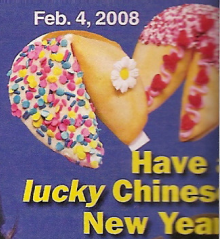


God Bless America
**Woman's
World**
A great
week
made easy!

Feb. 4, 2008



Have
lucky Chinese
New Year

Melt off belly fat!

Visible results in 3 weeks!

**Secrets
to 24/7
happiness!**
Plus Eat for a great mood!



Surprise!

They're good
for you!

Speed-healing secrets!

End health hassles faster!

Kick any bad habit
in 15 days!

Perfect hair!
Discover the key to
your best look!



SHUT DOWN YOUR BODY'S
FAT-STORAGE SYSTEM and

LOSE 10 lbs in 10 DAYS!

- ✓ Eat your favorite foods!
- ✓ Enjoy more energy!
- ✓ Lose 45% more weight!



3 easy tricks to
**Make your
groceries
last longer!**

\$1.79





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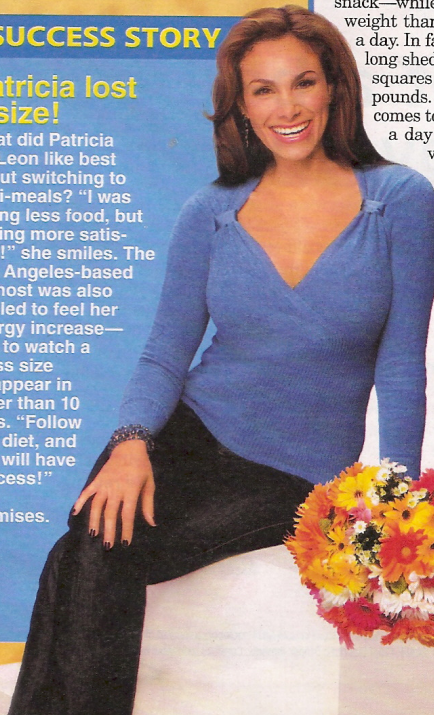
Breakthrough research reveals eating mini-meals seriously maximizes weight loss!

Want to eat more food *and* lose more weight? Done. According to a new study from Sweden's Göteborg University, dieters eating six times a day were able to enjoy extra food—the equivalent of a bonus 100-calorie bedtime snack—while still shedding 45% more weight than dieters eating three times a day. In fact, the folks who ate all day long shed up to 33 pounds; the three-squares crowd topped out at 22 pounds. The lesson here: “When it comes to getting lean, three squares a day is so old-school,” says University of Miami’s Janet Bond Brill, Ph.D., R.D. “Now we know that it’s an advantage both physiologically and psychologically to eat smaller, more frequent meals.”

SUCCESS STORY

Patricia lost a size!

What did Patricia De Leon like best about switching to mini-meals? “I was eating less food, but feeling more satisfied!” she smiles. The Los Angeles-based TV host was also thrilled to feel her energy increase—and to watch a dress size disappear in fewer than 10 days. “Follow this diet, and you will have success!” she promises.



What's best for you

The average woman comes equipped with a “fuel tank” designed to hold about 600 calories, says Georgia State University mini-meal expert Dan Benardot, Ph.D., R.D. Big meals overflow your tank, with excess sent straight to fat cells. Skipped meals run the tank dry, triggering emergency metabolism-low-

Did you know?

Research shows naturally thin people instinctively go the mini-meal route, while those of us who struggle with our weight tend to eat fewer and larger meals, say pros.