

CELEBRITY HEALTH AND FITNESS AWARDS OF 1999

# SELF

The New  
Feel-Full  
Weight Loss  
Trick, pg. 92

12-PAGE PULLOUT BONUS!

## FITNESS, BEAUTY & HEALTH MEGA-MANUAL

All the insider advice you need for Y2K—  
from shapeup moves to makeup musts

**The #1 Total-Body Workout**  
SELF unveils your best at-home get-fit plan

**GET IT  
NOW!**

**Banish wrinkles *and* headaches—in one shot?** A POPULAR WRINKLE TREATMENT, BOTOX, RELIEVED THE FREQUENCY AND SEVERITY OF TENSION HEADACHES in a recent small study at the University of Zagreb in Croatia. Preliminary research by plastic and reconstructive surgeon William Binder, M.D., assistant clinical professor at the University of California at Los Angeles, also suggests that a single treatment of Botox in the forehead may banish migraines for up to four months.

**Exclusive Interview**

HILLARY CLINTON—STAYING  
SANE AND BOUNCING BACK



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YOUR HEALTH DESTINY?**

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