

DR.OZ

WIN The Ultimate Spa Escape

THE GOOD LIFE

COOKING
TRICKS
THAT SLIM
YOU

**DROP
8-10 LBS
THIS
MONTH**

* **Free Bonus
Vitamin Guide**
Exactly what to buy

**Snack
like Oz!**

**BEST
NATURAL
BEAUTY
CURES**

**YES, You Can
Beat Belly
Pooch**

**Summer
Foods Your
Body Needs**

**Wow up
your popcorn!**
Plus 87 More
Healthy Recipes

**Adjust Your
Attitude,
LIVE
LONGER**



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We're Ticked Off Talk about unwelcome neighbors. Lyme-carrying ticks are now in almost half of U.S. counties, and the number of Lyme disease cases has tripled since the late '90s. Protect yourself with repellent containing DEET, and see a doctor if you have signs of Lyme, such as a round red rash, fever, chills, or aches.

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good to know

One Place Not to Scrub

Many soaps can disrupt the naturally acidic environment of the vagina, causing irritation and even infection. Plain ol' water is all you need to stay clean, so save your regular bar soap and body wash for everywhere *but* down there. Or try the pH-balanced SweetSpot Gentle Wash, which allows you to suds up safely all over. (\$12, target.com)



The formula's coconut-based cleansers are gentle on your lady parts.



med alert

Stroke Smarts

The faster you get medical care after a stroke, the better your chance of survival. Act quickly with this advice.

Know the signs.

Face drooping, arm weakness, and speech difficulty are common, but vision or balance trouble, dizziness, confusion, and severe headache can also indicate a problem.

Call 911, pronto.

Take an ambulance to the ER. Having someone drive you can delay your getting the care that you need.

Check your watch.

If you're a bystander, let medics know when the person last seemed normal. This helps docs determine if they can use a clot-busting drug, which works best when given within three hours of a stroke.