

50 EASY WAYS TO CUT 500 CALORIES • NO-GUILT PARTY FOOD

Health

FAB GIFTS
UNDER \$10

**LOSE
5 LBS
IN 5 DAYS!**

It's Safe and It Works

**AMAZING
Anti-Aging
Tricks**
p.16

Valerie Bertinelli
*The new way she stays so slim!

Quick Energy
Get It on Page 20

DOCS CONFESS
The #1 Mistake They STILL Make

**A Natural
Cure for
Colds & Flu**

**A FLAT
BELLY**
In One Fast Move

**GORGEOUS
NEW YOU!**

- FRESH SKIN
- PRETTY HAIR
- YOUR BEST BODY EVER

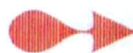
Health.com

\$3.99US \$5.50CAN

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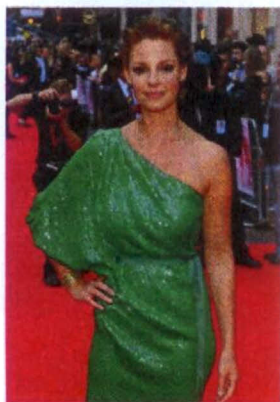
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DECEMBER 2009



2. Lose 5 Lbs in 5 Days

Can't zip up your party dress? **Eat like a star.** This five-day plan from nutrition coach Jackie Keller (who's helped Katherine Heigl, below, Anna Paquin, and other celebs slim down) includes lean protein plus fruit, dairy, fiber, and whole grains. It's OK to swap lunch and dinner, but eat these foods every day and add your favorite daily exercise.



Breakfast

- 1/2 cup fat-free cottage cheese
- 1/2 whole-wheat English muffin with 1 teaspoon pure fruit spread or natural peanut butter
- 1 medium-size slice cantaloupe

Morning Snack

- 1 hard-boiled egg
- 1/2 cup grapes

Lunch

- Caesar salad with 3 ounces grilled chicken and 2 teaspoons low-fat oil-and-vinegar Caesar dressing
- 1/2 apple

Afternoon Snack

- 1 ounce whole natural almonds

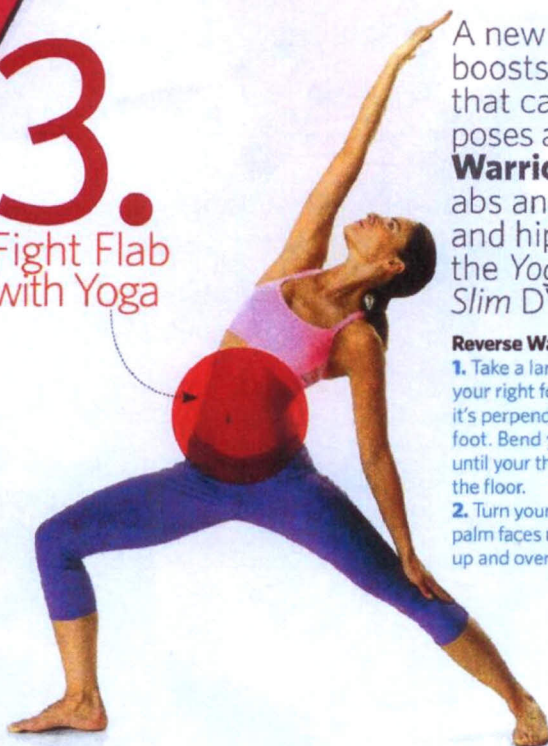
Dinner

- 3 ounces broiled salmon
- 1/2 cup brown rice
- 1 cup steamed vegetables (any)

Evening Snack

- 1/2 cup juice-sweetened yogurt

3. Fight Flab with Yoga



A new study suggests that yoga boosts your body awareness, and that can help you eat less. Which poses are best? We love the **Reverse Warrior**, which also strengthens abs and legs and stretches thighs and hips. For more yoga moves, try the *YogaWorks for Everybody: Body Slim* DVD (Amazon.com; \$14.98).

Reverse Warrior

1. Take a large step with your right foot; turn foot so it's perpendicular to left foot. Bend your right knee until your thigh is parallel to the floor.
2. Turn your right arm so palm faces up; lift right arm up and over head. Reach

right hand toward left side while sliding left hand down as low on your left leg as you can. Repeat on left side, and hold for 20 seconds on each side.

3. Do 2 poses on each side 3 times a week to drop extra pounds.

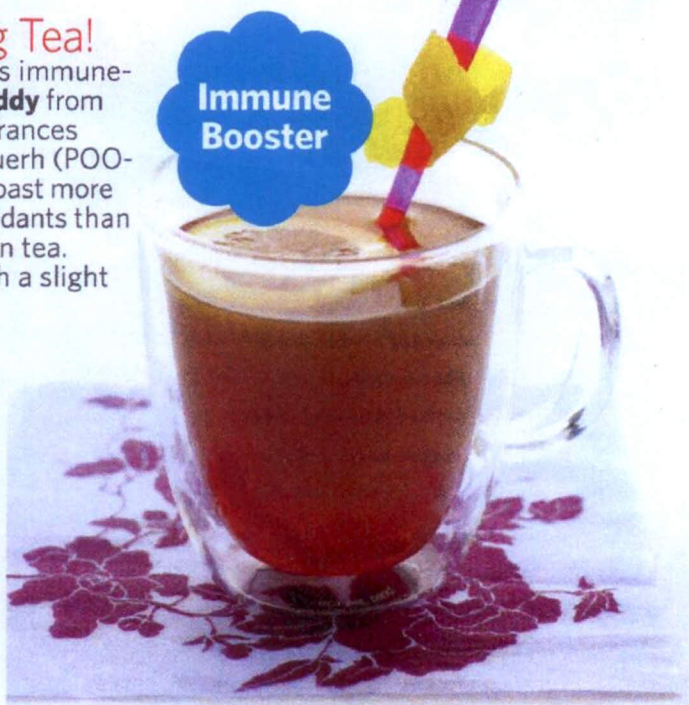
4. Cold-Fighting Tea!

Fend off colds with this immune-boosting **Puerh Tea Toddy** from *Health* nutrition guru Frances Largeman-Roth, RD. Puerh (POO-urr) tea is thought to boast more disease-fighting antioxidants than the better-known green tea. It's earthy and rich, with a slight coffeelike taste.

Puerh Tea Toddy

Pour steaming hot water over a puerh tea bag (Numi makes a great one; available at Whole Foods and NumiTea.com) and 2 strips lemon zest. Steep for 3-5 minutes. Stir in 1 teaspoon fresh lemon juice and 2 teaspoons honey (plus a splash of whiskey, if you want a kick). Drink while hot.

Immune Booster



5. This Game Makes You Smarter

So far they haven't proven that Facebook makes you sharper, but **Tetris** just might. Scientists at The Mind Research Network in New Mexico found that playing the 25-year-old falling-blocks video game for 30 minutes a day leads to greater brain efficiency. Download the Tetris app to your iPhone (\$4.99) or play it for free at FreeTetris.org.



6. A Germ Fighter That Smells Good

Here's proof that you can fight those nasty flu and cold germs and not smell like an antiseptic. **Victoria's Secret Anti-Bacterial Sanitizing Hand Wipes** (\$8; VictoriasSecret.com) have germ-fighting alcohol plus several moisturizers. Enticing scents include jasmine, melon, plum, sandalwood, and vanilla.