

It's our first-ever **GENIUS ISSUE!**

ISSUE **260**
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parenting

modern families + fresh ideas

school
years

Raise the Next Steve Jobs

(or at least a really,
really bright kid)

The new
playdate
playbook

BUSTED!
What to do
if your kid
cheats

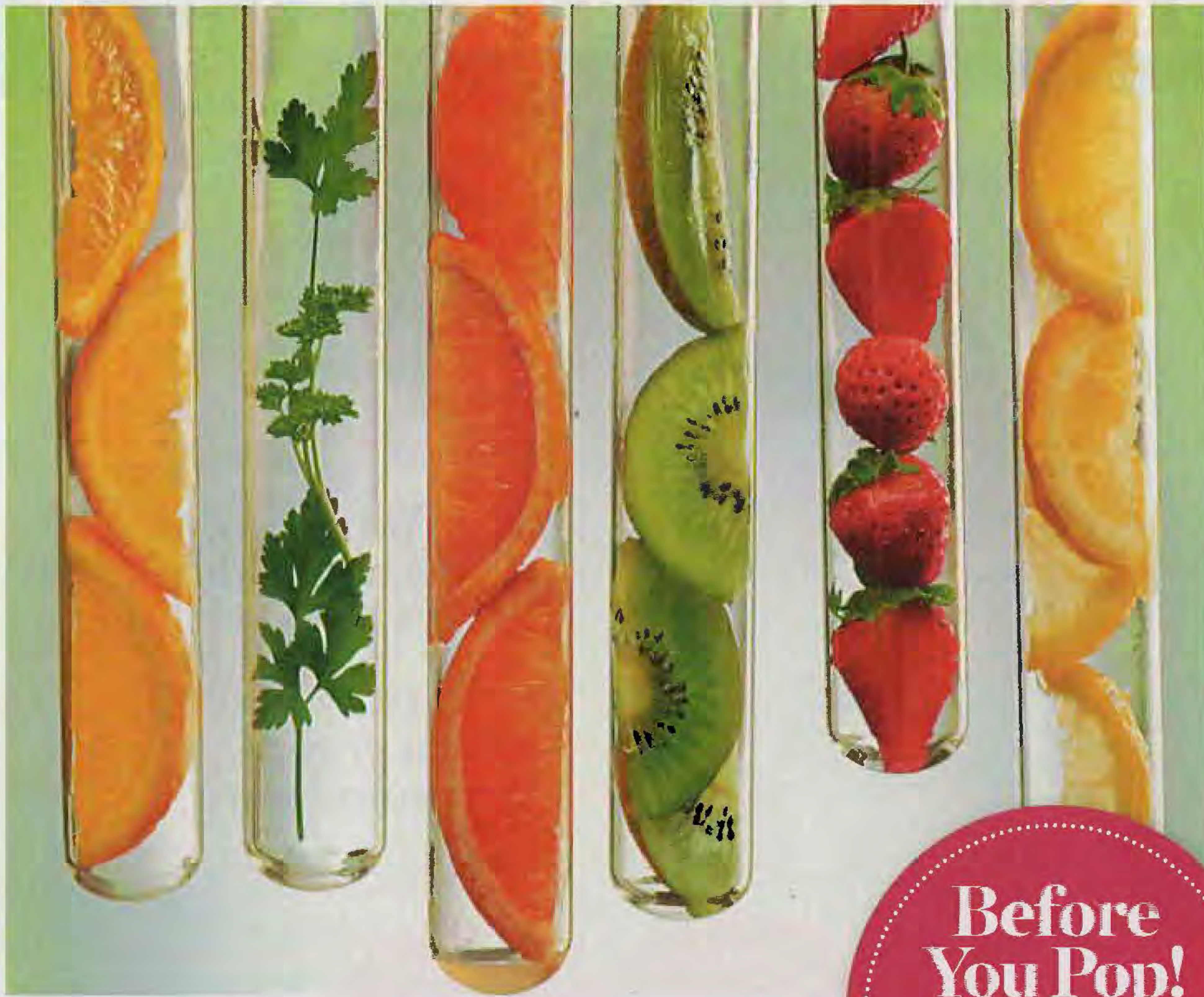
7
smart
new
family
cars

High-
energy

V
Hyper-
active

+
The latest
on ADHD





Probiotics Are the New Prada

Dietary supplements are trendy—more than half of Americans take them. Robin Barrie Kaiden, R.D., tells how to pick the right one.

MOM SYMPTOM: You're bloated from picking at your kid's leftover grilled-cheese crusts...and macaroni and cheese...and fries.

TRY: Probiotics

WHY: Habitually noshing on simple carbohydrates, especially when coupled with antibiotics, can cause that uncomfortable four-months-pregnant look. Even if you're not taking antibiotics right now, there's a surprising amount in our food supply. They kill both the good and the bad bacteria in your gut. But probiotics replenish the good bacteria. That not only helps with digestion and bloating but also may prevent yeast and urinary-tract infections.

MOM SYMPTOM: You're a bundle of nerves from the homework/bedtime drill and can't sleep.

TRY: Chelated Magnesium

WHY: Many women lack magnesium in their diets, but it helps calm nerves, aids digestion, and reduces the severity of headaches. Chelated magnesium is more easily absorbed. (Feelings of shakiness can also be caused by low blood sugar, so don't skip dinner.)

MOM SYMPTOM: You're sluggish from doing it all.

TRY: Vitamin B₁₂ or B-Complex

WHY: This energy-boosting vitamin is found in animal sources, so if you're

not eating much meat, you could benefit from it. Feeling pooped could also mean you're low on iron or have thyroid issues, however. A blood test can tell.

MOM SYMPTOM: Your hair and skin are dull.

TRY: Fish Oil, Biotin, or Beta-Carotene

WHY: Omega-3's in fish oil keep moisture in cells and toxins out, leaving hair shiny and skin soft. Biotin can thicken and improve the elasticity of hair; beta-carotene decreases skin inflammation caused by UV damage. Down 'em with plenty of H₂O! No pill can make hair lush and skin glow if you're dehydrated.

Before You Pop!

Enter all your meds and supplements on pilladvised.com to SEE HOW THEY INTERACT.

You Look Faaaaabulous!

Bust that belly with moves from celeb trainer Andrea Orbeck, who whipped Heidi Klum into shape post-preggers. Do them every other day.



1. Tone your lower tummy: The reverse crunch (20 reps) Lie on your back with your hands behind your head. Your feet should be slightly off the floor and your knees tightly bent. Keep your upper body still. Pull knees into chest by contracting lower abs. Slowly lower heels back to the starting position.



2. Banish love handles: Oblique bends (20 reps on each side) Stand with feet shoulder-width apart. Place one hand behind head. Hold a five-pound dumbbell in the other. Lean to the dumbbell side, stretching your waist on the opposite side. Slide back up to starting position.



3. Strengthen your core: The plank (four reps) Balance your weight on your forearms (shoulder-width apart) and toes (feet together). Tighten abs and butt. Hold for 30 seconds.