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LOVE YOUR HAIR!

- Find Your Best Cut
- 40 Styles to Steal
- Healthy Hair 101
- Easy Body & Shine

**WHY
AMERICA
HATES FAT
WOMEN**

**OUTRAGEOUS
CELEBRITY
WEDDING
GOWNS**

**HOW
WOMEN
REALLY
GET RICH**

Wedding Scoop!

**PENÉLOPE
CRUZ**

Her *real* thoughts on Tom & Katie, secret love plans with America's Sexiest Man, Matthew... & more



IN THE KITCHEN:

■ **Eat!** "If you diet and lose hair, it usually means one thing: Your diet is inadequate," says Greyl. The best follicle fuel? Omega-3 fatty acids (found in cold-water fish like salmon) and protein (think nuts and cheese), says **Oz Garcia**, a nutritionist in New York City.