

Fresh ink

HOT OFF THE PRESS!

Featuring Pixie Mate in the March 2007

issue of *First for Women*.

Circulation: 1,437,020



nutrition know-how

MY THIGHS ARE COVERED WITH CELLULITE!

After years of feeling self-conscious about carrying an extra 40 pounds, I finally lost it all by tossing out the candy in my cupboards and doing an exercise video twice a week. But now there's another problem—I've ended up with horrible "cottage cheese" thighs. And shorts weather is coming up! Can you suggest a solution?

The trick to eliminating cellulite is to outsmart the cause—a sluggish lymphatic system that has let toxins and excess water accumulate in the cells beneath the skin, creating dimples. To revive lymph circulation, drink cran-water for two weeks. (Mix 8 oz. unsweetened cranberry juice with 56 oz. plain water and sip all day.) This healthy tonic acts as a diuretic that releases excess cellular fluid. Plus, the *malic, citric and quinic* acids in cranberry juice bind to toxin-laden fat to carry it out of the body. The result: smoother legs that will have you slipping into shorts with confidence!

CAN A SOUTH AMERICAN TEA SPEED WEIGHT LOSS?

Lately one of my coworkers has been raving about how much weight she's losing by drinking something called maté. Truth is, it has done wonders for her figure, plus she's got tons of energy. I'd like to lose a few pounds myself. Is this beverage worth a try?

Absolutely! This slightly bitter tea-like drink is made from the leaves of the South American *yerba maté* tree, and indigenous people of the region have long enjoyed its weight-control benefits. Maté contains *theobromine*, a compound that sends an "all-full" signal

slimming news

Science-fiction fat-melting method?

Tired of workouts that don't deliver? The folks at CyGene Laboratories claim to have the answer to losing stubborn pounds: Their Optimum Athletic Performance DNA Analysis examines a person's genes to determine which type of exercise she will respond to best. The test (\$100) links genes to traits such as lung capacity and endurance. For details, go to CyGeneDirect.com or call 866-429-4363.

Ear stapling—the new weight-loss craze

Diet bloggers are buzzing about ear stapling, with some reporting that they've lost 50 pounds in eight weeks. The procedure, which costs about \$75, involves penetrating the ear at the crave-curbing small intestine and mouth acupuncture points. To find a licensed acupuncturist in your area, visit the American Academy of Medical Acupuncture's website, MedicalAcupuncture.org.

Tinseltown's latest metabolism booster

Have Amazonian tribes passed on slimming secrets to Hollywood? Maybe. The metabolism-revving South American berry *açaí* (pronounced ah-sigh-ee) has made it into the hands of stars like **Denise Richards**, who reportedly sips the juice to maintain her Bond-girl figure. One to try: Sambazon Organic Açai Juice (\$4 for 16 oz., or \$84 for a 24-pack, at Sambazon.com and health-food stores).

Burn more calories with less effort by sipping this tea.

HOW CAN I TELL IF BREAD REALLY IS WHOLE GRAIN?

Recently I decided to make the switch to whole-grain bread. But now buying a loaf has become so confusing—I see labels like "multigrain" and "stone-ground" and can't figure out what's what. Any advice?

It is getting confusing. The truth is, many labels found on bread only *sound* healthy. For example, "multigrain" just means the bread contains more than one grain, and "stone-ground" simply has to do with how the grain is ground. Even FDA-approved labels of "whole grain" require only that a product contain at least 51 percent whole grains. To tell if bread is truly whole grain, scan the ingredients list to make sure that a whole grain (such as whole-grain flour or whole-grain rye) is listed first. Then check the nutrition label to confirm that there are at least 3 grams of fiber per slice since this is usually only possible with 100 percent whole grains.

Put First to work for you!
Ann Louise Gittleman, Ph.D., known as the First Lady of Nutrition, is the award-winning author of the *Fat Flush* series (McGraw-Hill) and *The Fast Track One-Day Detox Diet* (Morgan Road, 2005). To ask her a question, e-mail her at annlouise@firstforwomen.com or visit her website, AnnLouise.com, for more information.

Please note that this information is protected under copyright laws. If more copies are required, please contact *The Fresh Ideas Group* and we will pursue reprint permission with the publication.