

BONUS! 83 NEW SECRETS TO LASTING WEIGHT LOSS

APRIL 2009

Health

SAVE \$15,000!
On Food, Drugs & Doctor Bills
PAGE 116

LOSE 5 lbs IN 7 DAYS

Safe, no-hunger plan!

PAGE 47

STOP CANCER

With 2 simple moves

The Best **Natural Cures**

✓PAIN ✓ITCHING ✓ALLERGIES

6 WAYS TO **BANISH BLOAT**

WALK OFF FAT FAST

SEE PAGE 124

TIRED?
Take this amazing vitamin

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HABITS OF REALLY HAPPY WOMEN



Star of *BONES*
Emily Deschanel

GET GORGEOUS NATURALLY

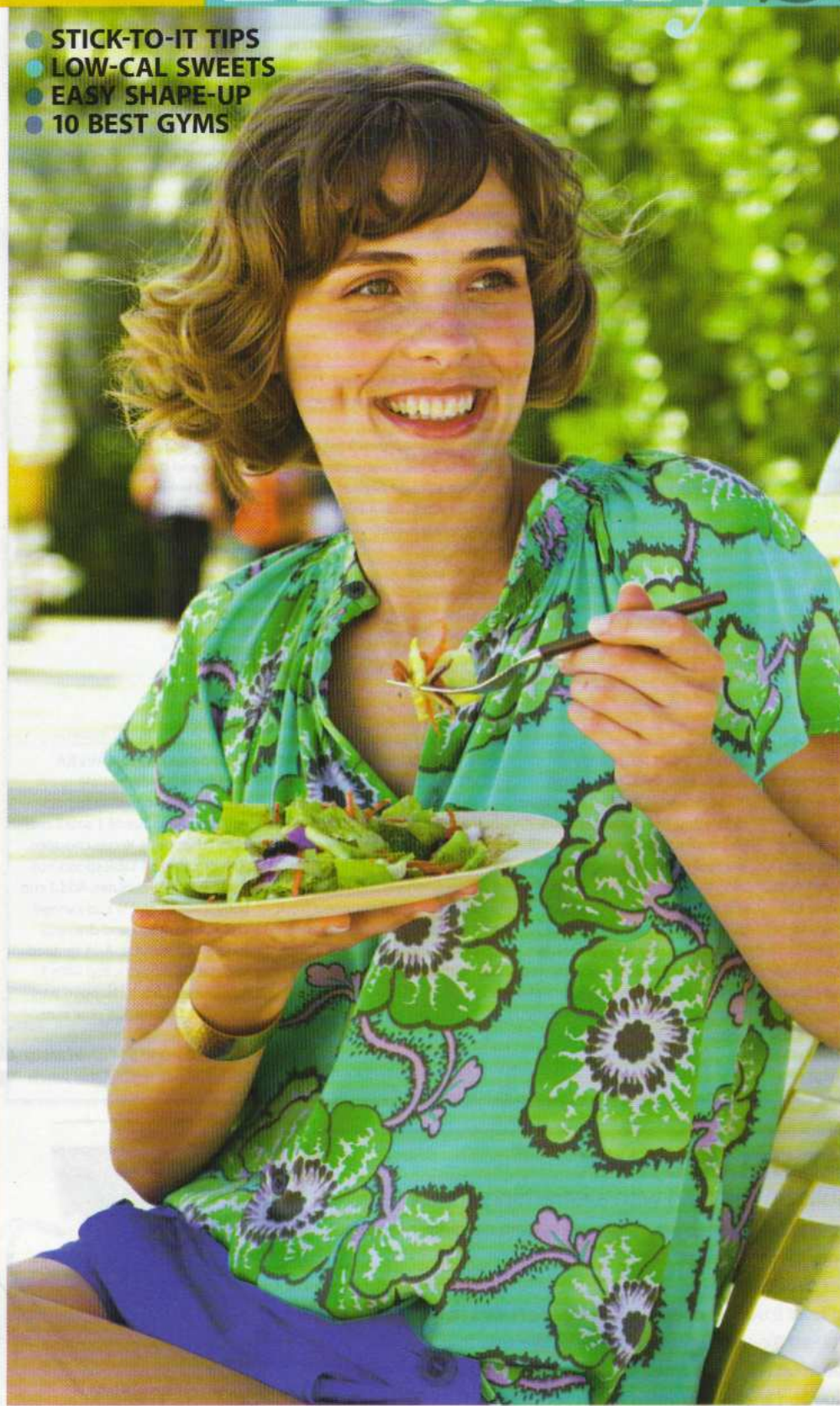
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- **STICK-TO-IT TIPS**
- **LOW-CAL SWEETS**
- **EASY SHAPE-UP**
- **10 BEST GYMS**



LOSE FIVE POUNDS IN SEVEN DAYS!

We found a completely safe and delicious way to drop it unbelievably fast.

DIET DEVELOPED BY
DAWN JACKSON BLATNER, RD

WANT TO DROP UP TO FIVE pounds fast without turning to fad detox diets (like spicy lemonade or cabbage soup) that teeter into scary territory? No worries. There are safer ways to go. Try our plan, and you won't have to sacrifice the flavors you enjoy (how about steak and blue cheese?) or the nutrition your body needs.

We've put together a 1,200-calories-a-day diet that'll help you lose three to five pounds in a week—and finish with a flatter belly, too. Key foods (like sweet pineapple, creamy Greek yogurt, and soothing peppermint tea) banish bloating, and naturally low-sodium foods (like quinoa) help prevent water retention and get rid of water weight.

Turn the page and get ready to drop a quick five *this* week.

YOUR DROP-FIVE PLAN Need to eat in a pinch? Any day this week when you're on the run, you can sub in Day One's quick breakfast and lunch—the parfait works for dinner, too!

DAYS	ONE	TWO	THREE	FOUR
BREAKFAST 300 calories	MAPLE NUT OATMEAL Prepare 2 packets plain instant oatmeal with water; top with 2 tablespoons chopped nuts and 1 teaspoon maple syrup.	HONEY YOGURT WITH RASPBERRIES AND ALMONDS Mix 1 tablespoon honey with 1 (6-ounce) container plain low-fat Greek yogurt; top with 1 cup unsweetened frozen raspberries (thawed) and 2 tablespoons chopped almonds.	GREEN TEA SMOOTHIE WITH MANGO AND PINEAPPLE Place 8 ounces brewed green tea (chilled), 8 ounces unsweetened vanilla almond milk, ½ cup frozen mango chunks, and ½ cup pineapple (fresh or canned in its own juice) in a blender; purée until smooth. (You can add ice for a thicker consistency.) Serve with 6 walnut halves on the side.	SUNFLOWER AND BANANA WAFFLE Toast 1 frozen whole-grain waffle; top with 2 tablespoons plain low-fat yogurt, 2 tablespoons sunflower seeds, 1 small banana (sliced), and a dash of cinnamon.
SNACK 100 calories	1 pineapple cup (4-ounce, no sugar added) with 2 teaspoons chopped walnuts	1 whole grapefruit	1 low-fat string cheese with half a small pear	1 medium apple
LUNCH 400 calories	FRUIT AND NUT GRANOLA PARFAIT Layer 6 ounces plain low-fat Greek yogurt and ¾ cup dried fruit-and-nut granola (such as Bare Naked) in a glass.	MEDITERRANEAN PLATE Enjoy ½ cup hummus with 1 whole-grain pita cut into wedges, ½ cup sliced cucumbers, ½ cup sliced red bell peppers, and ½ cup sugar snap peas.	SPINACH SALAD WITH AVOCADO AND SLIVERED ALMONDS Whisk together juice from half a lemon, 2 teaspoons olive oil, and sea salt and pepper to taste; toss with 4 cups baby spinach, half an avocado (diced), and 3 tablespoons slivered almonds.	AVOCADO AND TOMATO SANDWICH Mash ½ avocado, ¼ cup canned white kidney beans (rinsed and drained), juice of half a lemon, and sea salt and pepper to taste; spread avocado mixture onto 2 slices whole-grain bread, and make a sandwich with 4 slices tomato and ¼ cup arugula.
DINNER 400 calories	ARUGULA SALAD PIZZA Preheat broiler. Spread 2 teaspoons bottled pesto over 1 whole-grain pita; broil until golden, about 4 minutes. In a bowl, toss together 2 cups arugula, ½ cup chopped tomatoes, 1 tablespoon pine nuts, ¼ cup canned white kidney beans (rinsed and drained), 1 teaspoon olive oil, and juice of half a lemon. Serve arugula mixture atop toasted pita.	BROILED SALMON AND ASPARAGUS WITH QUINOA Preheat broiler. Broil 10 asparagus spears and 1 (4-ounce) salmon filet until it turns opaque or until internal temperature reaches 145°. In a separate pot, bring ½ cup water to boil. Add ¼ cup quinoa; cover and simmer for 12 minutes. Drizzle everything with juice from half a lemon, and sprinkle with 2 tablespoons fresh chopped parsley and salt and pepper to taste.	GRILLED VEGGIE AND HERBED GOAT CHEESE SANDWICH Cook 3 thin slices eggplant and half a red bell pepper (seeded) in a grill pan. Mix together 3 tablespoons goat cheese with 1 tablespoon each chopped fresh parsley and chopped fresh chives. Spread cheese mixture on small whole-grain roll and top with grilled vegetables.	PESTO PASTA PRIMAVERA Prepare ¾ cup dry, whole-grain penne pasta according to package directions. Sauté 1 small zucchini (chopped), ½ cup chopped tomatoes, and 1 tablespoon bottled pesto for 5 minutes. Add 1 cup baby spinach and ¼ cup canned chickpeas (rinsed and drained) for 3 more minutes. Add sautéed vegetables to pasta; top with 3 tablespoons fresh chopped parsley and 1 tablespoon pine nuts.

Turn to page 51 for what to eat the rest of the week.

THE #1 FLAT-BELLY DRINK

Get the best results on this plan with a refreshing cup of tea.

Peppermint and ginger teas help keep your digestive system running smoothly.

- Sip on some every day to banish bloat.
- Enjoy your tea hot or over ice.
- After lunch, drink at least 8 ounces of caffeine-free peppermint tea.
- Before bed, drink at least 8 ounces of caffeine-free ginger tea.
- In addition to tea, down at least 48 ounces of water throughout the day—it'll reduce water retention and keep your metabolism revved up.



Photos: clockwise from bottom right: Collage Photography/Veer, Knapen/Gross-StockFood, Digital Vision Photography/Veer, Jeff Lee/StockFood

Your Drop-Five Plan (continued from page 48)

DAYS	FIVE	SIX	SEVEN
BREAKFAST 300 calories	TOAST WITH PEANUT BUTTER AND HONEY Spread 1 tablespoon natural peanut butter and 1 teaspoon honey on 1 slice whole-grain bread (toasted). Serve with 1 large orange.	SPINACH, EGG, AND CHEDDAR SCRAMBLE WITH TOAST Coat a pan with cooking spray; scramble 2 eggs, 2 cups baby spinach, and 2 tablespoons shredded cheddar cheese. Serve mixture on 1 slice whole-grain bread (toasted).	BLUEBERRY AND ALMOND MILK SMOOTHIE Purée 2 cups unsweetened vanilla almond milk, 1 cup frozen blueberries, and 1 tablespoon honey in a blender until smooth. (You can add ice for a thicker consistency.) Serve with 8 walnuts on the side.
SNACK 100 calories	6 ounces plain fat-free Greek yogurt and 1 teaspoon honey	2 tablespoons sunflower seeds	12 almonds
LUNCH 400 calories	HONEY DIJON TURKEY WRAP Fill 2 whole-grain tortillas each with 1½ ounces cooked turkey breast, ½ cup spinach and 2 teaspoons honey Dijon salad dressing. Serve with ½ cup grapes.	CARROT GINGER SOUP WITH WALNUTS Sauté 1 pound carrots (presliced), 1 small onion (chopped), 1 garlic clove (minced), 1 tablespoon fresh grated ginger, and 2 teaspoons olive oil in a pot 8 minutes. Add 1½ cups water and sea salt to taste. Bring to a boil; simmer for 15 minutes or until carrots are tender. Purée mixture in a blender; top with 2 tablespoons walnuts and 1 tablespoon fresh chopped parsley.	QUINOA TABOULI SALAD Boil ½ cup water in a pot. Add ¼ cup dry quinoa; cover and simmer for 12 minutes. Toss with 1 cup chopped fresh parsley, 1 cup chopped tomato, 1 cup chopped cucumber (with seeds and skin), 2 tablespoons pine nuts, 1 teaspoon olive oil, juice of half a lemon, and sea salt and pepper to taste.
DINNER 400 calories	SAUTÉED SHRIMP AND BROCCOLI WITH NUTTY BROWN RICE Sauté 8 medium shrimp (peeled and deveined), 2 cups broccoli florets, and 1 garlic clove (minced) in 2 teaspoons olive oil until shrimp are done. Prepare ½ cup precooked microwaveable brown rice; add 2 tablespoons chopped fresh parsley, 2 tablespoons chopped almonds, and salt and pepper to taste.	STEAK SALAD WITH BLUE CHEESE AND YOGURT DRESSING Grill 3½ ounces sirloin; cut into strips. Whisk together 4 ounces plain low-fat yogurt, 2 tablespoons crumbled blue cheese, and black pepper to taste. Toss 4 cups chopped romaine lettuce, 1 cup chopped tomatoes, and blue cheese—and-yogurt dressing; top salad with steak.	CHICKEN AND SPRING PEA FETTUCCINE WITH LEMON BUTTER Prepare ¾ cup dry, whole-grain fettuccine according to package directions. Sauté 4 ounces chicken and 1 tablespoon butter until chicken is cooked through. Add 1 cup frozen peas and juice of 1 lemon; cook until peas are thawed. Serve chicken mixture on cooked pasta.



QUICKEST SHAPE-UP EVER

Boost your weight loss with one of these fun workouts.

Walk at a moderate pace for 1 hour 7 days a week. (For more on how to walk away the weight, turn to page 124.)

Dance—try swing or belly dancing—for 1 hour 6 days a week.

Rollerblade through your neighborhood for 30 minutes 5 days a week.

Hit the elliptical machine for 50 minutes 4 days a week.

SIX MAGIC FOODS TO HELP YOU LOSE

These great ingredients not only boost flavor—they'll help you lose stomach paunch, too.

GINGER contains healthy compounds (gingerols) that ease stomach bloat.

PARSLEY is a natural diuretic that keeps water retention in check. Enjoy the fresh, herbal flavor it adds to lunches and dinners.

PEPPERMINT delivers a compound called menthol, which relaxes the intestines and keeps your stomach from pooching.

PINEAPPLE not only adds juicy sweetness to your meals but also contains bromelain, a digestive enzyme that helps break down food to reduce bloating.

SEA SALT has a cleaner taste than regular table salt, so you can use less to flavor your food—and that means less water retention and puffiness.

YOGURT boasts good bacteria (probiotics), which help you stay regular. It may cut gas and bloating, too.

