

COSMOPOLITAN

50
New Styles
for Long
Hair

HIS BIGGEST **SEX** SECRETS

Supermodel
Marisa Miller's
Fitness Tricks

What You Always Wished
You Knew...and One Thing
You'll Wish You Didn't

Is He Normal Down There?

The Bitchy
Little Move
Men Love

Shape, Size, Skin Tone...
What's Weird, What's Not

Flatten Your Belly!

YOU, YOU, YOU
Feel Instantly
Happier—With One
Tiny Change
p. 150

**MARISA'S TIPS
MAKE IT EASY**

Plus: Free
Workout
Cards

An Orgasm
Almost
Killed Her

WE ARE NOT KIDDING

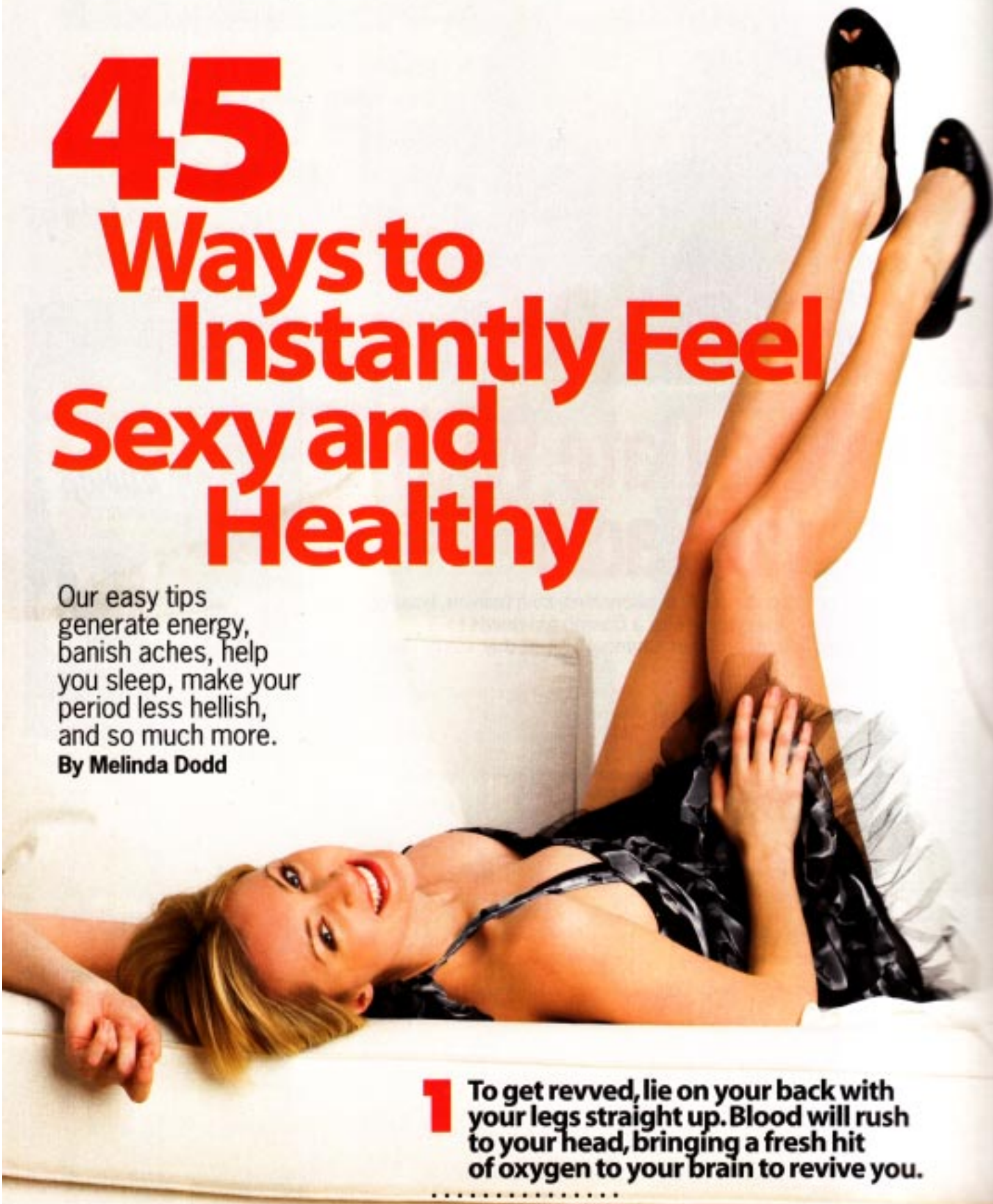


cosmopolitan.com

45 Ways to Instantly Feel Sexy and Healthy

Our easy tips generate energy, banish aches, help you sleep, make your period less hellish, and so much more.

By **Melinda Dodd**



1 To get revved, lie on your back with your legs straight up. Blood will rush to your head, bringing a fresh hit of oxygen to your brain to revive you.

.....

2 For a quick mood pumper, write down how you'd like your life to turn out in 5, 10, and 20 years. Thinking about your goals ignites optimism.

3 If regular tampons irritate your vagina on light-period days, switch to the chlorine-free kind. They're less uncomfortable when your V zone is drier.

4 Maintain a bright white smile by avoiding sodas and ice teas made with citric, malic, and tartaric acids, since these additives erode enamel.

5 Coat your lips with gloss that contains an SPF of at least 15. Gloss's slick sheen acts like a magnifying glass for UV rays, intensifying the damage they can do (think skin cancer).

6 Memorize something—a password, stats for a meeting—quickly by chewing gum while you're reading it. Gum chewing enhances blood flow to the brain and can improve recall by up to 40 percent.

7 Ward off a hangover by consuming oil-rich foods, such as nuts, tuna, and tahini, before you have a cocktail. The oil slows your body's absorption of alcohol, so you're less likely to be sick the next day.

8 If you're prone to yeast infections, don't wear thongs and panties with lots of lace and ruffles. These tend to collect bacteria that can change the acidity of your vagina, triggering the growth of yeast.

9 Avoid computer-induced eye strain with this exercise: Every few hours, look away from your monitor and slowly roll your eyes up and down. Repeat three times, then roll your eyes three times side to side.

10 Even if you're just an occasional smoker, break the habit by going



=



11 Sweeten your breath by munching on apples, carrots, or cucumbers. Like a toothbrush, these abrasive foods scrape away foul-smelling bacteria.

.....

cold turkey two weeks before your period. Levels of estrogen—which research shows make smoking more pleasurable—are lowest then, so it's easier to try to quit at this time.

12 Sidestep a cold or flu bug via the 3-foot rule: Stay at least this far away from anyone who is coughing or sneezing, since any viral droplets they emit usually can't fly this far in the air to infect you.

13 Become more gregarious by placing flowers next to your bed or your desk. Lilies, roses, and other fragrant stems affect brain chemistry and can make you feel outgoing.

.....



14 Brighten your mood and sharpen your mind by brewing a cup of java. Caffeine is a stimulant that increases levels of the feel-good hormones serotonin and dopamine, making it a natural antidepressant.

15 Talk your way into doing well at school: Gabbing for 10 minutes before an exam will hike your score.

16 Taking three whiffs of peppermint, green apple, or banana oil will help you resist a junk-food binge. These scents appear to curb appetite.

17 Avoid pain and peeling post-accidental sunburn by popping ibuprofen every four hours for two days. This anti-inflammatory drug reduces redness and skin shedding.

18 When staying at a guy's place for the first time, gargle with toothpaste or use your finger as a makeshift brush rather than brushing with his. Toothbrush bristles can transmit diseases, including HPV; hepatitis A, B, and C; syphilis; and herpes.

19 Check your fingernails every month to gain insight into your health. Brittleness can indicate an iron or protein deficiency, yellow nails suggest low circulation, and pale nail beds point to anemia.

20 If you're prone to pimples, fill your plate with salmon, walnuts,



Relax

Focus

21

Feel more chill by painting your bedroom blue, green, or violet—shades that lower blood-pressure levels. If you seek focus and direction, choose red. It charges the nervous system, energizing you.

.....

edamame, and canola oil, four foods packed with fatty acids that fight inflammation and keep skin glands from becoming overstimulated.

22 Next time you're blue, watch a funny movie. Comedy raises levels of hormones called endorphins, lowers blood pressure, and leaves you more hopeful about the future.

23 Always swill water when you swallow a pill. Taking it dry irritates the esophagus and, over time, can cause ulcers in the esophagus and irritating acid reflux.

24 Carry your handbag on a different arm or shoulder every day. Otherwise, the muscles in one become strained and leave you hurting.

25 You need antibiotics to cure a urinary-tract infection, but you

can ease the discomfort until your MD prescribes you meds by placing a cool, wet cloth over your V zone. The cold temperature will anesthetize your urethra so it won't hurt so much to pee.

26 If you're too wired to sleep, try a few belly breaths. Place one hand on your stomach, and inhale for 6 seconds. Hold for three counts, then exhale slowly. Repeat six to eight times. This simple move slows your heart rate and reduces levels of stress hormones.

27 Boost your metabolism by eating almonds. They contain a compound that helps you torch calories.

28 Keep hair healthy by generally sporting loose styles. Always twisting strands into tight ponytails, braids, or extensions might trigger traction alopecia, an irreversible form of hair loss caused by breakage.

29 Avoid painful calf cramps by drinking a few extra glasses of water a day. Dehydration is a common cause of the cramping.

30 When you shave, use one razor for your armpits and legs and another for your bikini area. Doctors are increasingly seeing staph infections along a woman's private parts, which may be because germs that live harmlessly in your pits or on your legs get

transferred via a razor to your pubes, where they become dangerous and can enter your bloodstream.

32 If you're having surgery, try to schedule it for before 3 p.m. You're less likely to experience post-op nausea and pain earlier in the day, possibly because you have eaten more recently and the care unit has more time to tend to you.

33 Wine contains a disease-fighting antioxidant called resveratrol, and wines with the highest amount of it are grown in cool, rainy regions, such as pinot noirs from New York and Oregon and muscadine from France. Choose one of these and you'll reap more health benefits than if you sipped wine from warm, drier regions.

34 We're not suggesting you become the neighborhood cat lady, but consider adopting a feline. Owning at least one kitty may lower your risk of a fatal heart attack by 40 percent.

35 Don't rely on the same painkiller time and again to ease a headache; taking regular doses of one drug can lead to rebound skull throbbles. Alternate between ibuprofen, aspirin, and acetaminophen instead.

36 When your feet are hurting after a night in 4-inch stilettos, reduce

.....

31 **PMS may be linked to a calcium deficiency, so stave off bitchiness and fatigue by getting enough calcium—from yogurt, milk, and cheese—daily.**



muscle tension quickly by sitting in a chair and crossing your legs, then writing the alphabet with each foot in lowercase then uppercase letters.

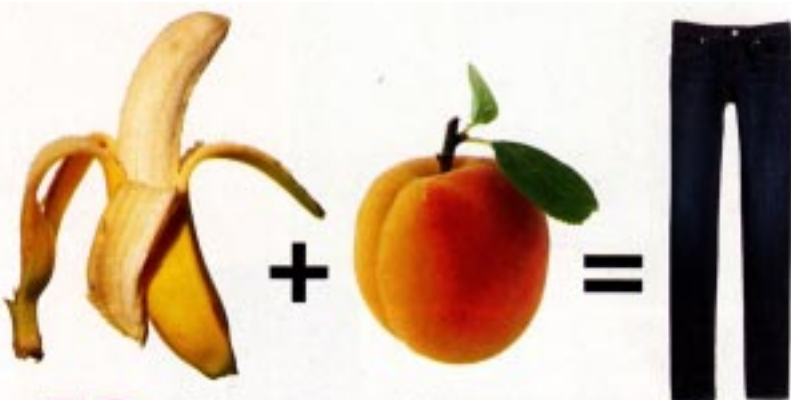
37 Fight allergy-induced sneezing and sniffing by locking lips with your guy. Smooching for half an hour has a sedative effect on your immune system, which keeps it from reacting to hay-fever triggers in the air.

38 Fade an ugly bruise by applying ice to the area and rubbing on herbal arnica cream or 2 percent vitamin-K oxide gel, which is often used to reduce discoloration after cosmetic surgery. Both are available over the counter at health-food stores.

39 Always have to pee? Cut your consumption of foods with aspartame and saccharin. These artificial sweeteners can irritate your bladder so you constantly feel the urge to go.

40 Keep the volume on your iPod at about the same noise level as normal conversation. Because the earbuds deliver sound into your ear, the decibel level is intensified, potentially damaging your hearing over time.

41 Feel happier by singing a favorite tune. Doing so boosts levels of the bonding hormone oxytocin.



42 Fit into your skinny jeans by eating potassium-rich foods, such as apricots and bananas. Potassium helps flush out excess fluid from your body.

43 Next time you feel totally down in the dumps, e-mail a friend and let her know that she's the funniest chick you know or tell her that she's the kindest pal you have. Sure, it sounds corny, but expressing your appreciation for others actually is proven to give you an emotional boost.

44 Stanch a shaving nick by dabbing on petroleum jelly before applying a bandage. No jelly on hand? Smooth saliva over the wound; natural compounds in it speed healing.

45 Irregular or no-show periods may mean that you need to ease your packed schedule. Working too much and sleeping too little throws off your cycle.

SOURCES: UNIVERSITY OF ARIZONA MICROBIOLOGIST CHARLES GERBA, PH.D.; REGISTERED DIETICIAN JODI CITRIN GREENEL, CO-AUTHOR OF *THE LITTLE BLACK APRON*; KELLIE FLOOD-SHAFFER, MD, ASSOCIATE PROFESSOR OF OBSTETRICS AND GYNECOLOGY AT THE UNIVERSITY OF CINCINNATI COLLEGE OF MEDICINE; JILL GRIMES, MD, AUTHOR OF *SEDUCTIVE DELUSIONS: HOW EVERYDAY PEOPLE CATCH STDs*; CHRIS KAMMER, DDS, OF MIDDLETON, WISCONSIN; OTOLARYNGOLOGIST CHARLES KIMMELMAN, OF NEW YORK CITY; SUSAN LARK, MD, AUTHOR OF *SUSAN LARK'S HORMONE REVOLUTION*; DERMATOLOGIST JASON LUPTON, OF DEL MAR, CALIFORNIA; SONJA LYUBOMIRSKY, PH.D., AUTHOR OF *THE HOW OF HAPPINESS*; PSYCHIATRIST JACOB ORLOFF, AUTHOR OF *EMOTIONAL FREEDOM*; INTEREST Michael ROZEN, CO-AUTHOR OF *YOU: BEING BEAUTIFUL*; SUZANNE DOGLIO, PH.D., AUTHOR OF *RECHARGE IN MINUTES*

EMBARRASSING BODY ISSUES

Here's how to fix things fast when...

- **You're gassy.** Pop an over-the-counter antigas pill containing simethicone to get rid of the problem ASAP. Or go somewhere private and do sit-ups, which can force excess gas out of your body. Quiet your digestive tract in the future by avoiding gum, soda, and hard candy, which make your body produce gas.
- **A cold sore strikes.** Make it less irritating and cut short its duration by applying SPF 15 lip balm to the sore to keep sunlight from exacerbating it. Then put on lysine cream (in health-food stores) or a prescription antiviral cream every two hours to make it go away faster.
- **You get a hangnail.** Clip the hangnail as close to your skin as possible with the cleanest, smallest scissors you can find. Dab on an antibacterial ointment to prevent infection. Hangnails result from dry, dead skin, so stave off repeat offenders by moisturizing nail beds with lotion daily and cuticle oil once a week.

SOURCES: MAYO CLINIC GASTROENTEROLOGIST TODD BARON SR.; DERMATOLOGIST JASON LUPTON; MICHAEL ROZEN, MD

