

January 20, 2014
God Bless America

Woman's World

More for your money!
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Cold-weather herbs that
ERASE STRESS!
REVERSE AGING!

BETTER THAN LAP-BAND!

Jane lost 75 lbs—and *canceled* her surgery!

LOSE 25 LBS in 8 weeks!

Ultra-simple diet gets you slim eating *cheeseburgers and pizza!*

COLD-FIGHTING BROWNIES!

Delicious, health-boosting recipe stops sniffles!

Cheap, cheery
WINTER MOOD-BOOSTERS!



Winter cocktail yum!

- ❄ "Dessert-in-a-glass" cake cocktails!
- ❄ Hot toddies perfect for parties!

BEAT BIG-BELLY DISEASE
with *cocktails* and leisurely *baths!*

This breakfast cereal
CURES PMS!

Best part-time job ever!
GET PAID to go to the movies!

Sweet snow-day fun!

Cutest-ever snowman cupcakes, Oreo pops and cookies!

They're melting!



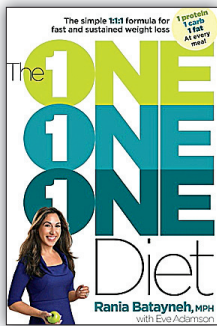


BETTER THAN LAP-BAND!

Jane lost 75 lbs—and canceled her weight-loss surgery!

The buzz about our favorite new diet started in a surprising place: a clinic run by Oregon weight-loss surgeons. Turns out, patients awaiting lap-bands and gastric bypasses were prescribed a simple eating strategy to help them get a little leaner and healthier before their procedures. In many cases, “a little” became a whole lot more. “I lost 25 pounds in eight weeks, and a physician’s assistant told me, ‘You have to stop losing or you won’t qualify for your surgery,’” recalls Washington mom Jane Costello, 45. “So I canceled my lap-band!” After decades of failed diets, Jane

found the opposite is true. Start with the foods that you already eat and then plug them into an easy formula. Amazing things happen.” And that formula is . . .



1 + 1 + 1 = Skinny!

“Aim for one serving of protein, one serving of carbs, one serving of fat and unlimited nonstarchy vegetables at each meal,” says Batayneh, who has helped folks drop up to 100 pounds this way. How much is a serving? Either use amounts listed on labels or eyeball it: A serving of protein is about the size of your palm; a serving of carbs fits in your two cupped hands; a serving of fat fits in a soup spoon. You get three meals a day. You also get two snacks—which are just like meals, except with half portions of protein, carbs and fat. (See examples, *below*.) And no, you don’t have to eat healthy food all time. “Let’s get real,” says the author of *The One One One Diet*. “If you want candy and you have brown rice instead, you’ll probably eat the candy anyway. Then you might say ‘I’ve blown my diet,’ and keep cheating all day. Is brown rice nutritious enough to justify that? No way!” So when you want candy, count it

as your carb. Absolutely nothing is off-limits. “A cheeseburger fits the formula perfectly,” adds Batayneh. “The meat is your protein, the bun is your carb and the cheese is your fat.” Here’s why you stand to lose big . . .

Why it works

● **Automatically eat less!** Choose a cheeseburger for lunch, and you’ve used up your allotment of protein, carbs and fat for the meal—so you the skip fries and a Coke in favor of a side salad at a diet soda. “Over the course of a day, you can easily cut 600 to 1,000 calories this way,” says Batayneh. Will you be hungry? Nope. “The

formula ensures you get enough carbohydrates to allow your body to produce hormones that minimize cravings. At the same time, you get protein and fat to slow the breakdown of carbs—a

that stabilizes blood sugar controls . . .

● Rev fat burn!

shrinking . . . protein . . . fat, One . . . One slows . . . d sugar. . . lowers . . . duction . . . insulin—a . . . mone that . . . res ex-

Mix protein, carbs and fat to live longer!
Whether you need to slim down or not, it’s still smart to get a serving of protein, carbs and fat at each meal. Norwegian researchers recently found that folks who did so triggered healthy changes in their DNA that put them at lower risk of diabetes, cancer, heart disease and other serious health conditions!

Is cheese fat or protein?
You can count it as either one. The same goes for any food that you know is a mix of nutrients. For example, beans can count as protein or carbs; chocolate can count as carbs or fat. “You’ll get the hang of this quickly,” promises Batayneh. “And it opens up more possibilities in your meals!”

Your easy guide to protein, carbs and fat

● **Great protein options include:** Palm-size portions of tofu, fish, chicken, pork or beef; a couple eggs; a big scoop of cottage cheese, Greek yogurt or edamame

● **Great carb options include:** Enough pasta, rice, potato, beans or corn to fit in two cupped hands; two slices of bread; a bagel or English muffin; 10-12 crackers

● **Great fat options include:** a spoonful of olive oil, mayo, peanut butter, dressing, sour cream or guacamole; a pat of butter or margarine

● Mixed foods to consider:

1 fried chicken breast is protein (the chicken), carbs (the breading) and fat (the cooking oil); 1 slice pepperoni pizza is protein (the meat), carbs (the dough) and fat (the cheese); 1 slice beef lasagna is protein (the meat), carb (the noodles) and fat (the cheese)

“Better than lap-band” sample menus!

Using Batayneh’s formula, it’s easy to make your own meals. Just include a serving of protein, a serving of carbs, a serving of fat and unlimited vegetables. (Not sure if a favorite food is a protein, carb or fat? Check out the handy guide, *above right*.) Most ultra-low-calorie extras—such as herbs, spices, lemon juice, vinegar, fat-free dressing and zero-cal sweetener—are freebies. And remember, to determine what one serving is, either use amounts listed on labels or eyeball it: One portion of protein is about the size of your palm; one portion of carbs fits in your two cupped hands; one portion of fat fits in a soup spoon. Snacks are the same as meals but with half portions of protein, carbs and fat. Drink plenty of water while using this strategy and add any zero-cal beverages you like. (Want half-and-half in your coffee? That counts as a fat. Want a cocktail? Count it as a carb.) As always, get a doctor’s okay to try any new plan.

Breakfast choose one daily

1 bowl cereal, 1 cup milk, a few walnuts
1 donut or 1 bagel with cream cheese
12 oz. fat-free latte

2 scrambled eggs (add veggies, if desired)
1 buttered English muffin

1 cup Greek yogurt, a few walnuts, 1 cup chopped fruit



Lunch choose one daily

1/2 cup tuna mixed with mayo, 2 slices bread
Unlimited sliced veggies

1 cheeseburger
Unlimited salad with fat-free dressing

1 grilled chicken salad with full-fat dressing
1 candy bar



Dinner choose one daily

1 steak or a pork chop
1 baked potato, butter or sour cream
Unlimited roasted vegetables

A few meatballs over small bowl of pasta with unlimited vegetables and tomato sauce; top with Parmesan

Grilled salmon or any fish, tartar sauce
Unlimited steamed vegetables
Glass of wine



Snacks (choose two daily; add any veggies you like)

1 small latte, 1/2 serving cookies, a few walnuts

1/2 cup milk, 1/2 peanut butter sandwich

1 small piece leftover chicken
1/2 apple
1 slice cheese



Jane lost 75 pounds!

“I always thought losing weight was just about cutting calories—and the more I tried to do that, the more weight I seemed to gain,” recalls Washington financial advisor Jane Costello, 45. “The possible side effects from lap-band surgery scared me, but I thought it was my only hope.” Then she met Batayneh. “She looked at the foods I ate and showed me how to balance them so I was getting my protein, carbs and fat at each meal. If I wanted a Snickers bar, that could be my carb.” She might round the meal out with grilled chicken (protein) over salad (unlimited) with dressing (fat). “I got the hang of it very quickly—and I just felt so good. For the first time ever, I wanted to be more active!” All told, Jane lost 75 pounds in about eight months.

Before

Jane’s best tip:

● **Make a sundae!** “My favorite snack is a scoop of Greek yogurt for protein, chocolate chips as the carb, and nuts for fat.”