

Prevention

WALK
OFF FAT!
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BREAKTHROUGH PLAN

**DROP
10,20
30
POUNDS
FOR SUMMER**

See Results in Just
Minutes a Day!

**INSTANT
ENERGY
SURGE!**

Never Feel
Tired Again

**40
FLAT
BELLY
FOODS**

**LOOK & FEEL
10 YEARS
YOUNGER!**

THE ONE DIET TRICK THAT

- Heals Your Heart
- Boosts Brainpower

**Best-Ever
Home Cures!**

- REV UP IMMUNITY
- HEAL WITH HERBS
- SOOTHE PAIN

**BEAT YOUR
#1 BREAST
CANCER
RISK**



beauty



35

THE AVERAGE
AGE WOMEN
BEGIN NOTICING
LIP LINES

The beauty of honey

*A sweet solution
for younger-
looking lips*

Here's a yummy way to keep lips luscious: Eating honey—whether spooned into your tea or smeared on toast—helps your pucker stay soft and smooth. “Honey’s natural sugars tend to stick to your lips, increasing their ability to attract and maintain moisture,” says Kenneth Beer, MD, an assistant professor of dermatology at the University of Miami and author of *Palm Beach Perfect Skin*. Another bonus: Lipstick will glide on seamlessly and be less likely to bleed into fine lines. Now that’s the bee’s knees!

