

BEST HEALTH

Try our Quick Fix recipes p. 82

READER'S DIGEST

BE BETTER, FEEL GREAT

"MOM"

ANNIE ROCHETTE ON HEART HEALTH, ONE YEAR LATER

WEEKS TO MORE PASSION

BANISH STUBBORN FAT

FOR WORKOUT TARGETS TUMMY, ARMS, THIGHS

CLAFF-TESTED MAKEUP



18 FOODS, SHOWN IN RIGHT-SIZE PORTIONS

FOUR MAGAZINES IN ONE

LOOK GREAT p. 27-52



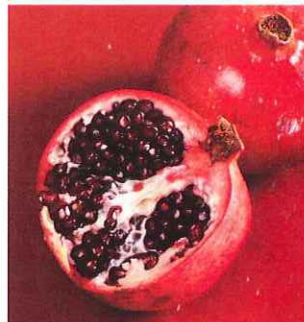
Glasses: Why so pricey?

GET HEALTHY p. 53-78



Tame trouble spots

EAT WELL p. 79-103



Disease-fighting recipes

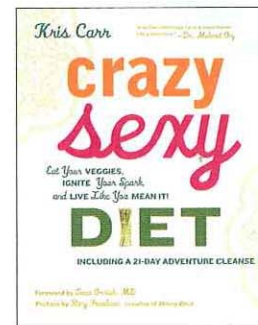
EMBRACE LIFE p. 104-120



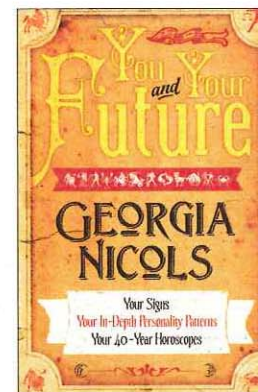
5 ways to enjoy winter

BOOK AND DVD PICKS

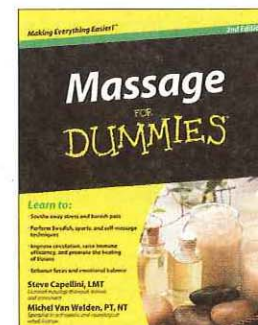
BY LISA HANNAM, ASSOCIATE EDITOR



Crazy Sexy Diet (Skirt!) was written by Kris Carr, the woman behind the popular documentary *Crazy Sexy Cancer*. She and a group of health experts analyze popular trends—including raw food, gluten-free, detoxes, acid/alkaline balance, supplements and juices—and then give their take on what is, or isn't, effective about them. The book is laid out beautifully and packed with information, including recipes.



You and Your Future (Anansi), by Canadian astrologer Georgia Nicols, isn't like most horoscope books. Sure, it analyzes your personality (and that of your kids, lover and boss) based on birth-dates, and it predicts the future, but it also tells you what you want to know about your past and your present. It outlines things like when you should buy or sell real estate, and when to ask for a raise. Even if you're not one to follow these kinds of things, the inspirational quotes from those who share your sign are fun to read.



Massage for Dummies (Wiley) is for people who are interested in learning how to give a good massage and for those who want to know what to expect when they go to get one. For the former group, the "Sensual Massage" chapter is fun. For the latter group, it explains everything from how you will be "draped" so you're not exposed, to the different types of massage that are available.



P90X (Beachbody) has stopped my boredom with most fitness DVDs. I like to sweat and to feel it in my muscles the next day—and I definitely felt like I'd worked out after trying one of these. I haven't done the whole program (yet). It consists of 12 workouts (16 to 92 minutes each, with one day off per week) rotated over 90 days. It's a big commitment, but people who have done it say that it transforms your body. Resolutions, anybody?

BONUS Follow Lisa's progress as she uses the P90X DVD series for 90 days! Go to besthealthmag.ca/blog.

BEST FAST-FOOD SWAP

IF YOU'RE CRAVING FAST FOOD, go small. Skip the regular-size breaded chicken sandwich and large fries at McDonald's, and get a McMini grilled chicken with small fries to save 640 calories, 32 g fat and 1,090 mg sodium.

INSTEAD OF THIS

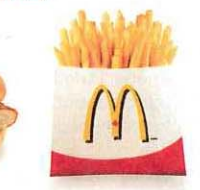
Southwest Crispy Chicken Sandwich and large fries



1,140 calories
+
56 g fat
(11 g saturated fat)
+
1,820 mg sodium

TRY THAT

Pesto Grilled Chicken McMini Sandwich and small fries



500 calories
+
24 g fat
(4 g saturated fat)
+
730 mg sodium



Vanilla gum helps recently quit smokers

In comparison to certain other flavours of gum, vanilla works best at easing the anxiety, tension and moodiness associated with nicotine withdrawal, shows a recent study from Texas Tech University. The study of 49 abstaining smokers also reports that peppermint gum didn't help at all.