

love your life.

RED-HOT
SUMMER
READ! p.61

REDUX

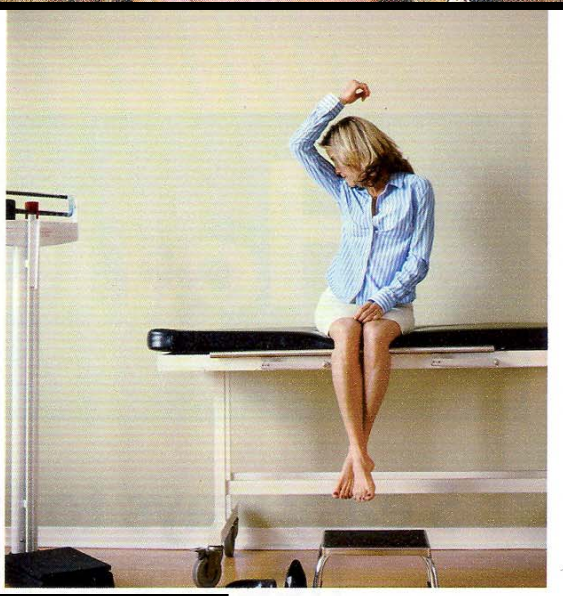
Men's

Handbook
YOUR HEALTH

Bye-bye, B.O.

...stinky feet, bad breath, and more. We've got remedies to help you fight the funk.

by Jeannette Moninger



Klum
the one
that's
her life

62 styles
steals

SAVE \$\$\$

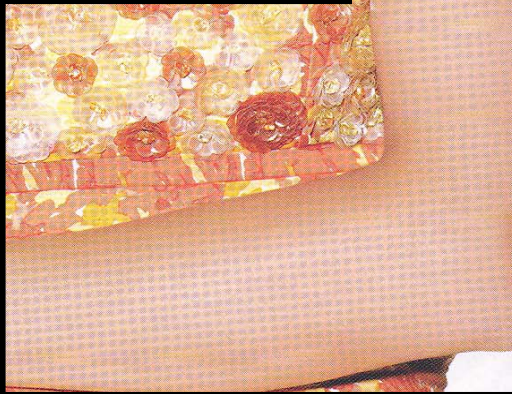
Go green—and put green in your pocket

**SIMPLE
SUMMER
SUPPERS**

Stinky feet

With 250,000 sweat glands each, your feet produce up to ½ cup of sweat every day. And as temperatures rise, so does the moisture, creating the perfect breeding ground for odor-producing bacteria.

■ **WHAT TO DO:** Wash and dry your feet thoroughly when you shower. Wear shoes made from natural materials—like leather or canvas—that allow feet to breathe. If your feet still get damp, sprinkle on a foot powder like Certain Dri Feet (\$4, drugstores nation-



wide) or stick an absorbent insole (try Summer Soles, \$21 for three pairs; summersoles.com) in your shoes. That same antiperspirant you're applying to your underarms every night will also keep your feet dry, says Bank.