

Eat, Drink & Shrink

Health

LOSE 5 LBS THIS WEEK

*Without
Dieting*

Cold & Flu? Not You

→ How to Stay
Healthy This Season

CUT 1,875 CALORIES WITH THESE SWAPS

Get Glowing Skin

P.36

INSTANT ENERGY BOOSTERS

Who Needs Coffee?

Holiday Slim Secrets

→ Dress
10 Lbs
Thinner
Tonight

Sofia Vergara's

STOP-THE-CLOCK
BEAUTY TRICKS

8

Germiest Spots at the Mall!

You Won't
Believe #1

NATURAL PAIN CURES

Health.com



DECEMBER 2011

INTRODUCING THE SKIN-FRIENDLY DETERGENT WITH A FRESH SCENT.

No wonder it's preferred 2 to 1
vs. the leading Free detergent.*

New ARM & HAMMER® Sensitive Skin Plus Scent is our first scented detergent clinically tested for sensitive skin. It's the secret to clean, great-smelling laundry.



*in a nationwide survey; among those with a preference.



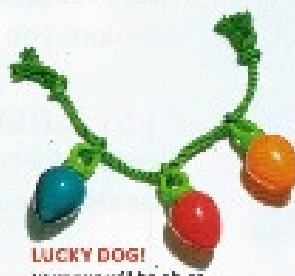
FEEL-GOOD GIFTS

TO: PERK UP



NOW HEAR THIS

Indulgences can be so antisocial. Plug your iPod or phone into sound for Crystal Compact Speakers (\$40; amazon.com) and share your favorite tunes with all Apple- and PC-compatible.



LUCKY DOG!

Your pup will be chomping on this Target Christmas Light Dog Chew Toy (\$6; target.com) waiting for him under the tree.



NICE AND NUTTY

There's a cozy surprise hiding inside this Soumel hot jar from Jonathan Adler (\$78; jonathanadler.com): chocolate-covered almonds!



SNAP HAPPY

No worries if the Panasonic Lumix Rugged/Waterproof Digital Camera (\$399; amazon.com) gets dropped in the snow—it's shockproof.



THINK BRIGHT

Look cool and stay connected with the three-piece modular, impact-resistant Case Mate Phone 4/4s Colorways case (\$30; case.mate.com).



PUT YOUR PAWS UP!

These chunky Kate Spade New York H5 mittens (\$60; katespade.com) will make even the biggest cold-weather hazard crack a smile.



AMAZING ORNAMENT

All profits from the Heart HEN 2011 Designer Ornament Collection (Kate Spade's idea) benefit the Duke University School of Medicine (\$15; katespade.com).