

99p
Special trial price



SINFUL SUMMER SEX 2007

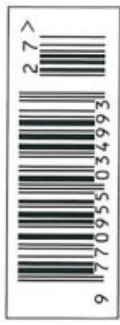
- * 53 all-new scorching sex tips
- * How to talk dirty (no wine required)
- * Funny, freaky & filthy confessions

more

www.moremagazine.co.uk

99p

Special trial price



JULY 03 - JULY 16 2007 **ISSUE 503**
SPAIN AND CANARY ISLANDS €4.70



REAL LIFE

'I escaped an orgy-loving cult'



'PMT turns me into a violent man-beater'

100 SEXY BEACH BUYS



£20 New Look

£28 Topshop

£14.99 Ethel Austin

PLUS The dress that makes you lose 10lbs

EXCLUSIVE! MATES REVEAL ALL

CHARLEY
She's secretly posh & hiding a long-term man!

PLUS! What Jodie Marsh really said about meeting her (PS: It's not nice)

AMAZING!

Liam's boozey holiday snaps

I was burnt and bladdered, man!



'PMT makes me beat my bloke'

Loes de Booy, 25, from London, loved her bloke. But every 28 days, she'd turn on him...

I picked up a plate and hurled it at my boyfriend. As it shattered, I grabbed a handful of knives and forks and started chucking them at him, too.

'He screamed as they hurtled through the air. "Please stop," he begged, backing away and putting his hands over his face. He was terrified, and not for the first time.

'The worst thing was that my bloke, Tom, 26, hadn't cheated on me or done anything bad. In fact, he's the perfect boyfriend. But for five days every month – during my period – I turned into a violent monster. I'd shout and scream at him and beat him black and blue.'

'He ducked as the mug smashed against the wall'

'I'd always had bad mood swings before and during my period, but it had suddenly got worse around the time I'd met Tom. I'd been acting strangely the whole two years we'd been together. Early in our relationship, I'd avoided him during my period. As when I was alone it didn't seem so bad.

'But when Tom and I moved in together with some friends, it became impossible to hide how bad-tempered I became when I had my period.'

'It was like flicking a switch. I would wake up and feel *really* angry and there was nothing I could do to stop it. The next five days were a living hell for Tom.



I remember one time, after a stupid row, I punched him so hard he had blood pouring from his nose. He staggered back and touched his bleeding face.

"I'm leaving!" I'd scream every month as I marched out of the flat. My moods were never for a specific reason – anything could set me off.

"Why haven't you done the washing up?" I screamed at Tom one day. I looked down and saw a mug of tea – and flung it in his direction. He ducked so it hit the wall and smashed to the ground. Tea trickled down the wallpaper.

"I know it's not your fault, but please stop," Tom begged. But I couldn't – I was out of control.

'When I talked to my mates I'd feel like such a freak. They all got PMT but not like this. Every month I picked fights with him and punched his chest and face.

'I could see how upset it made him but I couldn't help it. The anger was still inside me, so I kept hitting him. Then

as soon as my period ended, I'd realise how awful I'd been. "I'm so sorry," I pleaded. "Please forgive me."

'Usually he'd say yes. But one day, as he gave me a cuddle, he said, "I know it's not your fault. But we can't go on like this." I knew he was right. Why would he stay with someone who beat him up?'

"You need help"

'It wasn't just him suffering either. My flatmates were too – it was their stuff I was breaking and they could hear me screaming at Tom.

"You need to get help," they told me. My friend Sara recommended some herbal pills, VegPA, she took to control her PMT and I knew they were worth a try to save my relationship.

'The first morning of my next period, I woke up, and wondered if I was going to go into a rage. But I didn't. I felt completely calm. I leaned over to give Tom a hug.

"Morning babe," I said. He eyed me suspiciously. "How are you feeling?"

"Fine," I said, grinning. For the first time in years, I didn't feel like hitting him or throwing stuff at him just because I was having my period. Six weeks after taking VegPA, I felt like a different person. It was amazing.

'I still take the pills – I'm too scared to stop in case I go back to how I was before. But I feel like a different person. Me and Tom are so happy now. He even feels safe leaving me around the crockery during my period.'



Have you got a great real-life story? Then get in touch with caroline.corcoran@emap.com

END OF THE ROAD?
LOES WAS FORCED TO
GET HELP AFTER HER
BOYFRIEND SAID HE
COULDN'T COPE

**“ I punched him so
hard his nose bled ”**