

May 7, 2007

241 recipes

for women on the go

First

\$1.99

Summer drinks

Cheesecake cupcakes!

5-ingredient **MIRACLES**

NEVER FEEL TIRED!

7 "healthy" habits that make women exhausted—and simple, fast fixes!

INSTANT BLISS

Bye-bye jelly belly!



Mandy dropped 165 lbs

WALK OFF 37 LBS

by Memorial Day

Walking breakthrough!
Burn 315% more subcutaneous fat (the kind that jiggles)



Feel joyful every day!
Martina's secrets

Look head-to-toe beautiful! 21 star tips

"SMART" LIPO! New, fast laser approach melts inches in minutes

BEAT STRESS!

5 ways to turn off the hormones that make you feel tense, worried

PRIVATE CURES

- ✓ Bikini-line hair—gone!
- ✓ Arm dimples—erased!
- ✓ Sweat stains—prevented!
- ✓ Nipple show-thru—thwarted!
- ✓ Vaginal infections—cured!

Display until 5/7/07



real life

"I got off blood pressure meds, thanks to hypnosis!"

As her alarm buzzed, Susan Twing threw a groggy glance at the clock. *Is it 4:30 A.M. already?* she thought. Frazzled by a long list of work to-dos, Susan's stressful schedule rarely left her with time to diet and exercise. This lifestyle had shackled her with extra pounds and high blood pressure. "I hated taking pills for my condition. My doctor said that if I shed some weight, I could get off the meds," she says, "but diets never kept the weight off."



Susan Twing, 62,
Noank, CT

Then Susan's coworker suggested hypnosis. "I was skeptical," says Susan. "But I needed to try something new."

During hypnosis, Susan would enter a mind-body trance. "I'd create a 'mental mirror' to evaluate old habits," she explains. "This ended my yo-yo dieting."

After six sessions, Susan needed a more schedule-friendly option, so she began using a CD called *Lighten Up!* (\$20, at **RiverLightCenter.com**) by her hypnotherapist Jane H. Percy. "Listening to the CD helped me shed 35 pounds!" exclaims Susan. "And I lowered my blood pressure from 150/75 to 115/53!"