

**INSIDE: 3 FREE gifts!**

Details, page 18.

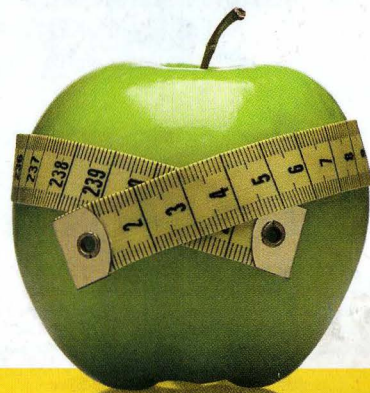
# Is It Menopause Or Metabolism?

► *How many of these symptoms do you have?*

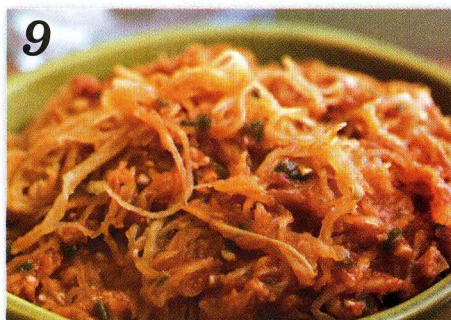


- Difficulty losing weight?
- Tired and sluggish, especially in the afternoon?
- Forgetfulness and brain fog?
- Trouble sleeping?
- Crave foods such as bread, chocolate, chips, and pasta?
- Mood swings and occasional depression?
- High blood pressure and/or high cholesterol?

**Discover the BREAKTHROUGH that can help you REVERSE ALL these symptoms and lose 10, 20, even 30 lbs or more!**







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## Discover the Easy, 3-Step Secret to PERMANENT Weight Loss!

► **LEARN How YOU CAN Lose 10, 20, 30 Pounds or More.**

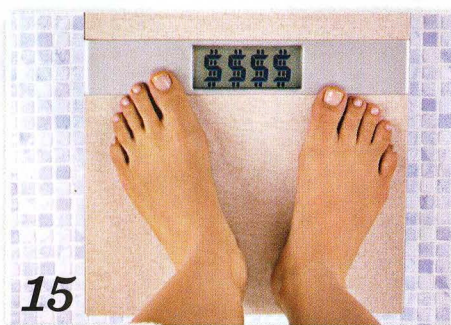


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Why eating less and exercising more DOESN'T WORK.

PAGE 6

**64 lbs GONE!** PAGE 9



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How you can gain weight EVEN WHEN YOU DON'T EAT ANYTHING. PAGE 10

Anxiety, fatigue, and 29 lbs GONE.

PAGE 11

**SOLVE 23 health conditions.** PAGE 14

**Control diabetes WITHOUT DRUGS.**

PAGE 15

**FEEL THE RESULTS IN JUST 3 DAYS!**

### Meet the pioneering expert behind THE METABOLISM MIRACLE

Diane Kress, RD, CDE, is a registered dietitian and certified diabetes educator with more than 25 years' experience in medical nutrition therapy. She is a leading authority on innovative diet counseling. After years of practicing as a traditional nutritionist, she researched and developed the proprietary program presented in **The Metabolism Miracle** specifically for those clients who could not succeed with traditional diets.

Her program has already provided over 6,000 of her private practice clients with remarkable results



involving permanent weight loss and decreased medications with improved blood sugar, blood pressure, cholesterol, and overall well-being.

**The Metabolism Miracle** was born out of Diane's own struggles with weight, diabetes, and other symptoms of an unbalanced metabolism. The breakthrough discoveries in this book are the culmination of 13 years of clinical work. **The book is available for a FREE 21-day preview with 3 FREE GIFTS just for looking.** See pages 18–19.

Because we're PREVENTION, and because we don't take your trust lightly, we want you to know that your results will vary. It's a medical fact that reduced calorie consumption can lead to significant weight loss. Multiple medical and university studies on calorie restriction support this fact. A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following *The Metabolism Miracle* meal and exercise program. But no one can guarantee your results when losing weight. You will have to change your diet and lifestyle somewhat to succeed. We believe we give you the BEST chance to lose weight and still enjoy hearty meals. That's why we want you to try *The Metabolism Miracle* for 21 days FREE. We don't believe you should pay a single penny until you try *The Metabolism Miracle* and LOVE what it can do for you.



# “Is Your Metabolism OUT OF WHACK?”

Dear Friend,

If you've struggled to lose weight and keep it off, you could have a problem with your metabolism.

More than 100 million Americans have what is called Metabolism B®. And what that means is your particular metabolism overreacts to carbohydrates and quickly stores their calories as fat! That seems so unfair!

That's why *Prevention* was excited to read ***The Metabolism Miracle***, written by Diane Kress, a registered dietitian with more than 25 years' experience as a specialist in weight loss and diabetes. Diane was baffled by her own steady weight gain and unexpected onset of high blood pressure and cholesterol, despite regular exercise and conscientious dieting. To make matters worse, she developed type 2 diabetes on this low-calorie, low-fat diet! When she noted that more than 50% of her patients had similar stories, she scoured medical journals for an answer and found that the medical community recognized a metabolic syndrome that was the root of weight gain, high cholesterol, high blood pressure, and high blood sugar in many people. Shockingly, this “different” metabolism did not respond to traditional diets that limit fat and calories. Kress set off to challenge conventional diets and developed the first and only total lifestyle program to cover all aspects of Metabolism B...without counting calories!

## **It's not your fault!**

If you've found yourself struggling to lose weight no matter what you've tried, or see your body changing as you age, you will love this life-changing, proven plan that gives you step-by-step, easy tips and tricks to work with your body and get to the root cause of

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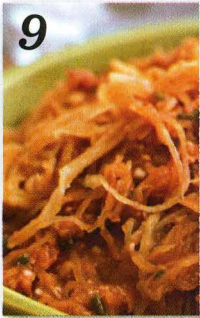
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## Meet the THE ME

Diane Kress, certified diabetes educator, shares her experience in leading author. After years of research, she research program pre: specifically fo with tradition

Her program her private p

Because we're PREV  
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following *The Metabo*  
believe we give you  
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overweight. And best of all, you won't be giving up your favorite foods—you'll love eating Easy Pizza, Clam and Crab Dip and Crispy Tortilla Chips, Miracle Grilled Cheese, Sweet Potato Fries—even desserts! Plus you'll learn that how and when you eat certain foods is all it takes to adjust your body's fat creation and watch the pounds disappear—permanently!

EVERYONE will lose weight on this exciting new breakthrough plan—so even if you don't have Metabolism B, you will drop pounds, improve your health, and look and feel your very best for lifelong vitality!

### **I never imagined achieving permanent weight loss COULD BE THIS EASY!**

All the details of this exciting breakthrough plan are revealed in the newly expanded edition of ***The Metabolism Miracle***.

Finally there's a way to lose weight and permanently take control of your weight and your health. It's easy. You'll eat great-tasting foods and you won't go hungry or need to count calories.

And because this program burns fat but keeps your muscle, you'll look like you LOST TWICE AS MUCH WEIGHT compared to the same pounds lost on other diets! Now THAT seems very fair!

In as few as 4 days on ***The Metabolism Miracle***, you'll begin to feel positive changes in your body and your life. And for a limited time...

### **You can try the exclusive, expanded edition of *The Metabolism Miracle* for 21 days FREE!**

That's how sure we are that you'll love what ***The Metabolism Miracle*** will do for your weight and your health. So please take a moment to read through this special report. Then detach the Bonus Gifts and Preview Certificate located next to page 21 and drop it in the nearest mailbox today.

To see what I mean, please review this special report, beginning on page 5.

Sincerely,

*Anne Egan*

Anne Egan  
Prevention Books



The breakthrough discovery that can help you

# Get a Thin Person's METABOLISM

**Lose 10, 20, 30 pounds *without* going hungry  
and KEEP IT OFF PERMANENTLY!**

Dear Reader,

If you're a frustrated dieter, you're not alone. Did you know that only 2 out of every 100 dieters are able to maintain their weight loss at the end of 5 years? More than 90% gain it back in the first year!

Today, more than 70% of our population is overweight or obese. Ironically, as we spend more time, energy, and money than ever to lose weight, our population is heavier than ever.

Clearly, something is wrong with the standard approach to weight loss. And new research has found the answer. It's called Metabolism B®, and it affects most people who struggle to lose weight.

If you have Metabolism B, your body follows a different blueprint for processing food. But standard diets are built on the assumption that everyone's metabolism works the same way. This simply isn't the case. So, if you've struggled to lose weight and keep it off...

**You weren't failing at dieting...  
YOUR DIET WAS FAILING YOU!**

If you have Metabolism B, you'll never succeed with regular diets. This is because your metabolism follows a different set of rules. In fact, attempting to lose weight using a traditional approach can set off a downward spiral.

But now, a new discovery can help you...

**LOSE WEIGHT PERMANENTLY  
and solve 23 chronic health conditions!**

In this special report, you'll discover a breakthrough new way to...

*(Continued on page 6...)*



# Reset Your Metabolism for Automatic Weight Loss!

**Lose 10, 20, 30 pounds or more and KEEP IT OFF forever!**

**M**ore than 100 million people in the United States have Metabolism B. It is also known as metabolic syndrome, syndrome X, or insulin resistance.

If you have Metabolism B, your body overreacts to carbohydrates and releases too much insulin, a fat-storing hormone.

Think of insulin as the key that opens the doors to your cells to allow glucose to enter. Too much insulin causes excess fat storage. You store fat in your belly, around your body. The fat is also stored in your blood in the form of high cholesterol and triglycerides.

So your weight situation is NOT a product of too many calories in and not enough calories burned. You've gained weight because your body

overreacts and releases too much insulin.

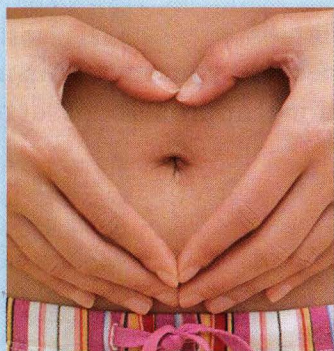
You haven't caused this food-processing problem, but you can improve and even correct it...so you can finally lose the weight and keep it off for good!

Until now, no diet was fully developed to work for people with this type of metabolism! But, thanks to the work of a pioneering expert, there is a breakthrough discovery that could help you...

## **Reset Your Metabolism to BE THIN & HEALTHY FOR LIFE!**

Her name is Diane Kress, a registered dietitian, and her discoveries are the result of more than 25 years of working with thousands of clients whose metabolisms did not meet the expected norm.

### **Why "EATING LESS & EXERCISING MORE" often doesn't burn fat!**



For more than half of the people who want to lose weight, the classic formula "calories eaten minus calories burned equals weight loss" doesn't work. In fact, if you try to lose weight that way, you can even end up fatter.

If regular diets don't work for you, there's a much greater chance that you have Metabolism B.

If you have Metabolism B, you could follow an 800-calorie-per-day diet, but if carbs make up a large percentage of your diet, you cannot lose fat. That's because your body is overprocessing the carbs.

*The Metabolism Miracle* will help reduce your fat storage so that permanent weight loss can occur. **See page 35 in your 21-Day Free Preview!**



## IT'S NOT YOUR FAULT!

Before her discovery of how to fuel this metabolism properly, **people with Metabolism B had little to no chance of permanent weight loss—no matter what they tried.**

Today, 13 years later, her program has worked for thousands of people who rave about its results. The case histories are amazing. After lifetime struggles with their weight and other chronic health problems, they've found real solutions.

*This breakthrough approach is called...*

### THE METABOLISM MIRACLE

*The Metabolism Miracle* is an easy, three-step approach that:

1. Resets your body's overactive response to carbohydrates;
2. Reprograms your metabolism to handle carbs normally;
3. Keeps the weight off for a lifetime!

Not only will weight come off and permanently stay off, your health will improve, your energy level will soar, and you'll experience a new feeling of peace of mind and contentment.

## FEEL THE DIFFERENCE IN JUST 4 DAYS!

If you've been frustrated by weight gain or diagnosed with mounting health issues, in as little as 4 days on *The Metabolism Miracle*, you'll feel much better...have more energy, no hunger, and no carb cravings.

And here's the best news of all...

I'd like to send you a copy of *The Metabolism Miracle* to try in your home FREE for 21 days. And I'll send you THREE FREE GIFTS just for giving it a try!

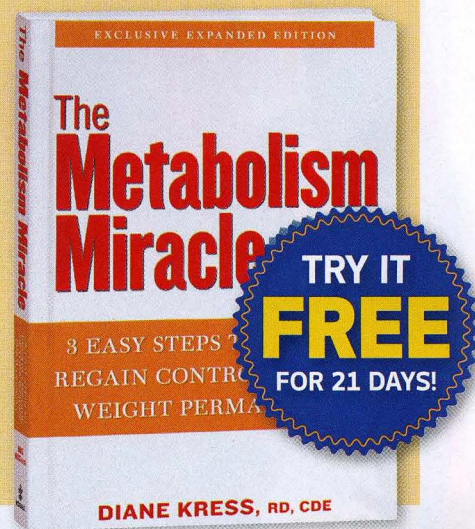
**But now you can discover the easy steps to lose weight permanently!**

# Could You Have Metabolism B?

**Your answers to these questions could CHANGE YOUR LIFE FOREVER...**

- ☐ Do you gain weight easily and find it difficult to lose weight?
- ☐ Do others around you eat more than you do, yet they end up slimmer?
- ☐ Are you frequently fatigued, even upon awakening?
- ☐ Are you sometimes mildly depressed?
- ☐ Feel an energy slump in the late afternoon?
- ☐ Do you notice a roll of fat around your middle?
- ☐ Do you often crave high-carbohydrate foods, such as bread, chips, sweets, or pasta?
- ☐ Have trouble sleeping?
- ☐ Are you sometimes forgetful or do you find it hard to concentrate?
- ☐ High blood pressure?
- ☐ High cholesterol?

✓ If YOU answered "yes" to several of the above, it's likely that you have Metabolism B.





# 3 EASY STEPS TO RESET YOUR METABOLISM AND AUTOMATICALLY BURN FAT!



***The Metabolism Miracle*** works like no other diet ever created. Instead of just eating less or exercising more, you actually reprogram your metabolism so it properly reacts to carbs. This gives you the tools you need to keep the weight off permanently. *Here's how it works...*

## BURN FAT LIKE NEVER BEFORE!

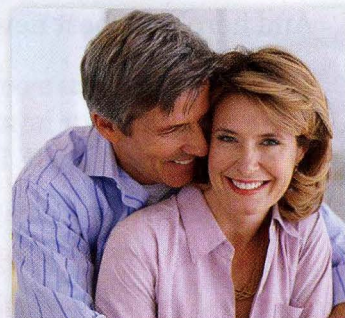
### **STEP 1:** Feel great after just 4 days of "CARB DETOX"!

The first step of ***The Metabolism Miracle*** is nicknamed Carb Detox or Carb Rehab. In this step, you'll clean up the "metabolic mess" that is the root cause of weight gain and so many other health issues. You will still eat many of your favorite foods, like chocolate and whipped cream, but you'll also reset your out-of-control metabolism that has taken over your body.

Your metabolism will have rested and rejuvenated as your body adjusts to stable blood sugar, and you will automatically...

### **STEP 2:** Reprogram YOUR metabolism

The problem with every other low-carb diet is that as soon as you start eating carbs again, the weight comes right back! But ***The Metabolism Miracle*** is truly unique because it actually **reprograms your body to respond normally to carbs so you can...**

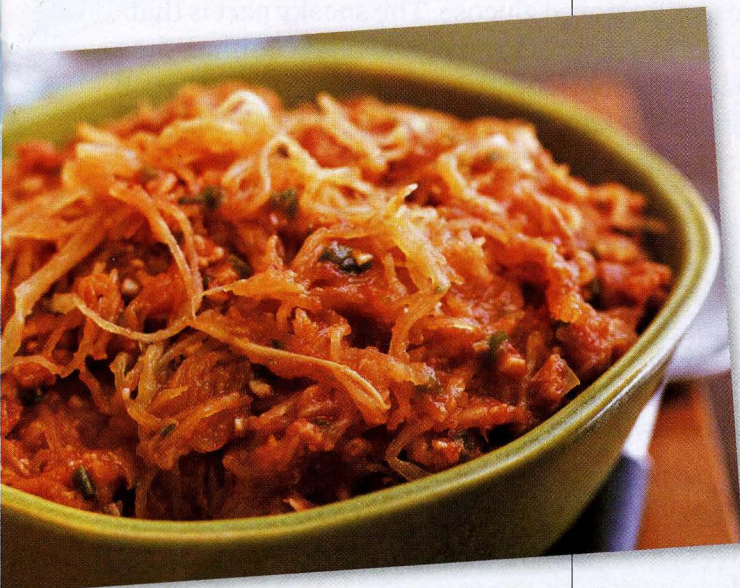




## EAT PASTA, BREAD, AND MORE, AND STAY THIN!

**The Metabolism Miracle** makes it easy to do in concrete, accurate amounts! You'll discover the best times to eat the foods you love, so you'll reset your metabolism and kick it into weight loss mode! You'll also learn the tricks to eat just the right amount so weight loss becomes almost automatic! See page 90.

**You won't be hungry.  
In fact, on Step 2, you  
get to EAT CARBS  
6 TIMES A DAY!**



### STEP 3: KEEP THE WEIGHT OFF for a lifetime

Before you know it, you will have reached the weight that makes you look great and feel great. You'll have reset your Me-

## From 197 lbs to 133 lbs! Never felt healthier!

At 5'4", I weighed 197 pounds. Once again, I vowed to lose weight. Thankfully, I discovered **The Metabolism Miracle**, and everything in the book spoke to me.

I went from a size 16 to a size 4. While following **The Metabolism Miracle**, my energy abounds. I sleep like a champ and have never felt healthier!

—Beth A. Bartell, Missouri

A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following **The Metabolism Miracle** meal and exercise program.



Beth  
"AFTER"  
64 lbs  
lighter!

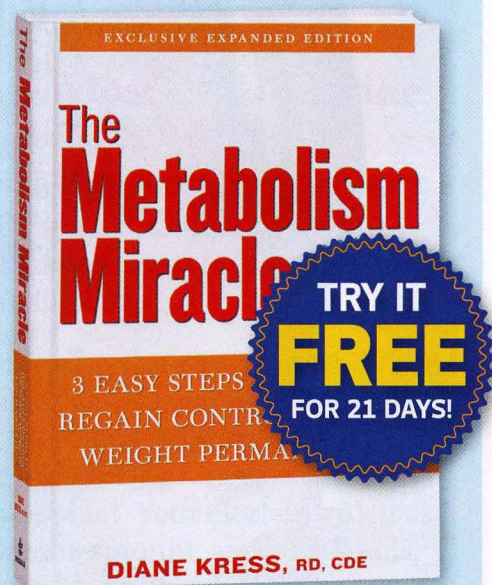
tabolism B to handle carbohydrates properly. Plus, you've reduced your risk of disease by reversing the long list of health conditions related to an out-of-whack metabolism.

Now, you'll be able to maintain your weight loss for a lifetime!

Step 3 gives you a wider range of your favorite comfort foods, such as lasagna and fries. You'll love having a delicious variety of choices.

**FEEL THE RESULTS  
IN JUST 4 DAYS!**

**REGAIN CONTROL  
AND LOSE WEIGHT  
PERMANENTLY!  
Send for your FREE  
21-day preview today!**





# MAGIC FORMULA FOR MAINTAINING THE SLIM

## THE MISSING LINK Not Found in Any Other Diet Plan

You may have tried some of the popular low-carb diets. They help you lose weight for a while, but it's next to impossible to keep the weight off long term.

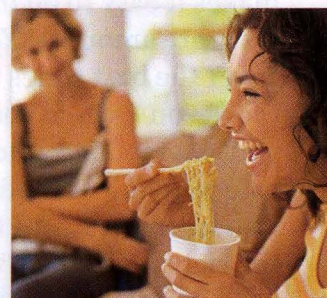
Beyond the first step of reducing carbs, **no other diet program has figured out how to reintroduce carb foods in the right way as you move from a low-carb diet to a balanced diet. THIS IS THE CRITICAL MISSING LINK!**

Diane Kress's 13 years of research working with more than 6,000 patients have found the precise formula to do this. Plus, she's made it easy to do with a complete program of recipes, meal plans, food guides, and progress charts—the full system to put the plan into action and get results.

With other popular low-carb diets, when you are eating foods like pasta, bread, and potatoes again,

your liver and pancreas go back to where they used to be. And the weight comes right back.

Your liver is capable of “self-feeding” your body. When you don't eat carbs within a 5-hour period, your brain senses the low blood sugar and instructs your liver to release stored glucose into your bloodstream. These “self-feedings” can provide about 45 to 65 grams of pure glucose. That's as much as **FOUR SLICES OF BREAD!** Thus, even when you skip a meal, your blood sugar level rises as your liver releases its stored glucose. The sneaky part is that you are unaware of this very normal, “behind-the-scenes” fueling. **Unfortunately, your Metabolism B overreacts to the rise in blood sugar from the liver just as it does to the sugar rise when you eat carbs!**



## ▶ WHY YOU CAN GAIN WEIGHT even when you don't eat anything.

Is there anything more frustrating than starving yourself and then not losing weight, or even gaining a few pounds? Here's why this can happen.

Your liver stores fuel in the form of glycogen. When you skip a meal, your liver goes into survival mode and releases a meal's worth of glycogen into your bloodstream. This happens whenever you go more than 5 hours without eating, even when you're sleeping.

Every time your liver self-feeds the body, Metabolism B's reaction is to over-release the fat-gain hormone insulin. Even when a person with Metabolism B skips meals or sleeps, an overactive pancreas will release excess fat-gain hormones!

Step 2 of **The Metabolism Miracle** is designed to prevent the above scenario from occurring. If you introduce a very specific amount of mild carbohydrates at the right times throughout the day, your liver will rarely be called upon to release its glycogen stores. At the same time, controlled carbs prevent your pancreas from overreacting to blood sugar rises from your carb choices.

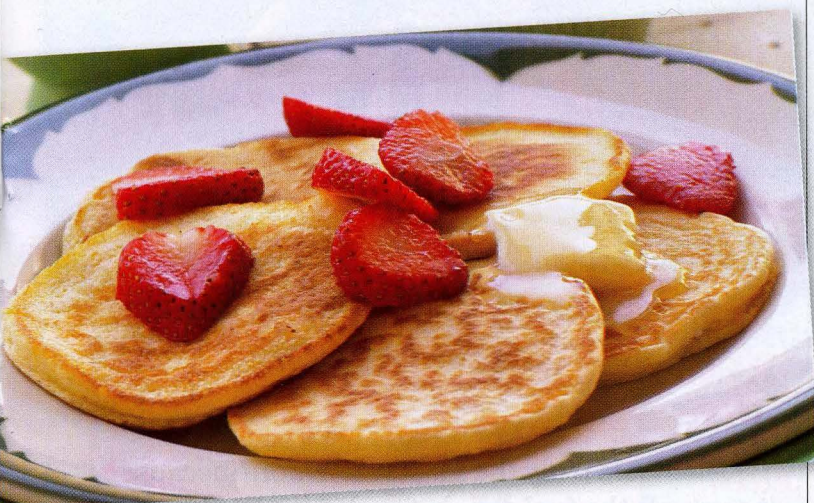
**See page 21 for your FREE 21-Day Preview!**



# M NEW YOU!

Your pancreas releases too much insulin. The stored glucose from your liver is now quickly stored as fat. Your blood sugar drops again. Fatigue, brain fog, irritability, and cravings occur.

But with ***The Metabolism Miracle***, you'll fix this situation. It is a true breakthrough because this reprogramming of your metabolism allows you to eat carbs again without spiking your blood sugar or regaining the weight you've lost. It's what makes it different from every other diet. You'll be able to eat a balanced diet—including a healthy portion of carb foods—and still lose weight and keep it off.



**SAY YES to pasta, breads, and even mashed potatoes & still lose weight!**

Low-carb diets are **UNNATURAL!** With ***The Metabolism Miracle***, you'll be able to reintroduce the carb foods you love and **STILL LOSE WEIGHT!** This doesn't happen on any other low-carb diet. This is why they fail. You can't get to a normal weight if you don't eat carbs!

You've probably tried other low-carb diets before, and you've seen how they let you down in the long run. ***The Metabolism Miracle*** is the only program designed to take you from a very low-carb diet to balanced eating—with control of your weight every step of the way! This is way different

## "Anxiety, fatigue, and 29 lbs GONE!"



Diana  
**"AFTER"**  
29 lbs  
lighter!

By the end of Step 1 of ***The Metabolism Miracle***, I had more energy than ever. I could focus in school, and I didn't have anxiety. The excess "bloat" had receded, and my love handles went away. I reached a size where I felt comfortable (pants size 7). I have kept the weight off. Not only that, I have always maintained the great way I feel: emotionally, physically, and mentally.

I know that ***The Metabolism Miracle*** has given me the gift of living a healthy life in which I feel great.

—Diana Kresefski, Somerset, NJ

A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following ***The Metabolism Miracle*** meal and exercise program.

from those other well-known low-carb diets.

If you have Metabolism B, a diet based only on cutting calories will **NEVER** work for you long term. That's because your weight, belly fat, and high cholesterol are not entirely the result of excess calories or inadequate exercise. They are caused by the overreaction of your body to carbohydrates and your blood glucose being stored excessively in your fat cells.

**The weight you lose will look like you've lost TWICE AS MUCH!**

On virtually every other diet plan, you lose a combination of water, fat, and muscle. So 10 pounds of weight loss on a traditional diet looks like 10 pounds of weight loss.

But fat is light, fluffy, big-volume tissue. When you lose 10 pounds of weight composed of fat, it looks and feels like 20. ***The Metabolism Miracle*** leaves what your body needs—muscle and water—and burns excess fat. Your clothes will fit as if you've lost twice the amount, and your lipids, blood pressure, and blood sugar will improve as if you've lost double the scale weight. Celebrate your loss and look forward to more! See page 80.



# Is It Menopause or METABOLISM?

When Ann first came to Diane Kress's nutrition center, she checked off many of the symptoms on the checklist. She smiled when she handed Diane the list, saying, "Of course I feel this way. These symptoms are due to menopause and, honey, I'm there."

She had a list of symptoms that could relate to many conditions—menopause, fibromyalgia, chronic fatigue syndrome, and just plain aging. But once Ann, like everyone who follows *The Metabolism Miracle*, began the program, she quickly discovered whether her metabolism may be to blame for many of the unpleasant symptoms.

## Depression and Menopause Symptoms GONE!

Ann started the three-step *Metabolism Miracle* program and, a few weeks later, she sent Diane an e-mail message with only two words: "It lifted." When she returned to the office after 8 weeks, she was beaming. "I can't believe it! Almost all of the symptoms I attributed to menopause—my mild depression, periods of anxiety, poor sleep, midline fat, weight gain, fatigue, forgetfulness—are all so much better." Ann had lost inches of fat and was already wearing smaller-size slacks, but mostly she was thrilled to feel like her old self again. Menopause symptoms aren't anywhere near as big a problem if your insulin is normal. See Ann's story on page 11 of *The Metabolism Miracle*.



## BECOME A YOUNGER VERSION of Yourself

Insulin is truly the master hormone because it controls the fuel supply for all your body's cells.

*If this hormone is out of balance, everything else will be, too.*

Insulin imbalance is a 24/7 stress to the body. It causes accelerated aging and increased inflammation. But when you balance insulin, you become a younger version of yourself—with better skin, beautiful hair, supercharged immunity, more energy, better sleep, and fewer chronic health issues.

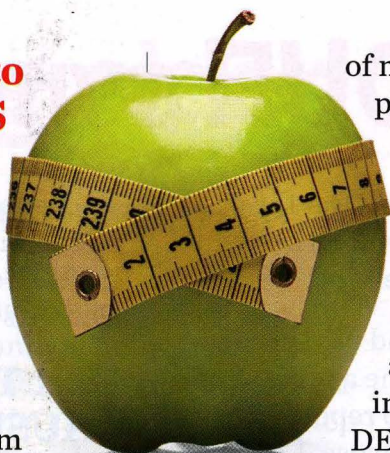


## From an Apple to an HOURGLASS FIGURE

Many women are very upset about the change in their body shape as they get older. The typical shape is an hourglass, but many women with Metabolism B develop an "apple" figure. So they're absolutely delighted to see their old hourglass figure coming back when they use ***The Metabolism Miracle***.

Diane Kress has personally used ***The Metabolism Miracle*** program with more than 6,000 patients.

Her program is world renowned—not because of big publicity, but because of word



of mouth. When people see how much weight their friends have lost... when they hear how great their friends are now feeling...they

**DEMAND TO KNOW WHAT THE SECRET IS!**

## THE CURE for Feeling Fat, Fatigued, and Frustrated

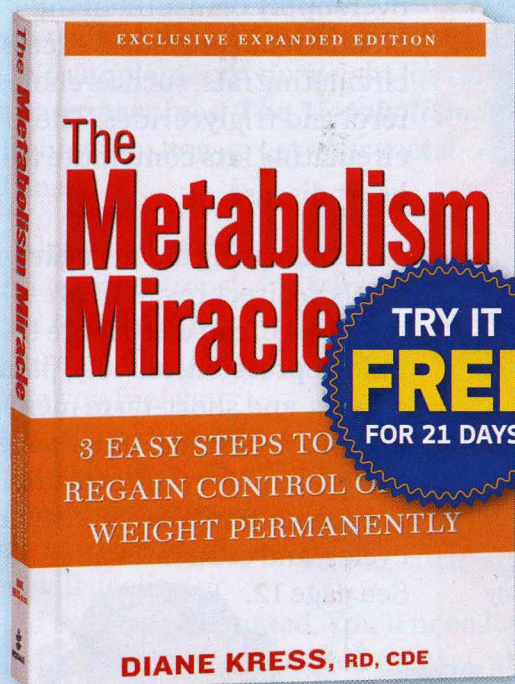
Patients would walk into Diane Kress's office for a consult on their weight problem. Their heads are a bit down, and they don't make a lot of eye contact. They say, "I don't know if this is

going to work. I've tried so many other diets before. I'm so frustrated. It's like my body is out of control."

After a few weeks on ***The Metabolism Miracle***, when the same patients are asked what they think about Diane's program, they say, "It's like a miracle. I have my life back!" The people are reborn. *Their biggest joy is that they literally feel alive again.*

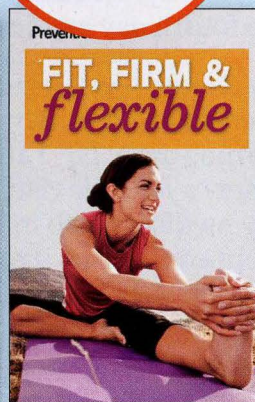
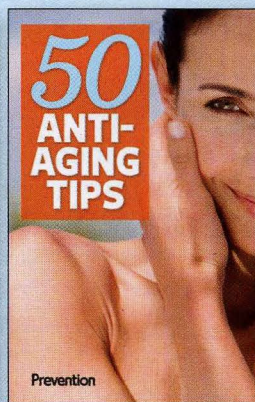
And now, without stepping into her office, **you too can see amazing results and discover for yourself this breakthrough new plan for permanent weight loss!**

**Send for This Exclusive Offer and Get Started Today!**



**Return the enclosed card today to try *The Metabolism Miracle* for 21 days FREE!**  
**Plus, get THREE FREE GIFTS just for looking!**

**Plus:  
3 FREE  
GIFTS!**  
details on page 18





# Don't blame YOUR symptoms

## Discover the key to solving 23 HEALTH CONDITIONS!

George was 57 when a heart attack shook up his world. He was scared and wanted to do everything to prevent another heart attack.

He had a roll of fat around his middle, despite daily exercise and his diet. He took medications for blood pressure, cholesterol, acid reflux, and anxiety. He complained of fatigue and feeling

sleepy after meals. Over the past few years, he didn't feel like himself; something felt "off."

His father had died of a heart attack at the age of 60, and George's own lab report was ominous: His glucose, LDL cholesterol, triglycerides, and blood pressure were all higher than normal. George had Metabolism B. In fact, he was prediabetic without knowing it.

Eight weeks after he began *The Metabolism Miracle*, George had lost 4 inches of fat off his belly. His blood pressure, LDL cholesterol, and triglycerides had all improved.

He felt energetic and confident and was thrilled with the ease of the program. See George's story on page 40.

## Halt THE HIDDEN CAUSE of Many Health Conditions

Certain medical conditions are very common in people with Metabolism B. Many of these conditions work in a domino-like chain effect.

Metabolism B causes excessive insulin release in reaction to the carbohydrates you eat and the normal self-feeding by your liver. The insulin then causes midline fat to accumulate. The midline fat provokes high blood pressure and acid reflux. At the same time, the oversupply of insulin in the bloodstream promotes excess circulating fats, such as cholesterol and triglycerides. These circulating fats contribute to heart disease.

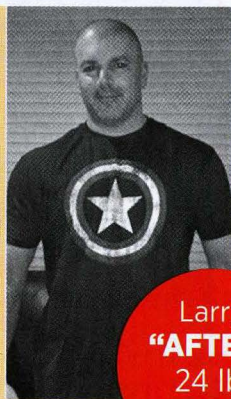
Fluctuating blood sugar levels, a direct result of Metabolism B, can contribute to mild depression, anxiety, panic attacks, and short-term memory loss. Hormonal imbalance can cause polycystic ovarian syndrome, irregular menstrual cycles, and even infertility. See page 12.

## Allergies Gone. Cholesterol Lowered WITHOUT Drugs.

Several amazing things happened after 4 days on *The Metabolism Miracle*. My allergies went away. I mean gone. I just woke up on the fourth day and I could breathe.

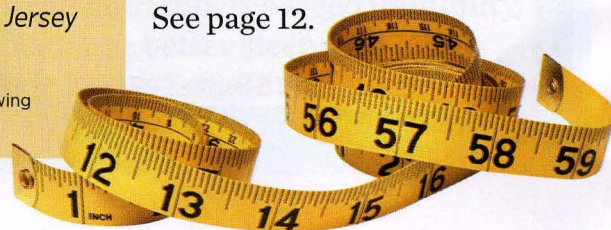
My energy levels soared, which surprised me, as I used to crash at 3 p.m. My weight started to drop after 10 days. I was burning away fat. I am so accustomed to eating this way that it is now a lifestyle that is easy to do. The end result is I don't need any medication to maintain my health. My heart attack ratio dropped from a 9.9 to a 2.7.

—Larry Sayette, New Jersey



Larry  
"AFTER"  
24 lbs  
lighter!

A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following *The Metabolism Miracle* meal and exercise program.





# n getting older!

## THE GREAT MASQUERADER

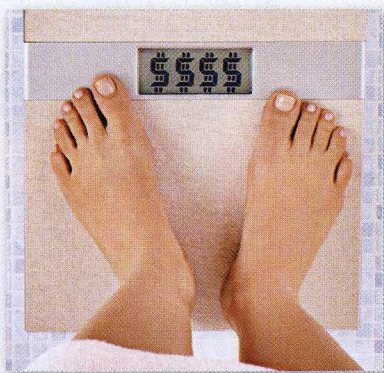
You may look at the symptoms for Metabolism B and think that they could be attributed to many different conditions, including menopause, chronic fatigue syndrome, midlife, or even a high-stress job. (See list at right.) But at the end of Step 1 of *The Metabolism Miracle*, many symptoms disappear, along with the weight, because the symptoms were caused by Metabolism B.

## Reduce Medication for Blood Pressure, Cholesterol, or Diabetes IN JUST 8 WEEKS!

If you have a lab-drawn fasting glucose level of 90 or above, “think” Metabolism B and rest assured that *The Metabolism Miracle* will work for you. In as little as 8 weeks, your physician may need to lower the dosage of medication you’re taking as your body enters a healthier zone. See page 15.

**Fixing your metabolism only requires you to eat carbs in the right amounts at the right times of the day.** There are no drugs or surgeries. No supplements, no weight loss gimmicks or exercise machines. *The Metabolism Miracle* will show you how to get your metabolism back in tune.

Almost all of the medical conditions listed at right can require medication. When you fuel your metabolism correctly, as you’ll learn in *The Metabolism Miracle*, your need for medication will decline or could even be eliminated. You’ll need less medication as you enjoy improved mental, physical, and emotional health, increased energy, and weight loss.

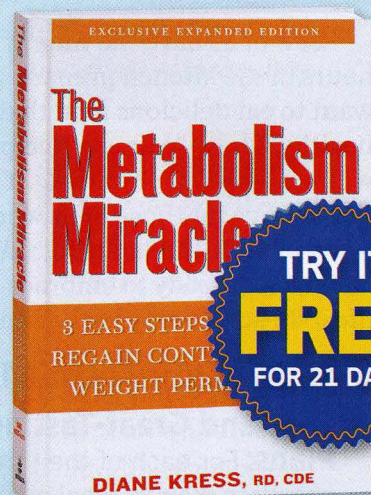


## SAVE HUNDREDS OF DOLLARS EACH YEAR

What’s more, you can save hundreds or thousands of dollars each year by reducing medications you’re taking now. Diane Kress did this herself and was able to safely eliminate four medications: two for diabetes, one for cholesterol, and one for blood pressure. **So you could save big money—not to mention avoiding the drugs’ side effects.**

## 23 HEALTH CONDITIONS DRAMATICALLY IMPROVED!

- ADD or ADHD (attention deficit disorder)
- Anxiety or panic attacks
- Belly fat (a roll around your middle)
- Cholesterol increases: total cholesterol, LDL “bad” cholesterol, and/or triglycerides
- Low levels of HDL “good” cholesterol
- Gestational diabetes (occurs only during pregnancy)
- Prediabetes
- Type 2 diabetes
- Chronic fatigue
- Mild depression
- Fibromyalgia
- GERD (gastric reflux disease)
- High blood pressure (or recent increases in blood pressure)
- Hypoglycemia (low blood sugar)
- Hypothyroidism (underactive thyroid)
- Infertility (related to hormonal imbalance)
- Metabolic syndrome
- Osteoarthritis
- Osteoporosis or osteopenia
- PCOS (polycystic ovarian syndrome)
- Sleep apnea
- Sleep disturbances
- Weight gain without eating more



***The Metabolism Miracle* will help you lose weight and control symptoms of all the above conditions. See page 21 for your 21-Day FREE Preview!**



# LOSE WEIGHT deliciously

## Enjoy all these family favorites while you **BURN AWAY FAT!**

Diane Kress's 25 years as a nutritionist have helped her bring you recipes that are quick, easy, and oh-so tasty—recipes that can work for your lifestyle and be ready in a snap, rather than frustrate you with tricky ingredients and long prep times.

With these custom-designed and tested **Metabolism Miracle** recipes, you really can lose weight, keep it off, improve your cholesterol, lower blood pressure, boost your energy level, and improve a whole range of chronic conditions.

Few of us have the time or motivation to spend hours in the kitchen preparing a meal. But we do want to eat delicious food that helps keep us slim and healthy. **These “Miracle Recipes” will entice anyone who sits down at your table.** They’ve been balanced to be effective for those of us who may have Metabolism B but include the same ingredients and flavors that we all love. Get ready to embrace a happier and healthier lifestyle—and enjoy every bite!

### The Metabolism Miracle includes:

- **Easy and Great-Tasting Menus and Meal Plans:** For each of the three steps, you'll get complete menus, meal plans, and easy, time-saving, and delicious recipes. For Step 1, see the section beginning on page 72.
- **Great Food Choices:** No matter what your food preferences, you'll find plenty of delicious foods you'll love with **The Metabolism Miracle**. Whether you're a “meat-and-potatoes” person or a vegetarian, you'll find easy-to-make recipes and meal plans. See page 168.
- **How to Dine Out MM Style:** **The Metabolism Miracle** works well in any restaurant. Fine dining, carry-out, and even fast-food choices are easy on all three steps. See the tips on page 174.
- **At-a-Glance Shopping Lists:** Make it quick and easy to find the foods you need. Page 180

### Scrumptious, Easy-to-Make RECIPES



### Bountiful Breakfasts

- Miracle Quiche, page 219
- Crustless Ham and Veggie Quiche, page 220
- Silver Dollar Pancakes, page 225
- **Plus more...**

### Luscious Appetizers and Snacks

- Easy Pizza, page 227
- Miracle Grilled Cheese, page 229
- **Plus more...**





# without counting calories!



## Super Sides

- Broccoli-Cheese Casserole, page 298
- **Sweet Potato Fries**, page 300
- Mashed Cauliflower, page 307
- **Plus more...**

## Sumptuous Soups and Salads

- Potato-ish Salad, page 248
- Pasta Primavera Salad, page 250
- Miracle “Potato-Less” Soup, page 255
- Corn Bisque, page 256
- Italian Vegetable Soup, page 257
- **Plus more...**

## Delightful Dinner Entrées

- Chicken Paprikash, page 266
- Miracle “Spaghetti,” page 275
- Pasta-Free Veggie Lasagna, page 290
- **Plus more...**

## Baked Treats and Other Sweets

- **Chocolate Brownie Muffins**, page 312
- “Gilded” Cinnamon Muffins, page 313
- Chocolate Ricotta Pudding, page 315
- Nancy’s Fancy Chocolate Meringue Cookies, page 317
- **Plus more...**

As you read through these delicious recipes, you’ll say to yourself, “Yes, I can do this!” In fact, you’ll be looking forward to it!

**EAT ALL YOU WANT of many delicious foods!**

With *The Metabolism Miracle*, you don’t need to count a thing in the lean proteins, healthy fat, vegetables, and other categories. There is no weighing, measuring, or counting of these foods during Step 1.

Perhaps the best benefits—besides the fat loss and energy boost—are its ease and simplicity. Foods fall into two easy categories: yes and no. You’ll find these food choices incredibly easy to make.



With *The Metabolism Miracle*, you’ll continue to eat great-tasting foods, such as a Step 1 **Chocolate Brownie Muffin** (recipe on page 312). Enjoy a Cinnamon Ricotta Pudding (recipe on page 315). You’ll think: “I can do this!” And you will.

**Splurge on over  
50 Recipes FREE  
for 21 Days!**



# MAY WE SEND YOU 3 FREE

Just for Returning Your BONUS GIFTS AND PREVIEW

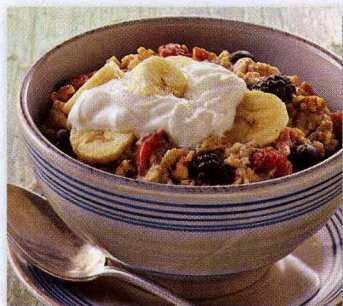
## GAIN ALL-DAY ENERGY!

FREE Gift #1

**Who couldn't use more energy?** There's nothing like feeling sharp, focused, and energized all day. It's the key to getting things done and feeling great! This special report, from the editors of *Prevention*, shows you how to:



- **Balance Stress Hormones**—Here's how to reduce hormones such as cortisol and adrenaline, plus boost serotonin—the feel-good hormone.
- **Get Better ZZZZs**—These powerful nutrients have a profound effect on sleep quality and healthy sleep patterns. A great night's sleep is the secret to a great next day.
- **Balance Your Blood Sugar**—This simple breakfast tip can help keep your blood sugar stabilized for sustained energy through the day.
- **Feel Clearheaded and Confident**—A medical study confirms just 10 minutes a day of this simple tip made women more focused and poised.



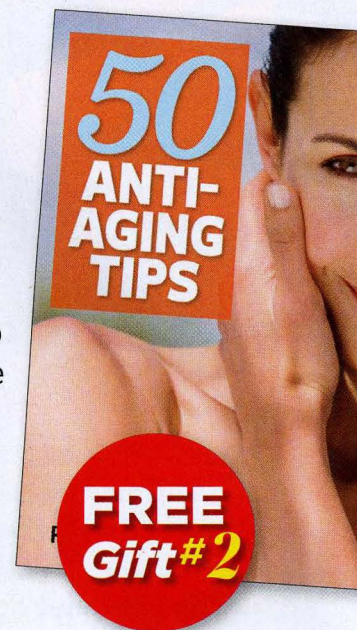
■ **MUCH MORE!**

## TIMELESS BEAUTY *Tips from the Pros*

**How can you look great no matter what your age?** We asked top dermatologists and makeup experts how they keep their skin young, fresh, and glowing 24/7. In this guide, you'll discover how to:

- **Get Glowing Skin**—This secret boosts oxygen levels, which gives your skin that youthful glow.
- **Take Years off Your Face**—This tip helps even out your skin tone, which is a key marker for youthfulness.
- **Look 10 Pounds Thinner**—Here's how the right haircut can make you look slimmer. See the best styles, according to a leading stylist for John Frieda.
- **Save on the Best Skin Care Products**—We asked dermatologists for the best value in products they'd use themselves.
- **Banish Wrinkles**—Simply enjoy this delicious beverage. It's packed with protective compounds that both fight cancer and prevent the breakdown of collagen, the cause of wrinkles.

■ **MUCH MORE!**





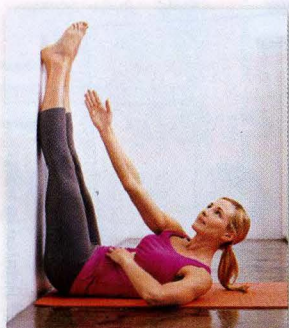
# FREE GIFTS— Certificate?

## EASY Yoga & Stretches to Tone and Relax You

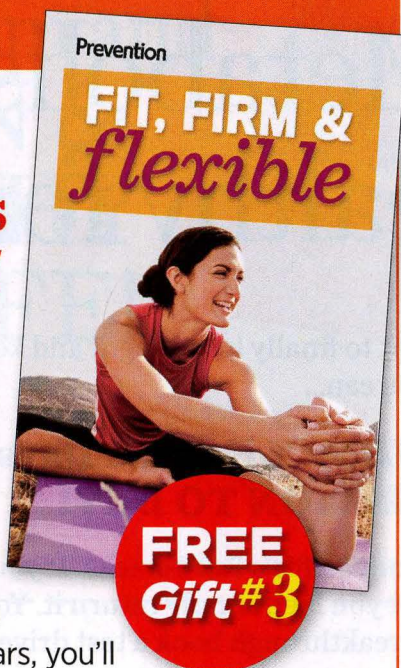
Stretching not only tones your muscles so you look lean and feel more flexible—it also speeds up weight loss! Even if you haven't exercised in years, you'll find these easy stretches and yoga moves simple, relaxing, and fun. And they take just a few minutes a day!

Here's a small sampling of what you'll learn in this guide:

- **Banish Back Pain**—with a 30-second stretch.
- **Relieve Stress and Gain Energy** at work—simple 10-second technique!
- **Do These Easy Stretches** whether you're waiting in line or taking a shower!
- **Enjoy Deeper, Better Sleep.**



- **Firm Up Belly Bulges** in 5 minutes a day.
- **Instant Energizer.** Feel awake without caffeine with this simple yoga pose.
- **MUCH MORE!**

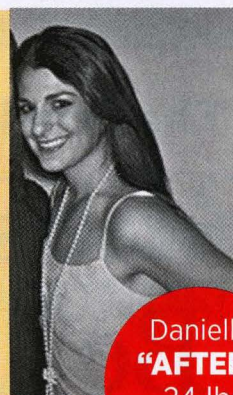


## 17 lbs Lighter and Healthy Inside & Out!

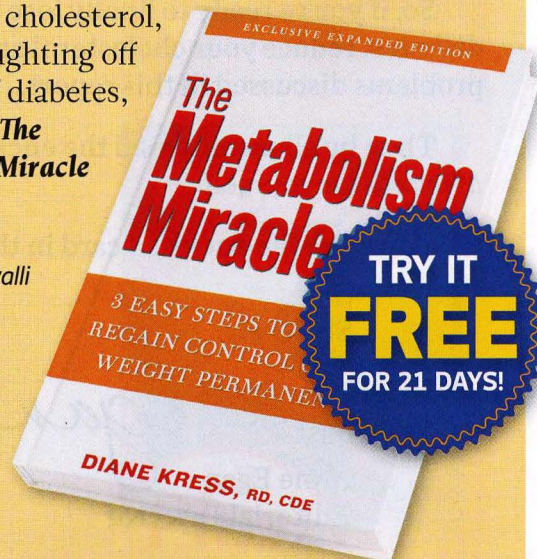
Following *The Metabolism Miracle*, I have learned how to regulate my weight, my blood sugar and cholesterol levels, and my risk for diabetes. I'm not only back to a healthy weight, but I'm healthy both inside and out, and *The Metabolism Miracle* diet has given me the tools to continue this way for the rest of my life.

My results on this diet also motivated my father to get tested for diabetes, and he is now a follower of *The Metabolism Miracle* diet too! So far, he's dropped 25 pounds, lowered his cholesterol, and is also fighting off the onset of diabetes, all through *The Metabolism Miracle* diet.

—Danielle Cavalli  
Maryland



Danielle  
"AFTER"  
24 lbs  
lighter!



***The Metabolism Miracle* is designed to help you reach and maintain permanent weight loss, optimal health, and improved overall well-being.**

A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following *The Metabolism Miracle* meal and exercise program.



# The breakthrough weight loss program that can help you... **RESET Your Metabolism and Be Thin & Healthy for Life!**

If you're tired of diets that don't work...if you want to finally lose weight and keep it off—there's no reason not to try this incredible program because you can...

**Use *THE METABOLISM MIRACLE* for 21 Days FREE  
WITH NO OBLIGATION TO BUY!**

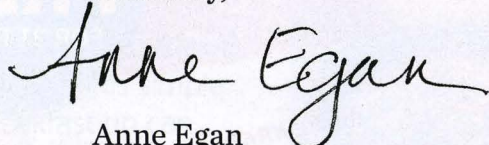
You can put *The Metabolism Miracle* to work for you for a full 3 weeks. If you're not amazed and delighted with your weight loss and how much better you feel, simply return it. You'll owe nothing and have our sincere thanks for giving this remarkable breakthrough book a test drive.

So, if you're ready to finally lose weight, break free from fatigue, banish brain fog, prevent or control diabetes, reduce your cholesterol and blood pressure without drugs, and conquer the many other health problems discussed in this report...

Then by all means, mail the enclosed Bonus Gifts and Preview Certificate and see *The Metabolism Miracle* for yourself.

Just drop the enclosed card in the nearest mailbox today!

Sincerely,



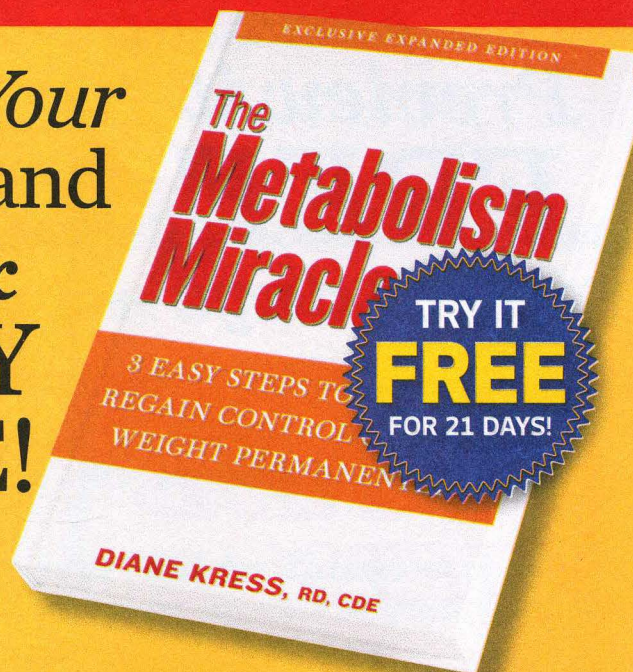
Anne Egan  
Editorial Director

**P.S. Three Fantastic FREE GIFTS** Just for Looking!  
Respond today and you'll also receive these extra gifts—yours to keep—even if you return *The Metabolism Miracle*.



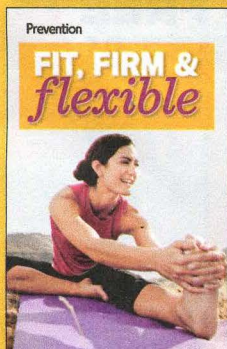
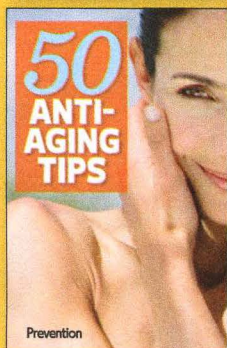


# Reprogram Your Metabolism and Be THIN & HEALTHY FOR LIFE!



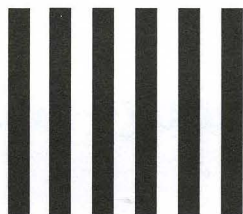
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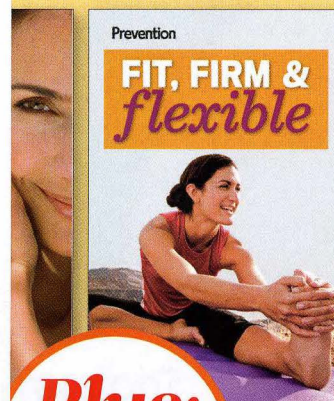
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**is paid!**

FREE 21-DAY PREVIEW! | 21



# The breakthrough RESET Be This

If you're tired of diets that don't work, there's a reason not to try this incredible new program.

Use **THE**

You can put **The Metabolism Miracle** to the test. We're delighted with your weight loss results. Please have our sincere thanks for your participation.

So, if you're ready to find out if **The Metabolism Miracle** can help you lose weight, reduce your cholesterol, and solve the problems discussed in this book, we'd like to give you a free trial.

Then by all means, mail in your request for **The Metabolism Miracle** for yourself.

Just drop the enclosed card in the nearest mailbox.

Sincerely,

*Anne Egan*

Anne Egan  
Editorial Director

**P.S. Three Fantastic Gifts!** Just for losing weight with **The Metabolism Miracle**. Respond today and you'll receive these extra gifts to keep—each one a bonus from **The Metabolism Miracle**.

Preview it  
**FREE**  
for 21 days  
and GET  
**3 FREE GIFTS!**

▼ Detach here and mail today. ▼

## Bonus Gifts and Preview Certificate

**YES!** Please rush me a copy of **The Metabolism Miracle** and my 3 free gifts! I'll have 21 days from receipt to examine **The Metabolism Miracle** for free. I can return it at the end of my 21-day preview and owe nothing. If I keep it, I'll pay in 4 easy installments of \$7.99, plus shipping and handling. My free gifts are mine to keep no matter what as thanks for previewing **The Metabolism Miracle**.

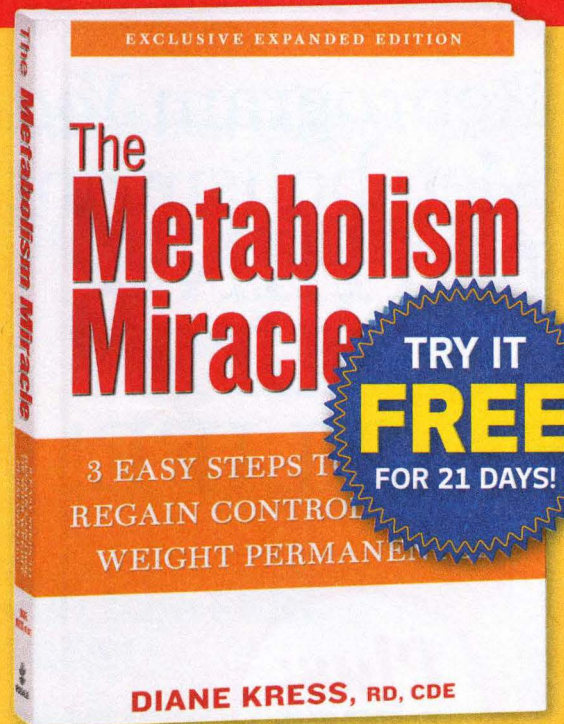
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Please send no money now. This is a 100% free trial offer.

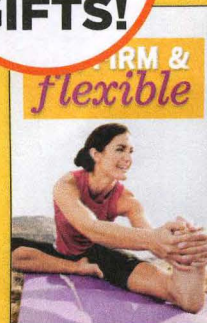
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**Plus:  
3 FREE  
GIFTS!**





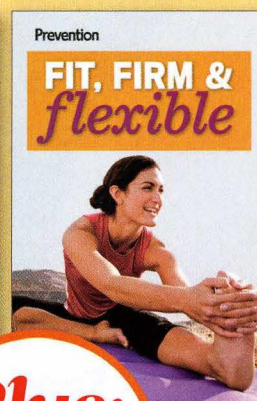
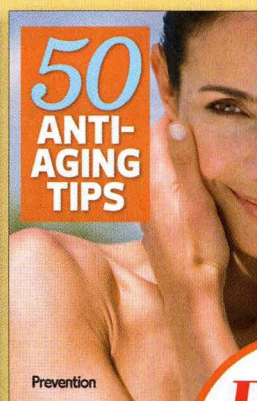
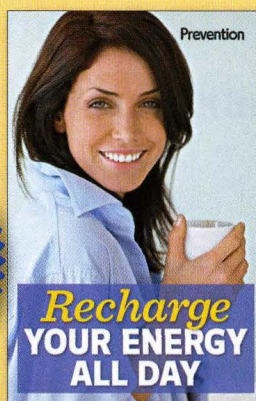
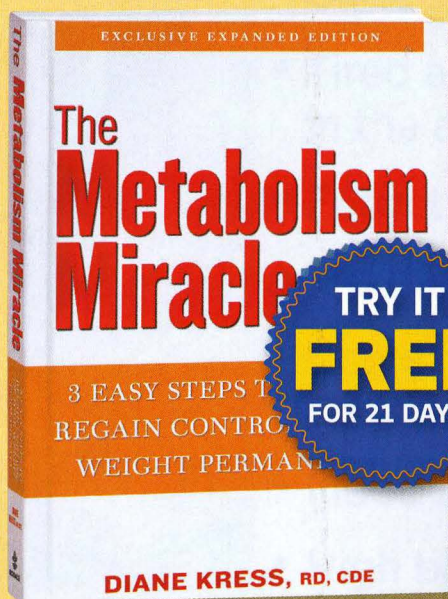
# What Have You Got to Lose?

With our 3-way satisfaction guarantee, the only thing you can possibly lose is your **UNWANTED POUNDS!**

## OUR FAMOUS 3-WAY Guarantee:

(Not available in any store.)

1. **Try *The Metabolism Miracle* FREE for 21 days**—Use this exclusive edition for 3 full weeks entirely on us. If you're not 100% delighted, simply return it and owe nothing.
2. **Keep the 3 FREE GIFTS**—even if you decide to return *The Metabolism Miracle*.
3. **LIFETIME GUARANTEE**—If you don't LOVE the results, you'll get a full refund for the purchase price on the book any time in the future. Even 30 years from now, you'll get every penny back if you're not continuously delighted!



**Plus:  
3 FREE  
GIFTS!**

Order now to get your free gifts and your free preview. You'll have 21 days from receipt to examine *The Metabolism Miracle* for free, or you can return it at the end of your 21-day preview and owe nothing. If you keep it, you'll pay in 4 easy installments of \$7.99, plus shipping and handling of \$1.99 per installment. Your free gifts are yours to keep no matter what as our thanks for previewing *The Metabolism Miracle*.

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