

**RUNNING SECRETS TO BEAT YOUR PB!** PG48

100%  
USEFUL!

SINGAPORE  
APRIL 2011

# Men's Health

SINGAPORE'S NO.1 MEN'S MAGAZINE

MENSHEALTH.COM.SG  
MFA MAGAZINE AWARDS 2010  
[SILVER]

NEW GYM-FREE PLAN  
**DOUBLE  
YOUR  
MUSCLE**  
PUMPED IN  
8 WEEKS!

**CHEAT  
DEATH**  
CHECKMATE THE  
REAPER IN  
4 MOVES

HIT OR MYTH  
**ORAL SEX LEADS  
TO CANCER?**  
THIS AND OTHER  
CAUSES VERIFIED

**DRIVE  
HER WILD**  
SEX TRICKS TO  
AROUSE HER SENSES

PG 102

218 NEW TIPS TO UPGRADE YOUR LIFE!

**HAPPY!**  
The Best Foods To Boost  
Your Mood pg 124

**SMART!**  
More Brain Power In Just  
20 Minutes pg 98

**COOL!**  
The Latest Gadgets  
Every Guy Needs pg 84



**igrow™**  
Hair Rejuvenation System

Introducing  
the World's First Clinically Proven  
Hair Laser Treatment System that  
*Doctors trust!*



49 year old male, 2 months



61 year old female, 5 months



45 year old male, 6 months

Photo in courtesy of David Melamed, M.D.

**A NEW ERA IN LASER HAIR THERAPY IS HERE - THE IGROW™**

With years of clinical experience in laser hair rejuvenation, Apira Science has created the world's first laser hair therapy system that is hands-free and can be used conveniently at home.



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There is no conclusive scientific proof that any product (except certain registered medicinal products) or service can retard hair loss or promote hair growth.