

DR. OZ

AUGUST • SEPTEMBER 2014

THE GOOD LIFE

**YOUR
FLAT
BELLY
PLAN**
**+FOODS TO
SLIM YOU
DOWN**

**A NEW
MAGAZINE
from
DR. OZ**

*Look
younger..*

**9 SUPERFOOD
SOLUTIONS**

**5 HERBS
THAT HEAL**
**BONUS
BOOKLET!**

Got

**A
FE
FA**



Giovanni
2Chic Ultra-
Moist Super
Potion Anti-
Frizz Binding
Serum (\$8,
Whole Foods
Markets)



Nature's Gate
Avocado Night
Cream (\$17,
natures-gate
.com)

9 *Avocado*

Packed with monounsaturated fatty acids (MUFAs), this tree fruit deeply hydrates skin and hair.

IN YOUR DIET Go ahead; help yourself to that extra spoonful of guacamole. Avocados are rich in copper, a nutrient that helps build new collagen, the plumping protein that prevents lines

and wrinkles, says Jessica Wu, M.D. Plus, a greater intake of fat, including the MUFAs found in avocados, was associated with more skin elasticity, according to Japanese research.

IN YOUR PRODUCTS Sure, it's tasty on a taco, but did you know avocado is also a potent frizz fighter? "The oil

acts like a conditioner on your hair, coating strands so you experience fewer flyaways and split ends," Wu adds. Smooth on avocado oil straight from the bottle, or find it in product form. When applied to skin, its antioxidants stimulate oil-producing glands to keep your outer layer moisturized.

**DR. OZ'S
SUPERFOODS**

**RECIPES ■
IDEAS ■
SWEET FROZEN DESSERTS! ■**

