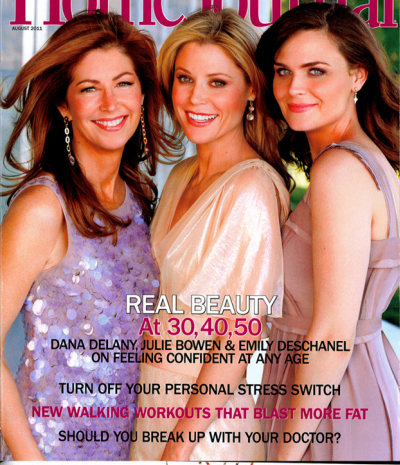


LADIES' Home Journal

AUGUST 2011



REAL BEAUTY At 30, 40, 50

DANA DELANY, JULIE BOWEN & EMILY DESCHANEL
ON FEELING CONFIDENT AT ANY AGE

TURN OFF YOUR PERSONAL STRESS SWITCH
NEW WALKING WORKOUTS THAT BLAST MORE FAT
SHOULD YOU BREAK UP WITH YOUR DOCTOR?

tipsntrends.com

COOL OFF - THE QUICKCHILL TOWELETTE
COOL OFF® luxurious natural herbal towellettes instantly relieve heat from fitness, sports & outdoor activities and those wicked hot flashes. Wipe on to renew, refresh, reenergize. Convenient on-the-go size! Amazon.com, CVS, Duane Reade, thequickchill.com.

CRAZY 4 LOVE!
For couples wanting to show their affection with matching pendants or pieces that "tie" so perfectly together... the I Love You... More and The One Forever necklaces are just the thing. Shop fantastic accessories at Crazy4tbling.com

INDULGE IN A DELICIOUS CALCIUM TREAT
Calcium Gummies by Vitafusion® are swirled with creamy fruit flavors and are an excellent source of calcium and vitamin D. Available at fine retailers. nspvitamins.com

FLAWLESS FROM HEAD TO TOE!
Conceal blemishes, age spots, blotchy skin, spider veins... even tattoos! Achieve instant perfection with long-lasting, water-resistant Face Magic® and Leg & Body Magic®! Dermatologist-tested with SPF protection. By CM Beauty/Covermark. cm-beauty.com

15% off! Code: LHJ

the tipsntrends List

HEART FOR THE HEART
Heart attacks can kill 1 in 4 women. Upon first symptoms, call 911 & chew aspirin. Keep your favorite handy with AspirinPod - could help save a life. Attaches conveniently with keychain. Be prepared, no regrets. aspirinpod.com

TIRED OF MESSY COUNTERS?
Chop Keeper's Chopping Tray's raised sides keep slicing, juices & foods contained and countertops & floors mess-free! Made of the friendliest material to knives! BPA-free plastic. Dishwasher safe. USA made. 3/ser \$10.99. argeecorp.com or 800-449-3030

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Sugar Crush Daily helps support healthy blood sugar levels and improve your energy levels naturally! Just add to water during meals. Organic Herbal ingredients taste deliciously like tea. Real research, real results. 855-628-8730 or BuySugarCrush.com

PUT YOUR LEG CRAMPS TO BED
Hyland's Leg Cramps PM is specially formulated to help you rest at night - when leg and foot cramps can be the worst. 100% Natural & Homeopathic. At RiteAid, Walgreens & Walmart. 800-456-3672.