

# WORKING MOTHER

TOP 10  
BEAUTY  
FOODS

Hint: one is  
chocolate

REAL LIFE  
WORKOUTS

(no gym fees  
required)

FEELING THE  
CASH CRUNCH?

Smart money moves  
to beat the economy

"I CAN'T DO IT!"

Help your child work  
through frustrations

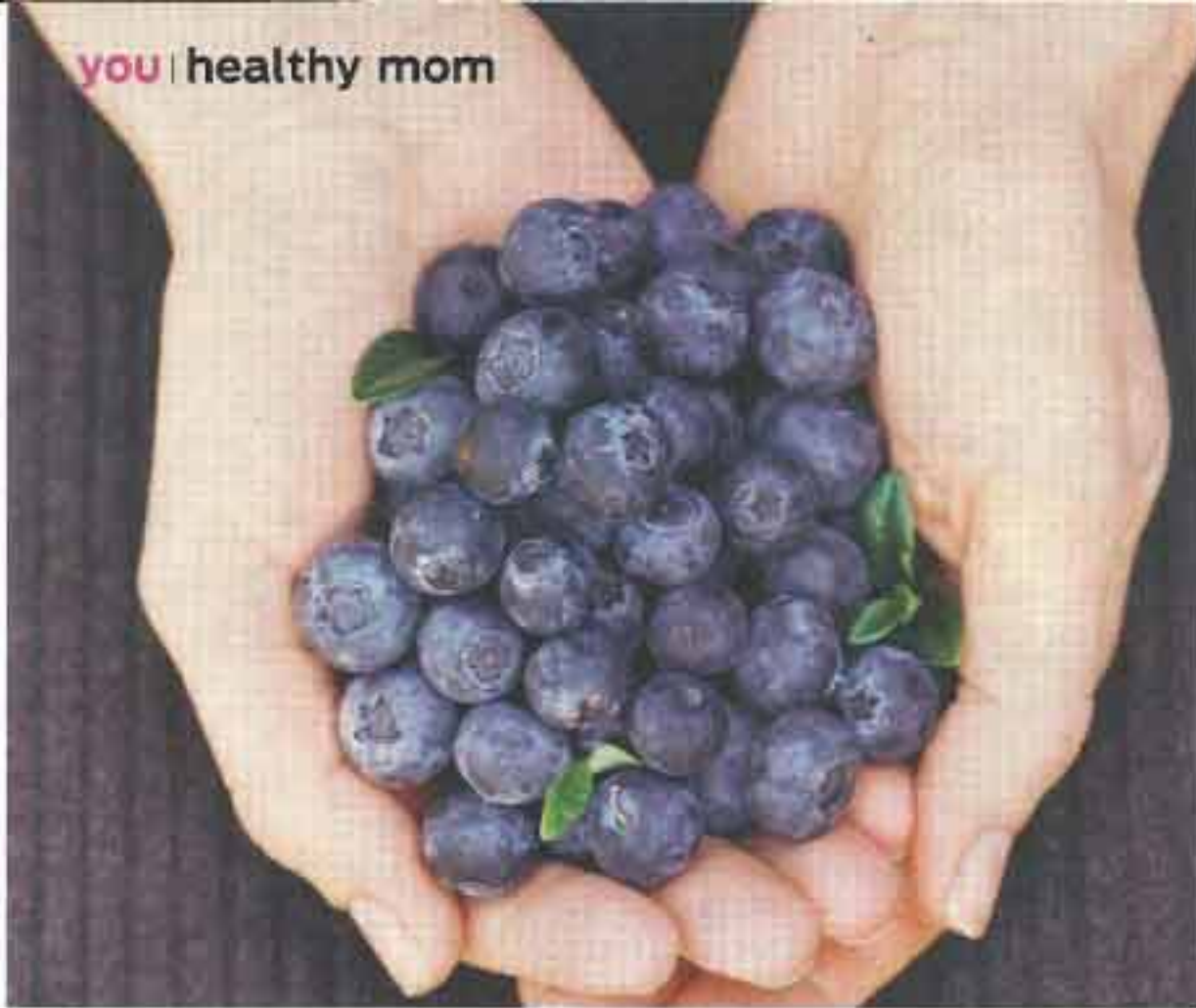
## start fresh

Quick tricks to fix  
a messy house

Be your own boss:  
We've got a shortcut

**HIGH SEA  
ADVENTURE**

Family cruises  
you can afford



## beauty buzz

## Lovely Foods

One secret of beautiful skin, hair, nails and teeth lies way below the surface, says nutritionist Lisa Drayer, RD. In her recent book, *The Beauty Diet*, she explains why certain foods "enhance your appearance from the inside out." The top ten: **Blueberries** These are bursting with antioxidants that ward off aging and inflammation. **Wild salmon** Its omega-3 fatty acids help fight inflammation that causes wrinkles and acne. **Low-fat yogurt** Its calcium promotes strong nails and teeth. **Oysters** Selenium and zinc keep skin firm. **Kiwi** Its high level of vitamin C enhances collagen production and keeps gums healthy. **Sweet potatoes** Full of beta-carotene, these (not yams) help ward off wrinkles. **Spinach** This veggie has skin-loving nutrients like vitamins A, C and E and zinc, as well as lutein to keep eyes bright. **Tomato paste** The lycopene concentrated in this paste may protect against sunburn. **Walnuts** Like wild salmon, these contain omega-3s, plus copper to enhance hair color. **Dark chocolate** The cocoa flavanols improve blood flow to the skin and increase hydration.



## stress relief

## Recession-Proof Your Mood

No doubt you're concerned about the unsteady state of the economy. Who isn't? But it seems that it's a bigger stress factor for women than for men. The American Psychological Association's (APA) recent Stress in America survey shows that 84 percent of women are anxious about the economy, compared with 75 percent of men. Since chronic stress ups your risk of illnesses from cancer to heart disease, try these strategies from the APA to help you cope. **Make a plan.** Figure out which issues are most troublesome and attack them first. High credit card debt? Negotiate a lower interest rate. **Accentuate the positive.** For example, cooking dinner as a family rather than going out can bring you closer together. **Get help from the pros.** A financial planner or credit counseling service can help you get a grip on your finances, while a psychologist can help you manage serious stress.

## healthy bites

## Dear Diary...

Junior high may have been the last time you wrote in a diary. But if you want to slim down, pick up your pen again. Dieters who keep daily food diaries lose twice as much weight as those who don't, according to a study from Kaiser Permanente's Center for Health Research in Portland, OR. "Tracking your food intake keeps you accountable for what you're eating," explains Joy Bauer, RD, author of *Joy's LIFE Diet: Four Steps to Thin FOREVER*. "It also helps you cut back on mindless eating and curb your tendency to eat in response to emotions as opposed to physical hunger." To keep a food diary, log everything you eat in a notebook or the free online diary at [thedailyplate.com](http://thedailyplate.com). Be sure to jot down accurate—and honest—portion sizes. Underestimating portions (particularly for snack foods) is one of the top reasons people pack on pounds.

