

January 10, 2011

**EAT CLEAN, LOSE BIG**  
20 pgs of fast, pure meals

Allison lost 59 lbs

**First** *for women*

**SUCCESS WITHOUT THE STRESS** See pg 30

**YOU, HEALTHY ALL WINTER**  
The natural heroes that ease GI upset, turn off anxiety & rev immunity

Plus, smart take-out swaps

**WHAT A DIFFERENCE THE RIGHT CUT MAKES!**

**TOP 11 CUTS FOR 2011**

The last resolution you'll ever need to make!

**WAKE UP TIRED?**  
68% of U.S. women suffer from this pesky infection. Easy cure will double your energy!

**DR. OZ'S #1 FAT CURE**

His daily drink does it all:

- 1 Enzymes reactivate liver to escalate fat burn
- 2 Plant-form magnesium creates instant energy
- 3 Chlorophyll kills yeast to end allergies & sinusitis

**READY TO WIN?**  
Yes! 5 ways to overcome any/every obstacle  
11 ways to save on slimming!

**WOW YOUR CROWD**

Lisa lost 127 lbs  
"I felt different in 24 hours"

Marshmallow igloo cake

**LUXE FOR LESS!**  
37 quick touches **ONLY \$2.49**

What's best for YOUR face shape

Each dish includes nutrients that bind fat-trapping toxins

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NEWS!

**68% of American women have silent gum inflammation**

Despite how common gingivitis is, many people don't realize they are affected. The reason: Gum bleeding and tenderness aren't a given. "Initially there might be light bleeding, but if the infection isn't treated, gums give up and stop bleeding," says Shehzad Sheikh, D.M.D., of Dominion Dental Care in Sterling, Virginia. "Gums might even look healed, but infection still rages under the surface."

The bacteria move deeper into gums and vascularized bones around teeth, gaining access to circulating blood. This may explain why gum inflammation is linked with body-wide inflammatory conditions such as heart disease, diabetes and chronic pain.

**WHAT CAN HELP**

In addition to brushing and flossing, consider taking the following:

**VITAMIN D.** Studies link higher blood levels of this nutrient with lower risk of gum inflammation. "Vitamin D strengthens the bony support of teeth, protecting against infection," says Dr. Sheikh. The proven dose: 1,000 IU daily, though D experts say 2,000 IU daily is optimal. One to try: Nature Made D 1,000 IU, \$13 for 200 tablets, at drugstores.

**OMEGA-3 FATTY ACIDS.** People who consume fish oil regularly have a 20 percent lower risk of developing gum infection, report researchers at Harvard Medical School. They credit the anti-inflammatory properties of the oil's healthy fats. Aim for three weekly 3 oz. servings of tuna, salmon or sardines, or try a supplement like Carlson Super Omega-3 Fish Oil Concentrate 1,000 mg (\$12 for 130 softgels, at [VitaminShopper.com](http://VitaminShopper.com)).