

SUMMER
FUN
SPECIAL
ISSUE

Enjoy life for less!
all you
EXTRA

79 EASY, TASTY RECIPES

Yummy *no-fuss*
meals you'll love

MAKE THE
MOST OF
→ **FAMILY
TIME**

Eat to lose

Try *guilt-free* versions
of your favorite foods

**\$23.50
WORTH OF
GROCERY
COUPONS**

BONUS!

BE A BETTER GRILLER



ENJOY A
COOL DRINK



FIND FASHION
UNDER \$50



THROW A
GREAT PARTY



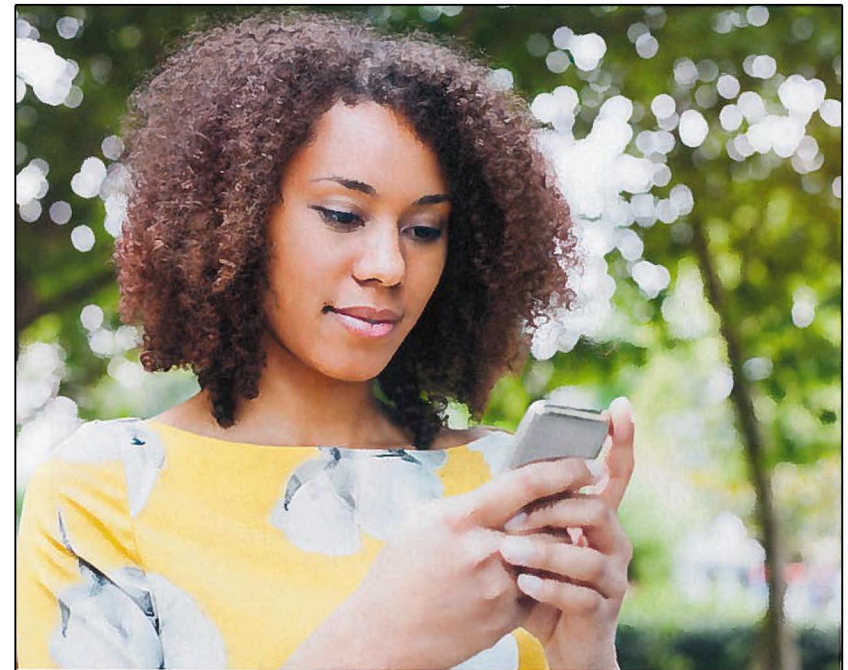
www.allyou.com

\$5.99/ISSUE



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Check your phone to stay healthy

Download free apps that make taking care of yourself a snap.

Cures A-Z

(ANDROID, IPHONE)

Developed by best-selling author Jacob Teitelbaum, MD, this intuitive app offers a list of innovative natural remedies that can be used to help treat heartburn, hiccups and many other woes.

Medscape

(ANDROID, BLACKBERRY, IPHONE)

Starting a new medication? Avoid negative interactions by checking drugs against this database of 8,000-plus herbs, supplements and medications.

UV Safe Timer

(IPHONE)

This program reads the weather where you are, including how strong the sun's UV rays are on a scale of 1 to 10, and tells you how high of an SPF you will need. The app also pings when it's time to reapply.

ZocDoc

(ANDROID, BLACKBERRY, IPHONE)

Can't get to your usual physician? Find another local doctor, read patient reviews and see the available appointment times with this app.

Lose It

(ANDROID, IPHONE)

After you plug in your information (height, weight, the number of pounds you'd like to lose per week), this app gives a daily calorie budget so you can meet your target. It also features a food and exercise log, which adds or subtracts calories from your calorie allotment: Punch in foods you eat and the number of calories you have left goes down; log a workout and it goes up. The app also has a tool to graph your weight loss. You can even sync the app with Facebook to share your progress with friends.

Relax Melodies

(ANDROID, IPHONE)

Fall asleep faster! Select any of this app's more than 40 different relaxing sounds, or pair them together. Soothing flow of a river near a crackling campfire, anyone?

Workout Trainer

(ANDROID, IPHONE)

You can follow thousands of workouts with this app, including sessions that are tailored to a specific focus such as toning. Videos and still images show how-tos.

Yoga Free

(IPHONE)

This app offers workouts for all fitness levels, from beginner to guru, along with calming background music. Click on a pose for a picture of how it should look and instructions on how to do it.

Reported by Alessandra Acquista