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EXCLUSIVE

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KATE'S GANG IN CRISIS



Kate:
Who she's calling (and ignoring)

Sadie:
Confronts drink problem

Davinia:
Now she's in rehab too



RENÉE
THE A-LIST GURU MENDING HER HEART

The hot new Bread Diet

(Hurrah! We can all eat toast again)

REAL LIFE

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Plus

The £45 shoes all the fashion editors want

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SCANDAL OF THE FARMERS FORCED TO SELL THEIR DAUGHTERS

A terrible side effect of Britain's bid to reduce the heroin trade came to light this week: debt-ridden poppy farmers in Afghanistan are being forced to sell their own daughters

It all started with good intentions. Following the fall of the Taliban, Britain announced that the lucrative opium poppy trade in Afghanistan would be eradicated to cut the production of heroin. But the knock-on effect means poppy farmers are suffering crippling debts, unable to repay drug traffickers who lent them money to buy poppy seeds. In Afghanistan, tradition dictates a man can pay off his debts by handing over his daughter to a creditor – usually resulting in a forced marriage. 'It's terrible, but this is what we have to do,' said one farmer.

Sources suggest trading daughters for the equivalent of £2,000 is becoming more common as the ban on poppy harvesting gets tighter. Opium (from which

heroin is derived) accounts for 60 per cent of the country's income but, in the last year, poppy cultivation has fallen by 96 per cent. Farmers who earned £2,000 for every acre of poppies now take home less than £80 for an acre of wheat. In a desperate bid to avoid trading their daughters, farmers are selling their property or borrowing large sums of money to send their sons abroad, in the hope they'll earn a good living. 'They can then fall prey to international traffickers,' warns Lal Gul, chairman of the Afghan Commission for Human Rights. As a result, the Afghan government has come under pressure to lift the poppy ban. Dr Wahab, Acting Head of the Afghanistan Embassy, says: 'Our ministers and police are tackling this situation, but we need help from the outside world. We're encouraging farmers to grow wheat, but it doesn't bring nearly as much money as opium, so we are in negotiation with Britain and the US to buy our wheat at a higher rate. We also hope to produce opium for medical use, with some profits going to farmers.'

Something to watch out for... A RUSH OF BLOOD TO THE LIPS

If you thought eye-watering collagen injections were bad, spare a tear for whoever came up with the idea of rubbing chilli on your lips to plump up your pout. A new lip gloss from Urban Decay – aptly called Big Fatty Lip Plumper (£10) after its bee-stung effect – blends African chilli with jasmine and hyacinth to increase circulation and draw blood flow to the lips. Just 10 minutes after application, fans claim their lips swell to sultry perfection. Slap on the gloss before a night out, and you won't even have to add Tabasco to your Bloody Mary.



BIG IN AMERICA Let there be light – and perfect skin

If you want to kiss your crow's feet goodbye but can't face the Botox needle, a miracle skin treatment from the US could be very good news. Cosmetics firm Lumière is offering a pain-free route to perfect skin using a combination of light therapy (via a lamp) and a wonder face cream. Originally developed by a British doctor to help skin cancer patients, the treatment has become big business in the States, where a host of stars are lining up to get rid of their wrinkles, acne blemishes and sun damage in just four treatments. The process also boosts serotonin levels, leaving you beaming inside and out. With prices ranging from \$300 to \$800 (£170 to £450) per session, the company is so confident in the pulling power of its product, it's giving away \$30,000 worth of lamps to celebrities to spread the word. The treatment will soon be available in the UK. See www.pathwaytobeauty.com.

