

Woman's World

God Bless America

A great week made easy!

Too much to do? Keep-you-calm secrets!



Toast 2008!

- No-bake Champagne cake!
- Easy celebration treats!



Make this your slim-at-last year!

2008 DIET BREAKTHROUGHS

- ✓ Trendy new weight-loss drink celebs love!
- ✓ Hot new fat-melting supplements!
- ✓ Juices that shut down sugar cravings!



Shoes and bags that make you **Look pounds thinner!**

Stressed?

The TV channel that can help!

The snack that **PREVENTS HEART ATTACK, STROKE and DIABETES!**

Your winter Rx for **Gorgeous skin!**

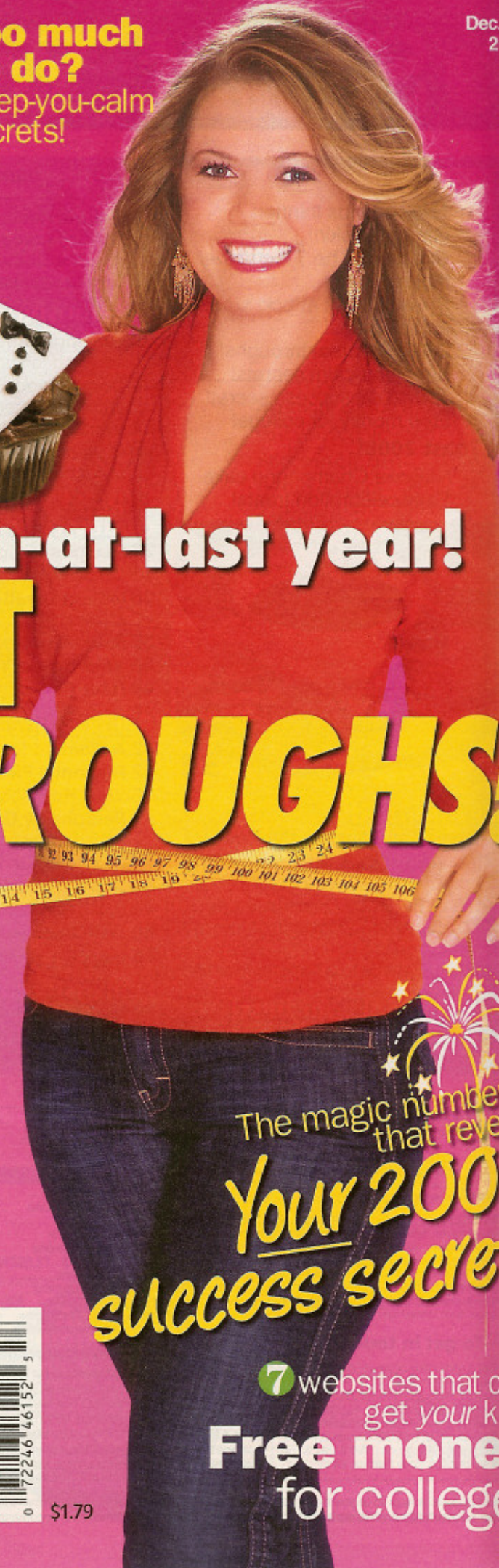


\$1.79

The magic number that reveals **Your 2008 success secrets**

7 websites that can help you get your k

Free money for college



Make this your slim-at-last year!

2008 Diet Breakthroughs

Trendy new weight-loss drink

Suddenly, tea is *hot*—and for good reason! Whether you sip white, green, black or oolong, new research shows your waistline will thank you. Expect a slew of new tea studies in 2008—and plenty of Hollywood buzz, too. “I’ve helped many stars lose weight with tea,” reveals Mark “Dr. Tea” Ukra, author of *The Ultimate Tea Diet*, who won’t name names but regularly welcomes Courteney Cox, Meg Ryan and Marisa Tomei to his West Hollywood tea house. “With all the crazy fad diets out there, I felt like I had to let more people know. All you have to do is drink more tea, and you’ll see and feel the difference.” How does tea work? Currently, attention is focused on an amino acid in tea leaves called L-theanine, recently proven to block fattening stress hormones and slow hunger-stimulating brain waves. Also under the microscope is a powerful tea antioxidant called EGCG, which,

when combined with caffeine, is proven to make folks burn an extra 266 calories a day.

Real-world results:

Drinking three pots a day worked magic for Australian TV star Hayley Chapman. “I lost seven pounds and three inches from each thigh,” smiles the 32-year-old. “I feel cleaner, lighter and have more energy to exercise. I drink tea non-stop. It’s an obsession!” Other folks who’ve upped their tea consump-



tion at Ukra’s suggestion report dropping up to six pounds in a week.

Make it work for you:

It couldn’t be easier. Advises Ukra: “Aim for six to eight cups of tea a day and you’re on your way!”

Courteney Cox, Marisa Tomei and Meg Ryan have all been spied at the West Hollywood tea garden where *The Ultimate Tea Diet* was born.

Fact!

Though the rich and fabulous pay up to \$300 a pot (or \$1,000 an ounce!) for rare and fancy tea at super-trendy tea gardens, any non-herbal variety triggers weight loss.



Hayley lost two sizes!

Within four weeks of developing a three-pot-a-day tea habit, Hayley Chapman traded her size 8s for 4s. “White Blueberry and Jasmine Pearl are my favorite flavors,” she reveals. “I never get tired of them!” Available at www.teagarden.com

(\$9 and up for 4 oz.). Look for other yummy flavors like Republic of Tea’s Cinnamon Plum (\$9 for 50 bags) and Lipton’s Vanilla Caramel Truffle (\$5 for 20 bags at grocery stores).

Lead photos: Pat Hill. Hair: Algene/Sally Harlor. Makeup: Bruce Wayne. Stylist: Cynthia LaMaide. Other photos: Retna.com; Food Pix/Jupiter Images; courtesy of Barry’s Bakery; courtesy of Jamba Juice; courtesy of Stonyfield Farm; courtesy of Mr. Tea’s; courtesy of Amy’s Kitchen; courtesy of Mishima Foods; Purestock/Media Bakery; Kevin Winter/Getty Images; Arnaldo Magnani/Getty Images; Kevin Winter/Getty Images; Tiffany Wayne/HBB (2); 123.RF.com.

Eat out get slim

Restaurants across the nation have jumped on the slim bandwagon. Best way to find a healthy option? Go to the National Restaurant Association’s www.healthydinerfinder.com, which offers nutritional choices at nearly 50,000 popular restaurants, including P.F. Chang’s, Chili’s, Buca di Beppo, Burger King—and many more.

Amazing diet

Best new cereal-top Almond Breeze Unsweetened Vanilla Almond “has half the calories and twice the flavor of skyraves Lillier for 32 oz. at grocery and health food stores



ready to turn
our diet
resolution
into
reality?
Here's all
the latest
information
about the
very newest
trends that'll
help you
make this the
year you get
your dream body!



Safety first!

Whether you opt for enhanced foods or traditional tablets and capsules, always get a doctor's okay to add a new supplement to your regimen.

Foods programmed for fat-burning

Brilliant food scientists have now pinpointed the best fat-melting supplements and—as a favor to folks who hate taking pills—have packed them into everyday foods. You can still take pills if you prefer, but, notes American Dietetic Association spokesperson Ruth Frechman, R.D., new “enhanced” foods offer a bonus beyond slimming nutrients: They take the guilt out of yummy options like waffles and shakes!

THE FAT FIGHTERS

SUGGESTED DOSE

FIND IT IN:

Omega-3 fatty acids

They've been shown to stimulate metabolism, control fattening blood-sugar hormones and trigger automatic weight loss.

About 1,000 mg. daily

Lifestream's Fig & Flax waffles with 1,000 mg. of omega-3s apiece (\$4 for 8 at health-food stores); new **Nutrisystem Advanced lunch entrees** with Omega-Sol (www.nutrisystem.com).

Inulin and oligofructose

Baylor College of Medicine experts found that even junk-food-loving teens maintained healthy body weights when given foods containing these high-fiber hunger fighters made from chicory root.

At least 25 g. fiber daily

Stonyfield Farm fat-free fruit-on-the-bottom yogurt, (\$1 at grocery stores.)



CLA

A fatty acid linked to fat breakdown and fewer sugar cravings; a new Spanish study found that adding CLA to skim milk helped dieters slash body fat by 3% in three months!

About 2g. daily



Fit 'n Fruitful smoothies at Jamba Juice (\$3.50 and up) and **Nature's Plus Fat Busters Shake** (\$25 per 13-serving container of mix at health food stores). Both contain the CLA supplement Clarinol.

Hydroxycitric acid

Georgetown University researchers found that dieters taking this fruit extract lost 9 more pounds and reduced their body fat by 5% more than dieters who did not!

Up to 2,800 mg. daily

Skinny Water (\$1.49 a bottle at Target)



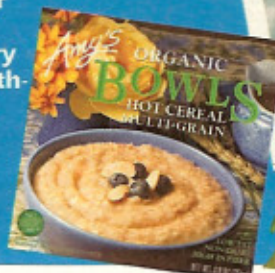
new foods at stores near you!

Ask taste-tester Lisa Lillien of www.hungry-girl.com shares the scoop on the latest and most delicious offerings

- Better breakfast in an instant

Amy's Organic Multi-Grain Hot Cereal Bowls

Fast like instant oatmeal—but tastier and with lots more fiber! (\$2.30 for 9 oz. at grocery and health-food stores.)



- Mega-satisfying lite snack

Mishima All Natural Edamame Soup

has just 50 calories per pack, but it's crammed full of Asian-flavored goodness, says Lillien. (\$3 for 3 servings at www.mishima.com.)



- Miracle pasta swap

House Foods Angel Hair Tofu Shirataki noodles

Taste even more like regular pasta but still have only 40 calories in 2 cups. “They will change your life!” swears Lillien. (\$2 and up for 8 oz. at health-food stores.)



- Amazing one-calorie cookies

Barry's Bakery 100 Calories Mini Peaks

let you eat “100 mini-meringues for just 100 calories. And they taste great!” says Lillien. (\$3 for 4 oz. at grocery stores.)

