

December 8, 2014
God Bless America

Woman's World

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Eat this to BEAT HAIR LOSS!

Foods that WORK LIKE A DIET PILL!

They'll make you 600 calories less hungry every day!
LOSE 28 LBS without dieting!

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AMAZING ANTI-AGING SECRET hidden in potatoes!
The Canadian secret that **SAVES HUNDREDS ON HEATING!**

Bath teas that **BOOST YOUR MOOD!**

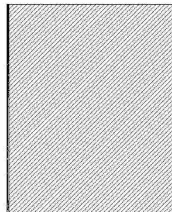
Drink this juice to **PREVENT WINTER WEIGHT GAIN!**

Gifts to make with love!
Pampering beauty treats that show you care!

Magic mixes for holiday goodies!

HEAL BACK PAIN with nuts!

BONUS! Your 2014-2015 WINTER HOROSCOPE!



Foods that *Work like*

They'll make you 600 calo



Want to turn ordinary water into a truly extraordinary fat blocker? All you have to do is sip a glass of H₂O and “eat at least one water-absorbent food per sitting,” reveals Keren Gilbert, R.D., author of the buzzed-about new *HD Diet*. The simple strategy is already helping women whisk off up to 35 pounds in 12 weeks—just by pairing water with yummy options like pears, oatmeal, chickpeas, special noodles and pudding. “What these foods have in common is called a ‘hydrophilic’ effect,” Gilbert explains. “That means they contain natural compounds that rapidly soak up liquid in your system and transform it into a thick gel.” This gel then moves slowly through your body, working fat-melting magic as it goes! “I love hydrophilic foods because they’re 100% safe *and* far more effective than most diet pills,” Gilbert adds. In fact, university tests show that a single serving of a water-absorbing food—such as an apple or beans—per meal slashes appetite by 600 calories each day. By comparison, drugstore diet

aid Alli blocks as few as 150 calories a day, often causing unpleasant tummy issues in the process. “If you have weight to lose, hydrophilic foods are such a smart way to go,” Gilbert insists. Holiday bonus: “When you’re eating hydrophilic foods on a regular basis, you won’t feel out of control—not even when you’re surrounded by treats,” she adds. Plus, when you do indulge, hydrophilic foods are still inside you, fighting flab the whole time!

Fat-fighting wonder compounds!

Scientists have long known about hydrophilic compounds—namely pectin, a substance that keeps fruit firm; and mucilage, microscopic sponges that help certain plants retain moisture. Yet the idea to load up on them wasn’t sparked in a lab. “My father was at an architecture conference and heard about hydrophilic building materials, which attract water and swell to fill hard-to-reach places. He told me I should find out if there were hydrophilic foods. The idea stuck with me. So, thanks, Dad!” Gilbert’s research on the topic led to a list of key hydrophilic foods, *right*. She built a test plan around them for her clients to try. “From the get-go, peo-

Menus to maximize results!

When you’re looking to maximize weight loss, eat hydrophilic foods as part of a healthy eating plan like the one here. Further amp results by drinking plenty of water and unsweetened herbal tea. Season meals to your liking with herbs, spices, vinegar and lemon juice. As for those times when you want to indulge in holiday goodies without worry? Aim to eat at least one hydrophilic food—such as an apple—and sip a cup of water about 15 minutes beforehand. Then savor your food and pay attention to your body; you’ll probably feel satisfied with a lot less than usual! As always, get a doctor’s okay to try any new plan.

Breakfast

CHOOSE ONE DAILY

OPTION 1

5 egg whites scrambled with hydrophilic veggies (such as spinach, chopped broccoli, diced bell pepper)

1 slice whole-grain toast

OPTION 2

1 cup oatmeal, 1 chopped apple or 1/2 cup pomegranate seeds, 2 Tbs. nuts or seeds



Clara lost 43 lbs!

After health problems made Clara Geismar frequently reach for comfort food, she found herself with a good bit of weight to lose. Diet after diet left her irritable, achy and ravenous. Luckily, she met the author of *The HD Diet* and learned about hydrophilic foods. “It’s pretty crazy that ordinary foods like oatmeal, oranges and broccoli have made such a big difference for me. But the more hydrophilic foods I eat, the more I lose,” says the New York mom, down 45 pounds. And while this will be Clara’s first holiday season since trading her size 14s for 6s, she did use hydrophilic foods on a recent vacation. “I definitely treated myself—but I kept drinking plenty of water and adding in water-absorbing foods. Instead of gaining weight, I lost three pounds. It was awesome!”

Pudding recipe reprinted from *The HD Diet* by Keren Gilbert. Copyright (c) 2014 by Keren Gilbert. By permission of Rodale Books. Available wherever books are sold. Photos: Shutterstock (3); Envision/Corbis; Richard Rudisill/iStockphoto.com; Bon Appetit/Alamy; Sarka Babicka/Getty Images; Evgeniy Ivanov/Getty Images; Richard Clark/Getty Images; Michael Tamborrino/ikonik Pix; courtesy of vendor.

a diet pill!

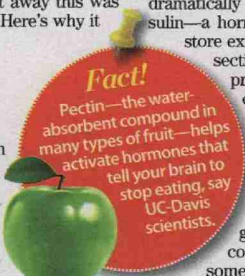
ries less hungry every day!

ple could not stop talking about how satisfied they felt. They had no hunger, no cravings, and were in total control around food. Women who had struggled to drop any weight at all were suddenly getting amazing results. I knew right away this was something special!" Here's why it works . . .

Amazing benefits:

● A tiny appetite!

As compounds in hydrophilic foods take on water, they bind together and swell to many times their original size. "This literally fills you up," says



Gilbert. Hydrophilic gel also "gums up" normal digestion. "Which means food is broken down more slowly, lingering in your system so you feel satisfied for hours!" That's not all. New research shows hydrophilic compounds have an effect on body chemistry that lowers levels of hunger hormones by 42%. No wonder a Penn State study found that an apple "appetizer" prompted folks to eat 200 calories less per meal!

● Easy-melt belly fat!

One especially nice side effect of digestion slowed by hydrophilic foods: Our bodies can't convert carbs to blood sugar as quickly as usual, eliminating blood-sugar spikes and dramatically reducing levels of insulin—a hormone programmed to store excess sugar in our mid-sections. The effect is so pronounced, researchers have found that the more hydrophilic compounds a person consumes, the less belly fat they carry!

● Slash calories!

Besides slowing digestion, hydrophilic compounds also stick to some calories and prevent them from being absorbed at all.

German researchers say we block up to 7% of our total calories when we eat extra hydrophilic foods.

Eat, drink, be slim!

"Many dieters focus only on calories, so they end up hungry, deprived and frustrated," says Gilbert. "When they add hydrophilic foods, they feel great and finally lose that weight!" Just ask New York reader Ilana Schwartz, 22. After extreme diets failed, "this one helped me lose 26 pounds. I'm glowing, inside and out!" Adds Long Island mom Diane Rein, 45: "I'm able to embrace big, festive holiday meals because I'll eat my hydrophilic foods, and I can enjoy myself without going overboard!" She's 20 pounds slimmer to prove it. "I think everyone will love this amazing way of eating!"



Eat more to lose more!

● Fat-fighting hydrophilic veggies:

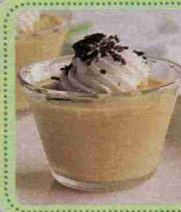
Artichokes, asparagus, bean sprouts, beets, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, carrots, dark leafy greens, green beans, jicama, okra, onions, snow peas, all squash, turnips, sushi wrappers and all types of seaweed, sweet potato

● Fat-fighting hydrophilic fruits:

Apples, apricots, berries, all citrus fruit, figs, mangoes, kiwi, papaya, peach, pear, plum, pomegranate, pumpkin

● Other fat-fighting hydrophilic foods:

Chia seeds, all beans and peas, barley, brown rice, buckwheat, farro, oat bran, oatmeal, quinoa, shirataki noodles, the thickener agar



Chocolate Peanut Butter Pudding!

Your waistline and your whole family will love this yummy treat made with agar, a common Asian thickener that happens to be the world's most concentrated source of hydrophilic compounds. Find agar in the Asian section of most stores—and enjoy dessert guilt-free!

● In a large pot, combine 2 cups unsweetened almond milk, 2 Tbs. agar flakes*, and 1 Tbs. stevia. Let sit for 5 minutes to thicken. Bring mixture to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 5 minutes, or until most of the flakes have dissolved. Add 1 Tbs. each raw cacao powder and natural peanut butter; beat until smooth. Divide between four small dishes. Allow to cool for 10 minutes. Cover; refrigerate for at least 1 hour.

Lunch

CHOOSE ONE DAILY

OPTION 1

Greek Salad: 1 cup chickpeas, about 1/2 cup each artichoke hearts, green beans and tomatoes over a large bowl of mixed greens; sprinkle with oregano and drizzle with 2 Tbs. lite vinaigrette

1 orange

OPTION 2

1/2 cup canned tuna or salmon mixed with Greek yogurt, horseradish and lemon juice to taste

5 whole-grain crackers
 2 cups raw veggies (such as carrots, radishes and cucumber)
 1 apple



OPTION 3

4 oz. chicken or turkey and 1/2 cup each shredded carrots, bell pepper strips, baby spinach and hummus served in 1 whole-grain wrap
 1 pear

Dinner

CHOOSE ONE DAILY

OPTION 1

4 oz. chicken breast baked with 1 tsp. olive oil, lemon juice, grated lemon peel and herbs to taste; Unlimited steamed asparagus with lemon
 1/2 baked sweet potato

OPTION 2

4 oz. fish, such as cod

or salmon, baked with 1 Tbs. olive oil and herbs to taste
 Unlimited hydrophilic veggies (like broccoli, asparagus or green beans) roasted with 1 tsp. olive oil and herbs to taste
 1/2 cup brown rice

OPTION 3

4 oz. turkey meatballs over unlimited spaghetti squash or spaghetti-style shirataki noodles*, 1/2 cup no-sugar-added pasta sauce, 1 Tbs. Parmesan
 1 whole-grain roll



1 side salad, 1 Tbs. lite vinaigrette
 Unlimited hydrophilic veggies (like broccoli, asparagus)

*Sold near tofu in most grocery stores

Make your own menus!

On days when you want to maximize your weight loss, aim to get at least two hydrophilic foods per sitting. At most meals, fill half the plate with hydrophilic vegetables; a quarter of the plate with hydrophilic starch like sweet potato or brown rice; and a quarter of the plate with protein (choosing beans, the only hydrophilic protein, at least once daily); then add some healthy fat. Add three servings of a hydrophilic fruit daily.

Snacks

ENJOY TWO DAILY

OPTION 1

1 serving Chocolate Peanut Butter Pudding (recipe above)

OPTION 2

1 cup baked kale chips with 1/2 cup salsa

OPTION 3

1 apple or pear,
 1 Tbs. almond butter

OPTION 4

1 cup carrots, broccoli or jicama, 1/3 cup Greek yogurt dip



*Sold in the Asian foods section of most supermarkets.