

# health

ONLY HEALTH SEP/OCT 2007 RM6.00



Karen Gomes,  
Fitness Instructor  
and  
Personal Trainer

## Battle of the bulge

A man's true story

Exclusive interview

## Dato' Seri Azalina Othman

on sports, women and life

## Highlights on World Heart Day

Know your heart, love your heart

## Heartburn during pregnancy

What you can do to minimize  
the discomfort?

## The pros and cons of using rewards in parenting

How not to turn rewards into bribery

KDN: PP12603/1/2008

ISSN 1675-2619



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**PLUS! • Ginkgo • Dysphagia • Oats**

## Zap away snoring

According to the United States National Sleep Foundation, it is estimated that up to 35 percent of men and 28 percent of women snore frequently. Snoring is even more prevalent amongst the elderly and those overweight. Snoring causes sleep loss for both the snorer and his, or her partner. This can be a distressing problem for both parties.

**Chin-Up Strips** is the first and only natural, non-invasive and drug-free remedy for snoring. Chin-Up Strips is designed to support the chin to keep the mouth from getting closed during sleep, thereby encouraging natural nasal breathing, reducing mouth breathing and eliminating snoring.

**Chin-Up Strips** is now available at major pharmacies at *RM19.90* per box (10 strips).

For a limited period only, 1,000 **Chin-Up Strips** will be given away free. For more info, call 03-22872522.

