

THE LITTLE TRICK THAT STOPS OVEREATING, P. 30

**REBECCA
ROMIJN**
How She
Finds Joy
Every Day

YOU
AT YOUR
BEST

SELF

HELLO, FLAT ABS!

A No-Diet Way to

Sippers remorse It's possible to get smoker's lips – fine lines around your mouth – without lighting up. Too much pursing as you sip from a water bottle can cause the same wrinkling, notes **Marilyn Berzin, M.D., a dermatologist in Washington D.C.**, who says she's seeing these lines more often (and in younger women) than she did before bottled H2O became popular. Protect your smile by switching to a glass or a widemouthed bottle. Oh, and straws? Same problems, same advice!

Intimate Questions, p. 134

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