

**BODY CONFIDENCE – GET IT NOW!**

**TOP**  
**Santa**

FEEL, LOOK & LIVE YOUR BEST

August 2008 £2.80

**138**

**TIPS TO STOP  
ITCHES, SNEEZES,  
WHEEZES...**

**Lisa  
Snowdon**

**'How I keep trim  
& toned' at 36'**

**SPECIAL SECTION**

**Mind & body  
M.O.T.**

**Everything you need  
to overhaul your health**

**NOT HAVING SEX?**  
The real reason –  
and how to fix it

**Confused about  
cholesterol?**  
The latest must-know facts

**GORDON RAMSAY'S  
HEALTHY RECIPES**

**Your best  
SUMMER BODY**

- ▶ **Feel confident at any size**
- ▶ **Shift 7lbs – fast**
- ▶ **Plus: could £60 zap your tum?**



**NOW BIGGER  
& BETTER!**