

REDBOOK

love your life

28 sexy things to try in bed

He so wants to test these out with you!



JILLIAN MICHAELS shares the *Biggest Loser* secrets that work for every woman

12 sneaky ways

Body & Mind

Yes, You Can
be healthier this month



Reach for the *real* maple syrup

Before your next pancake breakfast, consider this: Maple syrup contains more than 20 antioxidants reported to have anticancer and antidiabetic properties, says Navindra Seeram, Ph.D., an assistant professor at the University of Rhode Island's College of Pharmacy. That's not true of low-cal or "pancake" syrups, he says, which tend to have no maple. At about 50 calories a tablespoon, there's no reason not to use "100% maple syrup"—check the label for those words—on your flapjacks. Sweet!