

June 10, 2019

God Bless America

Woman's World

Make it a great week!

JIGGLY ARMS?

Seaweed cream firms—without exercise!

SAVE BIG!

Genius tips cut home cooling costs in half!

Discovery! 'Bedtime story' trick will

REBOOT YOUR THYROID

to rev fat burn and energy

Before → Now

SHE LOST 152 LBS

WALKING DISCOVERY!

The easy tweak that helped Merial lose 163 lbs & regain her health

STRESS RELIEF IN SECONDS!

Feel 190% calmer just by doing *this*

FREE FIBROID CURE

Study: DIY remedy can shrink them by 75%

on keto for carb-lovers

Love burgers, fries, pizza, tacos, cookies & ice cream?

Jeannette slimmed to her happy weight eating them!

Discover her secret to have your best summer ever!



Yummy in a hurry!

6-ingredient super-easy

Ready in minutes!



SHE LOST 152 LBS on keto for carb-lovers!

The lose-a-pound-a-day secret



IT WORKS!

Today: From size 24 to 6!

"Whatever I want, there's a way to eat it on this plan," says Jeannette. "Macaroni and cheese—the pasta is a carb, and cheese is either a fat or a protein. A 3" square of lasagna or just about any casserole is one protein, one fat and one carb. Most desserts are one carb. It's so liberating. I wish I'd discovered this eating strategy 20 years ago!" Jeannette has been maintaining her loss for four years.



"If your blood pressure goes any higher, you'll need IV medication to bring it down," the doctor explained to Jeannette Asbury, 51, as a flurry of nurses hooked the Missoula, Montana, mom to monitors. "In the meantime, let's do a full cardiac workup to see what's going on with your heart." *My heart?* Jeannette panicked. She'd been sent to the ER because her blood pressure pills weren't working and her head was throbbing. At 300 pounds and a smoker, she knew she was out of shape. But were things so far gone that her *heart* was giving out? She glanced at her husband, Rob, and saw fear in his eyes. Her own eyes welled with tears. All she could do was think of their kids and silently vow: *If I make it through this, I'll do whatever it takes to get healthy...*

After Jeannette was discharged, she knew where to start. She'd go cold turkey on cigarettes. And while she was at it, she'd give up alcohol; after all, it was just empty calories and often led her to binge on greasy food. Taking it one day at a time, four months passed. It was the longest she'd followed through on healthy changes since her daughter Chelsea had been born 24 years before. And yet... Jeannette barely lost an ounce. So she asked her fitness-instructor sister, Amy, for advice. "A nutritionist I know came up with the *perfect* diet for you," Amy said. "You just eat one serving of protein, one serving of fat and one serving of carbs at each meal. That's it. You don't have to give up anything. If you want pizza, the cheese is your protein, the pepperoni is your fat and

the crust is your carb. Oh, and veggies are unlimited." Jeannette gave Amy a skeptical look. Wasn't that too easy to work? "It keeps your portions down. Instead of pasta, bread and wine, you're only choosing one of those things—so you're cutting a lot of carbs and calories, but you're still allowed your favorite foods," Amy insisted. "And every meal is balanced, so you get the mix of nutrients that makes weight loss easier. I'm using it myself!" Jeannette figured, *Why not?*

A get-slim puzzle
Jeannette ordered *The One One One Diet* by Rania Batayneh, M.P.H., and found it was even simpler than Amy had said. A food like french fries—which gets its calories from both fat and carbs—could count as either nutrient. *So I can have a burger as my*

protein, a bun as my carb and fries as my fat, Jeannette realized. There was a daily snack, just like a meal but with half-size meat and grain portions. And figuring out portions was simple; Jeannette could use servings listed on packages or the internet.

She started to piece together meals like a puzzle. She could have a bowl of cereal as her carb, milk as protein and nuts as fat. Mashed potatoes with gravy were a carb and fat—just add chicken breast and steamed veggies for a perfect meal. "If I want a brownie, I can have a brownie," she explained to Rob. "That's my carb, and I balance it out with a grilled chicken salad." Jeannette quickly got into a groove and found she was completely content eating a lot less. Just seven days on the plan, and her pants were easier to button. In mere weeks, people were complimenting her on her weight loss—and she had enough energy to start walking during her lunch break. Several months later, her body had changed so much that her uncle didn't recognize her!

Jumping for joy!
Did Jeannette ever slip up? Sure. She helped herself to a second slice of chocolate cake on her birthday. "I wasn't worried. I knew I was

going back to my balanced plan the next day," she recalls. And that's exactly what she did. "Once you start to feel so much better, it's addictive," says Jeannette, who began to prefer more natural, unprocessed foods like whole-grain bread and Greek yogurt. The payoff was huge. At a routine checkup, Jeannette couldn't believe her ears.

"You're down 120 pounds, no longer prediabetic, your cholesterol looks good—and we're going to take you off your blood pressure meds," the doctor said. Jeannette still gets a lump in her throat remembering the moment. "After so many promises to myself, so many failed diets—I *finally* did it," she says. "I love my life now. I feel like a kid again. I'm a better mom, a better wife. I actually jumped up in the air the other day, just because I can! Anyone out there who's struggling like I was, I want you to know that you don't have to feel miserable to get yourself to a better place. I felt great the whole time—and I ended up losing 152 pounds!"
—Lisa Maxbauer

To learn more, check out *The One One One Diet* or follow @RaniaBatayneh on Instagram



"This way of eating lets you enjoy birthdays, vacations and holidays while still losing weight!" says Jeannette

Get lean + healthy eating what you love

Experts reveal why Jeannette's approach works wonders...

While low-carb diets are life-changing for some, "any diet that feels like a struggle isn't right for your body," insists nutritionist Rania Batayneh, M.P.H., author of the bestselling *The One One One Diet*. Her strategy—created as an alternative to the popular keto diet—is backed by impressive science. A breakthrough NIH study found that when dieters skimped on carbs, "sleeping metabolic rate significantly decreased," per study head Kevin D. Hall, Ph.D. As a result, overall fat burning was *lower* on a keto-style plan than one that included carbs. Worth noting: Too many carbs can also stall results. A team at the University of Illinois found that balancing carbs, protein and fat leads to 200% greater fat burn. No wonder *One One One* dieters report shedding a pound a day with ease!

Bonus: New research at Harvard-affiliated Brigham and Women's Hospital suggests moderate intake of carbs balanced with protein and healthy fat "is actually a better strategy than cutting carbs," says lead scientist Sara B. Seidelmann, M.D., Ph.D. In fact, it's linked to better cholesterol, better blood sugar, a stronger heart and a significantly longer life!

What a day of 1:1:1 eating is like Jeannette's favorite weight-loss foods make slimming down delicious!

These examples of Jeannette's get-slim meals include one serving of carbs, one serving of protein, one serving of fat and unlimited non-starchy veggies per meal. (A daily snack has the same components, but meat and grain portions are cut in half.) While calories do vary per meal depending on the choices you make, experts say the 1:1:1 strategy still leads you to consume an ideal balance of nutrients for weight loss and up to 1,500 fewer calories per day overall! Be sure to get a doctor's okay before following Jeannette's lead.



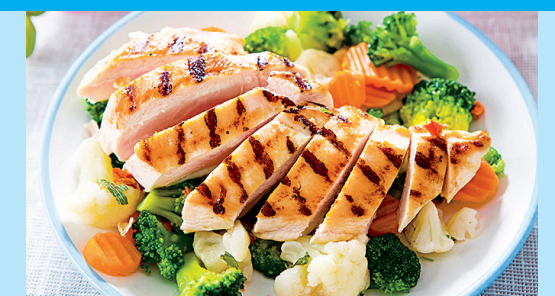
BREAKFAST
1 bagel (carb), with cream cheese (fat), lox/lunchmeat (protein) and veggies to taste.



LUNCH
Slice of pepperoni pizza—the crust counts as a carb, the pepperoni as fat and the cheese as protein. Enjoy with a side salad.



SNACK
1 mini blueberry muffin (which counts as a snack-size serving of carbs), a serving of almonds (fat) and a glass of milk (protein).



DINNER
1 serving of any protein and unlimited veggies grilled with 1 serving of olive oil. Dessert: 1 serving of any carbs like cookies or ice cream.