

extra
LOSE IT

good and good for you

New research shows that peanut butter can be a dieter's best friend. *Prevention* magazine reports that in one

Boston study, a group of women who went on a peanut butter diet — which is high in heart-healthy monounsaturated fat — lost as much weight as a group on a very low-fat diet. Researchers recommend that women eat 4 tablespoons of peanut butter a day, and men six; 2 tablespoons is about the size of a golf ball. (Note. Skip the reduced-fat kind. Experts say it doesn't have as much of the good fat you want to help your heart.)

ideally yours

In one survey, nearly half of women who exercise or play sports say they're at their ideal weight. More than half of sedentary women view themselves as overweight.

Oxygen/Markle Pulse



Martin Jacobs/FoodPix



extra
BODYFIT

fashion emergency

Sure, there's no visible panty line, but is wearing a thong worth an increased risk of yeast and bladder infections, labial lacerations and even hemorrhoids? "Thongs are often responsible for a variety of vaginal infections," explains Lisa Masterson, MD, a gynecologist in private practice in Los Angeles. "Continuous wear sets up a vicious cycle of recurring infection." For everyday wear, she suggests a 100% cotton panty that fits snugly but with adequate coverage; thongs should be reserved for special occasions.



Lourette F. Klier

see ya, cellulite

Touted as the natural alternative to liposuction, *Lypossage* is a massage-based deep-tissue body contouring treatment that reportedly helps clients lose inches, and reduce cellulite and abdominal fat. Some of the technique's most dramatic effects are said to be on areas prone to sagging, such as the lower face and neck, as well as the glutes and upper thighs. The \$100 treatments last about 30 minutes and are performed in a series of 18 over the course of six weeks. *Lypossage* practitioners are specially trained; to find one in your area, go to www.lypossage.com.

 **Smile**
96% of Americans say it's important to your appearance.

diminish the damage

If a promise of better health isn't enough to make you change your diet, perhaps this will: Eating fruits, vegetables and monounsaturated fats such as olive oil may help your skin resist sun and other environmental damage that can lead to wrinkles. In an international study published in the *Journal of the American College of Nutrition*, people who consumed more foods with high levels of vitamins A, C and E — like dark-green leafy vegetables, beans, olive oil and nuts — had smoother skin. **H**

