

February 26, 2018

First for women

Brittany lost 125 lbs!

INSTANT POT SLIMDOWN

FREE 24-page pullout cookbook with quick meals that blast fat. Bonus: Save \$200 a month on groceries

WORRIES SOLVED!

- ✓ Wrinkles
- ✓ Back pain
- ✓ Colds & flu
- ✓ Night sweats
- ✓ Memory blips

BYE-BYE TIRED!

CDC alert: Infections from soil fungus are up 420%—and triggering a fatigue epidemic in the U.S. A \$5 pantry staple CURES it!

NO MORE JOINT PAIN!

Bone-broth brews work as well as prescription drugs!

FOUND MONEY!

Discover the best credit card for your specific situation to save on interest and earn \$1000s in rewards!

STRESS PROOF!

MELISSA GILBERT fills us in on life since *Little House on the Prairie* and how she looks so great at 53!

Eat the comfort carbs that winterize your body to

DROP 10 LBS A WEEK

Stanford University breakthrough: Your system needs **MORE CARBS** in the winter

Are YOU eating enough? If not, you could be missing out on...

- ▲ Fat burn up by 500%
- ▲ Mood up by 60%
- ▲ Energy up by 55%

Thinning hair?

Cut & color combos that make it look **3 TIMES THICKER**

Say YES to success!

10-second "thought shifts" that help you overcome anything

IT'S YOUR TIME TO SHINE!

7 25274 64580 0 99

Display until 2/26/18 \$2.99

nutrition breakthrough

How the Instant Pot slims fast Lose 4 lbs in 3 days! Saves \$\$\$ too!

Steven R. Gundry, M.D., a Yale-educated heart surgeon and author of *The Plant Paradox*. "For a busy family, a pressure cooker is ideal—it gets healthy meals to the table quickly." Here, how pressure cooking can fast-track your slimdown:

ELIMINATES HORMONE DISRUPTORS

Healthy carbs like beans, grains and corn contain high levels of compounds called *lectins* that can cause the body to pack on fat, cautions Dr. Gundry. He explains that lectins mimic the blood sugar-regulating hormone insulin, preventing blood sugar from entering cells to be burned for fuel. Instead, the sugar is stored as fat.

The good news: "A pressure cooker will destroy almost all lectins," asserts Dr. Gundry. That's key since limiting intake of lectins helps restore insulin response, prompting the body to release stubborn stored fat. The proof: In a study in the journal *Nutrition & Metabolism*, subjects on a lectin-free diet weighed 22 percent less and had 43 percent less jiggly subcutaneous fat than those on a standard diet. And women who follow Dr. Gundry's low-lectin food formula report losing up to 4 pounds in 3 days.

RETAINS MORE SLIMMING NUTRIENTS

Research shows that up to 70 percent of water-soluble nutrients in vegetables—including stress-soothing vitamin C and energizing B vitamins—are lost in steam or boiling water, which is routinely discarded during conventional cooking methods. But an electric pressure cooker has an airtight seal that minimizes evaporation. "This helps retain more nutrients compared with other forms of cooking," says certified wellness coach David Nico, Ph.D., author of *Diet Diagnosis*. In fact, researchers at Haryana Agricultural University in India report that pressure cooking preserves 95 percent of water-soluble nutrients.

Cooking under pressure also quickly breaks down bone and cartilage, helping extract nutrients and releasing them into stock and sauces. That means dishes made in the pressure cooker tend to be richer in wrinkle-reducing collagen and metabolism-boosting amino acids.

BOOSTS FLAVOR

"Pressure cookers create a pressurized environment that draws liquid back into food, keeping it tender," says registered dietitian Maya Feller, a contributor on *Good Morning America*. "Leaner cuts of meat do well in pressure cookers because the juices are retained."

The intense heat and steam within a pressure cooker also concentrates flavors to make just about any dish taste better—without extra calories from butter, cream or other fats. "Pressure cooking makes dishes taste like I cooked for 4 hours when it only took 45 minutes," affirms Kelly Calton, 46, who credits the cooking technique with helping her lose 87 pounds and getting rid of her acid reflux. That's a plus since richly flavored foods spark the brain's satiety center, making you feel fuller fast. In a Chinese study, this effect helped subjects reduce their calorie intake by 31 percent.

MAKES HEALTHY EATING QUICK AND EASY

With the help of a pressure cooker, it's easy to prepare big batches of healthy staples like soups, shredded chicken, whole grains and beans—so you can prep an entire week's worth of meals in just a couple hours on Sunday. "Having a tasty, nutritious dish at home increases the likelihood that you will make a healthy choice," says Feller, who recommends portioning out meals in individual containers for easy-to-grab lunches and dinners. "Plus, you'll reduce time spent in the kitchen and spend less money on food!"

It worked for me

"I transformed my health!"

Brittany Williams sat in the hospital, grappling with the news: Her 4-year-old daughter had been diagnosed with rheumatoid arthritis, a chronic inflammatory condition. *I knew my diet was hurting me, thought the mom of three. But I didn't want it to hurt my kids!*

Brittany knew if she was going to escape junk food, she'd need to find an easy way to prepare healthy meals. She shares, "My life was so fast-paced, I had no time to slave over the stove."

Thinking a kitchen gadget could help, Brittany's husband bought an Instant Pot. "I converted all my Crock-Pot meals to pressure-cooker recipes, and they were ready in minutes." Inspired, Brittany challenged herself to prepare dinner every night for a year. "I could throw a few things in the pot and have dinner on the table in half an hour."

The tasty tactic was a success with Brittany's schedule, scale and budget: She shed 16 pounds in 3 weeks and cut her family's grocery bill by \$200 a month! After 10 weeks, Brittany was able to get off the hypothyroid medication she thought she'd need for life. "The doctor called it a miracle, but I knew it was because of my diet."

Now 125 pounds slimmer, the InstantLoss.com blogger reveals, "I haven't been this thin since sixth grade!" Brittany glows knowing her daughter is thriving too. "My husband told me, 'Our daughter is well because of you.'"

Brittany Williams, 28, San Diego
Height: 5'3"

NOW: 135 lbs

THEN: 260 lbs

Brittany lost 125 lbs!

PHOTO: (TOP) ANDREW H. H. / BREXIANE; (MIDDLE) MELISSA GILBERT; (RIGHT) LIFT: LISA MARSHALL