



So fast & so good

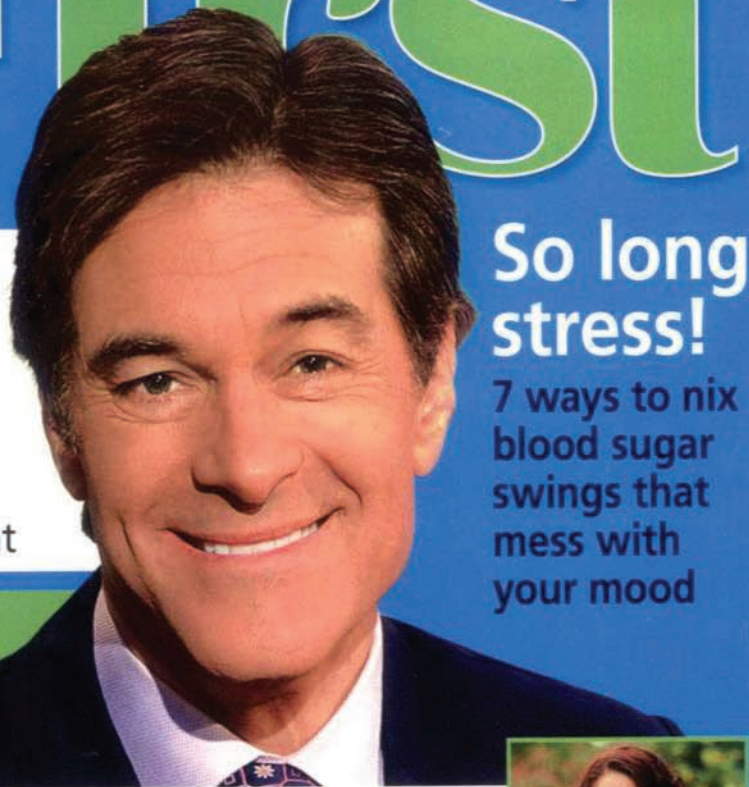
# SUPPER—SOLVED!

## News! SUPER-CARBS SPEED METABOLISM

### DROP 7-10 LBS EACH WEEK

Plus: The flour that transforms everything you bake into a delicious ultra-slimming treat

# First *for women*



## So long stress!

7 ways to nix blood sugar swings that mess with your mood



Fall style secrets that subtract 10 lbs



What your food cravings really mean

Instant bliss

## Head start on the holidays

4 problems that most doctors miss

# Dr. Oz's TIREDBENESS RES



Lisa lost 112 lbs!



Kathy feels 30 yrs younger!



Mary tripled her energy!

Energy thief #2: Chronic fatigue syndrome (CFS)

### WHAT CAN HELP:

#### Switching to the energy sugar.

D-ribose is a sugar that helps the body generate ATP (adenosine triphosphate), which is responsible for shuttling energy between cells. Dr. Teitelbaum's research shows that CFS sufferers who take D-ribose daily sleep better and boost their energy by 61 percent within three weeks. According to Dr. Oz, "It's a very quick way to recharge your energy system." The powder, which is a third to half as sweet as table sugar, can be used instead of sugar in beverages, yogurt or smoothies—Dr. Oz stirs it into green tea. The beneficial dose: One 5 gram scoop three times daily for three weeks; then Dr. Teitelbaum advises dropping to 2 scoops daily as a maintenance dose. One to try: Corvalen D-ribose (\$33 for 56 servings, at [BetterHealthInternational.com](http://BetterHealthInternational.com)).

ationary approaches that energy, release fat & more!



Genius ways to double your fridge space  
Beautiful little touches



Display until 11/8/10

