



Keep seeing the scale go down by using a free food and fitness tracker like the MyFitnessPal app.

## SUPPLY TO WATCH:

## SEA BUCKTHORN

It sounds like some sort of land-ocean hybrid, but sea buckthorn is actually an herb—and one of the hottest health boosters on the market. Popping up as a key ingredient in everything from skin-care products to dietary supplements, it's thought to fight aging, lower cholesterol, and aid in weight loss.

One recent study published in the *American Journal of Clinical Nutrition* found that sea buckthorn helped reduce waist size in a group of 80 overweight women. The herb has moisturizing properties as well. "Clinically studied SBA24 sea buckthorn oil, which is high in omega-7, is tremendously useful in relieving chronic conditions like dry mouth, dry eye, and

108  
MILLION

NUMBER  
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\*SOURCE  
MARKETDATA  
ENTERPRISES

vaginal dryness," says Cheryl Myers, head of scientific affairs for natural medicine firm EuroPharma.

On the beauty front, sea buckthorn contains powerful antioxidants that may help stave off oxidative damage. **One product we love: Sea Buckthorn Seed Oil from Sibub**, which helps diminish wrinkles and age spots while promoting healing. \$16, [sibubbeauty.com](http://sibubbeauty.com)

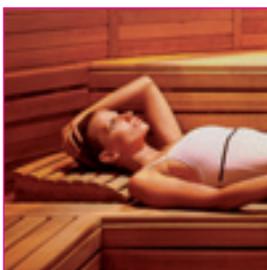
## Win at Weight Loss

If you're still subscribing to the "calories in equals calories out" equation when it comes to losing weight, you may want to rethink the math. Researchers say that while physical activity does help burn excess calories, it's not an exact science. "There are a variety of factors that influence weight loss, from decreasing muscle mass—which will ultimately lower your resting metabolic rate—to a post-workout binge that can put back on all of the calories you burned off," explains Gordon Fisher, Ph.D., a researcher at the University of Alabama-Birmingham. To prevent the loss of muscle along with fat, stick with regular resistance training and cardio sweat sessions while keeping your daily calories in check.

Try this: Fat-burning supplements like ThermoDyne can help in your battle of the bulge. Research shows subjects who took the anthocyanin- and flavanone-rich weight-loss supplement twice a day while maintaining their regular healthy eating and workouts lost an average of more than 15% body fat. (\$60, [novexbiotech.com/thermodyne](http://novexbiotech.com/thermodyne)).



This plant's berries may help slow aging.



## Turn Up the Heat

Next time you head to the gym, finish off your workout with a few minutes in the sauna. New research shows that saunas—especially the infrared variety popping up in health clubs lately—can have a beneficial effect on both health and fitness. One study found that subjects who used an infrared sauna significantly shrank their waists and lowered their blood pressure. And a recent research review found that infrared saunas diminished pain levels while boosting immunity in subjects with autoimmune diseases (such as rheumatoid arthritis).

A sauna can also help increase flexibility. "Doing a stretching routine in the heat can enhance range of motion to a greater degree than in a regular environment, and an infrared sauna seems to be especially effective," notes Michele Olson, Ph.D., professor of exercise science at Alabama's Auburn University-Montgomery.