

Woman's World

God Bless America

A great week made easy!

June 16, 2008

Perfect health

- * Detox your liver with root beer
- * Live longer with chocolate

Too tired to drive

Try the 'sunglass cure'

Safe, natural
ENERGY PILLS!

- Feel happier!
- Beat stress!
- Heal chronic fatigue!

Katherine Heigl lost 14 lbs

Breakthrough cure!
The fragrant tea that
lowers blood pressure 65%!

So easy!



Lemon-lime cupcakes

Insider secrets from her trainer!

ON HOLLYWOOD'S HOTTEST DIET!

You can lose 9 lbs this week
with our exclusive version of the 5-Factor plan celebs swear by

- ✓ Super-easy!
- ✓ No-cook!
- ✓ Raises your metabolism 7%

Slim-down secrets!

- ✓ Burn 71 calories just by eating this food!
- ✓ Discover the drink that doubles your weight loss!
- ✓ Lose 18 lbs of belly fat in 10 minutes!

CASH IN ON CLUTTER!

Trade in your old stuff for clothes, iPods and laptops!



Surprise Dad!

Desserts he can't resist!



\$1.79

You Deserve The Best . . . Deodorant!



With everything you have to do in a day, the last thing you need is your deodorant letting you down. That's why we tracked down everyone from firefighters to athletes to find out what they turn to when the going gets hot!

❖ IF YOU'RE ALWAYS ON THE RUN:

Lady Speed Stick Invisible Dry Antiperspirant and Deodorant in Orchard Blossom



As the 2008 World Indoor Champion in the 60-meter hurdles, Lolo Jones brings this brand to more than 30 races a year. "I have professional sweat, and it works all day keeping me dry and smelling great," says Lolo. "I don't even have to reapply: I go out on the track in the morning and stay there for six hours, and I never get that serious funk."

❖ \$2.95 at www.medshopexpress.com.

❖ IF ODOR IS YOUR MAIN CONCERN:

Ban Roll-On Antiperspirant & Deodorant



As a 30-year veteran with Dallas Fire-Rescue, Sherrie Wilson depends on this deodorant. "In the span of a twenty-four hour shift, it's not unusual to have several multi-alarm fires," she says. "And when you combine all our bunker gear—coat, pants, helmet—with the Texas heat, it's a recipe for major odor; but whether I'm cooking over the stove at the firehouse or out on a run, I know I can trust Ban," she says.

❖ \$5.29 at www.drugstore.com.

❖ IF YOU HAVE SENSITIVE SKIN:

Crystal Body Deodorant Stick



Dermatologist Elizabeth Martin, M.D., of Hoover, AL, says for those with sensitive skin, certain chemicals in antiperspirants can be irritating. The solution? A chemical-free deodorant—and Crystal Body Deodorant is her pick. "It's chemical-free, fragrance-free and hypoallergenic," she says. And its all-natural composition makes it a "green" product—so you're saving your skin—and the Earth!

❖ \$6.99 at www.the-crystal.com.

❖ IF YOU WANT TO DODGE STAINS:

Soft & Dri ClearGlide Invisible Floral Bouquet



Working up to 12 1/2 hour shifts at Orlando's Florida Hospital, paramedic Melissa Brimm stays cool with this brand. "If need be, I'm the one to administer CPR anywhere from 30 minutes to two hours for each patient, so I definitely work up a sweat! I wear white scrubs, so I don't want any nasty armpit stains," she says. And with Soft & Dri, she doesn't have to worry about that. "This invisible roll-on makes sure there's never a mark—on me or my scrubs!"

❖ \$4.99 at www.americarx.com.

❖ IF YOU SHAVE A LOT:

Secret Platinum & Olay Conditioners in Velvet Powder



At the Chris Collins Dance Studio in Alexandria, Virginia, dance instructor Jennifer Meyer tutors kids in ballet, tap and contemporary dance. "I have my arms raised every day, so I shave my underarms constantly, and Secret feels nice going on. Plus, it has conditioners that keep my skin so soft," she says. "I've tried different brands, and this is the best at keeping me dry and moisturized!"

❖ \$4.64 at www.the-essentials.com.