

GIANT ISSUE ESPECIALLY FOR YOU - ONLY £1.30

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WIN a holiday
in NEW YORK

Bella



**I WOKE UP
AND FOUND
I HAD A FAMILY**

**He said he was
shopping to the shops
SO WHY DID HE NEVER COME BACK?**

NEW YEAR, NEW LIVES!



**What made
our slimmers
lose 28st**

**YOUR
STARS FOR
2005**

**Lose a stone in
six easy steps
and not a diet in sight!**



**An angel brought
my boyfriend back
from the dead**



**The curse that
shook three
sisters' lives**



They're WEIRD about

Stars swear by the quirkiest treatments to stay slim and glamorous – and some of them could



THE FACE-READER DIET

Kate Winslet

After the birth of her daughter Mia, Kate lost four stone thanks to the ancient art of face-reading.

How it works

Your face shape can be a guide to the diet you should follow, so the theory goes.

Using acupuncture principles, the five elements of earth, water, fire, wood and metal have a corresponding face shape that reveals food intolerances and vitamins and minerals in which you may be deficient.

● Cutting out foods that are bad for your body type can prevent weight gain and bloating and give you a healthy, attractive glow.

Contact the British Acupuncture Council for more information.

What does your face say?



● WOOD TYPES

(like Kate) have a long face and narrow cheeks. Kate was told to avoid foods that upset her liver and gall bladder. These are oily foods, alcohol, meats, cheese, eggs and cream.



● EARTH TYPES

have a short, square face, distinct jaw line and sallow skin. They should avoid sugary, dairy, cold and raw foods.



● METAL TYPES

Have an oval face with sharp, chiselled cheekbones. They should avoid spicy meals and junk food and go easy on milk.



● WATER TYPES

have a round face and softly defined features. Foods to avoid are salt and stimulants like tea, coffee, alcohol and tobacco. They should go easy on protein.



● FIRE TYPES

have a pointed face with prominent features and dry skin. They should avoid coffee,

COLON CLEANSING

Sophie Anderton

Model Sophie has made a name for herself as a wild party girl. To help clean up her act Sophie has discovered the detox benefits of Oxy-Powder, described as a natural alternative to colonic irrigation.

How it works

Oxy-Powder is a supplement of magnesium, oxygen and germanium that flushes through the small intestine and the colon breaking up impacted waste that can become lodged there.

The supplements are taken at night but do start the course at a weekend when you're not going anywhere because you'll need to be near the loo.

You can lose between five and 20lb and should have lots more energy.

A three-week course of capsules costs £29.95 from Chrisbar Ltd.



THE ELECTRIC BOTTOM-LIFT

Kylie Minogue

Kylie doesn't believe in doing hundreds of squats to keep her much envied behind. She lets the Ionithermie Cheek Lift do all the hard work for her.

How it works

This micro-current treatment involves being wrapped from waist to knee in a thermal clay and algae mask to detox your body.

Pads are then placed on the gluteus muscles in the buttocks and a mild electrical current is passed through making the muscles contract.

It's the equivalent of doing 600 squats and all you have to do is lie back and relax.

A minimum of five hour-long treatments over a period of two weeks are recommended for a Kylie-style rear. Prices start at £50 an hour.



Ionithermie Cheek Lift