

MARCH 2014

Good Housekeeping

WHY YOU SHOULD

Stop Dieting

AND LISTEN TO YOUR BODY

LONGING FOR HOME

EXPATS SHARE THEIR COPING SECRETS

Denim Diaries

5 readers find perfect pairs

HOW TO LOOK YOUNGER

PRODUCTS THAT TURN BACK TIME

LETTUCE Entertain You

A fresh take on dinner

Boost your joy!
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ELIZABETH BANKS

"I'm very inspired by my kids"

The world's coolest mum on playing Effie Trinket and Wyldstyle

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7 YEARS YOUNGER

Stop-the-Clock Strategies

Line-Fighting Lunch

This tuna boat delivers omega-3s to promote skin suppleness, wrinkle-reducing vitamin C, and 10 grams of belly-banishing fiber.

1. MIX 1 can (3 oz.) light tuna, drained; 1 radish, thinly sliced; 1 scallion, sliced; 2 Tbsp. chopped yellow pepper; 1 Tbsp. sliced almonds; 2 tsp. lower-sodium soy sauce; and ¼ tsp. toasted sesame oil in sm. bowl. **2. SPOON** into 1 avocado half. Serve with 5 Reduced Fat Triscuits. **SERVES 1**; 408 calories



60 SECONDS TO BETTER SKIN Call them speed-cleaners: Apply, and presto! Bioré Skincare Self Heating One Minute Mask (\$8 for four; drugstores) degunks pores with purifying charcoal, and Sephora Collection Pore Clarifying Mask (\$5 for two; Sephora) sops up sebum with clay.



The Last Straw

TOSS THAT SUCKER—and water bottles with narrow spouts or nozzles, too. If you're sipping all day, the constant pursing of your lips can cause lines to form around your mouth, "much like cigarette wrinkles in smokers," says Marilyn Berzin, M.D., a cosmetic dermatologist in Washington, DC. While lasers or fillers will improve the lines, Dr. Berzin urges prevention: Find a bottle with a wider spout, or use a cup. Also, you might cut back. "Water is fine, but you don't need the 10 bottles a day some of my patients drink," she says.



BEAUTY BEVERAGE

Peppermint tea is calorie-free and a skin brightener.

For more diet tune-ups, check out 7 Years Younger: The Anti-Aging Breakthrough Diet at 7yearsyounger.com/ghk.