



'Rest in



Serial



United



Nobody uses



Has British-



Relationship



Was

## Could spiritual healing actually work?

By Dr DANNY PENMAN

Last updated at 14:42 03 October 2006

*Once dismissed as hokum, new evidence is forcing doctors to accept the power of spiritual healing. Click here to see why the laying on of hands may not be quackery after all:*

After six years of agonising pain, Ailsa Marsh was beginning to despair that she would ever lead a normal life again. 'I was bedridden and couldn't leave the house,' recalls the 28-year-old student.

'All of my senses became hypersensitive. If somebody spoke to me, it felt as if they were shouting. I couldn't bear the light so my parents hung duvets over the windows. Even lying in bed was painful.'

Ailsa's suffering began in 1998 following a bout of glandular fever. At the time she was a politics and philosophy student at Durham University. But the disease robbed her of drive and energy, eventually forcing her to return home to her parents in Newcastle.

Over the following months she became weaker and weaker and was eventually diagnosed with ME.

Site  
 Web

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Conventional medicine offered no hope. Ailsa saw more than 20 doctors and was hospitalised countless times. The doctors could find no cause for the ME and could offer no cure.

Then in January 2004, quite by chance, Ailsa read an article about the spiritual healer David Cunningham. 'I'd tried everything else,' she says, 'so I thought I might as well go and see him.'

'I didn't know what to expect, but he listened intently to me for half an hour and then put on a tape of soothing music.'

'As I began to relax, David placed his hands about a centimetre above my shoulders. I felt as if he was putting his hands inside me and untwisting a tap. The pain just vanished - it went in an instant. That day, I left David with more energy than I'd had in six years.'

Over the following four months, Ailsa returned every week. Within a few months she was able to go shopping and walk from one side of Newcastle to the other.

'That summer, I went on a family holiday and there's pictures of me doing handstands in the sea. I'd gone from being in a wheelchair to being able to do all the normal things a woman of my age could do.'

Although Ailsa is utterly convinced that David Cunningham cured her of ME, many others are sceptical. How can a man with no medical training treat a chronic painful disease merely by placing his hands over a patient's body? For decades, researchers have dismissed cases such as Ailsa's as pure hokum.

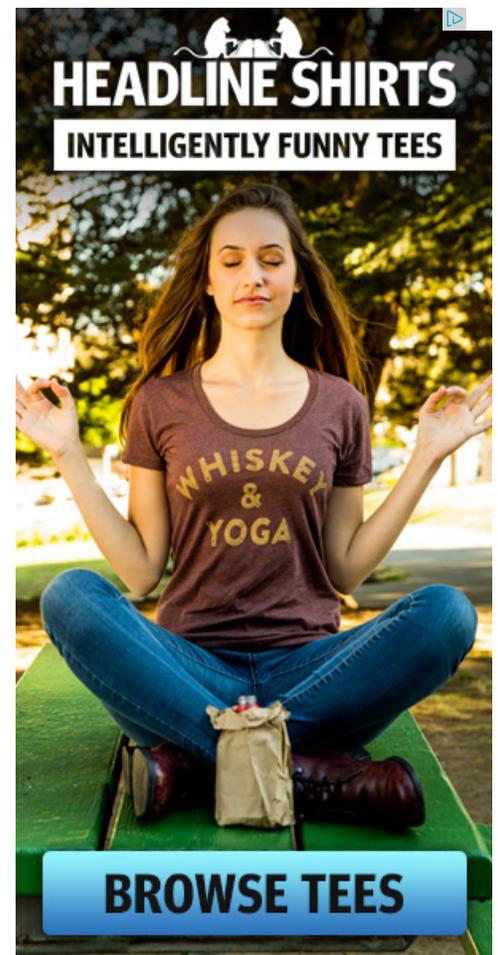
But now, in an astonishing about-turn, scientists in the U.S. and UK have compiled a dossier of evidence that might - just might - show that prayer and spiritual healing are not just quackery after all.

Professor Harald Walach, a psychologist from the University of Northampton, says:

'We should take this phenomenon seriously even if we don't understand it. To ignore it would be unscientific. Our work shows that there is a significant effect.'

For despite it being the most widely practised alternative remedy, science has only recently begun to investigate whether spiritual healing actually works. Scientists and doctors simply assumed that it didn't.

One of the first attempts to investigate healing focused on its flipside: the curse. In the late 1960s,



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## DON'T MISS

**Bankrupt Coronation Street star Ryan Thomas takes a spin in his £70,000 Mercedes alongside pal Dean Gaffney**



**Noel Gallagher cosies up to his glamorous wife Sara MacDonald as she shows off**



U.S. scientists decided to see whether focusing vindictive and negative thoughts on a small sample of mould - chosen because it is one of the most primitive living organisms - could somehow inhibit its growth.

Astonishingly, out of 194 mould samples 'cursed', 151 showed retarded growth.

Another group of scientists began researching whether thought power alone could be used in a positive way, to help diseased animals. Experiments revealed that mice wake faster after a general anaesthetic if healing thoughts are 'sent' their way.

In other studies, mice recovered faster and more completely from a form of breast cancer if healers 'laid on hands' while sending them positive thoughts and energy.

So if healing helps ailing lab animals, might it also help the sick to recover faster? Surprising as it seems, there's growing evidence that it might.

According to cardiologist Dr Randolph Byrd at San Francisco General Hospital, heart patients who are prayed for by Christian groups need less medicine and suffer fewer complications.

Other scientists have found similarly inexplicable results. In virtually every area they have looked, scientists have found evidence that praying for the sick helps them recover faster.

For example, studies at the California Pacific Medical Centre on Aids patients found that they survive in greater numbers, become sick less often and recover faster than those who are not prayed for.

Professor Walach, a psychologist at the University of Northampton, recently conducted an exhaustive analysis of all the data and came to the conclusion that spiritual healing really does work. He is gaining powerful supporters, too.

Professor Peter Fen-wick, a consultant neuro-psychiatrist at King's College London, has studied the phenomenon and says: 'There are four possibilities.

'Either we're dealing with fraud on a massive scale; or large numbers of able and gifted researchers are simply wrong; or hundreds of reports disproving healing haven't been published. All these seem unlikely, so we're left with the possibility that the effect is real.'

'Now we need to move on and understand what "healing" is and how it works. And we're starting to

**her toned frame in a black swimsuit on family holiday in Spain**

**PICTURE EXCLUSIVE: Gisele's burqa unveiled: Supermodel emerges for first time since 'secret boob job and eye lift in Paris'**



**Michelle Keegan and Mark Wright head to separate business meetings in Beverly Hills as they continue their bid to crack America**



**Why does Harper, four, still use a dummy? Experts warn David and Victoria Beckham's little girl may end up with 'speech or dental issues'**



**LACE is more! Newly-single Perrie Edwards wears backless bridal gown-inspired dress as she steps**



do just that.'

Dean Radin, a parapsychologist working at the Institute of Noetic Sciences in California, is in the vanguard of this research. He has found compelling evidence that one person's positive healing thoughts has a noticeable impact on another's mind and body.

Radin focused his work on couples, one of whom had cancer, reasoning that any 'psychic' connection would be strongest between people who loved each other. He trained the healthy partner to cultivate and project positive healing thoughts towards their ailing loved one.

To help eliminate pure chance, the healthy partner was asked to send the healing 'energy' at a time randomly chosen by computer.

The results were both amazing and startling. At the precise moment the healthy partner transmitted the healing thoughts, remarkable changes occurred in the mind and body of their ailing partner. Their breathing and blood flow increased significantly, while their brain and skin electrical activity changed dramatically. Clearly something profound was happening.

'Patients described having a warm feeling inside,' says Dr Radin. 'Whether this promotes healing remains to be seen.'

The NHS already employs healers to help seriously ill and dying patients. Ruth Kaye is a

healer at the Yorkshire Centre for Clinical Oncology in Leeds. She has spent the past 16 years spiritually healing patients in the NHS. Her aim is to augment conventional medicine and to help eliminate the side-effects of such treatments as chemotherapy.

'The spirit is the missing link that medicine does not address, but it is the key and secret of life,' she says. 'One of my patients described my work as being one part of a three-legged stool.'

'There is the medicine, which is one leg, the surgery, and finally the spirit. Without the spirit element, the stool would fall over.'

'Patients who use things like spiritual healing often use fewer drugs and are less reliant on antidepressants or sleeping tablets. In short, they are less of a drain on an over-stretched NHS.'

Jenny Quantrell, who successfully underwent treatment for breast cancer, says she was helped enormously by Ruth.

'Ruth has a special gift. I simply closed my eyes when she was healing me and I saw loads of bright

**out for dinner  
in LA**

**Supermodel  
Jourdan Dunn  
highlights her  
slender  
physique in  
striking multi-  
coloured  
bikini as she  
larks around  
with pals  
during  
Barbados  
getaway**



**Smoke break!  
Ben Affleck  
chills out with  
cigarette and  
cold drink as  
he takes a  
casual stroll  
near his  
Atlanta rental  
home**  
Kept it casual



**'Cheryl is fine  
about it - she  
knows I get  
obsessed':  
Kimberley  
Walsh admits  
that she often  
chooses to  
watch Strictly  
Come  
Dancing  
instead of The  
X Factor**



**Kendall  
Jenner puts  
on a brave  
face as she  
heads to a  
meeting after  
paying tribute  
to her late  
godfather  
Frank Gifford**  
Made a beeline



lights. It felt as if I was having my battery recharged.

'I hadn't slept for days, but afterwards I fell into the most wonderful relaxing sleep.

I don't know how it works but I know that it does. I don't need to understand it.'

And that's perhaps all the faith you need to benefit from this most mysterious phenomenon.

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towards her car

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Daily Mail

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**The moment a woman was**



**Vendors saw giant whale**

**Long way from Hollywood!**  
Hugh Jackman and Deborra-lee Furness offload the VERY humble apartment they bought two decades ago



**New gig? Amal Clooney could replace Donald Trump on The Celebrity Apprentice**  
She is reportedly at the top of a list that also includes Jessica Alba



**Robert Pattinson's 'fiancée' FKA twigs admits she has never watched Twilight... and that she refuses to 'engage in the fame world'**



'I had my

## Ads

### #1 Reason Men Pull Away

The Biggest Mistake Women Make That Kills A Man's Attraction

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the boss'



Frank  
Coppola dies



'Alcohol  
is the best'



Angie  
Bieber



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Who is this week's top commenter?

Find out now

daughter at the right time': Ex-party girl Kimberly Stewart admits motherhood toned-down her wild lifestyle

Self-confessed party girl



Amy Duggar wears white as she is thrown a bridal shower by Dillard's department store... after choosing shop for her online registry



Jennifer Lawrence takes a break from filming X-Men: Apocalypse to visit children's hospital in Montreal



Michelle Rodriguez shows off her slim athletic figure in sporty black bikini as she enjoys yet another leisurely day of sun and sea in Formentera



Life's a PITCH: David Beckham cuts a handsome figure as he



**joins Gordan  
Ramsay to  
cheer on  
former club  
LA Galaxy  
Die-hard fans**

**'Another job I  
can't do!'  
Chrissy  
Teigen sees  
the funny side  
after  
forgetting  
what day it is  
during  
weather  
forecast  
She even  
shared it on  
Instagram**



**Perrie  
Edwards  
parties in Las  
Vegas with  
Little Mix...  
amid claims  
ex fiance Zayn  
Malik has  
already set his  
sights on  
Disney star  
Zendaya  
Coleman**



**'I couldn't be  
more excited!'  
Kingdom star  
Kiele Sanchez  
announces  
she's  
pregnant with**



**first child at  
TCA panel**

**In a galaxy  
far, far away!  
Stormtroopers  
film scenes in  
a desert style  
landscape  
during filming  
of Star Wars:  
The Force  
Awakens**



**'My life  
started to take  
off again!'  
Coronation  
Street Claire  
King claims a  
facelift  
salvaged an  
acting career**



**Mommy and  
me time!  
Make-up free  
Elsa Pataky  
and daughter  
India run  
errands in  
Malibu**



Actress, 39, let  
her natural  
beauty shine

**SEBASTIAN  
SHAKESPEARE:  
Where was  
James  
Middleton on  
Donna's big  
night out?**



Been together  
for two-and-a-  
half years

**Quirky  
Kristen! Miss  
Stewart  
shows off her  
flat stomach  
in unusual  
cropped shirt  
and shorts for**



## **a New York City outing**

**Rita Ora goes braless and make-up free in striking lilac suit jacket with matching mini-skirt as she steps out in Beverly Hills**



**Filming taking a toll? Margot Robbie reveals heavily bruised legs as she takes a break from the set of Suicide Squad**



Emerging in Toronto with a female friend

**Are Erica Packer and Seal expecting a baby? Reports claims model is pregnant with British singer's baby**  
Has she already fallen pregnant?



**Daddy cool: Shirtless Simon Cowell continues to make a splash as he rides a jet-ski on Ibiza holiday**



Seen soaking up the sun in Ibiza on

Sunday

**'I feel like I've got my body and confidence back - and wardrobe!': Kimberley Walsh shows off svelte figure after months of struggle with baby weight**



**SEBASTIAN SHAKESPEARE**  
**Rugby WAG of England captain Chris Robshaw who won't sing national anthem**



**Family first!**  
**Hilaria Baldwin and husband Alec spend the day with their kids before catching up with sex therapist Dr. Ruth at the Hamptons**



**Liv Tyler and boyfriend Dave Gardner look crazy for each other as they walk hand-in-hand through NYC in similar workout gear**



**Make-up free**  
**Emily Ratajkowski oozes specs appeal in**



**circular frames as she keeps her locks wet whilst out and about with boyfriend Jeff Magid**

**You guys are the breast! Kim Kardashian celebrates hitting 42million followers on Instagram with cleavage selfie**

**Sure loves her fans**



**Rowan Pelling's sex column: My man likes to make love with the lights on but I'm 60 and I only feel carefree in the dark**



**Shirtless Ian Somerhalder cuddles up to his bikini-clad wife Nikki Reed as they paddle around on a boat in new Instagram selfie**



**Victoria's Secret angel Sara Sampaio shows off her toned model figure in white crop top and black leggings**



as she heads  
to the gym

Olivia  
Newton-  
John's  
daughter  
Chloe Lattanzi  
ignores chest  
or legs rules  
and wears a  
TINY skirt and  
cleavage-  
baring top as  
she attends  
event with her  
mother



Seeking  
solace? Gwen  
Stefani takes  
her three sons  
to church a  
week after  
shock  
decision to  
divorce Gavin  
Rossdale  
Very religious



Fresh-faced  
Alicia  
Vikander  
shows off her  
slender figure  
and effortless  
style in  
mismatched  
mini skirt and  
floaty blouse  
in New York



Annie  
Lennox's  
daughter in  
kayaking  
accident:  
Police say  
alcohol 'may  
have played a  
role' as 22-  
year-old  
artist's  
boyfriend is



**feared  
drowned**

**Making  
himself at  
home!  
Thomas Jane  
walks  
barefoot  
through New  
York City  
before  
pausing at a  
trashcan to  
clip his nails**



**'We're kind of  
related': Gigi  
Hadid  
explains how  
she and her  
BFF Kendall  
Jenner are  
more than just  
friends**



It's a tangled  
web that binds  
them

**Newly single  
Vogue  
Williams  
shows off her  
incredible  
figure as she  
goes  
COMPLETELY  
naked for  
daring  
photoshoot  
Strength to  
strength**



**FIRST LOOK:  
Ben Affleck  
and Matt  
Damon's  
Project  
Greenlight  
returns after  
10 year hiatus  
in a new  
trailer  
Coming back**



after a 10-year hiatus

**Birds Of A Feather star Lesley Joseph gives Dorien's new toyboy love interest Martin Kemp an eyeful as they shoot funeral scene**



**Rumer Willis puts Broadway debut on hold as she recovers from stress fractures in her foot**

The 26-year-old will now begin performances on September 14



**Ola Jordan makes a triumphant return to Strictly Come Dancing for the first time since knee injury as she joins fellow dancers for rehearsals**



**Kimberley Garner exhibits her sculpted abs in crop top and tight leggings as she enjoys fitness weekend at countryside**



**retreat**

**Britney Spears shows off colourful new rainbow hairstyle as she and her sons meet DJ Skrillex backstage at her show**  
Very cheerful



**'He knows everything:' Anthony Hopkins uses psychic powers to help police find a killer with similar abilities in trailer for upcoming thriller Solace**



**It's mortifying! Benedict Cumberbatch chastises his own fans waiting at the stage door - ordering them NOT to film him as he treads the boards as Hamlet**



**Cruising past the competition! Mission: Impossible beats Fantastic 4 to win the box office for second week in a row with**



**\$265m**

**'Her obsession with shoes is real!' Kim Zolciak shares sweet photo of daughter Kaia sporting metallic gladiator sandals**



**Ouch! Wendy Williams, 51, falls off stage and lands on her backside during live show... but quickly bounces back to her feet**



**A right Royal handful! Zara's one-year-old daughter Mia throws a tantrum for mum at the Gatcombe Horse Trials**  
Mia Tindall began crying and stamping her feet



**Blue's Lee Ryan 'could lose his voice if he doesn't have throat surgery to remove aggressive cyst'**



It's claimed Lee Ryan could lose his voice

**Rita Ora flashes her**

**sideboob as she goes braless under loose grey vest during night out in Hollywood to celebrate the release of her steamy new single**



**Ed Sheeran, 24, and Nicole Scherzinger, 37, 'dating' after she turned to his music to heal Lewis Hamilton heartache**  
Things have stepped up



**Feeling the heat? Ben Affleck sweats in scorching Atlanta heat as he plays the doting dad on shopping trip while Jennifer Garner shoots new film**



**Shady lady! Shameless star Emmy Rossum dons large sunglasses and black leggings as she makes her way to the gym**



**Her second home! Former reality star Lauren Stoner**



**flaunts her bikini body on Miami beach**  
Very busty

**Caitlyn Jenner 'is only attracted to women' despite appearing uncertain of her sexuality on the latest episode of I Am Cait**



**Irina Shayk heads back to Bradley Cooper's London hotel after supporting him on his final night as The Elephant Man**  
Whisked off



**Elle Fanning is unrecognisable as a transitioning teen in emotional first trailer for new drama About Ray**  
Gym results are clearly evident



**Casey Batchelor shows off her curves and toned abs in halter neck bikini as she enjoys a beach day in Mykonos**



Hit the beach

**Model behavior!**  
Taylor Swift shows off her long legs and toned tummy as she's joined by Ciara and Russell Wilson during 1989 concert



**TOWIE's Jessica Wright** tries to hide her arm cast underneath a low-cut floral blouse as she attends her shoe collection launch  
Nowhere to hide



**Bare faced Gigi Hadid** keeps it casual in ripped jeans and trainers for date night with boyfriend Joe Jonas  
Kept it stylishly cool



**Geri Halliwell** celebrates her 43rd birthday by going bodyboarding with her husband Christian Horner on family holiday to Cornwall



**Silver-haired**

**Lourdes Leon continues to showcase her unique style as she teams grey jumpsuit with white trainers in NYC**



Madonna's daughter certainly seems happy

**Sixties chic! Margot Robbie pays homage to Jimi Hendrix in sunshine yellow T-shirt as she strolls around Toronto**



Showed her sartorial savvy

**Jasmin Walia flashes the flesh in bandeau top and tiny hotpants under see-through mesh dress**



Very revealing ensemble

**Sarah Harding puts on a racy display in bum-flashing latex pants and plunging bralet as she takes to the stage at G-A-Y**



Sizzled

**'I still believe**

**in the show':  
Hayley Lewis  
hits back at  
'hoax' claims  
as she  
defends The  
Biggest Loser  
during  
awkward live  
interview**



**Jake Roche  
admits  
proposing to  
Jesy Nelson  
was 'nerve  
racking'... as  
his Rixton  
bandmate  
Lewi Morgan  
insists he and  
girlfriend Ella  
Eyre aren't  
ready for  
marriage**



**'It's never too  
late to learn  
from the  
master!'  
Hilaria  
Baldwin jokes  
that she and  
husband Alec  
are getting  
tips from sex  
therapist Dr  
Ruth as they  
catch up**



**Newly single  
Scott Disick is  
on daddy duty  
as he takes  
son Mason  
and daughter  
Penelope out  
for pizza  
Proving ever  
the doting dad**



**Gordon  
Ramsay  
shows off his**

**impressive  
muscles in  
tight t-shirt  
before trip  
with his wife  
Tana and their  
children to  
The Vamps'  
LA gig**  
Looked super  
slick



**Big debut!  
Louis  
Tomlinson's  
baby mama  
Briana  
Jungwirth  
steps out  
revealing her  
burgeoning  
bump for the  
first time**  
Newest band  
member



**Vamping it  
up! Kim and  
Kourtney  
Kardashian  
wear plunging  
PVC dresses  
for second  
birthday  
celebration in  
honour of  
sister Kylie's  
18th**



**Jessica  
Chastain  
stops traffic in  
a flirty  
summer dress  
as she flags  
down a cab in  
New York City**  
Will next be  
seen in The  
Martian



**Shirtless Alex  
Mytton packs  
on the PDA**

**with  
girlfriend  
Nicola Hughes  
as Made In  
Chelsea  
couple share  
steamy  
workout**



**Amy  
Schumer  
promotes  
Trainwreck in  
Switzerland in  
chic red dress  
and killer  
heels as her  
comedy  
sketch show  
scoops two  
awards at the  
TCAs**



**It's Downsize  
Abbey: Lord  
and Lady  
Grantham 'to  
lose their  
servants' in  
the final  
series of ITV's  
period drama  
End of an era**



**'If she could  
die in a car  
crash I'd be a  
very happy  
woman': Katie  
Price reveals  
she is still  
hurt by  
husband  
Kieran  
Hayler's affair  
with her friend  
Jane  
Pountney**



**Amy Childs  
shares a kiss  
with boyfriend  
Bradley  
Wright as they**



**celebrate first anniversary with romantic night out**  
One year anniversary

**Chris Evans spotted filming Captain America: Civil War at desolate Olympic Stadium in Berlin**  
He's a summer soldier



**On a high! Voice Australia coach Delta Goodrem shows contestants how it's done as she takes to the stage to perform new single Wings**



**Where to look? Leonardo DiCaprio's once rumoured ex Alyce Crawford flaunts eye-popping cleavage in a plunging bikini**



**Will.i.am 'QUITS' The Voice after four years despite being offered large pay rise by**



## **BBC bosses'**

Time to move  
on from the  
competition

**Former X  
Factor star  
Rachel  
Adedeji stuns  
in a plunging  
bridal gown  
as she ties the  
knot with  
partner Jason  
Finegan  
in fairytale  
wedding**  
Romantic  
ceremony



**Real  
Housewives  
Of NYC  
Bethenny  
Frankel,  
Ramona  
Singer and  
LuAnn de  
Lesseps live it  
up at VH1  
Hamptons  
Live  
fundraiser**  
Epitome of  
skinnygirl



**He's not  
recycling after  
all! Birthday  
girl Kylie  
Jenner was  
only  
BORROWING  
Tyga's car...  
after reports  
his gift  
originally  
belonged to  
ex Blac Chyna**



**'Calm before  
the storm':  
Kylie Jenner  
enjoys**



**relaxing night  
at home  
ahead of 18th  
birthday  
festivities**

The calm  
before the  
storm

**Christina  
Milian takes  
the plunge in  
a zip-up  
swimsuit  
while hosting  
poolside bash  
at the  
Flamingo  
Hotel in Las  
Vegas**

No margin for  
error



**Turning up  
the heat! Demi  
Lovato  
scorches on  
stage in  
revealing bra  
top and  
hotpants as  
she performs  
new single  
Cool For The  
Summer on  
The Voice  
Australia**



**Birthday girl  
Chelsee  
Healey leaves  
little to the  
imagination in  
cleavage-  
baring  
jumpsuit as  
she hits the  
town to  
celebrate  
turning 27**



**The apple of  
mama's eye:  
Zara cuddles**

**little Mia as adorable tot looks sweet in yellow dress and straw hat**



Enjoying the Festival of British Eventing 2015 at Princess Anne's home

**Kelly Bensimon revives herself during stroll with daughters Thadeus and Sea Louise while sporting white mini dress**



Shares custody

**Nicki Minaj sparks speculation she's pregnant after introducing boyfriend Meek Mill as her 'baby father' at Pennsylvania gig**



**'It broke my heart...': FKA Twigs reveals how she broke down following racist attacks by trolls against her fans on social media**



**That's a tighty whitey! Eva Longoria sizzles in a**



**dress that fits  
her  
curvaceous  
figure like a  
second skin at  
charity gala  
Made it all  
count**

**Thighs the  
limit! Sports  
Illustrated  
cover girl Nina  
Agdal wears  
mini dress  
while taking  
stroll with  
model  
boyfriend in  
NYC**

Dating more  
than a year



**Kris Jenner  
is joined by  
boyfriend  
Corey Gamble  
for double  
date with  
Lance Bass  
and his  
partner  
Michael  
Turchin**

Came a day  
after a warm  
embrace with  
Caitlyn



**PICTURE  
EXCLUSIVE:  
Catch me if  
you can!  
David  
Beckham  
playfully  
clutches  
Brooklyn as  
Harper makes  
a run for it  
during sweet  
bonding  
session**



**Their first marital home!  
Cheryl Fernandez-Versini and husband Jean-Bernard 'splash out on £4million mansion in North London'**



**Denise Van Outen exhibits her long bronzed legs in denim romper as she ditches her long blonde locks for a sassy short style  
New haircut**



**Bikini-clad Blac Chyna relaxes in the Caribbean... as it's revealed the Mercedes Tyga gave Kylie Jenner for birthday used to belong to baby mama**



**Tana Ramsay shows off her toned figure in gym gear as she enjoys a smoothie with lookalike daughter Holly after SoulCycle session in LA**



**Kelsey Grammer, 60, hits beach**

**with wife  
Kayte, 35, who  
shows off  
enviably  
slender body  
in a blue bikini  
on family day  
out**



Family holiday

**Kelly  
Bensimon  
revives  
herself during  
stroll with  
daughters  
Thadeus and  
Sea Louise  
while sporting  
white mini  
dress**



Left RHONY in  
2011

**'It's sad that  
years after I  
swam naked  
in Walkabout,  
my nudity was  
exploited on  
the internet':  
Inside the  
head of...**



**Jenny Agutter**  
Full of dramas

**The tramp  
who ruled  
Hollywood:  
How Chaplin  
became the  
world's  
biggest  
star (despite  
falling out  
with Hitler,  
Brando, the  
FBI... and  
more than one  
teenage bride)**



**£2,300  
designer  
dress a five-**

**year-old can make for £58: When letting your children scribble on your clothes is a good thing**



**Reese Witherspoon looks happier than ever on romantic bike ride with her husband... days after meeting up with ex Ryan Philippe**



**Rich Kid with a big heart! Taylor-Ann Hasselhoff volunteers at LA Mission's Block Party for under-privileged children**



**Aubrey Plaza is dapper in blazer and skinny jeans as she joins documentary filmmakers on stage at Sundance Next Fest in Los Angeles**



**'The power of a woman!' Ariana Grande shows off toned midriff in statement crop top as she poses for feminist photo shoot**



**Vogue Williams flaunts her toned legs in tiny neon-pink skirt... after admitting she's still living with estranged husband Brian McFadden**



**'I was too nice to say no': Cody Simpson reflects on rapid rise to fame after signing record deal at 13... as he performs intimate gig in Sydney**



**Simply PURR-fectio: Imogen Anthony sports kitten ears and PVC dress at Masquerade ball... as she admits she's in no hurry to start a family**



**PIERS MORGAN: Cilla Black kept the audience enraptured by being so funny, feisty, revealing, emotional and entertaining**



**Weekend Today host**

**Deborah Knight, 42, announces third pregnancy on live TV... months after colleague Wendy Kingston**



**Something to discuss? Jodie Kidd tries to keep a low profile after 'secret meeting' with Chris Evans amid rumours she'll join Top Gear line-up**



**Bradley Cooper cuts a suave figure in tight-fitting navy jacket as he exits London theatre following his final performance in The Elephant Man**



**Jennifer Garner and Ben Affleck put on united front as they wear wedding bands during family outing in Atlanta**



It has been two months since they revealed plans to divorce

**The Americans**

wins best  
drama! Keri  
Russell dons  
plunging lacy  
gown  
alongside  
real-life  
leading man  
Matthew Rhys  
at the TCA  
Awards



Through the  
keyhole... as  
Loyd  
Grossman  
NEVER  
imagines it!  
Game of  
Thrones'  
Natalie in real-  
life voyeurism  
drama BBC  
didn't need to  
sex up



Bachelorettes'  
night out!  
Ebru  
Dallikavak  
flashes her  
trim pins in  
little black  
dress as The  
Bachelor girls  
head to  
Masquerade  
ball



Nice ice,  
baby! Jordana  
Brewster is  
the image of  
casual chic as  
she grabs  
some  
delicious  
frozen yogurt  
to take away



CHRIS  
EVANS: It's  
the  
reincarnation

of Vauxhall's classic Seventies budget car. But it's not even particularly good value... and it's certainly not much fun



'Never trust anyone, not even those closest to you': Mario Falcone hints at betrayal in cryptic tweet... as he deletes snaps of Emma McVey from Instagram



Pregnant Kim Kardashian highlights her growing baby bump as she squeezes into black bodycon dress to kickstart Kylie Jenner's 18th celebrations



Lucy-Jo Hudson cuts a svelte figure in denim shirt and skin-tight pencil skirt as she enjoys a night on the town with her pals



'I think life is about growing into yourself and getting to



like that person': Boy George reveals the secrets behind his remarkable reinvention

Michelle Rodriguez stuns at sea in white bikini as she excitedly checks her phone... hours after flirting up a storm with mystery woman at wild party



'Orlando and I are so close': Model and now designer Miranda Kerr on post-divorce parenting  
She should know



Taking aim! Miley Cyrus slams Taylor Swift's role model status over 'violent' Bad Blood video



Why is getting naked worse than having a video filmed with guns?

Strike a pose! Janice Dickinson shows off her exceedingly slim legs in Daisy Dukes



**during coffee  
run to  
Starbucks**

Janice  
Dickinson has  
never been one  
to shy away  
from the  
limelight

**Living the  
reem! Hard-  
working Joey  
Essex flexes  
his muscles  
as he dashes  
to work in his  
own clothes  
shop...  
despite him  
earning more  
than the Prime  
Minister**



**Nothing to  
mask here!  
The Bachelor  
star Zilda  
Williams puts  
on a VERY  
busty display  
in semi-sheer  
dress at Dom  
Perignon  
Masquerade  
party**



**'Wouldn't  
miss this for  
the world!'  
Proud James  
Argent  
congratulates  
girlfriend  
Lydia Bright  
with a sweet  
kiss and a  
bouquet of  
flowers as she  
completes  
triathlon**



**Family time!  
Hilaria**

**Baldwin shares the love and another yoga pose in sweet snaps with baby boy Rafael and daughter Carmen**



**Flying high! Jennifer Aniston signs \$5 million deal as face of Emirates Airlines... after secret marriage to Justin Theroux**



**I'm gonna need a bigger boat! Steven Spielberg is selling his £120million, 282ft mega yacht because it is 'too small'**



It looks tiny, God knows how he managed

**Shirtless Simon Cowell shows off his sunburn as he arrives at Formentera beach club with Lauren Silverman and little Eric**  
That looks painful!



**Where's Rob? Kardashian brother**



appears to be a no-show at sister Kylie Jenner's 18th birthday celebration at Nobu

**Health notes: Now Vanessa goes whiter than white**

The Saturdays singer Vanessa White, 25, is currently reinventing her look with cosmetic dentistry



**Reality star Kim Richards 'has been hospitalized by concerned family members' after her arrest for allegedly shoplifting at Target**



**An arresting sight! Orange Is The New Black star Ruby Rose puts on a leggy display in cropped denim shorts as she heads to work**



**GIRL ABOUT TOWN: Naughty pup has Gemma Arterton feeling ruff**  
Former Bond girl Gemma



Arterton, 29,  
had to act with  
a Yorkshire  
terrier puppy

**Lucy  
Mecklenburgh  
displays  
PLENTY of  
cleavage in  
plunging blue  
maxi as she  
pays her  
Essex  
boutique a  
quick visit  
Got what it  
takes**



**The secret  
affairs  
involving  
Vincent,  
Ronnie, Roxy,  
Dean, and  
even Les  
Coker were  
uncovered in  
an unlikely or  
laughable  
week on  
EastEnders,  
by JIM  
SHELLEY**



**Right on  
target! Arrow  
star Katie  
Cassidy  
displays her  
sensationally  
toned figure in  
white bikini as  
she enjoys a  
dip in Miami**



**EastEnder of  
the line for  
Albert  
Square? BBC  
plans to tear  
down iconic  
soap set to  
modernise**



## **Walford**

Changes to the  
30-year-old  
Albert Square

**Emily Blunt**  
looks chic as  
she arrives at  
**Charlize**  
**Theron's** low-  
key 40th  
birthday party  
with husband  
**John**  
**Krasinski**



**MIC's Lucy**  
**Watson** and  
**Binky**  
**Felstead** put  
on a very  
leggy displays  
as they return  
to London to  
continue  
filming  
Back on home  
turf



**Spa time! Tori**  
**Spelling** goes  
incognito in  
large dark hat  
and  
sunglasses as  
she treats  
children **Liam**  
and **Stella** to  
pampering  
day  
She's born and  
raised in the  
lap of luxury



**GIRL ABOUT**  
**TOWN:**  
**Miranda** to  
star opposite  
**Reese**  
**Witherspoon**  
in **Disney** film  
A new big  
budget **Disney**  
comedy



**Shootout at the Crocodile River as Harry joins war on poachers: Prince is battling gangs of criminals wielding rifles and machetes**



**GIRL ABOUT TOWN: Cut! Sienna the moll misses out AGAIN**



Sienna Miller shot gangster movie Black Mass last year alongside Johnny Depp and Benedict Cumberbatch

**Dinner date! Jennifer Lopez and toyboy Casper Smart enjoy a romantic evening together in Hollywood**



It appears to be well and truly back on

**Hunky Dylan McDermott, 53, flaunts his youthful good looks as he arrives at LAX with daughter Charlotte**



The hunky actor was travelling with his youngest daughter

**Trick or treat! Kourtney**

**Kardashian turns heads in orange trousers and black leather jacket at Kylie Jenner's 18th birthday dinner**



**'I'm here for her': Kim Richards' former castmate Joyce Giraud says she's ready to loan troubled star money... after her arrest for 'shoplifting at Target'**



**His smallest supporter! Wayne Rooney's son Klay sports Manchester Utd kit as he's doted on by grandfather at first match of the season**  
Off to see dad at work



**Ready, set, jet! Beyonce choppers out of New York in a lovely lace romper**  
Choosing a chopper for her commute and looking chic doing it



**New ride? Kylie Jenner shows off her lavish**



**birthday gifts  
as she leaves  
family dinner  
in bright  
Mercedes G-  
Wagon ahead  
of her 18th  
celebrations**

**Rachel Weisz  
looks chic in a  
leather skirt  
and ankle  
boots as she  
flies to New  
Jersey with  
husband  
Daniel Craig  
Slipped into  
something a  
little more  
comfortable**



**Bikini-clad  
Rihanna puts  
her cleavage  
and pert  
derriere on  
display in day  
of watersports  
in Barbados  
alongside  
'love interest'  
Lewis  
Hamilton**



**(Ham)let the  
fun begin!  
Benedict  
Cumberbatch  
heads out to  
celebrate  
Shakespeare  
opening... as  
critics praise  
his stage  
performance  
Reason to  
celebrate**



**Models who  
lunch! Kasia  
Struss  
displays her**



lithe frame in  
a maxi dress  
as she enjoys  
alfresco meal  
with pal  
Joanna Krupa  
Light lunch



Not a happy  
camper! Vic  
Reeves forced  
to take refuge  
with model  
wife Nancy  
and their  
children in a  
hotel after wet  
weather  
wrecks their  
staycation



Super night  
out! Giddy  
newlyweds  
Guy Ritchie  
and Jacqui  
Ainsley head  
out to dinner  
with Henry  
Cavill after  
The Man From  
U.N.C.L.E  
premiere



Bikini-clad  
Bar Refaeli  
can't help  
striking a  
supermodel  
pose as she  
continues to  
enjoy her  
VERY lavish  
bachelorette  
party in the  
Maldives

'We spend  
our lives  
taking the p\*\*\*  
out of each  
other':  
Professor  
Green's rare



**insight into  
Millie  
Mackintosh  
marriage as  
he takes the  
stage at  
Thorpe Park**

**The Hills  
reunion!  
Whitney Port  
wears a  
plunging  
skintight  
dress for her  
bachelorette  
party in Sin  
City...and  
none other  
than Brody  
Jenner is the  
DJ**



**Loved-up  
Rhian Sugden  
flashes her  
toned abs in  
gold suit and  
plunging crop  
top as she  
steps out with  
actor  
fiancé Oliver  
Mellor**  
The perfect  
couple



**Keri Russell  
goes  
undercover in  
a fedora and  
dark  
sunglasses as  
she collects  
her dry  
cleaning in  
NYC**  
Mission  
Impossible III  
actress, 39,  
rocked look

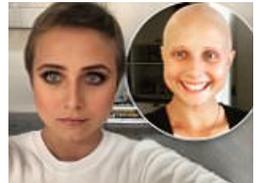


**'The parent  
trap': Kim**

**Kardashian shares first photo of exes Kris and Caitlyn Jenner as they pose together for selfie at Kylie's family-filled 18th birthday dinner**



**Tessa James to walk red carpet at Myer catwalk show... as she marks her FIRST event appearance since winning cancer battle**



**A smokey eye shadow palette, a cute puppy necklance and a nourishing lipstick: The bits and pieces that will make your week**



**Crop a load of that! Victoria's Secret stunner Shanina Shaik flaunts her ripped abs as she struts around Ibiza in sexy off-the-shoulder crochet top**



**Figure-fixing swimsuits: From clever ruching to**



supportive halternecks, swimming costumes to fake a perfect figure

Not so quiet: Björk takes to the stage in zany face mask and bizarre bubble dress as she headlines Wilderness Festival  
Quite the impact



That's amore! George Clooney and his glamorous wife Amal share passionate embrace as they enjoy a romantic date night during Italian getaway



'I thought he was an a\*\*\*hole!' Iggy Azalea reveals she 'hated' her fiancé LA Lakers player Nick Young the first time they met  
Slow burner



Svelte new mum Liv Tyler slips into skintight gym leggings as she shares a workout with boyfriend



## Dave Gardner

Cut a slim figure

Anytime Anywhere, MailOnline on your iPad



PROGRESSO

40 Delicious  
Flavors 100  
calories or less.



more

Today's  
headlines

Most Read



**Posing proudly at her son's wedding, is this the first British woman to die of controversial £8,000 curve...**



**The woman who vomits 20 TIMES a day: 23-year-old is left bedridden for weeks on end and can no longer work...**



**The mother who has battled a brain tumour for a DECADE... and even risked the danger of it growing to have...**



**How to get a body like a Made In Chelsea star? No carbs after 12, swap cocktails for vodka and use bags of...**



**Want better skin AND to lose half a stone? Nutritionist reveals the foods that will give you a radiant glow -...**



**DON'T** drink smoothies, carbs **CAN'T** tell the time and running **MAKES** you fat... experts bust 10 common health...



**Surgeons' shock after they find 360 GALLSTONES inside Indian woman who complained of crippling stomach pain**



Agony of the pensioner who has three 'TOENAIL HORNS' growing out of her foot



**Could the position you SLEEP in affect your risk of Alzheimer's? People who sleep on their side enable their...**



How being addicted to the internet could make you sick: Too much time online weakens the immune system,...



**Load up on carbs, drink fennel tea and AVOID crunches: Nutritionist reveals how to eat your way to a flatter...**



White bread and pasta 'may increase the risk of depression': Blood sugar spikes caused by highly refined...



**Woman with chronic intestinal disorder reveals how she conquered her obsession with staying skinny after...**



Just one in four drink enough water: Four million Britons have not drunk a glass in over a week



**Stress really CAN ruin your diet: When the going gets tough 'we lose self-control and indulge in cake'**

**MORE HEADLINES**

**MORE DON'T MISS**

**Cara Delevingne's girlfriend St. Vincent shows off her incredible physique in plunging leather jumpsuit as she performs at Outside Lands Festival**



**Electric blues! Christina Milian flashes the flesh in barely there cropped top and Daisy Dukes in Las Vegas**  
The 33-year-old singer flashed the flesh



**Superfit Josh Duhamel shows off his muscles in a basketball jersey as he proves his sporting prowess at all-star tournament**  
In his element



**Queen Letizia cuts a casual**

**figure as she leans in for sweet kiss with husband King Felipe on family holiday to Mallorca**  
Stylish yet comfortable



**'I would really love to be a mum': Natalie Imbruglia hopes to meet someone she can start a family with... but is open to looking into 'other options'**



**Katherine Heigl dons leggy LBD and totes red Birkin bag to lunch with momager Nancy in Studio City**  
All smiles



**All woman! Ronda Rousey continues to ignore the 'masculine' body-shamers in sexy bikini - while Floyd Mayweather takes a jab at her earnings**



**Joe Manganiello looks suave with a silver-flecked beard as he suits up to attend foundation**



## **gala**

Manganiello, 38, showed off his chiseled looks

**Princess Bea and the Queen of TV: Beatrice relaxes on Abramovich's £1billion mega-yacht before joining Oprah on another boat during 17th holiday**



**That's quite a collection! Sylvester Stallone, 69, rocks two silk rainbow shirts in as many days as he spends time with wife Jennifer Flavin**



**Inside Cindy Crawford's fridge: Almond milk, dozens of eggs (and some beers for husband Rande Gerber)**



**If you've got it, flaunt it! Sinitta, 51, displays her incredible abs as she takes to the stage in eccentric yellow two-piece Grand entrance**



**No butts  
about it!  
Makeup free  
Lara Bingle  
reveals her  
pert derriere  
in workout  
gear as she  
flaunts post  
baby body on  
a stroll with  
Sam  
Worthington  
and Rocket**



**Kate Hudson  
dons white  
dress for  
dinner with  
son Bingham  
in LA... after  
wrapping  
production on  
new film  
Deepwater  
Horizon in  
New Orleans**



**'I wish I've  
been drinking  
all day':  
Country  
music star  
Miranda  
Lambert jokes  
she could use  
alcohol to lift  
her spirits  
after divorce  
from Blake  
Shelton**



**United front!  
Kris and  
Caitlyn Jenner  
share warm  
embrace as  
they get  
together for  
family dinner  
celebrating  
daughter  
Kylie's 18th  
birthday**



**Newly-single  
Vogue  
Williams  
admits she's  
still living with  
estranged  
husband  
Brian  
McFadden  
one month  
after shock  
split**  
Unorthodox



**Just the two  
of us! Emily  
Blunt and  
John  
Krasinski  
enjoy a movie  
date after  
attending Jen  
and Justin's  
surprise A-list  
wedding**  
Busy week



**Kourtney  
Kardashian  
busts out the  
cleavage in  
tight nude  
leotard  
matched with  
denim  
trousers for  
an outing in  
Beverly Hills**  
Revamping her  
look



**'I keep a  
close eye on  
him': Paris  
Jackson's  
guardian TJ  
says he  
approves of  
her new  
beau... but he  
is not taking  
any chances**  
She's growing  
up fast



**Dressed to party! Kylie Jenner wears 70's style white jumpsuit as she gets ready to start 18th birthday celebrations**  
It looked like Kylie means business



**The honeymoon crashers! Maid of honor Courteney Cox and more Hollywood pals join Jennifer Aniston and Justin Theroux on love boat in Bora Bora**



**Jonah Hill looks larger than life as he and sister Beanie take adorable pet pooch Carmela for a walk in New York**  
Soon to film 21 Jump Street sequel



**Slash gives a broad smile as he treats girlfriend Meegan Hodges to elegant foundation gala night**  
Ex Guns N' Roses star was



in his element

**Smoking hot!**  
**Michelle Rodriguez**  
puffs on a  
suspicious-  
looking  
cigarette and  
kisses a girl  
aboard party  
boat in Ibiza  
'Making out'  
very well



**Puff in the**  
**park! Patrick**  
**Schwarzenegger**  
smokes  
cigarette in  
children's  
playground  
for 'Jackie  
Moon'  
inspired selfie  
Playground fun



**EXCLUSIVE:**  
**And the name**  
**of Kim and**  
**Kanye's new**  
**baby boy is...**  
(Hint: they're  
going in a  
different  
direction!)  
A family friend  
has spilled the  
beans



**Ahoy there!**  
**Kelly Brook**  
flaunts her  
pert behind as  
she lounges  
on the deck of  
a yacht in a  
skimpy bikini  
for racy  
Instagram  
snap  
Couldn't resist



**SEBASTIAN**  
**SHAKESPEARE:**

**Chelsy Davy shows what Prince Harry's missing**

She quit her job last year at law firm Allen & Overy



**'When did we decide social media was for hating?' Gina Rodriguez hits out at the negative comments about her shoot she posted on Instagram**



**Greta Gerwig bares her midriff in crop-top at Mistress America premiere alongside director beau Noah Baumbach**  
Co-wrote screenplay



**PICTURE EXCLUSIVE: Into The Blue! Kylie Minogue, 47, reveals her enviable physique and famous derriere as she jumps off a boat in Italy in a sexy swimsuit**



**Eminem sparks outrage with**

**disturbing rap that describes raping women on Dr Dre's soundtrack for Straight Outta Compton**

**Met with public outcry**



**Supermodel Jourdan Dunn shows off her spectacular beach body in a skimpy thong-style swimsuit as she frolics on the beach in Barbados**



**Bronzed beauty! Demi Lovato displays glowing tan in low-cut top as she jets back to Australia to promote her new music just four months after her last visit**



**Keeping her lingerie for the catwalk! Victoria's Secret model Candice Swanepoel goes braless wearing plunging jumpsuit for stroll in NYC**



**Home sweet home! Rebel Wilson keeps**

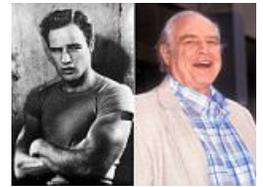
it casual as she touches down in Los Angeles after returning to Cape Town to reshoot scenes from her latest comedy



Floating through her forties!  
Former Sports Illustrated model Rachel Hunter, 47, proves she's still got it in risqué one-piece  
Still got it



Marlon Brando's harrowing life story in his OWN words: Unheard personal recordings chart everything from troubled childhood on



A model royal!  
Princess Mary of Denmark cuts a stylish figure as she graces the runway at Copenhagen Fashion Week... but only to present an award



Zendaya Coleman

**makes a colourful statement wearing Vivienne Westwood pant suit while out and about in NYC**



**Hollywood's most hilarious double act: George Hamilton and Alana Stewart have been divorced 40 years, but their sparring still crackles with wit**



**Society seductress Lady Worsley's rampant bed-hopping rocked Georgian society - now it's been made into a racy BBC bodice-ripper**



**Catch Me If You Can! Tom Hanks turns heads as he speeds around on trendy Vespa scooter in Los Angeles**  
Seemed to be having a great time



**The not so sweet prince: Benedict Cumberbatch**



**drips with sweat as he wields a dagger during electrifying Hamlet performance**

**Hometown hero! Meghan Trainor performs private concert at Cape Cod Beach House near her childhood city**  
All about her base



**'I'm not even sure which is my real body anymore': Chris Hemsworth opens up about his physical transformation from Thor to slimmer framed**



**Prince causes waves in the music world as he makes his next album HITNRUN exclusive to Jay Z's Tidal streaming service**



**Where does she put it? Incredibly trim Lara Bingle indulges in carb-loaded snack while**



**out with Sam  
Worthington  
and their baby  
boy Rocket**

**Surf's up!  
Topless  
Ireland  
Baldwin  
protects her  
modesty with  
her hands as  
she lies on a  
beach next to  
a yellow board  
in sexy  
Instagram  
snap**



**More rock  
than country!  
Keith Urban  
displays his  
tattooed  
biceps as he  
entertains  
crowds in the  
US while wife  
Nicole Kidman  
and daughters  
are in London**



**'I cannot  
lawfully send  
my children  
away from the  
United States':  
Kelly  
Rutherford  
refuses to fly  
siblings  
Helena and  
Hermes back  
to father in  
Monaco**



**Sheree  
Whitfield  
rejoins cast of  
Bravo's Real  
Housewives  
Of Atlanta  
after three  
years... as**



**Bravo seeks to fill void left by Nene Leakes**

**'I really love mini skirts - but I wear it with jeans underneath': Muslim fashion blogger, The Girl Beneath the Headscarf, on mixing styles**



**How the one-percenters live: Michael Moore is selling his seven-bedroomed Michigan lake log-palace mansion for \$5 million**



**Bargain Hunter! Rachel, 45, shows off her lean legs in skimpy playsuit as she goes shopping in Hollywood**  
Certainly hasn't let herself go



**Get ready ladies! Old Spice hunks Isaiah Mustafa and Terry Crews appear together for the first time in brand's latest racy**



**advert**

**Enrique Iglesias, 40, puts a protective arm around long-term love**

**Anna Kournikova, 34, as they head home after romantic date night**

**Together 14 years**



**Friendly exes? Justin Bieber plays photographer for once-rumoured girlfriend Chantel**

**Jeffries at her sexy beach swimsuit shoot in LA**



**'Fired up for Switzerland!' Amy Schumer shows off her curves in one-piece bathing suit while dancing to Backstreet Boys aboard luxury boat**



**'Let the birthday celebrations begin!' Kylie Jenner looks laid-back as she steps out with Tyga before visiting Children's Hospital LA**



**Girls day out!**

**Sporty Zara Phillips totes toddler Mia around horse show as she is joined by sister-in-law Autumn**

A family day out



**Samantha Faiers shares passionate kiss with boyfriend Paul Day as she reveals rare romantic moment in Instagram snap**



**Nicki Minaj visits eight-year-old boy Zion, the youngest person to ever receive a double hand transplant**  
Doing some good



**The creditors spitting mad that Fergie's moving to a tax haven: Duchess has just moved to a £13m chalet in Switzerland**



**'I hate that you're feeling this way!' Taylor Swift offers encouraging words to a**



**struggling  
teen fan on  
Tumblr**

The 25-year-old singer has a history of positive interactions with fans

**Not-so-Mighty Aphrodite!  
Mina Sorvino, 47, goes make-up free and keeps it casual taking daughter shopping in Los Angeles**



**Teen Wolf hunk Max Carver reunites with his former co-star Crystal Reed on Melrose Place for stroll**

Things seemed cordial between the preppy pair



**Meet the new Real Housewife!  
Dance-pop diva Erika Jayne 'has definitely signed on' for the Beverly Hills cast's sixth season**  
Ready to go



**For the love of fashion!  
Jessica Mauboy flaunts her**



curves in racy high-split dress... but comes dangerously close to a wardrobe malfunction on stage

Jennifer Garner flashes a rare smile on movie set in Atlanta as friends say she is 'much stronger' than people realise... Ben Affleck keeps a low profile



'What a great thing to teach children!' Lily Allen faces fierce backlash after posting shocking topless picture of woman with a plastic bag over her head



Robbie Williams and wife Ayda Field 'launch counter lawsuit against personal assistant who claimed she sexually harassed him while he worked for them'



**Proud  
parents!  
Loved-up Lara  
Bingle shows  
off her very  
trim post  
pregnancy  
figure as she  
Sam  
Worthington  
coo over five-  
month-old son  
Rocket**



**Revealed:  
Lady Gaga to  
bring terror to  
American  
Horror Story's  
next season  
as a wicked  
hotel owner  
Her character's  
name is  
Elizabeth**



**PICTURE  
EXCLUSIVE:  
Geri Halliwell  
and husband  
Christian  
Horner lock  
hands as they  
catch a  
private plane  
out of  
Cornwall with  
daughter  
Bluebell**



**'It was so  
emotional!'  
Emmerdale's  
Charlie  
Hardwick on  
her character  
Val Pollard's  
shock death  
as she bids  
the soap  
farewell after  
12 years**



**Gwen Stefani**

appears strained as she is pictured for first time since filing for divorce from Gavin Rossdale



It's been just four days since the shock announcement

'Girls just wanna have fun!': Cindy Crawford and Lisa Rinna share a fabulous lakeside holiday with their families



**PICTURE EXCLUSIVE:** Michelle Keegan and Mark Wright wear complementary workout gear as they exercise in Hollywood ahead of TV meetings



Jessica Wright slips in to a black jumpsuit for girls night out with her mother Carol after long day of book signings for her novel



The 28-year-old slipped in to a black jumpsuit

**She's more laid back than you think!  
Vogue editor Anna Wintour gives Glamour staffers surprising advice at annual editor's meeting: 'Imperfection is fine'**



**Proof you DO look different in every changing room mirror: They say the camera never lies, AMANDA PLATELL has learned that mirrors do**



**Pretty Little... Attire: Lucy Hale shows off tanned and toned pins in flirty LBD and sneakers in NYC**



**Jessica Wright puts on stylish display in racy semi-sheer blouse and leather mini-skirt as she attends signing of new book**



**'I got schooled today!' Jessica Alba and Reese Witherspoon**



**trade  
business tips  
during visit to  
the Sin City  
star's The  
Honest Co.  
headquarters**

**'It's out, I'm  
crying!' Hailee  
Steinfeld  
releases her  
debut solo  
single Love  
Myself**

She released  
her debut song  
Love Myself, a  
pop anthem  
about self-  
empowerment



**Julianna  
Margulies, 49,  
shows off her  
impressively  
toned arms as  
she heads to a  
workout in  
NYC**

Very stacked



**Shirtless  
Pierce  
Brosnan, 62,  
and wife Keely  
Shaye Smith  
put on a  
typically  
romantic  
display as  
they celebrate  
14th wedding  
anniversary in  
Hawaii**



**Chantelle  
Houghton  
reveals the  
results of  
significant  
breast  
reduction  
after deciding**



**to return to her natural chest size**  
Will need some new bras

**Celebrity Big Brother teaser sees Emma Willis and Rylan Clark sip afternoon tea as it reveals British and American celebs will battle it out**



**Can't hide those legs! Candice Swanepoel rocks her best undercover model look as she struts down the streets of New York in a very short romper**



**Yolanda Foster 'has breast implants removed' after doctor finds silicone from a rupture in her body... and hopes it could resolve her ill health**



**'The Kardashians invented the duck face, you know?' Kim impersonator shows how to master the perfect pout in spoof lip**



## make-up tutorial

**PICTURE  
EXCLUSIVE**  
**Lewis  
Hamilton**  
follows up his  
night out with  
Rihanna by  
making waves  
alongside a  
bevy of  
scantly-clad  
women in  
Barbados



**BEL  
MOONEY: I**  
pray that my  
vile husband's  
new lover dies  
soon



This week, one  
woman is  
finding it  
difficult to come  
to terms with  
her former  
husband  
moving on with  
another woman

**She's got one  
less (beauty)  
problem!**  
**Singer Ariana  
Grande**  
debuts her  
first fragrance  
with a pretty  
pink perfume  
campaign



**That's a  
wrap! Rebel  
Wilson jets  
out of Cape  
Town after  
doing last  
minute  
reshoots for  
controversial  
comedy**



## Grimsby

**Cara's senior moment: Model posts letter published in The Oldie... where a reader claims to imitate social media by telling strangers about his every move**



**'I think I can afford sunglasses!' Vanderpump Rules star Jax Taylor defends himself in wake of felony theft charge**



**Brokenhearted Perrie Edwards deletes all pictures of ex-fiancé Zayn Malik from social networking accounts as she unfollows him on Instagram**



**Amy Winehouse biopic to become highest grossing British documentary**



of all time  
after raking in  
more than  
£3million  
Rave reviews

'Lip sync  
hell!' Viewers  
accuse former  
Girls Aloud  
star Sarah  
Harding of  
MIMING the  
words to new  
single during  
TV  
appearance  
On ITV's  
Lorraine



Body-  
confident  
Michelle  
Rodriguez  
displays her  
sculpted  
physique in  
zebra swim  
shorts as she  
frolics on a  
yacht near  
Ibiza  
Enjoying the  
high seas



Emma Willis  
flashes her  
endless legs  
in new  
Celebrity Big  
Brother promo  
shots  
alongside  
former fellow  
host Rylan  
Clark  
Already time  
for spinoff



Lady  
Antebellum  
singer Charles  
Kelly's wife  
Cassie



**McConnell  
defies the  
odds as she  
gets pregnant  
(after doctors  
said they had  
1% chance)**

**Are YOU  
brave enough  
to wear a  
slashkini? We  
send one  
brave  
volunteer to  
try out one of  
this summer's  
hottest  
swimwear  
trend (with the  
help of a  
VERY eager  
lifeguard)**



**Broad  
appeal! Ashes  
hero Stuart's  
stunning  
model  
girlfriend  
Bealey  
Mitchell dons  
a sticker  
moustache to  
will him on at  
the Ashes  
Showing her  
colours**



**Take your  
daughter to  
work day!  
Myleene Klass  
displays  
svelte figure  
in white  
bodycon  
dress as  
eldest girl  
lends a  
helping hand  
at radio show**



**Up front and**

**personal!**  
**Joanna Krupa**  
**puts on a**  
**busty display**  
**as she slips**  
**her curves**  
**into skimpy**  
**matching two-**  
**piece for**  
**lunch date**  
Lithe physique



**Were Jenson**  
**Button and his**  
**wife REALLY**  
**gassed by**  
**thieves?**  
**French police**  
**pour doubt on**  
**theory that**  
**robbers used**  
**gas to drug**  
**and rob F1**  
**star**



**Alicia**  
**Silverstone**  
**takes her**  
**mind off of**  
**brother**  
**David's recent**  
**arrest with**  
**fun-filled trip**  
**to Malibu with**  
**son Bear**  
Clueless star is  
focused on her  
little man



**Move over,**  
**Bake Off! New**  
**craze sees**  
**Mexican-**  
**inspired**  
**pinata cakes**  
**with sponge**  
**on the outside**  
**and pick 'n'**  
**mix INSIDE**  
**become most**  
**indulgent treat**



**Kylie Jenner**  
**steps out in**

**leather jumpsuit as she continues to play the supportive sister on night out with newly single Kourtney Kardashian**



**Giddy duo Kendall and Kylie Jenner bond over backseat selfies in matching black outfits during sisterly day out**



Teenagers acted their age in goofy photos

**EXCLUSIVE: Gangster's Paradise! A first official look at Tom Hardy's Legend shows Reggie Kray's romantic wedding to Frances Shea**



**Retired footballer Ronaldo shows off his fuller frame as he locks lips with bikini-clad girlfriend Celina Locks during beach getaway in Formentera**



**'Twinning!': Unlikely duo Dwayne 'The Rock'**



**Johnson and Facebook CEO Mark Zuckerberg hang out over sushi dinner in Japan**  
New tag team?

**'Some females use children as meal tickets': Chris Brown goes on Twitter rant about Nia Guzman after she restricts his access to daughter Royalty**



**Princess Mary leaves the family at home and shows off her royal style at Copenhagen fashion week in a glamorous floor length black gown**  
Epitome of class



**Accessorise all areas: Make a statement in flats with these three eye-catching styles appropriate for the office or cocktails**



**She's at it again! Shanina Shaik shows off her**



**flawless bikini  
body and pert  
derriere as  
she poses for  
sexy shots  
poolside in  
Ibiza**

Does 500  
squats a day

**Ewan  
McGregor is  
'pleasant',  
Kylie is  
'charming' but  
Robbie  
Williams  
'cocky': The  
website where  
cabin crew  
reveal what  
they REALLY  
think of the  
stars**



**Kimberley  
Garner  
emulates a  
Bond girl as  
she parades  
her pert  
bottom in a  
black cut-out  
swimsuit  
while  
frolicking in  
the sea during  
St Tropez  
break**



**Déjà vu  
outfit! Katie  
Holmes  
recycles her  
ripped jeans  
and plaid shirt  
as she hails a  
cab in New  
York**

Actress  
stepped out  
without  
daughter Suri



**Newlyweds  
Jennifer  
Aniston and  
Justin  
Theroux hold  
hands as they  
arrive on Bora  
Bora for  
honeymoon at  
five-star  
resort... with  
famous  
friends in tow**



**Samia  
Ghadie shows  
off her  
growing baby  
bump in black  
vest top and  
skinny jeans  
as she goes  
for a spot of  
lunch**



Corrie star  
expecting her  
2nd child

**A young  
Carnival  
Queen! Kelly  
Brook is a  
bare-faced  
beauty as she  
shares cute  
flashback  
snap from  
childhood  
pageant**



Hasn't changed  
a bit!

**Red-lipped  
Rita Ora  
shows off  
extreme  
cleavage in a  
plunging  
blazer dress  
after  
announcing  
Chris Brown  
collaboration  
X Factor judge**



in LA

**'Night night world': Braless Sadie Frost, 50, shows off her impressively toned abs as she shares sexy bedroom snap on Instagram**



**Flipping Out star Jeff Lewis and partner Gage Edward reveal they have found a surrogate to carry baby**  
Have been trying for more than four years



**Abs-olutely honed! Cristiano Ronaldo strips off to reveal incredible body in UNRETOUCHED photos to celebrates the launch of his new underwear range**



**Benedict Cumberbatch rocks laid back ensemble in T-shirt, jeans and trainers as he prepares for another night on stage**  
Star of Hamlet



**'This is a real, natural butt': Ice T's pregnant wife Coco calls in a doctor to prove she doesn't have implants**

Famous for her exceptionally curvy bum



**Zayn Malik reveals new 'rebirth' lotus flower arm tattoo at Los Angeles nightclub following split from fiancée Perrie Edwards**  
Starting over



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