

# Womans World

God Bless America

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wee  
made e

ONLY  
\$1.49

March 13,  
2007

6 easy ways to  
**Sleep  
better  
tonight!**

5 new  
**Cures for  
cramps**

Christina  
lost 25 lbs!



## Happy St. Pat's Day!

Leprechaun  
cupcakes!

Easy  
treats!

Pamper yourself!  
Turn your shower  
into a spa!

# BEL

Lose 5 inches

## The vitamin that MAKES WOMEN SLIM!

Why you're not getting enough!

## Kiss your stress goodbye!

4 best tricks  
to get calm

Surprising Irish secrets to:

- ✓ Get more good luck!
- ✓ Turn on your joy!

BREAKFAST  
✓ Can't  
to  
✓ Choose  
you

# The little pill that MELTS



Mix your  
greens!

Layers of  
color turn  
candles  
into a St.  
Patrick's  
Day  
centerpiece!  
From \$10,  
[www.  
wicksmore.  
com](http://www.wicksmore.com).