

**Also inside**

- Reverse Diabetes
- Natural Cold Cures
- Tasty Side-Dish Recipes
- Surprising Smoothies

## Dr. Stork's Lifesaving Rx

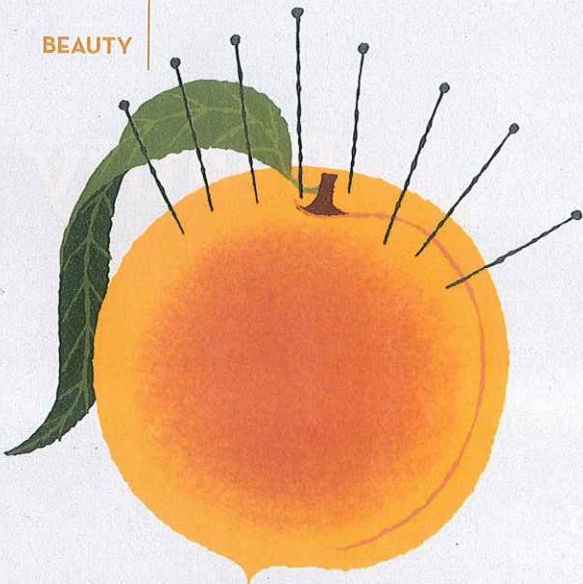
**6 LESSONS  
FROM THE  
EMERGENCY  
ROOM**

## Powder with Promise

On the list of most-maligned makeup, powder has long been No. 1—but not anymore. Gone are the days of crumbly compacts that leave skin dull and flaky. The latest formulas cover without feeling heavy, look luminous, and are packed with ingredients straight from your favorite moisturizers. “These new powders have minerals that provide sun protection and ingredients that hydrate,” says Mary Lupo, MD, clinical professor of dermatology at Tulane University School of Medicine and a *Prevention* advisor. For a natural finish, use a large brush and apply only around the chin and T-zone, skipping your cheeks, says celebrity makeup artist AJ Crimson. Turn the page to meet your perfect makeup match.

GREGOR HALENDA

Get a glow—  
without the shine.



## The New (Old) Acne Cure

Acupuncture may be an effective, side-effect-free fix for acne, according to a review in *Medical Acupuncture*. "It addresses overarching problems, like inflammation, not just the breakouts themselves," says licensed acupuncturist Mary Sabo, assistant director at the YinOva Center in New York City. For best results, pair with herbs suggested by your practitioner. "Acupuncture encourages changes within your body," says Sabo, "and the herbs help carry out these changes."

**79%** OF EXPIRED MASCARAS have conjunctivitis-causing bacteria. Replace your tube every 4 months.

Source: International Journal of Cosmetic Science

### PICK A POWDER



**TO ADD MOISTURE**  
Tarte Amazonian Clay Powder Foundation (\$36; [sephora.com](http://sephora.com)) Clay from the Amazon river hydrates, and camellia leaf extract fights free radicals.



**TO CALM SENSITIVE SKIN**  
Juice Beauty Refining Finishing Powder (\$22; [ulta.com](http://ulta.com)) Organic aloe makes this powder soothing and supersmooth, so it won't clump up in fine lines.



**TO ELIMINATE SHINE**  
L'Oréal Paris Magic Nude Liquid Powder (\$12.95; drugstores) The liquid-to-powder formula has serious coverage and SPF—without the 4 o'clock sheen.