

# Health

**MELT  
10 LBS  
In 21 Days!**  
Safe, No-Hunger Plan

**CURB YOUR  
CRAVINGS**  
Ultimate Fix  
p.64

**Stop  
Cancer**  
The New  
Natural  
Way

**7 FAT  
BURNING  
FOODS**  
p.92

**MUST READ!**

**Secrets of Women  
Who Never Get Sick**

**GET A  
FLAT  
BELLY**

- 1-Minute Move
- Top Bloat Buster
- Slimming Jeans

*instant  
makeover*

**Gorgeous Skin,  
Hair, Lips...  
Everything!**

Health.com NOVEMBER 2010

**Hilary  
Duff**  
The workout  
that changed  
her life



# Save Big This Season

GO TO [HEALTH.COM/DEALS](http://HEALTH.COM/DEALS) TO SEE HOW TO REDEEM.

(Offers valid October 22, 2010, to November 18, 2010.)



## IBEX OUTDOOR CLOTHING

Stay cozy during your next run with an Ibex Shak Jersey in the pretty-for-fall Shiraz hue. We love that it's wrinkle-resistant, thanks to durable New Zealand Merino wool. **15% off all full-price apparel**



**20% off**

**SIGG**  
Take your next swig of water from a SIGG—their BPA-free bottles are 100 percent recyclable (and supercute). **20% off all bottles**

**SCORE THIS!**

**YOU COULD WIN A GIFT FROM BOBBI BROWN**

To enter for a chance to win a goodie bag of Bobbi Brown beauty products (approximate value: \$150), visit [Health.com/beauty-rehab](http://Health.com/beauty-rehab) and give Bobbi your best advice by answering, in 50 words or less, this month's question: "I am always on the go, but quick bites are often unhealthy. What type of snack will keep me energized—one with fiber or one with protein? Which healthy snack do you recommend?"

No purchase necessary. Visit [Health.com/beauty-rehab](http://Health.com/beauty-rehab) to answer Bobbi and see official rules. Contest begins October 22, 2010, at 12:01 a.m. (EST), and all entries must be received by 11:59 p.m. (EST) on November 18, 2010. Open to legal residents of the 50 United States and the District of Columbia age 21 or older at the time of entry. Void where prohibited by law.



## OLEHENRIKSEN

Got an ache that just won't go away? Rub on a dab of their Muscle Comfort Lotion with invigorating peppermint oils and soothing seaweed extract; it feels great after an intense workout. **20% off Muscle Comfort Lotion**

**20% off**



**15% off**

## SHORTOMATIC

These aren't your run-of-the-mill board shorts. Go to [shortomatic.com](http://shortomatic.com), upload your favorite image, and they'll use it to create a customized pair. Talk about a fun gift! **15% off shorts**

**20% off**



## CHIC CANVAS

Turn your fave family vacation photo into an art-gallery-worthy piece with Chic Canvas, a site that prints your image on a canvas, then wraps it around the frame. Instant art work! **20% off custom canvas**

## GEMVARA.COM

We're all about DIY, so we're fawning over this site that lets you customize your own jewelry by picking the style, gems, and metal. **15% off gemvara.com (excluding jewelry with a diamond center stone)**



**15% off**



**10% off**

## ABE'S MARKET

Stock up early on holiday gifts at Abe's Market, a site filled with all-natural goodies. We love this snappy vegan Mia clutch and their selection of organic nail polishes. **10% off sitewide**



**20% off**

## SOLÉRRA SUNLESS TANNING SCIENCE

Here's how to keep your summer glow going strong through winter: Slather on one of their sunless tanners, and revel in streak-free bronzing. **20% off all products**



## ENTER FOR A CHANCE TO WIN A SANTA MONICA GETAWAY!

Need a break? You've come to the right place. You could win a rejuvenating getaway package for two at the Loews Santa Monica Beach Hotel. The winner and a guest will receive a three-night stay in deluxe accommodations, two 50-minute facials or massages at the oh-so-peaceful Ocean Spa & Fitness, a private yoga session at the famous Muscle Beach, dinner at the hotel's Ocean & Vine restaurant, and a guided tour of the Santa Monica Farmers' Market with the hotel's Executive Chef, Keith Roberts. For a chance to win, go to [Health.com/loews-santa-monica](http://Health.com/loews-santa-monica), and tell us in 50 words or less why you deserve a spa vacation.

No purchase necessary. Visit [Health.com/loews-santa-monica](http://Health.com/loews-santa-monica) for official rules, to learn how to enter, and more. Contest begins on October 22, 2010, at 12:01 a.m. (EST), and all entries must be received by 11:59 p.m. (EST) on November 18, 2010. Open to legal residents of the 50 United States and the District of Columbia age 21 or older at the time of entry. Void where prohibited by law.



**\$5 off**

## ORTHOLITE

Slip these inserts into your sneakers: They make each step a little comfier, and their moisture-wicking foam helps nix odors, too. **\$5 off OrthoLite insoles**



Health magazine does not control the offers or products on this page and cannot guarantee their availability.