

NATURAL prescriptions *for women*

*What to do—and when
to do it—to solve more than
100 female health problems
—Without Drugs*



The Best Cures Combining:

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Yoga • Homeopathy • Foods • Relaxation • Baths
Lifestyle Makeovers • Mental Pick-Me-Ups
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PREVENTION
Health Books™
for *Women*

THIGHS: LUNGE

◀ Stand straight with your feet flat on the floor, shoulder-width apart. With your hands on your hips, step forward as far as comfortable with your right leg.

▶ Bend your right knee until your right thigh is parallel to the floor. The heel on your left leg will come up, as shown. (With time and practice, you should be able to extend the length of the lunge by increasing the distance between your legs.) Make sure that your right knee does not extend beyond your toes. Return to the starting position by shifting your weight to your front leg and straightening your back leg. Repeat with your left leg forward. (That's one rep.) To enhance the effectiveness of the lunge, hold a light (two- to three-pound) dumbbell in each hand or position your forward foot on a six-inch step, making sure that your whole foot is supported by the step.



Wrinkles

When she was in her twenties, **Debra Price, M.D.**, swore off the sun. Now a clinical assistant professor of dermatology at the University of Miami School of Medicine and a dermatologist in South Miami, she is glad that she did. The fortysomething doctor says that her skin is smoother and she looks less wrinkled than many of her contemporaries. "It always pays to protect yourself from the sun. The sooner you get out of the sun, the better."

Unprotected sun exposure is the leading cause of wrinkles. In fact, the sun's ultraviolet rays account for more than 90 percent of premature aging, **Dr. Price** says. Smoking, heredity, facial expressions, and the natural aging process explain most of the other lines that we see on our faces or hands. The sun wreaks havoc on the skin by breaking down collagen and elastin, two connective fibers. Collagen supports the skin and elastin gives it flexibility. Together, they give the skin its structure and tone.

You don't have to lounge in your bathing suit on a beach towel to add new wrinkles to your skin. Small but constant doses of ultraviolet rays from the sun can also lead to premature wrinkles, says Margaret A. Weiss, M.D., a dermatologist and assistant professor of dermatology at the Johns Hopkins Medical Institutions in Baltimore. "You can do just as much harm to your skin moving around as you can sitting still," she says. In fact, you can damage your skin just while walking to and from your car several times a day.

The good news for lifelong sun worshippers is that it's never too late to reverse some of the damage.

"Skin, like the rest of the body, has the capacity to repair itself," says **Dr. Price**. "Even if you do nothing else to combat wrinkles but use sunscreen and stay out of the sun, you will see improvement."

Prescription

FOR IRONING OUT WRINKLES

Rx

Visit the cosmetics aisle at any drugstore or department store, and you will be overwhelmed by the choice of products promising younger, smoother, and hopefully wrinkle-free skin. While moisturizers help improve the appearance of wrinkles by smoothing and plumping up the skin, their effect is only temporary. Many newer skin-care products actually help diminish fine lines and wrinkles. It's as easy as A-B-C.

❑ Look for alpha hydroxy acids (AHAs). These naturally occurring acids—derived from plants, fruits, and other food products, such as sugarcane (glycolic acid) and sour milk (lactic acid)—can be found in over-the-counter creams, lotions, and gels. They improve sun-damaged skin by exfoliating dead skin cells on the skin's surface and uncovering the younger cells underneath. They also plump up the skin, in essence filling

MORNING

