's cuticle layer, restoring shine, body and manageability and preventing split ends and breakage.

### Can I get natural oils' moisturizing benefits—without the breakouts?

"Yes! Use a noncomedogenic moisturizer with an SPF of 15," recommends Dr. Berlin. "It will keep skin hydrated but won't cause blackheads or breakouts. Then ask your dermatologist to recommend special soaps and cleansers that contain glycolic acid, which prevents acne without stripping skin's natural oils, as harsh soaps and astringents do."

**First PICK:** Oil of Olay Foaming Face Wash for Sensitive Skin, \$3.99 for 6.78 oz.; at drugstore.com.

Photos, clockwise from left: Mychal Watts/Wire Image; Jim Spellman/Wire Image; James Devaney/Wire Image; Robin Platzer/Film Magic; Andrea Renault/Globe Photos.