

#1 secret to a longer, healthier life

Health

**ALWAYS
HUNGRY?**

The spray
that curbs
cravings

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**Walk
off
weight
faster!**

Your ultimate
fat-burning plan
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**OVARIAN
CANCER**

What you must
know now

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to a great butt**
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FLU ALERT!

5 natural
ways
to avoid it

**LOOK
SLIMMER**
(before you
work out)



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Health.com

Gorgeous skin and hair!
*Your 25 best beauty buys

A new, improved tummy tuck

Can't decide between a tummy tuck and liposuction? Well, now you don't have to. A new procedure called Lipoabdominoplasty combines both and promises better results than the standard surgeries (less pain, swelling, bruising, and downtime). "Compared with a traditional tummy tuck, the blood vessels and nerves are kept intact, so patients heal more quickly," says Paul Parker, MD, director of the Parker Center for Plastic Surgery in Paramus, New Jersey, and one of the first to perform the technique. "Liposuction allows for the skin to be contoured, rather than just pulled down, so patients who undergo the procedure have a more defined waistline."

