



Delany plays a medical examiner in her new series, *Body of Proof*

Would you ever do *Dancing with the Stars*? I would like to be on it, if only to get in great shape! But would I have to wear all those sequins?

Did you ever have any bad health habits? When I was a teenager and in my twenties, I had eating issues. I binged. I starved. I was one step away from anorexia—a piece of toast and an apple would be all I would eat in a day.

How did you get it under control? When I turned thirty, my life got interesting and I stopped focusing on eating. Part of it was doing *China Beach*. I needed to have energy to work those long hours, and so I started eating more healthily.

What is healthy eating for you? I don't like meat, so I don't eat it. I just prefer vegetables, tofu, and fish.

And recently I was told by my endocrinologist that I am gluten intolerant. I'm not supposed to eat bread or pasta, which is really hard when you don't eat meat. But I'm trying gluten-free pasta, bread.

And do you feel any different? Yes. It makes you less bloated and sluggish when you cut it out of your diet. [For more on gluten intolerance, see p. 112.]

Do you have a guilty pleasure food? I have a piece of dark chocolate every day as my little reward. And I love Vosges—oh my God, they have the most delicious flavors. [See right.]

Ever tried injectables or cosmetic surgery? Something nobody ever talks about is doctor error. Seven years ago, I had never even heard about Botox. My dermatologist was saying, "You should try it." He injected my forehead, hit a nerve, and created a huge hematoma. The nerve has been dead ever since. It affected the muscle in my

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To what does Delany attribute her gorgeous glow? "Twenty years ago, a dermatologist recommended Nu Skin products, and I've been using them ever since," she says of the anti-aging brand based in Provo, UT. The company has a nonprofit arm, Nu Skin Force for Good Foundation, which earmarks 25 cents per item from its Epoch line toward efforts "creating a better world for children." Delany's favorites include Nu Skin's Celltrex CoQ10 Complete, which she puts on every morning, and Ultra Recovery Fluid, which goes on before bed.

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Combine truffles and exotic travel and what do you get? Vosges Haut-Chocolat, Delany's must-have brand. In line with the company's motto, *Travel the World through Chocolate*, owner Katrina Markoff has built her high-end collection one exotic truffle at a time, with ingredients ranging from Chinese star anise to wild Tuscan fennel pollen. For Markoff, her bonbons and chocolate bars are a spiritual experience—literally. She installed a yoga studio in her Chicago headquarters with a class for employees on Wednesdays. After one of these sessions, she popped one of Vosges's Naga truffles in her mouth—and was amazed by her heightened awareness of its varied spices and textures. Markoff has since co-led a series of yoga-and-chocolate workshops, in which each of the seven major chakras correlates with a specific truffle. Organic ingredients are sourced and used whenever possible, and the facility is powered by renewable energy. That almost justifies the \$7.50 that Markoff charges per cardamom-infused Calindia bar!

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right eye, so my eye has started to droop a little bit. Now that I said this to you, everybody will look for it! I notice it more than anybody else, but I was symmetrical before, and now I am not. I stopped going to him right then. Doctors are human—they make mistakes. But I never went back, especially after he wouldn't own up to it.

So, no plastic surgery for you? I won't do it, no.
And yet all of Hollywood seems to be doing it. We are getting to the point that nobody says, "That's a beautiful woman." Instead, they say, "She's had good work." And I hope that at some point we can stop dyeing our hair. I'm not saying I'm not dyeing my hair—I have to because I'm on camera—but wouldn't it be nice? We would all save so much money and time. My hat's off to Jamie Lee Curtis. She's so smart, and she doesn't dye her hair or anything. And Meryl Streep still looks like herself. Diane Keaton, too. I think the really great actresses don't worry about that kind of thing. ■

Beginning on September 30, 2010, go to prevention.com/sweepstakes-november-2010 for a chance to win. One hundred grand prize winners will receive one skin care product, and five runners-up will win a box of gourmet chocolate. No purchase necessary to enter or win. A purchase will not improve your chances of winning. You are not a winner yet. To enter, go to prevention.com/sweepstakes-november-2010. Void where prohibited. Sweepstakes begins at 12:01 a.m. ET on September 30, 2010, and ends at 12:01 a.m. ET on December 1, 2010. Must be legal resident of the 50 United States or DC or Canada (excluding residents of the province of Quebec), age 21 or older, to enter. For official rules, go to prevention.com/sweepstakes-november-2010-rules. Rodale Inc., 33 East Minor St., Emmaus, PA 18098 is the operator of the Sweepstakes.