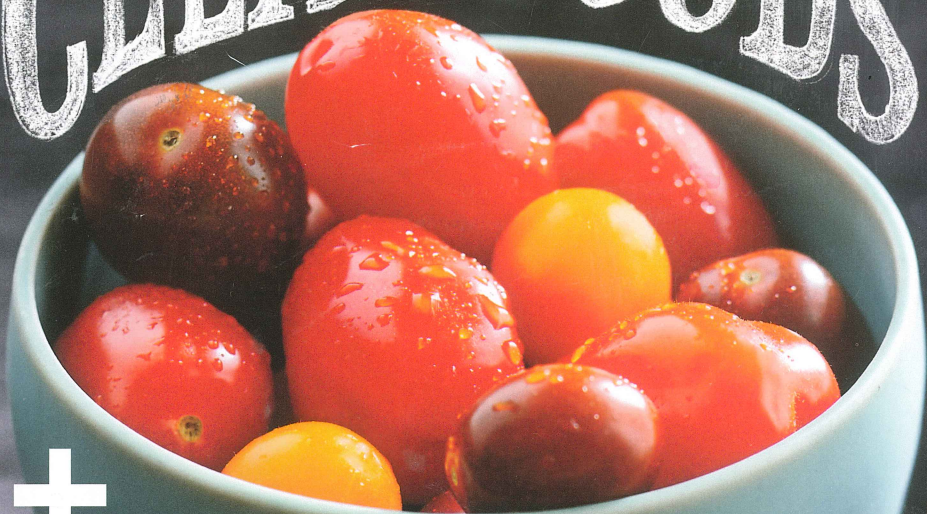


Food Lover's Issue

March 2014

# Prevention

## 100 BEST CLEAN FOODS



Cooking **Shortcuts**  
**Healing** with Food  
Insanely **Easy** Dinners  
What's **Hot & New**

**EAT REAL FOOD**  
**Never Diet Again**


# Beauty

Anti-Aging • Juices • Gym Bag Picks

## The Clear-Skin Secret

**F**orget cavities — research shows that a sweet tooth can speed the skin's aging process. Adults looked about 5 months older for each additional 0.18 g of glucose per liter of blood, according to a study in the journal *Age*. "With acne, rosacea, and psoriasis, the impact of sugar is obvious," says dermatologist Mary P. Lupo, MD. "When it comes to aging, it's more insidious — fine lines and sagging occur over time." As you scale back sugar, look for anti-inflammatory skin care like La Roche-Posay Rosaliac AR Intense Localized Redness Intensive Serum (\$40; [larocheposay.us](http://larocheposay.us)) or Sensitive Skin Clinic Soothe + Hydrate Mask (\$40; [sensitiveskinclinic.com](http://sensitiveskinclinic.com)).

STOCKBYTE/GETTY IMAGES



*Sugar in your diet accelerates collagen breakdown in the skin.*