

OUR FASTEST, EASIEST, BEST RECIPES EVER

March 9, 2009

healthy living made easy



253 delicious & slimming picks

First

HAPPY ENERGY EVERY DAY

REBA reveals the life strategies that will bring you success & contentment

THIS MINERAL STOPS STRESS

87% of American women have a magnesium deficiency. Could YOU?

FEEL GREAT RIGHT NOW

25 natural fast-acting cures for headaches, UTIs & more

BOOST YOUR THYROID

The plant proteins that send energy soaring and melt off 10 lbs every 14 days

20TH ANNIVERSARY SPECIAL ISSUE



3/9/09

Issue 0910

NEWS! PLANT PROTEIN

Eco-Atkins
can rejuvenate a
sluggish thyroid

Now that Alisha has more energy, she loves to walk the Natchez Trace National Scenic Trail—the spot of her first date with her husband nine years ago.

Alisha lost
120 lbs

Breakthrough science reveals the natural wonders that work like a diet pill

Flash back to a decade ago: Low-carb diets seemed like the answer to our weight worries, but they were such torture to maintain! And though impressive, the results turned out to be a tease for many women as lost pounds crept back on even for those who faithfully stuck to a meat-rich, carb-deprived diet.

But what a difference 10 years of research makes: Groundbreaking studies show that a simple high-protein tweak delivers even quicker weight loss than the low-carb diets of old—without the

It worked for me!

"I dropped 10 pounds in just 14 days!"

Alisha DeVille will never forget the day she reached her 100-pound weight-loss goal. She cried when her seven-year-old, Abby, gave her a hug and said, "Mom, I can wrap my arms all the way around you!"

Following an Eco-Atkins lifestyle worked wonders for Alisha's waistline—she watched 10 pounds fly off in the first two weeks. Plus, the diet was healthy for her wallet. She bought many of her protein-packed groceries at a bulk rate at Sam's Club warehouse store.

Now Alisha loves how her weight loss keeps generating positive attention. Women recognize her as the spokesperson for the statewide campaign Get Fit Mississippi. Her daughters see her as an adventurer who will take them boating and fishing. As for attention from men: "I'll come home and tell my husband, 'Some guy was staring at me today,' and he'll answer, 'Honey, that's because you're beautiful!'"



**NOW:
136 lbs**

Alisha DeVille,
30, Madison, MS

RESETS METABOLISM

deprivation, crankiness, weight regain and worry over health hazards like increased heart disease risk.

This new way of eating, dubbed Eco-Atkins, or flexitarianism, involves consuming more plant-based protein. The proof that it works: According to a study in *The New England Journal of Medicine*, low-carbers who got most of their protein from plants lost 50 percent more weight than those who ate more meat. And an analysis of dozens of studies published in the journal *Nutrition Reviews* revealed that women who ate mostly plant-based protein on a daily basis were effortlessly 15 percent lighter than those who favored meat. "That means a woman who weighs 165 pounds could be 25 pounds lighter—without ever depriving herself or risking her health—simply by eating more plant-based protein," says Dawn Jackson Blatner, R.D., author of *The Flexitarian Diet* (McGraw-Hill, 2008).

Why this protein is a super fat fighter

"Consuming a variety of plant-based foods like veggies, grains, soy and nuts provides all the essential and non-essential amino acids the body needs for optimal health," says nutritionist Janet Bond Brill, Ph.D., R.D., author of *Cholesterol Down* (Three Rivers Press, 2006). Amino acids stabilize blood sugar to help prevent cravings and shed belly fat, according to research in the *Journal of the American College of Nutrition* and elsewhere. "These protein building blocks also give the body the biggest bang for its metabolism buck because it takes more calories to process them than it does carbs or fat," says Dr. Brill. "Plus, they reduce the loss of calorie-hungry lean muscle mass." In UCLA studies, this metabolism boost was shown to double weight loss. And while it's true that animal proteins also contain aminos, you'd often need to consume double or even triple the

calories to get the same effect, plus you'd miss out on other health perks of plant proteins such as improved moods and increased energy.

More slim-quick perks of a plant-rich diet

Plant fats flatten belly bulge:

When intake of healthy omega-3 fatty acids and *monounsaturated fatty acids* (which are present in all plant foods) is increased, the body produces more *adiponectin*, according to scientists from Spain and Bulgaria. This "super hormone" signals the body to burn fat stores for fuel and helps prevent the conversion of sugar to stored fat, says Leo Galland, M.D., author of *The Fat Resistance Diet* (Broadway, 2006).

Plant fiber curbs appetite:

A University of California at Davis study found that people who ate more plant-based foods consumed 40 percent fewer calories daily without increased hunger, thanks to the foods' rich stores of fiber. "Fiber creates a greater volume of food in the GI tract that keeps hunger at bay longer," explains Dr. Brill. "Plus, it stimulates the release of *cholecystokinin*, a hormone that signals the brain that the stomach is full."

Plant pH revs the thyroid: "Most Americans are too acidic, thanks to overconsumption of processed foods, meats and carbonated drinks," says Christopher Vasey, N.D., author of *The Acid-Alkaline Diet for Optimum Health* (Healing Arts Press, 2006).

"Over-acidity wreaks havoc on every organ of the body, causing health problems that range from weight gain and fatigue to severe PMS symptoms, brittle bones and acne." But plant-based foods, which are naturally alkaline, bring the body to the ideal pH of 6.5 to 7.0. "In this range the body's cells heal, so organs and glands like the liver and thyroid can return to revving metabolism and burning fat," says Dr. Vasey.

3 DIET TRICKS that eliminate hunger pangs

Enjoy mushrooms for lunch: In a study at Johns Hopkins University in Baltimore, women who had a mushroom-based lunch ate 400 fewer calories throughout the day than those who ate a meat dish—even though the mushroom meal had 200 fewer calories. In addition to containing 35 percent satiating protein, the high volume of the mushrooms made the meal more filling.



Nosh on an apple with peanut butter between meals:

This simple strategy curbs appetite for up to four hours and boosts weight-loss success by as much as 33 percent, according to research in the journal *Nutrition* and elsewhere. Apples are one of the richest sources of a super-filling fiber called *pectin*, which slows digestion to prolong satiety. And one study found that women who noshed on nut butters ate 48 fewer calories at mealtime, thanks to the nuts' healthy fats, fiber and protein, which control blood sugar so appetite stays in check.



Sneak black beans into desserts:

In a National Health and Nutrition Examination Survey, scientists found that people who consume fiber-rich black beans were 23 percent less likely to have a large waist. For a treat, Dawn Blatner, R.D., suggests using beans to make brownies. Just stir one 15 oz. can of black beans (rinsed, drained and pureed) into your favorite mix instead of the eggs, oil, milk, water or butter usually called for, then bake as usual.



► Quick overview of the plan

Maximizing your intake of plant-based foods such as vegetables, fruit, beans, nuts, seeds and whole grains is science-proven to double weight loss—without the deprivation that can come with a low-carb diet.

“And though the idea is to limit animal-based protein like beef, pork, chicken and fish, these foods can be enjoyed in small amounts if you really like them,” says dietician Dawn Jackson Blatner, R.D.

The health perks are truly amazing

Plant-protein dieters benefit from improved heart health and decreased risk of diabetes. In fact, after just four weeks study subjects saw a 15-point drop in LDL (“bad”) cholesterol and a 14-point drop in blood pressure, according to a study in the *Annals of Internal Medicine*. And another study found that this way of eating improves glucose control, even for diabetics, with 43 percent being able to reduce their medication after five months. What’s more, thanks to the phytochemical-rich nature of plants, people who eat a semi-vegetarian diet have a 40 percent reduced risk of developing cancer, according to the American Institute for Cancer Research. Add to that list of benefits increased energy, fewer bouts of constipation, reduced PMS and menopause symptoms and a healthier

libido, and it’s easy to see why more and more women are adopting a plant-protein diet.

You’ll save \$\$\$ as you melt fat

“One of the concerns women have when introduced to this way of eating is that buying more produce will cost a pretty penny,” acknowledges Blatner. “But actually, the opposite is true.” That’s because meat is one of the most expensive items on a grocery bill. “By cutting back on meat and replacing it with hearty items like beans and mushrooms, you can save two to four times the money.” Consider this: Beef is about 47 cents per 1 oz. serving and chicken is about 40 cents per 1 oz. serving, while mushrooms are 19 cents and beans are 13 cents for an equivalent serving (about ¼ cup). This can translate to a grocery bill of \$50 instead of \$100. “Plus, you’re making choices that are proven to satiate women more than meat dishes, so the food goes a longer way,” adds Blatner.

Another cost-cutting measure: Even though grocery stores now carry all sorts of veggies and fruit year-round, go for what’s in season. This can save you 78 percent on your produce bill, according to a study at the University of Arizona in Tucson. One client of Blatner’s found that giving up lettuce in the winter (when the price can be as high as \$5 for three small heads of Romaine) and switching to cabbage

(which can be as cheap as 38 cents a head) made her grocery bills so low, her husband asked if she was sure the cashier had rung everything up right. (To find out what’s in season, log on to FruitsandVeggiesMoreMatters.org.)

Other research at the University of Arizona found that a family of four throws out over \$500 worth of produce each year. To prevent this from happening, Blatner advises using Debbie Meyer Green Bags (\$10 for 10 bags, at GreenBags.com and grocery stores) to store fruit and veggies. “They really can add weeks to food’s shelf life.” These bags control humidity and absorb the ethylene gases that cause aging and rotting.

Ready to get started?

Simply aim for a daily foundation of two 1 cup servings of fruit, three 1 cup servings of vegetables, five servings of whole grains (such as ½ cup of cooked couscous, brown rice or oatmeal, or 1 slice of whole-grain bread) and two 1 cup servings of dairy (such as milk or yogurt). Be sure to enjoy five servings of mostly plant-based protein-rich foods such as nuts, seeds, nut or seed butters, beans or soy. (One serving of nuts and seeds is 2 Tbs., chopped; one serving of nut or seed butter is 1 Tbs.; and one serving of beans and soy is ¼ cup.) Add to that two 1 Tbs. servings of plant-based oils like flaxseed, olive, avocado or sesame oil. And drink at least 64 oz. of water daily to maximally

YOUR SLIM-WITHOUT-STRUGGLE MEAL PLAN



Breakfast: French toast
Mix 1 egg, 2 egg whites, 1 tsp. vanilla extract and 1 tsp. cinnamon; dip 2 pieces whole-grain bread in mixture. In nonstick pan, cook until golden. Top with ½ cup berries.



Lunch: Arugula salad with figs and goat cheese
Top 3 cups arugula with 1 oz. goat cheese, crumbled; 3 dried figs, chopped; ½ cup canned chickpeas, drained; 2 Tbs. walnuts and 2 Tbs. balsamic vinegar.



Dinner: Portobello penne
Sauté 1 portobello mushroom, sliced, and ½ cup cannellini beans in 2 tsp. olive oil. Toss with 1 cup broccoli, ¾ cup penne pasta, ¼ cup chopped basil, 1 Tbs. pine nuts and 2 Tbs. Parmesan.



Snack: Apple and Cheddar crispbreads
Divide 1 oz. Cheddar cheese and ½ apple, sliced, evenly between 2 large crispbreads (like Wasa). Enjoy two snacks daily.

absorb plant nutrients and rev metabolism all day.

One caution: Do this to keep energy high

While you're sure to get more than enough of the key nutrients when you consume mostly plant-based foods, there is one vitamin you can run low on, cautions Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007): That's vitamin B₁₂, a nutrient that is key to optimal energy. To avoid the drain, either take a multi-vitamin that contains B₁₂ or eat four to six servings of fortified breakfast cereal, milk, yogurt or eggs daily.

It worked for me!

"I no longer need an Rx for my arthritis!"

Tami Mungenast climbed out of bed and started the dreaded descent downstairs to let the dogs out. The journey felt like walking over hot coals, as joint pain in her ankle and knee flared with each slow step.

This is miserable, she thought. I feel twice my age.

When a low-fat diet failed to take weight off Tami's tender joints, she decided to do the exact opposite: She enjoyed Eco-Atkins meals like natural peanut butter spread on a whole-grain wrap and topped with diced apples. Not only did such foods satisfy Tami's sweet tooth, but within two weeks she also started to burn through clothing sizes. And after just one month she was able to get off her high-dose arthritis medication. The news came as a great relief since the dosage carried the frightening risk of long-term kidney damage.

These days Tami has consistent energy from the minute she wakes up to the minute she goes to bed, so she's able to keep up with her growing girls and her favorite furry friends. "Before, I was just surviving, not thriving," she explains. "But when I got control of my body, I finally got control of my life. Now I'm the Energizer Bunny—I love walking the dogs three times a day!"

Lose 10 lbs in 14 days



Tami Mungenast, 40, Rochester, NY

NOW:
125 lbs

Tami lost 50 lbs

Tami finally has the strength to keep up with her active pets, Sampson and Delilah.

