

Good Health

May 2010 \$6.95 INC GST NZ \$8.00

your best ANTI-AGEING PLAN

STARTS HERE!

- ✓ Top advice from US gurus
- ✓ Dream creams
- ✓ Rejuvenating herbs

CREATE THE PERFECT HOME GYM

Whatever your space!

FREE 30-PAGE SPECIAL: COSMETIC SURGERY

Your > face > breasts > body > teeth

BONUS Fitness First 5-DAY PASS for you & a friend

Offer not available in NT, TAS or NZ. Conditions apply. See page 165 for details.

Natalie Bassingthwaighte

"I love how my body is changing"

What's really stopping you

LOSING WEIGHT?

Bonus 10-page book **YOUR HEART**

Boost your memory *fast*

5 MOVES FOR STRONG, TONED ARMS

magazines



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Good Health is a lifestyle.

May 2010

GET HEALTHY, GET HAPPY!

PHOTO: ANDREW PETERSON

Actual patient of
Dr Miroshnik



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