

Weight-loss special! 71 new fat-burning tricks

# Health

## Lose 15 lbs fast!

Without feeling hungry...ever  
page 122

The **CANCER** even smart doctors miss

Erase belly fat for good  
page 105

Instant headache cures  
page 88

Burn extra calories while you sleep



**1** With shea butter, honey, and crushed cocoa beans, **Giovanni Hot Chocolate Sugar Scrub** (\$13.99; www.drugstore.com) gives skin a sweet glow.

skin in peak condition with the omega-3s found in shea butter and cranberry oil.

**4** Loaded with aloe vera, **Neutrogena Rainbath Shower & Shave Body Wash** (\$8; at drug-

Despite its lightweight

Great skin, hair, teeth, body, and more

\$3.99US \$5.50CAN



Jan/Feb 2008  
Health.com