

WIN A new YOU! p.14

q&a

ASK THE SKIN DOC

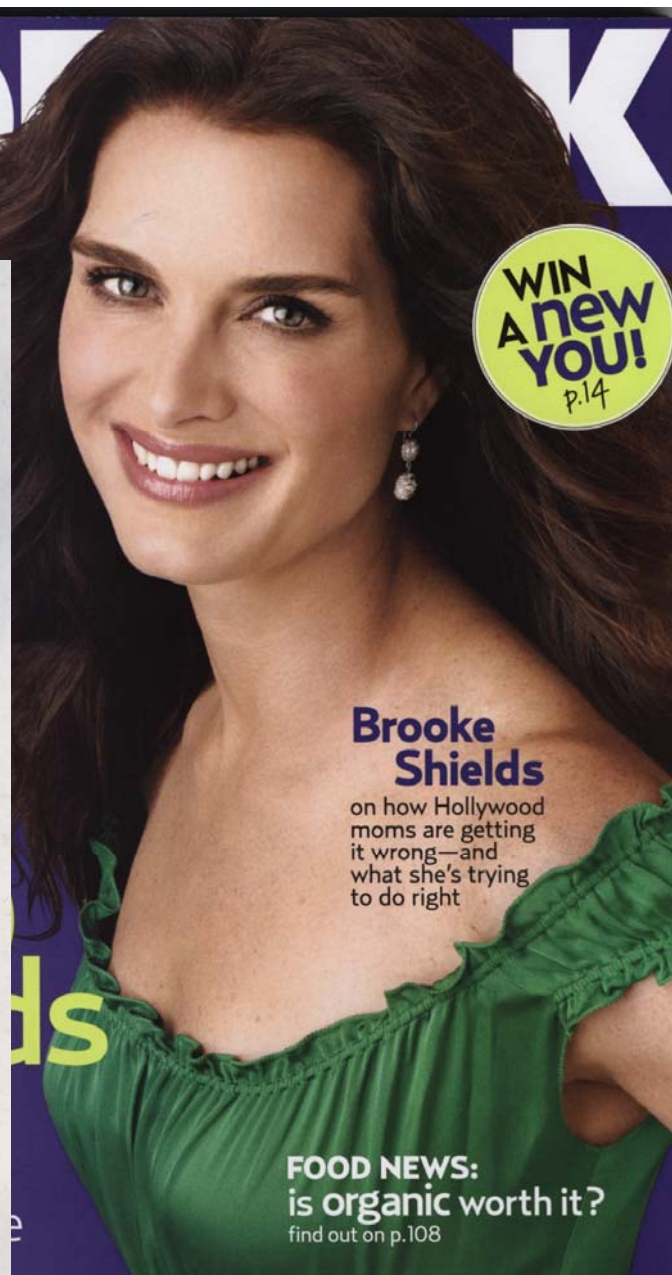
Q: I'm seeing all these "chelating" products. What are they—and do I need one?

A: Chelators are ingredients that help remove heavy metals like mercury and lead (and some nonmetals such as chlorine) that are found in tap water. These metals can build up on your hair—causing discoloration, dryness, and unruly strands—and on your skin, where they prevent good-for-you ingredients from being absorbed. So if your tap water contains those heavy metals, a chelator is for you. (Go to discovertesting.com for at-home water

tests.) Editors' chelating product picks: MD Skincare Hydra-Pure Antioxidant Firming Serum, \$95; Joico K-Pak Chelating Shampoo, \$12; and Alchimie Forever Kantic Mask, \$60.

—Doris J. Day, M.D., is a clinical assistant professor of dermatology at New York University School of Medicine.

Heavy metal ban: These products pair metal removers with hair-strengthening or skin-firming ingredients.



Brooke Shields

on how Hollywood moms are getting it wrong—and what she's trying to do right

FOOD NEWS: is organic worth it? find out on p.108

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