

for women FIRST



350 calories or less!

Comfort food makeovers



Easy s'more brownies

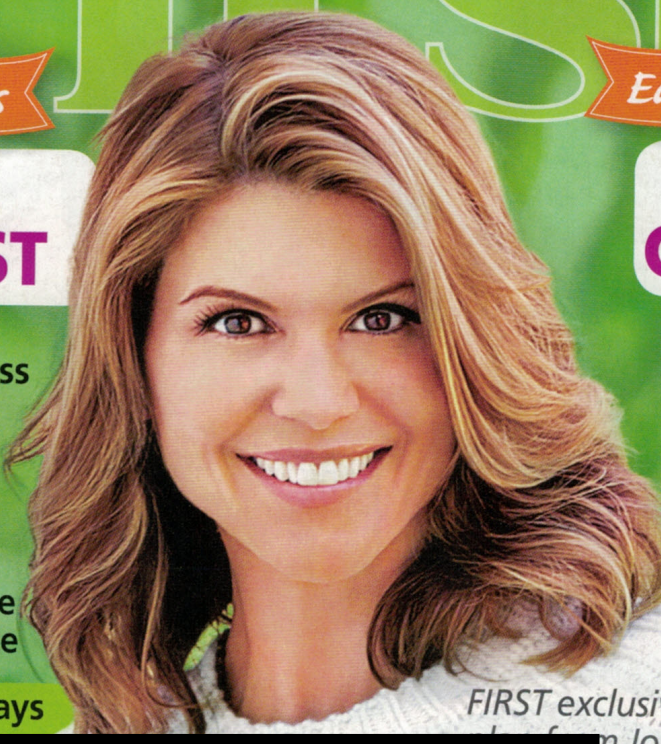
YOUR BEST ENERGY BOOST

Beat hibernation slowdown!
10 ways to cure winter tiredness

HAPPY EVERY DAY

ORI LOUGHLIN reveals the little secrets that make a big difference

Beyond coupons! Brilliant ways



THE NEW GUTSY CUTS



What's right for you!



FIRST exclusive! New look from Jorge Cruise



Sally Field



According to board-certified NJ plastic surgeon Brian Glatt, M.D., the 67-year-old's slimmer jawline and increased neck definition seem to be the result of having fat removed from the area before trimming excess loose skin.

OVER-40 FAT ER



re making women look younger, thinner

TO LOSE 1 LB EVERY DAY!

SUPER BOWL GENIUS!

Fast, easy ideas & recipes



- *CHIPS*
- Salt & Pepper Potato Chips
- Chili Cilantro Tortilla Chips
- Honey Wheat Pretzel Twists

- *DIPS*
- Honey Dijon Mustard Dip
- Chipotle Guacamole Dip
- Mango Lime Salsa

Discovered!

The hormone shortfall that derails 80% of women over 40 from losing weight... and the plan that cures it

Bye-bye blues!

The spice that's as effective as a prescription

\$2.49

Success without the stress!

