

# Good Housekeeping

JANUARY 2004

AMAZING  
MAKEOVER  
CONTEST!

**THIN IN 2004**

## Have You Let Yourself Go?

- 5 proven diet tricks
- Flatten your stomach
- Downsize your thighs

**Results in 4 weeks!**

**CREDIT CARD HANGOVER**

**SMART WAYS TO  
GET OUT OF DEBT**

**Clues Your  
Boss Is Spying  
On You, p.60**

**Too Tough  
On Yourself?**

How to break the habit

**HEARTBURN?**

Quick cures, p.71

**Easy-Care Haircuts  
(VERY PRETTY)**

**EXCLUSIVE**

## Nicole's Love Story

The man she really wants,  
what rips her heart out & her  
big dream...having a baby

goodhousekeeping.com



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Unsure of how  
much medicine your  
child is getting?

Be sure with **New**  
**ElixSure™**



Introducing the first spill-resistant children's medicine.

After the struggles and the spills, do you ever wonder how much medicine actually gets in their mouth? With ElixSure, you can be sure your kids will get every drop of safe, effective relief.

Amazing new spill-resistant kids' medicine stays on the spoon even when turned upside down. Revolutionary formula melts into liquid when it gets into their mouth, so it's easy to swallow. Available in single symptom formulas for fever/pain, cough and congestion. Contains the same doctor recommended active ingredients you use now. In all the popular flavors kids love, like bubblegum, cherry and grape.

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ElixSure™**

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READ AND FOLLOW LABEL DIRECTIONS. USE ENCLOSED TEASPOON (5mL).



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