

# DR. OZ WANTS YOU...

*"Beauty is  
the foundation  
of our feelings,  
our health,  
our humanity."*  
—Mehmet C. Oz, MD

To Look Younger,  
Healthier,  
More Beautiful  
Than Ever!

Learn how to

**WALK OFF  
YOUR BELLY**

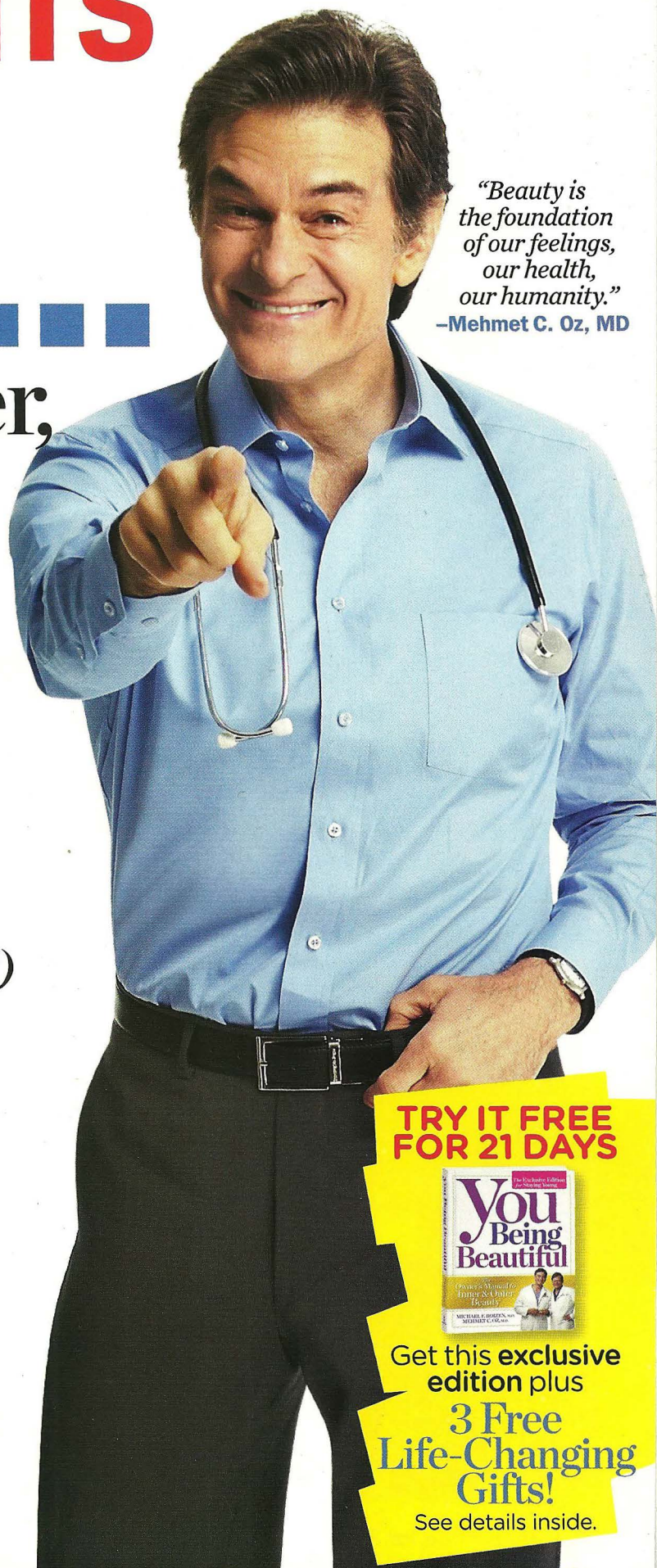
In 2 Weeks (*No Dieting Required*)

**IS YOUR THYROID  
MAKING YOU FAT?**

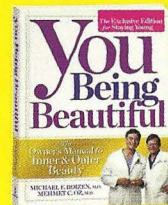
Beautiful Skin  
Made Easy

**INSTANT  
CONFIDENCE!**

Be Authentic & Happier



**TRY IT FREE  
FOR 21 DAYS**



Get this exclusive  
edition plus

**3 Free  
Life-Changing  
Gifts!**

See details inside.



Prevention.

# Be Beautiful Inside & Out!

Drop pounds fast, make your skin glow, radiate new confidence!



In This Exclusive Sneak Preview of *YOU Being Beautiful*

## 6 Look happy and youthful

Banish tiredness and stress. Reenergize your body and brighten your face!

## 7 Is your thyroid making you fat?

Take this quick at-home test.

## 8 Flip on your fat-burning switch

And drop a dress size in a month.

## 10 Tone belly pooch

Do it without even moving!

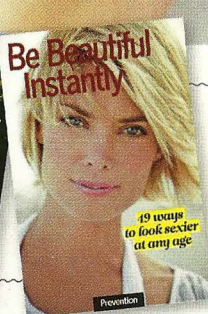
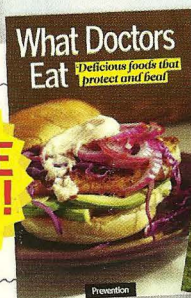
## 12 Get off that emotional roller coaster!

5 steps to finding the peace, confidence, and authenticity within you.

## 14 The One-Day Total-Beauty Makeover

Easy ways to pamper yourself and feel as good as you look!

3 FREE GIFTS!



See the Free-Gift Certificate on Page 18 for Details!



# Dr. Oz's Stubborn Belly Fat Cures

Your Guide to Looking Fitter, Healthier, and Younger—FAST!

## Dear Friend,

We may not like to admit it, but we—*all of us*—think about how we look every single day. Many times a day. When we step out of the shower. When we pass a mirror or a storefront window. When we see actors on the TV screen. How we look to ourselves and how we appear to the world around us is always on our minds.

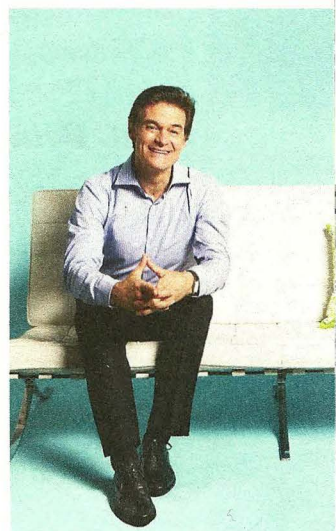
That may seem superficial, but really it's just part of being human. Our drive to look attractive, fit, and healthy is rooted in our DNA. **When you look good outside, you feel good inside.** When you look good and feel good, your body is healthier and your whole life is better! What's more, science shows that **a fit and healthy body is actually biologically younger** than one that's flabby and out of shape.

If you want to be healthy inside and out and live a better life, I highly recommend that you consider the advice of my good friend Dr. Mehmet Oz.

## Make Dr. Oz Your Personal Doctor And Life-Improvement Coach

He and his colleague Michael F. Roizen, MD—two of the pioneers of proactive, preventive medicine—have written *YOU Being Beautiful*, an informative and useful guide to a healthy body, mind, and spirit! This book offers amazingly simple cures that'll help anyone who feels too heavy, too tired, and too stressed out. In it, you'll find hundreds of tips that can change your life and a comprehensive lifestyle plan that will help you:

- **strip** away belly fat
- **smooth** out wrinkles
- **energize** your body and mind
- **live longer**, healthier, and happier!



(continued, page 4)

Dr. Oz is America's you-can-do-it doctor and host of his own wildly popular TV health show. He is vice chair of surgery and professor of cardiac surgery at Columbia University. Dr. Roizen is a *New York Times* best-selling author and originator of the RealAge.com website that helps people compare their chronological age to their *real* biological age. He is chief wellness officer and chair of the Wellness Institute of the Cleveland Clinic.

These esteemed physicians have written one of the **most honest and useful books I've ever read**—a book all about YOU! And now *Prevention* magazine is offering you the opportunity to own an exclusive edition of *YOU Being Beautiful*. This special volume is not available in stores.

### ***YOU Being Beautiful* will show you how to:**

- shut down the hormone that causes you to overeat
- boost your calorie-burning metabolism
- discover what makes you *truly* happy—and helps you achieve it
- eat for more energy, strong bones, and a stress-free mind
- make your skin glow and give your hair a youthful bounce
- pamper yourself with fast, easy beauty treats!

Not only is *YOU Being Beautiful* practical; it's fun to read. You'll love paging through it every day. Drs. Oz and Roizen cut through confusing health information with humor and matter-of-fact honesty that is both refreshing and empowering. You'll learn amazing facts about your body and how it works. Most of all, you'll learn how to take control of your body and health with an easy plan that gets results.

DON'T MISS OUT. Mail in the order card in the back to make your personal appointment with Drs. Oz and Roizen today. Give yourself the gift of good health and a beautiful body. **As a bonus, we'll send you 3 FREE gifts just for trying out *YOU Being Beautiful* RISK FREE for 21 days!**

## **YOU BEING BEAUTIFUL— The Three Parts of a Healthy Life**

Drs. Oz and Roizen bust wide open the stereotypes about how we define beauty. The doctors take an informative, scientific, and entertaining approach to what they describe as the three key levels of beauty and how they work together to create a unique and authentic YOU. **Those parts are:**



## • YOU—Feeling Young and Beautiful

Feeling overwhelmed, stressed, and drained of your life force can add years of age to your face. But it doesn't have to be that way. The *YOU* doctors show you how to tap instant energy and overcome chronic fatigue so you'll feel revitalized—and you'll look it!

## • YOU—Looking Young and Beautiful

*YOU Being Beautiful* helps you make healthy changes to your body without requiring you to join an expensive, intimidating health club. Every easy exercise can be done in the privacy of your own home, on your schedule, and at your pace. You'll learn how your brain, hormones, and muscles play a crucial role in weight loss. You'll identify the hidden causes of weight gain in your daily life—even drugs that make you fat—and learn how to eliminate these fat triggers to change your body forever. Plus, if you're experiencing pain, the doctors will show you how to relieve it naturally and protect yourself and your future with bone-strengthening foods, the best supplements, and stretches that *anyone* can do!

## • YOU—Being Young and Beautiful

The three parts of *YOU Being Beautiful* form a plan for mind and body transformation. By looking as good as you'd like, you'll feel good about yourself. By feeling confident about your body, you'll develop that sense of authenticity and purpose we all crave as we search for meaning in our lives. And so it comes full circle: Being happy and authentic makes you physically more attractive to the world.

Aren't confidence, authenticity, and peace really what you want in your life? We all want those things. And it's not selfish to want those things or to feel beautiful inside and out. In fact, as Dr. Oz makes clear in his life-changing book, it's your responsibility to yourself to stay young, healthy, and beautiful to share your unique gifts with the world.

Wishing you good health and happiness,

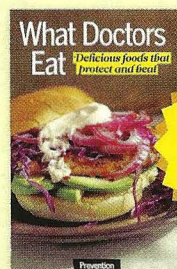


David Zinczenko  
General Manager, Rodale Books

**P.S.** Live your best life. Try *YOU Being Beautiful* free for 21 days to see what Drs. Oz and Roizen can do for you. How well you do in love, at work, and in life depend to a large degree on how you feel inside and the face you present to the world. Should you try to improve? Will it make you happier and more satisfied with yourself? Decide for yourself after examining *YOU Being Beautiful*. You have nothing to lose and everything to gain!

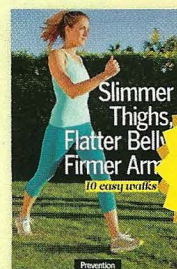
You'll get these  
**3 FREE GIFTS:**

**What Doctors Eat**  
Delicious Foods  
That Protect and Heal



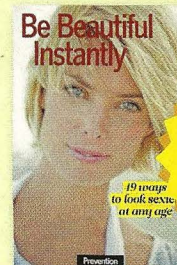
**FREE  
GIFT  
#1**

**Slimmer Thighs,  
Flatter Belly,  
Firmer Arms**  
10 Easy Walks



**FREE  
GIFT  
#2**

**Be Beautiful  
Instantly**  
49 Ways to  
Look Sexier  
at Any Age



**FREE  
GIFT  
#3**

You'll love these bonus booklets. They are filled with practical tips from the editors of **Prevention** magazine that you'll use every day. Learn more about these gifts on page 19.



# Instant Energizers

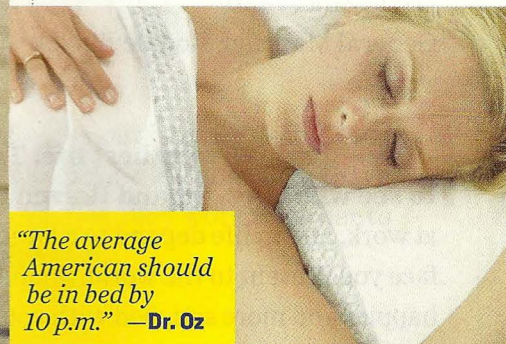
to send tiredness packing!

**Y**ou can have the celestial-quality facial features of a makeup model, but if you're exhausted and overstressed, you'll look in the mirror and see the face of Aunt Helga from the old country staring back at you. Eeeek!

Even if you're not perpetually peppy, there's a lot you can do to display a more youthful, energetic appearance as you face the world:

## Sleep Deeper, Look Younger!

Your face speaks volumes about how well you slept last night. Want to turn back the clock 5 years? Get a great night's sleep. The best way to induce skin-rejuvenating slumber: Turn the room temperature down to a cool 67 degrees and make it so dark, only bats could find you. For more sleep-sound tips, see page 145.



*"The average American should be in bed by 10 p.m." —Dr. Oz*



## Do the Tinkle Test

Check your pee. Is it clear enough to read through? If not, you're dehydrated, one of the most common triggers of lethargy. Water, not candy bars and grande mochas, may be your best pick-me-up!

## Smack Down Fatigue

with this sweet supplement. Sugar ribose boosts energy levels by feeding the power plants of your body. Try 5 grams in your morning coffee. It's low-cal and isn't metabolized as sugar.



**YOU!**  
Tool

**BUILD  
STRONGER  
BONES IN  
YOUR CAR**

Put a sandwich bag of calcium citrate chewables in your car. Take one every time you put the key in the ignition. This trick ensures you'll spread these bone-strengthening doses of calcium throughout the day.

For dozens and dozens of useful tips like this, grab your own copy of *YOU Being Beautiful* and your 3 FREE life-changing gifts.

## The Worrywart's Guide to Peace under Pressure

When you're stressed out, your brain goes through a cascade of chemical reactions through a circuit called the hypothalamic-pituitary-adrenal axis. (Think adrenaline.) All you need to know is that by shutting off those stressors, you can go from frazzled to dazed instantly.

• **Learn the yoga breathing technique** that helps



*"Feeling beautiful is about having passion for life."*

—The YOU Docs



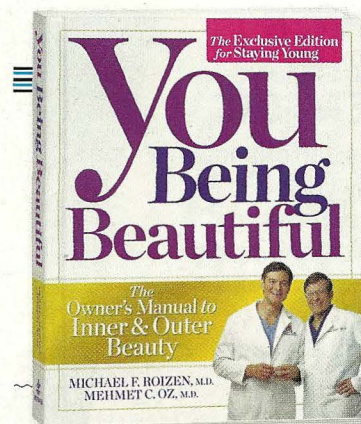
**YOU!**  
Checkup  
THE  
THYROID  
TEST

The thyroid gland, your body's gas pedal, controls how much get-up-

and-go you have and can affect weight gain and fatigue. If you're feeling pain and chronic tiredness, take this test adapted from *YOU Being Beautiful*.

1. Do you feel tired even after a low-key weekend?
2. Have you gained 10 or more pounds?
3. Check your temperature. Is it often under 98 degrees?
4. Are you achy?
5. Do you have high LDL cholesterol?
6. Do you like the house warm?
7. Do you have dry skin?
8. Do you have thin hair?

If you have at least three of the above symptoms, start by trying the easy at-home solutions in your book and then consider asking your doc to test your blood to rule out a thyroid problem.



Get your **FREE 21-day preview today!**

Plus get 3 **FREE** gifts just for looking! See details on page 19.



# Flip On Your Fat-Burning Switch

And shut off the hormones that cause you to gorge

**B**elieve it or not, FOOD IS YOUR BEST FRIEND when it comes to losing weight and preventing diabetes. By making the right choices, food can help you conquer cravings, turbocharge your resting metabolism (so you'll burn calories even while sitting in front of the TV!), and stabilize those roller-coaster spikes of blood sugar that lead you to feed uncontrollably. Start slimming right this instant with these tips from *YOU Being Beautiful*.

## Snack to Build Willpower

Eat a little healthy fat—like a handful of walnuts—about 30 minutes before a meal. It will take the edge off, so you won't overeat. It's the perfect appetizer for the foods that tempt you. Page 279

## Burn up to 35% More Fat

Eat plenty of fiber and some protein in the morning. Fiber in the a.m. helps control afternoon cravings, while protein decreases appetite and can rev up postmeal calorie burn by as much as 35 percent. Why? Your



## THINNER THIGHS LIKE MAGIC

Clothes can change the way your shape appears to the rest of the world. Use visual tricks, like dark jeans, to make your thighs and hips look leaner.





body burns lots of calories simply by digesting that protein. Order *YOU Being Beautiful* to learn simple ways to flatten your tummy simply by making smarter food choices!

## Sip into Your Skinny Jeans

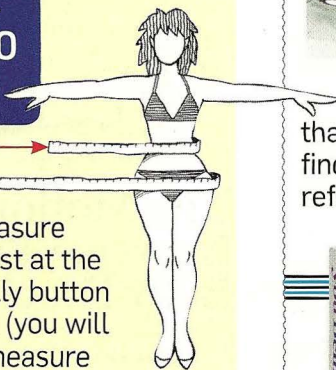
Drink milk to lose pounds! You already know that calcium is good for your bones, but more research is showing that calcium helps increase the breakdown of fat, making fat cells leaner. Besides low-fat dairy products, calcium can be found in spinach, beans, sesame seeds, and oranges.

## Activate the "Magic Molecule" That Slows Aging!

This powerful protein called sirtuin enhances cell division to rejuvenate our bodies with new stem cells. It actually changes the chemistry in your body to help neutralize aging. You can gain the anti-aging benefits by reducing calorie intake by just 15 percent. Another way: Drink a glass of red wine.

## YOU! Checkup THE WAIST-TO-HIP RATIO TEST

0.7 of  
THIS →



Wrap a tape measure around your waist at the point of your belly button while sucking in (you will anyway). Now measure your hips at the largest point around the buttocks. Then divide waist size by hip size.

**Women:** Your ideal waist-to-hip ratio is around 0.7.

**Men:** Your ideal is 1.0—the same size waist and hips.

**"Because of its proximity to vital organs, belly fat is the most dangerous fat you can carry."**

—Dr. Roizen



# Shed Belly Fat, Drop 10 Pounds, Even Reverse Diabetes with Food!

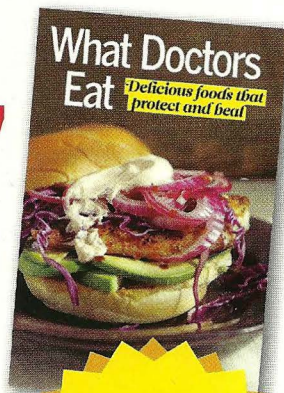
Thousands of people have slimmed down and improved their health. They did it by taking baby steps, making tiny but effective changes to their eating habits. Find out the tricks they used, plus learn how doctors eat to prevent disease in your FREE GIFT!

- **Eat cookies that satisfy cravings.** Inside *What Doctors Eat*, find this healthy recipe for decadent chocolate chip cookies that actually help you lose belly fat.
- **Try this yummy bone-building shake.** The creamy drink on page 46 spurs production of bone-strengthening osteoblasts.

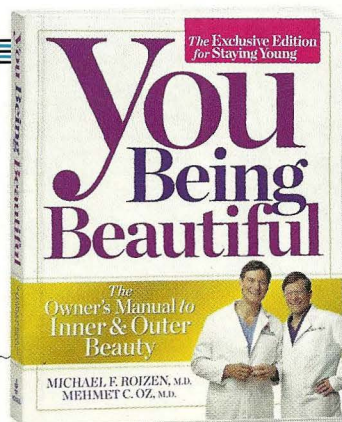


- **Chips that switch off hunger signals?** That's right—but not just any chips. Crunchy sweet potato chips. Learn how this delicious snack does it. Page 43
- **Learn how pumpkin pie qualifies as a weight loss food.** Go ahead. Add the whipped cream!
- **Love pudding?** How about rice pudding? Try this rich and creamy brown rice pudding that won't put on pounds. Page 32

- **Give fat the cold shoulder.** A study in a major medical journal reports that people's behaviors at a Chinese buffet can reflect their weight. One finding: Looking at the buffet during your meal makes you more tempted to refill your plate. At home, keep serving dishes out of sight while you eat.



**FREE GIFT #1**



**Get your FREE 21-day preview today!**

**Plus get 3 FREE gifts just for looking!**

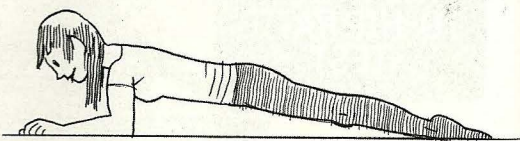


# A Flatter Tummy in Just 14 Days? **YOU Can Do It!**

**If** you're like most women, you want to say goodbye to flabby bat wings forever. You want to lose the belly pooch and get sexier hips, toned thighs, and a cute derriere.

Well, YOU can do it without ever stepping foot inside a gym. Try the simple toning workout in *YOU Being Beautiful* that uses light-weight rubber bands for resistance. The number-one way to stimulate bone remodeling, say the YOU doctors, is with weight-bearing exercise.

What's more, adding a little muscle to your frame with resistance training is the smartest way to trim down because muscle takes up half the space on your body that fat does!



## The Motionless Exercise That Tones Belly Pooch!

Never do another situp. Instead, do the plank move every other day. It strengthens the core muscles, improves posture, and is great for abdominal toning. Learn how to do this no-movement exercise in your living room on page 103 of *YOU Being Beautiful*.

*"If good things are happening on the outside, then chances are they're happening on the inside, too."*

—The YOU Docs





## YOU! Tool

### LEARN THE FIRM-BUTT MOVE

The squeeze  
squat is just

what the doctors ordered to round out your jeans. Hold a beach ball between your lower thighs. With your hands out in front of you, squat down, keeping the ball in place, until your thighs are parallel to the floor. Pause, then push back up and repeat. This works your legs and butt and is great for developing balance.

For the full workout, see page 284.

## Sore Muscles Make You Look and Feel Old

Banish pain fast with these tricks.

### • Spread on soothing warmth.

Apply this amazing balm (on page 429) to sore muscles. The combination of camphor, cajuput oil, and clove oil chemically warms tissues and eases pain.

### • Realign your back with a

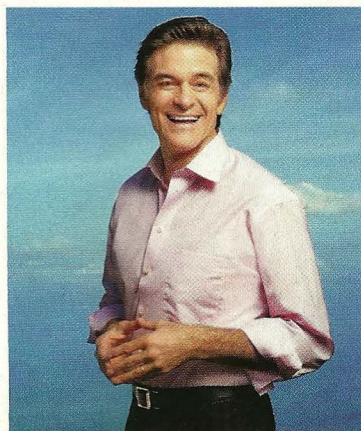
**towel.** Roll up a hand towel, lie on your back on the floor, and place the rolled hand towel in the small of your back. Just 15 minutes will realign and stretch your back. Don't tell your chiropractor! Use the time to meditate and you'll do your body two goods instead of one.

# Get Bathing-Suit Confident FREE!

### Intimidated by gym exercise routines?

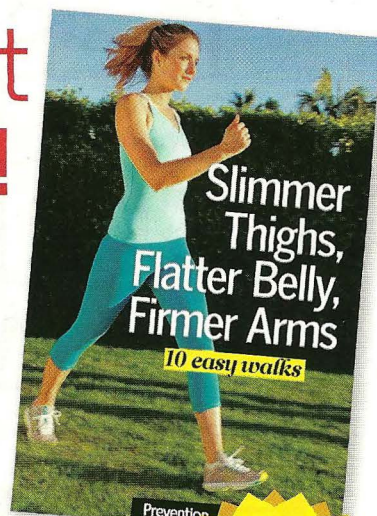
Then don't do them. You can triple your weight loss simply by putting one foot in front of the other. You can walk off the weight, but you have to do it right. In your Free Gift, you'll learn easy techniques to goose your metabolism, tone your thighs, and sculpt a firm butt by walking for exercise. Here's some of what you'll find in your FREE GIFT:

- **The quicker you walk, the more pounds you'll melt off.** This fun, 25-minute routine burns as many as 175 calories (based on a 150-pound person): After walking slowly for 5 minutes to warm up, walk as fast as you can for 10 minutes. Note how far you went. Turn around and walk back briskly, slowing as you get closer to the start. Each time you do this workout, aim to walk faster and go farther.
- **For a sexy butt, you don't need weight equipment, just a grassy hill.** Try the up-down workout on page 10 that activates 25 percent more muscle fibers.



*"[Walking is] part of your armor against aging. The stronger your body, the longer and better your life."* —Dr. Oz

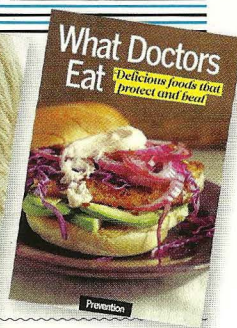
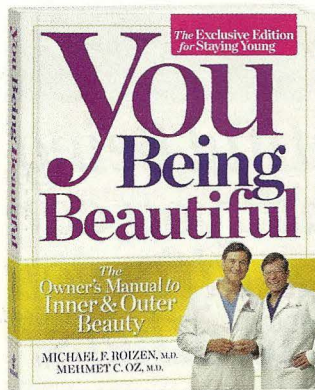
- **Increase your weight loss nearly 70 percent** with this superfast fat blaster. Instructions for this 10-minute, no-gym metabolic workout are on page 8.
- **Do you have stairs at home or work?** Do this thigh toner every time you're near them. Just walk up and down the stairs sideways, crossing one foot over the other. For more moves, see page 9.
- **Boost your calorie burn** up to 46 percent during a walk simply by grabbing hold of this tool, found on page 10.
- **Jump for your bones.** Research shows that adding just 10 minutes of high-impact exercise like jumping jacks to your walking routine can boost a woman's bone strength.



**FREE  
GIFT  
#2**

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for looking! See details on page 19.





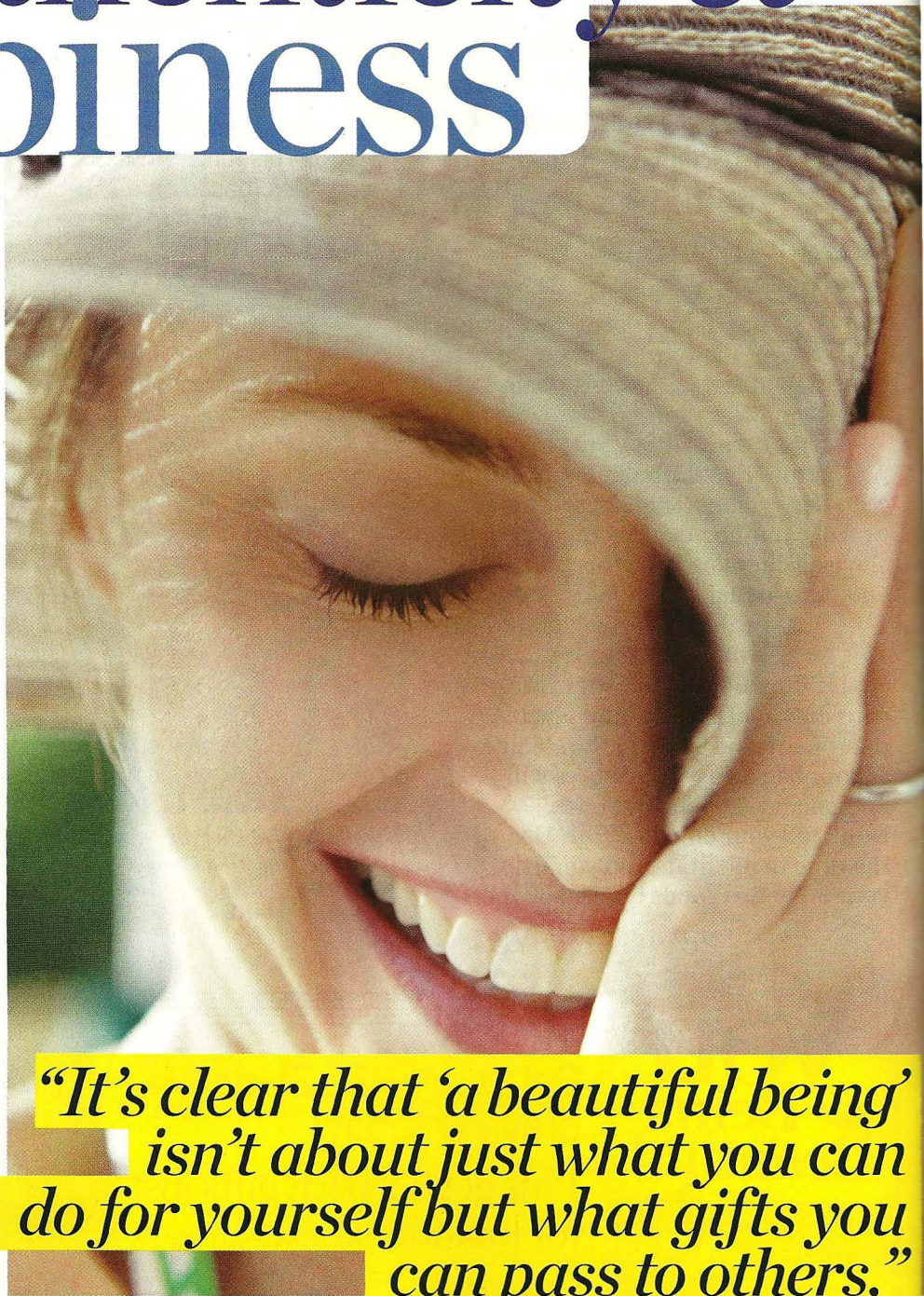
# The Secret Path to Confidence, Authenticity & Happiness

A pair of leather pumps might rock your afternoon, but you know expensive treats are short-lived mood boosters. The big secret to lasting happiness? Recognize the things in your life that help you experience feelings of awe. (Take “The Passion Test” to find your own!)

That feeling can come from your relationship with others, realizing your true purpose, or using spirituality to think about the big things in life that have the power to truly make you happy.

## 5 Steps to Pure Peace

**① Get off your emotional roller coaster!** Be generous. There are few feelings in the world that surpass that of knowing you’ve helped someone. Researchers have found it’s similar to the rush of endorphins known as “runner’s high.”



*“It’s clear that ‘a beautiful being’ isn’t about just what you can do for yourself but what gifts you can pass to others.”*

—The YOU Docs



**2 Fill your glass up if it's half empty.** One study found that optimistic nuns outlived pessimistic nuns by an average of 8 years.

**3 Simplify your life.** Happiness and peace are rooted in simplicity. Excessive thoughts and actions cloud your basic core values.

**4 Be grateful.** Try this before going to bed tonight: Write down three things that you feel thankful for or three things that went well today. Research shows that 15 minutes of daily gratitude can dramatically decrease stress hormones.

**5 Be authentic.** That means being true to yourself, not trying to be someone you're not. Accept yourself as you are. Shift your thinking to realize you aren't the center of the world but just a part of a highly interconnected web of relationships and that empathy is the glue that holds the world together.

Learn more tricks for building confidence on page 325 of *YOU Being Beautiful*.

## YOU! Checkup THE PASSION TEST

Answer yes or no to the following questions. Have you ever had an experience where...

- **You had no sense of time?**
- **You couldn't express it in words?**
- **It felt like pure perfection?**
- **Something greater than yourself seemed to absorb you?**
- **Everything seemed to disappear from your mind?**

If you said yes to several of these questions, it's likely that you've had some kind of awe-inspiring experience. That will give you clues about your hidden passions because that sense of awe is a big part of what makes you happy.

## BEAT THE BLUES WITH A BANANA

Eating a banana a day facilitates the cross-talk among your brain cells and the effect of mood-lifting brain chemicals like serotonin. Both effects can help keep the therapist away by



preventing recurring minor depression. And besides coffee, bananas are our largest dietary source of antioxidants. You read that right!

## GET A DOSE OF HAPPY JUICE

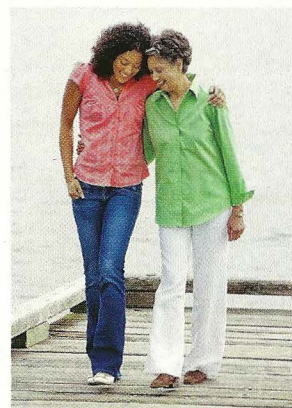
If you haven't exercised in a while, the thought of slipping into a sports bra might seem depressing in itself, especially if you're a guy. Exercise, however—even just a brisk walk—has



been shown to be more effective than many antidepressants in reducing major depression. Maybe it has to do with the endorphin effect. Yoga does the trick, too. Details are on page 377 of *YOU Being Beautiful*.

## A MEDICAL MYSTERY

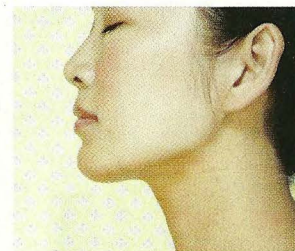
Why does helping others contribute so much to our own happiness? It has to do with the power of empathy and the biological



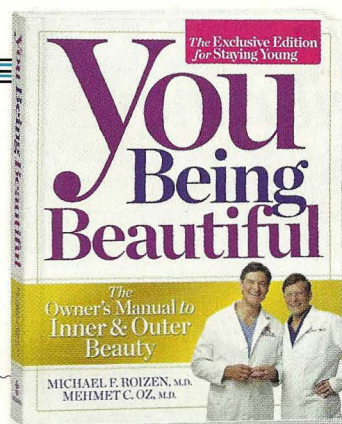
phenomenon involving what are called "mirror neurons." Impress your friends with this fascinating knowledge on page 327 of *YOU Being Beautiful*.

## PRAY FOR PEACE

In one study, 70 percent of people who prayed for health reasons said their prayers were helpful. Why? Prayer is a form of meditation that



helps to slow breathing and brain activity and reduces high blood pressure. And afterward, you're filled with peace, joy, and other positive emotions that are worthy of being printed on holiday cocktail napkins. These physiological responses boost your immune system and reduce arterial inflammation. As we've said before: Feel good inside and you'll look good outside!




Get your **FREE 21-day**  
**preview today!**

Plus get 3 **FREE** gifts just  
for looking!



# 14 Easy Ways to Look Younger Instantly!



**M**ost of these tips take very little effort, so you have no excuse not to look and feel better right this minute. They'll help you see yourself—and the world around you—in a way that you may never have before.

**1 Wake up before your alarm clock.** Take an inventory of the way your body feels.

**2 Give yourself a scalp massage.** Brush your hair using a hairbrush with rounded teeth or bristles.

**3 Eat the perfect breakfast.** Egg whites contain skin-nourishing biotin. Try this delicious recipe for energizing whole-grain Chia Muffins that help stabilize blood sugar. Page 43

**4 Pop these pills.** Take this special mix of healthy supplements (page 393) with 8 ounces of water for optimal heart health, cognitive function, skin firmness, and even sex drive!

**5 Greet the next person you meet with a big smile.** Studies show that upbeat people excel and have great relationships.

*“Your skin communicates messages about your youthfulness, your vibrancy, and your health. Face it. Skin sells!”*

—The YOU Docs





## 6 Have a lunch that won't slow you down.

Have an oil and vinegar-dressed salad topped with veggies and salmon, which contains carotenoids that improve skin elasticity.

## 7 Take a walk.

Do it outside to generate vitamin D. While walking, make a mental list of three things to purchase over the weekend that can help you achieve your goals for inner and outer beauty. One idea: a water purifier to take harsh chlorine out of your shower water.

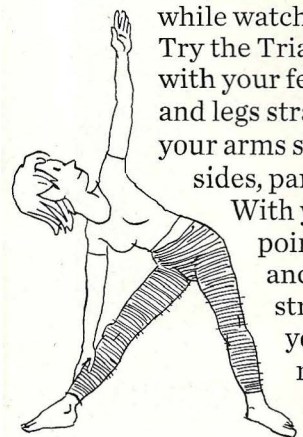
## 8 Do a 20-minute exercise band workout.

See page 397 for instructions. It's fast and easy, but it will help you burn fat, add tone, and strengthen muscles and bone.

## 9 Don't have 20 minutes?

Then multitask. Do some yoga while watching television. Try the Triangle Pose: Stand with your feet spread apart and legs straight; extend your arms straight out to the sides, parallel to the floor.

With your right foot pointed to the right and left pointed straight ahead, bend your waist to the right so that your right hand drops



to your ankle and your left arm extends toward the ceiling. Hold for 10 seconds, then switch sides.

## 10 Hug someone.\*

Do it for 20 seconds or more and you'll release the calming, bonding hormone oxytocin.

*\*Preferably someone you know.*

## 11 Lock yourself in the bathroom.

Spend 5 minutes humming the word "yummmmm." It will clear your mind, de-stress you, and help you start thinking of higher purposes—and meanings of life beyond just getting the kids' lunches ready for the next day.

## 12 Laugh. Go ahead.

Force yourself even if nothing

seems funny. Like forcing a smile, simply making yourself laugh will make you feel better.

## 13 Write down your thoughts.

Jot down ideas for finding a purpose bigger than yourself. Ask yourself the best way you can help others. Make a list of three things that you are grateful for right now.

## 14 Stick it in your ear.

Plugs, that is. Noise at home and work are underappreciated sources of stress. Earplugs can reduce the noise by more than 30 decibels.

For dozens and dozens of ways to look younger, grab your own copy of *YOU Being Beautiful* and your 3 FREE life-changing gifts.

# FREE GIFT!

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It's one of your three free gifts just for trying *YOU Being Beautiful*.

The right combination of nature's solutions and professional makeup artists' tricks can subtract years from your look. It's all in *Be Beautiful Instantly*—yours free. To claim your copy, mail the Free-Gifts Certificate at the back.

- **Show some sexy shoulder.** It's the one body part that shows little aging. Wear a scooped neckline for a feminine look that exudes a youthful vibe. Page 16
- **Give yourself a milk facial.** The proteins, fat, amino acids, and vitamin A will help reduce redness and puffiness. Page 19
- **Learn this makeup artist's trick** to camouflage the creases on either side of your nose. Page 20
- **Add sexy bounce to your hair** with this simple combing trick. It boosts volume and masks thinning, too. Page 22
- **Lose weight and look taller.** How? By standing more. Study subjects who frequently got vertical had waistlines that were on average 4 centimeters smaller than those who sat all day. A medical journal reports that standing may help the body clear away blood fats that contribute to weight gain. Page 22
- **Pour yourself a cup of black tea,** then cool the used bag in the fridge. Use the cool, damp bag as a compress on tired eyes for 10 minutes. The tannins tighten saggy bags. Page 20





Dear Reader,

**L**et us be the first to tell you: You are already beautiful! And you have the ability to look and feel even more beautiful, radiate health and vitality, and live your life to its fullest. That power comes from within, but you can get more ideas from both *Prevention* magazine and this amazing book, *YOU Being Beautiful*, by our friends Drs. Mehmet C. Oz and Michael F. Roizen.

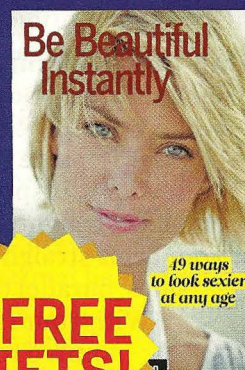
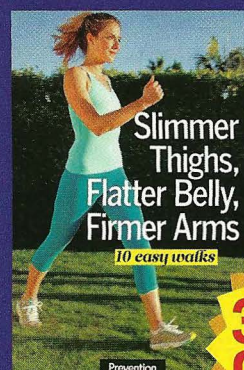
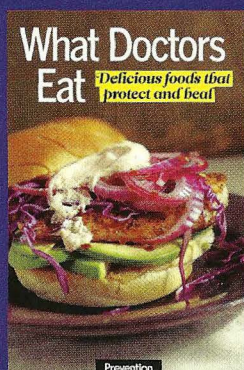
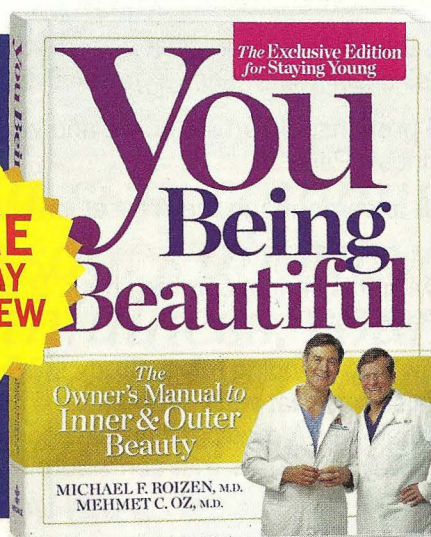
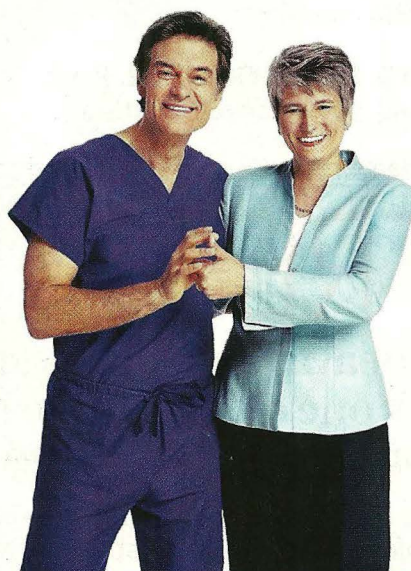
I am so excited to recommend this special edition, which is chock-full of exclusive content custom-made for *Prevention* readers. As you know, like *Prevention*, Drs. Oz and Roizen are on the forefront of proactive preventive health. They believe—and have seen proof—that feeling good and looking good go hand in hand and that YOU have the ability take control of your

body, your health, and the way you appear to the world. “*Prevention* is making it easy to do the right thing,” says Dr. Oz, who was on *Prevention*’s cover recently—and who has invited our editors on to his show often.

*YOU Being Beautiful* makes looking and feeling your best easy to do with hundreds of practical tips that you will find yourself using every week. The YOU Docs use humor and draw on common life experiences to put confusing and difficult health information into the easiest everyday terms. The result: a fun and fast-paced book that you’ll

enjoy reading (and using) as a daily go-to guide for better physical and emotional health. Become a proactive player in your health and appearance today by ordering your copy of *YOU Being Beautiful* by Drs. Oz and Roizen—two driven, caring physicians who are as passionate about prevention as we are.

**Diane Salvatore**  
Editor-in-Chief  
*Prevention* magazine



**3 FREE GIFTS!**

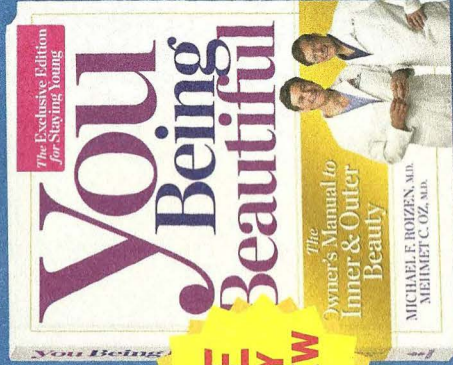
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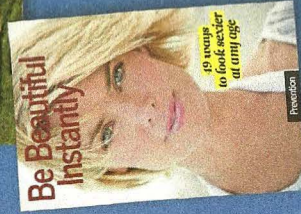


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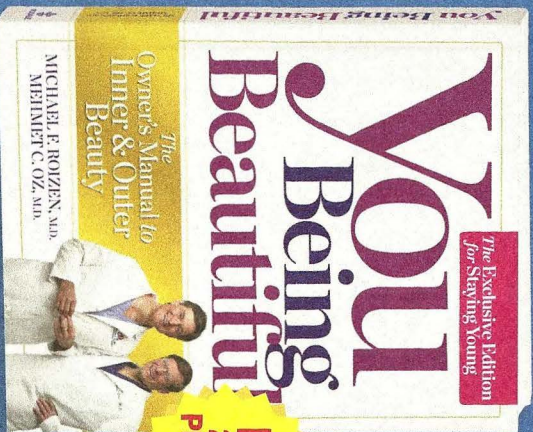




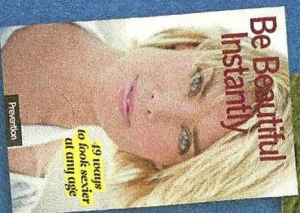
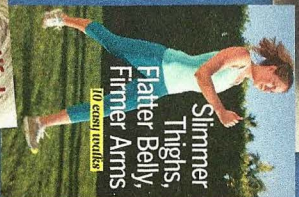
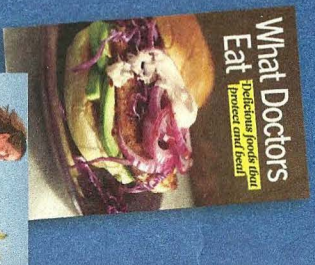
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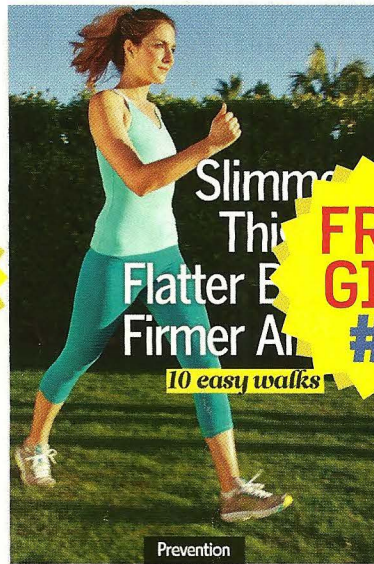
Keep 'em even if you return the book!

(But we bet you'll want to keep the book forever. It's just that useful!)



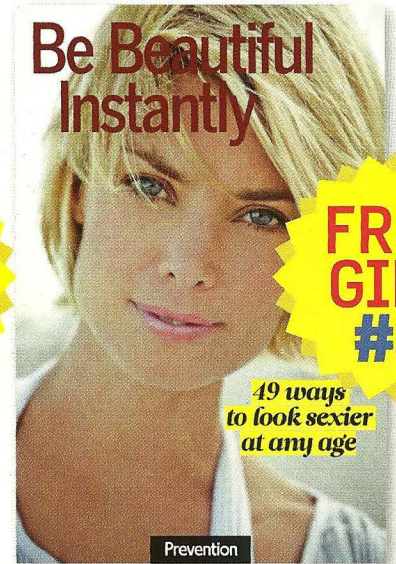
## What Doctors Eat Delicious Foods That Protect and Heal

Did you know that pumpkin seeds and some nuts can reduce LDL cholesterol as effectively as prescription meds? Eat the breakfast that this cancer doctor never leaves home without!



## Slimmer Thighs, Flatter Belly, Firmer Arms 10 Easy Walks

Did you know you can lose significant weight at work or at home with simple tricks that make your body naturally move more? You won't believe how easy this is.



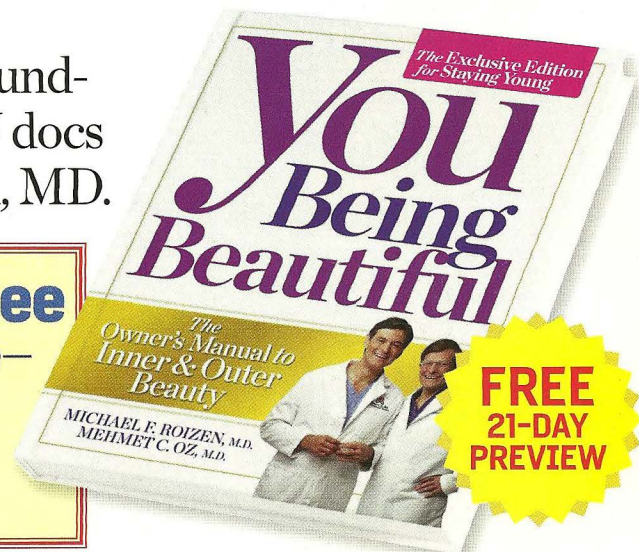
## Be Beautiful Instantly 49 Ways to Look Sexier at Any Age

Did you know that your eyebrow shape may affect how old people think you are? A major medical journal proved it. But you can banish angry arches with these tricks of celebrity makeup artists.

All this is our gift to you for simply trying *YOU Being Beautiful*, the exclusive, not-found-in-stores edition by America's beloved YOU docs Mehmet C. Oz, MD, and Michael F. Roizen, MD.

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See page 19 inside for details.

