

# Younger Now

## FENNEL

is an excellent source of potassium, which helps keep blood pressure in check.

## CHAMOMILE

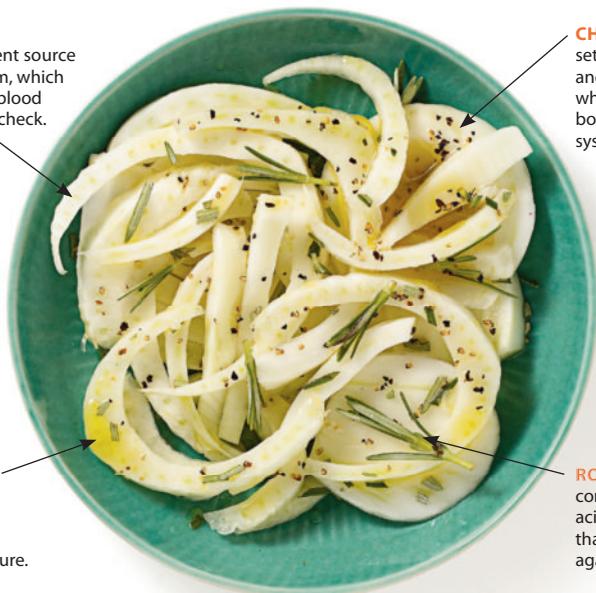
settles nerves and reduces stress, while possibly boosting immune-system function.

## OLIVE OIL

lowers bad-cholesterol level and blood pressure.

## ROSEMARY

contains carnosic acid, an antioxidant that may protect against Alzheimer's.



## LIVE TO 100 WITH THIS SALAD

Residents of a little Greek Island called Ikaria seem to have found the secret to a longer life: a diet rich in foods that do miraculous things for the body and mind, researchers say. Ikarians typically live to 90 or older, in part, because their eating habits may reduce their risk of dying by 25 percent. *Health's* Food and Nutrition Editor Frances Largeman-Roth, RD, whipped up a delish Mediterranean salad based on Ikarian staples, so you can live to a healthy old age, too.

### Fennel Salad With Chamomile-Rosemary Vinaigrette

Makes 4–6 servings

- 2 large fennel bulbs, halved, cored, and stalks removed
- 3 chamomile tea bags
- ¼ cup white wine vinegar
- 1 teaspoon chopped fresh rosemary
- ½ cup extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Thinly slice fennel bulbs diagonally, and place in a large bowl; set aside. In a small bowl, steep tea bags in vinegar 15 minutes; squeeze out tea bags into bowl, and discard bags. Add rosemary to vinegar-and-tea mixture, and whisk in olive oil; add salt and pepper. Drizzle vinaigrette over fennel, and refrigerate salad until ready to serve. (Serving size: about 1 cup)

## What women want (in a boob job)

More than 350,000 women get breast implants every year, making it the most popular kind of plastic surgery. No surprise there. But a new study in *Aesthetic Surgery Journal* shows that most women still get saline implants, despite the return of silicone in 2006 after 14 years off the market due to safety concerns. Here, what's most popular when it comes to implant type, size, shape, and more.

### Saline vs. silicone

**75–100%**  
OF FIRST-TIME PATIENTS  
GET SALINE IMPLANTS  
DUE TO POSITIVE  
REVIEWS

### Favorite incision location

**64%**  
SAY IT'S THE  
BREAST CREASE  
**25%** SAY IT'S THE  
AREOLA

### Favorite shape

**96%**  
PREFER  
ROUND IMPLANTS  
**4%** PREFER  
OVAL

### Favorite cup size

**C**  
ACCORDING TO  
81% OF SURGEONS

**Health.com** PAMPER YOURSELF. Want silky hands, clearer skin, relaxed feet? Try our fantastic home-spa recipes at [Health.com/at-home-spa](http://Health.com/at-home-spa).

## Youthful skin—revealed



As you age, skin cells regenerate more slowly. That means dead skin sits on your face's surface and dulls your complexion. A mild exfoliator, like **Alba Botanica Rainforest Gentle Açai Renewal Scrub**, can get skin glowing again. It contains açai-nut powder to fight free radicals, andrioba oil to soothe and heal, and cupuaçu butter to hydrate and soften.

\$14.95; [ALBABOTANICA.COM](http://ALBABOTANICA.COM)

## Turn back your biological clock

### NEWS WATCH

Would you have stem cells injected into your ovaries to help you get pregnant?

Aging women may

soon have that choice. In a recent study, newborn-mouse stem cells implanted in the ovaries of sterilized female mice successfully yielded fresh eggs and healthy offspring. Scientists don't know yet if women share the same protein that allowed for this mouse miracle, but they say the study offers hope of extending fertility in women up to age 60 or in those who become sterile due to disease or medical treatment.

