

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

STRESS—STOPPED

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

Salon secrets!

YOU, BODY BEAUTIFUL

Genius stylist tricks that slim every body type

3 ways to outsmart guilt

DROP 31 LBS

by Christmas

Lose belly fat first!

Better than Alli!

Heather lost 93 lbs!

INSTANT HOME CURES

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

Serve up smiles with A CUPCAKE TREE!



Discover the PHYTONUTRIENTS that MELT STUBBORN FAT 156% FASTER

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News!

Breakthrough FAT BLOCKER!

This raspberry derivative dissolves fat in the gut—so you can eat what you want and still lose

With all the scrumptious sampling that's available now, from pumpkin pie to Mom's famous snickerdoodles, the only thing that's *not* placed on a platter in front of you is bland diet food. That can make it tough to avoid the 5 to 10 pounds that sneak onto the average frame between Thanksgiving and New Year's—and it can make slimming before little-black-dress season even more of a challenge.

That's why women are turning to the OTC weight-loss drug Alli. But they may face setbacks: Scientists at the Mayo Clinic in Rochester, Minnesota, caution that Alli users may suffer from gas and diarrhea if they eat more than 15 grams of fat per meal—the amount in just one serving of mashed potatoes, 3 oz. of shortbread or ¾ cup of stuffing.

To the rescue: *First* scoured the Web, polled women and consulted doctors to find a natural alternative. The winner: Curvelle, a raspberry-infused supplement. Scientists at iSatori (Curvelle's manufacturer) studied the most promising nutrients to develop a blend that combats fat. They created a potent combination that works to banish fatigue within three days, rev metabolism and help shed up to 30 pounds in six

weeks—without side effects! Plus, the blend strengthens hair and clears skin—just in time for party season!

Many women are raving online about their results, giving Curvelle an average of 4 out of 5 stars. Thanks to that high satisfaction rate, Curvelle received the 2006 BBB International Torch Award for Marketplace Ethics from the Better Business Bureau. Here, the science behind the ingredients in this top-rated fat burner.

Dissolve fat on contact with raspberry ketones

Compounds in raspberries called *ketones* can inhibit fat formation, plus speed fat breakdown and metabolism, Japanese scientists report. Study subjects on a high-fat diet who took the ketones didn't gain an ounce, and 70 percent of people on "normal" diets while taking this extract shed two pounds of fat in one week. "Raspberry's ketones stimulate *catecholamine-induced lipolysis*," says Tim N. Ziegenfuss, Ph.D., CEO of the Ohio Research Group of Exercise Science and Sports Nutrition in Wadsworth. "This is a biochemical process in which fat cells rapidly release stored fatty acids."

Reduce puffiness with elderberry extract

The *cyanidin-3-glucoside* (C3G) in elderberries stimulates fat cells to release *leptin* and other hormones that calm cravings and speed metabolism, says Ziegenfuss. C3G also has anti-inflammatory properties that reduce facial redness and puffiness. And it strengthens capillary walls and lymph vessels that nourish skin, improving their ability to flush toxins and fluid.

Sidestep energy slumps with cinnamon

According to a study in the journal *Diabetes Care*, eating ½ tsp. of cinnamon daily lowers blood sugar by up to 29 percent. "Cinnamon activates insulin receptors, so glucose is absorbed and quickly burned as fuel instead of stored as fat," says Harry Preuss, M.D., professor of physiology and biophysics at Georgetown University Medical Center in Washington, DC. "This prevents the blood sugar swings that sap energy."

Turn belly fat into energy with green tea

Green tea is even more slimming than previously thought. A French study found that it targets belly fat, shrinking a woman's waist by 5 percent in a month. The credit goes to *epigallocatechin gallate* (EGCG), an antioxidant that blocks the breakdown of the hormone *noradrenaline*. "Noradrenaline signals adipose tissue to release fatty acids so they can be used for energy," says Dr. Preuss. "The more noradrenaline in the bloodstream, the faster you'll melt fat."

WHY CURVELLE IS A GREAT HOLIDAY-TIME SLIMMER

	Alli	Curvelle
Diet restrictions	Low-calorie diet; no more than 15 g of fat per meal	None; protein-rich diet, whole grains and veggies advised
Side effects	Some users experience oily discharge and GI distress	None; caffeine-sensitive users are advised to cut dose in half
Average weight loss	1–2 pounds per week, per company research	1–5 pounds per week, as reported by users



Flattens the belly—fast!

Not a fan of supplements?

THE SUPER-FOODS THAT OUTSMART HOLIDAY SNAFU

IF YOU ATE TOO MUCH AT A DINNER PARTY...

When you get home, combine ½ cup of low-fat yogurt with 1 cup of frozen raspberries and enjoy. Raspberry's ketones and fiber help burn the excess calories and prevent the formation of new body fat, explains Tim N. Ziegenfuss, Ph.D.



Prevents fat storage

IF YOU'RE TOO TIRED TO HAVE FUN...

Enjoy a carb-and-protein snack (like apple slices or toast with peanut butter) sprinkled with ½ tsp. of cinnamon. "The essential oils in the spice help body and brain cells quickly soak up blood sugar," says Harry Preuss, M.D. That helps keep blood sugar steady and makes the energizing nutrients from carbs and protein available to the cells that need it.



Lowers blood sugar by 25%

IF YOU HAD A FEW TOO MANY COOKIES...

Sip green tea. Three cups daily delivers about 200 mg of EGCG. That amount speeds metabolism to the tune of 90 extra calories a day—the equivalent of ice-skating for 30 minutes.



Burns 90 more calories effortlessly

IF YOU FEEL A COLD COMING ON

Mix 2 oz. of pomegranate juice with sparkling water and savor. The fruit's *ellagic acid*, *polyphenols* and hundreds of other antioxidants stimulate the production of virus-fighting antibodies and white blood cells that can eliminate colds and flu in 72 hours, says Fred Pescatore, M.D., author of *The Hamptons Diet* (Wiley, 2005). Try POM Wonderful (\$5 for 16 oz., at supermarkets).



Speeds recovery from colds by 70%

TURN FOR WAYS TO MELT STUBBORN FAT WHILE YOU PARTY

Drop 30 lbs by



THEN:
193 lbs

NOW:
5', 100 lbs

Heather Bear, 31, Manchester, IN

Heather shed 93 lbs!

It worked for me! ▲

"I lost all my pregnancy weight—and more!"

These looked so good on the mannequin, Heather Bear thought after she squeezed into a pair of jeans in the dressing room. But they look terrible on my butt. She glanced at the stack of pants she'd carried into the fitting room and accepted that finding a flattering fit was a lost cause. None of these will hide the fact that I've gained 78 pounds.

Pregnancy weight that wouldn't budge was taking such a toll on Heather's confidence that she didn't even want to look in the mirror. "I was embarrassed by what I saw," she admits.

But that all changed when Heather started taking Curvelle and following the diet in the book *The Curvelle Lifestyle*. "It eased my appetite and gave me the energy to get through my workouts," raves Heather, who dropped 93 pounds and now works as a personal trainer. "Forget afternoon naps—now I use that time to exercise and get things done!"

To dodge that traditional 10-pound holiday weight gain—and instead lose up to 30 pounds by Christmas without dieting—you might want to consider Curvelle. "Taking four capsules daily will provide you with hundreds of immune-boosting antioxidants, plus steady blood levels of fat-burning raspberry ketones, EGCG, cinnamon and

SMART STRATEGY #1

SUPPLEMENT FIRST THING IN THE MORNING

Researchers at the University of Arizona in Tucson have discovered that 350 percent more EGCG (the metabolism-boosting compound in green tea) is absorbed when it's taken on an empty stomach. Also, both raspberry ketones and green tea help stall the conversion of dietary fat into body fat, but they work best if they're in the bloodstream *before* fat is consumed, says Ziegenfuss. He suggests taking two Curvelle capsules with water upon waking, then waiting at least 30 minutes before eating.



SMART STRATEGY #2

REACH FOR MORE COMFORT FOODS

To optimize results, fitness guru Jenny Hendershott, author of *The Curvelle Lifestyle* (Right Lane Publishing, 2007), eats five to seven small protein-rich meals each day. The ideal protein dose: 2 oz. to 3 oz. with each meal. UCLA studies show that this strategy stabilizes blood sugar, keeps resting metabolic rate elevated and ups energy by 100 percent within 72 hours. Adds Harry Preuss, M.D., "A steady supply of protein helps preserve and even build muscle tissue during weight loss, giving you more tone and definition."



IT'S NOT JUST FOR WEIGHT LOSS!

"I look half my age!"

"Thanks to Curvelle, my skin is clear and tight, my hair is healthy and I don't carry extra weight around. That's made me much more confident, especially at work. I feel sure of myself when I'm meeting with clients. Now people even say my 17-year-old daughter and I look like sisters!"



Shannon Erklenz, 36, Parker, CO

Pounds lost: 15

"My energy is through the roof!"

"Curvelle helped with my sugar cravings and gave me more energy. Now I can work out five days a week and keep up with my five-year-old and three-year-old. I'm able to run while my kids ride bikes, and I can play in the pool with them. I feel like I'm a good role model for them. You can't ask for more!"



Kelley Brown, 40, Greer, SC

Pounds lost: 11

Christmas

eating what you want!

elderberry extract," confirms clinical researcher Tim N. Ziegenfuss, Ph.D. In addition to helping women shed up to 5 pounds every week, this nutrient combo eliminates tiredness within three days, strengthens hair and improves skin tone—all without side effects. For the absolute best results, try the smart strategies here.

SMART STRATEGY #3

ENJOY A COCKTAIL WITH DINNER

While alcohol's notably high-calorie content makes it a no-no on most diets, it's a go-to slimmer for Curvelle users.

That's because *ethanol* compounds increase antioxidant activity within the body, according to a study in the *Journal of the Science of Food and Agriculture*. In addition, research at Harvard School of Public Health and elsewhere suggests that women who treat themselves to one drink daily are twice as likely to have optimal blood sugar levels and appetite control.



SMART STRATEGY #4

TAKE AN EXTRA DOSE BEFORE SHOPPING

Two capsules of Curvelle are recommended at both breakfast and lunch. But Ziegenfuss, who has conducted studies on the supplement, says women who take two more capsules before moderate exercise—like an afternoon of Christmas shopping—lose even more. The reason: According to researchers at the University of California at Davis, women who exercise and take green tea extract burn up to 10 percent more body fat than those taking green tea extract alone.



THEN:
140 lbs

NOW:
5', 97 lbs



Julia Lacy-Adelé, 36, Morrison, CO

Julia dropped 43 lbs!

It worked for me! ▲
"I lost 30 pounds in 6 weeks!"

When Julia Lacy-Adelé's husband stepped into the bathroom just as she was about to enter the shower, Julia panicked. "Get out!" she shouted. But it was too late—her insecurities had rushed to the surface: She thought, *He must have seen how round and fat my body is now.*

Tired of carrying excess baby weight, Julia was determined to slim down. She adjusted her diet and exercise program and turned to Curvelle. "The supplement didn't seem harsh," she explains. "It was made of ingredients I recognized."

In just six weeks, Julia felt scores of changes. "I had quality energy, I didn't crave as much junk and I lost 43 pounds total," she says. Plus, her hair was shinier and her skin glowed. And that's not all: "I feel sexier. The intimacy between me and my husband is back, and it's great!"

WE'RE HERE TO HELP!

To learn more, visit iSatoriTech.com or check out Jenny Hendershott's *The Curvelle Lifestyle* (\$30, at JennyH.com).

"My sweet tooth vanished!"

"Taking Curvelle before breakfast and lunch helped curb my appetite, particularly my sugar cravings. I began having smaller meals and eating less often. It also helped me avoid feeling sluggish in the late afternoon, especially after playing with my three kids. It gave me that edge I needed to keep going."



Lee Smith, 40, Burlington, KY

Pounds lost: 67

News! ELDERBERRY EXTRACT STOPS FLU IN ITS TRACKS

"Elderberry extract and green tea extract are proven to ward off illness," says clinical researcher Tim N. Ziegenfuss, Ph.D. In one study, 93 percent of flu patients given elderberry extract were completely symptom-free within two days. Experts at Seattle's Bastyr University credit elderberry's *anthocyanins*, antioxidants that stick to virus particles, making it impossible for them to attach to—and invade—human cells. And green tea strengthens the immune system, plus helps reduce pain and inflammation if illness does strike. To get the benefits of both ingredients, consider taking six Curvelle capsules daily.