

September 22, 2003

**LOSE
32 LBS
IN 10 DAYS**

First

for women on the go

AND KEEP LOSING 25 LBS A MONTH on the food formula that's helped 16,000 women

COULD YOU HAVE ADHD? See pg. 22



YOUR BEST HAIR EVER



2
NEW
One right your shape

The miracle massage that halts hunger

"There are 200 acupressure points on your ears, many of which are linked to your digestive tract, brain and central nervous system," says Martha Lucas, Ph.D., research psychologist and acupuncturist with Greyrock Family Practice in Fort Collins, Colorado. "Triggering those points will reduce

stress and hunger pangs and even stop compulsive eating."

To get the benefits, take five minutes twice each day to gently but firmly massage your ears from top to bottom by rubbing the skin. "And any time you have the urge to eat, a quick one-minute massage can shut down cravings fast," Dr. Lucas says.

**WE
SS!**

**BREAKS
8 HOURS**

9/22/03 First 35

CLEAR SKIN—FOU



QUICK & EASY COOKBOOK

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- save time
- enjoy!

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\$2.49

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4 simple ways to focus fast

The mineral that zaps belly fat

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PSYCHOLOGY UPDATE: THE NEW WORKPLACE SEX EPIDEMIC

Display until 9/22/03

