

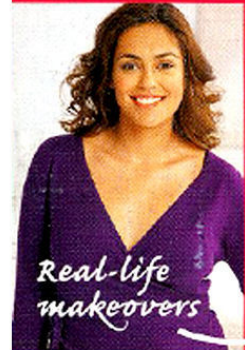
Drop 9 to 17 lbs the 1st week!
BYE BYE WHEAT BELLY
TIRED?
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BLOATED?

Modern varieties of wheat found to trigger problems for 100% of women

First for women

Happy is within reach!

YOU, BEAUTIFUL IN THE RIGHT BRA



Real-life makeovers

Look 15 lbs slimmer and 10 years younger!

Discover what's best for your size & shape!

IMPRESS WITHOUT THE STRESS!



Paula's favorites made lighter!

5 delicious secrets

HOW PAULA LOST 32 LBS

Hint: She took advantage of a new discovery that links calcium with losing 81% more belly fat!

THE 25 BEST NATURAL CURES

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Ward off the blues, hot flashes, stress, insomnia & more!

PAINKILLERS

End back, neck & joint pain, tension headaches & more!

ENERGY BOOSTERS

How hot pepper can evaporate stubborn tiredness



Display until 11/12/12

\$2.49

Bobby pins make a

Nicole Kidman

This fall, busy A-listers are reviving classic hairpins to achieve gorgeous new styles. Their secret: tailoring the pins' placement to create different looks based on the height of the forehead. Here, find the "pin-up" that makes *you* beautiful

High forehead? Try a lift

The trick to balancing a tall forehead (which measures 3 inches or more from the brows to the hairline) is to add volume, then secure hair at a diagonal with an embellished pin, says Nicholas Penna Jr., owner of SalonCapri in Massachusetts. "The 'puff' and sparkle put *all* the emphasis on the hairstyle, distracting from the forehead's height." Bonus: Eyes and cheekbones get a youthful lift. **To do:** Tease a 3" section at the center of the forehead, then anchor it over the temple with a pin.

FIRST pick: DCNL Black Diamond Line Bobbies, \$6 for two, at SallyBeauty.com



Carrie Underwood

comeback!

Jennifer
Aniston



Low forehead?

Tuck a side swipe

To flatter a shorter forehead (which measures less than 3 inches from brows to hair-line), Penna suggests creating a face-framing style by sweeping hair horizontally and anchoring it with a neutral-hued pin. This emphasizes volume at the back of the crown to help the forehead appear in proportion. **To do:** Part hair over the arch of one brow and pin above the opposite brow.

FIRST pick: Goody Long Round Bobby Slide, \$3.50 for three, at Soap.com and drugstores



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WAISTBAND

● HOLDS
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SHAPE

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