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Men's Health

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THE 11 HEALTH CHECKS EVERY MAN MUST TAKE

EAT YOURSELF HANDSOME

Nutritional therapist Emma Wells has five food-based face fixers – it's like getting plastic surgery at the supermarket

1 "C" A YOUNGER YOU

To avoid looking like a crumpled road map, make a beeline straight for the guava – preferably three a week. With five times more vitamin C than oranges, they're high in protective antioxidants that fight the free radicals which cause premature ageing. And unlike the Holy Grail, they're readily available in Tesco.



3 BEAT RED EYE

Look like you've just stepped off an overnight transatlantic flight? Sort it with Popeye power. Spinach is excellent for the eyes as it contains the protective carotenoids lutein and zeaxanthin, which help keep the whites clear. Buy frozen for ease and eat three times a week. Drizzle on olive oil for the best results. No, on the *spinach*, you fool.

4 BERRY A BAD NOSE

If years of heroic drinking have left you looking like the offspring of Alex Ferguson and Rudolph the Reindeer, reach for blueberries. Rich in bioflavonoids, they bolster your blood vessels and prevent them from leaking and breaking. Bung a small punnet on your desk and pick away, or chuck some in a blender with your protein powder for a great tasting smoothie.

2 CRACK BALDNESS

Work stress, bad parents and fast food can all save you a fortune in barber bills. Being undernourished is a fast-track to being under-thatched. But you can hang onto your rug – with the help of unborn chickens. Eggs are great for healthy hair: their iron content can prevent hair loss, while sulphur battles brittle hair and B vitamins help you deal with stress. Aim for six a week: any way but fried.



5 GET A SMOKE SCREEN

Car fumes, smoke, city grime – it's all a dirty C-charge for your mug. Pollution strips the skin of vitamin E, which keeps it smooth. Repair it by eating avocado, which is rich in the stuff. Aim for just one a week as it's very calorific for a fruit: perfect in salads or cut in half and eaten with a spoon for a quick high-energy snack. But, sorry lazy men, no matter how much vitamin E you eat, you still have to wash your face.

FISHY BUSINESS

Sushi sensai Warren Ransom reveals how to eat raw fish like a pro



1 Use your hands (it's bad form to use chopsticks for sushi in Japan) and pick up the sushi by the rice so you don't get fishy fingers.



2 Dip the fish in the soy sauce. No, not the rice bit – this will drown the taste in soy and make the rice fall apart in a big bloody mess.



3 Place the sushi in your mouth so the topping hits your tongue first. The fish is the bit you're paying for so you want to taste it.



4 Eat it in two bites. It's rude to put a half-eaten piece back on your plate. Cleanse your palate with pickled ginger before diving in again.

➤ **TWO-SECOND TIP** IF YOU SCRUB DIRT OFF MUSHROOMS USING JUST A BRUSH, NO WATER, YOU'LL RETAIN TASTE AND TEXTURE