

The 2-minute trick that prevents cancer, page 82

Health

Summer special!

The most slimming swimsuits **EVER**

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Secrets to frizz-free hair

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nice, butt in 10 minutes

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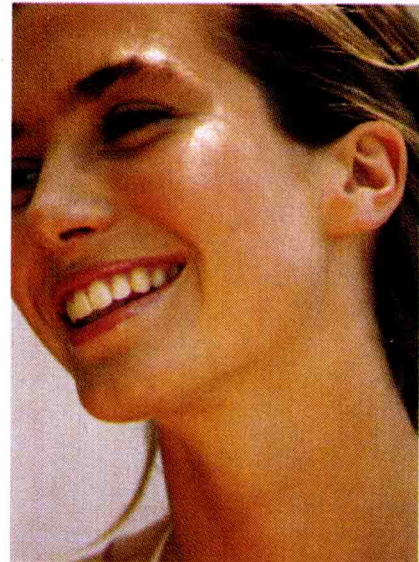
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TONIGHT

Real Women Reveal Their Best Moves

InBrief

A new nose without a knife

A nose job sans surgery? The nonsurgical procedure uses Radiesse, an FDA-approved cosmetic filler that is injected into the nose to contour and hide bumps. Experts say there's no risk of allergic reaction since it's biocompatible. The treatment takes 15 minutes and costs \$800 to \$1,500, compared with \$15,000 for a surgical nose job. "It's best for small bumps, dents, irregularities, and droopy tips," says Cameron Rokhsar, MD, assistant professor of dermatology at Albert Einstein Medical College. "Patients are awake, so they can guide the doctor."



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UNCOVERED

Here's what's hiding in your fridge



May 2007
Health.com

Grocery list makeover

Low-fat foods that save you money!