

SEPTEMBER 2008

People STYLE WATCH

FALL'S SEXY SHOES!



Leopard print



Purple patent



Metallic



Floral print



Zipper detail

Cameron's Fun Style

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DISPLAY UNTIL September 22, 2008
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Eat Your Way to GORGEOUS!

Nutritionist **Oz Garcia** dishes up a wholesome regimen for a more beautiful (and healthy) you

StyleWatch Living

Simple stylish ideas for your home, health and life



SHINY HAIR

"Lean proteins such as fish, beef and chicken contain cysteine, which nourishes hair. **Salmon** has the bonus of omega-3 fatty acids, which promote luster."



HEALTHY EYES

"The darker the **blueberry**, the more protective it is, and the more it will improve night vision."

GLOWING SKIN

"The omega-3 fatty acids in foods like **walnuts**, flaxseeds and sardines may protect skin from sun damage, reduce inflammation (which can lead to acne) and help rid skin of toxins."



STRONG NAILS

"Foods rich in silica and sulfur, such as **broccoli**, are critical to growing healthy nails. Calcium found in yogurt and biotin from whole grains are also important."



BENEFICIAL BACTERIA

Found in cultured dairy products like yogurt, probiotics enhance digestion and the absorption of nutrients. A diet without them "is like having a Maserati with bad tires. Things don't work as effectively," says Garcia. Try getting your daily dose in supplement form.



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probiotics blend,
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LIV TYLER

Her beauty radiates from the inside out.