

UPDATE YOUR MAKEUP 6 Tempting Shades

allure

THE BEAUTY EXPERT

SEPTEMBER 2006

Amazing New Skin Care

10 Advances to Reduce Cellulite, Soften Skin, Banish Redness

SIMPLE SEXY HAIR

30 Seconds, 1 Elastic, All-day Gorgeousness

Celebrity Surgery Shockers

Secrets, Freebies & Botched Jobs

USA \$3.50
CANADA \$4.50
FOREIGN \$4.50



THE BACKSTORY: In a 2005 review of the growing number of green tea-related health claims, the FDA considered other scientific research and deemed it “highly unlikely” that green tea helps prevent cancer in people—at least, not breast cancer and prostate cancer, which these other studies investigated. But that doesn’t mean the polyphenol research is bogus, according to James Spencer, professor of clinical dermatology at the Mount Sinai School of Medicine. “These chemicals have been convincingly shown to be chemopreventative, but it’s a question of dosage,” he says. In the study, the mice drank the human equivalent of five to six cups of green tea per day for six months. Katiyar expects that humans would respond similarly, although he says “the magnitude of the photoprotective effect may differ from person to person and with the intensity of the UV radiation,” which can differ by geographic location. Experts caution that tea should never be considered a substitute for sunscreen.

Christina Aguilera

“Are We in Therapy Now?”