

fitness

mind, body & spirit

Perfect hair
all summer long

Lose Every Bulge in 3 weeks

Hidden
energy
zappers
in your diet
p. 84

Our fastest
sculpting plan ever

PLUS **10-MINUTE
FAT BLASTER**

TRIM YOUR THIGHS IN 7 MOVES

**INSTANT
WORKOUT
FIXES THAT
BOOST YOUR
CALORIE
BURN**

STOP SAGGING

The Titan procedure uses an infrared light source to heat deeper layers of skin, spurring fresh collagen growth to the surface. It costs about \$1,000 a treatment; three are typically needed. "Results are almost immediate," says **Robert Guida, M.D.**, a cosmetic surgeon in New York City. (Visit www.DrGuida.com)

The ultimate
disease-fighting
foods p. 80

