

Trim Your Waist—Fast p. 56

May 2016

# Prevention.

## LOSE WEIGHT, FEEL AMAZING

Drop 12 Pounds in 21 Days

**Yummy  
& Clean!**  
6 Slimming  
Recipes



### Eat to Avoid Alzheimer's

p. 92

### Natural Allergy Relief

p. 37

### Low Sex Drive?


# 9

Answers  
You Need  
Tonight

**PLUS**

### The Simple Headache Solution





## THIS GADGET IS A GAME CHANGER FOR FACIAL FUZZ

We tested *DermaFlash* (\$189), a new exfoliating tool that mows down peach fuzz in less than 10 minutes.

### Liz says...

"It took just a few seconds to figure out how to use it. I noticed peach fuzz removal right away and got great exfoliation! I could see skin flakes falling off."

### Aviva says...

"I used to get dermaplaning facials, which are really pricey. DermaFlash does the same job for less than the price of a single facial."

### Devon says...

"At first I was leery of cutting myself or accidentally shaving off an eyebrow! But my skin did feel smoother afterward, and I had next to no redness."

### Lindy says...

"My skin felt supersmooth and actually looked better and a lot brighter because of the exfoliation. The next day, my foundation glided on easily."

## 3 Surprising Teeth Stainers

It's not just coffee and wine. "Anything that would stain a white T-shirt will darken your teeth," says NYC cosmetic dentist Pia Lieb.

### JUICING

Berries stain, but so do dark greens like broccoli, spinach, and kale.

### BALSAMIC VINEGAR

The more aged it is, the more pigment it has; it can glaze teeth brown.

### CURRIES & TURMERIC

Watch for ochre-colored spices in Indian, Thai, and Vietnamese cuisines.