

Sept. 7, 2009

God Bless America

# Woman's World

More for your money!  
\$1.79

great week easy!



Brighten your weekend with our cheery

## Bee Happy cupcakes!

and tiredness today! Breakthrough discoveries for **ALL-DAY ENERGY!**

New **COUPON TRICKS** that save hundreds!

Surgery-free **WRINKLE CURE!**

## GOOD-MOOD magic!

New research: *These veggies can actually make you happier!*

Put *this* in your salad to **Prevent breast cancer!**



Treat yourself!  
Slimming Pink Lemonade Bundt Cake!

## SALON SHORTCUTS

Quick tricks for gorgeous hair and nails

## Ultra-relaxation secrets!

Beat stress and insomnia



Melt off **4.5 lbs** this week on J.Lo's no-cook plan!

# LOSE LIKE A STAR!



Drop **6 lbs** this week on ELLEN's metabolism-boosting plan!



Lose **50 lbs** with JENNY's turbo Weight Watchers!





# Lose like a

## J.Lo's no-cook, high-metabolism plan!

**W**ith nearly 50 pounds to lose after giving birth to twins, Jennifer Lopez declared, "I want to be in the best shape of my

life." To make it easy, the new mom signed up for the delivery service Freshology. J.Lo, 40, simply added regular workouts and—poof!—the pounds disappeared.

• **Why her diet works:** The Freshology "formula" includes protein at each sitting, since protein is proven to fight hunger and release metabolism-turbocharging amino acids. Next up are healthy fats, which have also been found to help boost calorie burn in active women. The final component, fiber-rich carbs, helps keep dieters optimally satisfied and energized. "It's really the ideal

combination for weight loss," says Freshology's Nicholas Yphantides, M.D. And, since there's no cooking, "it's the ultimate in convenience," he adds.

**Bonus!**  
Prepackaged plans like the one J.Lo used have been shown to help dieters lose up to eight times more weight than traditional diets.

• **Real-world success:** "This was so easy," reports Dewitt, Michigan's Meg Reed, 30, who tested the J.Lo-like menus, below. "I didn't feel hungry, my energy went up and I lost 4 1/2 pounds in one week!"

• **Make it work for you:** If you can't afford a fancy service, prepackaged diet meals from the grocery store are a great bet. Opt for meals with plenty of protein and minimally processed carbs—such as whole-wheat pasta, beans or brown rice. For best results, also add regular exercise.



J.Lo's regimen increased her energy as it shrunk her waist. "She looks great!" says one insider.

### Lose like J.Lo did!

Here's a yummy supermarket version of J.Lo's pricey plan. The best part about it: **No cooking!** Drink as much water as you like. Take 300 mg. calcium daily.

#### Breakfast



- 1 Jimmy Dean D-Lights breakfast bowl or sandwich, or 1 meal replacement bar (up to 230 calories)
- 1 cup fat-free milk or lite yogurt
- 1 piece fresh fruit

#### Dinner

- 1 Kashi or Lean Cuisine Spa Cuisine prepackaged entree (up to 350 calories)
- 2 cups cooked vegetables, lemon juice to taste



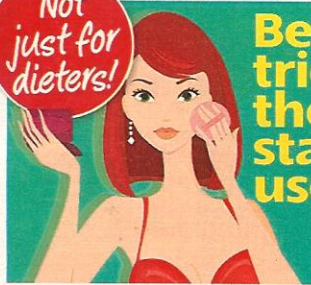
#### Lunch

- 1 South Beach or Healthy Choice All-Natural prepackaged entree (up to 300 calories)
- 3 cups packaged salad, 2 Tbs. lite dressing

#### Snack choose two daily

- 1 100-calorie snack pack, any variety
- 1 cup lite yogurt
- 1 large piece fresh fruit

Not just for dieters!



### Beauty tricks the stars use!

✓ **Get J.Lo's healthy glow!** J.Lo's longtime makeup pro Scott Barnes swears by a good dusting of bronzer. "The trick is to apply it starting from the outside of the face and sweeping inward," he says.

✓ **Even skin tone like Ellen does!** Ellen DeGeneres is the face of Cover Girl & Olay Simply Ageless foundation. Breakthrough technology keeps the makeup on top of fine lines, where it camouflages creasing.

✓ **Fight wrinkles like Jenny does!** Jenny McCarthy's glowing-skin secret? "Emu oil. It's great for anti-aging!" Experts say the cellular structure of emu oil allows it to penetrate skin more deeply than other moisturizers.

✓ **Hide your tummy like Gwyneth!** Gwyneth Paltrow has confessed to wearing not one but two pairs of Spanx Power Panties (\$30 each, Spanx.com) when she needs serious control.

As always, get a doctor's okay before trying any new diet or fitness plan. Meal plans created/edited by Neva Cochran, R.D. Freshology is available nationwide; learn more at Freshology.com. Lead photos: Frederick M. Brown/Getty Images; Warner Brothers; Dave Allocca/Startrakphoto.com. Other photos: Dreamstime.com (2); Janine Kalesis/HBB (5).

