

JUST TOO TIRED?

The healthy energy pill that won't leave you jittery!

NEWS! The acupressure discovery that made Lusina 100 lbs skinnier!

The hair secrets that make **YOU BEAUTIFUL**



Real way

Best looks for every face shape

Star way

ALERT! The spice that cures chronic congestion in minutes!

The news that makes you **100% HEALTHY!**

- WINE HEADACHES—*stopped!*
- EXCESS CALORIES—*blocked!*
- COLDS & FLU—*outsmarted!*
- STRESS HORMONES—*nixed!*

PROOF! Women do get smarter as they get older

The science of feeling **PURE BLISS!**

Silence **PERFECTIONISM** by eating more of these carbs

Cut **IRRITABILITY** by 50% with this natural cure



January 9, 2006

for women on the go

First



LAST-MINUTE DELICIOUS!



28-pg pull-out **COOKBOOK**

NEW YEAR'S SLIMDOWN

DROP 9 LBS IN 72 HOURS

Discover the fruit enzymes that **FLUSH THE TOXINS THAT TRAP FAT**

DAY 1: ENERGY SOARS

DAY 3: BYE-BYE BELLY FAT

DAY 5: YOU KEEP LOSING... WITHOUT DIETING!

ONLY \$1.99



Display until 1/9/06

natural wonders

Look and feel



◀ The fruit essence that firms trouble spots

Grapefruit holds the key to a trim belly, butt and thighs, according to holistic beauty expert Jillian Alexander-Gregory, author of *The Spa Gardens* (JAG Productions, 2005). When grapefruit oil is massaged into skin, a compound called *D-limonene* stimulates the lymphatic system to flush excess fluid and toxins from bodily tissues for effortless slimming.

◀ Skin-toning grapefruit massage

Mix 15 drops grapefruit essential oil (\$6 for 15 ml, at bathheaven.com), 1 tsp. olive oil and ½ cup aloe vera gel. Massage into problem areas. Seal and store at room temperature.



◀ The nutrient that blocks calorie absorption

Grapefruit has been heralded as a waist-whittling miracle food, and scientists at the Scripps Clinic in Del Mar, California, have discovered why: It's rich in *naringin*, which blocks the absorption of dietary carbs and prevents up to 30 percent of excess calories from being stored in fat cells. In fact, they found that adding half a grapefruit to three meals daily delivered a 10-pound loss in 12 weeks.

◀ Get-gorgeous granita

Boil 3 cups water and 1½ cups sugar. Reduce heat; cook 7 min. Cool. Over bowl, segment 3 grapefruits. Puree fruit and juice; stir in syrup. Freeze in pan. Pulse in food processor; serve.



◀ The scent that sends energy soaring

Just a whiff of grapefruit in the morning provides the get-up-and-go to greet each day bright-eyed and bushy-tailed. "Citrus scents stimulate the *reticular activating system*, the brain area responsible for feelings of alertness," says Alan Hirsch, M.D., neurological director of the Smell & Taste Treatment and Research Foundation in Chicago. And that, says Dr. Hirsch, is the key to keeping energy levels high from dawn till dusk.

◀ Eye-opening body wash

Combine 5 drops grapefruit essential oil and ½ cup unscented liquid hand soap in a squeeze bottle. Shake before using as shower gel.