

Latest cures for pain, infertility, stubborn fat
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Health

Eat
more,
weigh
less!

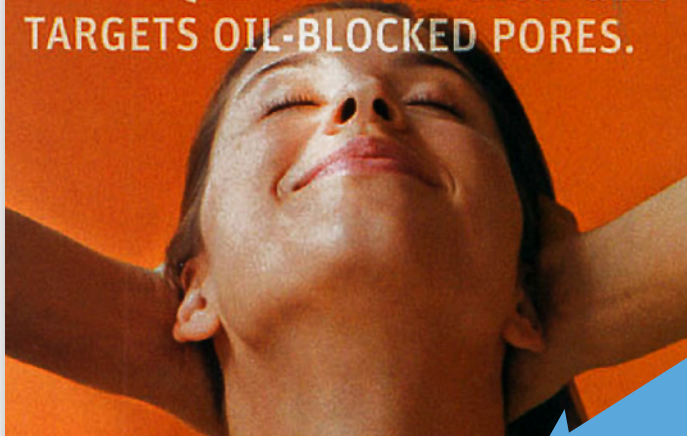
5 new

AMAZING
TREATS
under
100
calories!

Quick
fixes for
tummy
trouble

How celebs
stay slim
this season

GOOD NEWS FOR THOSE WHO
SUFFER FROM STUBBORN ACNE:
A BREAKTHROUGH VACUUMING
TECHNIQUE THAT SUCCESSFULLY
TARGETS OIL-BLOCKED PORES.



Stressed?
Try this
magic move
page 21

10 minutes to
thinner thighs

2 • ACNE

Vacuum away those zits

There's good news for the 25 percent of acne-afflicted folks who don't respond to traditional Rx acids or peels and microdermabrasion techniques. The U.S. Food and Drug Administration (FDA) recently cleared the new PPx (Photopneumatic) Pore-Cleansing System for treating stubborn acne. Originally, PPx was reviewed and OK'd as a hair-removal system. But in recent research at Johns Hopkins University in Baltimore, the treatment showed overwhelming success in reducing signs of acne breakouts. PPx is a two-step process. First, facial pores are gently vacuumed to remove excess oil that blocks pores, then a broadband light (laser) is used to dissolve away any remaining impurities in the skin. Between 70 and 85 percent of those tested responded well to PPx, says Dale Isaacson, MD, dermatologist and assistant clinical professor at George Washington University. Caveats: As many as five or six \$300 sessions, plus follow-ups, may be required for best effects; and the technique may not work as well on darker skin tones.