

REDDOOK

love your life

21 RED-HOT **sex Q&As**

Your secret desires, body hang-ups, plus a racy trick or two

The real reasons you're not losing weight

Sexy Mom Style

irresistible beauty buys & lust-worthy fashion for less

Jennifer Lopez
The surprising question husband Marc keeps asking her

One **CRAZY THING** couples are doing to heat the action up in bed

How busy women beat stress

MAY 2010

\$3.99



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UNGUILTY pleasures

Six ways to indulge yourself this month.

1 Chug beer, get strong

ONE hundred bottles of beer on the wall, one hundred opportunities to build bone density. Two beers a day (or light beers, for the calorie-counters!) provide 30 mg of dietary silicon, a key factor for bone growth, according to a study in the *Journal of the Science of Food and Agriculture*. The best brews: pale ales and malted barley brews, which contain higher silicon levels than the wheat varieties.

Shop with friends, spend less

TWO shoppers are better than one at jasmere.com, which combines high-end products in fashion, food, beauty, and home with social networking. Every day a new item goes on sale for about 60 percent off. As the day goes on, the more people who buy that item, the lower the price drops for everyone. How low can you and your friends get it to go?



Naidre Miller, 44, mother to Julian, 3
NUTRITION COUNSELOR AND COOKING INSTRUCTOR

"I've found that slim-fit jeans, paired with a tunic, look best on me," explains Naidre, who favors brightly colored cotton tunics from India and Mexico in eye-catching colors like yellow or blue. "The combination accentuates my legs and hides my middle. Plus, bright colors make me happy, and they also complement my number-one accessory: my crazy-curly hair!"

Embroidered top, Vintage Havana, \$48. "Lily" pants, Beja-Flor, \$170. "Medallion" flats, Nine West, \$89. Orange beaded bracelet, Marlyn Schiff, \$48. Stone necklace, ring, and beaded bracelet, Naidre's own.

"Knowing my clothes are **FLATTERING** gives me more confidence."