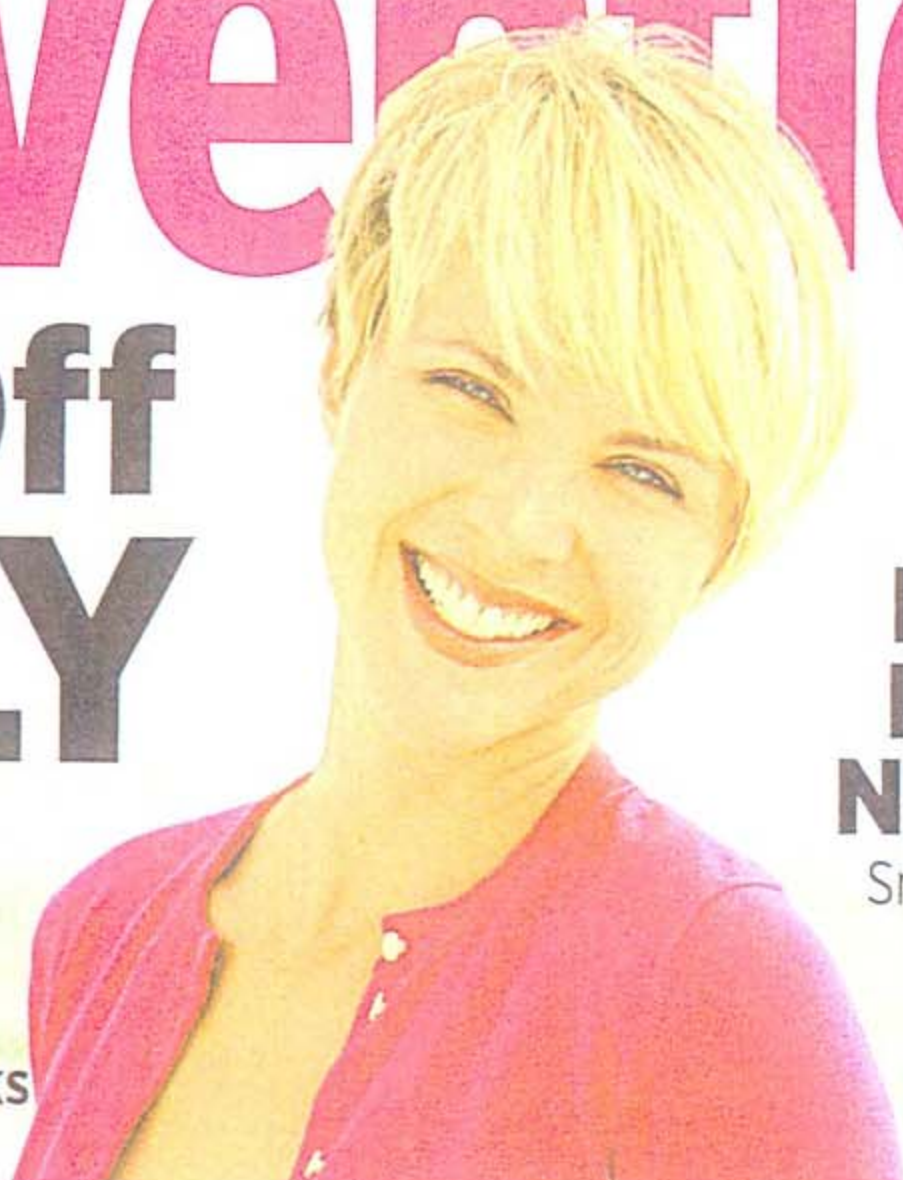


Prevention

Walk Off BELLY FAT!

- Drop 2 Inches in 4 Weeks
- New Plan Ensures You

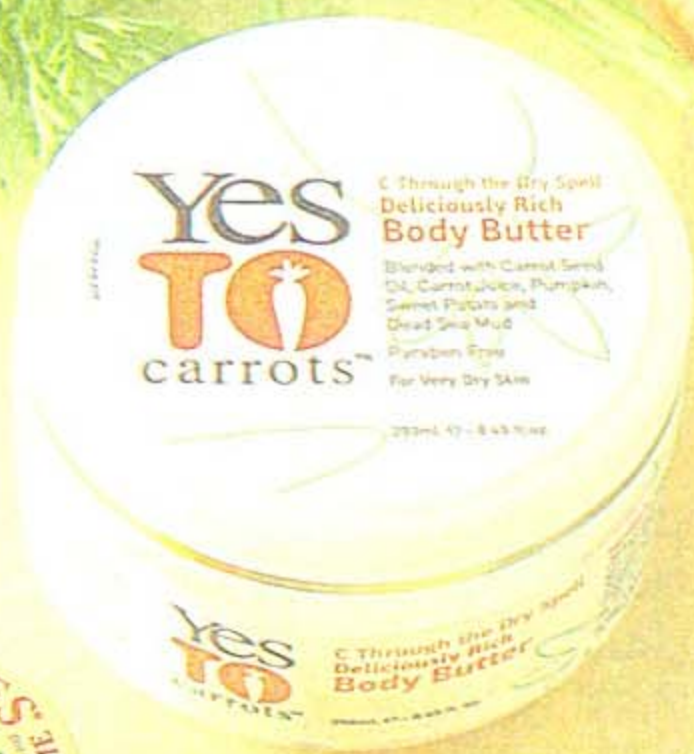


LOW-COST PAIN RELIEF
P. 24

DROP 10 POUNDS Naturally!

Sneaky fat burners
JUMPSTART WEIGHT LOSS

beauty



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THE PERCENTAGE OF WOMEN WHO HAVE DRY SKIN FOR PART OF THE YEAR

Carrots: Tops for Smoothing Skin

Their beta-carotene restores a youthful complexion

The newest trend in the quest for younger skin: carrot-filled lotions and treatments. Added carrot seed oil boosts softness, says Marina Peredo, MD, a dermatologist in Long Island, NY, while the antioxidant beta-carotene fends off free-radical damage that causes fine lines and brown spots. *Prevention's* picks: **Yes to Carrots C Through the Dry Spell Body Butter** (\$13; Walgreens); **Burt's Bees Carrot Nutritive Night Creme** (\$12; *burtsbees.com*); **40 Carrots Carrot + C Vitamin Serum** (\$15; RiteAid).