

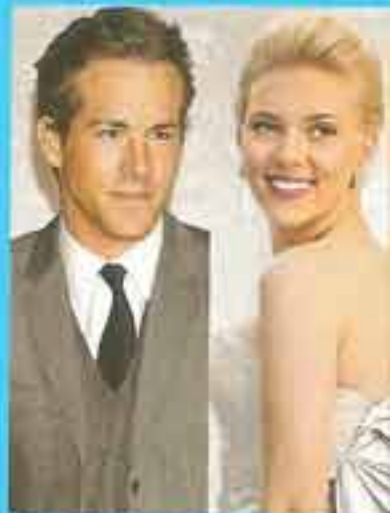
OCTOBER 13, 2008
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OK!

WEEKLY

50¢
LESS THAN
PEOPLE!

SCARLETT
& RYAN



THEIR SECRET
WEDDING!



HEATHER'S
DUI: WHAT
HAPPENED?



THE
PINK
ISSUE

ELLEN
'MY MOM
INSPIRES ME'

\$3.49



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LINDSAY LOHAN

UNTOLD LOVE STORY

LIFE WITH SAM

- THE NIGHT THEY MET
- WHAT THEIR FRIENDS & FAMILIES THINK
- HOW SHE CAME OUT
- THEIR WEDDING PLANS





I LOVE MY LIFE. I KNEW FROM THIS MOMENT ON, IT WAS ONLY GOING TO BE GOOD COMING

—CHRISTINA APPLIGATE

EAT THE RIGHT FOOD

Food can't prevent cancer, but some can reinforce your defenses. Dietician and author of *The Beauty Diet*, Lisa Drayer, explains.

1. BERRIES are rich in a compound that helps the body deactivate specific carcinogens and helps slow the reproduction of cancer cells.

2. WHOLE GRAINS are rich in many plant compounds that have cancer-protecting properties.

3. GREEN TEA contains a lot of EGCG, an antioxidant that helps rid the body of free radicals that can damage cells and lead to cancer.

4. CRUCIFEROUS VEGGIES (broccoli, cabbage) Components of these vegetables have the ability to stop the growth of cancer cells.

5. MILK Consuming at least nine glasses of vitamin D-fortified milk every week between the ages of 10 and 29 reduces the risk of breast cancer by 35 percent.

