

# LADIES' HOME JOURNAL SEPTEMBER 2006 ISSUE HIGHLIGHTS

## **-Ladies' Home Journal Editors Available for Interview-**

### **MICHAEL J. FOX AND TRACY POLLAN IN THE SEPTEMBER ISSUE OF *LADIES' HOME JOURNAL***

***Plus* The First Annual Health Breakthrough Awards;  
"She Just Never Came Home;" Foods That Fight Stress;  
Your Biggest Beauty Blunders—Solved!**

#### **THE TIES THAT BIND; pg. 146**

Husband and wife team Michael J. Fox, 45, and Tracy Pollan, 46, talk about how Parkinson's has changed their lives in the September issue of *Ladies' Home Journal*. Fox says, "Everyone has a set of issues to deal with – whether it's worries about money or a family member in jail. So I don't have those issues, and these are the ones I do have." While Pollan admits, "I tended to be somebody who was not only a worrier but also extremely hypochondriacal. So the last thing a hypochondriac wants to deal with is a major illness. Maybe it turned out to be the best thing, because you face your worst fear."

#### **INTRODUCING: THE HEALTH BREAKTHROUGH AWARDS; pg. 200**

*Ladies' Home Journal* debuts its first annual Health Breakthrough Awards recognizing leading medical professionals who are making life-saving and life-enhancing discoveries with results that have significantly helped women and families. The Health Breakthrough Awards reflect *Ladies' Home Journal's* long history of health-advocacy journalism dating back more than a century. The eighteen-page feature includes profiles of seven doctors and researchers, chosen from a candidate list of nearly 100 accomplished health professionals, who specialize in ovarian cancer, digital mammograms, HIV/AIDS treatment for menopausal women and more.

#### **"SHE JUST NEVER CAME HOME"; pg. 164**

Part 1 of this two-part series details the terrifying ordeal of two parents searching for their 16-year-old daughter, Rosalie, after she went missing for eight days. *Ladies' Home Journal* chronicles the emotional search for a teen runaway including calling the police and friends for clues to their daughter's whereabouts and searching her MySpace.com profile.

#### **FOODS THAT FIGHT STRESS; pg. 188**

While eating certain foods can help ease stress, choosing the wrong foods can increase your frustration. Chronic stress can also drain the body of nutrients required to boost energy and help you stay calm. To minimize the emotional and physical effects of stress, *Ladies' Home Journal* suggests the best foods to mellow a tough day, banish the blues, decrease frustration, fight fatigue, stop headaches and even help you cool down.

#### **YOUR BIGGEST BEAUTY BLUNDERS—SOLVED!; pg. 116**

Makeup missteps can result in small-looking eyes, clumpy lashes and stripes of blush on your cheeks. *Ladies' Home Journal* comes to the rescue. Whether applying liner with a heavy hand or accentuating the wrong areas with blush, *LHJ* explains how to improve your makeup application and your look.

#### **About *Ladies' Home Journal***

Founded in December 1883, *Ladies' Home Journal* has been inspiring, informing and entertaining women for 123 years. Published monthly by Meredith Corporation (NYSE: MDP), *Ladies' Home Journal* has a circulation of 4.1 million and a readership of 13.5 million. The magazine's interactive

online companion, [www.lhj.com](http://www.lhj.com), has 1.8 million unique visitors and 20 million page views each month.

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