

9 NEW WAYS TO SLASH YOUR CANCER RISK

# TOP Sante

FEEL, LOOK & LIVE YOUR BEST

7 FOODS THAT BURN FAT

THE LATEST HEALTH SCARES  
What you have to know

'Maggots crawled out of my leg'  
YOUR WORST HEALTH HORRORS EVER!

Sexual ENERGY  
GET IT NOW

FREE 32-PAGE MAGAZINE!



265  
WAYS TO LOOK YOUNGER BY  
TONIGHT!

WITH TV'S NICKY HAMBLETON-JONES



'I need a glass to relax'  
STRESS-DRINKING:  
IS IT HARMING YOU?

IT'S KACEY  
'I DEFINITELY USED  
TO BE TOO SKINNY'

May 2006 \$3.99



THE ONE EXERCISE  
THAT DOES IT ALL

- Burns the most calories
- Tones up your whole body
- Doesn't involve a gym