

NEW!

The positive approach to losing weight!

BOOST!

..YOUR WEIGHT LOSS

December 2004 + £2.35



Look and feel good



KEEPING IT NATURAL

Over 6 million people in the United Kingdom suffer from migraines and twice as many women as men are affected. If you are prone to this condition, why not try Arkopharma's Migrastick (£4.20), a blend of lavender and peppermint oils which some people find helps to relieve the symptoms? For stockist information, call 020 8763 1414.

