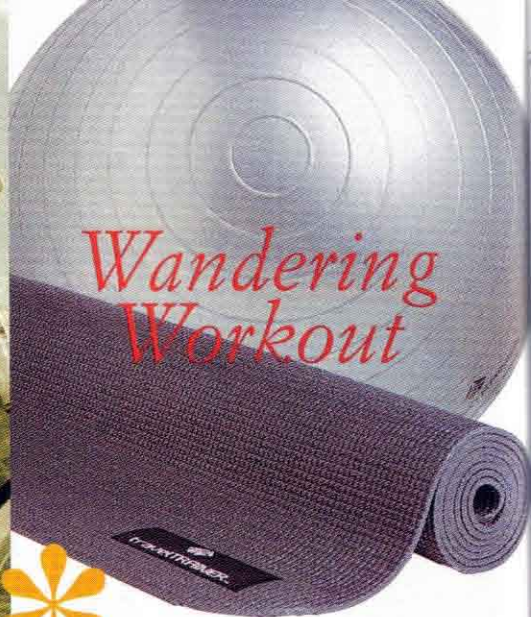


## sole saver

Ah, yes, the wounded feet of summer. Band-Aid Anti-Blister Stick, \$8, helps stop blisters in their tracks. When you sense those sandals rubbing, apply to heels, toes or soles. If you're too late for preventive action, turn to Band-Aid Advanced Healing Blister Cushions, \$5.70/pkg of 6, which are said to relieve blister pain and help heal them faster than ordinary bandages.



## Wandering Workout

Spending days on airplanes and nights in hotels doesn't mean you have to give up your fitness routine. Use the TravelTrainer Personal Fitness Studio as your portable gym; it comes equipped with a stability ball, air pump, yoga mat, sturdy resistance bands and a CD-ROM with 50 exercises. Approximately \$100.

## FOOD FIX

Eating the right combination of heart-healthy foods may help lower LDL, or "bad," cholesterol levels as effectively as medication, according to a recent study by University of Toronto nutrition researchers. The four main foods in the diet were almonds, vegetable proteins (including soy), high-fibre foods (such as oatmeal) and plant-sterol-enriched margarine. In the yearlong study, one-third of the people who closely followed a diet that included those foods lowered their LDL cholesterol by an average of 29 percent, says study coauthor Cyril Kendall.

## Breathe Easy

Is Mr. Right's snoring coming between the two of you? The solution could be his pinkie finger. With a little help from acupressure properties borrowed from ancient Eastern medicine, the Anti-Snor Therapeutic Ring (and its inner grooves) applies pressure to key points on the underside of the left pinkie—points that are connected through the arm to the heart, nose and throat areas, which, when stimulated, reportedly allow for improved breathing. Approximately \$50.

## buff bod

The perfect DVD workout for the busy bride-to-be: **Pilates for Life: 20-Minute Overall Body Workout**, \$9, from Amy Brown, Pilates instructor and owner of Toronto's Pilates for Life. "Brides don't have a lot of time to exercise, but they want to look toned on their wedding day and during the honeymoon," says Brown. "We created this 20-minute Pilates workout to tone the abs, waist, hips, butt and thighs and even improve posture so brides look good walking down the aisle."