

**FREEDOM FROM
TIREDNESS!**

5 sneaky energy sappers—and
the proven ways to zap them!

LAST-SECOND SOLUTIONS

MAGICAL MEALS
in minutes!

975
recipes

BEAUTIFUL YOU
in a blink!

37 insider
secrets

LOVELY HOME
in a hurry!

43
tips

Are you getting enough of
the **ANTI-STRESS MINERAL?**

**YOUR HEALTHIEST
YEAR EVER: 2007!**

- ✓ Never have ANOTHER UTI!
- ✓ Turn off WORRY HORMONES
- ✓ This "ping" CURES JOINT PAIN
- ✓ Eat *this* to BOOST CIRCULATION

Be a holiday-sales genius
and **SAVE LOTS OF \$\$\$\$\$!**

January 1, 2007

for women on the go

First

\$1.99

**NEW YEAR
SLIMDOWN!**

SHRINK 2" EVERY 6 DAYS

**The amino acid that
works like a diet pill**

- ✓ Drop 60+ lbs by Easter
- ✓ Amp up energy in 48 hrs

*Lose your belly
by bikini season!*

Display until 1/1/07



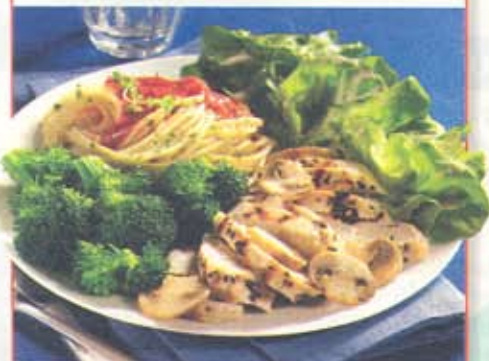
Uncover your

When women consume at least 3,200 mg of leucine every day (or at least 100 grams of leucine-rich protein), they *double* their weight loss, according to UCLA researchers. Unfortunately, the best natural sources of leucine happen to be from animals and are high in saturated fat (not to mention low on most women's list of favorite foods).

A better way to get all of leucine's proven benefits: Savor one or two protein-rich milk shakes each day (depending on how quickly you want to lose) in lieu of meals. Then enjoy whatever you want for the other meals. According to studies at the University of Ulm in Germany, substituting two leucine-rich shakes for two daily meals is so effective that women effortlessly lose 92 percent more weight than they would by eating three square meals—even if they don't consciously reduce their calorie intake in any other way!

Your slim-quick meal plan

Drink a high-quality protein shake in place of one or two meals every day. Then at each of your remaining meals, consume a 4 oz. to 6 oz. serving of leucine-rich protein (such as red meat, fish, yogurt, eggs and nuts), along with a helping of grains and an unlimited amount of fruit and vegetables.



Shown here: 5 oz. chicken with sautéed mushrooms; 1/2 cup spaghetti; 1 cup broccoli; 1 cup green salad with 1 Tbs. Caesar dressing.

Leucine-rich shakes that will melt fat off your middle

When you have time for something special...

Blend 8 oz. skim milk or soy milk, 2 scoops vanilla protein powder and 2 to 4 ice cubes. For a twist, try these tasty flavor infusions:

Banana Blast

Add 1/2 ripe banana, 1/8 tsp. black walnut flavoring, a few drops of vanilla extract and a dash of cinnamon.

Piña Colada Cooler

Add 1 cup frozen pineapple chunks, 1/8 tsp. coconut extract and 1/8 tsp. orange extract.

Mucho Mocha

Use 2 scoops chocolate protein powder (instead of vanilla) and add 2 tsp. instant coffee crystals, 1/2 ripe banana and a dash of cinnamon.



Mucho Mocha

Success secret

In a blender on low speed, mix all the ingredients until just combined. Then use the pulse setting to gradually speed up the blending until the desired consistency is reached. This will guarantee a shake that's perfectly creamy—not runny!

When you're on the go...

Save time with a mix that you can add to water or milk and drink, suggests David Heber, M.D., Ph.D. "Choose one that contains at least 10 grams of soy or whey protein per serving and that's fortified with vitamins and minerals." Try: GeniSoy Soy Protein Shake (\$14 for 22.2 oz., at drugstore.com) or Next Nutrition Designer Whey Protein Instant Shake Mix (\$22 for 3.5 lbs., at AllStarHealth.com). If you

prefer premade shakes, try Slim-Fast Optima High-Protein Shakes (\$9 for four 11 oz. cans, at drugstore.com).

Success tool

Vitaminder ChillMates Chilled Shaker (\$5, at [Herbs Pro.com](http://HerbsPro.com)) has special compartments that let you store powder and liquid separately until you're ready to drink, so you're guaranteed a fresh taste and creamy texture anytime.

An all-in-one diet kit that makes shedding inches with leucine a breeze!

The women at right lost big, thanks to Shaklee's Cinch Weight-Loss Plan. The kit includes a leucine-rich shake mix; a blend of white, red and green tea extracts; a multivitamin with leucine, and more. It's available for \$224 at CinchPlan.com or call 877-246-2499. (Become a Shaklee member for \$19.95 to save 15 percent on all Shaklee products.)



gorgeous curves by New Year's Eve!



Jane Pederson, 46,
Scottsdale,
AZ

It worked for me!

Jane shed 2 inches every week!

Sitting in her car, Jane Pederson realized that her stomach was resting on her thighs. *I used to be a triathlete!* she thought. *Now look at me.*

Jane's once-toned muscles had gradually become covered by a layer of fat. "With kids, I stopped watching my eating habits," she admits.

Her weight-loss attempts always ended in frustration. And extreme fatigue brought on by her demanding schedule only worsened the situation. "I needed a nap every day," she says.

Then Jane decided to give the Cinch plan a try. She was skeptical that the shakes could fill her up, but to her surprise, she felt satisfied and energized. She went on to lose a total of 17 inches, which fell off at a steady clip of 2 inches per week. "I started running again and even won a mini triathlon!"



THEN:
198 lbs.

NOW:
136 lbs.

Rose Riskind,
54, San
Leandro, CA

It worked for me!

"I lost 10 pounds in 7 days!"

Eager to see her Christmas memories in print and share them with others, Suzanne Flemming tore open her package of photos.

But with one look at herself, she knew the pictures would never be sent to family members. *Look at my double chin,* she thought with a sigh.

Vowing to lose the weight for good, Suzanne turned to the Cinch plan. Thanks to the leucine-rich shakes, she always felt satisfied, and even her cravings for sweets disappeared.

The result: amazing! Suzanne lost 10 pounds in her first week and an average of 2 inches every week for a total of 34 inches in just four months!



Suzanne Flemming, 54,
Elkhart, IN

THEN:
173 lbs.

NOW:
139 lbs.

It worked for me!

"People call me the disappearing woman!"

Rose Riskind was eager to learn why she couldn't shed a pound, but her doctor's words were a letdown. "Postmenopausal women never get their waistline back," he said.

Still, Rose wasn't going to give in to weight gain. She looked into Cinch, which sounded like the perfect solution. And it was! Within three days, she felt energized. "I didn't need to sleep as much," she raves. Even better, her belly fat melted off!

WE'RE HERE TO HELP!

For more information about speeding weight loss by using calibrated levels of amino acid-rich protein, read Dr. Heber's *The L.A. Shape Diet* (Regan Books, 2005).

Photo, Jane: Bruce Racine. Hair, makeup and stylist: Lisa Foster. Photo, Suzanne: Gary Mester. Hair, makeup and stylist: Julie Wenger. Photo, Rose: John LaCunha. Hair and makeup: Stacy McDure. Stylist: Esther Feinman. Stills: HBB. Real life text: Brooke Ross.