

Prevention P.O. BOX 7319
RED OAK, IA 51591-0319

PRSRT STD
U.S. POSTAGE
PAID
RODALE

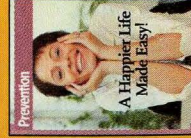
YOU'VE BEEN SPECIALLY SELECTED TO GET

**Prevention
10
REPORTS
FREE!**



POSTMASTER DELIVER 6/12/06 - 6/14/06

**NO RISK OR OBLIGATION TO BUY A THING EVER.
BUT YOU MUST ACT TODAY. YOU MAY NEVER SEE
THIS SPECIAL OFFER EVER AGAIN! PAGE 8**



Prevention®

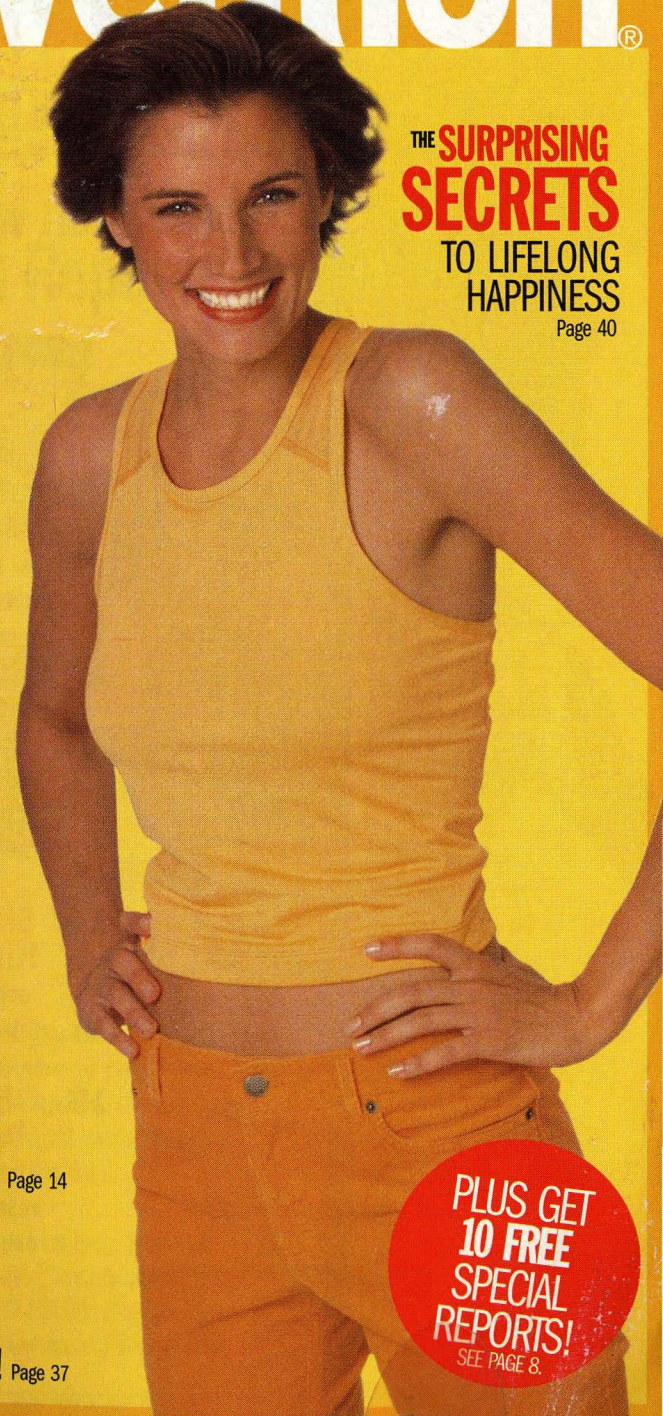
**BYE-BYE,
BELLY
FAT!** Page 43
INSTANT RESULTS!

**CHOCOLATE
HEALING**
DELICIOUS HEALER
FOR HEART DISEASE, DIABETES,
AND HIGH CHOLESTEROL! Page 34

**FIGHT
CHILDHOOD
OBESITY
WITH FATTY FOODS!**
PROTECT YOUR KIDS NOW! Page 14

STOP YOUR WORST
HEADACHE PAIN NOW! Page 37

**THE SURPRISING
SECRETS
TO LIFELONG
HAPPINESS**
Page 40



**PLUS GET
10 FREE
SPECIAL
REPORTS!**
SEE PAGE 8.

BYE-BYE, BELLY FAT!

Prevention's top belly flatteners revealed...
some even work INSTANTLY!

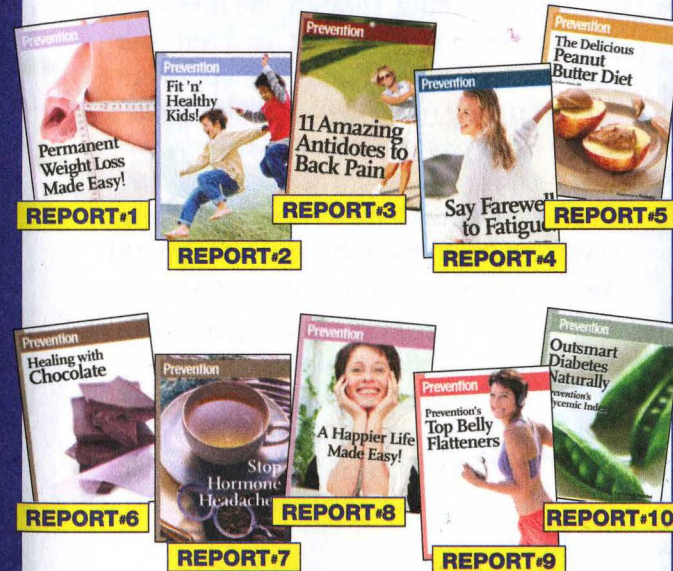
Page 43

Table of Contents

- 4 Foreword by Rosemary Ellis,**
Editorial Director, *Prevention* magazine. Miracle cures are no longer "impossible"...they happen every day!
- 10 Weight Loss:** Shed up to 50 pounds by "canceling out" calories. So effective they reduce the need for exercise... and let you eat more as pounds melt away.
- 14 Slim Down Your Kids NOW:** One secret—feed them at least one of these fatty foods every day!
- 19 BREAKTHROUGH! Stop Your Back Pain Instantly:** Here's the pain relief you've been hoping for—in only minutes.

Prevention NATIONWIDE GIVEAWAY

"May We Send You 10—
Yes! 10! FREE!—
Prevention Reports?"



Dear Friend,

First, I hope you enjoy this free guide. It's just packed with some of the most remarkable cures and health advice you have ever seen. And it's all excerpted from past issues of *Prevention*.

And second, as part of our annual Nationwide Giveaway, I'm pleased to invite you to accept 10 FREE *Prevention Reports* plus a free trial issue of *Prevention*.



t Diabetes
ally...as you lose
rock heart disease, and
ent cancer. Will this
nal the END of diabetes?

ge 31

Recipe on page 45.

BYE-BYE Prevention



This is the most successful offer in the history of *Prevention* magazine. You get 10 FREE reports plus a free trial issue. It's a great deal. Nothing to buy. No small print to read. It's just a genuine free offer. You know, the kind you thought didn't exist anymore?

Just one thing, though. We don't send these offers out every day...or even every month. So, if you pass up this opportunity, you may never see it again. Yes, it really does pay to act now.

Before you do that, however, take a few minutes to read this guide...you just might find some advice that can save your life!

Yours truly,

Bob Ziltz
V.P., Publisher



26 Say Farewell to Fatigue! Are you tired all the time? Do you have a daily "power failure"? Here's how to erase your fatigue once and for all! The secret? Find the *real* cause.

30 BREAKTHROUGH! FAT IS YOUR FRIEND FOR LOSING WEIGHT

How to lose up to 25 pounds by feasting on high-fat foods. No more starving yourself!

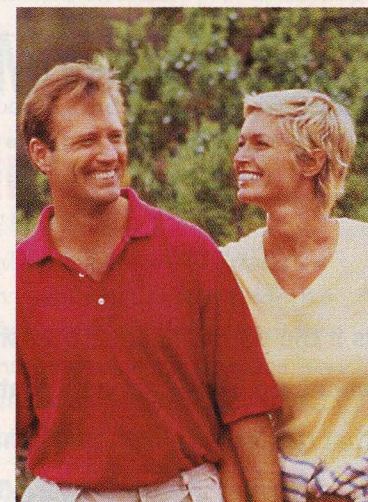
34 Chocolate Healing!

The new remedy for heart disease, high blood pressure, asthma, diabetes, and even cancer: YES, it's chocolate!

37 Monthly Headaches?

These simple solutions will erase your pain in no time flat! Includes an ancient Mayan miracle remedy that's in your kitchen now! Blessed relief at last...

40 A Happier Life Made Easy! The surprising secrets of true happiness are revealed...and they're NOT what you might expect!



47 Defeat Diabetes Naturally... as you lose weight, block heart disease, and even prevent cancer. Will this secret signal the END of diabetes?

PLUS...

- How to signal cancer cells to self-destruct. Page 23
- Lose weight, fight heart disease with *peanut butter*? Page 31
- The melt-in-your-mouth muffin that fights cancer so well, it's being studied as a treatment. Recipe on page 22.
- The decadent chocolate cake that helps you lose weight! Recipe on page 45.



From the EDITOR

Rosemary Ellis, Editorial Director

These SIMPLE Changes Can Work a Miracle in Your Life. Which Will You Try First?

Is it the delicious drink that signals cancer cells to self-destruct? How about the back pain cure that works in seconds? Or the fatty food that makes you thinner? Perhaps you'd like to try the muffin that helps defeat breast cancer? Or the nutrient that "cancels out" calories so you lose weight and never go hungry? Don't decide now. You'll find them ALL, and dozens more, in this free guide!

Dear Reader,

"You can't eat chocolate *and* fight heart disease." Wrong.

"It's impossible to lose weight by eating more *peanut butter*." Wrong again.

"Nothing on earth can erase agonizing back pain in less than a minute." This is SO wrong!

"There's no shortcut to erasing unsightly belly fat." You've got to be kidding!

In the pages of this free guide, you are about to discover that almost nothing is impossible when it comes to healing your body and mind. You'll learn about natural cures that are so effective, they are now being studied as powerful treatments for heart disease and cancer. And they are *all* the very essence of simplicity! Just look...

You'll discover that the severe back pain that has you bedridden can be dissolved away with a single touch. You'll learn about a medically proven healing chocolate that helps fight heart disease, lung cancer, and even diabetes.

You'll discover how only 2 tablespoons of this incredible super-nutrient has the healing power of a whole bushel of broccoli. And you'll see how small, almost invisible changes in your diet can help eliminate your risk for heart disease, stroke, cancer, and diabetes.

Impossible? Not anymore! Now we know better.

My name is Rosemary Ellis, and I'm the Editorial Director of *Prevention* magazine. And I bet you're wondering why I've sent you this free guide. It's really quite simple. First, I want to give you a free sample of the profoundly useful health information you'll find in each monthly issue of *Prevention*. You see, all of these "impossible" cures first appeared in the pages of *Prevention*. And second, I want to make you an offer you can't refuse.

"I Want to Tempt You with 10, That's Right, 10 Free *Prevention* Reports, Plus a Free TRIAL ISSUE."

This is one of the few invitations in the history of *Prevention* magazine to ever offer 10 free reports and a free trial issue. I like to call it our annual "Nationwide Giveaway" offer, and I sure hope you'll take advantage of it—because it may never be repeated again. All you have to do is detach and mail the certificate in the back of this guide and I'll take care of the rest. Before you do that, let me introduce you to America's #1 health magazine—with over 11 million readers.



"I Never Imagined That I Could Feel This Great!"

These are the words of Mrs. D. James, a *Prevention* reader who finally found a real remedy for her fatigue. She says, "I read the magazine for healthy tips... The benefits have been unbelievable. I never imagined that I could feel this great! In fact, I haven't had this much energy in 15 years. My family and I thank you."

You're very welcome, Mrs. James...and you're NOT alone. Every day our mailroom is literally flooded with letters like yours. *Prevention* magazine, in fact, may receive more positive reader mail than any health magazine ever published. And it's no surprise, really.

Unlike any magazine in the history of health publishing, *Prevention* makes a real, positive impact in our readers' lives! Why? Because we're NOT the food police telling you that everything you eat is BAD. And we're NOT going to preach about all the things you must do to live longer and healthier.

Prevention Gives You Healthy Solutions You Can Really Live With.

- **Love chocolate cake...but need to lose weight?** No problem! We've got a luscious recipe waiting for you (see page 45 in this guide). We tested it right here in our own test kitchen...and WOW! You just won't believe it's good for you.
- **Do you know you should exercise more...but can't get started?** No problem! We can show you how to get all the benefits of jogging...without the jogging!
- **Confused about all the new diet supplements and vitamins? Who wouldn't be?** That's why every issue cuts through all the hype and clutter and tells you which vitamins and supplements really work. And believe me, we don't mince words. We name names. We give you real research. In short, we give you *everything* you need to know to make smart choices for your mind and body.
- **Not sure you're getting the best care from your doctor? Prevention can help!** We give you ALL the latest medical breakthroughs proven by clinical research. We open your eyes to healing possibilities you—and often your doctor—never knew existed. Armed with the information you'll find in *Prevention*, you'll be able to talk to your doctor on equal terms...discuss your treatment...and consider *alternatives*. When you consider the state of our current health care system, *this is the single most important thing you must do to protect your health...and the health of your family!*

Interested? Intrigued? Curious? Great! Then right now is the best possible time to "test-drive" a free trial issue of *Prevention* magazine. As part of our annual "Nationwide Giveaway," you can now try *Prevention*...and get 10 free *Prevention* reports (see details on next page). *It's the best offer we have ever made!* To participate, simply detach and mail the certificate in the back of this guide. Do it NOW...before we give your gifts to the next name on our list!

Yours truly,

Rosemary Ellis

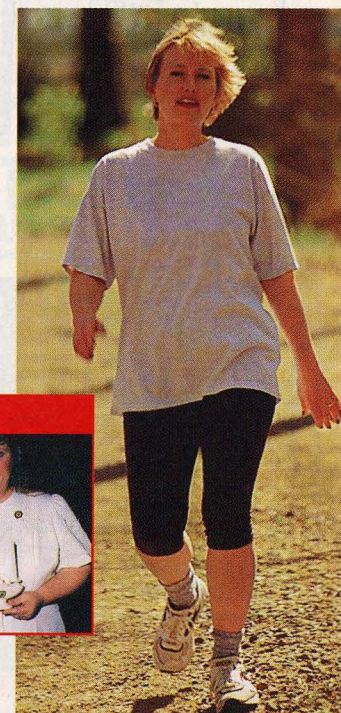
Rosemary Ellis
Editorial Director, *Prevention* magazine

"Thanks, Prevention!"

"I lost 100 pounds and got back into my little black dress!"

—Dinah Burnette, *Prevention* reader

Dinah Burnette blamed her medication as she grew to a size 24. But after reading *Prevention*, she stopped making excuses...and started losing weight the safe, natural *Prevention* way...and just look at her now!



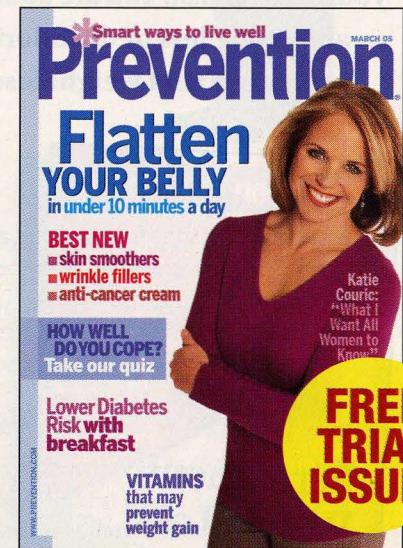
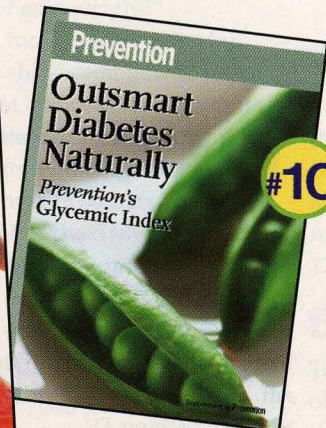
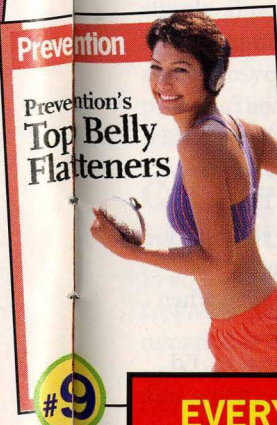
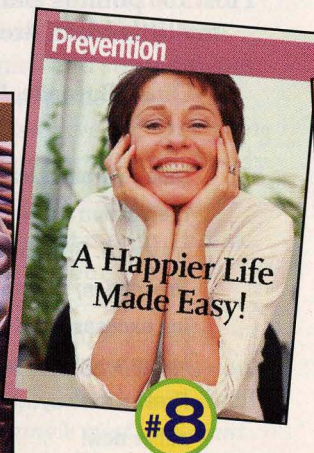
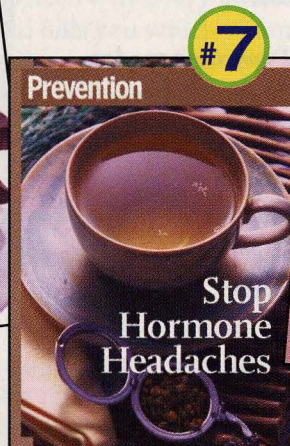
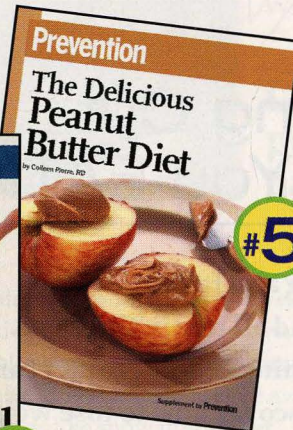
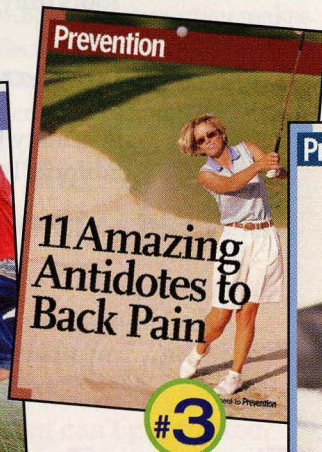
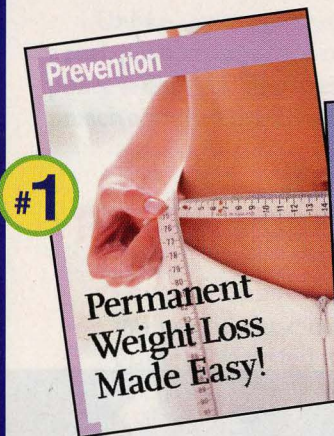
MAY WE SEND YOU THESE

10 Special *Prevention* Reports?

SEE PAGE 50 in THIS Guide for Details!

**ALL
YOURS
FREE!**

THANKS TO OUR ANNUAL
"NATIONWIDE GIVEAWAY,"
they're ALL yours to keep—just for home-
testing a **FREE** Trial Issue of *Prevention*
magazine! There's nothing to buy now
or ever. It's an old-fashioned **FREE**
offer—with no strings attached!



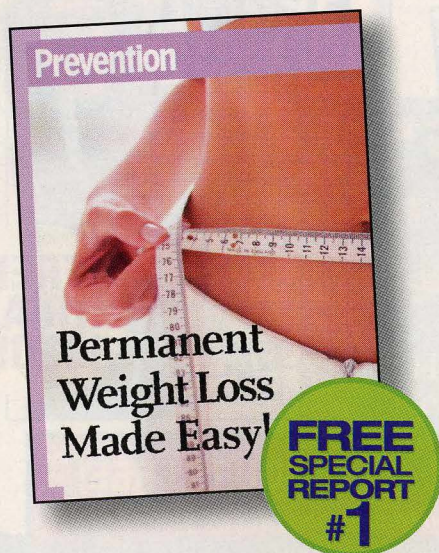
EVERYTHING YOU SEE HERE IS YOURS FREE!

To claim all your free *Prevention* reports and receive your **FREE** Trial Issue of *Prevention*, please see details at the back of this guide and detach and mail the certificate today!

SHED UP TO 50 POUNDS

by "Canceling Out"
the Calories You EAT!

If you've tried dieting and failed...
if you haven't got time to spend all day in the gym...
and you desperately wish you were thinner, this chapter can grant
your wish at last. You are about to discover how to lose weight by
absorbing less of the calories you eat. The result is positive,
permanent weight loss without ever going hungry.



Weight loss made simple?
You got it!
Your free *Prevention* report,
Permanent Weight Loss Made Easy!,

includes our complete (and very easy-to-follow) fat-fighting plan. This stunningly simple program gets your body to naturally absorb less of the fat you eat...and burn more calories even when you're watching TV.

"Before I discovered this plan, I'd been spending more time exercising and eating less—but still had a hard time

"I Lost 74 Pounds!"

BEFORE:



Louise Pillai

AGE: 47

HEIGHT: 5' 5"

WEIGHT: 135 pounds

**Lost 74
pounds and
has kept it off!**



maintaining my weight," says 48-year-old Nikki of Ohio. Then she discovered two simple secrets (explained in your free *Prevention* report) that melted away extra pounds like snow in summer *without* suffering or self-denial. "Once I began...I found I could work out *less*, eat *more*—and *not* gain weight!"

You can, too. The *Prevention* fat-fighting plan shows you how to make simple, almost invisible changes that "cancel out" the calories you eat and accelerate your natural fat-burning process. The result? Pounds melt away with every tick of the clock.

Cutting Calories without Eating Less

In your free copy of *Permanent Weight Loss Made Easy!*, you'll learn about a remarkable nutrient that actually soaks up many of the calories in your food...like a *fat-absorbing sponge*. That makes it a great tool for losing weight.

"We estimate that each gram of [this nutrient] substituted for simple carbohydrates results in a 7-calorie loss," says a leading expert on human nutrition, who studied the effects on 17 people.

Eat the Prevention Way

Translation: If you double your intake of this nutrient from 13 grams (about the amount most Americans eat in a day) to 26 grams, your body will absorb about 90 fewer calories. Over a year, you could easily lose nearly 10 pounds. Boost your intake to 35 grams—the



"I Lost 60 Pounds!"

Lynne Logan

AGE: 40

HEIGHT: 5' 7"

WEIGHT: 130 pounds

Lost 60 pounds and has kept it off!

BEFORE:



calories by speeding them through your digestive system before they can be absorbed and stored as fat.

Inside your body, this nutrient literally wraps around your food while it travels through the intestinal tract, tying up calories in the process. Then those calories are whisked away as nature takes its course.

This same process helps to decrease your risk of heart disease and cancer, "because it helps decrease absorption of cholesterol and cancer-causing substances," explains a leading nutritionist.

For best results, aim for 25 to 35 grams of this nutrient daily, spread out over the day. "To benefit from [its] effect of tying up extra calories, you should get it at each meal," she says. That's why once-a-day supplements are not recommended. To help you meet your quota easily, we developed a 5-day menu plan packed with a wide variety of nutrient-rich foods in every meal. You'll find complete details in your free copy of *Permanent Weight Loss Made Easy!*

average daily amount in our famous Fat-Fighting Meal Plan (see page 1 in your free *Prevention* report, *Permanent Weight Loss Made Easy!*)—and you'll shed about 16 pounds in a year. Debbie lost even more. "When I started eating (the *Prevention* way) I lost 40 pounds," says the 37-year-old.

"Cancel Out" Calories So They Never Make You Fat!

Scientific research has revealed that this remarkable nutrient "cancels out"

SHED UP TO **50 POUNDS**

You'll also discover...

- **The secret of automatic portion control.** If you're the type of eater who tends to "overindulge" at mealtime...and then feel stuffed later, the *Prevention* Fat-Fighting Meal Plan is just perfect for you. Our plan helps "signal" your brain to stop overeating. So you'll eat much less—and never go hungry. It even helps you avoid snacking between meals.
- **How to "program" your body to burn up to 25 times more calories at rest.** The result? You can eat MUCH more and never gain an ounce...or eat just as you do now, and shed weight 24 hours a day—even while you're sleeping. This simple trick takes only 10 minutes a day.
- **Why making "small" changes can lead to absolutely stunning weight loss.** For Lynne Logan, tiny changes helped her shed over 60 pounds and keep it off. (Just look at her pictures in this chapter!)
- **How to recognize your "triggers" for overeating and overcome them once and for all.** This corrects the root cause of your weight gain and leads to permanent weight loss.
- **Why it's okay to have those "all-you-can-eat" days...while you're trying to lose weight.** For some women, this is the secret that catapults them to weight loss success. What will do it for YOU? Find out in your FREE report!
- **How to lose weight fast—using the world's easiest exercise!** Everyone can do it. And the results are astounding. Sally Speir tried it and lost 55 pounds while eating whatever she wanted!

The Prevention NATIONWIDE GIVEAWAY!

Detach and mail the certificate in the back of this guide to get a FREE trial issue of *Prevention*...PLUS 10 (count 'em, 10!) FREE Special Reports!



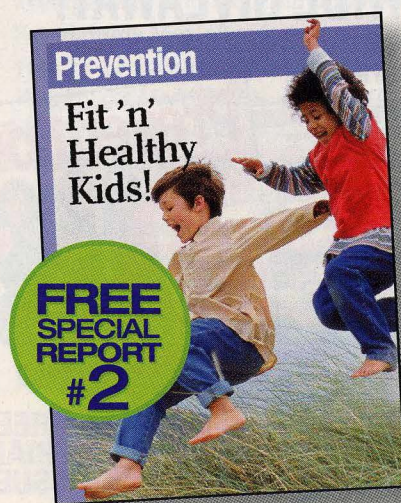
How to...

Raise Fit Kids in a FAT World!

ACT NOW—before it's too late!

There is an epidemic of childhood obesity in America today. Since 1980, the percentage of overweight children has doubled, and the percentage of overweight adolescents has nearly tripled. If your child is overweight now, he or she is at huge risk for bone and joint problems, asthma, type 2 diabetes, and even heart disease. But how can you protect your kids from today's "junk food" society?

Here, excerpted from your **free Prevention report, *Fit 'n' Healthy Kids!***, are some simple solutions that really work.



Childhood obesity is a big story—and for good reason. The percentage of overweight and obese children has been rising at an alarming rate. An estimated 13% of American children, ages 6 to 11, and 14% of adolescents, ages 12 to 19, are overweight or obese. If your child is overweight now, he or she is at huge risk.

"There's no question that [childhood obesity] has reached epidemic proportions," says one top MD.

Overweight children are more likely to suffer from depression and low self-esteem and to become obese adults.

PARENTING ALERT:

Childhood obesity is now reaching epidemic proportions. Our easy-does-it "family plan" helps you downsize your child's diet so she may never notice the difference!



Then, they run an elevated risk of weight-related health problems such as bone and joint problems, asthma, and type 2 diabetes, once known as "adult-onset diabetes" because it was so rare in kids.

"We live in an environment that causes and promotes obesity," says Melinda Sothorn, PhD, director of the Childhood Obesity Laboratory at Louisiana State University in Baton Rouge and co-author of *Trim Kids* (HarperResource, 2001). "But the fact

is, the family has to do something about it."

What can you do to keep your kids fit or help them slim down? The first step is to send for your FREE copy of *Fit 'n' Healthy Kids*. This valuable *Prevention* report gives today's busy parents a workable, step-by-step approach to slimming down their kids.

Here are a few examples of what you can do *now* to protect your kids (and yourself) from today's fattening world.



Fat is essential for your child's mental and physical development. So be careful not to eliminate all the fat in a child's diet.

Forget about Homework!

Not totally, of course, *but at least for 30 minutes after they get home from school*, say Dr. Sothorn. "After 6 hours sitting in class, their brains are tired, they need a break, and they need to move," she says. If you don't feel safe letting your kids outside unsupervised, and you work during the day, your free *Prevention* report has a simple suggestion that's *guaranteed to get your kids moving*—no matter what!

Your Kids NEED Fat!

It's an essential building block for children's growth. For kids under 2,

fat is especially important for healthy physical and mental development. Just one caution however: You've got to give your kids the *right fats*. In your free report, you'll get a list of the necessary fats—and best food sources for your kids. Your child should enjoy at least one of these "fatty" foods every day!

Here are some more examples of what you'll discover in your FREE copy of *Fit 'n' Healthy Kids*.

- **The role-model remedy for down-sizing your kids' diets:** This simple trick will cut back on a kid's calorie consumption—and *they may never notice*. "Role modeling is a powerful tool," says one top doctor and nutrition expert from Northwestern University's Feinberg School of Medicine.

- **The one-bite miracle for easy weight loss:** Want to make a big change in your kids' diet? *Think small*. Your children will lose weight almost *automatically* using this one-bite trick!

- **The worst question to ask before dinner:** Your responsibility, as a parent, is to decide what to serve at meal-times and for snacks and to serve it in an appetizing way. Don't ask, "What would you like for dinner?" Instead, tell your family, "Tonight we're having thus and such." Your child's responsibility is to decide what and even whether to eat. Don't force a food or offer a reward for eating one. If your child is reluctant to accept your dinner choice, your free report has a *proven* secret that gets even the most stubborn child to explore new foods and flavors!

Raise Fit Kids in a FAT World

- **Don't declare chips or other foods off-limits:**

This could actually help make your kids fatter! Instead, try the clever trick explained in your FREE copy of *Fit 'n' Healthy Kids*. Follow this advice, and your kids will start eating *much* healthier each and every day. (You'll wish you knew THIS secret *years ago!*)

You'll also discover...

- How to improve the quality of your kids' snack attacks *without* a struggle.
- The *inertia antidote* that gets your kids off the couch and into the yard!
- How to beat the TV/video game trap that helps make kids fatter.
- How to place your kids' toys so they automatically burn more calories—without knowing it.
- The hands-down best way to fight and prevent obesity in 3- to 5-year-old children.
- And so much more!

If your kids are even slightly overweight, you must read this report NOW. It's your easy-does-it antidote for America's obesity epidemic!

This report is yours FREE—just for trying a single, free trial issue of *Prevention* magazine. To claim your copy, see page 50 in this report.

EDITOR'S ALERT:

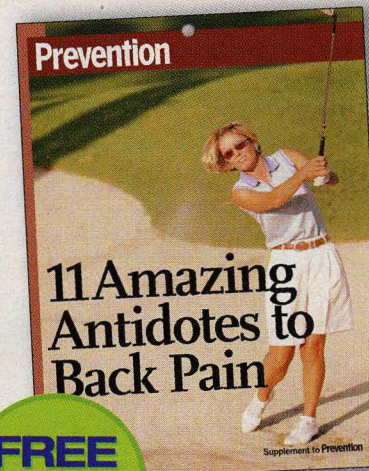
Your free report, *Fit 'n' Healthy Kids*, originally appeared as an article in *Prevention* magazine. And the reader response was simply stunning. Our readers found it so valuable—and so useful—we decided to send a free copy to ALL men and women who try a RISK-FREE TRIAL ISSUE of *Prevention*.

To guarantee prompt shipment of your free report, I'd like to suggest that you respond today—by returning the certificate in the back of this publication!



How to Stop Back Pain *Instantly!*

Your next free **Prevention** report, **11 Amazing Antidotes to Back Pain**, delivers the pain relief you've been hoping and praying for—in only minutes.



**FREE
SPECIAL
REPORT
#3**

When Heather was 2 months pregnant, she suffered excruciating back pain caused by a herniated disk. Her doctor prescribed anti-inflammatory drugs and muscle relaxants. She was concerned that the drugs might harm her baby, so she reduced the amount of medication she was taking.

Heather's pain continued, so she began to search for natural alternatives and found a book about acupressure, a needle-free form of acupuncture. Using the book as her guide, Heather pressed her thumb onto a point just above her ankle-

These natural techniques can provide instant relief...even if the pain is so bad you can't get out of bed!

Stop Back Pain

bone, which the book said would relieve her pain.

"I was amazed," says Heather. "I felt better within minutes."

Sound miraculous? It's not. In fact, the next time your back goes SPROING!—even if you're so debilitated you can't get up from your bed—try some of these easy, natural techniques. Not only can they provide instant relief, but done regularly, some can even help your back

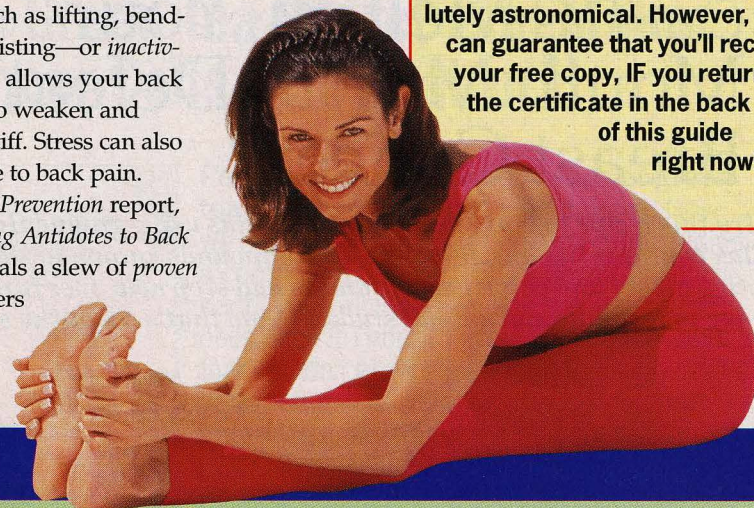
from getting out of whack again.

When Backs Go Bad

Back pain—which affects an estimated 80 percent of all Americans at some time or another—can have many causes. Since your pain can be triggered by anything from muscle strain after lifting something heavy to a spinal fracture caused by osteoporosis, it's always wise to see your doctor.

Fortunately, most back pain isn't serious, despite how it feels. Most often, it's due to strained muscles, which could

result from performing any number of activities when your muscles are tight—such as lifting, bending, or twisting—or *inactivity*, which allows your back muscles to weaken and become stiff. Stress can also contribute to back pain. Your free *Prevention* report, *11 Amazing Antidotes to Back Pain*, reveals a slew of *proven* pain-erasers for your back.



EDITOR'S ALERT:

As you might imagine, the demand for this *Prevention* report is absolutely astronomical. However, we can guarantee that you'll receive your free copy, IF you return the certificate in the back of this guide right now!

Get Instant Relief Using Acupressure!

It sounds too good to be true: You can make your back pain subside, or even disappear, by applying pressure to a particular point on your body. That's a simplified description of acupressure, a traditional Chinese technique that brings almost instant relief to back pain sufferers.

By placing pressure on certain points on your body—points used in acupressure—the Chinese believe you unblock the flow of vital energy or *qi* (pronounced *chee*).

Those blockages, they say, create an imbalance of *qi* in the body, which can make you more susceptible to pain and illness. (Western scientists who have studied acupuncture, however, believe it may work by increasing the production of endorphins, hormone-like pain relievers your body makes in response to injury. The same may be true of acupressure.)

However it works—and it apparently does—acupressure can erase almost all your pain in a matter of minutes or even seconds. A Houston-based physician uses both acupuncture and acupressure in her



A single application of pressure in the right spot can dissolve away the pain in only seconds.

practice. Depending on the source of the problem, acupressure could lower back pain by up to 75 percent and *acupuncture* tends to bring instant and *complete* relief for acute back pain, she says.

But if back pain strikes suddenly, you're probably not going to be anywhere near an acupuncturist, so acupressure is best for a quick fix. The doctor recommends the following acupressure points

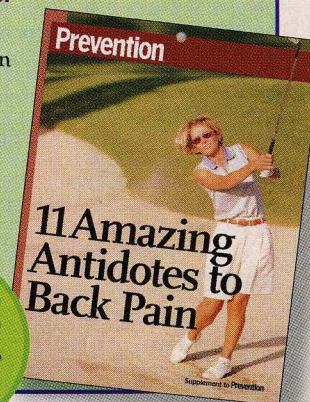
for back pain. Press these points with the tip of a mechanical pencil with the lead retracted or with the fingernail on your index finger:

- **Center the pencil tip between your nose and upper lip.** Apply deep pressure, hold for several seconds, and release. Repeat 5 to 10 times until the pain begins to release.
- **Place the pencil tip between your inner anklebone and Achilles tendon,** the large tendon running from your heel bone to the calf muscle. Apply deep pressure, hold for several seconds, and release. Repeat 5 to 10 times.
- **Make a fist.** On the outside of your hand, next to the pinky finger, locate the spot where the skin folds and bulges. That's your acupressure point. Place the pencil tip there, apply deep pressure, hold for several seconds, and release. Repeat 5 to 10 times.

And this is only one of the amazing back pain cures you'll find in your free copy of *11 Amazing Antidotes for Back Pain*.

You'll also...

- **Learn why stretching—that thing you may do involuntarily when you wake up every morning**—can directly relieve the back pain that emanates from strained or sore muscles, says an assistant clinical professor of medicine. And then we'll guide you step by step through a simple stretching exercise that *really* works.
- **Be guided through a simple yoga exercise that "relaxes away" your back pain.** It's as easy as 1-2-3, and it works fast.
- **Discover how herbal medicines offer instant pain relief—**without the side effects of common drugs.



FREE
SPECIAL
REPORT
#3

FREE RECIPE: Orange Bran Flax Muffins

Can This Melt-in-Your-Mouth Muffin Defeat Breast Cancer?

Try this recipe to make super-tasty muffins using ground flaxseed. Flax contains lignans, plant-based compounds known to shrink existing breast and colon cancer tumors and stop new ones from forming in test tube and animal studies. Now that's a healthy snack!

1½ c	oat bran	1 c	brown sugar
1 c	all-purpose flour	1 c	buttermilk
1 c	flaxseed, ground	½ c	canola oil
1 c	wheat bran	2	eggs
1 Tbsp	baking powder	1 tsp	baking soda
½ tsp	salt	1½ c	golden raisins
2	oranges, quartered and seeded		

1. Preheat the oven to 375°F. Line two 12-cup muffin pans with paper liners, or coat the pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside.

2. In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well.

3. Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins.

4. Divide batter evenly among muffin cups. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool in pans for 5 minutes before removing to a cooling rack.

Makes 24 muffins

Per muffin: 186 cal, 4 g pro, 30 g carb, 8 g fat, 1 g sat. fat, 18 mg chol, 3 g fiber, 140 mg sodium, 4 g flaxseed

***Note:** We know this muffin is higher in fat than what we usually recommend. However, nearly half of the fat is alpha-linolenic acid—the plant version of omega-3, which is sorely missing from most diets. We think it's worth finding room for this muffin in your daily low-fat plan.

Recipe courtesy of Flax Council of Canada and Saskatchewan Flax Development Commission.

The Green Tea Secret That Makes Cancer Cells Self-Destruct!



People who drink about 4 cups of green tea a day seem to get less cancer. Now we may know why. In recent test-tube studies, a compound called EGCG, a powerful antioxidant in tea, inhibited an enzyme that cancer cells need in order to grow. The cancer cells that couldn't grow big enough to divide self-destructed. It would take about 4 cups of green tea a day to get the blood levels of EGCG that inhibited cancer in the study. Black tea also contains EGCG, but at much lower concentrations.

The Prevention NATIONWIDE GIVEAWAY!

Detach and mail the certificate in the back of this guide to get a FREE trial issue of *Prevention*...PLUS 10 (count 'em, 10!) FREE Special Reports!



Try Prevention

And See What a Profound, Positive Difference We Can Make in Your Life!



"I Dropped 4 Dress Sizes!"

"My weight had hit an all-time high. Then I started reading your weight loss articles. I've gone from a size 16 to a size 8, which I'd never fit in until now. Thanks for motivating me each month!"

—Linda
Prevention reader

"My Husband Quit Smoking!"

"Thank you for your article 'Stop Smoking Now.' My husband tried to quit smoking many times. It was only after he decided to take your clever motivational advice that he quit."

—Edna
Prevention reader



"Thank you, Prevention!"

"While sitting in my doctor's waiting room, I happened to read 'What Do Breast Calcifications Mean?' Ironically, this is what my mammogram uncovered. Thanks to your article I could speak to my doctor armed with a little background. After surgery, everything is fine. Thank you, Prevention, for all your good work."

—Nancy
Prevention reader



Completely FREE!

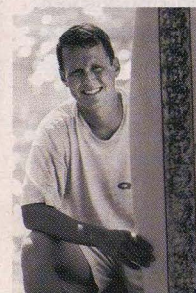
Prevention Helped Save Judi Gordon's Life!

When Judi felt the first pangs of her heart attack, she told her husband to dial 911 and then get her an aspirin.

"On the way to the hospital, the emergency medical technicians gave me more aspirin to chew and asked me how I knew about this treatment. Of course, I told them about Prevention! I am doing extremely well and want to thank Prevention for your wise advice."

—Judi Gordon
Prevention reader

Prevention Reader's Miraculous Herbal Cure!

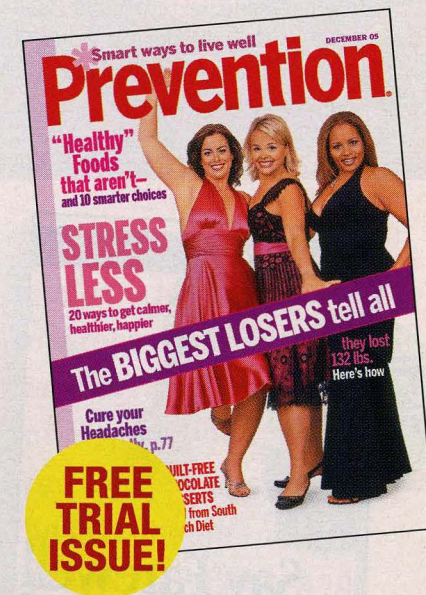


"Herbs helped me beat Hodgkin's disease!"

—Ted Lawrence
Prevention reader

1,200 of America's TOP Medical Experts—At Your Disposal!

Prevention's network of doctors, research scientists, nutritionists, fitness experts, and health professionals is unsurpassed in the world! Each year, nearly 1,200 of these world-class experts bring you their latest breakthroughs and best advice—in the pages of Prevention!



TO CLAIM YOUR FREE TRIAL ISSUE AND 10 FREE Prevention REPORTS, SIMPLY DETACH AND MAIL THE CERTIFICATE BETWEEN PAGES 50 AND 51 OF THIS GUIDE.

Say Farewell to Fatigue!

Kids, work, shopping, errands, school meetings, sports, a million responsibilities. And zero time for YOU. No wonder you're tired! But is your fatigue normal...or an early warning of something more serious? Here's how to find out!

If you're a just-plain-tired patient of Sandra Adamson Fryhofer, MD, an Atlanta internal medicine practitioner, she will likely advise you to: Give yourself about 2 to 3 weeks to make some lifestyle changes. Get more sleep, trim your social calendar, eat more wholesome foods, drink more fluids, take a multivitamin, and cut back on caffeine and alcohol.

If you make those changes and still are feeling the symptoms of fatigue, it could be a sign of a medical condition that can be treated. To help you discover if your

fatigue could be a sign of a more serious problem, we recently created a FREE *Prevention* report entitled *Say Farewell to Fatigue!*

This important report identifies some of the common causes of fatigue that can be diagnosed with a combination of tests and a thorough exam by your doctor. Here are some examples.

Is It Anemia?

Women of childbearing age are especially susceptible to iron-deficiency anemia because of blood loss during menstruation and the body's need for extra iron during pregnancy and breastfeeding, explains Laurence Corash, MD, professor of labora-

tory medicine at the University of California, San Francisco.

SYMPTOMS: Anemia may be the first sign of a serious illness, so it's important to recognize the symptoms and seek treatment as soon as possible. Fatigue is a major symptom. Others include extreme weakness, difficulty sleeping, lack of concentration, rapid heartbeat, chest pains, and headache. Simple exercise, such as climbing the stairs or walking short distances, can cause fatigue.

THE TESTS: Your free *Prevention* report, *Say Farewell to Fatigue!*, explains exactly what medical tests you must have to determine if anemia is a problem for you. If your doctor *misses* one of these tests, your health could be at risk!

Is It Diabetes?

Sugar, also called glucose, is the fuel that keeps your body going. And that means trouble for people with diabetes who can't use glucose properly, causing it to build up in the blood. Without enough fuel to keep the body running smoothly, people with diabetes often notice fatigue as one of the first warning signs.

However, there are several other surprising warning signs for diabetes that may go unnoticed. In your free report, you'll find a complete list of these symptoms—so you can protect yourself NOW.

Thyroid Disease

The thyroid gland, about the size of the knot on a man's tie, is found in the front of the neck. Thyroid-stimulating



The key to defeating your fatigue is identifying the real root cause. This can be a frustrating process for many Americans. Your free report helps you get the fast answers...and real solutions you need so you'll feel charged with energy all day long!



Chronic Fatigue The Mystery Ailment

Chronic Fatigue Syndrome (CFS) is a baffling condition that causes a strong and profound fatigue that comes on quickly. People who suffer from CFS feel too tired to carry on with their normal activities and are easily exhausted with little exertion. Other symptoms include headache, muscle and joint pain, weakness, tender lymph nodes, and an inability to concentrate.

Are you suffering from Chronic Fatigue Syndrome? Your free report delivers the facts you need to find out once and for all!

hormone (TSH) produced by the pituitary gland causes the thyroid gland to secrete two hormones, thyroxine (T4) and triiodothyronine (T3), that control metabolism.

SYMPTOMS: In your free report, you'll learn about the earliest, almost invisible symptoms of a thyroid problem. You'll discover how it can lead to osteoporosis. And we'll explain exactly what medical tests to ask for.

Your free report also reveals...

► **How to tell if your fatigue is directly related to your emotional health.** You'll get a complete list of hidden symptoms... and if you experience five or more of the symptoms for more than 2 weeks, or if the symptoms interfere with your life, you *must* see your doctor or mental health professional. Your doctor may also recommend a thorough physical exam to rule out other issues.

► **How fatigue, low energy, and loss of appetite can be a symptom of an autoimmune disease.** This hidden cause of chronic fatigue can now be detected *early* by a simple blood test. Everything you need to know is revealed in your free copy of *Say Farewell to Fatigue!*

The Sleep Disorder That Can Kill

Sleep apnea is a disorder that is characterized by brief interruptions of breathing during sleep. It is often signaled by snoring and is generally followed by tiredness the next day. Sleep apnea can



lead to heart disease, high blood pressure, and stroke. What you must do *now* to protect yourself is explained in your free report.

As a result, you'll feel renewed, refreshed, and charged with energy that lasts all day long! Interested? *Of course you are!* So don't wait another minute; send for your free *Prevention* report right now.

To claim your free report, simply detach and mail the certificate in the back of this publication.

The Remedy You've Been Hoping For...

Are you sick and tired of being tired? Are you fed up with that mind-numbing afternoon fatigue? Well, here's your chance to identify the *real* cause of your "power failures" and fix it once and for all!

EDITOR'S ALERT:

THIS SPECIAL REPORT INCLUDES DISEASE-SPECIFIC INFORMATION. To stay up on the very latest treatments in health and healing, we suggest that you return your Free-Reports Certificate between pages 50 and 51—today.

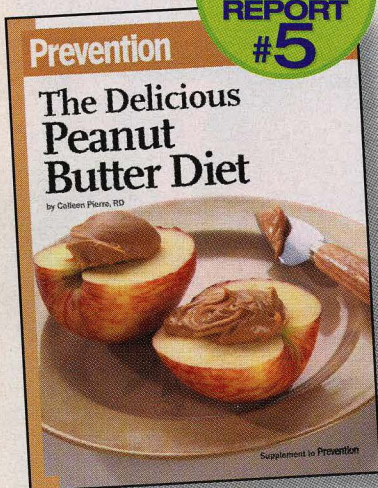


New 5-Day Plan Helps You

Blast Away BELLY FAT with Peanut Butter!

You'll lose 25 pounds
and help your heart!

FREE
SPECIAL
REPORT
#5



Fed up with all the old "rules" about losing weight? Then serve up a heaping helping of peanut butter and start melting away fat from the very first bite! It's *true*. With this luscious diet, you get to eat peanut butter *every day* while you lose up to 25 pounds in a single year. Say good-bye to that unattractive belly fat! Say so long to those jiggly arms and oversized thighs. **THIS** is the clinically *proven* weight loss solution you **NEVER** thought you'd see!

We revealed the remarkable connection between peanut butter and weight loss in *Prevention* magazine and everybody loved it! So we're reprinting this story as your fifth free *Prevention* report. It's called *The Delicious Peanut Butter Diet* and it's yours free. Let's look at what you'll discover: For starters, how do we know that the peanut butter diet really works?

In a study at Brigham and Women's Hospital in Boston, a researcher divided 101 overweight people into two groups. One group limited fat to a very low 20% of calories. The other group ate monounsaturated fat foods such as peanut butter, nuts, olive oil, and avocados, which boosted their fat total to a *rich 35% of calories*.

Both groups got the same daily calories: 1,200 for women and 1,500 for men.

The results?

Both groups lost about 11 pounds in the first 6 weeks, BUT...

TWICE as many peanut butter dieters stuck it out, and they maintained their weight loss for 18 months.

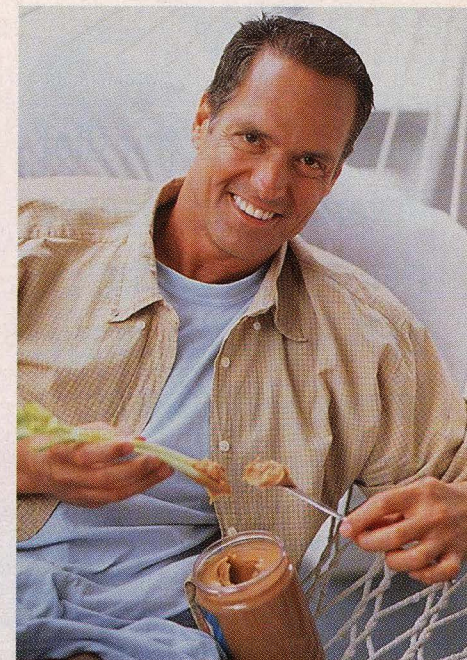
The low-fat group had *double* the dropouts, and those who stayed regained about 5 pounds. Why?

People have to enjoy what they are eating or they will not stick with any weight loss plan.

An even healthier surprise awaits peanut butter dieters:

Eating peanut butter appears to be almost TWICE as good for your heart as a very low fat diet.

A study at Pennsylvania State University in State College proved that diets



Clinical studies have demonstrated that peanut butter is a very healthy monounsaturated fat that can help you lose a significant amount of weight—as you lower your risk for heart disease and diabetes.

high in peanuts—and rich in monounsaturated fat—were just as good at lowering total cholesterol and bad LDL cholesterol as very low fat diets.

BUT a very low fat diet also *raised* heart-threatening triglycerides by 11%, while the peanut butter diet *lowered* them by 13%.

The net effect?

The peanut butter diet lowered heart disease risk by a whopping 21%, while the very low fat diet lowered risk by only 12%.

"Our study shows that people can eat some of their favorite foods, such as peanuts and peanut butter, and achieve even better results than with a low-fat diet," says the lead researcher in the study.

And the American Heart Association agrees. In brand-new diet guidelines, here's the diet they prescribe for "Syndrome X" (a cluster of problems that include diabetes or glucose intolerance, high blood pressure, and high triglycerides): "For individuals diagnosed with the syndrome, it may be desirable to *avoid* very low fat, high-carbohydrate diets, and to emphasize unsaturated fats..."

The *Prevention* Peanut Butter Diet fits that prescription perfectly!

Your FREE report provides a COMPLETE 5-Day Peanut Butter Diet plan...

To get a jump start on your peanut butter weight loss plan, your free report has ALL the details you need.

You get a complete, 5-day program that guides you step by step. You'll know exactly what to eat for breakfast, lunch, and dinner.

You get complete recipes and comprehensive nutritional information. No fuss. No muss. No

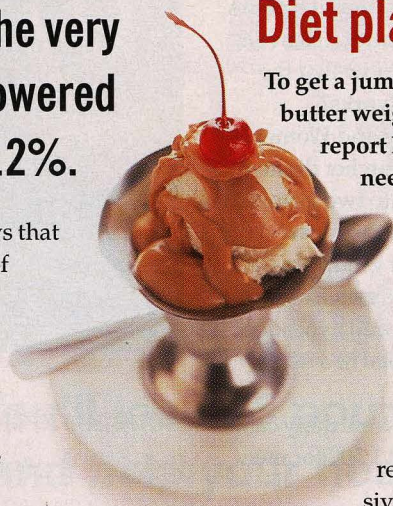
confusion.

The thinking has already been done for you.

And best of all, you will NEVER feel deprived or hungry because you're getting a heaping helping of heart-healthy fats at every meal!

In fact, you'll actually be indulging yourself with 4 to 6 servings of peanut butter each day!

Readers are lining up NOW to get their free copies of this landmark report.



When this report first appeared in *Prevention*, it quickly became one of our all-time, most popular features.

That's why we're so glad to bring you the full, fascinating story—and the entire 5-day plan.

Our readers are quite literally "lining up" to claim their free copies of *The Delicious Peanut Butter Diet*. So don't waste another minute—send for your free copy today.

Brand-name peanut butters PASS the Prevention Healthy Eating Test!

Concerns about cholesterol-raising trans fats in peanut butter prove unwarranted...

Some of our readers fear that brand-name peanut butters are filled with unhealthy trans fats. So we decided to test them and find out!

The good news is that the brands we tested contained almost ZERO trans fats. You'll find the complete results in your free report, *The Delicious Peanut Butter Diet*...and you'll also discover one type of popular peanut butter you should AVOID at all costs!



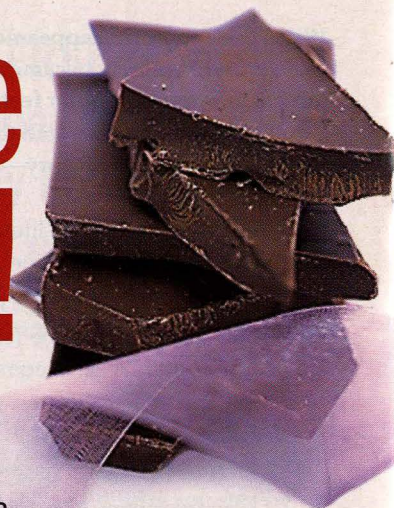
The Prevention NATIONWIDE GIVEAWAY!

Detach and mail the certificate in the back of this guide to get a FREE trial issue of *Prevention*...PLUS 10 (count 'em, 10!) FREE Special Reports!



FREE TRIAL ISSUE!

Chocolate Healing!



The NEW medicine food in town that helps fight heart disease, lung cancer, prostate cancer, asthma, and type 2 diabetes. High-powered healing never tasted so good!

Just 1 ounce of a very special chocolate packs more than twice the healthy antioxidant punch of red wine! It's true! A certain brand name (named in your free report) of chocolate has been shown to contain super-high levels of flavonols—so high that it's now being used in medical research.

"Cocoa is rich in antioxidant flavonoids called flavonols, which include procyanidins, epicatechins, and catechins," explains Harold Schmitz, PhD. Studies have shown that people with high blood levels of flavonoids have lower risk of heart disease, lung cancer, prostate cancer, asthma, and type 2 diabetes.

Several studies in animals and humans have shown the heart-healthy effects of this "super-chocolate's" antioxidants. One of these studies found that people who ate a diet rich in cocoa powder and dark chocolate had lower oxidation levels of bad LDL cholesterol, higher blood antioxidant levels, and 4% higher levels of good HDL cholesterol. And that's just the beginning.

THIS AMAZING CHOCOLATE CAN...

► **Act as an antioxidant.** Researchers at the University of California, Davis, compared the effects of 1½ ounces of this high-flavonol chocolate with the same

amount of low-flavonol dark chocolate on 10 healthy people. They found that only this specific brand had heart-healthy benefits. It reduced LDL oxidation and boosted antioxidant levels and HDL concentrations in the blood. Other studies have shown that the higher the "dose," the higher the levels of antioxidants in the blood and the less LDL oxidation.

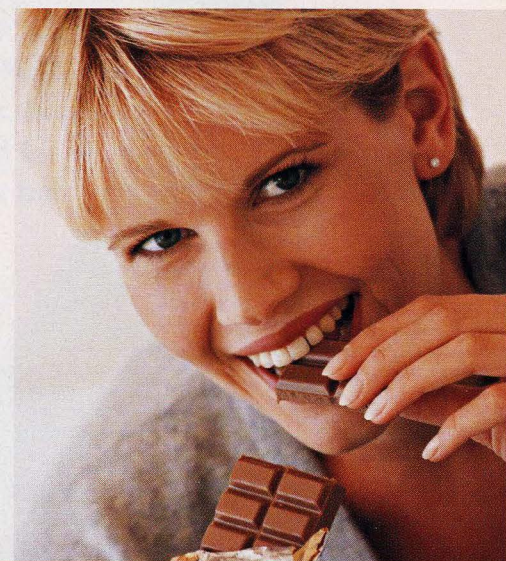
► **Keep blood platelets from clumping together.** In the test tube, this brand reduced blood clotting; it may also stabilize arterial plaque, making it less likely to travel and cause a stroke or heart attack. This effect is similar to that of aspirin.

► **Increase blood vessel flexibility.** Unlike aspirin, some of the procyanidins in this particular brand could trigger the production of nitric oxide, which helps keep arteries flexible and increases bloodflow. "This connection has potential implications for blood pressure control," says Dr. Schmitz.

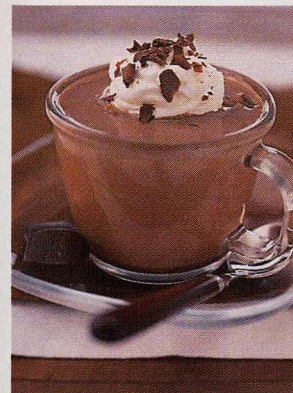
How to harness the healing power of this super-chocolate in your life!

Send for your FREE *Prevention* report, *Healing with Chocolate*, today and you'll

discover *everything* you need to know to harness this high-powered healer. You'll discover how much chocolate you need to get the medical benefits you want. You'll discover which cocoa powders brew up a healthy dose of antioxidants—and which do NOT. And of course, we'll reveal the exact brand name used in the medical testing. It's available everywhere! To claim your free report, simply return the certificate in the back of this publication.



FREE RECIPE: Our Favorite Healing Hot Cocoa



This yummy cocoa is rich in antioxidants. It takes a few minutes to prepare, but the reward is worth its weight in, well, chocolate! Fill a mug with 1 cup of 1% milk, and microwave on medium for about 1 minute. Carefully remove, then add two small squares of dark chocolate. Stir gently until the chocolate melts. Enjoy!

Hint: For EXTRA antioxidant punch, use the *brand-name* chocolate named in your free *Prevention* report. Claim your copy today!



Yes, You Can... **Stop** Hormone Headaches!

Why suffer every month when you don't have to?
Excerpted from your FREE *Prevention* report,
Stop Hormone Headaches, here's living proof that you
can erase the pain once and for all. This free report is our
gift to you—just for trying a free trial issue of *Prevention*!

Ouch! Every month, millions of American women endure "menstrual migraines." These severe headaches usually occur during the two times of the month when estrogen levels

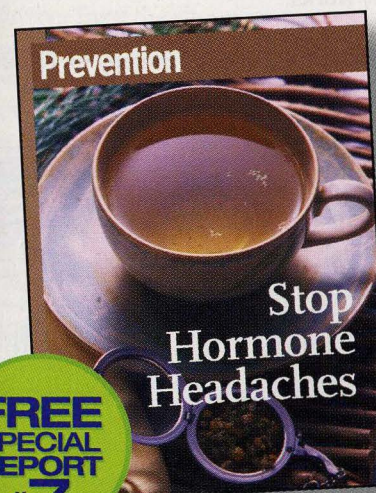
drop: with ovulation and the start of your period.

Your Brain on Hormones

Migraines are not "just a headache" but a complex *disease* that can cause a painful throbbing, often disabling, pain—usually on one side of the head. You can also have nausea, light and noise sensitivity, and dizziness.

Some women only get a migraine with their period—often called "true menstrual migraines"—which includes the 2 to 3 days before the period begins through the fifth day of bleeding.

Other hormonally sensitive women may have them sporadically, with additional attacks around their period.



**FREE
SPECIAL
REPORT
#7**

**MONTHLY HEADACHES
ARE NOT INEVITABLE!**

These oh-so-simple
secrets offer lasting
relief once and for all!



FAST HERBAL RELIEF for Headaches and PMS

The Miracle from the ancient Mayans that's in your kitchen NOW...

A few sips of this delicious herbal tea may be all you need to erase your headaches once and for all. This ancient Mayan healing miracle could be in your kitchen *right now*. Your free *Prevention* report has all the facts you need PLUS...

...How to erase your headaches fast with a soothing *marigold bath* that feels like heaven and *heals* like magic!

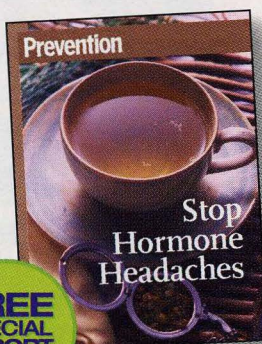
...How ordinary *rosemary* could be the healing miracle you've been waiting for...and MUCH more!

No matter *when* your headaches occur, one thing's for sure: *You need relief...the faster the better.* That's why we recently created an all-new *Prevention* report entitled *Stop Hormone Headaches*. This critical report focuses like a laser beam on preventing and *erasing* those awful headaches once and for all. For instance...

- The "timing trick" that brings blessed relief at last. Research has shown that taking your headache medications at **THIS** critical time will significantly *increase* their effectiveness and virtually erase your pain.
- The hidden "food triggers" for migraines. *Lifetime* relief could be as easy as *avoiding* one of the foods listed in your free report.
- How to "think away" your pain once and for all. This remarkable technique helps relax the swollen blood vessels that can trigger your pain. NOT mumbo jumbo... this is a *real* solution!
- How to "schedule away" your migraines once and for all.
- The "estrogen antidote" for migraines that *really* works.
- The "latest and best" therapy for erasing your migraines. Medically *proven* relief.

• PLUS far too much more to list here!

Why suffer when you don't have to? Send for your free report today!



FREE
SPECIAL
REPORT
#7

Walk away from high blood pressure!

A little stroll from the car to the office. An extra loop around the mall. A quick 10-minute walk after lunch. Adding a few steps here and there, every day, can add up to a big health bonus: healthier blood pressure, which means better protection against heart disease and stroke.

In a 2001 study, 15 postmenopausal women with high blood pressure added an extra 4,000 to 5,000 steps a day by making small changes in their daily routines. The results: Six achieved normal blood pressure. Another three dropped their pressure from the danger zone to borderline normal. Blood pressure dropped an average of 11 points

The best news: The participants (who hadn't exercised regularly before the study) usually logged their steps simply by building more short walks into their day. They parked their cars farther from the shopping center or the office, took the stairs instead of the elevator, went for short walking breaks, or did a few laps at the mall before starting to shop. Lightweight clip-on pedometers kept track of their steps.

"Any physical activity can help lower blood pressure, but we chose walking because it's so easy," says Dr. M., a key researcher on the project.

Dr. M. believes that it can help men as well as women.

Here's how to turn walking into your natural prescription for blood pressure control.

■ **Get a baseline blood pressure reading.** Then retest every 2 to 3 weeks. If you take blood pressure medication, ask your doctor whether you can lower your dose or perhaps go off your meds entirely if walking lowers your blood pressure.

■ **Buy a pedometer.** To make it easy to keep track of your progress, buy the type that clips to your waistband. They're available in sporting goods stores.

■ **Strive for 10,000 steps a day.** Women who were "inactive" before the study began were actually logging 4,000 to 5,000 steps in the course of their normal daily activities. Blood pressure fell when they added an additional 4,000 to 5,000 steps.

■ **Sneak in mini-strolls.** Walk a few laps in the office hallway, or try the tricks listed above. Most women in the study did all their extra walking this smart, time-saving way.

Excerpted from a recent issue of *Prevention* magazine. To claim a FREE trial issue and 10 FREE *Prevention* reports, please return the certificate between pages 50 and 51 of this publication.

The Surprising Secrets to Living...

A Much Happier Life!

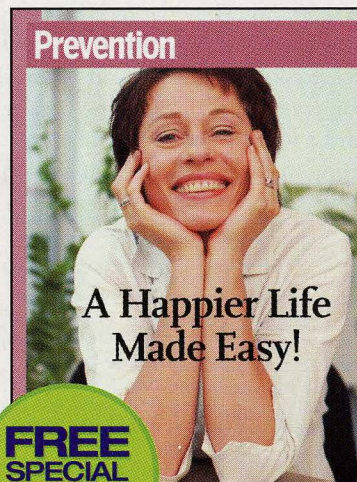
In your eighth free *Prevention* report, *A Happier Life Made Easy!*, you'll learn about the surprising life secrets that can summon more happiness in your everyday life. And we're not talking about a small improvement. We're talking about a profound, deeply satisfying happiness that reaches into every corner of your life. Just look...

Happiness doesn't mean being in a good mood most of the time or experiencing the emotion of joy. Happiness is a way of life, an overriding outlook composed of qualities such as optimism, courage, love, and fulfillment.

Over the years, as we've listened to thousands of life stories about the central drama of life—the battle between fear and happiness—we've found that there are five primary traps that ensnare people who are trying with all their heart to be happy.

Trap #1 Trying to Buy Happiness

Studies have shown that this is a slippery slope that never really works. In



your free report, *A Happier Life Made Easy!*, you'll discover the true, secret source of happiness that's within you now...plus three "status symbols" that almost guarantee lifelong happiness.

Trap #2 Pleasure

Unhappy people dive headlong into pleasure and try to wring every drop of gratification from it. This does NOT work. In your free report, you'll discover a much better way to achieve happiness.

Trap #3 Trying to Resolve the Past

Whether memories are good or bad, they remain a part of you for as long as you live. Even if yours are filled with fears, traumas, and pain, you can use your powers of intellect and spirit to create new meaning out of old memories. Your free report tells you how.

Trap #4 Overcoming Weakness

The lore of psychotherapy and the literature of self-help is permeated with the idea that people can overcome their weaknesses. Believe it or not, this is usually a *waste of time*. Find out why, in your free report.

Trap #5 Trying to Force Happiness

You can't just decide to be happy any more than you can decide to be taller. But you can *summon* a happier life by developing the 12 most important qualities of happiness listed in your free report.



You'll also learn that *appreciation* is the purest, strongest form of love. It is the outward-bound kind of love that asks for nothing and gives everything.

You'll see how *choice* is the true voice of the heart. Having no choices or options leads to depression, anxiety, and the condition called learned helplessness. Anyone can choose the course of their life, but only happy people do it. Your free report makes this *much* easier.

You'll learn the secrets of personal power. How to lead with your strengths in life. How to use the power of language to alter perceptions. *And so much more*. Send for your FREE copy today—you'll be *very* happy you did!

Prevention's Top Belly Flatteners That Take You From

Flab to Fab!

Your next free *Prevention* report, *Prevention's Top Belly Flatteners*, delivers the easy-does-it exercises that help give you the flat, fat-free belly you've always wanted. Some of these tricks even give INSTANT results!



FREE
SPECIAL
REPORT
#9

A drum-tight, sculpted midsection: You probably kissed that good-bye after high school, the babies, or since you took a desk job.

But get ready for a reunion. You *can* have that waist again. You *can* bend over with ease—and lose that roll when you button your jeans. You really *can* shape up and stop cringing before the mirror.

We won't lie: You do have to eat better and exercise. But we're here to maximize your efforts. Your FREE report reveals the very *best* moves, foods, clothes, and more for flattening your tummy fast. A few of these tricks even give INSTANT results!

Go from FAT to FLAT
in no time with these
easy-does-it exercises
from *Prevention*.

Flatten Your Belly FAST

Here are a few examples:

Burn away fat with ice-cold water!

It's calorie-free and fills you up, so you eat less. It can also help flush away premenstrual bloating. Drink it ice-cold, and you'll even burn a few extra calories as your body warms it up!

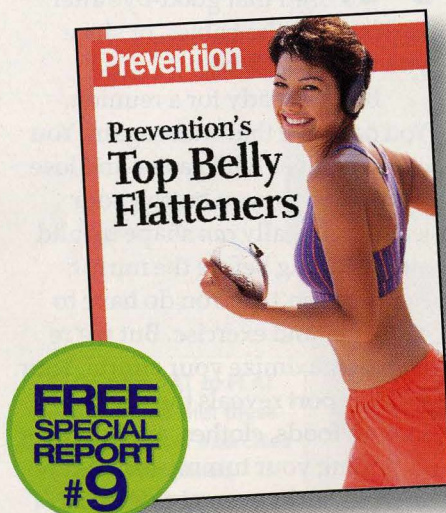
"Garden" away the extra weight!

As you dig and mulch, your abs are twisting and contracting against resistance. And all the bending, lifting, and walking burns nearly 350 calories an hour.

You'll also discover:

- The world's best ab exercise. Takes only a few, no-sweat minutes and works like crazy!
- Two amazing weight loss foods that help prevent constipation—which makes your belly look larger.
- The BEST at-your-desk exercise for flattening your tummy.
- The best food supplement that actually helps keep your belly from protruding.
- The BEST lower belly exercise... for tightening the bottom half of your midsection.
- And so much more!

Yes, it IS possible to regain the flat, *fabulous* midsection you had way back when! And it's far easier than you ever thought possible. Your free guide shows you how, step by simple step!



EDITOR'S ALERT:

As you might imagine, the demand for this *Prevention* report is absolutely astronomical. However, we can guarantee that you will receive your free copy, IF you return the certificate in the back of this guide right now!

FREE RECIPE: Chocolate Dream Cake

Eat Chocolate Cake... and LOSE WEIGHT!

Eat up. This decadent dessert won't make you fat!

¾ cup	unsweetened cocoa powder	1 Tbsp	instant coffee powder
¼ cup	sugar	1½ cups	skim milk
½ cup	boiling water	1 pkg	(1½ oz) whipped topping mix
1 pkg	(16 oz) angel food cake mix	1 pkg	(1.4 oz) sugar-free instant chocolate pudding mix
1¼ cups	water		

1. Preheat oven to 350°F. Line a 10x15-inch jelly-roll pan with waxed paper. Whisk together cocoa, sugar, and boiling water. Cool to lukewarm.
2. Prepare cake mix per package directions, using 1¼ cups water and adding cocoa mixture. Spread batter evenly in the pan. Bake 20 minutes or until top

looks dry. Invert onto a large wire rack. Remove the pan and waxed paper. Cool.

3. In a medium bowl, dissolve coffee in milk. Add topping and pudding mixes. Beat on low speed until moistened. Beat at high speed until soft peaks form. Chill 5 minutes.

4. Cut cake crosswise into thirds. Cover each layer with topping. Stack; chill for 2 hours.

Serves 10

Per slice: 261 cal,
1.5 g fat (5%
of cal), 427 mg
sodium



The Nutrition Breakthrough That Helps You Beat Diabetes Naturally

As you lose weight, block heart disease, and even prevent cancer!

Your 10th free *Prevention* report,
Outsmart Diabetes Naturally,

delivers amazing good news for everyone who's worried about diabetes, heart disease, and even cancer. Here's what you're NOT being told about what may be the most important medical discovery of the past 25 years.

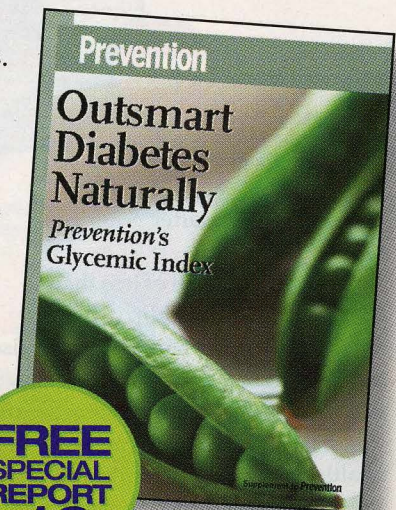
It's called the *glycemic index*, and it was invented in the early 1980s by University of Toronto researchers to help control diabetes.

The glycemic index ranks carbohydrate foods by their effect on your blood sugar levels.

Today, it's an accepted diet strategy for helping to control diabetes.

Good Carbs, Not-So-Good Carbs

The glycemic index (or GI for short) assigns carbohydrate-containing foods a number based



**FREE
SPECIAL
REPORT
#10**

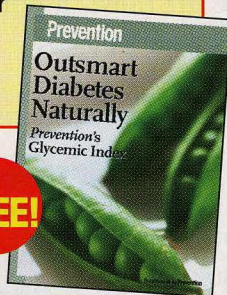
THE GLYCEMIC INDEX IS HERE. And some health experts believe it's the most exciting nutrition breakthrough of our generation.

In addition to helping control blood sugar and insulin, it can help you lose weight, block heart attacks, and possibly prevent cancer.

Even if you're NOT overly concerned about diabetes, this could be the most important article you read this year!

EDITOR'S ALERT:

Isn't it nice to know that a small, almost invisible shift in your diet can help block diabetes, heart disease, obesity, and possibly cancer too? When *Outsmart Diabetes Naturally* first appeared as an article in *Prevention* magazine, our mailroom was simply flooded with positive feedback from readers. And that's what prompted us to reprint this article and send it to you as your 10th free *Prevention* report. We expect this to be one of the most asked-for *Prevention* reports we have ever published. But I can guarantee that we have a copy for you—if you mail your **Free-Reports Certificate** (in the back of this guide) today. However, if I don't hear from you...fairness dictates that I give your copy to the next name on our list.



FREE!

on how they affect your blood sugar, or blood glucose, after you eat them.

Foods with a GI of less than 55 cause only a little blip in blood sugar; those in the 55 to 70 range raise it a little higher; and carbs with GIs more than 70 send blood sugar soaring.

Basically: LOW-GI carbs are healthy and HIGH-GI carbs—in excess—are *unhealthy*.

High GI = High Risk

The problem with eating lots of high-GI foods is this: When your blood sugar soars, so does the hormone insulin. Insulin's main duty is to scoop up excess blood sugar and store it safely in muscle tissue. In moderation, insulin is a good guy, but it becomes a killer when its levels spike repeatedly, triggering diabetes, heart disease, and possibly cancer.

The good news is that eating more low-GI foods results in a minimum outpouring of insulin, *and that has HUGE health benefits all over your body:*

- *Low-GI foods appear to STOP diabetes.*
- *Low-GI foods help suppress your appetite and reduce cravings.*
- *Low-GI foods help you lose weight naturally—without ever going hungry.*
- *Low-GI foods may halt the domino effect that can trigger heart disease and cancer.*

It's a simple medical fact: Eating more low-GI foods may be the single most healthy thing you can do to avoid diabetes and other deadly diseases.

So how can you discover which foods have a low-GI index? That's where your free report comes in!

Your FREE report helps you identify your favorite low-GI foods, like M&Ms® and Snickers® bars—in 10 seconds or less!

That's right, M&Ms® and Snickers® bars are actually LOW-GI foods. And these are just the beginning. Your free report

Beat Diabetes Naturally...

LOW-GI FOODS INCLUDE:

- *Potato chips*
- *Pound cake*
- *Fettuccine*
- *Canned baked beans*
- *And even ice cream!*

A 1999 Swedish study of type 2 diabetics found that

ONLY 4 weeks on a low-GI diet lowered blood glucose and insulin by 30%, compared to a high-GI diet.



contains a comprehensive listing of almost all your favorite foods. *And you just won't believe how delicious these low-GI foods can be!* You'll find the complete list in your free *Prevention* report: *Outsmart Diabetes Naturally*.

You'll also discover how to make some simple, *healthy* substitutions that automatically add more low-GI foods to your daily diet.

You'll learn the six easy secrets to making the glycemic index work for you...and much more!

Prevention's NATIONWIDE GIVEAWAY!

Detach and mail the certificate in the back of this guide to get a **FREE Trial Issue of Prevention...PLUS 10 (count 'em, 10!) FREE Special Reports!**



As Part of Our Annual Nationwide Giveaway,
WE INVITE YOU TO ACCEPT...

10 FREE Prevention Reports!



**ALL
YOURS
FREE!**

Detach and Mail This Certificate to Claim Your
10 FREE *Prevention* REPORTS
and **FREE Trial Issue of *Prevention*!**

We promise there is
NO PURCHASE OBLIGATION!

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 258 RED OAK, IA

POSTAGE WILL BE PAID BY ADDRESSEE

Prevention

PO BOX 7633
RED OAK, IA 51591-2633

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

**Certificate for 10 FREE *Prevention* Reports
WITH NO PURCHASE OBLIGATION!**

YES! Rush me my FREE TRIAL ISSUE and 10 FREE *Prevention* Reports.

This is a free offer. DO NOT send money now—just mail this card.

DLFD105 5

Also, enter a trial subscription to *Prevention*. After my free trial issue, I'll receive 11 more (making 12 in all) for the special low price of just \$13.97 (plus \$2.97 delivery). I'll get continuous service annually at significant savings off the cover price. To stop service, I'll write "cancel" on the invoice and return it to you. The free trial issue is mine to keep no matter what.

12/1694 A

200583503 / Printed in USA

104

No-Hassle Service

When you subscribe, you won't receive endless, annoying renewal notices. We'll send you an invoice when your subscription is about to expire. If you wish to continue receiving *Prevention*, just pay it. If not, write "cancel" on the bill, and send it back. As a Preferred Subscriber, you're guaranteed savings off the cover price and a **FREE BONUS GIFT** each time your subscription is renewed! Nothing could be easier!

PLUS A FREE TRIAL ISSUE
of *Prevention* magazine—
No Risk...No Obligation...
No Catches...No Kidding!



ROSEMARY ELLIS
EDITORIAL DIRECTOR OF *Prevention*

**FREE
TRIAL
ISSUE!**



"Let *Prevention* make a 'house call' in your home FREE. See for yourself what a profound, positive difference we can make in your life. You have my personal promise—there is ZERO risk for you. Isn't your health— isn't your family's health—worth a FREE look? I certainly hope so! Go on...detach and mail that certificate right this minute!"

YOUR IRONCLAD TRIPLE GUARANTEE

- 1. 10 FREE *Prevention* REPORTS—GUARANTEED.** They are our gift to you—just for returning your certificate.
- 2. NO PURCHASE OBLIGATION—GUARANTEED.** Aren't you tired of all those offers loaded with fine print? So are we! So you won't find any in this offer. You don't risk a penny when you respond...we promise.
- 3. GET EVERY PENNY BACK—GUARANTEED.** If you decide to become a subscriber to *Prevention* (and there's NO obligation to do so), you can get every penny back at any time! You could cancel on your last issue and STILL get ALL your money back. How's THAT for a fair deal?