

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

100 Things That Are (ACTUALLY) Getting Better

Prepare to
Be Delighted,
Inspired, and
Very Relieved



COMING INTO YOUR OWN

And How to Look Gorgeous
When You Get There

STAY AWAY FROM THESE WOMEN!

The 5 Kinds of "Friends"
That Bring You Down

DON'T CHANGE YOUR BODY... CHANGE YOUR JEANS!

Find Your Dream Fit
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Anniversary
Bash!

**YOUR GOLDEN
TICKET IS INSIDE**



REALITY CHECK

ANTIAGING? REALLY? In the space of one recent week, I received press releases about antiaging nail polish, shampoo, and toothpaste. Look, I'm as eager as the next person to preserve (whatever's left of) my youthful appearance, but are we being oversold on this antiaging thing?

"Your nails and hair are made of the protein alpha-keratin, not living cells, as your skin is," says plastic surgeon Steven H. Dayan, MD, clinical assistant professor in the department of otolaryngology at the University of Illinois and author of *Instant Beauty*. Alpha-keratin doesn't age, so the most a nail polish

and shampoo can do is mask signs of damage by filling in ridges in nails, or coating the hair to make it look smooth and shiny. Likewise, toothpaste containing fluoride or calcium can protect the teeth, but it can't improve existing decay.

So while these products might make you appear younger, they don't reverse the aging process. Which is like the difference between the little black dress that will make you look slimmer and the one—wouldn't it be great?—that will actually make you lose ten pounds. It's a distinction worth noting.

—VALERIE MONROE

