

January 24, 2012

First for women

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, bloating, hot flashes and much more

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

BEAUTIFUL IN A BLINK
Drops 40 lbs in 2 days

MELT FAT 10x FASTER
No calorie cutting necessary!

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

Plus, the add-ins that will:
• Speed up your thyroid
• Reveal tired adrenals
• Detoxify your liver
• Kill systemic yeast

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

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

Winter & daughter lost 100 lbs!

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You deserve a break!

home genius

Dazzle guests with a lit-from-within igloo

home

"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!

Fast and easy sugar-cube centerpiece

Arrange a row of sugar cubes around the edge of a 7" cardboard circle, leaving 1/2 inch between each. Mix together 2 egg whites and 3 cups of confectioners' sugar for "mortar" for one white tube icing. Add another row so each cube straddles the two bands of it, joining their bottoms with "mortar" 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 structure the sturdiest structure, build five levels, wait an hour for the "mortar" to dry, then build the final tier.

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