

Woman's World

God Bless America

ONLY \$1.49

July 10, 2007

A great week made easy!



GET SLIM

eating cupcakes!

Only 136 calories!



Before: 240 lbs!

Laura lost 90 lbs!

FINALLY, YOU CAN TRY THE FAMOUS

Duke University

OBESITY CURE!



The Secret

Scientists tell how you can use it to GET RICH & SLIM!

The plan you saw on OPRAH!

- FREE INSIDE** The \$10,000 plan!
- ✓ Lose over 100 lbs in 90 days!
 - ✓ Keep it off for good!
 - ✓ Reprogram your body and brain to stay thin!

Prevent cancer

just by eating these health-boosting nuts

Too hot?

Instant feel-cooler tricks!

No time to clean?

5 looks-spotless secrets

Cool summer treats!



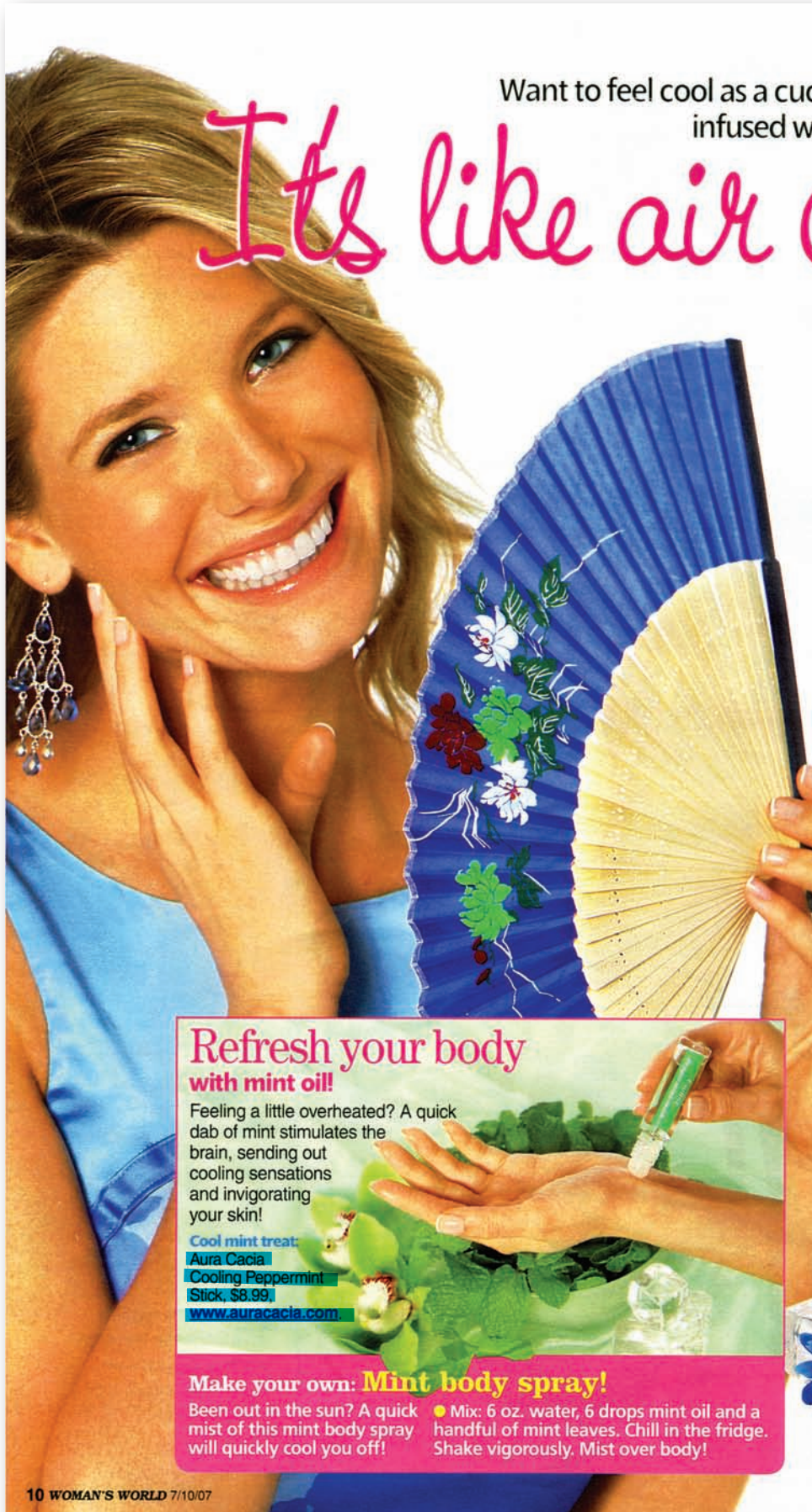
Fried Ice Cream!



Ice Cream Pizza!

Breakthrough! Cookies that can Lower your cholesterol!





Want to feel cool as a cucumber all summer long?
infused with aloe, mint, eucalyptus,

It's like air conditioning

Purify your skin with a lettuce cleanser!

Lettuce leaves are extremely gentle on the skin and have natural cooling and cleansing properties. Massage a lettuce-infused lather over your face or body, then splash it off—leaving your skin refreshed, calm and cool!

Cool lettuce treat: Burt's Bees Wild Lettuce Complexion Soap, \$8, in drugstores; Roger & Gallet Lettuce Shower Gel, \$12, www.beautyexclusive.com.

Tip! Be kind to your skin. Make sure the water is cool—not freezing cold—to comfortably rinse your skin!

Get supple skin with an aloe moisturizer!

Aloe is both intensely cooling and ultra-hydrating. Aloe gels will give your skin a tingly feeling as the succulent plant extract delivers a surge of moisture to your skin. Dry skin instantly looks plumper, softer and more beautifully supple!



Make your own: Aloe face mist!

Refresh your body with mint oil!

Feeling a little overheated? A quick dab of mint stimulates the brain, sending out cooling sensations and invigorating your skin!

Cool mint treat:
Aura Cacia Cooling Peppermint Stick, \$8.99,
www.auracacia.com

Make your own: Mint body spray!

Been out in the sun? A quick mist of this mint body spray will quickly cool you off!

● Mix: 6 oz. water, 6 drops mint oil and a handful of mint leaves. Chill in the fridge. Shake vigorously. Mist over body!