

SEPTEMBER/OCTOBER 2010 ISSUE 20

easy health & living

BE THE BEST YOU CAN BE



ONLY €3

FREE
PARENTING
SPECIAL!

BRILLIANT
COMPETITIONS
INSIDE

**AS SEEN
ON TV!**

TRIED & TESTED
WEIGHT LOSS

TIPS

The effect of
the Internet
ON YOUR RELATIONSHIP



SINGER & ACTOR ANTONY COSTA
On losing weight and getting fit



PURSE FRIENDLY MEALS
Recipes that are low on cost & high on health



FACE OFF
Beauty advice so you can look and feel your best

Health on your shelf

The latest health essentials for you and your home



MorEPA Smart Fats €29.95

Highest concentration - 6 times more EPA than ordinary fish oils
 Unprecedented Purity - Undetectable levels of impurities.
 No Saturated Fats
 Super Critical Difference - 400% less heat and no use of harsh chemicals in production process
 Just 1 capsule per day. Available in all good pharmacies.

Naetura's certified Organic facial cream

Naetura's certified Organic facial cream is made without parabens sulphates or any synthetic ingredients and has all the benefits of organic Aloe Vera Organic Sheabutter and organic Rosehip oil to Nourish protect and regenerate your skin reducing wrinkles leaving it radiant and youthful. Available at Organinic Supermarket(Blackrock) and Down to Earth Georges st (Dublin), Nuts and Grains (Mullingar), Back to Nature (Cavan Town).

VOYA Time to Shine Body Buff 75ml€10, 200ml €24

Time to Shine contains Voya's unique blend of revitalising seaweed ingredients, which naturally retains moisture on the skin. A combination of walnut and seaweed flakes delivers a natural and non-invasive exfoliating action and can be used on even the most sensitive-skin types. Use Voya Time to Shine 2-3 times a week. Time to shine is available online www.voya.ie