

• WE HAVE THE ANSWERS!

**I'm the maid of honor in my best friend's wedding this summer and I need to make a toast. Help!**

—Sharon G., Austin, TX

You're already doing the most important thing, which is thinking about the toast before the big day. Recall a few fun (but G-rated) stories about the bride, your relationship with her, and why you think she's perfect for her hubby. "If you're not comfortable using humor, pick a famous quotation about marriage and build a talk around that," says Tom Haibeck, author of *Wedding Toasts Made Easy*. To keep from sounding stiff and rehearsed, jot your ideas on index cards and use them as speaking points instead of memorizing an entire script. Keep it under five minutes and be sure to end on a high note. Your day-of plan is simple: Limit your cocktails before speech time, hold the mike steady, and don't forget to raise a glass when you're done. By then, you'll deserve it as much as the happy couple.

**I got burned during my last bikini wax, but the wax didn't even feel hot. How could this have happened?**

—Lisa A., Henderson, NV

Chances are, it wasn't a burn—most salons heat wax to a safe 95°F to 104°F—but a rewaxing injury, says Shobha Tummala, owner of Shobha, a hair-removal specialty salon in New York City. Along with unwanted hair, waxing removes a layer of dead skin cells, the same ones you scrub off when you exfoliate. Rewaxing the same area can take off the more sensitive living cells. Ouch. Dip a cloth in cold milk and lay it over the sore spot, or apply an over-the-counter hydrocortisone cream. And next time, ask the technician to prep the area with powder. It will absorb excess oil from your skin, making the wax stick better, and it will also act as a protective barrier against irritation. From there out, it should be smooth sailing.

Go wild!

## Q Which berry has the most antioxidants?

—Katrina J., Salem, NC

Chances are, your local farmers' market doesn't carry the ones with the biggest antioxidant punch (açai, goji, maqui, or choke berries). No worries though: Wild blueberries are a close second. One cup contains 13,427 of the age- and disease-fighting compounds, including vitamins A and C. "Wild blueberries have more antioxidants per serving than cultivated blueberries, plus a more intensely sweet and tangy taste," says Lisa Jones, R.D., an adjunct professor of nutrition at LaSalle University. Not a blueberry fan? A study published in the *Journal of Agricultural and Food Chemistry* found that one cup of most berries provides all the disease-fighting antioxidants you need in a single day, so add a handful of your favorite kind to yogurt or a salad to get your fill.

### Got a question?

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