

**NEW**

● REAL PEOPLE ● REAL STORIES ● REAL WEIGHT LOSS

# LOOKING GOOD NOW!

**OVEREATING?  
IT'S NOT  
YOUR FAULT!**

– Here's why

**11 TINY  
CHANGES**  
for **BIG**  
**WEIGHT LOSS**

**GET FIT  
IN FOUR  
WEEKS**

Our exclusive  
plan



**ONLY  
\$1.99  
U.S.**

**FROM  
SIZE 28  
TO 6!**



I lost

**195 lbs.**

of **FAT!**

And still ate my  
favorite foods

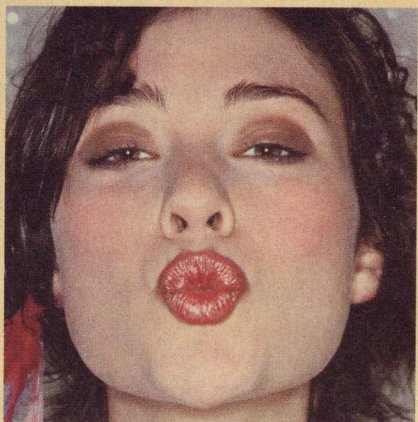
– You can too!

January 2006 \$1.99 U.S. /\$2.69 Canada  
Display until January 30, 2006



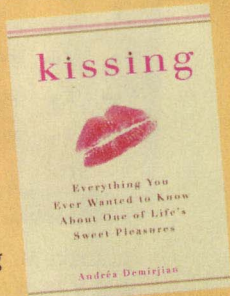
**YUM!** No-regret desserts >>





## Sometimes **A KISS** is more than just a kiss

**P**ucker up and improve your health! Kissing can help you lose weight, make you look younger, improve your skin and reduce PMS! Those are the amazing claims from the new book *Kissing: Everything You Ever Wanted to Know About One of Life's Sweetest Pleasures* (Perigee Trade, 2006). Author Andréa Demirjian has researched not only the health benefits of kissing but also kissing techniques around the world and provides advice on how to be irresistibly kissable.



Demirjian is an advertising and marketing executive who decided to turn her long-time obsession with kissing into a perfect gift for Valentine's Day book. It's a fun read but don't get set on the idea of losing weight by kissing: Demirjian reveals you burn two to six calories a minute when kissing, so at best it would take a nonstop 10 hour smooch fest to lose a pound!

While that may not be practical advice, the book is filled with interesting facts. For example, Demirjian discovered that 92 percent of us close our eyes while kissing and reveals why.

Clearly, this is not a book to kiss off!

## Women do get **BETTER WITH AGE**

**A** recent survey conducted by Talbots clothing stores and the Opinion Research Corporation found that women are looking and feeling better every day. A study of 724 American women ages 35 and up, found that 86 percent of women ages 35 to 44 say they look as good or better than they did in their high school yearbook photo. Sixty-nine percent feel younger — on average, at least 10 years younger — than their actual age. And 59 percent are more confident with their fashion sense than they were 10 years ago.



**H**ere's a wake-up call for those who fall asleep when they shouldn't: self-administered acupressure treatments to stimulate points on your legs, feet and hands can help keep you alert.

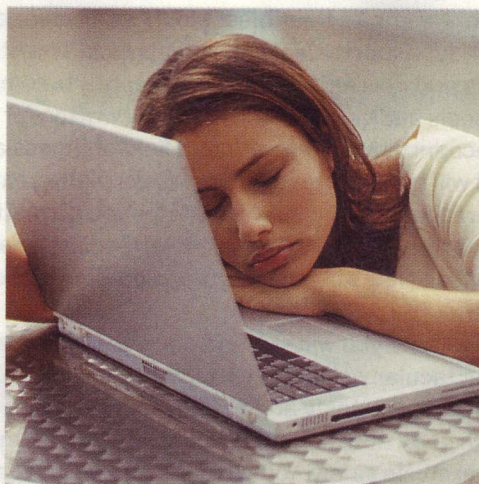
Researchers at the University of Michigan found that students who used these techniques battled sleepiness better than those who didn't. The

acupressure consisted of light tapping with the fingers, and massaging with thumbs or forefingers.

"Our finding suggests that acupressure can change alertness in people who are in classroom

settings for a full day — which could be very good news for students who have trouble staying alert at school," says Richard E. Harris, Ph.D., a research investigator in the division of rheumatology

## A real **WAKE-UP CALL**



at the University of Michigan Medical School's Department of Internal Medicine and their Chronic Pain and Fatigue Research Center. The study's results are good news

for the rest of us, too. Even though Harris said acupressure's impact on our level of alertness needs more research, it's worth a try when you're nodding off while your boss is talking.