

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

MARTINA'S happiness 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

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 or join her free forum at AnnLouise.com/forum.

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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) 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