

This 72-year old physician used science, nutrition, & exercise to achieve these results. So can you!

Dr. Life - author of *The Life Plan*

Get your Healthy Aging Kit FREE ▶

CENEGENICS<sup>SM</sup> MEDICAL INSTITUTE

Individual results may vary.

Like Send 137998 likes. Sign Up to see what your friends like.

Register for free and win prizes! | Log In ▶

**TRY TWO FREE TRIAL ISSUES!**

**Women's Health**

**Bikini Body Now!**

SEXY SUMMER HAIR

675

Have Electric Sex—Tonight!

**SUBSCRIBE**

# Women's Health

Drop 15 Pounds in 6 Weeks! New! THE WOMEN'S HEALTH DIET

FITNESS SEX & LOVE FOOD LOOK BETTER NAKED WEIGHT LOSS HEALTH YOGA BEAUTY STYLE

**NEW! LOSE THE LAST 10**

Subscribe Free WH Newsletter Tell Us WH Store RSS Help

Be our friend on Follow us on

Entire site **SEARCH** PRINTABLE GUIDES RECIPES VIDEOS QUIZZES WORKOUTS

## BEAUTY & STYLE

Like Send Sign Up to see what your friends like.

# THE SUMMER OF SPF

### COVER UP

- Sunscreen Problems Fixed
- Sunblock Myths Busted
- Best Sunscreens for You
- 10 SPF Secrets
- Sporty Sun-Blockers
- SPF Foods

### FAKE IT

- Best Faux Tanners
- At-Home Application Tips
- Spray Tanning 101
- Win Sun-Saving Products

### BEAT THE BURN

- You're Burnt...Now What?
- Reverse Sun Damage
- Your Body on Sun
- What's Lurking in Your Skin?

## EAT THESE SUN-FIGHTING SUPERFOODS

These foods will naturally boost your epidermal armor, letting you play outside (without fear of sun damage!) all year 'round

BY CRISTINA GOYANES

iStockphoto/Thinkstock



**Almonds and Sunflower Seeds**

Top off a salad, yogurt, or smoothie with slivered almonds or sunflower seeds—both contain vitamin E, another powerful antioxidant that protects against sun damage. This vitamin has also proven to slow the aging of skin cells and help diminish the appearance of scars, says Sharon Richter, R.D., a medical advisor for HealthiNation.

**BACK**

**NEXT**

**WH YOU NEED TO SHARE THIS!**

POST TWEET STUMBLE DIGG PRINT

Moderate to Severe Chronic Plaque Psoriasis

Show your dermatologist how psoriasis affects you.

Try the Virtual Psoriasis Profiler now ▶

64Y-421119

ADVERTISEMENT

WOMEN'S HEALTH

**WIN today!**

NEW PRIZES EVERYDAY

5.4oz **FLYWEIGHT**

HOLGA 138RC

TODAY'S PRIZE: Gretchen Bleiler Limited Edition Holga Camera

ENTER TODAY'S SWEEPSTAKES

This 72-year old physician used science, nutrition, & exercise to achieve these results. So can you!

Dr. Life - author of *The Life Plan*

Get your Healthy Aging Kit FREE

CENEGENICS<sup>SM</sup> MEDICAL INSTITUTE

Individual results may vary.

Like Send 137999 likes. Sign Up to see what your friends like. Register for free and win prizes! | Log In

TRY TWO FREE TRIAL ISSUES!

Women's Health

Bikini Body Now!

675

Have Electric Sex Tonight!

SUBSCRIBE

# Women's Health

Drop 15 Pounds in 6 Weeks! New! THE WOMEN'S HEALTH DIET

FITNESS SEX & LOVE FOOD LOOK BETTER NAKED WEIGHT LOSS HEALTH YOGA BEAUTY STYLE

NEW! LOSE THE LAST 10

Subscribe Free WH Newsletter Tell Us WH Store RSS Help Be our friend on Facebook Follow us on Twitter

Entire site SEARCH PRINTABLE GUIDES RECIPES VIDEOS QUIZZES WORKOUTS

## BEAUTY & STYLE

Like Send Sign Up to see what your friends like.

# THE SUMMER OF SPF

### COVER UP

- Sunscreen Problems Fixed
- Sunblock Myths Busted
- Best Sunscreens for You
- 10 SPF Secrets
- Sporty Sun-Blockers
- SPF Foods
- Best Faux Tanners
- At-Home Application Tips
- Spray Tanning 101
- Win Sun-Saving Products

### BEAT THE BURN

- You're Burnt...Now What?
- Reverse Sun Damage
- Your Body on Sun
- What's Lurking in Your Skin?

### EAT THESE SUN-FIGHTING SUPERFOODS

These foods will naturally boost your epidermal armor, letting you play outside (without fear of sun damage!) all year 'round

BY CRISTINA GOYANES

iStockphoto/Thinkstock



**Red Snapper Fish**

During the outdoor-grilling season, here's another good reason to swap your usual burgers and hot dogs for healthy fish: "Snapper is high in omega-3 fatty acids and the mineral selenium, which has the ability to reduce the risk of sunburn and promote even skin tone," Richter says. Try our low-cal, high-protein **Blackened Snapper with Mango Salsa II**.

BACK

NEXT

WH! YOU NEED TO SHARE THIS!

POST TWEET STUMBLE DIGG PRINT

Summer's Eve

HAIL TO THE TV

LEARN MORE

ADVERTISEMENT

WOMEN'S HEALTH

WIN today!

NEW PRIZES EVERYDAY

HOLGA 1389C

TODAY'S PRIZE: Gretchen Bleiler Limited Edition Holga Camera

ENTER TODAY'S SWEEPSTAKES

HOW TO SAY SUCCESS

AMERICAN EXPRESS

3759 81453 21001

C. F. FROST

No annual fee for the first year, and earn 10,000 Membership Rewards<sup>SM</sup> bonus points