

- 'I have three hearts': Pregnant** (Image of a pregnant woman)
- Trump threatens to send U.S TROOPS** (Image of Donald Trump)
- Jury convicts 'white supremacist' who** (Image of a man)
- Former US serviceman who** (Image of a man)
- Emma Stone's personal trainer** (Image of a woman in a gym)
- Retired four-star Air Force general who** (Image of a man in military uniform)

## Wake up - that snoring could cause a stroke! Anything more than the occasional snore could be a sign medical help is needed

- The vibration of habitual snoring causes damage and inflammation to the throat
- This increases the risk of arteriosclerosis and the chances of a stroke
- It's also suggested as a factor in the development of chronic bronchitis

By [JANE PALMER FOR THE MAIL ON SUNDAY](#)

Site  Web

**DON'T MISS**

▶ **'I have three hearts': Pregnant Beyoncé strips NAKED to show off her baby bump in intimate snaps after announcing she is expecting twins**



188  
shares

125  
View comments

Snoring can be infuriating if you are on the receiving end. But next time you feel forced to kick your partner out of bed for keeping you up all night (or take refuge in the spare room), bear in mind that anything more than an occasional snore could be a sign they need medical help.

Far from something to be brushed off, these nocturnal noises are rarely benign. Typically, caused by a combination of physiology and environmental factors, snoring may – rather surprisingly – harm the body in a number of ways...



▶ Kim Kardashian looks slimmer than ever as she flaunts her gym-honed figure in black bikini alongside sister Kourtney during family getaway in Costa Rica



▶ 'I'm a sex goddess!' Teen Holly Willoughby, 18, grabs her assets as she makes saucy profession in sizzling throwback lingerie ad



▶ Oops, she did it again! Britney Spears suffers an EPIC wardrobe malfunction as she exposes her bare breast during Las Vegas show



▶ 'It left me bereft': Kris Marshall quits Death In Paradise after Caribbean filming separated him from his family... as fans mourn 'heartbreaking' news



▶ Guest biogs, drones photographing from above and banquet feasting: 2017's HOTTEST wedding trends  
SPONSORED

▶ Drinking problems! Coronation Street viewers spot a major props blunder when



**While some people may get frustrated by a snoring partner, it could actually be a sign medical help is needed**

## Bad Vibrations

The constant vibration of habitual snoring causes damage and inflammation to the throat, and may be linked to thickening of the carotid arteries, which run up the sides of the neck supplying the head with blood.

This, say researchers at the Henry Ford Hospital in Detroit, increases the risk of atherosclerosis – furring of the insides of the blood vessels – and the chances of stroke.

Obstructive sleep apnoea (OSA) is a disorder that occurs due to the collapse of the airway in the throat during sleep and causes loud snoring and periodic interruptions in breathing. It has long been linked to heart disease and a range of other serious health problems.

The condition is thought to affect about five per cent of the adult population to some degree, with 250,000 Britons suffering what is deemed a severe form of it. However 25 million are thought to be habitual snorers, without OSA.

In the Henry Ford study, experts reviewed data for more than 900 patients, aged 18 to 50, who had been evaluated by the institution's sleep centre. None of the volunteers suffered from OSA. They completed a survey regarding their snoring and had scans of their carotid arteries.

**Kate serves Toyah a glass of wine from an EMPTY bottle**

▶ **That's a butt rude! Rita Ora is cheeky in see-through gym pants ... as she steps out in LA after congratulating Beyonce on her pregnancy news**  
What a view!

▶ **Will pregnant Beyonce still perform at Coachella? Singer's April headline slot is uncertain after announcement she's expecting twins**

▶ **Bella Thorne flaunts her taut tummy as she works up a sweat with her wild moves while leading a dance class**  
Energetic night!

▶ **'Nicola McLean was not at my wedding': Danielle Lloyd furiously denies glamour model's CBB claim that she was a guest at Jamie O'Hara nuptials**

▶ **Round two! Jamie O'Hara parties at a strip club for the second night in a row as he visits venue run by 'girlfriend' Bianca Gascoigne with CBB pals**

Compared to non-snorers, snorers were found to have significantly thicker arterial walls, an early sign of cardiovascular disease.

Surprisingly, those with high cholesterol, diabetes and those who smoked did not have thickened carotid arteries, leading the researchers to suggest that snoring was the biggest health concern for these people.

## It Brings on Bronchitis

The same vibrations in the throat have been suggested as a factor in the development of chronic bronchitis, inflammation of lower airways accompanied by a persistent cough and the production of mucus or phlegm.

A Korean study found that individuals who snored six to seven times per week were 68 per cent more likely to develop the condition. The association was strongest in individuals who were overweight, but smoking was not a factor.

‘Repeated snoring vibrations may act as mechanical stresses, leading to increased inflammatory response in the upper airway,’ said the report.

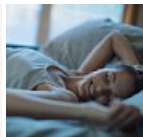
### SHARE THIS ARTICLE



### RELATED ARTICLES



**Fat CAT-astrophe!**  
Hefty feline takes a tumble as his bed...



**So you CAN stockpile sleep: Scientists claim you can survive...**



▶ **TOWIE's Georgia Kousoulou flaunts her heaving cleavage and perky posterior in racy snakeskin swimsuit as she heads to filming in Tenerife**

▶ **Is Kris Marshall in line to be the next Doctor Who? Love Actually actor's name is thrown into the ring following his shock decision to quit Death In Paradise**

▶ **Catch of the day! Frankie Essex shows off some sideboob in mermaid minidress as she proudly flaunts her slimline figure at fish restaurant**

▶ **Calum Best discusses fraught relationship with alcoholic dad George and reveals he's only got ONE friend during emotional In Therapy episode**

▶ **Abbey Clancy shows off her incredible figure in a skintight plunging latex dress as she prepares for new series of Britain's Next Top Model**

▶ **'Hello my lavender and rose fairies!' Love Island's Olivia Buckland adds to extensive tattoo collection as she unveils**

## Reduce Reflux

Night-time acid reflux may be the cause of ‘significant sleep impairment’, including a sore throat, snoring and wheezing, according to one University of Arizona study.

Researchers discovered that half of those who suffer from diagnosed gastroesophageal reflux disease (GERD) – the medical term for long-term heartburn – reported sleeping poorly often or most of the time.

They suggested that ways to help reduce night-time reflux may include sleeping with the head and shoulders elevated, waiting between two and three hours after eating to go to sleep, and avoiding ‘trigger’ foods.

## Pregnancy problems

Expectant mothers who snore three or more times a week had a higher risk of poor delivery outcomes, including double the chances of a caesarean birth and two-thirds more likely to deliver a below-normal-weight baby, according to research from the University of Michigan Health System.

Those who started snoring during pregnancy had a higher risk of both elective and emergency C-sections than women who did not snore. Lowered levels of blood oxygen caused by interruption in breathing was suggested as a reason for this.

An earlier study from the same team showed that women who begin snoring during pregnancy are at high risk of increased blood pressure and pre-eclampsia.

## SLEEP ALONE? SIGNS YOU SNORE

For snorers who have bed partners, a nudge in the ribs or complaints will usually tell them they snore. But for people who sleep alone, and can't tell whether they snore, there are other pointers.

One sign is frequent trips to the loo at night. During sleep, the body produces less urine while more is produced when awake, resulting in numerous night to visits to the toilet. These interruptions can

[huge new inkings on her calf](#)

▶ [Pregnant Storm Keating keeps her baby bump under wraps in snug winter coat as she enjoys a brisk dog walk with husband Ronan](#)

▶ [Beyoncé is pregnant with TWINS! Jay-Z's wife reveals surprise baby news while putting her big bump on show](#)  
Broke the happy news on Wednesday

▶ [His and hers! Charlotte Crosby and Stephen Bear 'confirm' their romance as they cosy up in matching jumpers during dog walk](#)

▶ ['I was like, I NEED this colour in my house': Kendall Jenner reveals she painted her room a 'scientific' shade of pink to suppress her appetite](#)

▶ [£24,000 a month on WINE, £160,000 on private jets and £239,000 on staff: Johnny Depp left in 'turmoil' over his £1.5m a month lifestyle](#)

▶ ['I train like a maniac'](#)

# Cures... but not for all

Patients diagnosed with OSA are offered a range of options. The NHS recommends polysomnography, also called a sleep study, where brain waves, breathing, blood oxygen levels, heart rate and movements while asleep are recorded, followed by CPAP treatment. This involves wearing a face mask at night to deliver air into the nose, or use of a 'mandibular advancement' device, which holds the jaw forward to keep airways open.

However, for habitual snorers, a GP may first simply suggest lifestyle changes: losing weight, avoiding alcohol, and giving up smoking.

Lifestyle habits such as drinking alcohol can cause the throat and tongue muscles to relax and fall back into the airway at night, blocking it.

In rare cases, a snore may be due to vibrations in excess tissues around the uvula, the soft part at the opening to the throat at the back of the mouth. There is limited evidence that surgery to reduce this tissue may help snoring, and due to lack of evidence it is not offered on the NHS.

be measured if a patient undergoes sleep studies.

A dry mouth can be another sign, caused by air moving in and out during snoring and drying the mucous membranes.

Finally, the constant vibration of snoring can cause your tongue to swell and push against your teeth, causing indentations on the front and sides of the tongue. A 'scalloped tongue' might mean you snore.

▶ **Train like a maniac!**  
Fitness queen Davina McCall, 49, shows off her six-pack in a tiny crop top as she shares her secrets to staying in shape

▶ **Jedward, 25, shock CBB fans as they strip naked and wash each other off in a bubble bath... before trying on housemate Bianca Gascoigne's THONGS**

▶ **Off to the ballet! Kim Kardashian is striking in blue while North West, 3, stands out in neon as they take in Swan Lake in NYC**  
Girls' night

▶ **Lindsay Lohan cuts a stylish figure in a black leather bomber jacket and faux fur scarf as she blows kisses while on a night out in London**

▶ **Millie Mackintosh exudes elegance in silk slip as she ditches glamorous Instyle bash for date night with boyfriend Hugo Taylor**

▶ **WATCH: The hilarious moment rapper Travis Scott FALLS down a giant hole on stage during surprise appearance at Drake's**

**People who snore without a cause, like a cold, benefit from mouth and tongue exercises, like sucking the tongue against the roof of the mouth**

But there is hope. A Brazilian study found that patients who snored without obvious cause (such as a cold) benefited from mouth and tongue exercises. These reduced the frequency of snoring by 36 per cent and loudness by 59 per cent.

Their exercises included:

- Pushing the tip of the tongue against the roof of the mouth and sliding the tongue backwards;
- Sucking the tongue up against the roof of the mouth;
- Forcing the back of the tongue against the floor of the mouth while keeping the tip of the tongue in contact with the lower front teeth;
- Elevating the back of the roof of the mouth and uvula by saying the vowel 'A'.

**London gig**

▶ **A walk on the wild side!** Nicky Hilton rocks a bold look in a leopard print coat and a lip-motif bag as she hits the shops in NYC

▶ **You CAN beat the feeling!** Beyonce's pregnancy snap becomes most liked photo ever on Instagram... overtaking Selena Gomez Coke pic

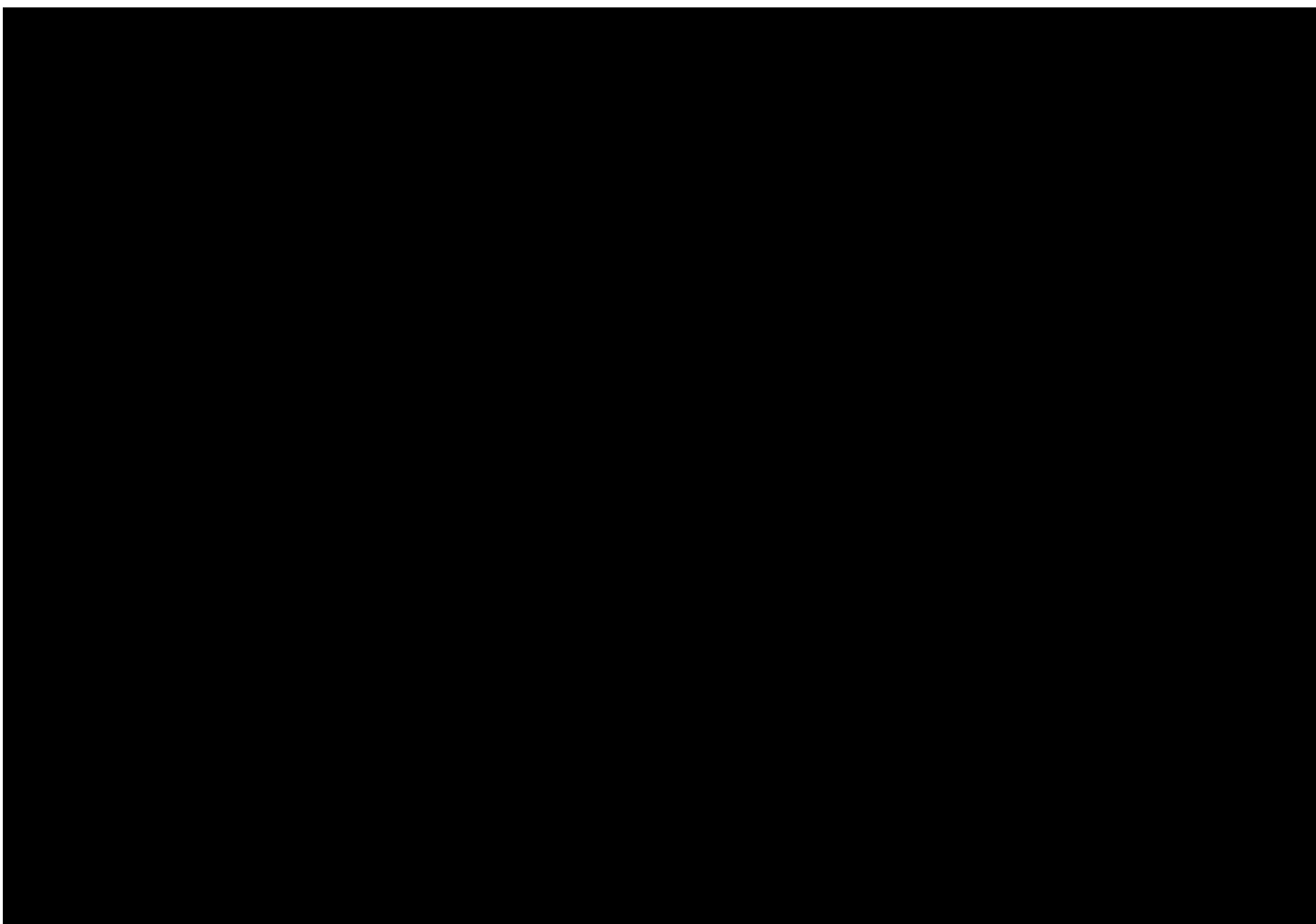
▶ **As Robert Carlyle reveals he thought The Full Monty would bomb** FEMAIL finds out where the stars are 20 years after the Sheffield steel workers stripped off

▶ **Heidi and Spencer Pratt enjoy ANOTHER double date with new BFFs James and Ola Jordan...** stumbling out of a club in the early hours of the morning

▶ **Saturday Kitchen's James Martin reveals he has put all the saucy photos sent to him by female fans in his LOFT to look at 'when I'm old and grey'**

▶ **Love Island's Olivia Buckland coordinates**

If the snore remains a problem, a referral to an ear, nose and throat (ENT) specialist may be the best way forward.



[new tattoo with floral thigh-skimming mini while partying with co-star fiancé Alex Bowen at Broadcast Awards](#)

▶ ['Introducing our little boy!' Kimberley Walsh shares a glimpse into her family life with newborn son Cole in behind-the-scenes photoshoot footage](#)

▶ [Is this the end of underwear? Why stars are forgoing bras and pants on the red carpet \(and why they believe it makes them look more CLASSY\)](#)

▶ ['You can see everything!' Lydia Bright admits she finds the male contestants' spandex ski suits a distraction while she trains for The Jump](#)

▶ ['You're a b\\*\\*\\*h!': Vicky Pattison blasts old enemy Luke Marsden on CBBBOTS after he likens her to Kim Woodburn](#)

▶ [Beyonce's Beyhive goes wild! Twitter erupts as fans post hilarious memes after the singer reveals she's pregnant with twins](#)  
A very happy Hive

### Share or comment on this article



**188**  
shares





**Angelina Jolie's New Go-To Travel Shoe Is Surprisingly Affordable**

Vogue | Everlane



**The Impossibly Comfortable Indoor-Outdoor Slipper**

mahabis.com



**Surprising Way to Look Up Birth Records**

Ancestry

▶ **The bling is back! Kylie Jenner goes casual cool in grey sweater as she steps out with THAT ring on her wedding finger**  
19-year-old reality star loves her sparkler

▶ **Elton John's husband David Furnish cuts a dapper figure as he celebrates becoming a British citizen with a night out in Soho**  
Party time!

▶ **The Bella the ball! Hadid is a sight in white dress and pink boots as she attends DKNY event in New York**  
Eye-catching ensemble for the night out

▶ **Prince Harry reveals he's still haunted by his Afghanistan tours as he remembers the patients he flew to hospital at a London Ambulance event**

▶ **Model behaviour: Karlie Kloss puts on a busty display at Bondi Beach before wedging herself between two hunks during Vogue photo shoot**

▶ **Kristin Scott Thomas opts for casual chic in a wild coat and jeans as she attends Porter's**



**4 Easy Remedies for Psoriasis**

Livestrong for Healthline



**What Angie Harmon Looks Like Now is Insane**

Your Daily Dish



**Here's Why Women Are Raving About This Exfoliating Tool**

InStyle | Trophy Skin





**Family Takes Same Photo For 22 Years - Last One Is A Tearjerker**

The Professional



**Do the Math: Why Education Equals Power for Working Women**

Arizona State University



**McKayla Maroney Is Unrecognizable From When She Won Gold**

College Freakz

**Incredible Women event alongside Ellie Bamber**  
Seriously stylish

▶ **Pregnant Binky and baby daddy JP enjoy date night with Lucy Watson and James Dunmore... after saying they wouldn't rush back into relationship**

▶ **Peep show! Mariah Carey writhes on top of convertible wearing leather and lace in steamy teaser for I Don't video**  
Racy clip

▶ **'I'm proud of the body that I'm in': Beyonce reveals bump in Ivy Park advert just hours before announcing she is having twins with Jay-Z**

▶ **Millie Mackintosh displays her silk negligee in a daring sheer dress as she reunites with former MIC co-star Ashley James at InStyle BAFTA bash**

## MOST WATCHED NEWS VIDEOS



**Heart-breaking moment mother doesn't recognise son**



**Hilarious reactions by Swedes confronted with ten-metre dive**



**John Bercow says there's 'no issue' with baby being in commons**



**Moments after Audi R8 GT crashes after driving almost 200 mph**



**Raging zebra bites down on zookeepers hand then drags him**



**Piers Morgan and Susanna Reid walk away from Brexit debate on GMT**

## MOST READ NEWS



The Angels of Death: Inside the



EXCLUSIVE: Trump's Supreme



Historic moment for Britain as the



President Trump honors first military



## Comments 125

Share what you think

Add your comment

Newest

Oldest

Best rated

Worst rated

View all

The comments below have not been moderated.

View all

The views expressed in the contents above are those of our users and do not necessarily reflect the views of

▶ Those lips will live on forever... in wax! Kylie Jenner gets measurements done to immortalize her figure as a sculpture  
Shared her excitement

▶ Lord of the party! Scott Disick boozes it up as he continues partying with model Amber Davis in Miami... as Kourtney stays home with the kids

▶ Quite a send-off! Lena Dunham bares her tummy in crop top and long skirt as she joins co-stars for celebration of final season of Girls

▶ In Sync! Jesse Metcalfe and fiancée Cara Santana coordinate on the red carpet for Santa Clarita Diet premiere  
Date night

▶ Tat's roarsome! Keshia shows off new tiger tattoo on back of her left hand... as singer posts photo of latest inking on Instagram

▶ 'She tried sooo hard!': CBB viewers are left 'cringing' as Bianca

We are no longer accepting comments on this article.

## MORE TOP STORIES

**Gascoigne snogs OTT  
her singing skills... five  
years after failed X  
Factor audition**

▶ **A little inspirational  
reading! Best friends  
Kim Kardashian and  
Chrissy Teigen are  
starting a book club  
together**  
Book worms

▶ **Greensleeves! Khloe  
Kardashian rocks fur  
coat with figure-hugging  
bodysuit on Snapchat**  
She has declared herself  
the family's denim maven

▶ **'I was definitely not  
planning on falling in  
love': Karlie Kloss opens  
up about her  
relationship with  
entrepreneur Joshua  
Kushner**

▶ **Made-up! Taylor Swift  
declares herself the first  
person to wear glitter lip  
for a music video in BTS  
clip for I Don't Wanna  
Live Forever**  
All that glitters is not old

▶ **That looks Hoff-ully  
sore! David Hasselhoff  
flashes painful looking  
gash on his leg as he  
visits salon in shorts  
and boots**

▶ **She's angelic! Dakota Johnson wears white gown to promote erotic sequel Fifty Shades Darker on chat show**  
Looked simply stunning for her appearance

▶ **Amber Heard cuts somber figure in all-black outfit while visiting law office in Santa Monica after finalising divorce**  
Headed to a meeting

▶ **James Corden hosts American Songbook Gala honoring his boss Leslie Moonves and CBS network**  
Star-studded New York City event

▶ **Style queen! Kelly Ripa sparkles in silky black dress and embellished heels at NY gala with hubby Mark Consuelos**  
Handsome pair

▶ **Signing off! Christina Ricci looks elegant as she makes time for fans waiting in the cold outside late night TV studio in NYC**

▶ **She's got good jeans! Miranda Kerr looks radiant in high waisted trousers and sheer mesh top for launch of**

**denim collection in Los Angeles**

▶ **She bares it well!**  
Elizabeth Berkley can't decide between two cleavage baring frocks as Showgirls star shops till she drops in Hollywood

▶ **Here comes Auntie Kelly!** A smiling Rowland arrives back in LA... after former bandmate Beyonce's pregnancy announcement

▶ **Bee Gees Barry met his wife through Jimmy Savile:** Singer refuses to discuss the story of how they were introduced but reveals he's terrified of dying

▶ **The Santa Clarita Diet works!** Drew Barrymore stuns in LBD at Netflix series premiere after revealing 20lb weight loss

▶ **Sounds painful! Mel Gibson and Vince Vaughn team up for police brutality film**  
**Dragged Across Concrete**  
What a duo

▶ **Making a splash! Karlie**

**Kloss flaunts seemingly endless legs in sheer mini skirt at Bondi Beach after walking in David Jones fashion show**

**▶ 'Please pray for this family': Kim Kardashian supports Texas mother whose eight-month-old son died after 'nearly drowning while in the care of a babysitter'**

**▶ Off to the races! Sofia Richie bares midriff in cropped checkered hoodie after dinner date with F1 champ Lewis Hamilton**

**▶ This'll get the fur flying! Dakota Johnson wears ANOTHER animal hide jacket hours after wearing mink coat decorated with skinned tiger motif**

**▶ Megan McKenna shares a joke with Pete Wicks as they enjoy a night out in Tenerife with TOWIE co-stars... as they put THAT blazing row behind them**

**▶ Didn't get the memo? TOWIE's James 'Diags' Bennewith covers up in a white top as he hits the beach in Tenerife with musclebound**

## shirtless co-stars

▶ **Have they written baby into the script? Pregnant Zooey Deschanel has her bump on full display while filming New Girl**  
Looking great

▶ **The ladies are vamps! Kim Kardashian and North match in chic all-black looks as they lunch with Saint and Jonathan Cheban in NYC**

▶ **PICTURE EXCLUSIVE: Mischa Barton buys booze at grocery as she emerges for first time since THAT incoherent rant**  
Looked sombre

▶ **Top of the crops! Sweat-soaked Bella Thorne shows off midriff as she indulges in fro-yo after working out with older sister Dani**

▶ **Modern style! Ariel Winter keeps things simple in ripped jeans and white t-shirt... as her black bra peeks out**  
Looked casual and chic

▶ **Someone's got to take care of the kids!**



**Kourtney Kardashian  
bonds with daughter  
Penelope while Scott  
Disick parties with  
women in Miami**

▶ **'He hates everything':  
I'm A Celebrity... Get Me  
Out Of Here! fans brand  
Tom Arnold a 'grumpy  
old man' after the US  
actor admits he's hating  
the experience**

▶ **'The fumes might be  
toxic and I've still got  
your money!' J.K.  
Rowling tweets sassy  
retorts to Harry Potter  
fans who threatened to  
burn her books**

▶ **The bad and the funny!  
Bryan Cranston and  
Kevin Hart spotted on  
set of new film The  
Untouchables in  
Philadelphia**

▶ **Beanie babe! A smiling  
Busy Philipps steps out  
wearing a knit cap in  
NYC...just one day after  
confronting her ex Colin  
Hanks on live TV**

▶ **Here comes another  
Sports Illustrated  
Swimsuit Rookie!  
Russian Vita Sidorkina  
is latest model to make  
the 2017 list  
Absolute bombshell**

▶ **Karlie Kloss goes for a morning run with celebrity trainer Christian Miranda after dazzling on the David Jones Autumn/Winter catwalk**

▶ **Back in a bikini! Chrissy Teigen looks flawless as she returns to Sports Illustrated Swimsuit Issue months after welcoming baby Luna**

▶ **'I'm selling myself short': Ed Sheeran aims to outdo Adele... as he reveals determination to prove to his father that he's not 'lazy' is his driving force**

▶ **Ready for spring! Selma Blair soaks up sunshine in floral frock while out and about in Los Angeles**  
Stopped by a friends house

▶ **Definitely not feeling Misérables! Les Mis star Samantha Barks beams as she accepts a kiss from beau Jack Fox at EE Rising Star Awards party**

▶ **Mama's boy! Make-up free Jennifer Garner walks hand-in-hand with son Samuel after**

**dropping daughters off  
at school**

Quality time

▶ **Packing on the PDA!**  
**Lisa Vanderpump openly  
smooches husband Ken  
Todd after family lunch  
in Los Angeles**

▶ **'Outfit of the day': Kylie  
Jenner shows off her  
curves in velour  
sweatpants and  
snakeskin boots in new  
Instagram**  
Highlighted her curves

▶ **Football heartthrob  
Cristiano Ronaldo takes  
girlfriend Georgina  
Rodriguez out for a  
romantic meal as they  
celebrate her 23rd  
birthday in Madrid**

▶ **VIDEO EXCLUSIVE:**  
**Margot Robbie shows  
off her impressive  
skating skills as she hits  
the ice as disgraced  
figure skater Harding for  
film I, Tonya**

▶ **'I was flat chested for  
years - now I love my  
curves': Model JODIE  
KIDD reveals her  
essential style secrets  
and says she suffered  
from severe anxiety**

▶ **PICTURED: Jennifer Lopez bumps into ex-lover Casper Smart while on girls' night out with BFF Leah Remini**  
Ex-lovers crossed paths in Los Angeles

▶ **'He's still a couch surfer to me': Scott Disick's former manager slams 'entitled' reality star as he says 'remember where you came from'**

▶ **Chrissy Metz's mum reveals This Is Us star's secret heartbreak over failed marriage before finding fame in NBC drama**  
Five-year marriage

▶ **Game, set, and munch! Maria Sharapova cuts a chic figure in blue gingham midi dress as she launches sweet collection in Moscow**  
Looking tasty

▶ **'So beautiful!': Rita Ora congratulates pregnant Beyonce on baby news... after she was accused of having an affair with Jay Z in 'Becky' scandal**

▶ **Kendra Wilkinson gives her social media followers an eyeful in skimpy rainbow bikini**  
She's has never been to

shy away from stripping down

▶ **PICTURED:**  
**Grantchester's crime-fighting vicar James Norton goes to the dark side as he joins Russian underworld in new drama McMafia**

▶ **Lily-Rose Depp, 17, showcases model frame in sweatshirt and leggings after Paris Fashion Week success**  
She was the star of the show

▶ **'There's no crying in baseball!' Kendall Jenner shares sultry lingerie-clad snap as she declares 'boys lie'**  
Showed off her slender physique

▶ **My big fat fabulous pregnancy! Reality star Whitney Thore confirms she's expecting**  
It's safe to say she didn't see this one coming

▶ **Coleen Rooney flaunts her gym-honed legs in skinny jeans as she goes make-up free while running errands near her home in Cheshire**  
Out and about

▶ **Bethenny Frankel puts**

on a brave face as she picks up daughter Bryn from school...days after ex Jason Hoppy is arrested for stalking and harassing her

▶ Twice as nice! Jasmin Walia trades her thigh-skimming floral dress for demure cream creation as she leads the glamour at fashion launch

▶ Storm in a C-cup! Singer Tallia flashes nipple pasties in sheer top as she rocks daring leather ensemble at InStyle BAFTAs bash  
Caught the eye

▶ Newly-single Caroline Flack shows ex Blue Logan what he's missing as she flaunts some serious cleavage in black jumpsuit at InStyle BAFTAs bash

▶ 'I'd have a panic attack looking at that clutter': Vicky Pattison shows off taut abs in inspiring selfie... but horrified fans are distracted by her shockingly messy room

▶ 'My rock, my best friend': Bikini-clad Kim Zolciak swoons over husband Kroy Biermann in beach vacation snaps  
She shared some shots

from her vacation

▶ **Behind-the-scenes footage from Touch video shows Little Mix video WASN'T Photoshopped to slim down Jesy Nelson's figure**

▶ **SEBASTIAN SHAKESPEARE: Midwife star swaps prams for minidress - Charlotte Ritchie sports patterned outfit as she attends party in Mayfair**

▶ **TOWIE's Megan McKenna goes for hippy chic in thigh-skimming mini as she joins braless newbie Amber Turner for Tenerife filming**

▶ **Off to the ballet! Kim Kardashian is striking in blue while North stands out in neon outfit she co-designed as they take in Swan Lake in NYC**  
Night out

▶ **EXCLUSIVE 'It's a struggle to keep things exciting with two kids': Imogen Thomas on 'working on' relationship with Adam Horsley and how she 'hates' her voluptuous curves**

▶ **Topless Blac Chyna brands herself the**

**'queen' as she copies  
Kim Kardashian's naked  
white paint photo shoot**  
Put on an eye-popping  
display

▶ **Isn't that bad luck?  
Love Island's Olivia  
Buckland flouts  
superstition as she  
brings co-star fiancé  
Alex Bowen wedding  
dress shopping**

▶ **'Your boyfriend two-  
timed his wife!': CBB's  
Kim Woodburn lets rip at  
Bianca Gascoigne in  
explosive row after  
being labelled the  
'naughtiest housemate'**

▶ **Mayhem in the CBB  
house as Coleen Nolan  
twerks and Nicola  
McLean pretends to  
snort cocaine from  
sugar in outrageous  
rock band task**

▶ **Jemma Lucy sends  
pulses racing as she  
strips to her lingerie and  
pulls down her knickers  
in racy selfie**  
Clad in just a grey bralet  
and skimpy briefs

▶ **The full treatment!  
Makeup-free Ashley  
Greene looks very  
relaxed as she gets a  
massage while having  
her nails done at the  
same time**



▶ **Making the sidewalk her runway! Gigi Hadid is chic in skintight leather jeans and sporty jacket as she steps out in NYC**  
Hard to miss

▶ **'The family is back': Nicki Minaj and Drake reunite after TWO years to call a truce following her split with Meek Mill**  
The bitter feud ids clearly over

▶ **Back to normal! Elle Fanning resumes workout routine in Los Angeles after going to Sundance for film premiere**  
Worked up a sweat

▶ **From drab to fab! Make-up free Diane Kruger swaps out her sweats as she makes chic transformation for an evening out in New York City**

▶ **'Happy Birthday, my beautiful boy': Rose Byrne's partner Bobby Cannavale shares touching picture of their son Rocco on Bondi Beach as he turns one**

▶ **Kate Bosworth commands attention in elegant off-the-shoulder evening dress as she**

**promotes new war  
drama SS-GB on The  
One Show**

▶ **Gift of the gaffe? Ruth  
Langford gets pulled up  
by Loose Women fans  
as she commits epic  
blunder live on air**  
The ITV stalwart, 56,  
became confused

▶ **Jenna Coleman enjoys  
a romantic stroll with  
boyfriend Tom Hughes...  
as her ex Richard  
Madden is 'tipped to be  
the next Doctor Who'**  
Stepping out

▶ **Lucy Mecklenburgh  
flaunts her envy-  
inducing abs in a chic  
crochet bikini as she  
shares more snaps  
from Dubai trip**  
Toned and trim

▶ **Dan Edgar shows ex  
Kate Wright what she's  
missing as he displays  
his buff beach body  
while playing frisbee in  
Tenerife with his TOWIE  
pals**

▶ **Lisa Warrior Princess:  
Acrobatic Appleton  
salutes the sun in a  
VERY low-cut fringed  
swimsuit as she bends  
and flexes in the  
Spanish surf**

▶ **'Have you not seen Blackfish?'** Ciara slammed after she takes son Future to SeaWorld to watch killer whales perform tricks

▶ **Hit the road!** Bianca Gascoigne's jilted boyfriend CJ Meeks cuts a glum figure as he moves out of her flat... after her CBB romance with Jamie O'Hara

▶ **'It was time to change!'** James Martin reveals he decided to leave Saturday Kitchen when a fan randomly dropped DEAD in front of him

▶ **A new look:** Tom Cruise, 54, appears thinner and more youthful than he has in months as he's spotted on a Georgia movie set  
Trim and boyish

▶ **'It's serious!':** Selena Gomez 'has fallen hard and fast' for The Weeknd as new couple 'spends \$250K' on Italian vacation  
Moving quickly

▶ **'It's nice to have a break!'** Helen Flanagan admits it's 'lovely' living apart from partner Scott Sinclair as she

**discusses Corrie comeback**

▶ **'It did more harm than good': Danniella Westbrook reveals her regrets over discussing harrowing child abuse on In Therapy appearance**

▶ **Lizzie Cundy gives a peek of her bosom in navy jumpsuit as she joins a demure Aisleyne Horgan-Wallace at Imogen Thomas' swimsuit launch bash**

▶ **Keeping the magic alive! Jason Isaacs, Tom Felton and Matthew Lewis send fans wild with their mini Harry Potter reunion**  
Magical bond

▶ **Geordie Shore star Scotty T's DJ pal Tom Zanetti escapes serious injury after overturning £250,000 Ferrari in horror smash**  
Close call

▶ **'Retweet if you're getting pregnant!' Kim Kardashian hints she and Kanye West are trying for baby number three as she shares cryptic post**

▶ **Ferne McCann cuts an**

**effortlessly chic figure in a beige jumper and quirky baker boy cap at magazine party**

Always manages to look effortlessly chic

▶ **Hard at work: Pregnant Amanda Seyfried and Ethan Hawke spotted on set of new Paul Schrader church drama First Reformed**

Hard at work

▶ **Kim Kardashian relives horror of Paris jewel heist by testifying in New York after a judge flew to meet her to identify armed men who robbed her at gunpoint**

▶ **Lana Del Rey leaves hair salon with spring in her step after day of pampering**

Looked radiant and youthful as she left the hair salon

▶ **'I'm gonna make you miserable': Chris Brown shares scary Instagram video where he warns potential girlfriends he will 'stalk the f\*\*\*' out of them**

▶ **'We'll do a movie': Lena Dunham and co-stars talk life after Girls ahead of show's final season... as she reveals the one sex scene HBO wouldn't**

allow

▶ **'It was just rough':  
Norman Reedus from  
The Walking Dead  
confesses he hated  
filming the first half of  
season seven**  
No fun being alone

▶ **Pregnant Amy Childs  
displays blossoming  
baby bump in stunning  
shoot with jailbird beau  
Bradley Wright... after  
revealing she suffered a  
breakdown**

▶ **Jamie O'Hara parties  
the night away at a strip  
club with Calum Best...  
just hours after labelling  
CBB love-interest Bianca  
Gascoigne 'wifey  
material'**

▶ **Ex On The Beach's  
Harriette Harper goes  
TOPLESS as she joins  
co-star Nicole Bass in  
sizzling shoot... after  
transitioning from love  
rivals to best friends**

▶ **Beautiful AND flexible!  
Victoria's Secret Angels  
including Elsa Hosk,  
Sara Sampaio and Lily  
Donaldson writhe  
around in underwear for  
sexiest shoot yet**

▶ **Kiss and make up  
(again!): Megan**

**McKenna proves all is forgotten as she smooches Pete Wicks during TOWIE Tenerife filming after THAT row**

▶ **New couple! Nick Jonas 'was all over' Victoria's Secret Angel Sara Sampaio at bowling alley in LA**  
Looked smitten, according to onlookers

▶ **Mel B shows off her peachy derriere in a sheer leotard as she shares VERY cheeky backstage clips from her Broadway stint in Chicago**

▶ **Katie Piper continues to show off her new lilac dye-job as she cuts a chic and stylish figure while out for lunch**  
Stepping out for a bite to eat

▶ **Oscar winners Leonard DiCaprio and Brie Larson are first presenters announced for the 89th Academy Awards**  
Winning duo in 2016

▶ **Karlie Kloss displays her toned tum in stylish sportswear as she works up a serious sweat in new Adidas campaign**

▶ **Prince Charming!**  
Beaming Harry is given a 'wonderful welcome' from an adorable young well-wisher on a visit in Nottingham

▶ **Sushi date!** Jessica Alba leaves husband and kids at home to catch up with blonde friend at famed Japanese restaurant in Beverly Hills

▶ **Fur goodness sake!** Dakota Johnson wears \$34K mink coat with image of skinned tiger on back to promote *Fifty Shades Darker* in NYC  
Made an entrance

▶ **New Real Housewife of Beverly Hills?** Jessica Alba buys \$10 million mansion next to Lisa Vanderpump  
On the hillside in a gated community

▶ **Terry Richardson** shares photo of himself holding his twin boys who are dressed like him - days after posting VERY saucy nude image of their mother

▶ **From set to street!** Hilary Duff looks feminine and glam as she heads to lunch after



### **co-hosting The Talk**

She went straight from set to the streets

▶ **Mary Tyler Moore's widower shares his grief over her death... after it emerges there were multiple 911 calls for 'domestic incidents' to their home**

▶ **Trouble in paradise! Scott Disick 'quit Costa Rican getaway amid ferocious row with Kim Kardashian and Kris Jenner after sneaking a woman into their hotel'**

▶ **'I have a very healthy sex life': Orange Is The New Black's Ruby Rose talks 'confidence' in her sexuality as she wears bralette for Cosmopolitan**

▶ **She loves to exercise! Mother-of-three Hilaria Baldwin takes a break from yoga to go on a run through the busy streets of New York City**  
Going solo

▶ **David Foster leaves strip club with mystery blonde after describing new bachelor status as 'powerful feeling'**  
Out in West Hollywood with a woman

▶ **'It was devastating':  
Chrissy Metz talks  
poverty-stricken  
upbringing and reveals  
she had 81 cents to her  
name before landing  
This Is Us**

▶ **A cuddle from the  
Queen! Maxima shows  
her maternal side as  
she meets young  
refugees at a school in  
Amsterdam**  
Close

▶ **Queen Letizia of Spain  
looks effortlessly chic in  
a colour block coat as  
she joins King Felipe to  
welcome the President  
and First Lady of  
Germany**

▶ **CBB's Spencer Pratt  
gets into character in a  
spooky mask as he  
puckers up to Heidi  
Montag on a date night  
at The Phantom Of The  
Opera**

▶ **'Boarding school made  
me an angry person':  
Damian Lewis says  
leaving home as an  
eight-year-old caused  
his temper as an adult**

▶ **'I could see everything  
going!' Lisa Riley treats  
the Loose Women panel  
to a detailed account of  
when she had sex**

underneath a mirror in  
Paris

► **Melissa McCarthy the  
eco warrior gets  
catapulted off a boat and  
chased by a rhinoceros  
in rollicking Super Bowl  
ad**  
Wildly entertaining

Anytime Anywhere, MailOnline on your iPad



PROGRESSO

40 Delicious Flavors  
100 calories or less.

PROGRESS Oh!

40 delicious  
FLAVOURS  
100 calories  
OR LESS  
per serving

more ►

Today's headlines

Most Read



**Vet, 24, 'was dead for 5 MINUTES' after  
suffering mysterious heart attack**



**E-cigarettes DO increase your risk of heart  
disease, study claims**



**Revealed, what you should eat to avoid  
having a miscarriage (and it's good news if  
you enjoy nuts, kale and...**



Are YOU getting enough nutrients? 11 questions to ask yourself before you start popping supplements



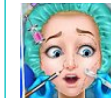
**Why looking at this photo will make you feel better about your own wobbly bits! Six brave women bare all in...**



Unnecessary hospital admissions for elderly patients be reduced if they always see the same GP when they...



**Cruise ship air is 'SIXTY times filthier' than fresh sea breeze: Passengers with lung conditions are warned...**



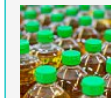
Would you let YOUR child play at plastic surgery? Thousands sign petition to ban apps that encourage kids to...



**Nursing students down by 25% in a year after NHS grants are axed: Nearly 10,000 fewer applications because...**



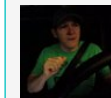
All vitamin pills did was give me expensive wee! Presenter Sian Williams reveals host of tablets she took to...



**Do YOU cook with vegetable oil? It could increase your risk of DEMENTIA, new research warns**



The surprising foods you should ALWAYS eat before bed if you want a good night's sleep (and the late-night...)



**'The worst day of my life': Heartbroken son films the moment his mother with dementia forgets who he is for...**



Revealed: 83 gene variants that affect your height are discovered - and one makes you an INCH taller



**Emma Stone's personal trainer reveals how YOU can get her toned abs, arms and legs - with these simple tips**

▶ **MORE HEADLINES**

**MORE DON'T MISS**

▶ **'It was you': Taylor Swift's powerful 2016 Grammys speech recited by young girls for Believe In Music campaign**  
Empowering

▶ **Could the next Doctor be a woman? Olivia Colman becomes the bookies' favourite for Doctor Who role after Peter Capaldi quits show**

▶ **'Think you need to clean your ears out!': Corrie stars speak out as fans mistakenly think Kirk Sutherland has been replaced by random actor**

▶ **PICTURE EXCLUSIVE**  
**'Smiling through the pain': Kerry Katona looks tired and drawn at airport as she battles with a bad back ahead of Atomic Kitten tour**

▶ **Karlie Kloss addresses reports she cancelled Sunrise appearance... after program wanted to discuss her friendship with Taylor Swift**

▶ **Chloe Khan squeezes her surgically-enhanced assets into barely-there bralet while dazzling in saucy shoot**

## Eye-popping assets

▶ **'I like Antoine and Antoinette!' Anton du Beke reveals what he wants to call his twins... and remains cagey about who'll replace Len Goodman on Strictly**

▶ **Jorgie Porter goes underwear free in a stunning slinky red dress as she enjoys a night out in Dubai**  
Dolled herself up for a glamorous evening

▶ **'I don't walk around the house in my trunks!': Tom Daley admits it makes a nice change to wear clothes when he's away from the diving pit**

▶ **It's John THINman! Goodman, 64, parades his newly-slim frame as he picks up a healthy smoothie in New Orleans**  
Half the man he was

▶ **A model citizen! Joanna Krupa teases a glimpse of cleavage in a super plunging jumpsuit as she returns to Poland for fashion show**

▶ **Amanda Holden looks**

**super chic in elegant pastel dress and matching jacket as she joins daughter Alexa at Battersea Dogs and Cats Home event**

▶ **Wet and wild! Khloe Kardashian shows off enviable figure as she emerges from water in high cut yellow swimsuit**  
Showed off her rock hard body

▶ **She's got good jeans! Bella Hadid shows off décolletage in low cut denim dress as she gives brother Anwar an affectionate peck at Dior event in NYC**

▶ **Dianna Agron rocks underwear as outerwear with sheer bustier gown for Dior bash... days after Bella Hadid bared ALL in same racy dress**  
Simply sensational

▶ **Pascal Craymer struggles to contain her ample assets in barely-there blue bikini as she frolics in the surf during sun-drenched Tenerife getaway**

▶ **Birthday treat! Tina Malone's man makes her special day as the smitten couple share a loving smooch while out in Liverpool**

▶ **Brolly hockey sticks!**  
Sophie Wessex dons her favourite Prada leather jacket to brave the rain as she visits the National Sports Centre

▶ **Canine chaos!** The Duchess of Cornwall's excitable dogs leap on Amanda Holden at Battersea Dogs & Cats Home (and it's not the first time a pooch has taken a liking to her)

▶ **Ed Balls looks in high spirits** as he joins Strictly winner Ore Oduba and dance partner Katya Jones at live show in Nottingham

▶ **Chloe Lewis puts on a show-stopping display** in strappy khaki bikini as she reminisces of her Australian getaway with sizzling throwback snap

▶ **Whoa mama! Pregnant Binky flashes her NIPPLES** in racy sheer top as she gets back to work... after revealing her mum told ex-beau JP the baby news

▶ **Flip Or Flop's Christina El Moussa steps out**



with contractor  
boyfriend Gary Anderson  
amid divorce drama with  
estranged husband  
Tarek

▶ Phillip Schofield leaves  
Holly in hysterics as he  
struggles to say  
'Gwyneth Paltrow's  
pantry' for a This  
Morning promo (and she  
lets a rude word slip)

▶ Stripped back!  
Underwear-clad Hailey  
Baldwin flaunts her  
stunning figure as she  
frolics on a bed in new  
sizzling shots for make-  
up campaign

▶ Don't rain on her  
parade! Karlie Kloss  
holds up her gown's  
train as she battles  
stormy weather outside  
the David Jones  
Autumn/Winter Launch

▶ Guys' night out! Scruffy  
David Beckham enjoys  
basketball game with Liv  
Tyler's partner Dave  
Gardner  
Sports, smiles and  
friends

▶ Chest too much! Toni  
Garrn flashes her  
cleavage in entirely  
sheer top and smart  
blazer as she parties at  
Dior perfume launch

▶ **Quite the fashionista!**  
Keke Palmer wears  
**THREE** different outfits in  
one day as she  
promotes new book **I  
Don't Belong to You**  
Doing the rounds

▶ **Amber Heard opts for  
laid-back cool as she  
joins Amanda De  
Cadenet for girls' night  
out... after winning  
custody of her animals  
in Johnny Depp divorce**

▶ **Now that's a costume  
drama! Eleanor  
Tomlinson wows in a  
plunging velvet jumpsuit  
as she joins Poldark co-  
star Aidan Turner at  
Radio Times bash**

▶ **'That is the real me':  
Bachelor 'villain' Corinne  
Olympios addresses her  
outrageous antics and  
finally explains why she  
has a nanny**

▶ **Bachelor star Ben  
Higgins dismisses  
claims he is to split with  
fiancée Lauren Bushnell  
and says he is lucky to  
'be by her side'**  
All over?

▶ **'Yup, I am officially now  
THAT mom!': Nick  
Lachey's wife Vanessa  
makes fun of herself for**

**sharing photo of two of her kids in matching pajamas**

Cute

▶ **Putting in the leg work! Make-up free Tallulah Willis shows off her slim limbs in a black mini skirt as she enjoys a casual LA lunch**

Low key figure

▶ **Still his little girl! Sofia Richie walks hand-in-hand with proud dad Lionel as they enjoy a father-daughter dinner date**

Family night

▶ **Kourtney Kardashian shares defiant bikini snap from Costa Rica trip... after ex Scott Disick was spotted cosyng up to two different women**

▶ **'Nothing has been better than being your mama': Kate Beckinsale shares cute flashback photo of daughter Lily as she celebrates her 18th birthday**

▶ **CBB's Jamie O'Hara says Bianca Gascoigne must deal with her boyfriend if she wants to keep seeing him... and admits he was happy to see Calum Best evicted**

▶ 'What's going on with her hair?' EastEnders viewers spot ANOTHER continuity error as Denise Fox sports three different styles within the space of minutes

▶ Scott Disick gets handsy with Amber Davis while surrounded by a gaggle of women after Miami fun with J Lynne and holiday with Kourtney Kardashian

▶ Not so wholesome now! Ed Sheeran unveils his 60 elaborate tattoos after spending hours being inked - and he plans 30 more on his back

▶ From Downton Abbey to West Hollywood! Laura Carmichael and Michael Fox look loved up and happy as they step out at swanky party  
Date night

▶ Not ruining her day! Kourtney Kardashian looks happy as she steps out with her kids after Scott Disick was spotted cavorting with a model in Miami

▶ Emotional Kristin Davis breaks down in tears as she makes a political statement in a UN refugee shirt at LAX

Made sure her voice was heard

▶ **PICTURE EXCLUSIVE:**  
Scott Disick admires Kourtney Kardashian in a bikini in Costa Rica before jetting off for romp with other woman

▶ **PICTURE EXCLUSIVE:**  
Scott Disick snuggles cheeky model J Lynne in Miami after jetting back from holiday with Kourtney Kardashian in Costa Rica

▶ Now the first family of reality are being hit by Trump's travel ban chaos! Kardashians private jet is searched by immigration officers at LA airport

▶ Miss Willoughby's £21m fortune: How Holly is set double her wealth from an interior design business with Dragons' Den's Peter Jones

▶ Joe Wicks' glamour model girlfriend Rosie Jones flaunts her ample bust in a sheer lace bodysuit as she shows off her 'Valentine's Day lingerie'

▶ Alexa Chung parts

from M&S after her fashion deal comes to an end - but were her trendy designs too 'weird and unwearable' for customers?

▶ **Dakota Johnson cuts an elegant figure in a fitted scarlet dress as she promotes Fifty Shades Darker on Jimmy Fallon's Tonight Show**

▶ **'Fred is in love with Debbie and I don't blame him!' Viewers - and the youngest member of the family - fall for the pretty maid on Further Back in Time for Dinner**

▶ **All aboard the love boat! Selena Gomez and The Weeknd look smitten as they board water taxi during lavish vacation in Venice, Italy**  
City of love

▶ **'It would be a disaster': BBC bosses 'fear Hollywood stars will turn BAFTA acceptance speeches political after string of anti-Trump rants'**

▶ **'I am very blessed': Elton John's husband David Furnish is granted British citizenship 27 years after emigrating as he celebrates in snap**

with their sons

▶ **Celebrities including Danny Dyer and Jonathan Ross reveal their LEAST glamorous parenting moments (like nappies exploding in restaurants)**

▶ **'I still want more children!' Katherine Heigl is ready for a fourth baby just five weeks after giving birth**  
Actress is set on expanding her family

▶ **Seeking guidance? Sofia Richie, 18, wears a skimpy crop top as she stocks up on self-help books after dinner date with Lewis Hamilton**  
Retail therapy

▶ **Lara Bingle shows off her post-baby body in Eighties-inspired frock with ruching across the bust and shoulders as new mum attends David Jones launch**

▶ **Brand Beckham nets the taxman £153,000-a-WEEK as David and Victoria coin in £11m each from the company that manages their business interests**

▶ **'I'm respectable!' Jamie O'Hara dismisses**

**claims he had SEX with Bianca Gascoigne in CBB...and 'respects' that she has to confront her boyfriend CJ Meeks**

▶ **'It drained me': Calum Best is evicted days before the CBB final... as he claims a painful ear infection made him come across as 'boring'**  
Will viewers notice?

▶ **North's a model and designer! Kim Kardashian and Kanye West unveil their new kids line and reveal toddler lent a helping hand**

▶ **Where's Rob? Blac Chyna shares sweet family photo with son King and baby girl Dream but Kardashian absent**  
Someone's missing

▶ **Playboy vet Myla Dalbesio shows off chest as she's named new Sports Illustrated Swimsuit's Rookie Class member alongside Lais Ribeiro**

▶ **Johnny Depp's '\$2 million-a-month lifestyle to blame for money woes' according to lawsuit filed by star's former managers**  
Luxury lifestyle



▶ **Nick Cannon flaunts his flamboyant fashion flare in a red turban and zany flag trousers for TV appearance in NYC**

Appeared on AOL's BUILD Series

▶ **'Nice play Billy!': Miranda Kerr stuns in clinging blue pencil dress as she stars in Super Bowl commercial alongside Cam Newton**

▶ **Ladies in black! Kelly Rowland in leather pants joins La La Anthony in ripped jeans for dinner out in NYC**

Beamed broadly as they headed to Nobu

▶ **'What a way to spend your birthday': Gemma Collins hospitalised days before her 36th in Tenerife... after being branded an 'egomaniac horror' by Carol McGiffin**

▶ **She's fur real! Helen Mirren looks chic in black hat and fuzzy stole for The Comedian screening in New York City**

Took center stage

▶ **SPOILER ALERT: At least one Grey's Anatomy star will not return as a series**

**regular in the fall**

Departure of a beloved main character

▶ **Hell for leather! Gene Simmons daughter Sophie rocks wrap-around mini skirt and sheer top at Comedians premiere in NYC**

▶ **'Pinching Mrs Barf Barf!' Dakota Johnson gets the giggles as she plays Fifty Shades Darker edition of Mad Lib Theater with Jimmy Fallon**

▶ **Katharine McPhee goes hell for leather as she flashes her toned legs in thigh-slit skirt at Hollywood bash**  
Showed off her trim pins as she stepped out

▶ **'I'll kick your a\*\*': Lisa Vanderpump warns Eden Sassoon against tangling with Kyle Richards on Real Housewives Of Beverly Hills**

▶ **Record breaking! Sarah Paulson makes television history as she collects all five major TV awards in one year for American Crime Story**

▶ **And the bride wore...  
BLACK? Karlie Kloss  
channels her inner goth  
as she storms the David  
Jones Collections  
runway in a stunning  
ebony bridal gown**

▶ **'That's a good one':  
Lisa Rinna flips off  
Brandi Glanville to host  
Andy Cohen's delight on  
Watch What Happens  
Live**  
Igniting outrage

▶ **His doggy bag! Mickey  
Rourke accessorises  
with puffy Pomeranian  
pooch as heads off after  
swanky lunch**  
Eye-catching accessory

▶ **Flamenco fever! Make-  
up free Elsa Pataky  
looks spring-fresh in  
bright frilly tiered skirt  
as she runs errands**  
She's a Spanish model  
and actress

▶ **Cracking the whip!  
Jessica Chastain films  
scenes with a horse as  
she gets back to work  
on set of Molly's Game**  
They say never work with  
children or animals

▶ **Leslie Mann looks  
gorgeous in strapless  
top as she brings  
husband Judd Apatow to  
The Comedian premiere**

**in NYC**

Female lead

▶ **In a spot of bother!**  
Jaime King wears eye-catching polka dot fur jacket as she goes wild in the aisles in LA

She is not hard to spot at the best of times

▶ **A style all her own!**  
Helena Bonham-Carter sports floral dress and brown shoes as Ocean's Eight star heads home in NYC

Returning to her digs

▶ **'I make movies as a form of activism':** Brie Larson says she's 'proud' to represent journalists in Kong: Skull Island...despite it being a monster film

▶ **The lavish hotel that wins Sky News** presenter Sarah-Jane Mee's heart with fabulous fine dining (and a damn good cuppa)

▶ **Date night!** Miles Teller's girlfriend Keleigh Sperry stuns in plunging dress as they attend BOSS show in NYC

Long-time lovers

▶ **Diamond necklace**

worn by Princess Diana to the ballet just two months before her death goes on sale for £10million

▶ Downton creator Julian Fellowes defends his new musical as 'historically accurate' after being drawn into race row because of all-white cast

▶ Smokin'! Rupert Murdoch's wife Jerry Hall enjoys a cigarette in the back of a limo as she and daughter-in-law Sarah touch down in Melbourne by private jet

▶ 'Welcome to the world!': The Crazy Ones actor James Wolk shares first photo of newborn baby Charlie with wife Elizabeth Jae Byrd

▶ James Kennedy reveals if George Michael left him an inheritance as Chrissy Teigen brands DJ 'the best person and worst person on the planet'

▶ Showing him what he's missing! Mariah Carey wears fishnets and white garter on cover for her James Packer break-up track

Racy

▶ **Jeff, Who No Longer Lives at Home!** Jason Segel's old Hollywood Hills house hits the market again for \$10.5 million

▶ **'He cannot act!' Amy Schumer defends cousin Senator Chuck Schumer after Trump heaps scorn on his 'fake tears'**

The comedienne posted a tweet

▶ **Fast friends!** Lea Michele and Emma Roberts match in tight leggings as they zoom off in a car after lunch in Beverly Hills

▶ **'I have nothing to hide!': Jules Wainstein rips Bethenny Frankel on episode one of her new podcast, Josh's Family Jules**

▶ **Ring shopping?** Kylie Jenner stops by a jewelry store with Tyga just two weeks before Valentine's Day

▶ **Hunky Colin Farrell shows off his muscular**

**arms and fading tattoos in tight vest as he takes a stroll in Los Angeles**

▶ **A perfect picture of nepotism! Ewan McGregor's daughter and Bob Dylan's grandson star in new modelling campaign...with pictures taken by Sir Paul McCartney's daughter**

▶ **'What a brilliant ending!': Silent Witness viewers rejoice as Nikki Alexander SURVIVES after being buried alive in a tense series finale**  
Pure drama

▶ **'I'll be the first to tell you I've f\*\*ked up a lot': The Bachelor's Megan Marx gets philosophical and goes on an epic rant as she poses nude in a pool**

▶ **Paddy McGuinness' wife Christine showcases her incredible post-baby figure in skimpy lingerie four months after giving birth**

▶ **Tan out of tan for effort! Claudia Winkleman reveals questionably bronzed skin tone as she joins Jo Whaley at Radio Times**

## annual covers party

▶ **Danielle Lloyd posts sweet photo of her sleeping kids... while ex Jamie O'Hara is 'still waiting to hear' when he can see his sons following CBB eviction**

▶ **'I could definitely fall in love with her': Jamie O'Hara gushes over Bianca Gascoigne... as he claims Calum Best was 'jealous' of their CBB romance**

▶ **Let's roll, baby! Irina Shayk takes driving lessons while covering up in a loose T-shirt as she gears up for 'arrival of first child'**  
Under wraps

▶ **My problems with alcohol, by Moira Stuart: Newsreader reveals she was forced to quit drinking because of health problems**  
Used to enjoy a tippie

▶ **Kylie Jenner unveils new 'Thick' merchandise from her official store... and models underwear from the collection**  
Sneak peek

▶ **'I never planned to keep it quiet': Corrie's**



**Rob Mallard reveals he's gay and admits telling his 'non-plussed' family was easy despite his initial fears**

**▶ Pregnant Linzi Stoppard debuts her bump at Bridget Jones's Baby screening... as she reveals she's 'thrilled and excited' to be expecting her first child**

**▶ 'Hottest man on Earth, FACT': Robson Green sends fans wild as he strips to his swimwear for an outdoor shower on new show Tales of The Coast**

**▶ 'I tried for nine years': Chrissy Teigen takes on 'complete witch' who asked why she didn't 'try' to to have baby 'naturally' after sharing plans to implant embryo**

**▶ Bottoms up! Model Claudia Romani showcases her perky posterior in barely there bikini bottoms as she soaks up the sun in Miami**

**▶ Bebe Rexha flaunts her hourglass curves and ample assets in plunging cobalt blue boiler suit at music party  
Oozed eighties vibes**

▶ **'This is a first!' Excited Victoria's Secret Angel Adriana Lima gushes about running four miles in just 35 minutes in Instagram video**  
Brazilian beauty

▶ **Yeezus has risen! Kanye West set to debut Yeezy Season 5 range as part of NYFW (and it won't be as ambitious as his previous shows)**  
Coming soon

▶ **'It's all he ever wanted': Brad Pitt is feeling positive about joint custody battle with Angelina Jolie... after 'spending more time with the children'**

▶ **Now Kim Kardashian jumps on the latest manicure trend by connecting her pierced black nails with a chain**  
Embraced an unconventional new look

▶ **PICTURE EXCLUSIVE: Disheveled Jason Hoppy steps out in sweatpants and hides behind a towel after Bethenny Frankel has him arrested for stalking**

▶ **Bethenny Frankel's ex Jason Hoppy arrested for 'stalking Real Housewives star after**

**sending abusive emails and threatening to destroy the reality star**

▶ **'I don't believe in extreme diets and I don't go to the gym': Stunning Elle Macpherson reveals the secret to maintaining her incredible figure at 52**

▶ **Kesha chats on phone while riding a bike in LA as it's revealed Dr. Luke is suing her for defamation over texts to Gaga claiming he RAPED another artist**

▶ **'A huge cliffhanger': Maisie Williams gives Game Of Thrones fans glimpse of what to expect in season seven**  
The upcoming season airs later this year

▶ **Sophie Raworth opts for a racy new look in a sheer lurex jumper and leather trousers at book awards**  
She always manages to look effortlessly chic

▶ **Rising dame? Peter Capaldi is backing screen veteran Frances de la Tour to be the first female Doctor Who after announcing he's leaving BBC cult hit**

▶ **FIRST LOOK: Rihanna wears red wig to resurrect Janet Leigh's ill-fated Marion Crane character from 1960's Psycho in teaser for Bates Motel**

▶ **'My rock star baby': Blac Chyna shares sweet video of daughter Dream dressed in a heart-print onesie**  
Shared a clip of her two-month old daughter

▶ **Any day now! Heavily-pregnant Natalie Portman takes an early morning walk in Loz Feliz after a string of appearances promoting Jackie**

▶ **Jourdan Dunn looks effortlessly chic in a navy bardot top and cropped skinny jeans for photoshoot in Los Angeles**  
In demand model

▶ **'Working on my holiday bum!' Ola Jordan works up a sweat ahead of imminent beach break as she hits the gym with husband James**  
Toned and trim

▶ **'This is the biggest blessing of all!' Pregnant Cally Jane Beech goes completely NAKED as she reveals her growing**

**baby bump in new social media post**

▶ **Stephen Belafonte cuddles female friend during night out at New York restaurant... while wife Mel B performs on Broadway**

▶ **Georgia Kousoulou flaunts her figure in racy sheer dress alongside bizarrely bondage-clad co-star Chloe Sims as they shoot TOWIE special in Spain**

▶ **MIC's Frankie Gaff flaunts her stunning bikini body as she wades out to sea in a sun-drenched throwback from her recent Dubai getaway**

▶ **Pharrell Williams and wife Helen Lasichanh delightedly announce arrival of 'happy and healthy' TRIPLETS**  
Parents for the second, third and fourth time

▶ **'Shoved out the way by a security goon': Southern Charm's Shep Rose has run-in with Kardashian entourage in Costa Rica**  
Barged out of the way

▶ **Penny Smith, 58, puts**

**on a leggy display in a sequined scarlet mini dress at book awards**

Proved she still has the power to command attention

▶ **Stylish siblings stick together! Gigi supports sister Bella after pictures of the younger Hadid's ex smooching with Selena Gomez surface**

▶ **So long, Girls! Lena Dunham debuts new hairdo with blonde tips with costars ahead of final season premiere**

The 30-year-old debuted a new look

▶ **Take the red pill! The Matrix's Keanu Reeves, Carrie-Anne Moss and Laurence Fishburne reunite at John Wick: Chapter 2 premiere**

Back together

▶ **'You're a bad girl!': Ellen DeGeneres wears fake boobs and tapes Jamie Dornan to a bed during silly skit spoofing Fifty Shades Darker**

Parody segment

▶ **'Have you guys slept together?': Britney Spears' romance with Justin Timberlake heats up in two trailers for Lifetime biopic**

Extended trailer

▶ **She's back! Kylie Jenner returns to her app after refusing to work personally on subscription site when team made saucy post about sex life with Tyga**

▶ **Lauren Pope works on her post break-up body as she shares video slamming gym equipment following split from Geordie Shore's Aaron Chalmers**

▶ **'Look at all the rolls of f\*\*\*ing denim!': Khloe Kardashian's mind is blown during behind-the-scenes tour of Good American factory**  
Genuinely intrigued

▶ **Coleen Rooney shows off natural beauty in casual gym kit as she lunches at a health store post-workout... after celebrating son Kit's first birthday**

▶ **'She's an insufferable, arrogant, bad-tempered attention-seeker!' Carol McGiffin lays into 'roly-poly' Gemma Collins in shock rant**  
Unprovoked attack?

▶ **'They suggest women are only good for sex':**

**Jodie Marsh lays into 'vile' Geordie Shore stars Scotty T and Aaron Chalmers as their feud escalates**

▶ **'Bend over... I'll whip your bum with a lettuce leaf!' Kim Woodburn, 74, prepares for 'new job' as a sex line worker on Celebrity Big Brother**  
Racy

▶ **'For f\*\*ks sake!': James Cosmo reaches boiling point as he accuses Jedward of stealing his chocolate in almighty CBB clash**  
Loses his cool

▶ **'They didn't connect with the audience': Dragons' Den stars Nick Jenkins and Sarah Willingham step down from BBC show after two series**

▶ **He's a made man! Leonardo DiCaprio to return to mafia genre with The Black Hand about an NYPD detective and the early 20th century mob**

▶ **Aqua-mom! Nicole Kidman, 49, is 'in talks' to join the cast of Aquaman as Jason Momoa's, 37, mother**  
Reportedly 'in early negotiations'



▶ **Courtney Love will take the lead in Lifetime movie about the Menendez brothers murders**

Making a movie about the nineties murder case

▶ **EXCLUSIVE: 'I found it really difficult growing up': Emma Rigby admits starring in Hollyoaks as a teen was tough... as she discusses 'strong and sexy' new role**

▶ **Shane Warne gets a MASSAGE from a mystery brunette as he plays poker...after walking around in his underpants outside his Melbourne mansion**

▶ **Justin Timberlake looks dapper in old fashioned smoking jacket and cravat in sneak peek of Super Bowl commercial**  
Millions tuned in

▶ **'Breakups suck!': Lea Michele reveals during cozy LA concert that she once dated a 'lair' but their split was 'meant to be'**  
Rocky romances

▶ **Looking furry good! Dakota Johnson wears luxurious coat as she steps out in New York on**

**a chilly day**

Made a shady  
appearance in the city

▶ **How she gets her  
kicks! Gigi Hadid flaunts  
her endless limbs in  
skimpy sportswear as  
she fronts new Reebok  
campaign**

Sartorial domination

▶ **Sweat it like Beckham!  
Footballer David left with  
a drenched T-shirt after  
vigorous spin workout  
upon arrival in LA**

Was completely soaked  
through

▶ **Bryce Dallas Howard  
reveals she had first sip  
of alcohol at 35 after  
Matthew McConaughey  
'motor-boated' her and  
fed her champagne on  
Gold set**

▶ **I love nature, says  
Robson Green - before  
he's attacked by a seal!  
Christopher Stevens  
reviews last night's TV**

Donned diving gear to  
swim with seals

▶ **Sopranos and  
Goodfellas star Frank  
Pellegrino dies at 72  
after a battle with lung  
cancer**

Played FBI Chief Frank  
Cubitoso

▶ **Doing the can-can?**  
Katie Salmon exposes  
lace bra and toned  
midriff... as girlfriend  
Dani Whittaker shows  
off her odd moves on  
date at McDonalds

▶ **Make-up free Emma  
Willis, 40, is pictured out  
for the first time with  
baby Trixie Grace as  
she's announced as the  
new BRITs host**  
Big Brother presenter

▶ **EXCLUSIVE: 'She's a  
hypocrite!' Aaron  
Chalmers hits out at  
Jodie Marsh after her  
rant likening reality  
stars to porn stars... as  
he prepares for EOTB**

▶ **Still bowling them over!**  
Shane Warne surprises  
neighbours as he goes  
for a Sunday stroll in his  
underpants before  
spending the day at  
Crown Casino

▶ **Megan McKenna  
showcases her toned  
pins in daring silk bardot  
jumpsuit alongside lace-  
clad BFF Amber Turner  
as they film TOWIE in  
Tenerife**

▶ **'I've got a fat vagina':  
Geordie Shore's Marnie  
Simpson reveals her  
regrets over nose job, lip  
fillers, boob lift and lipo**

as she admits she's  
'ruined' her appearance

▶ EOTB star Harriette  
Harper flashes her legs  
in thigh-skimming  
sequin encrusted  
dress... as she defends  
sex on TV following  
recent backlash

▶ Drake who? Jennifer  
Lopez, 47, looks vibrant  
leaving Hollywood hot  
spot with Leah Remini  
as her romance with  
singer seems to have  
ended

▶ 'My momma... I couldn't  
be luckier!': Selena  
Gomez, 24, praises  
mother Mandy, 40, in  
heartwarming  
Instagram tribute  
Special thanks

▶ Mick Jagger's ex  
Luciana Gimenez flaunts  
model physique in  
sizzling samba dress as  
she takes to the streets  
of Brazil for the famous  
Rio Carnival

▶ 'No place I'd rather be':  
Kerry Washington  
enjoys her 40th birthday  
with a large cake on set  
of Scandal  
The actress was  
overjoyed

▶ 'People who are

perfect are full of sh\*t':  
Reese Witherspoon  
talks playing the  
flawless wife on Big  
Little Lies as she  
appears in Variety

▶ Demi Lovato's new  
\$8million Hollywood  
Hills home at risk after  
landslide sends 20 tons  
of dirt and mud crashing  
into the houses next  
door

▶ PICTURE EXCLUSIVE:  
Bachelor 'villain' Corinne  
Olympios poses topless  
in sultry modelling shots  
taken before joining Nick  
Viall's series

HEAD START TO  
HOME COOKED

Get Recipes

*Progresso Recipe  
Starters™*



GET RECIPES

more ▶

[Back to top](#)

[Home](#) | [U.K.](#) | [News](#) | [Sports](#) | [U.S. Showbiz](#) | [Australia](#) | [Femail](#) | [Health](#) | [Science](#) | [Money](#) | [Video](#) | [Travel](#) | [Columnists](#)

[Sitemap](#) | [Archive](#) | [Video Archive](#) | [Topics Index](#) | [Mobile Apps](#) | [Screensaver](#) | [RSS](#) | [Text-based site](#) | [Reader Prints](#) | [Our Papers](#) | [Top of page](#)  
[Daily Mail](#) | [Mail on Sunday](#) | [This is Network](#) | [This is Money](#)  
[Metro](#) | [Jobsite](#) | [Mail Travel](#) | [Zoopla.co.uk](#) | [Prime Location](#)

Published by Associated Newspapers Ltd  
Part of the Daily Mail, The Mail on Sunday & Metro Media Group

© Associated Newspapers Ltd

[Contact us](#) | [How to complain](#) | [Advertise with us](#) | [Contributors](#) | [Work with Us](#) | [Terms](#) | [Privacy policy & cookies](#) 