

# Health Home

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## Dieting Dos and Don'ts

From short-term changes to a lifestyle overhaul

## Singkamas: Summer's savory snack

## Rice poisoning

Bacteria silently at work

## Feminine care

## How to look beautiful on your wedding photos

## Zambales: JEST's hunger games

More Subic attractions for the adventurous

## Who's paying for the wedding





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## ABOUT THE COVER

Conscious about looking like a celebrity on your wedding day? Get tips straight from a sought-after wedding photographer on page 29. Vinz B. Matias of Rockin' Photographers also shares with us his portfolio, starting with our cover—Jon and Apple Caplis who tied the knot last December.

## Coming Up...

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- *Healthy Joints Matter Most*
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