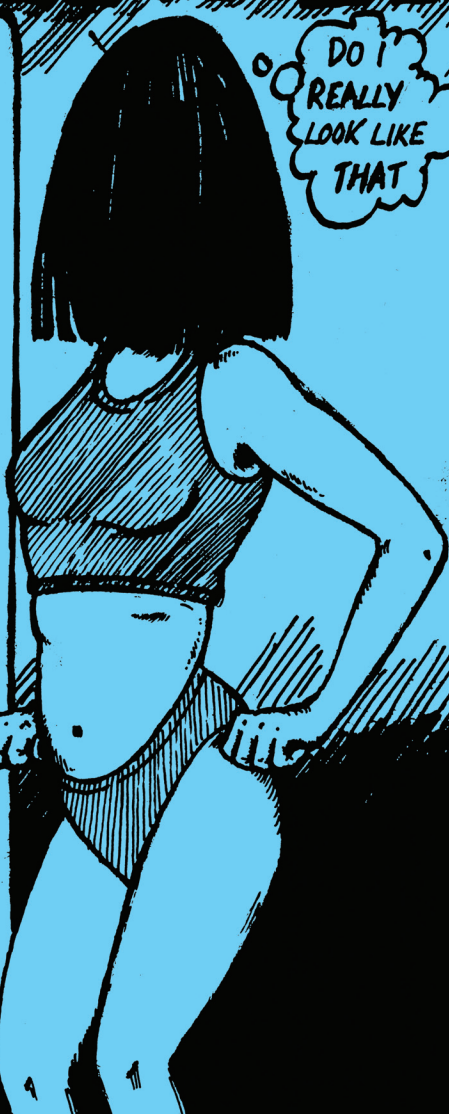
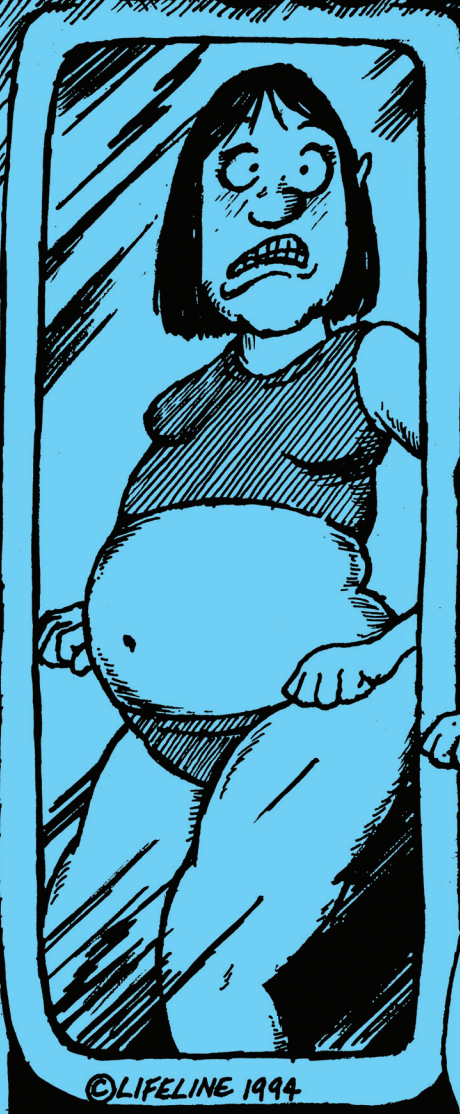
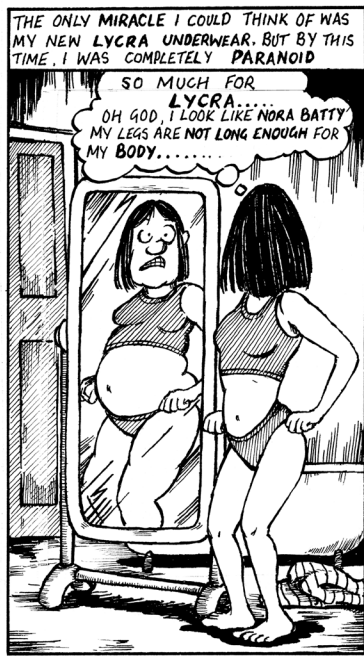


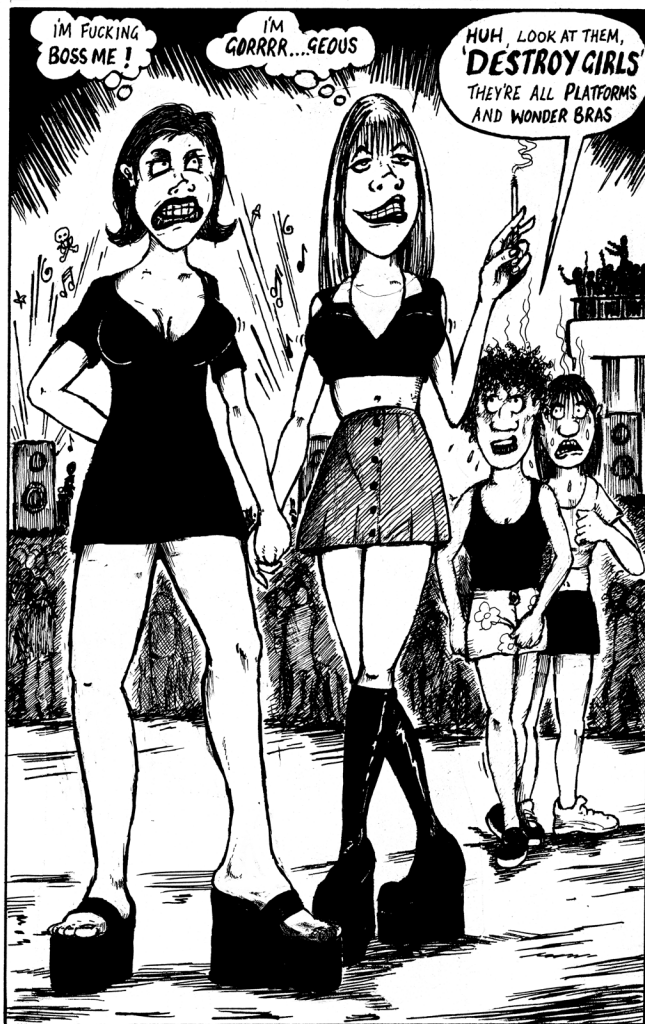
LIFELINE PUBLICATIONS PRESENT

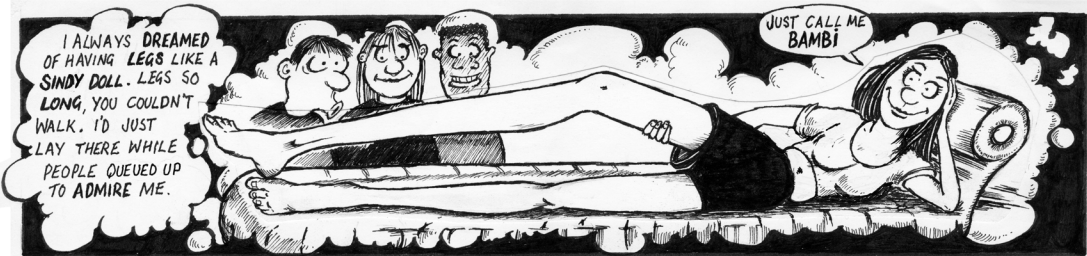
CLAIRE AND JOSE IN THE 'e' PLAN DIET



DO I
REALLY
LOOK LIKE
THAT







CLAIRE AND JOSE

THE 'E' PLAN DIET

Men and women come in all shapes and sizes. Tall, round, skinny, short, plump, thin, average, etc. Whichever category you fall into, there's probably been a time when you've been unhappy with your size or shape.

Some women who feel overweight try to deal with this situation by taking drugs and dancing for long periods, on a regular basis.

Taking certain drugs may make you lose your appetite for a while and enable you to miss a few meals. Dancing energetically all night in a hot, sweaty club may cause you to sweat and lose a few pounds in weight. Doing this every so often is okay, providing you look after yourself the rest of the time, but doing it on a regular basis will do your body no favours. Instead of looking thinner and healthier, you'll probably end up looking tired and washed out.

If you want to take drugs and have a good time, there are some simple things you can do to help you stay healthy:

- **if you take drugs at the weekend, then during the week try to catch up on your sleep to recharge your body and mind;**
- **eat regularly and try to balance your diet. Things like fruit, vegetables, pasta, rice and cereals are good for you. Try to cut down on the amount of crisps, biscuits and chocolate you eat. Having a well balanced diet should provide your body with the vitamins and minerals it needs. You may wish to supplement your diet with multi-vitamins/minerals;**
- **you've got to be fit to rave all night! Regular exercise is good for you. It will help you stay in shape and make you feel more energetic.**

Taking Ecstasy, and not drinking enough non-alcoholic fluids whilst dancing energetically in a hot club can be a killer! Remember a few rules to avoid dehydration and heatstroke:

- **chill out and take regular rests;**
- **wear lightweight clothes (no hat);**
- **drink non-alcoholic drinks regularly.**