

COMPLETE WOMAN

NEW! Sex Secrets You *Must* Know About Men P.66

COMPLETE WOMAN™

READ HIS MIND!

SEX GODDESS SECRETS

Amazing New Moves That He'll Dream About Day & Night...

SEXY SUMMER HAIR STYLES



EVA LONGORIA PARKER
How She Keeps Love Hot!

YOU, YOU, YOU

5+ PROVEN WAYS TO MAKE OVER YOUR LIFE!

MEN CONFESS "WHAT TURNS ME ON IN BED"

Wigs? Cookies? Lingerie? Or...

One Woman Tells You

"HOW I LOST 200 LBS."

(& Kept Them Off!)

YOUR SEXIEST SWIMSUITS EVER!
So Hot & Figure Flattering You'll Melt His Ice Cream

HE LUSTS ME, HE LUSTS ME NOT

Little Clues That Reveal What's Really On His Mind

20

GUY-BAITING BEAUTY MOVES
Psst! You Don't Need A Lotta Money For These

MAY/JUNE 2009

\$4.50

PRINTED IN USA



06

SEXTROLOGY



BOOK BONUS!
MY PREROGATIVE
10-Minute

HEALTH ADVICE



Welcome to an exclusive CW column! Nationally acclaimed health expert **Kelly James-Enger**, a certified personal trainer and co-author of *Small Changes, Big Results: A 12-Week Action Plan to*

a *Better Life*, takes your wellness concerns seriously and answers your questions with her expert knowledge.

Q I don't know what to do. I haven't changed my eating habits, but I've gained seven pounds and I don't know why! Any idea why I'm putting on weight?

A. You're probably eating more than you realize—and you may be surprised by all the unconscious cues that can make you polish off more calories than you think you're consuming. The trick is to examine your environment for hidden eating triggers and make changes to combat them. Here are a few other eating influences that may have you packing on the pounds—and how to fight them:

■ **Background music** Research shows people eat more when listening to music of any tempo; the faster the music, the faster you'll eat.

■ **Ease of access** Do you keep a dish of candy on your desk? Bad idea!

You'll eat fewer sweets if they're kept out of reach. Same goes for at home—keep treats in the cupboard, not on the counter.

■ **Television viewing** Even the sound of it in another room may make you eat more—an interesting study found that people who watched TV or listened to a recorded story ate more than in a distraction-free environment.

■ **Low lights** We really do “eat with our eyes,” and seeing what's on your plate helps you feel full sooner, so avoid eating in a dim room.

■ **Your hectic day** Stress makes you more likely to overeat, especially on high-fat foods. To combat stress, take time to meditate, exercise or simply unwind before you sit down to eat.

Try keeping a food journal to track what you're really eating. If you're still gaining weight, make an appointment with your doctor to see if there might be another underlying cause.

If you have a health question you'd like answered, write to Complete Woman, Dept. Health Advice, 875 N. Michigan Ave., Ste. 3434, Chicago, IL, 60611-1901. Select letters will be chosen and answered by CW's very own Health Advice columnist.



Photo: © Andrew Magpherson/Corbis Outline

LIVING RIGHT

“There are no normal days in my life, except for when I am in my house in the Bahamas. There, I can play with my three dogs and plant flowers, go to the beach and stare at the horizon.”

—Shakira

BIGGEST LOSER CHEF DEVIN ALEXANDER

Dishes Up Her Best Diet Tips



Devin portrait: Courtesy Stewart Volland

Devin Alexander has maintained a 55-pound weight loss for more than 16 years by transforming her favorite, calorie-loaded dishes into guilt-free indulgences. Read all about it in *The Most Decadent Diet Ever!* (Broadway Books, \$19.95), or steal a peek as Devin shares with Complete Woman some of her favorite diet tips...

✓ **SMALL CHANGES MATTER** “It only takes an

average deficit of 100 calories a day to lose 10 pounds in a year,” Devin reveals. Small sacrifices really are key.

✓ **KNOW YOUR FOOD**

“Focus on the stuff you really love and leave room for that, or come up with a healthier way to make it,” Devin advises.

✓ **EAT FIVE TIMES A DAY** “A lot of people get tripped up on what's a meal and what's a snack,” the diet guru says. “I eat five times a day and try to keep every meal in the range of 300 calories.”

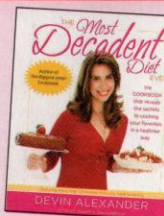


Photo: Theresa Ruffetto

CHOCOLATE NOT-ONLY-IN-YOUR-DREAMS CAKE

- Butter-flavored cooking spray
- ¼ cup unsweetened applesauce
- 1 tsp. vanilla extract
- 4 large egg whites

- 1 cup dark or light brown sugar (not packed)
 - ¾ cup unsweetened cocoa powder
 - ¼ tsp. very finely ground espresso beans
 - ½ tsp. salt
 - ½ tsp. powdered sugar
 - 4 raspberries, optional
 - Four 3-1/2-inch-diameter ramekins
- Preheat oven to 350°F. Generously mist ramekins with spray. Place them side by side in an 8 X 8-inch baking pan. Add water to the pan until it reaches halfway to the top of the ramekins.

Use a sturdy whisk or spatula to mix the applesauce, vanilla, egg whites and brown sugar in a large mixing bowl until well combined. Add the cocoa powder, espresso and salt. Stir until just combined and no lumps remain. Divide evenly among the ramekins (each ramekin will be about two-thirds full).

Bake for 21 to 24 minutes, until the tops look silky and puff slightly and a toothpick inserted in the center comes out a bit wet. Remove from the oven and carefully transfer the ramekins to a cooling rack. Cool for 5 to 10 minutes. Invert each ramekin onto a dessert plate and let stand for 1 minute; slowly lift off the ramekin. Cool for another 5 to 10 minutes. Dust each cake with powdered sugar. Place one raspberry on the center of each cake. Serve immediately.

*Makes 4 cakes; 4 servings
Each cake has: 203 calories, 46g carbohydrates, 2g fat

Recipe taken from *The Most Decadent Diet Ever!* By Devin Alexander, published by Broadway Books.