

SELF

Eat right tonight
How, p. 110

Tone up for good

All-new workouts you'll try, love, swear by!

Must-read health special

- **America's healthiest cities**
How does your town rate?
- **The gyno nightmare**
no one talks about...until now
- **Had yours?**
Medical tests even healthy women should get *(you, too)*

At last! **The only 6 exercises you'll ever need**

Psoriasis

✦ **Emergency tactics** Apply moisturizer mixed with a corticosteroid cream, then don close-fitting clothing to keep you from scratching, advises Debra Luftman, M.D., a clinical instructor of dermatology at UCLA Medical Center. Though it might feel like sweet relief, scratching skin worsens the swelling and accelerates skin shedding (which eventually will result in even greater scaliness).



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Clear skin
Once-and-for-all fixes, p. 216