

**EXCLUSIVE! DR. OZ'S STRESS-BUSTING FOODS**

# SHAPE

SHAPE  
YOUR  
LIFE

**WIN!**  
**\$25,000**  
**IN GIFTS**

**WALK  
OFF  
WEIGHT  
IN WINTER**

PAGE 144

**LOOK YOUR  
SEXIEST  
IN THE  
BEDROOM  
& OUT**

**KELLY  
OSBOURNE**

"All my life I've been called fat—no more!"

**HOW SHE LOST  
50 POUNDS  
(AND KEEPS IT OFF)**

**THE  
BARE  
MINIMUM  
WORKOUT**

PAGE 180

**EAT  
STUFFING,  
WEIGH  
LESS!**

**CRAZY-GOOD  
RECIPES,  
CHOCOLATE  
DESSERTS  
& MORE!**



# THE GET GORGEOUS DIET

The same foods that deliver vitamins and nutrients to your body can do amazing things for your hair and skin. Try these super-effective natural ingredients and you'll start to notice the benefits almost immediately.

BY KIMBERLY A. DALY ✿ PHOTOGRAPHY BY KARINA TAIRA

BEING BEAUTIFUL ON THE OUTSIDE starts with how you're nourishing yourself on the inside. "I often tell my patients to change their eating habits before I prescribe other treatments," says Alan M. Dattner, M.D., a holistic dermatologist in New York. But now you can reap similar rewards by applying fruits, vegetables, and spices topically too. "Food-based ingredients are popping up in products because they're powerful anti-agers," says Howard Murad, M.D., author of *The Water Secret*. "And they're often gentler than chemical ingredients." So do your looks a favor and fill your beauty—and grocery—cart with these fresh picks today.

**APPLES** One a day just may keep the doctor—and the age spots—away. Rich in fiber and low in calories, apples contain quercetin, a free-radical fighter that helps to even skin tone and brighten your complexion. “It works by protecting skin cells from oxidation, preventing pigment changes,” says Murad. Find quercetin in **Garnier Nutritioniste Moisture Rescue Fresh Cleansing Foam** (\$7; at drugstores) and **Origins Brighter By Nature SPF 35 Skin Tone Correcting Moisturizer**

(\$43; [origins.com](http://origins.com)). Some beauty products, like **StriVectin-SD Intensive Concentrate for Stretch Marks & Wrinkles** (\$135; [strivectin.com](http://strivectin.com)), even use Swiss apple stem cells to repair DNA damage and improve skin's texture and tone.

Rinsing your hair with apple cider vinegar removes product buildup and restores shine



**GINGER** Many of us sip ginger ale or suck on lozenges infused with the spicy root to calm an upset stomach. But beauty companies are turning to the ingredient for its hydrating and mild antibacterial properties. “Ginger’s been shown to increase blood flow,” says Ole Henriksen, an aesthetician who whips up food-based skin treatments at his spa in Los Angeles. “Improved circulation helps skin hold onto moisture and stave off wrinkles,” says Murad, whose

**Murad Refreshing Cleanser** (\$30; [murad.com](http://murad.com)) contains moisturizing Hawaiian white ginger. **Carol’s Daughter Lemon Ginger Mint Manicure** (\$14; [carolsdaughter.com](http://carolsdaughter.com)) is infused with ginger to condition cuticles and prevent infection.

Grate ginger into warm water for a muscle-soothing foot soak

“Rosemary constricts blood vessels, reducing redness.”

## ROSEMARY

The fragrant herb that transforms chicken dishes can do the same thing for you from tress to toe. “Rosemary is an antiinflammatory that constricts blood vessels, reducing redness and swelling,” says Murad. Used in **Aveda Botanical Kinetics Hydrating Lotion** (\$32; [aveda.com](http://aveda.com)), it helps to soothe dry, irritated skin. Constricting those capillaries has the added benefit of slowing down sebum production, which can curb breakouts. That’s why the ingredient is also in cleansers, such as **Aveeno Positively Nourishing Energizing Body Wash** (\$7; at drugstores).

In hair products like **Victoria’s Secret So Sexy Curl Shape & Define Curl Cream** (\$14; [victoriasssecret.com](http://victoriasssecret.com)), rosemary fends off the UV-rays that cause color fading. Plus, it keeps your strands smelling and looking fresh longer.



Rosemary was used in ancient times to lessen inflammatory conditions like arthritis

## BROWN RICE

Nutritionists sing this whole grain’s praises because of its disease-fighting nutrients (vitamin E and fiber), but for beauty experts, brown rice gets props for its hydrating powers. “A humectant, it attracts moisture to your skin,” says Murad, “swelling dehydrated cells and making you look younger.” Brown rice is used in **Payot Design Lift Regard Triple Performance Eye Cream** (\$59; [beauty360.com](http://beauty360.com)) to help plump and smooth crow’s feet. “It’s also an excellent exfoliant,” says Henriksen. “Scrubs with brown rice remove dead cells without stripping skin of its natural oils.” Try **MD Skincare Antioxidant Enzyme Buff** (\$29; [mdskincare.com](http://mdskincare.com)), a body slougher that leaves skin feeling silky.

Brown rice also contains silica—a building-block mineral for hair, skin, and nails





**AÇAÍ** This small, tart Brazilian berry (pronounced ah-sigh-ee) packs a cancer-fighting punch because it's chock-full of antioxidants. And fans call it the "youth berry" because it helps reduce the look of fine lines and wrinkles by restoring collagen and elastin production, says Michael H. Gold, M.D., a dermatologist in Nashville, Tennessee. "This results in smoother, tighter, younger-looking skin."

Look for the berry in **Éminence Organic Skin Care Firm Skin Açaí Masque** (\$54; [eminenceorganics.com](http://eminenceorganics.com)) and **Clinique Vitamin C Lip Smoothie Antioxidant Lip Colour** (\$18; [clinique.com](http://clinique.com)), which gives your pout a subtle berry hue while helping to prevent lip lines. Açaí can also protect your tresses from color fading and brassiness. The antioxidants in **Herbal Essences Color Me Happy 2 in 1 Shampoo and Conditioner** (\$5; at drugstores) coat the hair shaft, creating a shield against sun and oxidative damage.

Açaí juice contains the same heart-healthy antioxidants found in red wine



**BEETS** This root veggie is more than a colorful side dish; beets are loaded with zinc and vitamin C—nutrients that boost the immune system and the production of skin-firming tissues collagen and elastin. For example, **ilike Organic Skin Care Blackthorn Toner** (\$54; [organicskincare.com](http://organicskincare.com)) combines beet-derived vitamin C with soothing blackthorn berries, making it effective for tightening pores and softening fine lines for those with easily-irritated skin. Beets also lend their skin-smoothing effects to scrubs like **O!Sentials Pomegranate Sorbet Body Scrub** (\$23; [ooohlalabath.com](http://ooohlalabath.com)), pictured below.

In **Burt's Bees Super Shiny Grapefruit and Sugar Beet Shampoo** (\$8; at drugstores), the veggie's extracts repair damaged hair.

Beets lend a pretty hue to blushes and lipsticks in some natural makeup lines

**YOGURT** Turns out this protein- and calcium-filled breakfast staple is good for the skin as well as the stomach. "Yogurt contains lactic acid, which gently sloughs away dead cells, encouraging collagen and elastin production," says Murad. Lactic acid is also moisturizing, making it perfect for sensitive skin that can't tolerate more aggressive acids or scrubs. Find it in **Dial Yogurt Apricot & Almond Nourishing Body Wash** (\$7; at drugstores), **The Body Deli Peaches & Cream Masque** (\$24; [thebodydeli.com](http://thebodydeli.com)), and **Melvita Sebum Balancing Fluid** (\$29; [usa.melvita.com](http://usa.melvita.com)).

Got a burn? Smear on a little plain yogurt—the lactic acid (and the cold temperature) reduces inflammation



Coconut oil is easily absorbed by skin cells—it mimics the natural oils made by your body.



**COCONUT**

The scent of this tropical fruit may remind you of a summery umbrella drink, but coconut has benefits that go beyond that relaxed vacation vibe. Many hand soaps, facial cleansers, and shampoos are swapping in gentle coconut-derived sudsing agents instead of harsher ones, like sodium laurel sulfate. "They break down dirt and oils, but won't strip away hair color or rob your skin of moisture," says Vermén M. Verallo-Rowell, M.D., author of *RX: Coconuts! (The Perfect Health Nut)*. Try **Malie Organics Coconut Vanilla Body Wash** (\$28; [malie.com](http://malie.com)). The fruit is also a top-notch moisturizer. "Coconut oil is easily absorbed by skin cells because it mimics

the fatty acids found in the natural oils made by your body," she says. "Yet coconut oil won't clog pores the way some synthetic hydrators can." Check out **J.R. Watkins Naturals Shea Butter Body Cream** (\$10; [jrwatkins.com](http://jrwatkins.com)), and **L'Oréal Professional Masque Cacao** (\$33; [us.lorealparis.com](http://us.lorealparis.com)), a hair treatment with coconut oil that will nourish your locks without weighing them down.

A bath with coconut milk smooths dry skin

KIMBERLY A. DALY, SHAPE's staff writer, looks like she did in high school, thanks to her favorite night cream with carrot-derived antioxidants.

HAIR: DEYCKE HEDORN/SEE MANAGEMENT; MAKEUP: MIN MIN/SEE MANAGEMENT; MANICURE: OLYA TITOVA/JUDY CASEY INC. FOR DIOR BEAUTY; STILL LIFE: NICOLA GROSELL; BEETS: BIALY/STOCKFOOD MUNICH; YOGURT: FINLEY/STOCKFOOD MUNICH; AÇAÍ: WILLIAMS/STOCKFOOD UK; COCONUT: FOODCOLLECTION/GETTY IMAGES