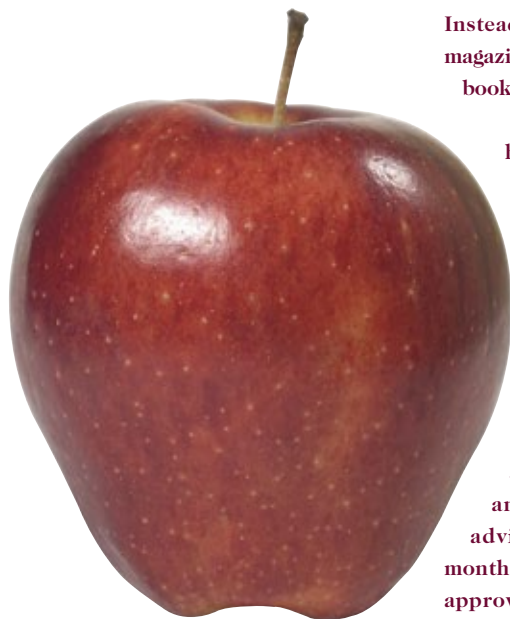


## BIBLIOTHERAPY BUZZ



Instead of sitting at the doctor's office reading magazines from 1982, head to your nearest Indigo bookstore to research your dilemma.

Seventy-five per cent of all Canadians head to a bookstore to find out more about pregnancy, children, health, illness or death. Only 55 per cent go to their doctor. Now, thanks to a group of well-known Canadian doctors, choosing your health book just got a whole lot easier. This month, Indigo launches its Trusted Advisor Health program at Indigo bookstores across Canada, to take the guesswork out of which book to buy. Dr. Jennifer Blake, a well-known obstetrician and gynecologist, and one of the trusted advisors who reads dozens of books every month to select the best to receive the sticker of approval, explains the theory like this: "When I became pregnant, I realized I knew a lot about pregnancy but nothing about being pregnant."

Now, women like Blake can find a book that caters to their needs, from topics such as Parenting and Pregnancy or Women's Health, while men can read about Healthy Living, Rheumatoid Diseases or General Health concerns. Some of this month's Trusted Advisor Health books include:

- *Eat Healthy, Feel Great* by William Sears, Martha Sears and Christie Watts Kelly
- *Can't Sleep, Can't Stay Awake: A Women's Guide to Sleep Disorders* by Meir Kryger
- *Women are Not Small Men: Life Saving Strategies for Preventing and Healing Heart Disease in Women* by Nieca Goldberg
- *Mother of All Pregnancy Books* by Ann Douglas
- *Understanding Depression* by R. DePaulo
- *Strong Women, Strong Bones* by M. Nelson
- *Eat, Drink and Be Healthy* by W.C. Willett, P.J. Skerrett.

For more information on the program, go to [www.indigo.ca](http://www.indigo.ca) or your local Indigo bookstore.

## CONSIDERING LIPOSUCTION?

Considering liposuction? Want more info before you start your fat attack? Log on to [www.lipo.ca](http://www.lipo.ca). Launched by Sarah Chubb (founder of sister site [www.canadaba.ca](http://www.canadaba.ca) for breast augmentation info), [www.lipo.ca](http://www.lipo.ca) is Canada's only website dedicated to answering your questions about liposuction, tummy tucks and male breast reduction. "Both [canadaba.ca](http://canadaba.ca) and [lipo.ca](http://lipo.ca) are very comprehensive sources of information," says Dr. Jerome Edelstein, a Toronto-based plastic surgeon, and one of the site's sponsors. Chat with others who are considering surgery or just had it done, ask a

surgeon a question, find out more about the cost and financing options, read and partake in polls or find a recommended surgeon in your area. "When a patient comes to me for a consultation after locating me on one of these sites, I know she'll be extremely well-informed about the surgery," says Dr. Edelstein.

### HAVE YOUR SAY:

**Where do you accumulate the most fat? Face, breasts, stomach, butt or thighs? Log on to [www.lipo.ca](http://www.lipo.ca) to vote in the latest poll.**

## STAR ALLIANCE

Actors Téa Leoni and Elisabeth Shue have joined the ranks of celebs swearing off cosmetic surgery. Leoni recently told the *New York Times* that she and Shue have a pact. "We will never do this cosmetic-surgery stuff," Leoni says. "We've vowed to go through our lives and our careers without it. Elisabeth and I figure that someday we'll be the only two actresses in Hollywood who will be 65 and look 65," she says. "So we'll be the only two who will get all those roles that call for a 65-year-old woman, because everyone else who is 65 will look like they're 30. So our anti-Botox thing isn't about vanity – it's really about saving our careers!"