Cleaner cleansers
Reduce your exposure to harsh chemicals and make Mother Earth happier with our editor-tested favorite greener household cleaning products.
(a) Seventh Generation Free & Clear All Purpose Cleaner cuts grease on a multitude of surfaces in a VOC-free formula. ($4; seventhgeneration.com)
(b) Mrs. Meyer's Clean Day Toilet Bowl Cleaner
This plant-derived, biodegradable formula is available in basil, lemon verbena, lavender and geranium scents. ($5; mrsmeyers.com)

yo, dieters
A history of ups and downs in the number you see when you step on the scale doesn’t have to derail long-term weight-loss efforts, a study suggests. So-called “yo-yo” dieters—a term describing the 10 percent to 40 percent of the population in the Western world who’ve repeatedly lost and regained the same 20 pounds (or so)—were once warned that weight loss/gain cycles alter your metabolism, making permanent weight loss unlikely. But according to research published online in the journal Metabolism, there was no significant difference between study participants with a history of weight cycling and those without one in their ability to meet weight-loss goals after one year, says Caitlin Mason, Ph.D., one of the authors of the study conducted by the Fred Hutchinson Cancer Research Center in Seattle.