

healthy living made easy

# INSTANT FOOD CURES

**STRESSED? TIRED?** These delicious, slimming treats balance brain chemistry fast

An extra \$3,000! That's what clutter will earn you with the

Hi Ari - 4/2/09  
FiberGourmet's featured on pg. 18.  
Thanks again!  
Maressa

# First



## YOUR BEST HIGHLIGHTS

What's right for your face shape, hair color  
**AT-HOME SECRETS**

**Bye-bye, bat wings!** Eliminate arm jiggles in just minutes a day

## DOWN HOME DELICIOUS



mmm...

### 241 MIDWEEK MIRACLES



fast!

so easy!

**Just in time!** Drop 5 lbs each week by eating this common herb

# Walk off 43 lbs this month

MARTINA'S happiness secrets



14 pounds, plus 175 more...  
bloat, tummy pain and constipation.  
That's despite the fact that I haven't  
changed my diet one bit. This all seems  
to have started after a bout of food  
poisoning left me sick for a few days.  
Is it possible there's a connection?

Yes—it sounds like you've developed  
small intestine bacterial overgrowth  
(SIBO). Food-borne pathogens dur-  
ing a bout of food poisoning can create  
a low-acid environment in the small

foods. It has little impact on blood sugar,  
so it doesn't cause the glucose spikes  
that trigger cravings and increase belly-  
fat storage. However, because erythritol  
isn't fully digestible, it causes bloat, gas  
and cramps in a small percentage of  
women. If you experience GI discom-  
fort with erythritol, I suggest using the  
natural sweetener *agave* instead. It, too,  
has little effect on blood sugar, but it  
doesn't trigger GI side effects.



### Put First to work for you!

Ann Louise Gittleman, Ph.D., is the award-winning author of 30 books, including the best sellers *The Fat Flush Plan* and *Get the Sugar Out*, plus her latest book, *The Gut Flush Plan* (Avery, 2008). To ask her a question, send an e-mail to [annlouise@firstforwomen.com](mailto:annlouise@firstforwomen.com) or join her free forum at [AnnLouise.com/forum](http://AnnLouise.com/forum).

18 First 4/20/09

lost 11 pounds in three weeks!"

### Mac & cheese that whittles the middle

Diet blogs are buzzing about a new spin on a cheesy classic: Fiber Gourmet Macaroni & Cheese (\$20 for a six-pack, at [FiberGourmet.com](http://FiberGourmet.com)) weighs in at just 170 calories and 2 grams of fat per cup. Plus, the pasta offers 18 grams of fiber (72 percent of the RDA). The fiber is digested slowly, inducing a steady rise in blood sugar that satiates for hours.



Photo: LHP; Style: MBR; Sidebar text: Marissa Brown