

**BURN BELLY FAT ALL DAY LONG** p. 106

December 2015

# Prevention

*Delicious ways to*  
**EAT CLEAN!**

p. 57

**26** BREAKTHROUGH  
HEALTH CURES!

**LEAN &  
STRONG AT**

**40+**

**GET 44% MORE CALM**

**SPECIAL REPORT**

**Make Diabetes Vanish** p. 122

**OMG!**  
Ridiculously  
tasty,  
low-sugar  
treats,  
p. 134





## 3 Products That Anti-Age Your Hair

**ONCE YOU HIT 40**, your hair may start acting up. A formerly lustrous look can grow finer and turn drab, especially around the crown. "Each hair follicle gets smaller as you age," says Nick Penna, owner and lead stylist of SalonCapri in Massachusetts. "The body also slows the production of natural oils, so hair becomes drier and more brittle." Now's the time to jettison any drying, stiffening, or damaging products. Here are three to stock up on and what each helps you finally replace.



**TRY** Ammonia-free color, like **L'Oréal Paris Professionnel Inoa Haircolor** (\$17).

**DITCH** Permanent dyes that contain ammonia, which can damage the hair cuticle over time, making hair drier and more prone to breaking.



**TRY** Protecting your hair before heated styling with a product like **Tresemmé Thermal Creations Heat Tamer Spray** (\$5.50).

**DITCH** Keratin treatments, which, especially if they use heat, can cause already fragile hair to snap when pulled or brushed.



**TRY** Washing with a product containing natural oils like argan or coconut to replenish lost moisture. One to test:

**Topganic Shampoo with Argan Oil** (\$9).

**DITCH** Clarifying shampoo, which tends to strip your hair of the natural oils that keep it shiny.