

30-Minute Wrinkle Reducer

No More
Sleepless
Nights!

Prevention

Hello, Skinny Jeans!

SHRINK 2 SIZES

Lose 2 Pounds
This Week!

- Tight, Toned Tummy
- Sexy, Sculpted Arms
- Jiggle-Free Thighs

TURN
ON YOUR
SEXY
SWITCH
Tonight!

Kids' Meals
Even Moms
Will Love
Healthy, Yummy
Dinners

7 Germiest
Public Places
Stay-Safe Steps



BANISH
BACK PAIN
INSTANTLY

FIRST LADY
*Michelle
Obama*

In Her
Best
Shape
At 48!

Her Wonder
Workout

The
Deadliest
Driving
Mistake

You Don't
Know You're
Making

Are Your
Shoes
Making
You Fat?

LAB-TEST
SHOCKERS

MARCH | 2012

THE TREATMENT

Alkaline Diet ▼

WHAT IS IT? A few studies have shown acidity can be damaging to the body, so it's thought by some that eating mostly alkaline-forming (acid-lowering) foods like fruits and vegetables may slow skin aging.

DOES IT WORK? There's no research proving this theory. (Our bodies do a good job of regulating acidity regardless of diet.) But there is anecdotal support: "My clients who eat 80% alkaline-forming foods notice fewer lines and more hydrated skin in weeks," says nutritionist Kimberly Snyder.

BOTTOM LINE: The diet won't erase wrinkles, but eating more fruits and veggies improves overall health—and that can only be good for skin.



THE TREATMENT

Skin Needling ▲

WHAT IS IT? In this painless procedure, you roll a needle-covered device over your face to create tiny, temporary pricks in your skin, which may trigger a healing response (similar to what occurs after a cut), leading to a smoother complexion.

The Rodan + Fields AMP MD System (\$200; rodanandfields.com) includes a skin-needling device, shown above, as well as a peptide- and retinol-based serum

DOES IT WORK? San Francisco dermatologist Kathy Fields, MD, who helped develop a home needling device for Rodan + Fields, says her company's analysis shows using it can induce skin's collagen-building process and improve penetration of anti-aging ingredients applied afterward. But there aren't peer-

reviewed studies of at-home devices, and Dr. Stuart believes needling is safer and more effective done in a dermatologist's office with a pro version of the tool.

BOTTOM LINE: Used before a retinol-based product, an at-home skin-needling tool can smooth skin, but it's likely the retinol doing most of the work.

