

for women

First

Read this before you use hand sanitizer! (pg 28)

Fast & easy crowd-pleasers

97

ways to get the PARTY STARTED

Always TIRED?

75% of us suffer from a lack of a key brain chemical. The fix is FAST & FREE!

The tapping trick that dials down stress by 89%

Your best cut for 2012

What's new, pretty and right for your face shape

Plus, flatter-you wraps & jewelry

New Year's slimdown

DROP 11 LBS in 1 week

Dr. Oz's Rx for extreme weight loss

News! A fruit fiber melts stubborn fat and sweeps cholesterol out of the body

Lower LDL cholesterol by 46% in 4 weeks

Merrill lost 196 lbs



REV UP SLOW GLANDS

The grocery store staple that can heal worn-out THYROID and ADRENALS

Decode YOUR DREAMS

Discover what common imagery predicts about your future

You deserve to be happy

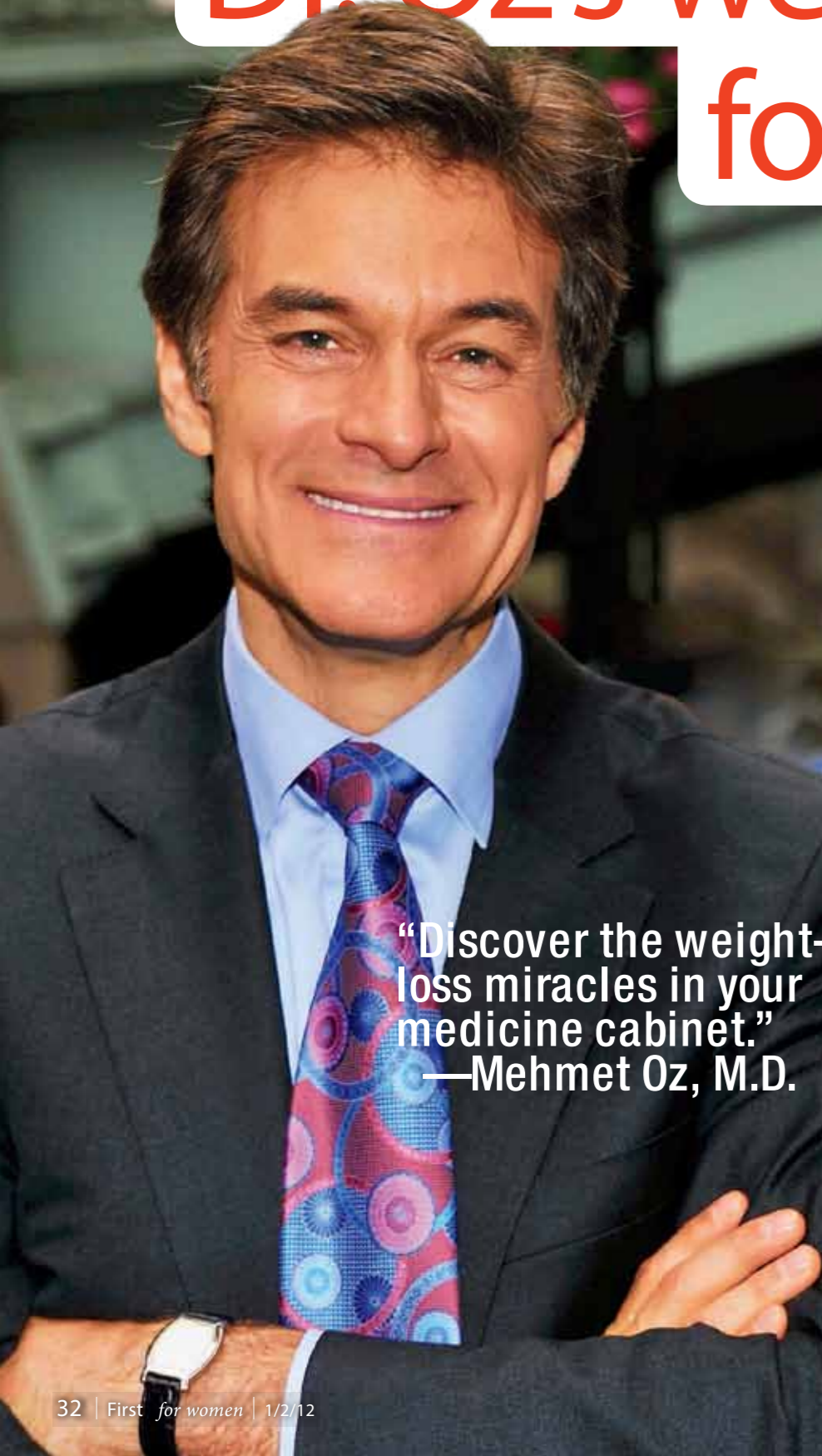
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You choose what you lose!

Dr. Oz's weight loss discoveries for 2012



**"Discover the weight-loss miracles in your medicine cabinet."
—Mehmet Oz, M.D.**

Whether you want to drop a fast few before the holidays or transform your body in the new year, Dr. Oz has the strategy that will get you to your target weight—and keep you there

Weight loss is a goal that unites millions of women—especially at this time of year, when it tops the New Year's resolution lists for more than half of us. But we all have a different target number in our head—one we just know is attainable if only we had the *right* weight-loss plan to follow. The question is: Which slimming strategy, among the hundreds out there, is the one that's guaranteed to finally help us reach our ideal weight—and stay there?

For the answers, we turned to Mehmet C. Oz, M.D., medical director of the Integrative Medicine Program at the Columbia University Medical Center and host of *The Dr. Oz Show*. His top weight-loss strategies for the new year cut through the chorus of "miracle" promises to deliver science-backed advice to help you lose weight while boosting energy and optimizing health. Women around the country who have already embraced these approaches are reporting stellar results.

Here, Dr. Oz's supereffective action plans to get 2012 off to a slimming start and help you achieve *any* resolution in the year ahead.

2 TOO TIRED TO RESIST CARBS? Lose 50 lbs in 3 months with sea buckthorn

Dr. Oz has described sea buckthorn as "the new miracle berry" for beauty and weight loss. He has told his audience, "There are lots of impressive nutrients behind it"—including one of the key omega-7 fatty acids called *palmitoleic acid*. "It's rare to find in its natural form, but it does some really cool things for your health," Dr. Oz explained. "One of them is that... because of the fats in it—the omega-7 fat—it may keep you thin."

In fact, a Chinese study conducted on mice fed a high-fat diet revealed that sea buckthorn spurred significant reductions in total fat, liver fat and epididymal fat—the mouse equivalent of belly fat. "This high-fat diet caused lots of problems for the heavy [mouse], who not only got fat but also developed some issues related to being fat," Dr. Oz said of one of the mice who served as a "guest star" in the episode of his show that discussed the study findings. "The other one—the little bitty one—has the same food, ate the same stuff, didn't develop any complications, didn't gain weight. What was the difference? The thin mouse was given sea buckthorn oil. Preliminary research shows it actually signals the body to stop storing unnecessary fat."

According to Joseph Ramos, M.D., a physician in Denver who advises supplement companies (including HealthSource, which manufactures a **sea buckthorn-containing product called OctaLean**), "Some fatty acids, when stored inside fat cells, appear to send a metabolic signal that tells the body there's enough fat present and it doesn't need to store anymore. Palmitoleic acid, found in sea buckthorn, is one of those signalers."

What's more, research indicates that this compound also assists in sending fat-loss signals. As Dr. Ramos notes, "Palmitoleic acid is a building block associated with enzymes that activate the burning of fat."



To start slimming today: For the supplement strategy Dr. Oz favors, try sea buckthorn berry juice, like the Sibü Beauty Revitalize & Renew Sea Buckthorn Liquid Supplement (\$18 for 25 oz., at amazon.com) he served to an audience member on his show. The juice has a tart kick, but reviewers say it isn't bitter like some others. **If you prefer a pill, Dr. Ramos advises a dose of 200 mg to 400 mg per day, which can be found in OctaLean (\$49 for a 30-day supply, at OctaLean.com), a product with additional fat-fighting plant compounds.**

It worked for me

"It was easy—my belly fat just melted away!"

Jennifer Sweeney looked down at her belly, and her inner critic let loose. But even as she scolded herself that her weight was out of control and she needed to get in shape, Jennifer knew she couldn't make healthy habits stick. Just forget it, she thought, defeated. I don't have time to change anyway.

While juggling two jobs, two kids, plenty of financial worries and one failing marriage, Jennifer admits, "I put myself last and everything snowballed from there." It wasn't until she got divorced that she made a New Year's resolution to find time to overcome the weight gain, lack of energy, mild depression and back pain that had become a way of life.

Having never dieted, Jennifer started sampling protein powders



Jennifer Sweeney, 36, Erie, CO
Height: 5'8"

NOW:
170 lbs

THEN: 240 lbs

from the nutrition company located next to the spa where she worked as a stylist. **There, she learned about a sea buckthorn product called OctaLean.**

The first day Jennifer took the supplement, she noticed her pastry cravings weaken. Within a month, she lost a dozen pounds—including some from her belly.

In just over three months, Jennifer made a dramatic 50-pound shift and felt her energy soar. She shares, "I would race with my kids and I'd think, Oh my gosh—I'm faster than a 14-year-old!"

As another new year approaches, Jennifer is beyond thankful for how empowered she feels. "I learned weight loss is possible," she raves. "It didn't take a lot of money—just the drive to change my life!"

PHOTOS: FROM LEFT: S. VLASIC/GETTY IMAGES; ISTOCKPHOTO; MAIN TEXT: MELISSA GOTTHARDT

NOW PHOTOS: PAUL H. TRANTOW; HAIR, MAKEUP AND STYLIST: JENNIFER CHYNOWETH; LOCATION: HOTEL MONACO DENVER—A KIMPTON HOTEL

FOOD STILL: DREAMSTIME; THEN PHOTOS: COURTESY OF: ELDER AND J. SWEENEY; REAL-LIFE TEXT (IRANEE AND JENNIFER): LISA MA XBAUER