

GLAMOUR

108

**HOLIDAY
LUXURIES
WE CAN ALL
AFFORD**

**Great Sex
for Every
Woman**

Read Page 155—
Thank Us Tonight!

Yes!

**25 WAYS
TO NEVER,
EVER
LOOK
TIRED**

PAGE 102

Nicole

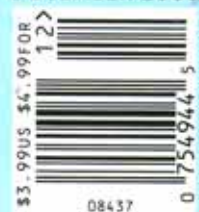
Her Life Secrets—
and More Inspiration
From Hillary, Tyra &
All Our Superstar

**WOMEN
OF THE
YEAR**

**Eat
What
You
Like!**

**Holiday Food
Without
Holiday Hips:
the Hungry
Woman's Plan**

DECEMBER 2008



www.glamour.com

Where's the mistletoe?

STRETCH YOUR LEGS.

In a small study at Indiana University in Bloomington, participants who moved more during the day (they wore motion-tracking devices) reported a more positive mood than those who sat on their tooshies.



pleasures like sex, sweets and drinks had higher levels of disease-fighting immunoglobulin A than those who beat themselves up, British research found.

SAY THANKS.

Grateful people are happy people, says Lyubomirsky.

"In one study, we had subjects write a gratitude letter to someone once a week," she says. "After two months, they were much happier than the group who didn't do that." The grateful ones didn't even have to *send* the letters—just writing thank-yous improved their mood.

DO SOMETHING NICE.

Whether it's dropping a fiver in Santa's Salvation Army bucket or holding a door open for a mom with a stroller, little acts of kindness can make you cheery, says psychologist Sonja Lyubomirsky, Ph.D., author of *The How of Happiness*. Her research found that doing a variety of good deeds three times a week significantly boosted people's happiness after 10 weeks. (And they were *still* feeling better when researchers checked in with them a month after that.)

GO EASY ON YOURSELF.

A good reason not to obsess over having a few Christmas cookies: People who don't feel bad about indulging in

HANG SOME CHEER.

Research shows that anything different—new adventures, new people, new shoes—excites our brains and boosts our mood. "That's why holiday decorations make us feel good," says Lyubomirsky. "They only come out once a year." And if you smooch under that mistletoe? All the better. —*Beverly Burmeier*

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



STRESS LESS. Your mouth will thank you!

I constantly get canker sores. What is going on?

—S.L., EDGERTON, WIS.

There are lots of potential culprits: spicy or acidic foods, allergies, hormonal shifts during your monthly cycle and even toothpaste ingredients. But stress is also a biggie. Studies show that people with canker sores have elevated levels of the stress hormone cortisol, and I've had several patients who've gotten them before a big event, like a wedding.

What can I do?

I'd start by taking a multivitamin with B₁₂ and zinc to support your immune system. You might also avoid common food triggers like coffee, eggs and chocolate. In the meantime, drugstore rinses and gels can numb the pain. One important note: Sores that don't heal after a couple of weeks can be a sign of oral cancer, so if you have one of those, see an M.D. or dentist.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on the Harvard Nurses' Health Study.

Eat...more!



OR



For lots of other "Eat...more!" ideas, go to glamour.com/magazine.

YOU CAN HAVE THIS
One 16-oz. glass of orange juice
220 CALORIES,
1 GRAM FAT

OR ALL THIS
One 16-oz. coffee with a splash of nonfat milk, a small tangerine and a whole-wheat English muffin with 2 tsp. strawberry jam
220 CALORIES, 1.5 GRAMS FAT

SO REMEMBER
Juice has lots of calories! Trade yours for an entire small breakfast.
—*Jackie Newgent, R.D.*

health quickie Having low HDL cholesterol may harm your memory. A good way to boost HDL? Exercise.

TOP LEFT: © PAMELA HANSON/ART • COMMERCE. TOP RIGHT: CANOPY PHOTOGRAPHY/VEER. EAT...MORE: SANG AN. FOOD STYLING: ROSCOE BETSILL. PROP STYLING: TIZIANA AGNELLO FOR ARTHOUSEMANAGEMENT.COM. MANSON: HEATH ROBBINS. HEALTH QUICKIE: ARTERIOSCLEROSIS, THROMBOSIS, AND VASCULAR BIOLOGY, AUGUST 2008