



Make-ahead Thanksgiving

for women

Genius ways to make holiday cash from home!

# DAZZLE WITHOUT THE FRAZZLE

Tips & recipes that make prep effortless. So delicious, you'll never do it "the hard way" again!



FREE poster inside!

Enjoy holiday cookies, cakes & lose!

# NO MORE TIREDNESS

Could having more energy be as easy as adding *this* to a drink? For 99% of us, the answer is YES!

Julia Louis-Dreyfus' keys to everyday joy

# TURN CARBS INTO FAT BURNERS

Drop 9 lbs every week!



News from UCLA: Plant extract transforms carbs into fiber that draws out fat & toxins

## FROM BLAH TO BEAUTIFUL!

You, 15 years younger with the right at-home haircolor

## 100% HEALTHY NATURALLY

- ✓ Sleep extra deep
- ✓ Ease indigestion
- ✓ Feel more cheerful
- ✓ End aches and pains
- ✓ Cure private infections

Feel your best all season!

The more carbs you eat, the more flab you'll melt!

This miracle fiber also...

- ✓ Lowers triglycerides
- ✓ Kills candida yeast
- ✓ Evens out blood sugar



APPLE mmm...

## DODGE THE FLU

3 cheap, easy things to do now to stay well

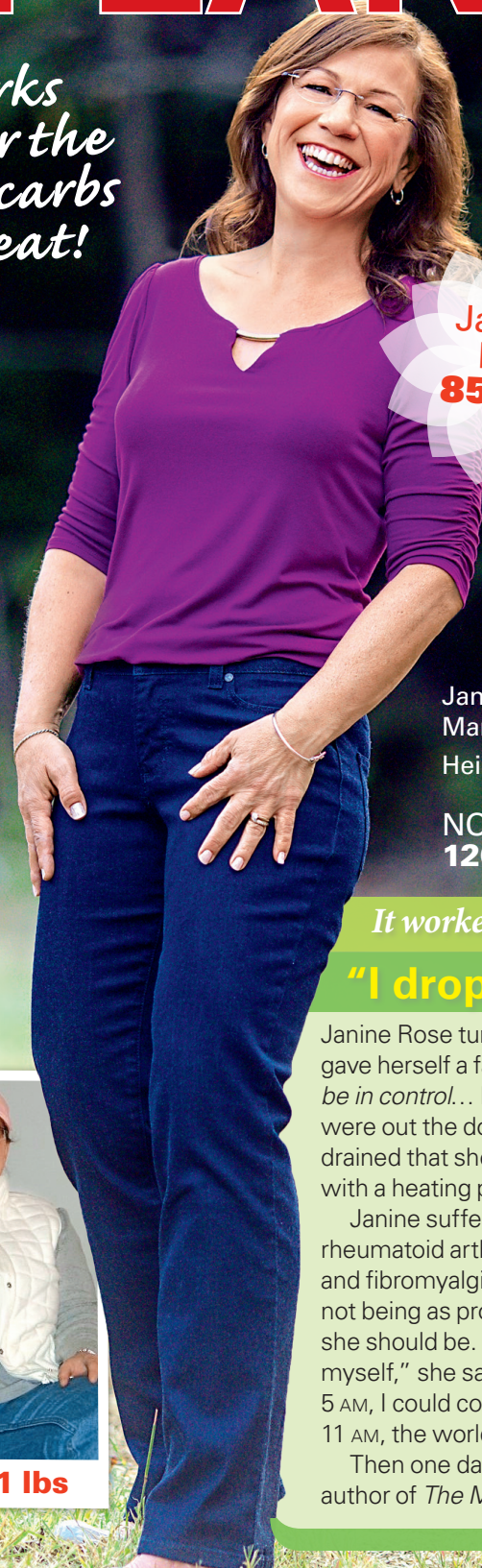


\$2.49

Display until 11/17/14

# PLANT FIBER breakthrough!

Works better the more carbs you eat!



Janine lost 85 lbs!

Janine Rose, 48, Mansfield, MA  
Height: 5'1"

NOW: 126 lbs

It worked for me

**"I dropped 8 pants sizes!"**

Janine Rose turned off her alarm and gave herself a familiar pep talk: *Today I'll be in control...* But by the time her kids were out the door, she felt so achy and drained that she collapsed on the couch with a heating pad and bag of chips.

Janine suffered debilitating pain from rheumatoid arthritis, chronic fatigue and fibromyalgia. She also felt guilty for not being as productive as she thought she should be. "I didn't like any part of myself," she says. "I always thought at 5 AM, I could conquer the world, but by 11 AM, the world came crashing down."

Then one day Janine saw Lisa Lynn, author of *The Metabolism Solution*, on

**UCLA scientists have discovered a plant extract that turns carbs into super fibers that help you lose 411% more weight—effortlessly!**

**P**icture a Swiffer-like duster sweeping through the intestines, trapping free-floating carbohydrate molecules from the bread, mashed potatoes and cookies and whisking them out of the body before they can be digested and absorbed. New science has uncovered super plant fibers that can do just that.

These specialized fibers have unique structural properties that fight fat in three key ways: (1) They are highly absorbent, so they soak up fluid in the stomach and form a gel that fills the stomach and slows the movement of food through the GI tract—effects that research in the journal *Obesity Reviews* showed

*The Dr. Oz Show* and decided to reach out for help. Lynn advised Janine to eat more "clean" foods like veggies and to take supplements, including Carb Edge with white kidney bean extract.

Janine noticed fast results—her bloat, fog and depression lifted and her energy returned. She also gained control of her emotional eating. In all, she dropped from a pants size of 20 to a size of 4 and no longer needs treatment for any of her old health problems. "I used to take nine prescription drugs a day—now I take none!" she marvels. "I became healthy, but most important, I became whole!"

increase feelings of fullness by 60 percent; (2) As this gel moves through the intestines, it traps fat and carb molecules and prevents them from being digested and absorbed; (3) Beneficial bacteria in the colon feed on this gel and produce fatty acids shown to rev fat metabolism by 30 percent, improve insulin sensitivity by 60 percent and dial down appetite by 20 percent.

While these perks hold exciting potential for effortless slimming, researchers report that 95 percent of women struggle to get enough of these super plant fibers through diet alone. The problem: The foods that contain super fibers (including onions, artichokes, berries, barley, oats and apples) have such small amounts that even women who fill their diets with fresh whole foods can fall short of the amounts needed to trigger slimming—and that's especially true during the holiday season, when we tend to favor starchy carbs and comfort foods over fiber-filled fare.

## How white bean turns carbs into super fibers

Researchers looking for new ways to capitalize on the powers of super plant fibers recently stumbled on a surprising solution: A plant extract derived from white kidney beans can actually make the carbs we eat act like super fibers in the gut, so treats like mashed potatoes and pumpkin pie take on some of the actions of superfoods like artichokes and onions.

"White kidney bean extract has a lot of fiber-like effects," affirms Harry Preuss, M.D., a Georgetown University professor who has spent seven years researching the benefits of this extract. "For people who don't like the taste of fiber or don't want to

eat fiber, they can take the white kidney bean extract and get a lot of the same benefits."

White kidney bean extract works its magic by blocking the activity of *alpha-amylase*—the digestive enzyme tasked with breaking down carbohydrates into simple sugars. As a result, up to 75 percent of carbs pass through the small intestine as undigested whole molecules and are sent to the colon. And that's where things get really exciting from a slimming standpoint: "Eventually, the long-chain undigested carbohydrates go into the large intestines, where they're fermented," explains Dr. Preuss. "When these carbs are fermented, they make certain fatty acids like *butyrate* that are good for you."

Indeed, this fatty acid has widespread effects on weight loss and well-being. "Butyrate turns on genes that boost metabolism, break down carbs into energy and block the conversion of sugar into fats," affirms holistic physician Raphael Kellman, M.D., author of *The Microbiome Diet*. "It also has a profound effect on reducing inflammation, which is one of the most important things you can do to help with weight loss."

What's more, because beneficial probiotic bacteria in the gut feed on the undigested carbohydrates just as they would super fibers, these good bacteria are able to thrive and multiply. This in turn helps decrease the presence of hunger-stimulating bad bacteria and yeast in the gut, and instead fosters flourishing microflora colonies that further stimulate fat burning, enhance digestion, boost nutrient absorption, improve mood and dial down appetite.

Another boon: "By blocking carb absorption, white kidney bean extract prevents glucose and insulin surges that carbs often cause," Dr. Preuss says. "This translates into less fat storage."

## Slim and satisfied—no deprivation required

The combined payoff of these fiber-like actions: In one study led by Dr. Preuss, subjects who supplemented with white kidney bean extract lost an incredible 737 percent more weight in 30 days than those given a placebo. And while on most weight-loss plans it's essential to limit carb intake, Dr. Preuss explains that the opposite is true when supplementing with white kidney bean extract. He points to a recent study from the UCLA School of Medicine, in which subjects who ate the most carbs while taking the bean extract shed 411 percent more weight than those taking the pill who ate the least carbs.

Healthy SIDE EFFECT

**REDUCE TRIGLYCERIDES** by 321% in 8 weeks

**People in a UCLA study who took white kidney bean extract didn't just see significant weight loss,** they also saw marked health improvements. Since the supplement blocks the breakdown of carbs into simple sugars, it reduces the amount of sugars available to be converted into heart-harming triglycerides in the liver—subjects saw a 321 percent drop in their triglyceride levels in just 8 weeks. Experts say lowering levels of these blood fats can cut heart-disease risk by as much as 40 percent.

PHOTO: MONIE JOHNSON; H & M: KATHLEEN SCHIFFMANN/ANCHOR ARTISTS; STYLIST: STEFANIE ENOND; MAIN TEXT: MI. SORRELLS; ADDITIONAL REPORTING: MELISSA GOTHARDT; REAL-LIFE TEXT: LISA MAXBAUER



THEN: 211 lbs

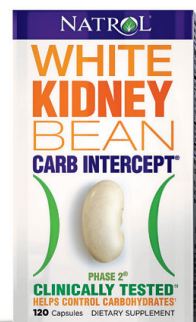
Turn for your fat-fighting plan

## Start slimming today!

The effects of white kidney bean extract are impressive on their own: Women who supplement with 3,000 mg daily are losing up to 9 pounds in 7 days, plus reporting increased energy, sunnier moods and less belly bloat—without making any other lifestyle changes. But with just a few simple tweaks, you can capitalize on the extract's ability to turn carbs into fat-melting foods to achieve an even *greater* payoff.

### 1 GET THE MOST EFFECTIVE FORMULATION

There are imposters on the market, so it's important to look for a product that's formulated with "Phase 2"—this is the patented extract that's clinically proven to be effective, explains Jay Udani, M.D., lead author of several UCLA studies on white kidney bean extract. A top-rated brand to try: Natrol White Kidney Bean Carb Intercept (\$21 for 60 capsules, [Natrol.com](http://Natrol.com)).



reach the GI tract. But if you forget, you can still take white kidney bean extract as soon as you remember or even after your meal, says Harry Preuss, M.D. "It won't be as effective, but it will still block some of the consumed carbs since not all of them will have reached the digestive tract yet."

Dr. Preuss also notes that you'll see the biggest healthy benefits if you adjust your dosage based on when you eat the most carbohydrates. For instance, if you prefer to eat three main meals that contain at least 50 percent carbs, take two 500-mg capsules with each meal. Or if you have just two carb-rich meals per day, take three 500-mg capsules with each. And if you unexpectedly find yourself faced with a carb-loaded meal after you've already taken six capsules for the day, don't worry. According to Dr. Preuss, "It's perfectly safe to take one or two more pills for a total of up to eight on those days."

### 4 DOUBLE DOWN ON WATER WITH EACH DOSE

Each time you take white kidney bean extract, wash it down with 8 to 16 oz. of water. "This will help your body absorb and use the supplement," explains Dr. Preuss. The extra fluid works to keep undigested carbohydrates moving through to the colon, where they can be fermented into beneficial fatty acids, plus it helps to flush excess toxins and soften stool to ward off unnecessary bloat or constipation. If you're not a fan of water, Try adding a squeeze of lemon, a few cucumber slices or a splash of juice to make the liquid more palatable.

### 2 ENJOY MORE CARBS TO LOSE FASTER

Since white kidney bean extract only works on carbohydrates, fill your plate with more of the rice, pasta, bread, potatoes and sweets that the pill affects and less of the protein and fat-rich dishes that it doesn't. "If you don't eat complex carbohydrates, white kidney bean extract does nothing!" Dr. Udani asserts. The study-recommended food formula for slimming without depriving your body of necessary nutrients: Consume a daily diet of approximately 55 percent carbs, 30 percent protein and 15 percent fat, along with unlimited amounts of fruits and vegetables.

### 3 TAILOR YOUR INTAKE TO YOUR LIFESTYLE

The best time to take white kidney bean extract is 5 to 10 minutes before digging into a carb-heavy meal. That's going to allow time for the starch-digesting enzyme alpha-amylase to be deactivated before any carbohydrates

## Rather lose with food? Try these do's

If you'd prefer to get the benefits of super plant fibers from food, aim to consume at least three ½-cup servings of top plant-fiber sources—including apples, artichokes, asparagus, barley, beans, blackberries, citrus fruits, carrots, jicama, kiwi, leeks, mushrooms (especially shiitake and oyster varieties), oats, onions, pears, plums, radishes, raspberries, yams and just under-ripe bananas—per day.

"If you eat more, it's better, but three servings is a good level to aim for to lose weight," says Raphael Kellman, M.D. To avoid the GI discomfort that can come from an increase in fiber intake, he suggests gradually adding one serving per day until you reach the recommended amount.

**A few easy ideas to help you get your fill:** Start the day with a fiber-filled smoothie made with 1 small banana, ¾ cup of frozen cherries, 8 oz. of Greek yogurt, ¼ cup of almond milk

and 1 Tbs. of acacia powder, like ReNew Life Organic Clear Fiber (\$18 for 9.5 oz., [VitaminShope.com](http://VitaminShope.com)). That's going to get you two servings of slimming plant fibers. Or follow Dr. Kellman's advice to fiber up meals by sprinkling 1 to 2 Tbs. of ground flax (like Carrington Farms Organic Milled Flax Paks, \$7 for 12 single-serve packets, [CarringtonFarms.com](http://CarringtonFarms.com)) into soups, salads or veggie dishes.

You can also up the beneficial fiber in your favorite baked goods by replacing up to one-third of the flour called for in recipes with resistant starch flour (like King Arthur High Fiber Flour, \$10 for 3 lbs., [KingArthurFlour.com](http://KingArthurFlour.com)). This light, tender flour won't impact the color or texture (in fact, in blind taste tests, 54 percent of participants preferred white bread made with high-maize flour to plain white bread), but it adds 40 percent more fermentable fiber per cup than whole-wheat flour.



PHOTO: SCOTT JONES. H & M; GILLIAN MORITZ. STYLIST: TIFFANY PINERO

### It worked for me

## "My energy increased by a thousand-fold!"

Hoping to inspire her 6-year-old stepson, Kate Chapman faced the monkey bars and was flooded with childhood memories of feeling free as she flew across the rungs. But this time, encumbered by excess weight, Kate struggled to will her body past the second rung. *I feel old and humiliated*, Kate thought. *Like the worst role model ever!*

Frustrated that diets only seemed to make her "fatter," Kate reflected on the wholesome fare she ate as a slim child, when she had a garden and an apple orchard in her yard. She decided to return to that diet, reaching for nuts, blueberries, oatmeal, peas, carrots and flaxseed instead of bagels and sugary cereals. "I ate tons of beans," she shares. "I loved the whole bean family: mung, kidney, black, navy, lentils."

Right away, Kate felt full and satisfied, without having to count calories. She recalls, "It was like overnight—I felt a change in my face and noticed it in my midsection!"

Kate lost 100 pounds, plus she reversed the ulcerative colitis she'd lived with for 24 years and relieved her bronchitis, PCOS and plantar fasciitis. "Eating like this is freeing in so many ways. My energy increased by a thousand-fold," she says. "The best advice in my life—aside from 'Be kind'—is 'Fiber is your friend!'"

Since losing the weight, Kate has been able to climb trees and skateboard with her stepson. "Now I'm much less fearful of everything," she raves. "I've even mastered the monkey bars again!"



Kate Chapman, 44, Guttenberg, NJ  
Height: 5'4"

NOW:  
125 lbs



THEN: 225 lbs