

SHORT HAIRSTYLES

h*air*

HOLLYWOOD ROMANCE

Halle
Berry
and
Charlize
Theron's
Soft Style

RUNWAY STYLE

What the
models
are wearing



STAND OUT from the CROWD

Looks that put
you center stage



In Good Health

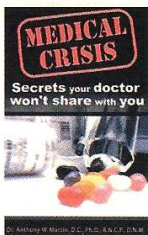
Because good health is beautiful!

YOUR HEALTH

The kind, gentle old family practitioner keeping an eye out for the patient's overall health is a thing of the past. These days, doctors are as swamped with HMO paperwork as they are with patients. The New England Journal Of Medicine reports the average doctor's appointment lasts less than 22 minutes. It's becoming the patient's responsibility to keep an eye on their own changing health, guide their doctors, and do their own bodies 'preventive maintenance.' "Your car has dashboard warning lights to alert you that the oil is low, or you're out of gas," says Dr. Anthony Martin, author of *Medical Crisis: Secrets Your Doctor Won't Share With You*. (For more information, visit www.drmartin.ca.) "The body has those same warning signals. You just have to know how to read them."

Here are Dr. Martin's 4 warning signs to find out if you are on the path to cancer, stroke or other illnesses:

1) Energy. "If you've been tired for three weeks straight, your body is trying to tell you something is wrong." Long-term fatigue is tied to red blood cells. Red blood cell problems can lead to liver, kidney or brain trouble. Check yourself: Ask your doctor for a simple blood test.



2) pH Balance. 70-percent of the human body is water. Water, like in your swimming pool, is either acidic or alkaline. An unbalanced pH (Potential Hydrogen) is a breeding ground for cancer, cardiovascular disease, diabetes and premature aging.

Check yourself: Ask your doctor for a saliva test.

3) Free Radicals. The body produces free radicals as a process of detoxifying itself. When balanced, they are used by the immune system to destroy bacteria and viruses. Unbalanced free radicals can lead to cancer, coronary heart disease, stroke, arthritis or Alzheimer's. Check

yourself: Ask your doctor for a urine test.

4) Inflammation. You need cells to 'puff up' to stop bleeding – but too much can strangle the arteries and cause coronary heart disease.

Fat cells are a side affect of obesity. Too many fat cells or cells that are too 'puffy' can lead to asthma, diabetes and cardiovascular disease.

Check yourself: Ask your doctor for a blood test.

EGG-CITING NEWS

A study published in the *Journal of the American College of Nutrition* shows that people who ate eggs for breakfast felt more satisfied and ate fewer calories at the following meal. "People have a hard time adhering to diets and our research shows that choosing eggs for breakfast can dramatically improve the success of a weight loss plan," said Nikhil V. Dhurandhar, Ph.D., lead researcher and associate professor in the laboratory of infection and obesity at Pennington Biomedical Research Center, a campus of the Louisiana State University system. "Apparently, the increased satiety and energy due to eggs helps people better comply with a reduced-calorie diet." Compared to the subjects who ate a bagel breakfast, men and women who consumed two eggs for breakfast as part of a reduced-calorie diet lost 65 percent more weight, exhibited a 61 percent greater reduction in BMI, reported higher energy levels than their dieting counterparts who consumed a bagel breakfast. They found that blood levels of HDL and LDL cholesterol, as well as triglycerides, did not vary compared to baseline cholesterol blood levels in subjects who ate either the bagel or egg breakfasts. For more information, visit www.eggnutrition.org

ORGANIZE YOUR CHILD'S WAY TO ACADEMIC SUCCESS

De-cluttering solutions enhance study environment, foster better grades. According to McGraw-Hill Education, it's imperative to establish a quiet study area away from clutter to maximize academic success. Results of a Kumon/Ipsos-Reid survey also found that an optimal learning environment at home is one that eliminates visual distractions such as clutter in the workspace.

Indeed, experts recommend good study habits, such as de-cluttering the study environment, be encouraged as early as kindergarten, and promoted all the way through high school and college, as children take their organizational skills with them into adulthood and into their chosen careers. With this in mind, here are solutions offered by industry leading eTailer

CableOrganizer.com for a clutter-free study space:

Cordless Keyboard and Mouse—

A great way to eliminate frustrating and unsightly cable clutter from a study space is to toss out that standard keyboard and mouse, and replace them with the sleek and cordless LX 300 Desktop set from Logitech. This high-tech duo has been ergonomically designed with the user's comfort and sanity in mind.

Animal Clip Cord Keepers—

Boredom is one reason it's so hard to keep your kids at their desks long enough to get their homework done. Make your kids' workspace a fun place to be with Animal Clips that not only make the space more friendly and inviting, but also hold everything from computer cords to pencils. From dogs and elephants to monkeys and hippos, there is an entire zoo worth of cute and quirky creatures to choose from.

Split Wire Loom Computer Cord

Controller—For just a few dollars, that wire octopus behind the computer can be easily gathered and shielded with split wire loom. If you have to add another wire later on, you can easily slip it into the split wire loom along with the others without removing the entire bundle.

Velcro® Wraps—Keep a few Velcro® ONE-WRAP® Cable Wraps handy for a quick organizational fix that'll hold it all together: and not just cords and wires. Fantastic for keeping computer cables neatly bundled, these adjustable, reusable ties are also perfect for cinching together pens, crayons, markers and other small objects that clutter a desk.

