

THE REAL REASON YOU'RE SO TIRED

25 million women are being dragged down by undetected food allergies. Here's help.

First

for women on the go

ONLY \$1.99

DESPERATE HOUSEWIVES CUT & COLOR SECRETS



Plus, real-life makeovers!



YOU, BI

- ✓ Cellulite—
- ✓ Bikini line—
- ✓ Body brea
- ✓ Trouble sp

10 MIN DEL



243 recipes

Feel inspired with blue and white



5 This concentrated cream is a splurge, but it'll last for months. The bliss the bottle induces: priceless!

Astara Radiance Renewal Intense Moisturizer, \$77 for 2 oz., at Sephora.com.



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34 general ally fat

Display until 5/15/06

HEALTH ALERTS!

- ! Ovarian cancer warning signs even doctors miss
- ! The ingredient in diet soda that's making women fat



From 35 to 50 This natural extract blocks carb uptake

Over 50 The fatty acids that rev up metabolism

SURVEY SURPRISE! How women are grooming "down-there" hair

