

# you

THE MAG ON SUNDAY • 11 FEBRUARY 1996

**ULTIMATE  
HEALTH  
PART THREE  
HOW TO FEEL  
BETTER  
THAN WELL**  
24-PAGE  
SUPPLEMENT  
INSIDE

**WHY MEN  
ARE BETTER  
AT DIETING**  
(NOBODY SAID  
LIFE WAS FAIR)

**WIN A FAMILY  
HOLIDAY TO  
CALIFORNIA!**

**PEARCE  
FIONDA**  
MAKING THE  
CLOTHES WE  
WANT

INSIDE TIPS FROM THE  
**WORLD'S  
HIPPEST**  
HAIRDRESSER