

A flat belly *fast!*  
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# Health

SHAPE-UP SPECIAL

## Your ideal body

Drop 10, 20, even 30 lbs NOW

### CANCER ALERT!

The DANGER in your bedroom  
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» **Dieting?**  
7 treats under 70 calories

\$3.99 US \$5.50 CAN



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#1  
trick for deeper sleep

Tame your PMS  
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Curb cravings  
...with lip gloss

**LIFESAVING MOVES**  
every woman must know  
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The new secret to  
**gorgeous skin**





## Great invention!

**My Yoga 2 Go Practice System** (\$29.95; [www.myyoga2go.com](http://www.myyoga2go.com)) is a 70-card yoga deck that comes with a hanging plastic case, which can display routines of up to 60 poses. (Hang it on a doorknob or tack it to a wall for easy reference.) Choose one of the seven suggested practice sequences, or put together your own.