

BONUS! 83 NEW SECRETS TO LASTING WEIGHT LOSS

APRIL 2009

Health

SAVE \$15,000!
On Food, Drugs & Doctor Bills
PAGE 116

LOSE 5 lbs IN 7 DAYS

Safe, no-hunger plan!

PAGE 47

WALK OFF FAT FAST

SEE PAGE 124

STOP CANCER

With 2 simple moves

The Best **Natural Cures**

✓PAIN ✓ITCHING ✓ALLERGIES

6 WAYS TO **BANISH BLOAT**

TIRED?
Take this amazing vitamin

PAGE 73

7
HABITS OF REALLY HAPPY WOMEN

GET GORGEOUS NATURALLY



\$3.99US \$5.50CAN



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Star of BONES

Diet Now



HIGH VS LOW

Red velvet bakery cupcake

382 CALORIES

This traditional favorite topped with cream cheese frosting has 16 grams of fat (more than half is the artery-hardening saturated kind) and 41 grams of sugar.



Bethennybakes chocolate cupcake

296 CALORIES

The *Real Housewives of New York City*'s Bethenny Frankel uses applesauce and cocoa powder, cutting the sat fat in half. Get the recipe at Health.com/cupcake.



BEST PLANET-FRIENDLY BAGS

The no-plastic trend is here to stay—for good reason. Do your part by shopping with your own eco-chic bags. Here, three we love.

1. BAGGU: Each recyclable nylon bag holds up to 25 pounds, more than a typical load. (\$8; www.baggubag.com)

2. GET HIP GET GREEN: Made from 100 percent recyclable polypropylene, these bags feature inspiring words printed on them, like "Love This Planet" and "Re-Think Plastic." (\$6; www.gethipgetgreen.com)

3. FLIP & TUMBLE: These colorful rip-stop nylon bags fold up so small that they can live in your purse. (\$12; www.flipandtumble.com)



Why your friends make you fat

Remember those headlines blaring, "your friends make you fat!"? Now scientists think they know why: An international research team found that we subconsciously cut ourselves too much slack when friends and neighbors start gaining weight. How do you break away from the pack? Awareness is key, says psychologist Alice Domar, PhD, author of *Be Happy Without Being Perfect: How to Worry Less and Enjoy Life More*. **Try planning social events that don't revolve around eating (like taking walks).** Other ideas: Look at online menus before you go out to see what you'll order at restaurants, and step on a scale frequently so you get objective feedback.

news
watch

A LIGHTER COCKTAIL

Mixed drinks made with *shochu*—a Japanese distilled liquor derived from rice, wheat, barley, or sweet potatoes—are perfect for calorie-watchers. Low in alcohol (22 to 25 percent by volume) and sugar, a typical shot of shochu has only 26 calories, compared with 59 for sake and 97 for vodka. You can find shochu at liquor stores, and many sushi bars stock it. Here, a few brands we like *and* how to mix them.



TOMBO SHOCHU (\$15; www.tombo-shochu.com to find distributors) is a barley shochu with hints of plum. Put **3 ounces Tombo Shochu** in a cocktail shaker with **ice**, add **6 raspberries**, **2 teaspoons simple syrup**, and **juice from ½ lemon**; shake and strain. This tasty cocktail (shown) is only 100 calories!

NADESHIKO "TRUE BEAUTY" (\$30; www.sakestory.com to find distributors) is a barley shochu with cherry blossom essence that's just great straight.

HAAMONII SMOOTH (\$27.99; www.dandm.com) is an American-made wheat-and-barley shochu with a silky texture and a light, sweet floral flavor. Mix about **1 shot Haamonii Smooth Shochu** with **3 shots of strong oolong tea** and serve on the rocks for a 28-calorie drink.