

# Weight-Loss Special!

# Women's Health



**STRONG SILKY HAIR**

**The Biggest Loser's Anna Kournikova**  
Shares Pound-Shedding Secrets

**FLAT**

## Tooth Picks

For a whiter smile, fill up on foods that have a high ORAC (oxygen radical absorbance capacity) rating, the measurement the USDA gives foods and spices based on their antioxidant content. High scorers include apples, walnuts, and oregano, which help wash away bacteria and reduce staining, says Arthur Glosman, D.D.S., a general and cosmetic dentist in Beverly Hills.

Easy

**B**  
**S**  
**E**

Reach  
Night

**The Threat That Strikes Fit Women** p.140

**Plus 4 Times You Must Trust Yo**

## BEAUTY SCOOP!



### TINY TRIM

Letting your hair grow doesn't have to mean letting it go. Celebrity hairstylist Sarah Potempa recommends DIY micro-cuts between stylist visits to keep the ends healthy. "They are easy to do solo and ultimately help you avoid those nightmare appointments in which several inches are cut off to bring your hair back to life," she says. Try this once every two months:

- 1/ Wash, dry, and flatiron your hair—this lets you see how the hair naturally falls, says Potempa.
- 2/ Separate long hair at the nape of your neck, making two symmetrical sections that fall over each shoulder.
- 3/ Starting on one side of your head, place a two-inch section of hair in between your index and middle fingers at your roots, then glide your fingers down to the point where your ends become uneven. Hold the hair straight and down.
- 4/ Use a pair of professional scissors to clip off the dead ends; a quarter-inch to half-inch is standard (try Tweezerman Stainless 2000 Styling Shears, \$25, tweezerman.com). Cut straight across first, then finish each section by pointing the scissors upward to soften the edges. Trim the remaining sections of hair on that side of your head, then repeat on the other side, snipping the same amount for each section to maintain your style's shape.

# 192 million

DOLLAR AMOUNT OF PRESTIGE-BRAND MINERAL MAKEUP SALES IN 2010—A 45 PERCENT JUMP SINCE 2008, THANKS TO THE GROWING APPEAL OF NATURALLY BASED PRODUCTS  
Source: The NPD Group

ONE-WORD ANSWER

## Bamboo

A plant containing a powerful extract that's found in many hair-care products. It penetrates the hair and coats the cuticle, leaving hydrated, flexible, and more resistant to damage.

**THIS JUST IN**  
**InkEraser**  
Regretting that butterfly tattoo on your ankle? You're not alone. According to Mitch Glasin, M.D., a cosmetic laser specialist in New Jersey, body-art removal is on the rise. If you want to nix your ink, look for a doctor who is part of the American Society of Laser Medicine and Surgery and uses a Q-switch YAG laser device (results can be achieved in three visits for a total of \$1,500 to \$2,500—nope, it's not cheap).

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PHOTO LEFT: LUCY DUNN/INCISE; PHOTO RIGHT: NALGAS