

Ladies' Home Journal June 2007 Issue Highlights

***Dr. Phil and Robin's Love Tips; Credit Cards That Pay You;
Hidden Dangers in Coffee; and the Sneaky Summer Sickness***

DR. PHIL: 15 WAYS TO STAY IN LOVE – PAGE 117

Ladies' Home Journal asked Dr. Phil and wife Robin McGraw to list the most important ingredients in a happy marriage. What these 30-year-long lovebirds had to say about children, fighting, flirting, and the “D” word may surprise you. “You never fix a relationship problem by turning away from your partner. I’ve admitted to Robin that I really didn’t “get” what marriage was until her mother died and then her dad died,” Phil reveals.

WHAT WE LOVE ABOUT COUNTRY – PAGE 120

Martina McBride, Vince Gill, and Trisha Yearwood are three of country music’s best voices. Here they chat with *Ladies' Home Journal* about family, faith and what really matters in life. Yearwood on life at home in Oklahoma: “We never hide. Garth and I are at soccer and school and it’s just like, ‘Oh yeah, there’s Garth and Trisha.’” Also, we teamed with Universal Music Enterprises to create a “Crazy for Country” CD that will be available with newsstand copies of the magazine at Wal-Mart stores across the country. Visit Lhj.com for behind-the-scenes footage of our country photo shoots and more giveaways.

THE BATTLE OVER ILLEGAL GUNS – PAGE 127

Some 60% of guns used in crimes can be traced to just over one percent of gun dealers, and five out of six guns used in crimes are obtained illegally. Victims blame rogue dealers who flout the law with few consequences. Gun-rights groups say victims’ anger is woefully misplaced. Who’s right? In this nine-page story, *Ladies' Home Journal* explores the problem, profiles victims, and offers a petition that encourages Congress to pass legislation that will help curb the flow of firearms to traffickers and criminal (www.lhj.com/petition).

SUMMERIZE YOUR BODY – PAGE 40

Follow our ultimate guide for firmer, smoother, glowing skin this summer. *Ladies' Home Journal* has tips to get you all your hot spots – neck, back, tummy, tush and hips – healthy and ready for summer. And, why applying your antiperspirant at bedtime will make it work double-time.

HAVE MORE FUN WITH YOUR CREDIT CARDS – PAGE 92

Rewards cards offer you big returns – from shopping discounts to college savings. But do they really pay off? *Ladies' Home Journal* explores the ups and downs of credit rewards programs that can earn you money towards more shopping, college tuition, a new car, and even charitable causes.

HAVE YOU GONE CAFFEINE CRAZY? – PAGE 146

Almost 90 percent of us kick-start the day with a jolt of caffeine. With turbo-charged coffee, energy drinks, and even caffeinated doughnuts you can now keep a buzz going all day long. Find out why you become addicted, how coffee can be good for you, and the risks associated with excessive caffeine consumption. Plus, why some people should go without caffeine completely.

COULD YOU HAVE THIS SUMMER SICKNESS? – PAGE 158

It’s been 30 years since Lyme disease was first identified, and today it’s the commonest tick-borne illness in the country. Yet, just as the illness is becoming more widespread, it is also becoming more controversial. How worried about getting Lyme should you be? *Ladies' Home Journal* shares the latest on protecting yourself and your family.

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