

Exclusive! PAULA DEEN invites you into her home kitchen

April 12, 2010



HEALTHY TREATS

First

for women



GENIUS SHORTCUTS

POSITIVE ENERGY BREAKTHROUGH

80% of women suffer from one of three blood sugar snafus. ID yours to end tiredness, crankiness and cravings.

NIX STRESS

LARA SPENCER
shares her secrets

THYROID ALERT

Microwave popcorn
& nonstick cookware
can sap key glands.
Proven antidote!

YOUR BEST LOOK

What's right
for every
age, size

Flush winter toxins to

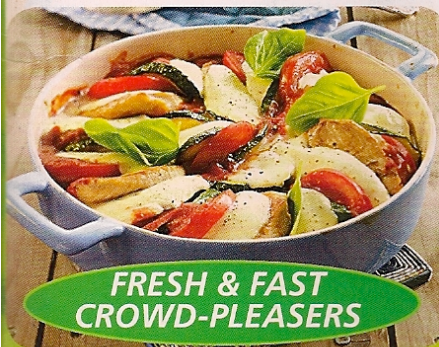
Melt belly fat super-fast

NATURAL CURES

Help for early spring
headaches, tiredness,
chronic cough & more

Lose 7 "waist inches" in 2 weeks

LAST-MINUTE LIFESAVERS



FRESH & FAST
CROWD-PLEASERS

Are you too good
a friend? See pg 42



SPRING BLISS

21 lil' home
brighteners

\$2.49



Display until 4/12/10

nature's medicine

The beautifying power of spring veggies

Asparagus speeds slimming

Devin Alexander

"This vegetable defines springtime for me—it makes me feel light, clean and vibrant," says Devin Alexander, author of *I Can't Believe It's Not Fattening!* (Broadway, 2010) and host of *Healthy Decadence With Devin Alexander* on Discovery Health. "It's also super filling—without the bloat factor. I lost 55 pounds noshing on fresh seasonal produce, and asparagus was one of the veggies in my arsenal. The more I ate, the better I felt."

Alexander loves getting creative with asparagus by steaming it until it's crisp-tender, then drizzling with chilled sherry-shallot vinaigrette. "The simultaneous hot-and-cold sensation makes the flavors sing," she says. Her favorite spring recipe: asparagus guacamole. "Use the same stuff as for regular guac—garlic, onions, tomatoes, peppers and cilantro—but swap coarsely pureed steamed asparagus spears for the avocados. This dip has amazing flavor for a fraction of the calories!"

Why it makes you feel great:

Asparagus contains inulin, a fiber that improves G.I. health and helps metabolize nutrients to curb hunger. It also has the amino acid *asparagine*, which helps flush out fat-packing toxins.

