# TABLE OF CONTENTS

02  
70 Interview Sophie Rundle  
74 How to do a wedding in 2019  
The latest trends for the big day  
76 Life stories Dolores O’Riordan  
143 Angela Scanlon’s sad habits  
Tapping therapy  
144 Health The DNA dilemma  
146 Deluxe  
150 Travel Mouthwatering culinary getaways  
154 Final word Adam Lambert  

FASHION  
88 Take shape  
White-hot sculptural designs  
98 Midas touch  
This season’s treasure trove of gold jewellery  

BEAUTY  
113 Feeling beauty  
114 Skin SOS  
Herbal heroes to soothe your skin  
126 #LisaOfLife Lisa Oxenham picks her  
favourite summer scents from Fabled.com  

SUMMER HAIR SPECIAL  
131 The natural movement  
How to make the most of your hair type  
134 C’est chic French Riviera-inspired looks  
140 Summer saviours  
Key products for gorgeous locks  

EVERY MONTH  
7 Editor’s letter  
153 Subscribe today  

---

research predicting the entire market will be worth £1.9 billion by 2024. According to Branded Research, around 15 per cent of British women aged 18 to 45 have taken a test in the last two years alone. One third said they wanted to get health information, the same number were interested in their ancestors, while 21 per cent did it 'for fun'.

And it can be fun. Who wouldn't want to know what percentage Neanderthal you are or how fast you metabolise caffeine? For £129, DNA Fit gives diet and fitness insights into how to pick the best meal and workout for your genetic profile. Origen has DNA tests for beauty (to reveal 'how your skin and hair may look, feel and react to various conditions'), and you can also discover more about your metabolism, such as how your body stores and processes fat, and plan your habits accordingly. On 23andme.com, one happy customer explains how she struggled for years with low energy and stomach pain until her DNA test revealed she could have lactose intolerance. Her doctor confirmed the diagnosis, and eliminating dairy has improved her health and quality of life.

These tests can literally be life changing. When it comes to family trees, we can find out where we really come from, arming ourselves with knowledge about our genetics in a way we've never been able to before. Ancestry.com includes information from 500 different regions and ethnicities. Relatives have been reunited, and twins separated at birth have discovered each other for the very first time. Diane Meek knew that she'd been adopted and had searched for years for her birth mum, without success. When a friend suggested she took an Ancestry DNA test she was reluctant to get her hopes up, but not only did she discover a cousin living just down the road, that cousin led her to her mother.

As these cases illustrate, DNA testing offers many positives, except for cases like Ava's, when unexpected conditions come to light. 'I spent a lot of time crying and frantically googling after I got the results about my increased risk of Alzheimer's,' she recalls. 'The site warns, "you may receive unsettling information", but I wasn't aware of a strong genetic link to Alzheimer's, and so never considered it to be a problem.'

Ava's experience is far from uncommon. Receiving the results of her husband's BRCA1 carrier status was a similarly shocking revelation for Fiona*, 49, a teacher who describes the news as devastating. Having a variant BRCA1 gene sharply increases a man's chance of developing male breast and prostate cancer. 'It's a life-changing moment, but
"There are companies whose business model isn’t the cost of the test. What they want is your valuable DNA raw data, which they will sell. If they do sell your personal profile, your 3 billion bits of DNA will be in the hands of a commercial company," explains Dr Middleton. Dr Andelka Phillips, author of Buying Your Self On The Internet: Wrap Contracts And Personal Genomics, shares these concerns. ‘Once your genetic data is sequenced, it has the potential to be stored indefinitely. It can serve as a unique identifier and be used to trace your family members,’ says Dr Phillips. ‘Our genetic data can be used for many other purposes, such as investigations by law enforcement or intelligence agencies. People considering testing should discuss this with their family. Everyone should read the privacy policies to understand how data can be used. If they have concerns, ask the company questions.’ For instance, many potential testers wonder how results may influence health insurance premiums.

Dr Phillips says it’s possible that we could soon have to declare this information. ‘It’s already happening in some countries,’ she says. ‘In Australia, insurers can require individuals applying for life insurance to disclose genetic test results.’

Despite privacy concerns, 74 per cent of British women believe these tests should be available. Ava agrees, adding, ‘People have the right to use technology to understand and improve their health. I battle with anxiety about my brain health now, but I don’t think it was a mistake to find out the information. I’m now armed to deal with it.’ Yes, DNA testing can present problems, but we can’t turn back the clock. The science is here – we just need to be ready for it."

"I DISCOVERED MY DAD WAS A SPERM DONOR"

Charlotte*, 39, a professional coach, shares her experience

"Taking a test at 33 seemed a simple, sensible step. My parents were elderly and my mum had dementia, so I wanted to know my own genetic health risks. I spotted into the vial and asked my parents to do the same. The results seemed fine at first, and then I looked at the page that connects you to others who share your DNA. There was my mum, but where was my dad? I knew Mum was incapable of cheating and that only left sperm donation. I’d taken the test looking for health information and instead I’d found this.

‘At first, I felt a strange sense of relief. It explained why I’d felt different growing up. But the next few months were agonising. My mum was too ill to answer sensitive questions and I wanted to protect my dad. The emotional anguish of holding it in became too much. I needed answers.

‘I began to search for my biological father by uploading my DNA data to websites that endeavour to find people who are related to you. One day, I logged on and the site said it had found him. I cried with joy. Four months of messaging later and we were finally face-to-face. It was strange but wonderful to meet my biological father, and I felt an instant connection. I met his wife and learned that I had four half-siblings. ‘Taking that test changed my life. You need to be aware of what you might find though, because there’s no going back.’"