

# 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!

