

Irish Independent 

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health & living

Monday 1 December 2014

OPERATION
★ LITTLE BLACK DRESS ★

*Week 2 of our food
and exercise plan*

NUTRITION

*Delicious
quinoa treats*

15 *super*
foods

&

DAVID COLEMAN
CATHERINA McKIERNAN
SIOBHAN BYRNE

*Why do
middle-class
women
ignore
the rules?*

Alcohol and pregnancy

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