

O

THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

100 Things That Are (ACTUALLY) Getting Better

Prepare to
Be Delighted,
Inspired, and
Very Relieved

COMING INTO YOUR OWN

And How to Look Gorgeous
When You Get There

STAY AWAY FROM THESE WOMEN

The 5 Kinds of "Friends"
That Bring You Down

DON'T CHANGE YOUR BODY... CHANGE YOUR JEANS

Find Your Dream Fit
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Enter to
Win a Trip
to O's 10th
Anniversary
Bash!

**YOUR GOLDEN
TICKET IS INSIDE**

FEBRUARY 2010 \$4.50



Healthwise

STOCK A HEALTHY FREEZER...DR. OZ ON DEPRESSION...TIPS TO BOOST YOUR WILLPOWER

The Big Scoop

Sweet news about goat's-milk ice cream.

Nestled among the pints of Ciao Bella and Ben & Jerry's in gourmet dairy freezers is what could be called America's first guilt-free ice cream. It's Lāloo's (pronounced *lay-looz*), and it's made from the milk of goats that freely graze the hillsides of Sonoma Valley and the lush farmland near Lake Winnebago, Wisconsin. Spoon into a bowl of Deep Chocolate (or Black Mission Fig or Capraccino) and you'll find a rich, velvety frozen treat that you'd never guess has about half the fat of your average premium cow's-milk brand. We could tell you that goat's milk contains less water and more solids (which means no need for added cream). Or that it has more of certain minerals (calcium, potassium, magnesium) than cow's milk. Or that the goats in question are free of antibiotics and growth hormone. But we're guessing we had you at Deep Chocolate. (laloos.com) —NAOMI BARR



Taste it to believe it: ice cream with half the fat.

