

August 20, 2007

for women on the go

First

\$1.99



245 EASY TREATS

COOL DOWN Mmm

TIRED RIGHT NOW?

80% of women need more of THIS mineral when it's hot out

BELLY BUSTER! The food that tones a mushy middle better than sit-ups

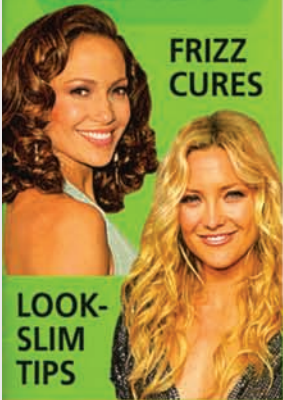


Denise & Alan Jackson

WHY SHE FORGAVE AFTER HE STRAYED

EXCLUSIVE

INSTANT BEAUTY



FRIZZ CURES

LOOK-SLIM TIPS

METABOLISM DISCOVERY

DROP 30 LBS BY LABOR DAY

WAIT! The color of tomato that's 200x better for you



STRESS SOS

Steal Ellen's secret for no-fail confidence

\$\$\$! Make this switch for an extra \$537 by Christmas

101 QUICK FIXES

Smart summer solutions that make everything easier

THE WATER CURE!

IN 30 MINUTES

Your body starts to burn stored fat

IN 24 HOURS

Energy increases by 89%

IN 72 HOURS

Sleep deepens, mood improves

Display until 8/20/07



health

to go!

Sidestep vacation fun spoilers with this portable natural first-aid kit



LAVENDER OIL

The scent of lavender has been proven to induce relaxation. Experts credit the plant's stores of *linalool* and *lavandulyl acetate*, compounds that slow the body's nervous system. A few whiffs of this herb can even alleviate:

✔ High anxiety

Smelling lavender oil can help you cope with everything from flying jitters to lost luggage, notes Dr. Cullen. **How-to:** Whenever you're feeling overwhelmed, place a drop of the oil under your nose or dab some on a tissue and inhale.

✔ Sleep woes

Lavender oil is a quick route to great sleep. In one study, subjects were given the oil to sniff before bedtime and all slept more soundly. **How-to:** Sprinkle a few drops on a tissue and tuck inside your pillowcase, advises Dr. Cullen.

ONE TO TRY: Aura Cacia Lavender Essential Oil (\$10 for .5 oz., at FrontierCoop.com).

CANDIED GINGER

The active ingredient in this popular digestive aid is *gingerol*, an agent that neutralizes stomach acid, reduces nausea, eases stomach spasms and increases digestive fluids, says Dr. Cullen. As a result, it's a must-have Rx for:

✔ An overly full stomach

When you're feeling stuffed, reach for some ginger. "It increases the movement of food through the intestines to help you feel less full," says Dr. Cullen. **How-to:** Munch on two squares of candied ginger after a meal.

✔ Aches and pains

This spice has powerful analgesic action, making it helpful for alleviating muscular or joint pain, notes Dr. Cullen. The reason: Ginger lowers the body's production of *cytokines*, pain-causing chemicals. **How-to:** Eat a square of ginger candy as soon as stiffness sets in. Repeat every hour until you feel better.

ONE TO TRY: Reed's Ginger Candy Chews (75 cents for 10 pieces, at health-food stores; go to reedsgingerbrew.com).

TEA TREE OIL

Often called "a first-aid kit in a bottle," this natural antimicrobial contains more than 100 plant compounds that fend off fungi and bacteria. That's why it's an effective on-the-spot treatment for:

✔ Cuts and scrapes

"Tea tree oil is absorbed through the skin and kills a broad spectrum of bacteria, preventing infection," says Dr. Heyman. **How-to:** Dilute the oil (use 10 parts water to 1 part oil) and use a cotton ball to dab on cuts twice daily.

✔ Athlete's foot

Even if you don't plan on doing anything more active than lifting a margarita glass on vacation, you're still at risk for this foot infection. "The fungus lurks in places that are constantly wet, like the changing areas at pools," notes Dr. Cullen. **How-to:** Using a cotton ball, dab affected areas with tea tree oil twice daily until the infection clears.

ONE TO TRY: Desert Essence 100% Pure Australian Tea Tree Oil (\$11 for 1 oz., at Vitamin Shoppe stores).

CARRY-ON CONVENIENCE

Stepped-up security measures at the nation's airports can make traveling with toiletries a tricky endeavor. The rule: All carry-on liquids and gels must be 3 oz. or smaller and placed in one quart-size, zip-top clear plastic bag. (FYI: All the remedies on these pages fit the size limit.) To avoid leakage, leave some space at the top of containers (pressure changes during flight may force the contents to expand and overflow) and place in separate sealable plastic baggies.

