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Natural Health

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The best way to **combat** the signs of aging is with a diet and skin-care routine that are **rich** in antioxidants.



*** milk**

Cleopatra reportedly took frequent milk baths to keep her complexion smooth—and she may have been on to something. “The proteins in milk are very soothing,” says Baumann. “They work on the surface of the skin to help reduce redness.” Milk is also a source of lactic acid, which is an alpha hydroxy acid in the same family as glycolic acid. When topically applied, it acts as an exfoliant to remove dead skin cells. “The lactic acid in milk makes the dead cells let go of each other so they can flake off,” explains Baumann. The result? A brighter complexion.

- (A) *Aura Cacia Soothing Organic Milk & Oat Bath* (\$3; auracacia.com) nourishes skin with organic milk powder and calms your senses with a soothing lavender scent.
- (B) *Korres Milk Proteins Foaming Cream Cleanser* (\$21; sephora.com) uses the soothing power of milk proteins to gently wash away the day.
- (C) *One Love Organics Brand New Day Microderma Scrub and Masque* (\$39; oneloveorganics.com) contains whole milk powder, which gently exfoliates.

*** blueberries**

This little blue fruit is an antioxidant powerhouse: It’s got ample amounts of vitamin C, plus phytonutrients called anthocyanidins (which are found in the berries’ blue pigment). Besides their antioxidant benefits, blueberries may inhibit collagen breakdown, says Valori Treloar, M.D., an integrative dermatologist in Newton, Mass. In one study, subjects who applied blueberry extract to their skin showed an increase in skin thickness and moisture, as well as an improvement in fine lines.

- (D) *Yes to Blueberries Daily Repairing Moisturizer* (\$20; yestocarrots.com) is loaded with antioxidant-packed blueberries to help fight free radicals while softening skin.
 - (E) *Goldfaden Blueberry + Pomegranate Hydrating Serum* (\$65; goldfaden.com) uses blueberry extracts to repair damaged collagen cells.
- **Also try:** The Body Deli Blueberry Fusion Resurfacing facial wash (\$38; thebodydeli.com) which uses raw organic blueberries to lighten hyperpigmentation and minimize the appearance of fine lines and pores.