

Good Housekeeping

DIET PLAN
FROM TOP DOCS

Lose 2 Inches in 2 Weeks!

All New Slow-cooker Din

Do away with dandruff

Does your scalp feel tight and itchy? Autumn's drier air can stress out your skin and aggravate the fungus that causes dandruff, says Mitchell Chasin, M.D., a dermatologist based in Livingston, New Jersey. The doctor's advice: Wash every day with a shampoo containing flake- and fungus-fighting ingredients like ketoconazole (Nizoral is a good brand to try) or pyrithione zinc (try Head & Shoulders). You may have heard that if you let your hair's natural oils build up on your scalp, you will soothe the itch and irritation. Wrong—oil exacerbates dandruff, which is why these shampoos are also designed to cut down greasy buildup.



Don't flake out!
The solution is
in your shower.

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you

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