

# Lose 10.5 lbs a we Slimming

Learn how to use ordinary H<sub>2</sub>O to turbocharge a healthy diet. You can "wash away" fat faster than ever before!

For years, scientists have had evidence that ordinary water can help us fight flab in dozens of little ways. But now, for the first time, they have proof that water can also help us fight flab in a really *big* way. The exciting news comes from Virginia Tech University, where dozens of volunteers were put on the same low-cal diet; half were then asked to sip 16 oz. of water before meals—a simple trick that ultimately helped them lose about 50% more weight. Wow! "Drinking water is such an easy, inexpensive strategy," notes lead researcher Brenda Davy, Ph.D. "So we were very pleased to see these results!" *Woman's World* readers who tested the Virginia Tech water regimen were also very pleased. They sped off up to 10.5 pounds in a week! "For me, drinking water worked better than much tougher plans," marvels one. "It was amazing!"

## It's this easy!

For the Virginia Tech study, dieters drank 16 oz. of chilled water 30 minutes before breakfast, lunch and dinner. They could have as much additional water as they wished. Folks also followed a healthy 1,200-calorie meal plan that was packed with water-rich foods, including fruits, vegetables and low-fat dairy. "Based on previous research, we thought this approach would provide optimal benefits," Davy explains. And it seems to have done just that!

## How water works magic

Here, says Davy, are the main reasons drinking water makes any diet work better:

- **It washes away hunger!**

In a previous Virginia Tech study, folks who chugged 16 oz. of water before a buf-

## This water-rich diet flushes away fat!

Inspired by new Virginia Tech research, our nutrition team has packed these 1,200-calorie menus with water-rich foods. To maximize their hunger-fighting and fat-blasting power, you'll drink 16 oz. (2 cups) of cold water 30 minutes before main meals. Drink as much additional water as you like. Add very-low-cal extras (herbs, spices, vinegar, lemon juice) as desired. Add artificial sweetener in moderation. As always, check with a doctor before trying any new plan.

### Breakfast choose one daily



2 eggs scrambled in  
1 tsp. olive oil, with  
1/2 cup vegetables and  
1/4 cup low-fat cheese  
1 cup melon

---

1 cup whole-grain cereal,  
3/4 cup fat-free milk,

3/4 cup berries

### Quick Smoothie:

Blend 1 cup lite yogurt  
and 1 cup frozen fruit  
until smooth  
1 slice whole-wheat toast,  
1 tsp. peanut butter

## Lunch choose one daily

3 oz. deli turkey, 2 cups  
mixed salad, 1 Tbs. nuts,  
2 Tbs. low-fat dressing  
4 whole-wheat crackers  
1/2 cup sliced fruit

1 whole-wheat pita pocket  
stuffed with 1/4 cup each  
sliced tomato, cucumber,  
low-fat feta cheese and

1 tsp. low-fat dressing  
2 plums

1 1/2 cups reduced-sodium  
soup

1 Laughing Cow Lite  
cheese wedge

2 slices whole-wheat toast  
or 8 crackers

