

YOU
AT YOUR
BEST

SELF

**A Slimmer,
Sexier You
in 1 Month**
Moves Guaranteed
To Erase Fat—Fast!

BE BOLD IN BED
And Have the Best
Sex of Your Life p. 208

LIVE RICH ON ANY PAYCHECK
Shop, Eat & Travel for Less

Guilt-Free Chocolate!
6 Dessert Recipes That
Only Taste Fattening p. 216

Clear, Healthy Skin
Your Complete Guide Inside

SPECIAL Breaking the Silence on a
Scary Women's Health Problem

Lifestyle lessons

92%
think a healthy
diet keeps skin
looking young.

Doctors say you're probably right, though they don't know exactly how or to what extent smart strategies such as eating fruits and grains will help you stave off skin troubles. **The latest buzz** Sugar plays a role in aging. Those molecules not used for energy join with proteins in the body, including skin's collagen. The resulting combinations, called AGEs, can interfere with protein functioning. In one lab study, L'Oréal researchers saw this phenomenon in collagen and determined that AGEs make skin less elastic, which can contribute to wrinkles. Whether a chocoholic's skin looks older than that of a veggie lover remains to be seen, Dr. Tanzi says. Still, brands such as Prescriptives, Estée Lauder and Dr. Brandt now make moisturizers with AGE inhibitors that company research shows may reduce sugar's impact. **What about stress?** A full 74 percent say it affects your skin and research backs you up. Studies indicate stress may lead to acne, a susceptibility to rashes, dry skin and slow healing. Chronic stress, which pummels your immune system, may even increase your risk for skin cancer, an animal study in the *Journal of the National Cancer Institute* suggests. Get enough sleep, meditate more often—your skin will thank you!

