

The July Health issue of Reader's Digest is on stands now

By Colman Getty

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Cover star: Lewis Gordon Pugh, the world's premier cold-water endurance swimmer On sale now, priced £2.95

This month there are special reports from around the world; an extraordinary account of a 16-year old boy living in the Democratic Republic of Congo who had his life saved by a British surgeon with the aid of a mobile phone; an in-depth look at the phenomenal Da Vinci robot which performs surgery with movements that are free of tremor, shake or risk of human error, and a feature on Lewis Gordon Pugh who is the subject of fascination to medical scientists thirsty for data about his extraordinary capabilities swimming in sub zero temperatures.

Plus there's an interview with actor Tom Felton, who plays Draco in the Harry Potter films, top tips on how to raise children from the Obamas and Victoria Hislop enthusing about why so many British women are captivated by the Greek Islands.

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