



APRIL 2007 GOODHOUSEKEEPING.COM

# Good Housekeeping

**"I LOST 102 lbs!"**

No pills. No surgery. How 5 women dropped the weight-FOR GOOD

**HATE CLUTTER?**  
**QUICKIE ORGANIZING**  
15-minute fixes

**INSTANT CALM**  
16 STRESS-BUSTERS

**Is Your House Making You Sick?**  
OUR ROOM-BY-ROOM DETOX GUIDE

**SINGLE BEST WAY TO GET YOUNGER SKIN**  
(No doctor required)

**WHEN YOUR TEEN'S IN TROUBLE**  
HOW TO KNOW WHAT TO DO

**SPICY**  
Fast & Furious  
Autumn 2007

**CARMEN TEDDER**  
AT 134 LBS.

**AT 236 LBS.**

Apr-07