



July 21, 2008

healthy living made easy

First

235 quick treats



UNLEASH YOUR TRUE ENERGY

Cure for the tiredness syndrome that affects 96% of women who've dieted

SUDDENLY... SLIMMER!

Amazing tips that will make you look 15 lbs thinner right now!

YOU, HAPPY & BEAUTIFUL

KRISTIN CHENOWETH spills the 7 secrets that transformed her life—and looks!

ICE CREAM IS A-OK!

New research: Full-fat dairy helps weight loss

DROP 16 LBS IN 1 WEEK

NO PILLS!
NO HUNGER!

THIS CARB-CYCLING PLAN SENDS METABOLISM SOARING—RACHEL LOST 170 LBS!

HEAD-TO-TOE HEALTHY

Answers to questions most women are too embarrassed to ask their doctors



Loving touches—for less!

WORRY CURES

- ✓ Money savers
- ✓ Body shapers
- ✓ GI remedies
- ✓ Clutter fixes

Display until 7/21/08



\$2.49



DECOR SCOUT

First's home pro Brienne Dyas fields your requests

OUR VACATION RENTAL IS ALWAYS SO MUSTY!

Every summer my family rents a beach house for two weeks. We look forward to this retreat all year—but what I am not thrilled about returning to is that perennial musty odor. Even when I open all the windows, the place just never seems to completely air out. What's the most reliable way to get rid of the odor?



Forget sloppy in-laws and unruly neighbors—the most disagreeable guest you can have in your vacation home is that musty smell that thrives in sealed-up spots. Most people will reach for the room spray, which only masks the odor with a layer of fragrance. But to really conquer the yucky funk, you have to attack it on a molecular level.

Luckily, I found a great product that can do just that—and it's completely natural: Fresh Wave Odor Neutralizing Crystal Gel (\$15 for a 16 oz. jar, from Fresh-Wave.com or call 800-662-6367). It's more effective than any other odor neutralizer on the market because it naturally cleanses the air using specially designed Ecosorb molecules. Made from a combination of various herbal extracts and soy, these organic stink busters attract malodorous particles through electrostatic reactions. Each reaction releases a burst of carbon dioxide that effectively and efficiently eliminates odors without adding fragrances or chemicals. Just place a jar in the main room and remove the lid for round-the-clock odor-neutralizing power that lasts up to 90 days. And for

the biggest impact, place another jar in a room that doesn't get much air circulation (like a bathroom or bedroom).

IS THERE AN EASY WAY TO WATER HANGING PLANTS?

I've recently decorated my porch with a variety of hanging plants. Problem is, they're out of my reach, so it's hard to water them. I either end up soaking myself in the process or having to drag out a chair to stand on. Any tips?

Hanging plants are just so pretty—they add beautiful greenery and blooms in an otherwise-empty space. But as you've encountered, the biggest downside is figuring out how to water those hanging flowers without having to balance on a kitchen chair, call in your husband or break out stilts. In my search for a solution, I stumbled upon a “Why didn't someone think of this sooner?” product that neatly solves the problem once and for all: the E-Z-Up plant hanger and pulley system (\$10, from LeeValley.com or call 800-871-8158). The device works like a window blind, raising and lowering plants for watering and tending. Just attach the toggle end of the cord to the hook on your plant, then hang from the loop. To raise and lower the plant, simply pull the ball at the end of the cord. The internal automatic lock releases (or locks again) at any height. Giving your plants a drink will never make you tipsy again!



Put *First* to work for **you!**

Searching for a simple home-decorating solution? E-mail Brienne Dyas at decorscout@firstforwomen.com or send your questions to Decor Scout, *First* magazine, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632.