

THE #1 SECRET TO WEIGHT-LOSS SUCCESS! p.41

# Health

**WALK  
A LITTLE,  
LOSE  
A LOT**

**Drop 12 Lbs  
In 4 Weeks!**

**BREAST CANCER**  
Simple Ways To  
Slash Your Risk

*Belly, Butt, Thighs!*

**TONE EVERY  
BULGE** In Just 10 Minutes!

**EAT YOUR  
WAY SLIM**

**7 Amazing  
Fat-Burning  
Foods**

**All-Natural  
Allergy Cure**  
It's True!  
See p.69

**Zoey  
Deschanel**  
Her secrets to  
a sunny life

Health.com APRIL 2010

**Gorgeous  
For Less!**

**83 Best Buys For Your  
Skin, Hair & Body**



Health  
Deals

# Save Big for Spring!

GO TO **HEALTH.COM/DEALS** TO SEE HOW TO REDEEM.  
(Offers valid March 19, 2010 through April 22, 2010.)

15%  
Off



## GOLA CLASSICS

Treat your feet with these vintage-inspired Gola Hocus sneakers. We love them in this light, satiny green. **15% off the Hocus Shoe in light green**

## THE BODY DELI

Nourish your skin with beauty products made from ultrafresh ingredients. The Blueberry Fusion Facial Scrub looks tasty enough to eat! **10% off entire purchase**

10%  
Off



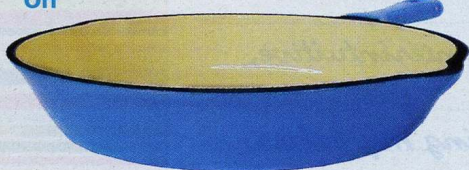
25%  
Off

## HORNY TOAD

Outdoor activewear has never looked this good! Our pick: the stretchy Gia dress in guava, perfect for a tennis match or a trip to the market. **25% off entire purchase**



15%  
Off



## GREENCOOKINGPOTS

These heavy-duty cast-iron skillets cook food perfectly and don't leach harmful toxins like some others can. **15% off skillets**

30%  
Off



## HAZEL & HARLOW

Need a little glam in your life? You'll love this playful collection of jewel-encrusted baubles. **30% off entire purchase**

FREE!

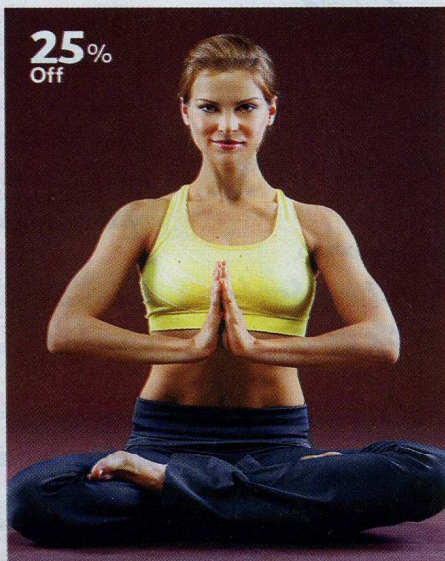


## FREEBIE ALERT

### BENEFIT COSMETICS

We're wild about Benefit's BADgal brown mascara; the hue enhances your lashes while the wand fans them. Add it to your shopping cart, and it's **free with purchase of \$35 or more**

25%  
Off



## NUX

Nux's line of figure-flattering yoga wear hugs in all the right spots. Check out these Foldover Pants: they're made with a special moisture-wicking blend of yarns that wipe away sweat to keep you dry. **25% off entire purchase**

15%  
Off



## JUJU ORGANICS

We love these good-for-you (and the planet!), indulgent beauty products. One of our faves: John Masters Organics Bourbon Vanilla & Tangerine Hair Texturizer. **15% off entire purchase**

15%  
Off

## LIFEFACTORY

Hydrate to your heart's content with these chic—and Earth-friendly—glass water bottles. Each sports a protective silicone sleeve to help prevent breakage and make it easy to grip. **15% off water bottles**



20%  
Off



## FOODSAVER

Meats keep spoiling in the refrigerator? Save them with this cordless, handheld (and rechargeable!) vacuum sealer. **20% off FoodSaverFreshSaver Handheld Vacuum System**

20%  
Off



## LINDT

Craving something sweet and salty? Give in and try Lindt's newest dark chocolate bar, with a hint of sea salt. **20% off A Touch of Sea Salt**

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