

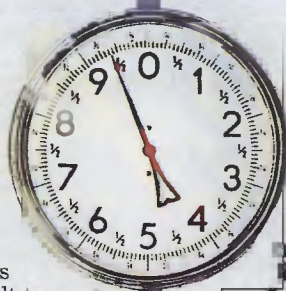
veal all the slimming details (see box, below). It seemed so impossibly simple, that we figured we better have a group of readers test it out. Almost instantly, massive amounts of flab began to melt—especially for Florida mom Ivy Bradley, 24. “I lost nine pounds in a week,” she marvels. “I’ve never lost that much before!”

What you do

When we said simple, we weren’t kidding. Most of the time, you follow a filling good-carb plan that falls neatly within the USDA Food Pyramid guidelines. Here’s the magic part: Two days a week you use a special acceleration menu. It’s nothing fancy—just a mix of ordinary supermarket foods. The key is that they’re low-carb, low-calorie and, most important, a shock to your system...

Why it works

“Most people eat the same way every day with little variation, and our bodies very quickly adapt to these eating pat-



terns. Any change in diet will shake up the metabolism and make it work harder,” explains Simmons. That means more calories burned and lots more weight lost.

Researchers also say that “carb cycling”—or regularly switching between carb-rich and low-carb menus—may make us more sensitive to our own hormones. This means appetite-control hormones work better and fewer fat-storage hormones are produced overall, notes diet-cycling expert Melina Jampolis, M.D., author of *The No Time to Lose Diet*.

There’s more: Even taking a short break from carbs, “means the fat melts off your body, because instead of burning carbs, the body burns fat,” explains best-selling author Frederic J. Vagnini, M.D. Yet since the acceleration menu is only occasional, you get a weight-loss boost without low-carb burnout.

“When you see the kind of results this plan gives you,” says *Woman’s World* cover girl, Mandy Muñoz, 32, “right away you say, ‘I am finally going to succeed!’”

—Christine Garson

SUCCESS STORY



Mandy lost 168 lbs!

On other diets, “I wouldn’t see results fast enough, and I’d give up,” recalls Mandy Muñoz, 32. Then she tried L A Weight Loss’ eight-week body makeover and promptly began shedding up to a pound a day. “I wasn’t hungry at all,” says the San Antonio theater teacher, down 168 pounds and 10 sizes in 18 months. “I’m living proof that it works!”

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Use this menu five consecutive days each week. Drink unlimited water and add other zero-calorie beverages in moderation. You may add very low-calorie extras (such as vinegar, mustard, herbs, spices and Splenda) as desired. The folks at L A Weight Loss also recommend 30-60 minutes walking or other vigorous exercise daily. As with any new plan, check with your doctor before you begin.

Lunch (choose one daily)

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|------------------------------------------------------------------|----------------------------------------------|
| 4 1/2 oz. skinless baked chicken breast | onion |
| 1/2 cup baby carrots, 1 cup yellow squash | 1 small apple |
| 1 small orange | 1 low-fat graham cracker |
| 6 reduced-fat Wheat Thins | 3 oz. water-packed tuna, 2 Tbs. low-fat mayo |
| 4 1/2 oz. ground turkey cooked with 1/2 cup each bell pepper and | 1 slice lite whole-wheat bread |
| | 3 cups salad, 2 Tbs. fat-free dressing |



Dinner (choose one daily)

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|--------------------------------------|--------------------------------------|
| 3 oz. cooked sirloin | 1 Tbs. fat-free dressing |
| 1/3 cup asparagus and 1 cup tomatoes | 3 oz. cooked skinless chicken breast |
| 4 1/2 oz. cooked tilapia or cod | 1 cup each broccoli and cauliflower |
| 2 cups salad, | |

Snack (choose two daily)

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|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 1 snack bar (up to 100 calories) | 1 slice lite bread toasted with 1 Tbs. fat-free strawberry cream cheese |
| 1 cup sugar-snap peas | 1/2 cup fortified cereal (up to 90 calories) |
| 1 slice lite bread, 1 tsp. margarine, 1/8 tsp. cinnamon and 1 packet sweetener | |
| 1/2 cup sugar-free ice cream, 1 tsp. sliced almonds | |
| 1/8 cup almonds or shelled pistachios | |



Dessert (enjoy daily)

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|-----------------------------------------------|
| 1 cup lite yogurt or 1/2 cup fat-free pudding |
| 1/2 cup berries |



How much is this plan worth? When you sign up for the L A Weight Loss service (which includes menus and three weekly weigh-ins/visits with a counselor), you commit in advance to paying about \$4-\$5 for every pound you want to shed. Example: That’s about \$175 for someone with 40 pounds to lose. To learn more, go to www.laweightloss.com or call 800-526-SLIM.