

June 2, 2014

First for women

Healthy treats!

Grill up happy!

YOU, body beautiful!

- ✓ Lift saggy breasts
- ✓ Subtract 10 lbs with a suit
- ✓ Erase cellulite in seconds
- ✓ End body acne

Summer worries SOLVED!

Household heroes & tips that SAVE YOU TIME AND MONEY

Best new sunglasses for your face shape

Natural health news!

- ✓ This plant pigment cuts risk of diabetes by 50%
- ✓ A squeeze of this ups green tea's slimming power by 80%

Are antihistamines making you fat? New study shows they turn ON hunger. What to take instead

Dr Oz's Rx for BOTH KINDS OF YOU

You, gorgeous by summer!

Sandal-ready in seconds! At-home pedicure genius

Stacey lost

"I forgot I could feel this good!"

75 million American women are tired because of sluggish bowel. The cure that feels like a miracle!

Bulging belly?

The herb that works!

DROP 15 LBS

Plus, the back fat that signals insulin resistance and the protein power that cures it!

love family health

Sleep helpers doctors swear by



As school winds down and summer fun starts heating up, kids often struggle with sleep. To the rescue: the remedies doctors turn to when their own children just can't—or won't—snooze

To quiet a busy mind
Talk + visualization

"My daughter went through a period of insomnia when she was 13," recalls mother-of-four Rebecca Reyes, M.D., medical director of the Military Support Program at Vista del Mar Hospital in Ventura, California. Instead of reaching for medication, Dr. Reyes tried an approach her father-in-law (a psychiatrist) recommended: spending 10 minutes talking with her daughter before bed. "We'd talk about whatever she wanted," Dr. Reyes says. "The one-on-one uninterrupted

To end high energy at night
Lavender oil massage

"My 3-year-old often has a hard time settling down at night. He's just always on the go!" says Kay Corpus, M.D., a holistic integrative family physician and mother of two in Owensboro, Kentucky. To help calm her little one and bring on sleep, Dr. Corpus turns to lavender oil—a proven sleep inducer: In one study, people who sniffed lavender before bed experienced deeper, more restorative sleep than those who didn't breathe in the calming scent. "I put 1 to 2 drops of the oil on my hands and give him a foot and hand massage," she says. "After a 10-minute rubdown, he's fast asleep."

To fall asleep after a nightmare
Delta wave music

"When my son wakes up with a nightmare, I play delta sleep wave music to get him relaxed and back to sleep," says John Salerno, M.D., a father of two and founder of The Salerno Center for Complementary Medicine in New York City. Delta is a deep stage of sleep dominated by slow brain waves called delta waves. "Delta sleep wave music contains artificially created delta waves," explains Dr. Salerno. "The idea is that delta brain wave activity will sync up with the music, causing restfulness." And it works: Dr. Salerno's son is usually back to sleep after 15 minutes of listening to the relaxing music. To find a song that fits the bill, search "delta wave music" at iTunes. A soothing tune to try: Delta Waves Binaural Beats, 99 cents. ✨

PHOTO: GETTY IMAGES; NICOLE ALLEN; TEXT: HOLLY PROWSE