

THE AUSTRALIAN

Women's Weekly

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BILL GRANGER
*My difficult
struggle with
depression*

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*'PASSION & EROTIC
LOVE' AT 62*

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VAN MILAT'S
CHILLING LETTERS
FROM JAIL**

**FREE
WHAT'S
GOOD FOR
YOU
MAGAZINE
INSIDE**

**MADONNA'S
HIDDEN
MILLIONS**



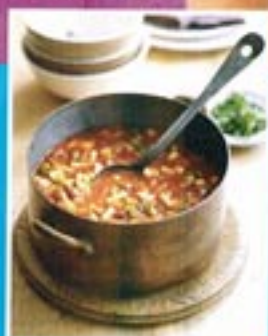
**FIRST PHOTOS
OPRAH'S
SECRET
RETREAT**

DEBORAH HUTTON
**THE YEAR
MY HEART
BROKE**

*Family tragedy, romance and
missing out on babies*



WINTER WARMERS
CLASSIC DESSERTS, HEARTY
SOUPS & FOUR CUTE KIDS'
KNITTING PATTERNS



Y is for Your weightloss solution



Cohen's Lifestyle Clinic

Weight-loss and Wellness through Nutrition

Y. Your weight loss solution is Cohen's Lifestyle Clinic. Cohen's offers an individually tailored weight loss program based on your personalised blood test results. Cohen's combines fresh food in specific quantities and combinations to correct the imbalances of the hormones involved with weight loss, such as Human Growth, Insulin and Serotonin. Your tailor made program requires NO pills, shakes or meal replacements. Cohen's is based on internationally accepted research and has over 25,000 success stories worldwide. 90% of participants who follow their Cohen's program correctly lose around 7 to 10 kilograms in the first month.

Visit www.cohens.com.au for more information.

Z is for Zymil



Z. If you find milk doesn't always agree with you, then Pauls Zymil could be your answer. Rich in calcium and lactose free, Pauls Zymil is simply milk which is easy to digest, meaning it is gentler on the stomach, and less likely to leave you feeling uncomfortable. Available in full cream and low fat, Pauls Zymil can be found in the refrigerated section of your supermarket. Try the great taste of Pauls Zymil today. You'll love it!

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