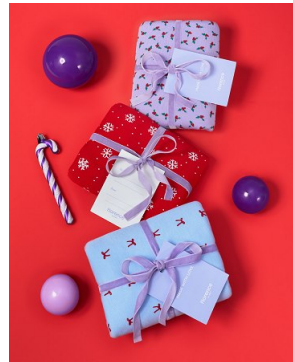
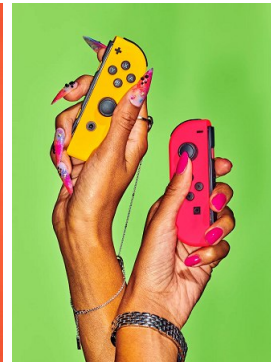
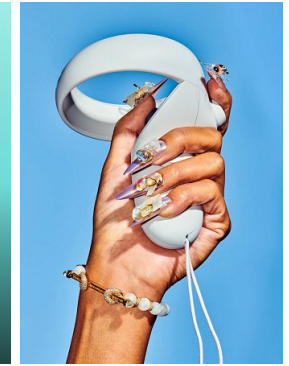
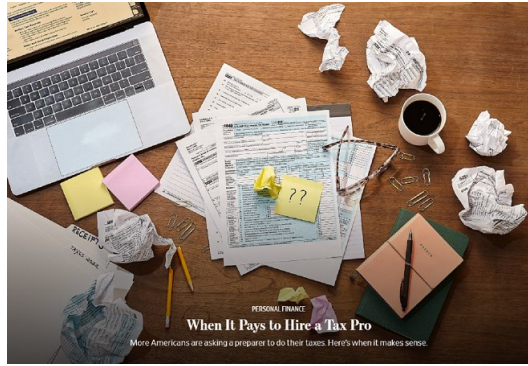
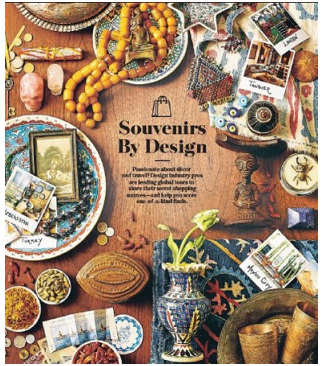


SHARON RYAN / STILL LIFE



STARTERS health wise

**SUPERFOODS**  
nuts for cholesterol

This may be the first time doctors have recommended eating a snack food as healthy as nuts. A recent analysis published in the *Journal of Internal Medicine* suggests that increasing the consumption of nuts may reduce the risk of cardiovascular disease. Participants in 25 trials ate about 30 grams a day of nuts such as almonds, walnuts, pistachios, pecans, hazelnuts, pine nuts, or cashews. Researchers found that cholesterol levels decreased by 2.4 percent for high triglyceride levels. Following the inclusion of fat in the diet, cholesterol levels also improved.

There is one catch: Not all snacks are created equal. Some nuts should be avoided to save more than 100 calories. The fat in walnuts and almonds, but not in the seed, is the most beneficial. For example, eating a handful of almonds daily may help to reduce the risk of heart disease, but eating more than a handful may increase the risk of weight gain. The researchers also found that eating nuts daily may help to reduce the risk of heart disease, but eating more than a handful may increase the risk of weight gain.

**ART of LIVING**

Serendipity isn't a game of chance. Experts have identified four habits that can set us up for good fortune.

**How to Get Lucky**

BY KATE ROCKWOOD FOR HEALTHCARE



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**CABINET OF CURIOSITY**

TAKE A PEER AT 19 PIN-UP ARTIST'S MOST COVETED PIECES. PHOTOGRAPHY BY BRUNO LAURICZ. STYLING BY SHANNON TAYLOR

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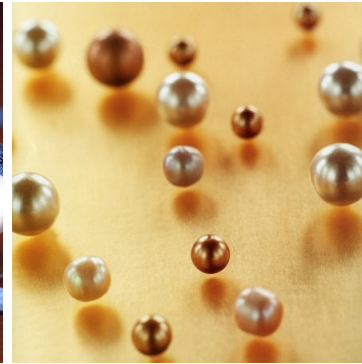
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LUXURY AND GIFT

SPA

ACCESSORIES

COVERGIRL

WINNINGS A BEAUTIFUL THING

COVERGIRL

TRUE

ELIXIR DE HIDRATACIÓN

