

251 FAST & FESTIVE WAYS TO WOW A CROWD

December 3, 2007

healthy living made easy

First



PAULA DEEN'S BEST CAKE EVER!



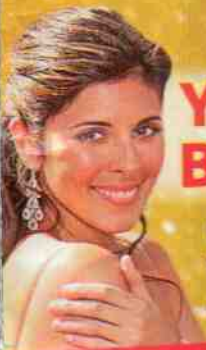
HAPPY ENERGY EVERY DAY

TIRED? CRANKY? The quick fix for the 80% of us who suffer from over-worked adrenal glands

Salon secrets!

YOU, BODY BEAUTIFUL

Genius stylist tricks that slim every body type



STRESS—STOPPED

Jen's secrets to keeping her cool—no matter what!

3 ways to outsmart guilt

DROP 31 LBS

by Christmas

Lose belly fat first!

Better than Alli!

Heather lost 93 lbs!

Discover the PHYTONUTRIENTS that MELT STUBBORN FAT 156% FASTER

INSTANT HOME CURES

- ✓ Constant cravings
- ✓ Trouble sleeping
- ✓ Sneaky allergies
- ✓ Achy joints
- ✓ GI upsets



Serve up smiles with a CUPCAKE TREE!

\$2.49 Display until 12/3/07



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nutrition know-how

I'VE TRIMMED THE FAT, SO WHY AM I STILL GAINING?

My doctor told me that I need to lose 30 pounds, so over the past month I've stuck to low-fat meals and snacks like unbuttered popcorn. But I've only lost 3 pounds—and I'm starving!

What's wrong?

Here's the skinny: Eating the right type of low-fat foods—mainly water-rich fruit (like melon and berries), veggies (like tomatoes and lettuce), broth-based soups and low-fat dairy—can be a better weight-loss strategy than simply reducing fat intake. In a Penn State study, women who followed such a water-rich low-fat diet felt less hungry and lost 33 percent more weight in six months than women who just cut back on fat. The reason: The sheer volume of such foods fills you up faster, so the weight comes off easily. To get the benefits, enjoy a veggie-packed stew or soup (like lentil or chicken-vegetable) as your main meal several times a week.

DO CRASH DIETS CAUSE GALLSTONES?

I'm determined to zip myself into my favorite party dress, and I found a great plan to help me drop 12 pounds fast. But while looking into the diet, I read a post online that said quick weight loss can lead to gallstones. Is that accurate? It's true that some very low-calorie diets lack the fat needed to make the

gallbladder contract enough to dispose of bile. This allows gallstones to form. But that doesn't mean you have to set your dress aside. Instead, snack on nuts (like almonds or cashews) or sunflower and pumpkin seeds between meals, or sprinkle a handful of nuts or seeds on salads. This will give your body enough fat to help the gallbladder function properly, cutting the risk of gallstones.

Outsmart fat traps with an easy meal-timing strategy!

ARE LATE DINNERS REALLY MORE FATTENING?

I get home from work around 8 P.M., so I don't eat until 9 P.M. or later. The other night I was talking to my sister while making dinner, and she said my late-night meals are probably why I can't seem to lose weight. Is she right? Many nutritionists advise not eating after 8 P.M., claiming that calories will "sit" in your stomach. But actually, the average person burns 400 calories while sleeping. So I believe it doesn't matter when you eat. Still, it does make sense to spread calories evenly throughout the day to avoid the blood sugar crashes that trigger cravings. Simply eat six mini meals rather than three squares. Try to eat midmorning, midafternoon and an hour before bedtime. This ensures you'll always feel comfortably full, which will help you avoid the common fat trap of eating six mini meals before 9 P.M., then having dinner, too.

Put First to work for you!

Ann Louise Gittleman, Ph.D., known as the First Lady of Nutrition, is the award-winning author of the *Fat Flush* series (McGraw-Hill) and *The Fast Track One-Day Detox Diet* (Morgan Road, 2005). To ask her a question, e-mail her at annlouise@firstforwomen.com or visit her website, AnnLouise.com, for more information.



UPDATE! Free copy of *The Fat Flush Plan*
Interested in getting a copy of Ann Louise Gittleman's best seller *The Fat Flush Plan*? When *First* originally reported this offer on page 29 of the October 1, 2007 issue, we inadvertently implied that the book was free to all who called to request it. The actual offer—

which is being extended until December 15, 2007—allows *First* readers who purchase the *Fat Flush Kit* and *Carlson Fish Oil* (\$75.08 for both) to receive a free copy of the book (a \$21.95 value). To order, call 800-888-4353 or log on to www.UniKeyHealth.com and enter the code "First07" by December 15, 2007.

slimming news

The simple tweak that cuts 184 calories

A recent Canadian study found that people who ate a morning snack while standing consumed 42 percent more food at lunch (about 184 extra calories) than those who sat down and ate the snack off a plate. Experts theorize that we're less conscious of calories consumed on the go.



New shake keeps dieters full for 4 hours!

A 50-calorie shake that's sipped just prior to eating a meal (called Satiatrim; \$40 for 27 servings, at Satiatrim.com/store) promises to keep hunger pangs in check. The drink's blend of safflower oil, sunflower oil, soy protein and calcium triggers the release of *cholecystokinin*, a satiety protein that slows the movement of food from the stomach, extending feelings of fullness for up to four hours. Plus, clinical studies found that people who drank it ate 20 percent less food and experienced up to a 4 percent increase in fat burn over a 24-hour period.



Hollywood's trendy slimming sip

Jessica Simpson has been spotted all over Tinseltown toting a bottle of Fuze Slenderize in blueberry-raspberry (\$1.50 for 18 oz., in grocery stores). The drink helps Jess keep her diet on track, thanks to its *Garcinia cambogia*. This fruit extract is rich in *hydroxycitric acid*, a compound that suppresses appetite and inhibits fat production to speed weight loss.



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