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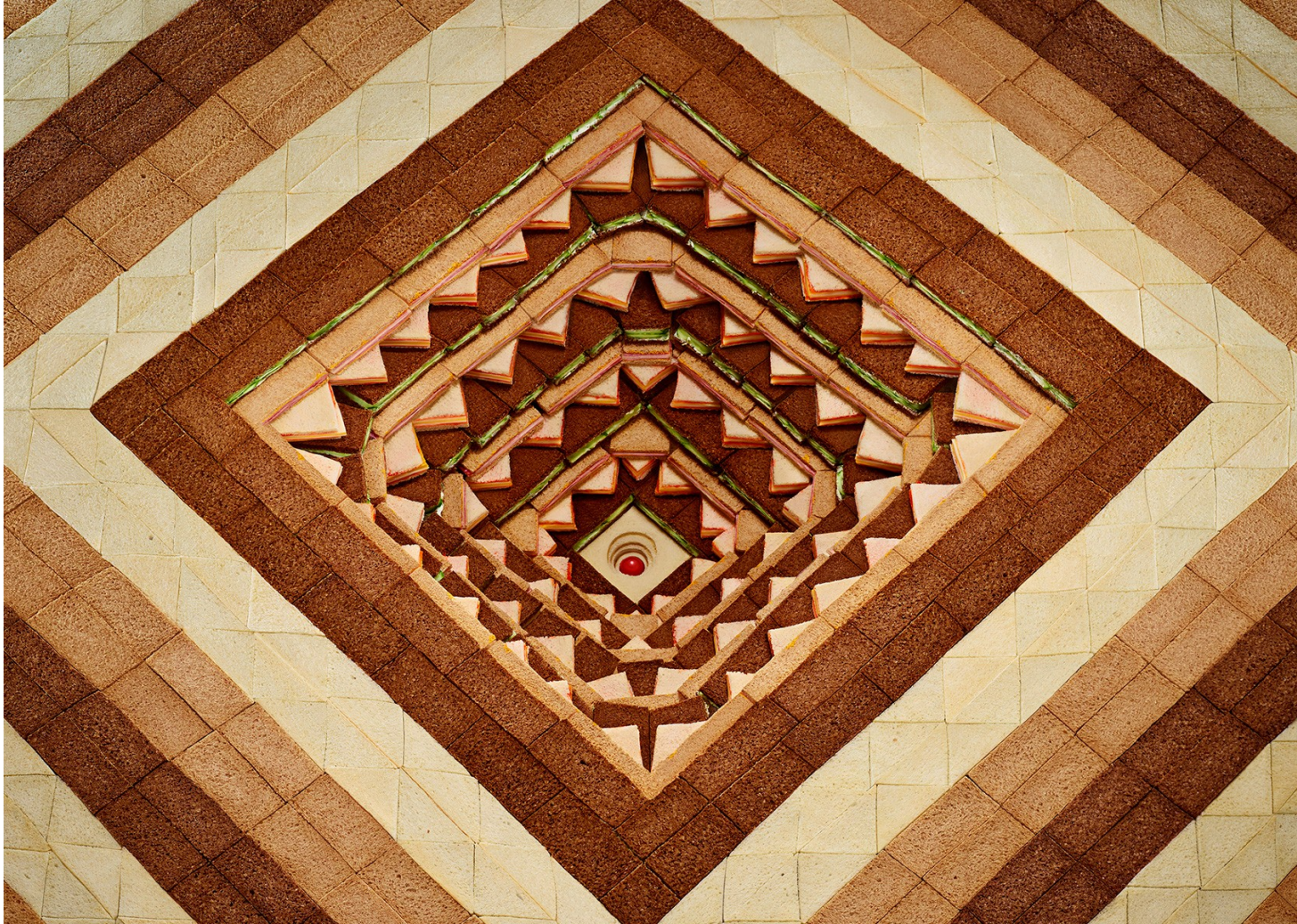
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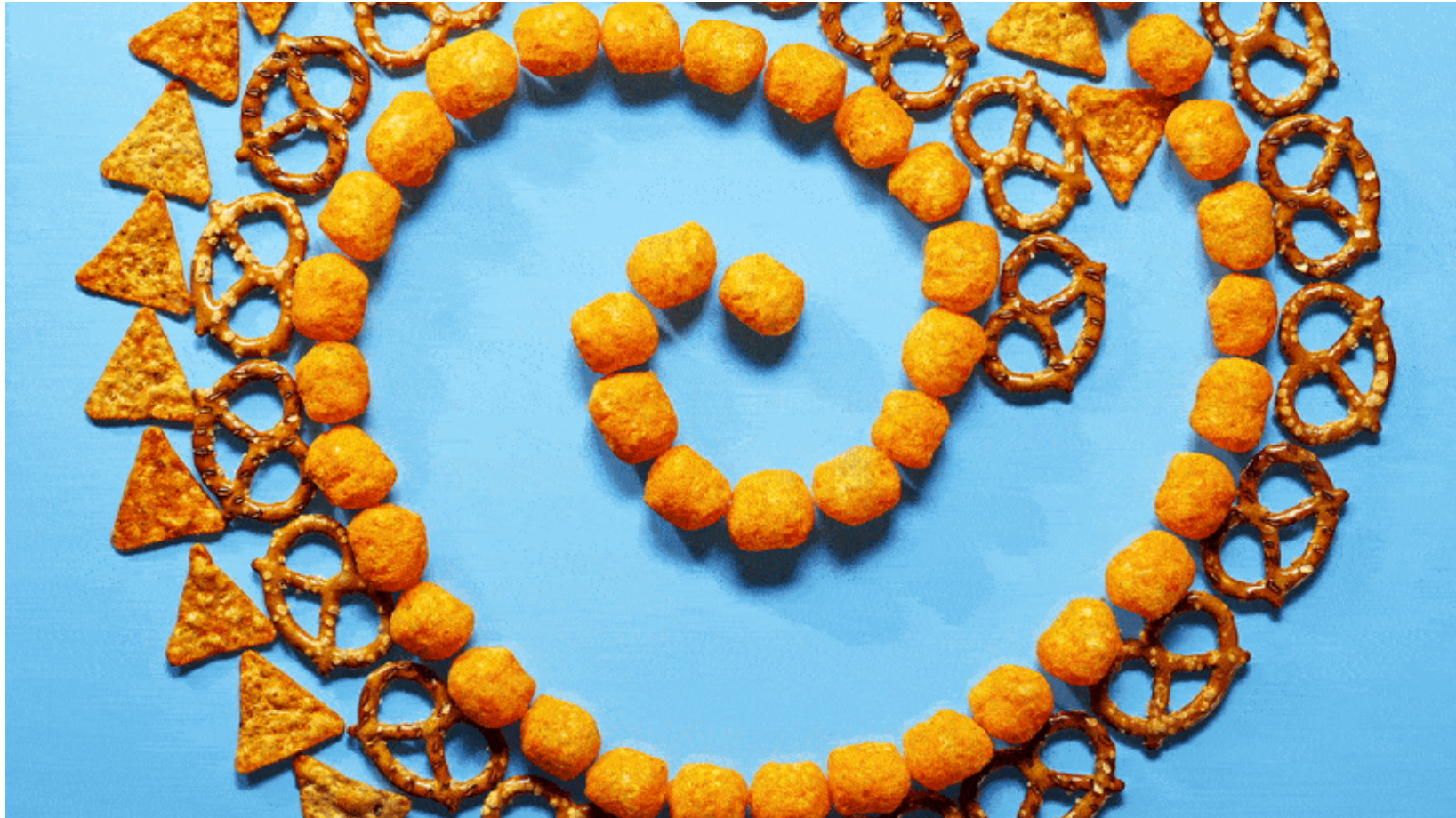
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Not all eating-disorder sufferers are anorexic. Binge-eating disorder is the most common ED, affecting 3.5 percent of women.

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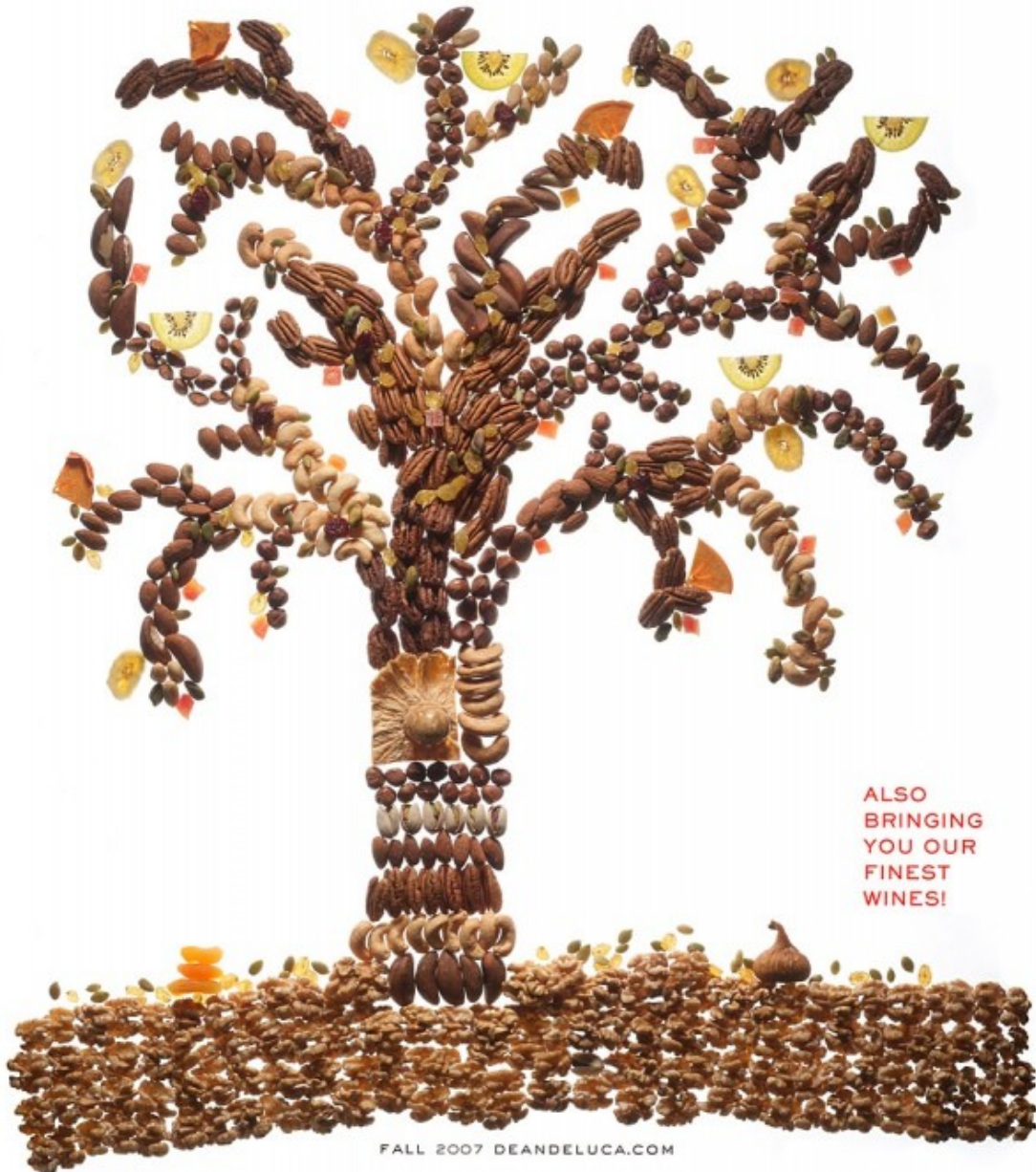
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IN THE NUDE

MANI MATERIALS | ESTÉE LAUDER PURE COLOR NAIL LACQUER IN NUDITÉ (\$21; estelauder.com) plus matte gold nail studs (*find similar ones on etsy.com*).

TIP TRICKS | Apply a base coat, two coats of nude lacquer and a layer of top coat to every nail except your ring fingers. Then go back and apply a top coat to one ring finger, dotting an extra dollop in the three spots where you will place gold studs. (Kandalec says to skip adhesive, because it dulls your studs.) Use pointy-tipped tweezers to lay the studs in a vertical line, cuticle to tip. Then repeat on the other ring finger.

H.STERN 18k gold ring with rock crystal and diamonds; hstern.net.

PROP STYLIST: LINDEN ELSTRINK; FOOD STYLIST: BRETT KURZWEIL; CHIEF NAIL ARTIST: JULIE KANDALEC; AT: BRIAN BANNITY; NAIL TECHNICIANS: AMBER MORGAN AT PAINTBOX, ANA; MAKEUP ARTISTS BY TINDY THY; HAIR: TANDI MOORE; CRISTINA AMBERG AT PARISBOULEVARD; MELISSA JACKSON AT CAROLYN AND JACQUEL; JUNE

114 more.com | OCTOBER 2014

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SPOT-IFY

MANI MATERIALS | ZOYA NATURAL NAIL POLISH IN MARGO (\$9; zoya.com); SALLY HANSEN HARD AS NAILS XTREME WEAR IN WHITE ON (\$3; *drugstores*); SALLY HANSEN I HEART NAIL ART TOOL KIT (\$7; *drugstores*), which contains two brushes, a stencil and a two-sided dotting tool.

TIP TRICKS | Apply a base coat, then two coats of magenta polish, and allow nails to dry for about 10 minutes. Next, pour a pea-size drop of white lacquer on a small, flat surface, such as the bottom of a plastic cup. Dip the wider end of the two-sided dotting tool in the white polish and carefully tap on your nails to create spots. Allow the dots to dry for five minutes, then cover the entire nail with a layer of top coat. »

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A quick, easy, good-for-you dinner is as close as your cabinet. With the right staples on hand, all you need to do is pick up one or two fresh ingredients (hello, express lane!). Think of it as having stock options!

By Alexa Weibel • Photography by Travis Rathbone
Food styling by Brett Kurzweil • Prop styling by Sarah Guido-Laakso

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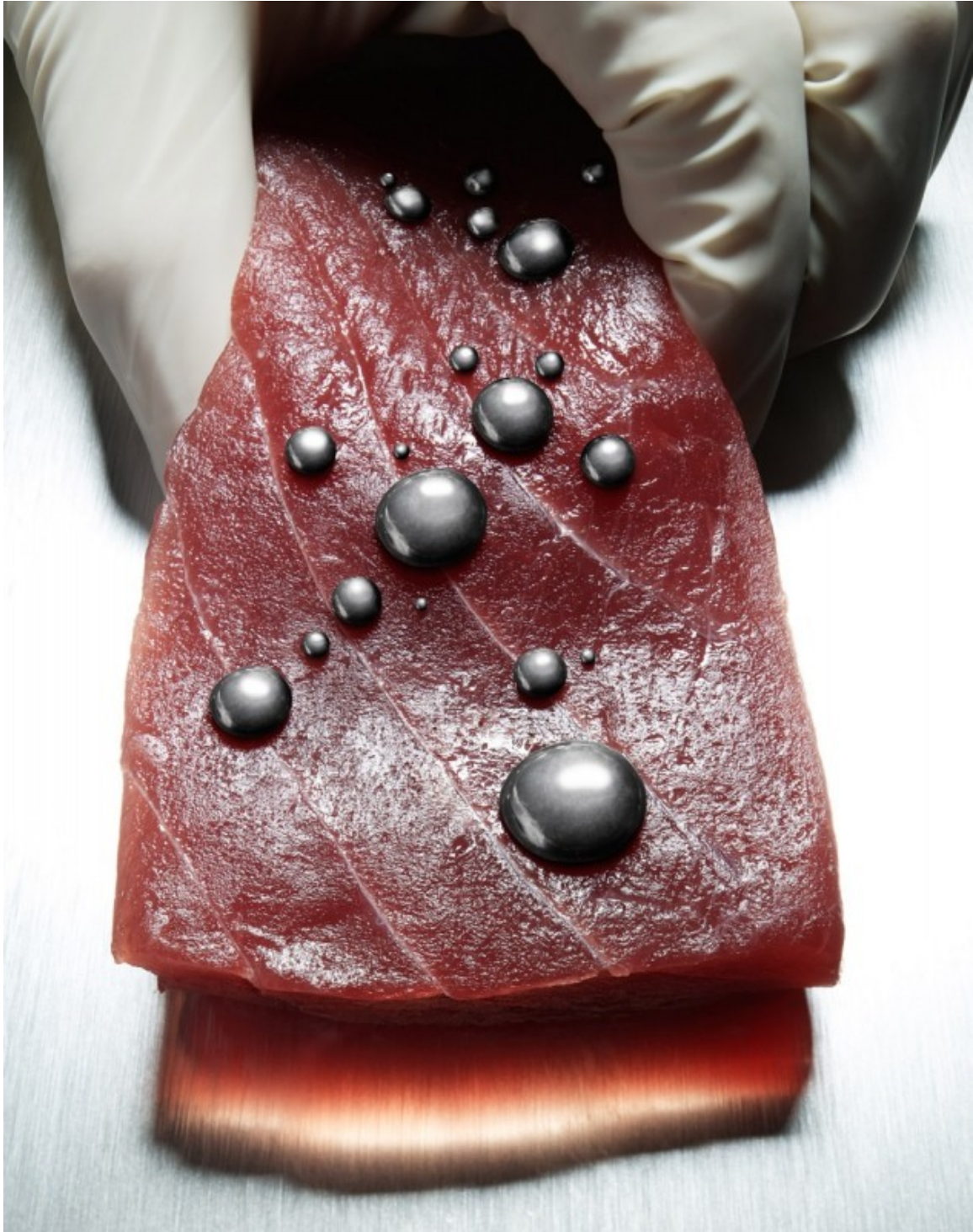
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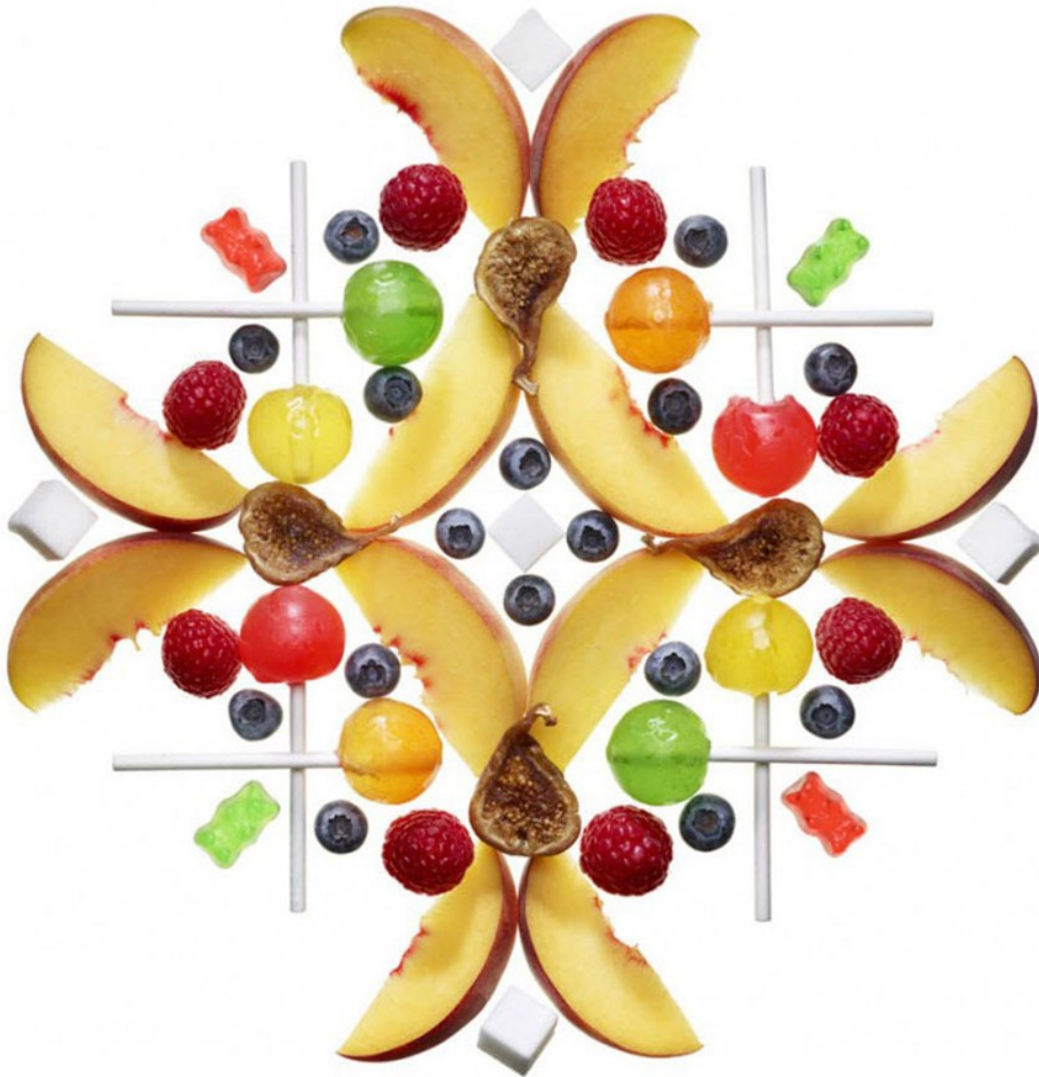
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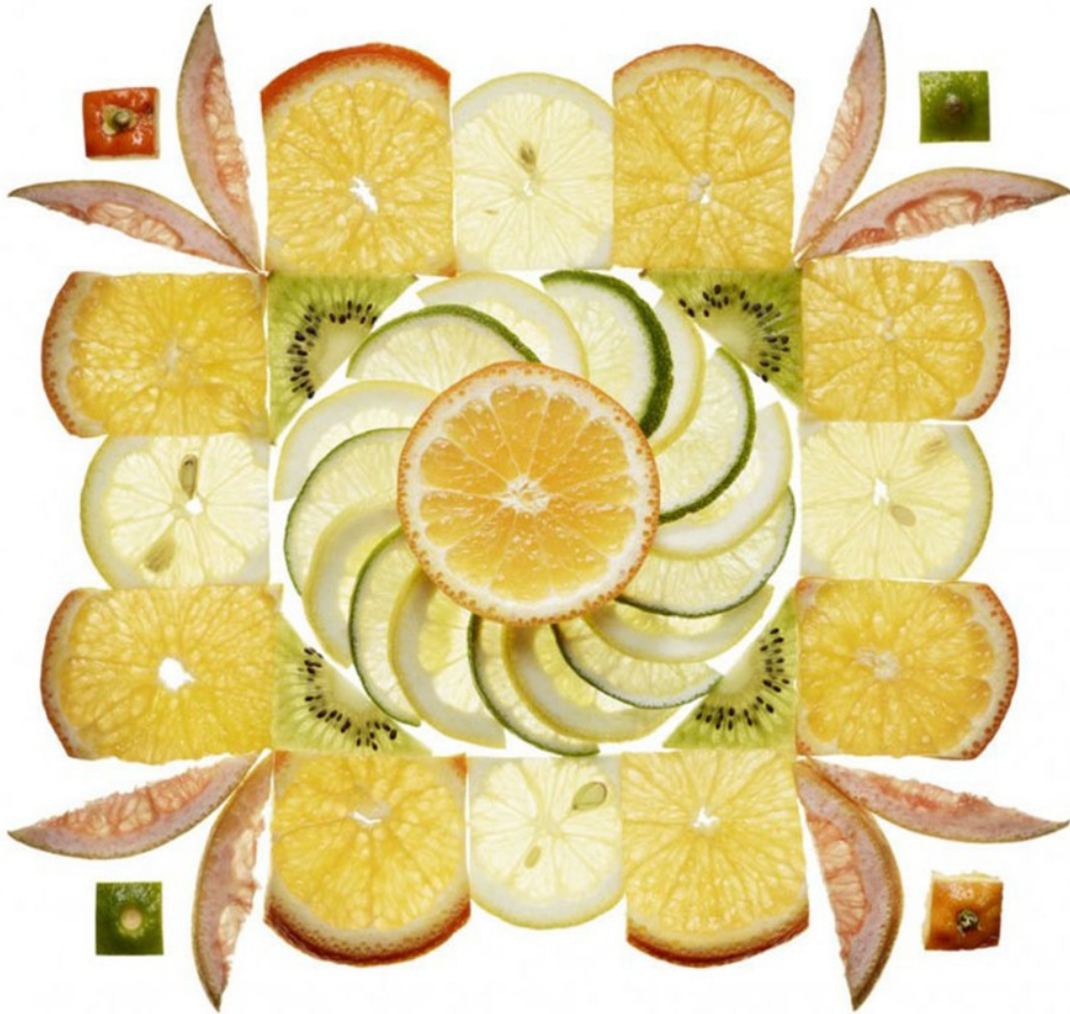
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THE
PLATE-LICKING
ELEVATIONIST



AMADA

Iron Chef Jose Garces

AMERICAN CUT

*Michelin Star recipient
Chef Marc Forgione*

CENTRAL MICHEL RICHARD

*James Beard Foundation
Chef Michel Richard*

MUSSEL BAR

Chef Robert Wiedmaier

AZURE BY ALLEGRETTI

Chef Alain Allegretti

REVEL

ON A DIFFERENT LEVEL

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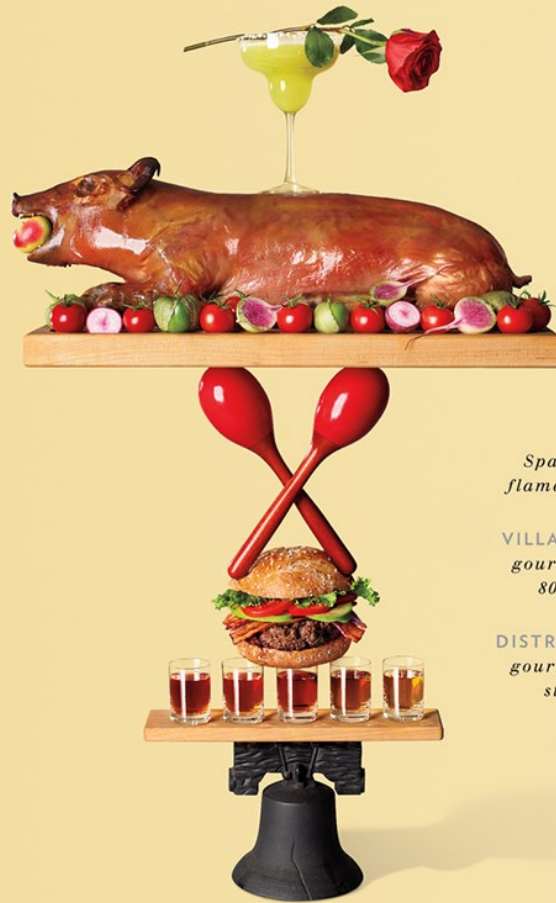


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THE
RENAISSANCE
ELEVATIONIST



AMADA
*Spanish tapas,
flamenco dancing*

VILLAGE WHISKEY
*gourmet burgers,
80 whiskeys*

DISTRITO CANTINA
*gourmet Mexican
street food*

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ON A DIFFERENT LEVEL

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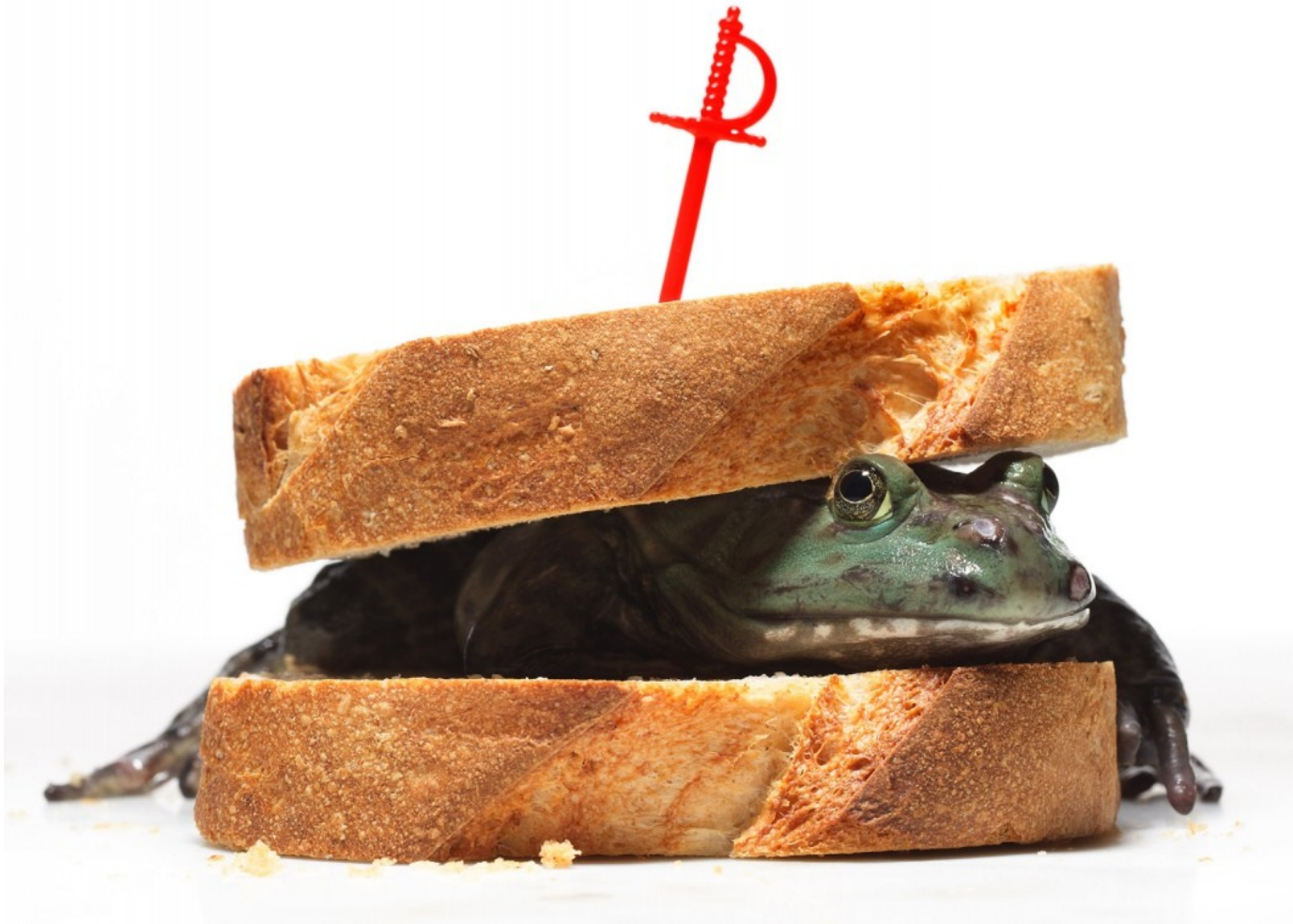
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