

SPECIAL SPRING BEAUTY BLOWOUT 

It's Good to Be You™

Women's Health

April 2009

SLIM-DOWN SECRETS!

Leaner Legs, Flatter Abs

CHEAT-PROOF HIS LOVE

The Surprising New Way to Burn Fat Faster

MORE MONEY, LESS STRESS

- Looks That Land You the Job
- Boost Your Savings IQ
- Fun, Free Things to Do Tonight

Get a Tight Butt in 10 Minutes!

BONUS TEAR-OUT CARDS!

24's *Elisha Cuthbert* ON HOT COSTARS & THE KEY TO HAPPINESS

Sexy Beauty!

HAIR, MAKEUP & SKIN TRICKS THAT'LL TURN HEADS



The perfect skin diet

Eating right is as good for your complexion as it is for the rest of your body. Feed it the 10 foods it's starving for.

BY SARA GAYNES PHOTOGRAPHS BY JONATHAN KANTOR

Putting your best face forward starts with making your skin cells healthy from the inside out.

“Unless your skin is getting the nutrients from food that it needs, it just won't look its best,” says *WH* advisor Lisa Drayer, R.D., author of *The Beauty Diet*. Instead of just covering a blemish or hydrating a dry patch, head them off entirely by tossing these face-saving edibles into your grocery bag.

Pop blueberries for a dose of antioxidants.