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Dr. Oz reveals the oil that S

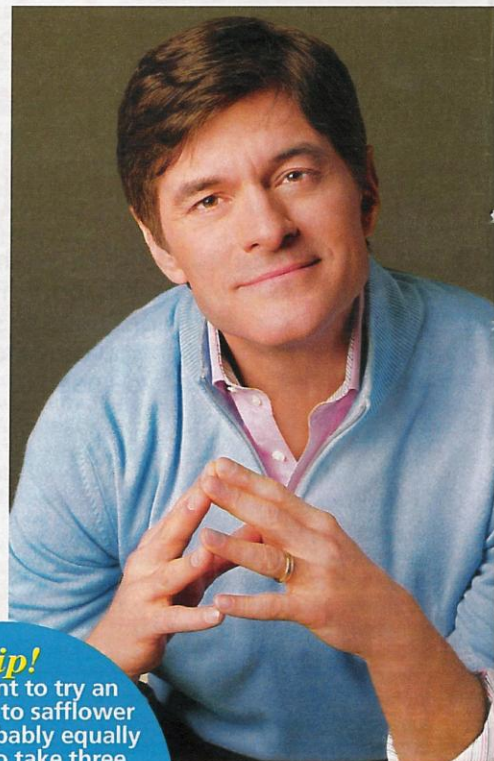
LOSE 6 LBS AND 5" A WEEK
without dieting or working out!

Could safflower oil be a game changer in the fight against fat?" Dr. Oz recently asked. "In my opinion, we have compelling data that seems to say yes." And with those words, the doc kicked off a craze that is flattening bellies across the nation. Folks already tell us they've used Dr. Oz's discovery to lose up to six pounds and five inches of ab flab in a single week—*without* diet or exercise. And top researchers say this approach is effective even for those of us with the most stubborn belly bulge: "What I love about the studies we've seen so far is that some were done on post-menopausal diabetics. Metabolically, these women were a mess—and yet they still lost belly fat just by taking safflower oil," says one supplement-company insider. "People are really excited about this—and with good reason!"

If the prospect has you excited, you're in luck. We've rounded up everything you will need to know—dosage guidelines, oil options for you to try, exclusive recipes for you to test, and much more. Get ready for an effortlessly flatter tummy!

Flat-tummy-oil basics

To give credit where credit is due, the safflower oil phenomenon started with breakthrough research



Tip!

If you want to try an alternative to safflower oil, "it's probably equally effective to take three teaspoons of sunflower seeds," Dr. Oz revealed. Sunflower seeds contain the same fatty acids thought to give safflower its belly-flattening potency.

at Ohio State University. The OSU team has now conducted multiple studies and found that nondieters who get about 2 tsp. of safflower oil daily melt a significant amount of tummy flab. (By contrast, folks given different oils *gain* tummy flab.)

How does safflower work? Per the latest from OSU, safflower raises levels of a little-known fat-fighting hormone called adiponectin. "We believe the increase in this hormone is key," says OSU scientist Martha Belury, R.D., Ph.D.

The tiny-waist hormone!

To the frustration of experts and dieters everywhere, abdominal fat cells actually secrete hormones that keep making our bellies fatter.

Safflower FAQs

● How much do I take?

Pros recommend 2 tsp. or the equivalent in supplements per day. For maximum effects, take half your daily dose before lunch and the other half before dinner.

● Will any safflower oil work?

For the best results, Dr. Oz recommends checking labels for an option with 7-10 g. polyunsaturated fat per serving.

● What supplement can I try?

The brand mentioned on *The Dr. Oz Show* is SafSlim (\$25 for a 14-day supply, SafSlim.com).

● Does the oil have calories?

Yes, about 40 calories per teaspoon. So instead of simply adding more fat to your regimen, many experts suggest adding safflower oil in place of saturated fat you'd normally eat.

● Can I skip diet and exercise?

Safflower oil blasts belly fat, but can't replace the benefits of healthy living. "Let me be clear on this," said Dr. Oz. "I want you to exercise and eat smart."

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Shrinks belly fat!

Adiponectin may well be the antidote to this problem. "Safflower seems to activate the hormone," says Rob Maru, a scientist who recently developed a safflower supplement. As a result, you get these benefits:

● **It revs metabolism in your middle!** "Adiponectin is in fat cells all over the body, but may be more important in the abdominal region," Belury says. Higher levels of adiponectin seem to trigger fat metabolism "and increase fat burning in the abdominal region."

There's more. When Dr. Oz assessed the OSU research, he noticed that overweight women who took safflower "ended up having more muscle mass." This is noteworthy since the women didn't exercise—and since extra muscle further boosts metabolism. Adiponectin may deserve credit for this calorie burner, too!

● **It blasts the number-one belly fatter!** Many experts—including Dr. Oz—believe the sugary American diet is a main cause of our fat-belly epidemic. Turns out, too much sugar triggers an excess of the hormone insulin, which aggressively stores sugar as belly fat. Belury says adiponectin can reduce production of insulin whether you cut sweet stuff from your meals or not. Lower levels of insulin will then block accumulation of new fat and also "signal the body to utilize stored fat for energy," she says, "leading to increased belly-fat loss."

● **It cuts cravings for empty calories!** Try taking safflower, and you may begin wanting less sugary stuff. Scientists have linked better insulin levels to a reduction in sugar cravings. And though it wasn't

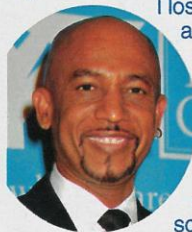
an official part of the OSU study, some test subjects "noted that it helps reduce the desire to eat sweets," Belury confirms. TV personality Montel Williams, who says safflower took two inches off his already-trim waist, was wowed by the effect: "It actually starts to shift your cravings. I'm telling you, I don't want dessert. I don't want the sugar."

Dr. Oz is trying it!

Dr. Oz's final take on safflower, after getting opinions from a number of other top docs: "I think folks ought to try it for three months. I'm going to personally try it." While America's favorite doc doesn't think safflower is a substitute for healthy eating and exercise, he does think it could be an easy and amazing way to boost your efforts. "If there is a way to trick our fat cells to give up that fat, to spew it out, especially in our belly area, I want to know about that—and I want to share it with you!"

It worked for Montel!

Dr. Oz's pal Montel Williams—who's been on a health kick since being diagnosed with multiple sclerosis in 1999—says he read about safflower oil last year. "In eleven weeks, I lost two inches off my waist. I didn't change a thing," he recalls. Already on a healthy regimen, "this gave me that extra boost." Then he got busy, forgot to take the stuff, and "an inch came back on." He started again—and "within seven days that inch was gone." Now he's hooked. "It's not like somebody approached me and said, 'Montel, test this product.' If I learn something, I'm going to share it with people!"



Health benefits of safflower oil!

The latest Ohio State University study on safflower oil found it's not just your waistline that stands to benefit from the daily 2 tsp. of the stuff:

1 Better cholesterol levels!

Folks given safflower oil had a 14% increase in HDL, or "good" cholesterol, compared to folks who got a different oil.

2 A healthier heart!

Safflower oil was found to trigger an 18% decrease in C-reactive protein, a type of protein that causes inflammation directly linked to heart attacks.

3 Diabetes prevention!

Women who took safflower saw their blood-sugar levels drop by up to 19 points—which can go a long way toward staving off diabetes, say pros.

Maximize the slimming benefits by adding safflower oil to your menus!

Super Safflower Smoothie

Loaded with protein and antioxidants that may enhance safflower's effects, you can enjoy this 200-calorie smoothie as your "dose" of safflower with lunch or dinner!

- 1/2 cup Greek yogurt or soy milk
- 1/2 ripe banana
- 1/2 cup frozen berries
- 1 pinch cinnamon or nutmeg
- 1 tsp. high-linoleic safflower oil

Whip all ingredients in a blender. Add ice or water to achieve desired consistency.



Extra-Easy Safflower Salad Dressing

This quick homemade dressing gives any salad a yummy belly-fat-melting kick! Drizzle on two teaspoons, and it counts as one daily dose of safflower!

- 1/2 cup high-linoleic safflower oil
- 1/2 cup Champagne vinegar
- 1 squeeze lemon juice
- Salt and pepper to taste

Add all ingredients to bowl and whisk thoroughly.



Julie lost 7" of ab fat!

After being laid up by two surgeries and then hitting early menopause, "my metabolism was kicking my butt. Suddenly, I had so much more belly fat," recalls Chicago-area mom Julie Keppler, 46. Luckily, she stumbled on safflower oil at her local health-food store. "It seemed like the science was really good, so I tried it." Other than taking the supplement twice a day, she didn't change her routine at all. "I lost about an inch from my waist per week for eight weeks in a row!"

Julie's best tip:

● **Mix it in yogurt!** "It's like you're not even taking a supplement!"