



Hi!
Society

By MONET LU

Taking charge of my health



At any age, we should pay attention to our health. At the risk of sounding like an advertorial, I must say that my health was made better by my daily intake of Enlighten.

I am my own testimonial for the benefits of this product, both for well-being and beauty. I have confidence in this product because I've experienced it for myself. The secret is in the Glutathione.

There was a time when my liver enzyme levels soared to

almost 140. Any healthcare professional can tell you this is an abnormal number. My doctor was alarmed with the result. He actually recommended that I undergo biopsy to find out what's wrong with my liver.

Findings later on pointed to me having a fatty liver. I was ordered to limit my fat intake, which I obeyed the best that I could.

With the help of Enlighten, I was able to "clean house," so to speak. Now my liver enzyme levels are back to normal, thank God!

As you may have read in health journals, Glutathione has the ability to sweep our liver clean because it is a major antioxidant.

Experts have been singing the praises of Glutathione for its powerful antioxidant properties.

Glutathione can detoxify our insides from pollutants and other elements that could harm our health. This major antioxidant also has the power to boost our immune system.

As a bonus, Enlighten has lightened dark areas of my body. I love that I can count on one product to address my health and beauty needs!

Whether you are for health or for vanity, the good news is you don't need to choose between the two. With Enlighten (with Collagen), you can have both.

The product is composed of grade A, genuine Glutathione at 500mg and fortified by other essential elements: Vitamin C, Vitamin E, Rosehips, Papaya, Alpha Lipoic Acid, and Collagen.

Enlighten not only lightens skin but it also smoothens its texture.

If you are curious or want to try this product for yourself, please visit www.skinbymonet.com or call toll free 1-888-MAGANDA or 1-888-624-2632.

Here's to health and beauty!

The author is a Marikina-born, award-winning celebrity beauty stylist with his own chain of salons across Southern California and Las Vegas, Nevada. Ultimately, Monet is known as an all-around artiste who produces sold-out fashion and awards shows, as well as unforgettable marketing campaigns. Monet is also the founder of the revolutionary all-natural beauty products available at www.skinbymonet.com. He supports many humanitarian efforts to include projects in his native Marikina, The Bantay Bata Foundation, and many more. To contact Monet, please visit www.monetsalon.com for more information.

Motherhood becomes her

by JAKE RAMIREZ
Inquirer.net

RACHEL Talleon became aware of fame's upside/downside at a young age, while studying at Colegio de Santa Rosa where she was discovered as a TV model for a toothpaste brand.



Dawn with son Jacobo

She did the crossover to become a movie star and was renamed Dawn Zulueta, who even showed her talent in singing and hosting as one of Kuya Germs' angels every Sunday lunch.

After a string of notable films, especially the now-classic and critically-acclaimed *Hihintayin Kita Sa Langit*, Dawn has settled down with Rep. Anton Lagdameo and gave birth to son Jacobo. She spends most of her time in Davao City where she helps her husband in outreach programs.

Now, she could be one of the most beloved moms in show business. Most have painted Dawn as a true woman of substance.

"Why, thank you!" Dawn enthuses, "You can give credit to my husband Anton and first-born Jacobo for giving me the drive to be a better person, either as a wife and mother. Marriage and motherhood really do bring out the best in a woman."

The day Dawn realized she was pregnant again was indeed a memorable one for the actress. They waited for a long time to have Jacobo and to have found out about the second pregnancy. She remembers waking up Anton earlier than he was accustomed to.

"He was a bit surprised at first. When the news sank in, he sat up wide awake. He was thrilled and very grateful for the wonderful blessing."

Further ultrasound tests showed that the coming baby is a girl.

Dawn gives credit to her team of doctors who are ensuring a safe pregnancy: They are familiar with the difficulties that Dawn encountered while pregnant with Jacobo. So far, everything is leading smoothly to the July date with the stork.

As with every aspect of her motherhood, her kids' nutrition is a vital concern. Dawn searched far and wide for the appropriate supplement to give Jacobo. "I used GainPlus Advance as the milk supplement for Jacobo's young life," she explains. "It was the milk recommended by his pediatrician."

While Dawn lives the life that so many dream of, one thing that connects her to moms everywhere is her concern for the health and nourishment of Jacobo, and her soon-to-be-born daughter. ■

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DOLLYWOOD

by DOLLY ANNE CARVAJAL
Inquirer.net

DJ Mo: Rufa Mae is 'bastos,' not me

AFTER RUFA MAE QUINTO'S DJ Mo-bashing because he inadvertently dragged her name into the Vicki Belo-Hayden Kho controversy, Mo fires back.



Rufa Mae Quinto

"Basically she called me *bastos* for asking her a question regarding an issue she was involved in," Mo laments. "What is more *bastos*, asking that question, or not showing up [for] our show and, instead, guesting on the rival program—which Rufa Mae did? Perhaps she expects to make millions from this biz but gets angry when an issue about her is questioned. It's unfair to our audience."

The twists and turns in Mo Twister's controversial life never seem to end.

Mestizo date

Heart Evangelista was spotted being quite cozy with a mestizo skinhead at Powerplant Mall. Is the guy her businessman ex-BF, a new suitor, or just a close friend? Eenie minie mini mo. Heart is for *kanino*?

Back to school

Charlene Gonzales is back to school in the United States. She's attending Business Management Entrepreneurship classes in Harvard for one month.

"It's good that I took up a one-on-one Mentorship Program in Business Management and Entrepreneurship at AIM (Asian Institute of Management)," says Charls. "And I have my B.S. Psychology degree from UST (University of Santo Tomas). It helped me in my Harvard application. I'm happy that Aga encourages



Charlene Gonzales



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me. We believe learning is a never-ending process. Our twins are excited for me and told me to ask if they can also enroll in Harvard."

Charlene is a certified Binibining B.B.—Beauty and Brains (and Aga's 'B.' too).

Guess list

- An actor is appalled by how a TV host throws his weight around. "When he was still struggling, *kinukulit niya ako parati maki-jam sa band ko*," says the actor. "*Ngayon big time na siya, dedma siya* when I asked him if he remembers those times. At snob *siya* when I guested in his show, till he found out na I'm related to someone na may position. *Biglang chummy na siya sa akin*." Fame has a way of causing selective amnesia.

- The co-stars of a young actress were stunned by her ostentatious display of bling-bling. Someone in the know insists that YA is the current apple of the eye of a prince. He reportedly had YA locked up in a hotel room for three days while he showered her with lavish gifts. Bewitched, bothered and bejeweled! ■