

June 23, 2008

God Bless America

Woman's World

A great week made easy!



Teresa V from size to size

Stressed? Anxious?

Discover the 5-minute trick that calms your heart rate!

You Deserve The Best... Sunglasses!



It seems like every Hollywood star has her signature pair—but which is right for you? We checked in with limo drivers, eye doctors and real-life trendsetters to zero in on your perfect shades!

Easy Summer salad suppers

SOUT

Can't sleep? Try the cookies that Stop insomnia!

6 easy-grow houseplants that will Detox your whole house

Surprising warehouse-club buys Buy these to stretch your budget the n

The ice cre



Yummy

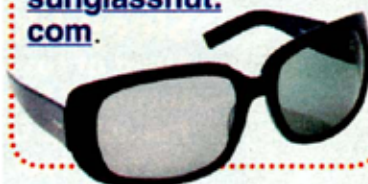
- Lose weight
- Cure P
- Prevent diabetes!
- Heal infertility!

IF YOU'RE GOING TO THE BEACH:

DKNY Shiny Black Frame/Gray Lens

NYC ophthalmologist Christopher Coad, M.D., says the dark lenses on this pair give you 100% UV protection—something you need when faced with the intense summer sun, especially when it's reflecting off the water. "These block out almost all the rays that contribute to degenerative eye conditions like cataracts," he says. Plus, the oversized frames provide just enough peripheral protection.

\$54.98 at www.sunglasshut.com.



REMEMBER BEACH to 150 lbs

Boost your metabolism! Burn off 300% more fat! Lose 7 lbs every 14 days!



\$1.79

High blood pressure? Why your handb... may be to