

1 WEEK TO A CALMER, LESS-STRESSED YOU!

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IN JUST
30 MINUTES

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eat-right flash

Think thinner If you're bored with your diet, a new mind-set may be as invigorating as a new menu, researchers at the University of Minnesota at Minneapolis say. People given candies called strawberry jelly beans liked the taste for longer than those given unnamed, yet identical treats. To keep savoring healthy staples, think up tasty descriptions for them. Sweet carrots, please!

D-lightful Low vitamin D levels are linked to a high rate of heart disease, a study in the journal *Circulation* shows. D-deficient people were 62 percent more likely to have heart problems than those with an adequate amount of the vitamin. Get a dose with three servings of lowfat dairy daily.

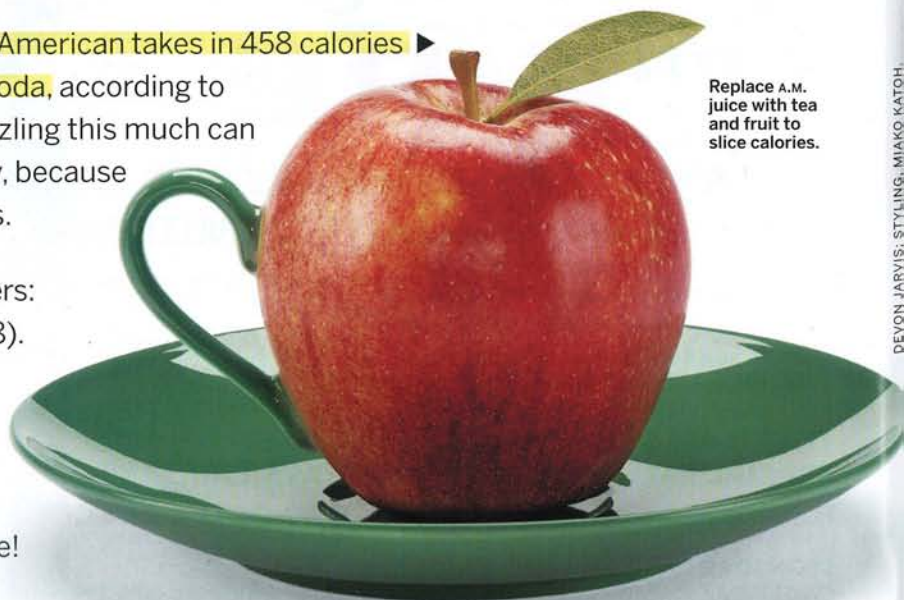
Steam work Cook better-for-you broccoli! Steaming the green makes more of its cancer-fighting antioxidants available to your body than eating the veggie raw, research from the University of Parma in Italy reveals.

Workout worthy Find expensive sports gels hard to swallow? Head for the dried-fruit aisle instead. Munching on raisins pre-exercise can power you up just as well as sucking down a goopy gel, a study in the *Journal of Strength and Conditioning Research* suggests. Raisins are as portable and contain carbohydrates to aid endurance. Eat about 1/3 cup 45 minutes before hitting the gym.

Legume love Sneak beans into soups and salads to ward off diabetes. Eating 2 cups of legumes a week reduces the risk of developing the disease by as much as 40 percent, notes research from Vanderbilt University in Nashville. The fiber and polyphenols in beans may be what keep you safe.

Beverage blunder The average American takes in 458 calories a day from drinks such as juice or soda, according to a report in the journal *Obesity*. Guzzling this much can lead to weight gain, researchers say, because we don't compensate by eating less.

Small change Sublime for snackers: Luna Minis (\$13 to \$15 for a box of 18). They're petite versions of some of Luna's popular chocolate flavors. The three-bite bars pack 4 grams of protein in only 80 calories. We've stashed these tiny treats everywhere!



Replace A.M. juice with tea and fruit to slice calories.

DEVON JARYS; STYLING: MIAKO KATOH