

australia

START OUR BODY CHALLENGE NOW

madison

COCKTAIL KILOS

HOW TO AVOID THE
HOLIDAY EATING TRAP

INVESTIGATION

JONESTOWN

A survivor takes us
inside the world's
most terrifying cult

**WHAT YOU NEED TO
KNOW NOW ABOUT
YOUR FERTILITY** p75

THE HOLLYWOOD
PRINCESS AND HER
CON MAN LOVER

**"I exercise
at least six
hours a day"**

MEET THE WOMEN
WHO LIVE
FOR AEROBICS

KYLIE
ON A HUSBAND
BABIES AND
THE SIMPLE LIFE

**SINGLE IN THE
SILLY SEASON**
Yes, it is a great
time to date

party SHOPPING

DRESSES FROM \$29.95
ACCESSORIES UNDER \$10
SHOES FOR \$35 & **GIFTS FROM \$5**

DECEMBER 2008
AUS\$8.30 NZ\$9.20 (inc GST)
PP: 255003/07456

acp magazines



madisonmag.com.au

OFFICE-TO-EVENING BEAUTY
MAKE-UP AND HAIR TRICKS FOR A SEXIER YOU



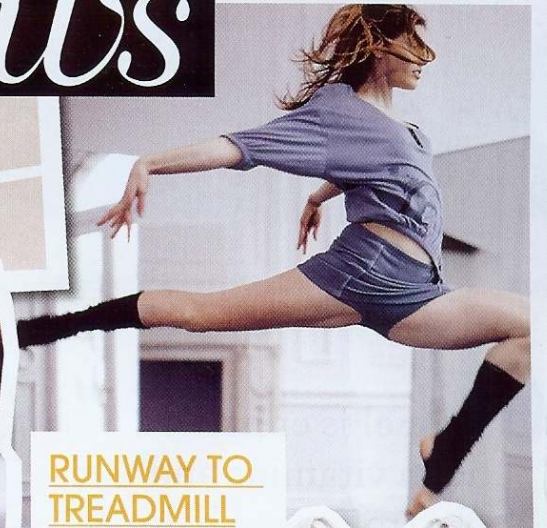
Yes you can!

Can Too is a non-profit organisation that offers free professional coaching to help you achieve your fitness goals. Aside from getting into shape, your part of the bargain involves helping raise money for Cure Cancer Australia. Currently based in Sydney, it's soon to launch in Melbourne. Go to cantoo.org.au.

BOOKMARK NOW

Not sure if you need a naturopath or a nutritionist, an acupuncturist or a chiropractor? Or how to find them? Visit lemondrop.com.au. For information about keeping the pelvic floor muscles strong, along with equipment and work-out DVDs, go to pelvicfloorexercise.com.au.

HEALTH
news



STELLA MCCARTNEY

5 reasons to love:
CHIA SEEDS

Superfoods are the It bags of the nutrition world – it seems like there's a new must-have every month. But chia seeds may be here for the long-haul. "I'm really impressed with them," says nutritionist Barbara Traub from Vitality for Life (0414 511 587), who recommends chia seeds if ... **You're diabetic:** "They lower the blood sugar level," explains Traub. **You're a celiac:** "They're a gluten-free grain." **You're watching your weight:** "Mixing them with water makes for a really filling, low-GI drink." **You're an athlete:** "Because they're low on the glycemic index, they're great for energy." **You're vegan:** "They're high in omega-3 fatty acids, which are essential for healthy cell function." →

RUNWAY TO TREADMILL

We're loving Stella McCartney's catwalk style. Get your hands on her chic, functional sporty range now.



TOP, \$70, by Adidas
by Stella McCartney,
1800 801 891.

SHORTS, \$120, by Adidas
by Stella McCartney,
1800 801 891.