

The Golden State has long been the epicenter of fit bodies and healthy living. From Pilates, yoga and boot camps to the now infamous cabbage soup and colon cleansing regimens, Californians have found inventive ways to become supreme weight loss connoisseurs. So, it's no wonder that the next wave of diet products has been spotted in many a Sub-Zero refrigerator and Balenciaga handbag.

CHOCOLATE & CAFFEINE CRAZE

Most American nutritionists swear off chocolate and caffeine, so leave it to the French to create a line of tasty supplemental weight loss chocolates, coffees and teas. Chocla Slim from **SlimDelices** is made with plant extracts said to help shed pounds and pump the body full of healthy antioxidants from the dark chocolate. The Tea Slim contains green and black tea, while Café Slim is made with more than 73 percent Arabica coffee. Each product contains a percentage of the slimming formula, a metabolic boost from chicory inulin (from the chicory root to aid in digestion), artichoke (to help trap fat) and green tea extracts. The plan advises enjoying three chocolates per day after meals, along with one cup of Café Slim and/or two cups of Tea Slim daily. The company says that with daily use, regular users may expect to lose up to three to five pounds in 30 days. *\$16 for 20 Café Slim sachets; \$17 for 20 Tea Slim bags; \$23 for 24 Chocla Slim squares; slimdelices.com.*

COOKIE MONSTER

From chocolate chip to oatmeal and coconut, dieters may now feast on up to six appetite-suppressing **Siegal Cookies** by day (with one balanced meal at night). According to creator Dr. Sanford Siegal, "The success of this diet is due to the fact that people never get hungry." He contends that natural hunger-curbing ingredients help the average dieter lose up to 15 pounds per month. Originally developed more than 30 years ago in Florida, the cookie diet is experiencing resurgence in California with the

opening of Siegal's first "cookie club" in Los Angeles. Dr. Siegal recommends (but slightly dry) cookies with a nut butter filling. Siegal Farms' no-calorie/no-carb dips like almond, chocolate and strawberry. *\$359 in L.A. for a package of six cookies; cookiesiegal.com.*



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SPECIAL DELIVERY

For those who need a little diet intervention, this gourmet home delivery service is an effective plan with an average weight loss of one to three pounds per week. Favored by busy Hollywood professionals, **Fresh Dining** has harnessed the talents of top chef Dianna Riffone, who has worked at L.A. restaurants Bastide, Méliisse and Campanile, Mix in celebrity chef Taylor Boudreaux from Mastro's, and Fresh Dining offers a sumptuous combination of organic, low-carb and Zone-friendly meal options. A typical meal based on a 1,300-calorie diet may include grilled chicken or steak with fresh vegetables, and all three meals are delivered right to the door. *\$44 per day for a 90-day program; freshdining.com.*

AROMATHERAPY ADDICTS

Created by a Santa Barbara-based company, the revolutionary and FDA approved, all-natural **Aroma Patch** works through the sense of smell. The essential oils in the product are extracted from tropical orchids, coconuts and vanilla beans. When inhaled, the combination sends a signal to the brain, helping reduce cravings for sugary, high-caloric foods. According to Dr. Alan Hirsch of the Smell and Taste Treatment and Research Foundation,

“From Pilates and boot camps to cabbage soups and colonics, Californians are supreme weight loss connoisseurs.”

“Smelling something good tricks your brain into thinking you’ve eaten it.” Reportedly safe to use with medications, just place the nickel-sized bandage anywhere on dry skin daily for 30 days and breathe your way to slim with an average loss of three to five pounds per month. *\$16 for a box of 28 patches; aromapatches.com.*