

**for women**

**First** January 18, 2012

All your favorites—made slimming!

**TRIPLE YOUR ENERGY TODAY**  
This surprising allergy affects more than half of American women. Quick & easy fix!

**HORMONE STRESS GONE**  
6 natural ways to end mood swings, crankiness, bloat, hot flashes and much more.

**Metabolism discovery**  
The cold weather secret to feeling better and looking slimmer than ever.

**BEAUTIFUL IN A BLINK**  
Drop 10 lbs in 7 days

**MELT FAT 10x FASTER**  
No calorie cutting necessary!

**HOME CURES**  
Headaches  
Colds & flu  
Respiratory infections  
Sore throat  
Facial redness

**EXCLUSIVE! The homemade soup that makes your body release trapped fat.**

**Plus, the add-ins that will:**  
Speed up your thyroid  
Revive tired adrenal glands  
Detoxify your liver  
Kill systemic yeast

**Genius secrets that save precious morning time**

**Feel great every day!**  
✓ Confidence  
✓ Productivity  
✓ Optimism  
Quick cures for seasonal sadness

**Giveaway**  
Mother & daughter look 100 Best! \$549

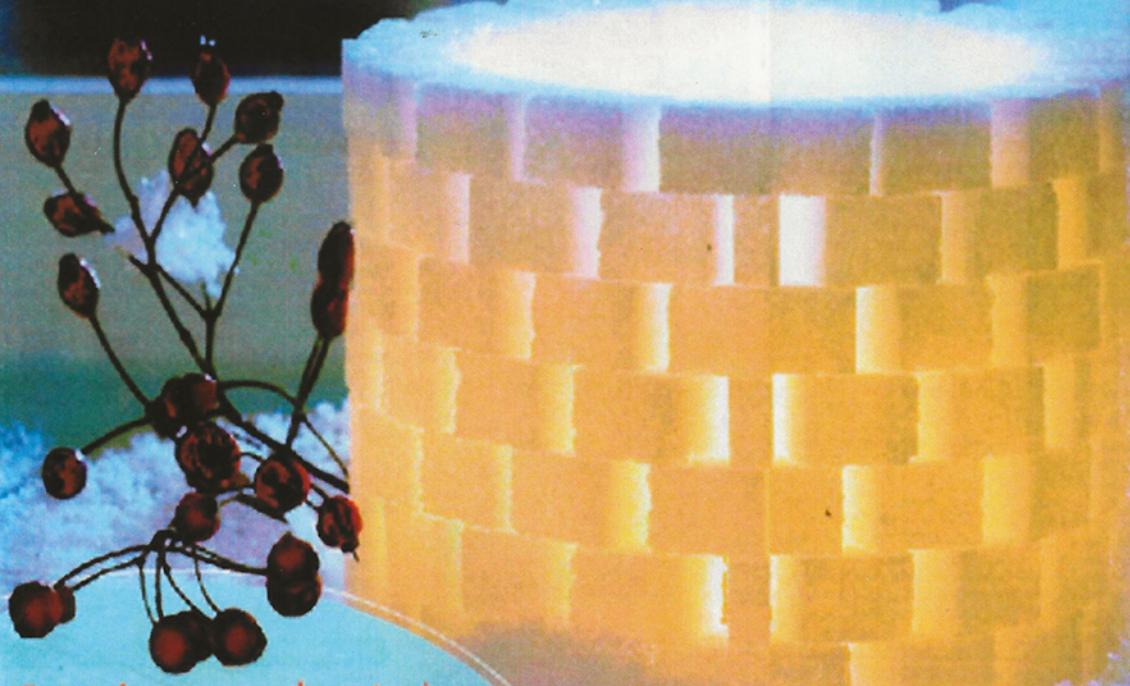
**You deserve a break**

home

home genius

home

# Dazzle guests with a lit-from-within igloo



## Fast and easy sugar-cube centerpiece

Arrange a row of sugar cubes around the edge of a 10" cardboard circle, leaving 1/4 inch between each. Mix together 2 egg whites and 3 cups of confectioners' sugar for "mercer" (or use white tube icing). Add another row so each cube straddles the two beneath it, padding their bottoms with "mercer" before stacking. Repeat to make seven rows and let dry. Set the finished "igloo" on a cake stand and top with granulated sugar "snow," then sprinkle shredded coconut around the base and set a tea light inside.

**Success secret:** To give the structural strength, build five layers, wait an hour for the "mercer" to dry, then build the final two.

"Used as a dining-table centerpiece or simply sitting on a coffee table, this design will not only add a lovely diffused light but also serve as a wonderful conversation starter," says expert event designer Steve Kemble. Even better, it's made with just a few pantry staples!