

# LADIES' HOME JOURNAL JULY 2006 ISSUE HIGHLIGHTS

## **-Ladies' Home Journal Editors Available For Interviews-**

### **THE RISKS OF AUTOMATIC BILL PAYING -- Pg 62**

The number of unauthorized debits has increased 68.5 percent from 2002 to 2005 with three million of these incidents in 2004 alone, according to the National Automated Clearing House Association (NACHA). *Ladies' Home Journal* explains how to protect your money.

**Danger:** The amount taken out of your account is not the amount you agreed to pay.

**Your Best Defense:** Be sure to compare your bank and credit card statements with your bills.

**Danger:** Free trials often require you to enter a credit card number so the company can start charging you when your trial expires.

**Your Best Defense:** Read the fine print and send cancellation notices in writing with return receipt.

**Danger:** Charges could be billed to a card even after it is canceled.

**Your Best Defense:** Provide new billing information when your credit card expires or is canceled.

### **RELIEF FOR CHRONIC PAIN SUFFERERS -- Pg 126**

Ouch! Ouch! Ouch! More than 50 million Americans suffer chronic or recurrent pain. *LHJ* outlines a two-step process to reduce pain before it leads to premature aging and poor health.

1. Lower the pain level. – The first step requires pain management. Doctors start by evaluating how the patient currently treats pain and making small changes, like increasing the dosage of ibuprofen or acetaminophen. Treatment options vary based on the person's condition.
2. Establish a long-term treatment plan – Once pain is stabilized, physicians experiment with mainstream therapies and mind-body strategies, while prescribing the least-powerful dose of medication that can be tolerated.

### **MAKEOVER OUR MORNING ROUTINE -- Pg 32**

—Pressed for time? *LHJ* provides makeup routines for the morning rush. Plus, the products you need to look polished in less than 10 minutes.

**2 Minutes:** Look your best with only tinted moisturizer, concealer, cream blush and tinted lip balm.

**5 Minutes:** Focus on eyes with a single shadow and mascara. Finish with powder blush and lip gloss.

**8 Minutes:** Spend the most time with loose powder. Sculpt with bronzer, two shadows and eyeliner. Complete the look with lipstick.

The July issue of *Ladies' Home Journal* is available on newsstands June 13th.

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