

FLIP OVER FOR BEAUTY BONUS!

Women's Health

**SEXY HAIR,
GLOWY
SKIN**

46 Fresh Ideas
For Spring

HOT & HAPPY

The New Mind-Body
Workout, P. 128

**End
Allergy
Hell**

Reader Story!
"How I
Lost 62
Pounds"

**Fitter.
Faster.**

Tighten!
Tone!
Flat!
Our Plan

**HO CHI GI
COOL SLIVE
GIEN**

Sharing Beer &
Beauty Tips With...

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11444 W. OLYMPIC BOULEVARD
LOS ANGELES CA 90064-1549
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April 2016
WomensHealthMag.com

FASHION



PRETTY PRACTICAL

Coco Rocha

Model, activist, codesigner of a capsule collection for handbag maker Botkier

THE BAG: Botkier New York London Backpack, \$448, botkier.com



A PEEK INSIDE

Coco keeps her pared-down arsenal in check by cleaning out her 'pack every night.

- 1/ Burt's Bees Lip Balms
- 2/ Toy for daughter Ioni
- 3/ Mophie charger ("You never know when you'll need a charge!")
- 4/ Fiji Water

WHY THIS BACKPACK?

- 1) **It's versatile.** "If I have my hands full and I'm on the go, I'll wear it as a sling. If I'm going to be in and out of it a lot, I'll transition it to a bucket bag." Party mode, mommy mode, ready-for-anything mode.
- 2) **It practically organizes itself.** As a new parent, Coco carries twice as much as she did before, which means she needs a bag that not only looks good but simplifies her life. Quick-access interior pockets minimize that annoying gotta-dig-for-it feeling.
- 3) **It's functional.** Getting in and out should be smooth and seamless, says Coco. Mad props to the zipper that won't snag!

MORE BACKPACKS!



Aimee Kestenberg, \$238, aimeekestenberg.com



ASOS, \$48, asos.com



Mackage, \$440, mackage.com



Luana Italy, \$398, luanaitaly.com

Pop and Circumstance

Tons of plain-H₂O haters are getting fizzy with it, but rumors abound that carbonated waters could harm your health. We investigated, and the truth is quite refreshing.

By Cathryne Keller

The Rumor:

BUBBLY'S NOT AS HYDRATING AS FLAT.

Last we checked, sparkling water was still wet. Its buzz comes from carbon dioxide, which does deliver that telltale bite—but doesn't prevent your body from absorbing moisture, says Susan Yeargin, Ph.D., a hydration expert at the University of South Carolina. In fact, one study found that after an intense workout, carbonated water replaced participants' fluids just as well as still.

The Rumor:

IT'S BAD FOR YOUR TEETH AND BONES.

Carbonic acid, formed when H₂O meets CO₂, may erode tooth enamel in very high concentrations, but despite what you've seen on your Facebook feed, relax: As long as you don't down a six-pack per day (and your seltzer's not loaded with acidic fruit juice or cavity-causing sugar), your smile's safe, says Timothy Chase, D.M.D., a dentist in New York City. And in a study that looked at whether bubbly bevs are linked to lower bone-mineral density in women, all types of sparkling water got the all-clear.

The Rumor:

SIPPING ADDS INCHES.

It's true that gulping down so many mini air pockets may be temporarily bloating—but that's a good thing for your scale in the long run. Seriously: Researchers found that carbonated water may be significantly more filling than still, especially on an empty stomach. And the fuller you feel, the less likely you'll be to succumb to mindless munching. Just avoid versions loaded with artificial sweeteners, which may actually ramp up sugar cravings.

The Rumor:

IT GIVES YOU HEARTBURN.

Researchers have debunked the idea that chugging effervescent water can cause acid reflux. That said, if you're already prone to heartburn (blurg!), you might want to stick with the plain stuff, especially with meals. Evidence suggests that bubbles may aggravate preexisting reflux issues by relaxing the lower opening of the esophagus, making it easier for acid to creep up your gullet, says Melina Jampolis, M.D., author of *The Doctor on Demand Diet*.

FIZZ FIGHT!

Martin Riese, the only certified water sommelier in America, breaks down your bubbly options.

SELTZER

Also known as sparkling water, this is the basic stuff: straight-up, unfiltered tap water with added carbon dioxide.

CLUB SODA

This one's tap plus fizz too, but infused with sulfur and sodium (about 75 milligrams per eight-ounce can) to mimic the taste of spring water. The minerals create a better base for booze—hence why most bars stock club soda.

SPARKLING MINERAL WATER

It comes straight from naturally carbonated springs (though a few brands add extra CO₂). Also called sparkling spring water, its mineral content and taste vary depending on its source.

Better Bubbly

The hashtag #sparklingwater is now four times as popular as #netflixbinge on Instagram! *WH* staffers are equally obsessed—especially with these four unsweetened sensations, which bubbled to the top in an office taste test.



POLAND SPRING SPARKLING LEMON

"When life gives you lemons, you only hope they're as light and refreshing as this."
Cassie Skoras, designer



LA CROIX TANGERINE

"Fresh citrus with the perfect amount of carbonation—enough to make your tongue tingle, but not burn."
Deb Wenof, deputy photo editor



DASANI SPARKLING BLACK CHERRY

"I'm not usually a fan of carbonated drinks, but the robust black cherry flavor has brought me over to the bubbly side!"
Laura Sampedro, production director



HINT FIZZ WATERMELON

"The subtle, not-too-sweet taste is evidence that it's not made with a ton of sugar. A sip makes me think of summer."
Christina Heiser, online senior associate editor

DO YOURSELF A FLAVOR

Can't live by bubbles alone? Kick things up a notch with tasty DIY infusions. Whether you buy the base at a store or make some yourself—products like SodaStream and Bonne O offer easy home carbonation, while fancy refrigerators now come with seltzer dispensers—try out these fresh takes on fizz.



TO A TEA

Loose-leaf steepers can brew tea syrups—lots of tea, a little hot water—that you add to seltzer to make drinks like Poppin' Peach black tea for fewer than 10 cals per cup.



FRUIT COCKTAIL

Drop some berries or wedges of orange, mango, pineapple, or kiwi into your drink for fruity flavor—and a healthy post-sipping snack.



FREEZE-FOR-ALL

Fill an ice tray with coconut water (plain or chocolate), then add the chilled cubes to your glass for a gradually intensifying, tropical-tasting spritzer. ■

FEEL THE BURN

No, we're not endorsing Bernie Sanders for president, but if you crave bubbles that hurt so good, opt for cans or glass—plastic can't hold pressure as well. And if icy is your MO, go hard: Glass conducts heat slower than aluminum does. Plus, it's free of BPA, a chemical in some cans and plastic bottles that's been linked to cancer and heart problems.