

Prevention

3 FREE GIFTS!

See inside.

Weight Loss Test Panel Results



In just 14 days, our test panel...

LOST 175 POUNDS & 314 INCHES OF FAT!

**Every Test Panel Participant
Lost Weight—a Stunning
100 Percent Success Rate.**

PARTICIPANTS LOST UP TO 22 1/4 INCHES
AND 12 POUNDS EACH IN JUST 14 DAYS.

**GET OUT
YOUR
SKINNY
JEANS!**

Say Yes to
That Class
Reunion,
Wedding,
or Beach
Vacation
So You Can
Wear That
Skimpy Bikini!

**You Are
Invited to
Be Part of Our
Next "Test Panel"
for Free!** See inside...

DO YOU NEED TO LOSE WEIGHT? Do you want to see quick results that will really last? Good. Then *Prevention* has the stunning breakthrough you've been hoping and praying for. Get those "skinny jeans" OUT of the closet!

Announcing Prevention's 2-Week Total Body Turnaround

THE MINUTES-A-DAY PLAN THAT CAN HELP YOU LOSE UP TO 12 POUNDS AND 22¼ INCHES IN JUST 2 WEEKS!

READY TO BEGIN?

Then read this report now and discover how PREVENTION'S 2-WEEK TOTAL BODY TURN-AROUND is based on the latest, cutting-edge research on exercise and nutrition—including *three almost "impossible" weight loss breakthroughs...*



PAGE 10: "Impossible" Breakthrough #1:

The 6-second fitness secret that triggered a 46 percent increase in strength in just 7 days in one study. Even more remarkable...

Another study, published in the *Journal of Strength and Conditioning*, reported an amazing 160 percent boost in strength. See page 11.

PAGE 12: "Impossible" Breakthrough #2:

The "ridiculously easy" exercise that targets your belly fat and helps you...

- Lose five times more weight
- Burn 26,000 extra calories even when you're NOT exercising
- Lower diabetes risk a whopping 58 percent
- Cut your heart attack risk in half
- Lower your risk of breast cancer, and much more



PAGE 14: "Impossible" Breakthrough #3:

The eat-what-you-want-when-you-want-it plan that includes foods that actually boost your metabolism and accelerate fat burning. Some examples...

- How eggs help you lose 83 percent more belly fat
- How fatty "snack foods" help trim 6½ inches of belly fat
- Delicious foods that double weight loss automatically
- New "thermogenic foods" that boost your metabolism *without* exercise!
- Plus dozens more...ALL in this report!

Prevention



Give us 14 days and we'll help you lose up to 12 pounds and 22 $\frac{1}{4}$ inches of fat.

- So get out the "skinny" jeans...
- Trash your "fat" clothes once and for all...
- Say yes to the wedding, class reunion, or party...
- Look sexier in your bathing suit...

SATISFACTION GUARANTEED!

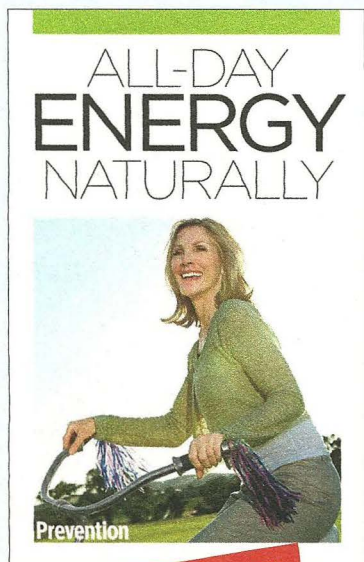
Prevention proudly announces the release of its revolutionary 2-WEEK TOTAL BODY TURN-AROUND weight loss plan. The world's first plan that combines over 100 cutting-edge weight loss discoveries into a single stunningly effective program. NO counting calories, carbs, and fat grams. NO sweaty, impossible exercises. NO crazy diet foods or starvation. Just results you can feel and see in a matter of days. But don't take our word for it.

YOU'RE INVITED to home-test this 14-day plan for a full 21 days FREE. That way, you can see for yourself how this healthy program can help trigger an astonishing improvement that could have you dancing on the scale in no time!

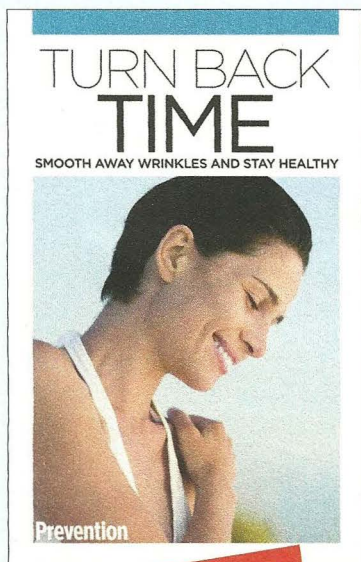
Plus, you'll also receive...

(over, please)

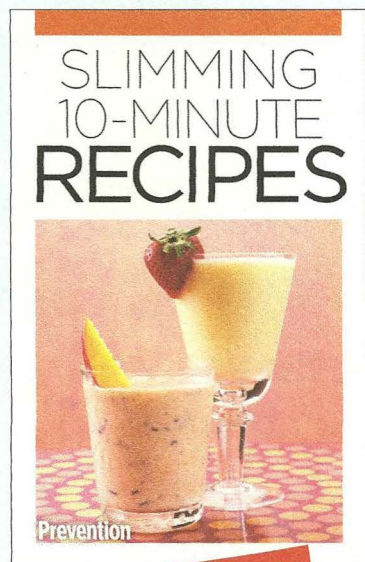
3 Prevention Health Guides FREE!



BONUS GIFT
— #1 —
FREE!



BONUS GIFT
— #2 —
FREE!

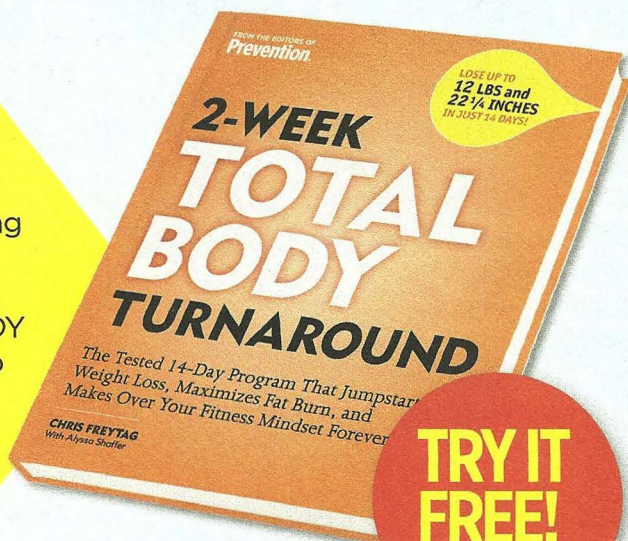


BONUS GIFT
— #3 —
FREE!

Simply detach and mail the certificate in the back of this report to receive these 3 all-new PREVENTION health guides FREE plus your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. Remember, there's ZERO obligation to buy a thing now or ever.

DON'T GIVE UP ON LOSING THOSE POUNDS! What you really need is to see some BIG results fast. Results that last—without starving yourself or living at the gym.

PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND can show you how to melt away up to 12 pounds and 22 $\frac{1}{4}$ inches of unwanted fat. Try it FREE and see for yourself!



TRY IT FREE!
FOR 21 DAYS!

The people portrayed in this promotion experienced extraordinary results using PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. Regular exercise and proper nutrition are essential to achieving and maintaining your desired physique. Even using the same program of diet and exercise, individual results will vary. Results not typical.

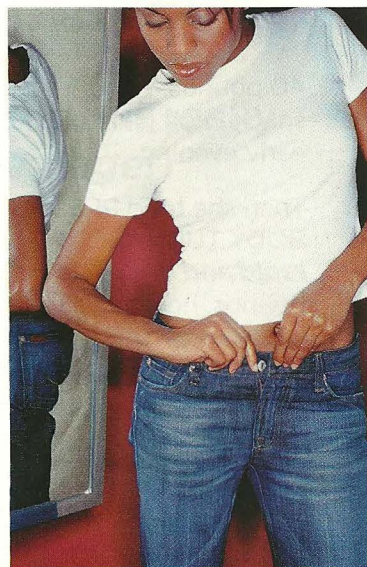
TEST Results now IN: Prevention's NEW 14-day, healthy weight loss program...

Triggers FIVE TIMES more weight loss than other programs.

Read about these stunning results...

- 12 pounds or more vanishes almost by surprise
- Up to 22¼ inches disappear off belly, hips & thighs
- Fatigue vanishes; confidence, self-esteem soar
- Huge medical improvements reported in cholesterol, sleep patterns, joint pain, and more

Even BIGGER NEWS: Prevention agrees to let a limited number of people—including YOU—try this 14-day program for 21 DAYS FREE. Are we crazy? Maybe... but maybe NOT!



Dear soon-to-be-much-thinner friend,

What were our test participants thinking before they tried our NEW 2-WEEK TOTAL BODY TURN-AROUND program? Probably something like this...

"Please...oh PLEASE, give me a *healthy* way to lose weight fast. I desperately need to see results...

"And I desperately need to keep the weight off...and then *continue* to lose weight until I reach my ultimate goal...

"One more thing. *Please*...no more crazy weight loss schemes. No empty promises. I've heard them all, and *I'm sick and tired of all the scams.*"

It's just a fact, dear friend. We've all heard the promises. And we've dreamed of losing the weight fast—and then *forever*. But it just never happened.

So here at *Prevention*, we began to think to ourselves...*maybe it's just impossible*. Maybe there's no real, *healthy* way to lose weight fast. But maybe, *just maybe*, we were wrong...

ACTUAL RESULTS from our **TEST** panel...

After 1 week, I lost 8 pounds!

**JUST
14 DAYS!
LOST 12
POUNDS!**

"This has ignited a positive change in my life, both physically and mentally. I know exactly what I need to do now to get results!"

After a hysterectomy and surgery on her hip, Linda gained 40 pounds. Her energy levels took a dive, she snacked on junk food, and was exhausted by early evening.

Then she tried PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND, and **the results were rapid and dramatic**. After 1 week, she lost 8 pounds, her hip pain subsided, and her energy levels soared. "It just felt really good to move," she told us. After 2 weeks, she lost 12 pounds and was 16 inches thinner!



Linda Agnes
Age 40

**12 pounds
lost
16 inches lost
IN THE FIRST
14 DAYS!**

LET ME EXPLAIN. Doesn't it seem like there's a new weight loss or fitness discovery every day... or even every hour?

Turn on the TV, browse the Internet, or open a newspaper, and the first thing you often see is some sort of shocking "I-never-knew-that" news about weight loss, nutrition, or even exercise.

NEWS FLASH: Fatty foods are *essential* for losing weight...

NEWS FLASH: NO PAIN, NO GAIN is *wrong*. New, 20-second secret helps trigger *five times more* weight loss...

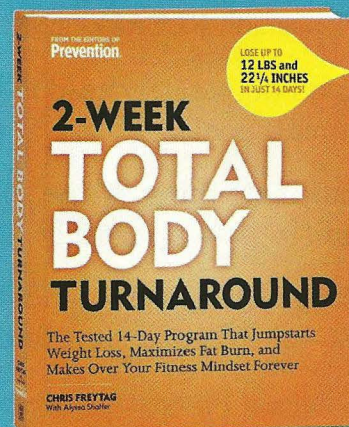
NEWS FLASH: Eat more eggs to help blast away 83 percent more belly fat. Eggs?

It's confusing, isn't it? But it's also fascinating.

The Golden Key to Unlocking the Greatest Weight Loss Experience of Your Life

These stunning new discoveries (and dozens more) are proof that we may now hold the golden key that will unlock the fastest, longest-lasting weight loss experience of your life. Now suppose we took the best new discoveries

YOU HAVE
A FULL
21 DAYS TO
HOME-TEST
OUR
COMPLETE
14-DAY
PROGRAM...
FREE!



See page 23 for details!

in fitness, exercise, nutrition, and even psychology—and then applied them to a simple 14-day weight loss program?

Could *real* results be achieved without starvation? Without killing yourself in a gym? Without maniacally tracking carbs, calories, fat, and protein?

We wanted to know. And we'll bet that you'd like to know, too. That's why...

The Editors of *Prevention* Announce a Historic Collaboration...

My name is Andrea Au Levitt, and I'm a health editor here at *Prevention*.

And just recently we joined forces with Chris Freytag, one of *Prevention's* all-time most popular contributing editors—and one of America's most respected fitness and nutrition experts.

Our historic mission was simple: *Based on the very BEST and latest medical breakthroughs, we wanted to create a 14-day program that would help our readers lose a LOT of weight and add lean, sexy muscle at the same time.* The result?

PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND:

The next step was to **TEST** the program to see if it really works... (turn the page!)

ACTUAL RESULTS from our TEST panel...

I lost 37 pounds & didn't even crave junk food!

Teresa tried a number of popular diets and weight loss programs—even fasting—but nothing ever lasted. "...You name it, I've been on it," she told us. Then she tried PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND...

"After just a couple of days, I found I wasn't even craving junk food," she reported. "I fell in love with the idea of 'clean' eating." Instead, she found herself craving more fruits and vegetables and even the idea of exercise itself.

After 14 days, she dropped an amazing 11 pounds and almost 11 inches! She's doing more with her kids, she's active and happy, and she told us, "I still have [more] to go, but there's no turning back for me now. There's definitely been a shift to my entire way of thinking. Even on my 'off' days, I still feel like I need to get up and move around!"

Teresa McDonald,
Age 47

**11 pounds lost
10³/₄ inches lost
IN THE FIRST
14 DAYS ALONE.**
Then she continued on
the program and has
now **LOST 37 POUNDS!**

**LOST 37
POUNDS
AND STILL
LOSING!**



(...continued from page 5)

So we recruited a “test panel” of 30 women who shared your desire to lose weight fast—and forever.

Our test panel women had the same problems and responsibilities YOU do!

Some of them never lost the baby weight from nearly a decade ago.

Some had started new, stressful jobs that left them no time to spare.

Others were busy mothers who always put their own needs and desires dead last.

Many had experienced a slow, relentless accumulation of pounds as the years went by.

And there were amazing, inspirational stories as well: Widows who had gained weight since losing

their husbands. Breast cancer survivors who gained weight during treatment. A mother who used food for comfort when her child was gravely ill.

Their stories were different, but their goal was the same: *Turn their weight loss lives—and their WHOLE lives—around in just 14 days.*

So they came to our offices, got measured and weighed, and left with a prepublication copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND in their bags.

Fourteen days later, they returned. *Oh, boy...did they return.* Their results were more than just awesome. *They were awe inspiring.*

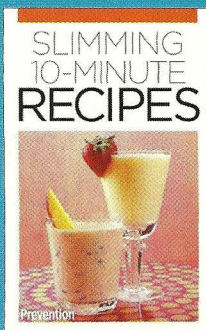
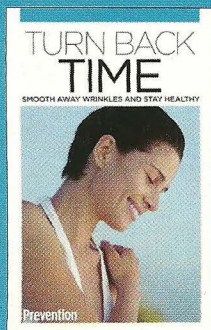
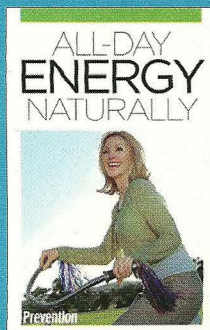
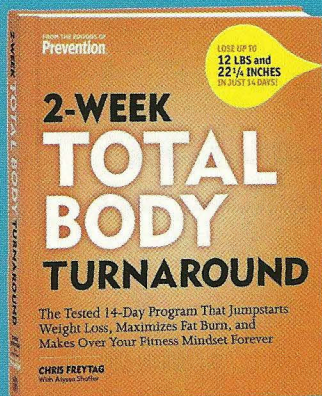
- Up to 12 pounds GONE in just 14 days
- Up to 22¹/₄ inches of unwanted fat from belly, hips, and thighs VANISHED
- Testers reported deep, restful sleep
- Energy levels soared
- Our testers reported reduction in cholesterol, joint pain, and more

Furthermore, our 2-Week Turnaround features an exercise innovation that helped trigger FIVE TIMES the fat loss in independent testing. And the results were achieved without starvation or running 10 miles a day.

Okay, so all of this sounds just wonderful. But what's the catch? Do you have to spend all day in a gym? Eat sprouts and broccoli all day? Try the “supermodel” diet...you know, a steamed baby carrot for dinner?

TRY OUR
COMPLETE
14-DAY
PROGRAM
FOR 21 DAYS
FREE!

Plus, get 3 FREE
Prevention
health guides just for looking!



Just how *demanding* is PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND? *Not nearly as demanding as you might think.*

Can You Spare a Few Minutes a Day for 14 Days?

That's it. Fourteen days. Up to 12 pounds. And as many as 22 $\frac{1}{4}$ inches *gone*. How does *that* sound? If you're sincere about losing the weight fast and forever and you're willing to try *just one more time*, PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND comes to you at the *perfect* moment in your life. Best of all...

You're Invited to Try Our 14-Day Program for 21 Days Free!

That means you can "home-test" our entire program—with a week to spare—*before* you even *consider* keeping it.

I must admit, some of our marketing folks think that's an absolutely crazy free-trial invitation. But I don't think so.

Why? Because PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND has been tested with real women just like you! I've seen the results with my own eyes. I've talked to all the women who've tried it. And I know that this program goes *way beyond* the 14 days.

After they were inspired by the 14-day results, most of the women chose to take the next step and follow our advice for *continued* weight loss!

And the pounds just keep *melting away*. Teresa McDonald is a perfect example. Here's what she said about *continuing* our program after 14 days.

**"Woo-hoo! As of Today...
I Have Officially
Lost 37 Pounds!"**

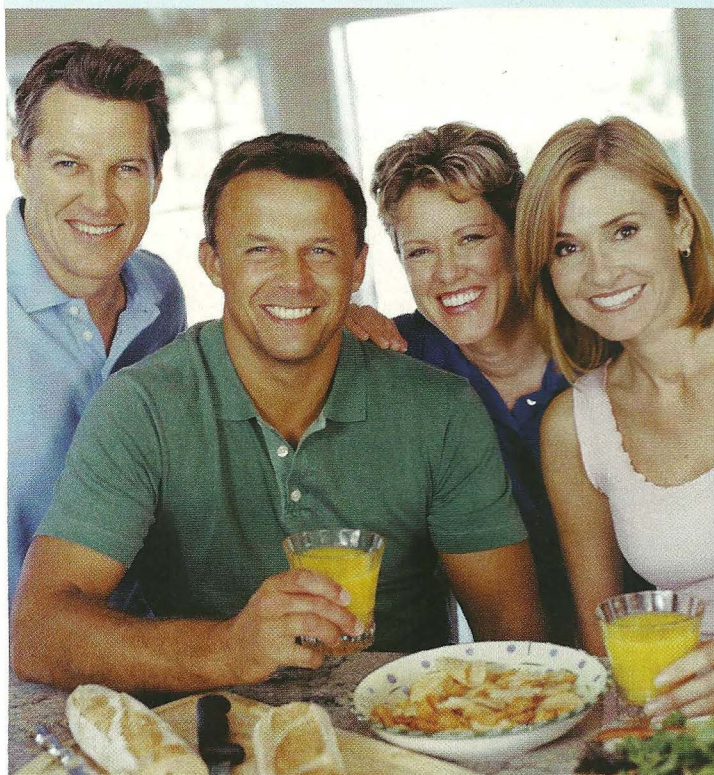
ACTUAL RESULTS from our TEST panel...

I survived 2 weeks jam-packed with parties!

Kelly Liddle probably couldn't have picked a worse time to start her 2-Week Turnaround. During the 14 days she was on the plan, she attended one wedding reception, one bridal shower, one bachelorette party, seven graduation parties, one golf tournament, and a week-end of town celebrations. Yet most of the time, she reports, her willpower won out.

After the 2 weeks were up, she'd lost more than 7 pounds and 13 $\frac{1}{4}$ inches, including more than 2 from her waist and 5 $\frac{3}{4}$ from her hips!

Is party season coming your way? Don't use it as an excuse to lose weight "later on." Claim your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND today and amaze your friends with the new, much thinner you!





"I'm really enjoying this 2-week turnaround! I find it SO much easier to reach goals with short time periods."

"...I wasn't as hungry as I thought I would be. I can really tell a difference in my energy. People keep asking me if I have lost weight, or if something good has happened to me..."

"I've decided that when the 2 weeks are up, I am going to keep going for the next 2 weeks!" See details in 2-WEEK TOTAL BODY TURNAROUND.

So you see, I'm not worried about "giving away" a 14-day program for 21 days. I'm totally confident you'll want to continue your thinner, happier lifestyle.

But remember, there is ZERO obligation to buy anything when you accept this invitation.

Here at *Prevention*, we still believe that FREE ought to mean FREE. So we'd be delighted to send you a Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND with no obligation to buy a thing now or ever.

You'll learn more about this FREE invitation (and your positively *amazing* free bonus gift) later in this report.

Right now, though, I want to tell you *exactly* how PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND works its weight loss magic. And why it's unlike *any* weight loss program you've ever tried before.

"For the Next 14 Days... You're ALL Ours!"

The basic foundation of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND is a *detailed, day-by-day guide* that delivers...

- **STEP-BY-STEP INSTRUCTIONS:** They're SO complete and SO easy to follow, it's almost like having a personal trainer at your side. You'll always know what to do and exactly how to do it. And don't worry, they're NOT going to leave you exhausted in any way!
- **COMPLETE, DAILY "MENUS"** of delicious foods (and recipes) to choose from. That includes meals *and* snacks.
- **DAILY "TURNAROUND TIPS"** that explain *exactly* what's happening to your body and why. This helps guarantee you stay on track and motivated *every step of the way*.

■ **SHARED EXPERIENCES AND E-MAILS** from our test panel women. You'll discover how they managed to find time in their "no-time-for-me" lives. How they managed their families and their weight loss goals. How they felt physically and emotionally at every stage. And, of course, how the program was working for them. You'll be inspired, and you'll learn from their intimate thoughts every step of the way. It's almost like having a private circle of women who can help you stay happy and on track to your ultimate goal.

A Private "Weight Loss Diary" That's Already Filled In for You!

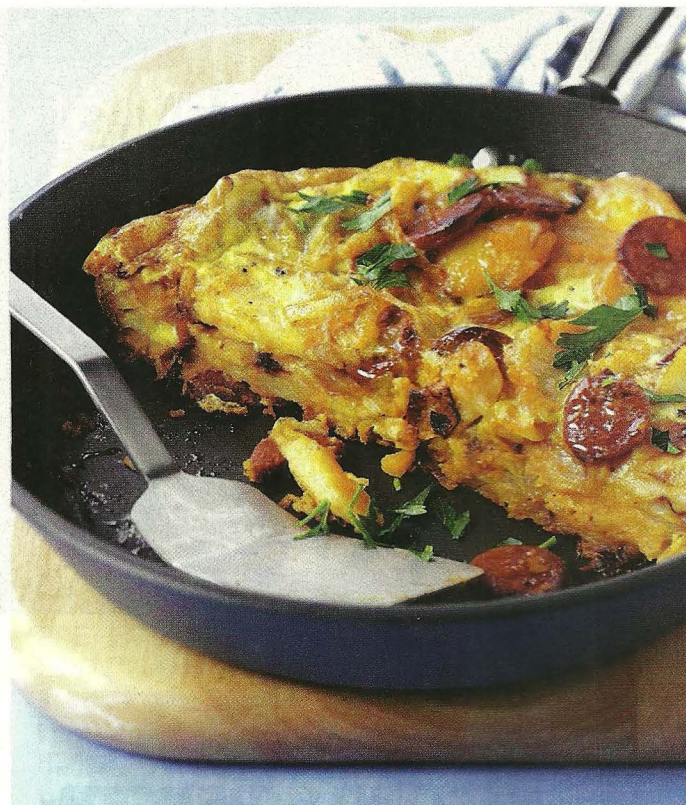
There's *never* an ounce of confusion as you're losing those extra pounds. Everything, and we mean *everything*, is clearly laid out for you in your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. It *really* is like a complete, *filled-in* weight loss diary with your name in it.

Okay, so that explains how the program is structured. But what makes it truly *different* from other programs out there? How does it help you trigger *up to 12 pounds of weight loss and make you up to 22¹/₄ inches slimmer so quickly?*

How does PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND help you accomplish seemingly "impossible" weight loss in such a short time...and in such a positive, *healthy way*?

The secret lies in a series of "impossible" weight loss breakthroughs that are now *possible*—thanks to cutting-edge research from the best medical minds on Earth.

Let's look at some of those breakthroughs, one by one—so you can see how PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND can help you trigger astonishing weight loss where many other programs fail.



Try this tomorrow morning...
**LOSE 83 Percent
MORE Belly Fat!**

Ditch the bagel and say "yes, please!" to two eggs for breakfast. New research shows it helps target your belly fat!

A recent study found that women who ate two eggs for breakfast at least 5 days a week lost 65 percent more weight and averaged an 83 percent greater reduction in waist circumference than those who had a bagel for breakfast.

Another study found that women who ate an egg-based breakfast ate an average of 420 calories LESS over 36 hours than those who also ate a bagel for breakfast with the same number of calories. So why not enjoy the eggs you love...and blast away belly fat at the same time?

*Excerpted from page 220 in your free-preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND.

"I put on a pair of capris today that I couldn't wear last week!"

"My clothes fit much better, and I have a lot more energy to do things!"

—Sue Purkat

"IMPOSSIBLE" BREAKTHROUGH #1: THE 6-SECOND STRENGTH- TRAINING SECRET

Yes, strength training IS an important part of our turnaround program. That's why you get a complete list of easy, do-at-home exercises for *every single day*. These exercises are designed to exercise your whole body—so you can be quite literally *reshaping* your appearance as you drop the excess fat.

Plus, every day is *different*—so you never get bored. You don't need a gym. You don't need any fancy equipment. And you get step-by-step instructions and photos to help guarantee you do everything *right*.

It's almost like having a personal trainer at your side every day. The reward?

More Than Double the Weight Loss

It's a scientific fact that the more muscle you have, the *faster* your metabolism. If you add only 3 extra pounds of muscle to your body, you will



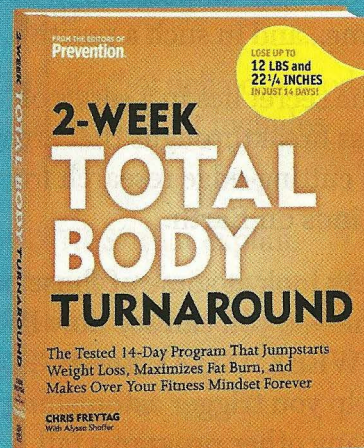
automatically burn 100 extra calories a day—even while you sleep.

In one 8-week study, women and men who did strength training lost *more than twice as much fat* and gained far more muscle than those who did only cardio exercises.

On the other hand, if you follow most conventional diet plans (especially the "quick" ones), you'll *lose* muscle as well as fat.

The result? Your metabolism slows to a crawl. If your resting metabolic rate drops by a measly 20 percent, you can burn 300 fewer calories every day—and the pounds start piling on.

**YOU HAVE
A FULL
21 DAYS TO
HOME-TEST
OUR
COMPLETE
14-DAY
PROGRAM...
FREE!**



But NOT Just Any Strength Training Will Do!

Remember, we're looking for quick results here. So we want our strength training to deliver visible results in a very short time.

From my experience, I sincerely believe that 99 percent of all men and women who try strength training are doing almost everything wrong, wrong, WRONG.

As a result, they get little to zero results and give up. The real secret to success lies in the very latest research.

Just 6 Seconds...a 46 Percent Increase in Strength in Just 7 Days!

On page 25 in PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND, you'll discover the BIG mistake almost everyone makes when strength training and how to correct it instantly.

But more important, you'll discover a 6-second secret that helped test participants experience a 46 percent increase in strength in just 7 days.

Another study, published in the *Journal of Strength and Conditioning*, reported an amazing 160 percent boost in strength.

Bone Density Soared

An additional study from Penn State University found that the 6-second trick not only significantly increased lean muscle, it also helped improve bone density *and* bone mineral content for women.

The "Afterburn" Effect

Now here's more great news. The strength-training exercises you do on PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND *keep on working* even after your workout is over!

ACTUAL RESULTS from our TEST panel...

I first noticed that the puffiness in my face and body went down!

"Then I found I was sleeping better. And the greatest change was that it nearly completely alleviated all of those miserable menopausal symptoms!"

PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND paid off in other ways, as well—I noticed more muscle definition in my arms, and my belly looked flatter. By the end of 2 weeks, I had lost 6 pounds and 11³/₄ inches off my body, including a remarkable 3 inches off my waist!

Michelle Knappek
Age 46

**6 pounds lost
11³/₄ inches lost
IN THE FIRST
14 DAYS!**

**JUST
14 DAYS!
LOST 6
POUNDS!**

It's called excess postexercise oxygen consumption, or EPOC. Simply put, this means you *continue* to burn calories at a high speed for *up to 48 hours* after you're finished.

"IMPOSSIBLE" BREAKTHROUGH #2: THE "EASY" EXERCISE THAT TARGETS YOUR BELLY FAT AND HELPS YOU...

- **LOSE FIVE TIMES MORE WEIGHT**
- **BURN 26,000 EXTRA CALORIES WITHOUT EXTRA EXERCISE**
- **LOWER DIABETES RISK A WHOPPING 58 PERCENT**
- **CUT YOUR HEART ATTACK RISK IN HALF**
- **LOWER YOUR RISK OF BREAST CANCER, AND MUCH MORE**

What exercise could possibly do all this for you? It's *walking*, of course. But just like everything else in PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND, we're going to make our walks *really* count by using the newest information from the latest research.

Almost every weight loss plan encourages exercises like walking. But the vast majority *ignore* the essential secret you need to know to make your walks truly effective.

20 Seconds Is All It Takes

This secret is so simple, yet so profound, it quite literally helps you lose *five times* as much weight. And all it takes is 20 seconds. (See instructions on page 29 in your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND!)

In one Australian study, women who tried this secret not only lost five times more weight, they made NO changes in their diets.

Best of all, this trick also boosts your calorie "afterburn" into overdrive. As a result, you'll burn an extra 26,000 calories when you're NOT walking.

Bye-Bye, Belly Fat!

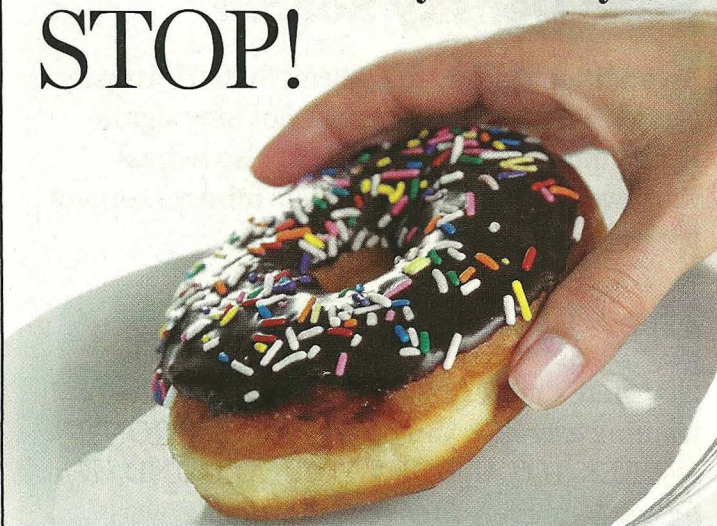
Now here's more good news: Studies have shown that the kind of exercise you do on the 2-WEEK TOTAL BODY TURNAROUND is especially

READ THIS FIRST AND DISCOVER THE SECRET OF CALMING FOODS...

No, we're NOT talking about "comfort" foods. You already know what they are...and what they do to your body. We're talking about the medical breakthrough of calming foods. On page 315 in PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND, you'll discover how scientists have identified healthy foods that boost your brain's serotonin levels naturally. Serotonin is the famous "feel-good" chemical that helps lift your mood and melt away stress. And when you're less stressed, you'll be far less tempted to reach for those glazed doughnuts!

To claim your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND and three FREE gifts, please detach and mail the certificate in the back of this report.

Stressed out? Ready to reach for the first junk food that comes your way?
STOP!



"I continue to be crazy busy but am somehow still fitting this plan in!"

"I'm sleeping better. I'm eating better, and I have more energy because I'm not completely wiped out at the end of the day.

"In fact, I'm working longer hours because I have the energy to keep going. And, most important, my pants are definitely looser.

"YES! I'm so motivated that I just booked a trip to Cancun for our next family vacation and am actually looking forward to how I might look!"

To claim your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND and read more of the story, mail the Free-Gifts Certificate in the back of this report! There's ZERO obligation to buy now—or ever.



effective at lowering your body's *cortisol* levels. Cortisol is a stress hormone that seems to signal your body to store belly fat at all costs.

For women who have reached menopause, cortisol levels begin to soar—making weight loss even more difficult. (That's SO unfair!)

Fortunately, PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND helps you *reverse* the cortisol curse once and for all. The result?

4.5 Inches of Belly Fat GONE in Just 14 Days

When Linda Agnes tried our program, she not only lost 12 pounds in 14 days, she lost a remarkable 4.5 inches off her waistline and was absolutely *thrilled*.

"I intend to follow this program for the rest of my life," she told us. "This has ignited a positive change in my life, both physically and mentally. I know exactly what I need to do now and get results!"

You Can Also *Slash* Your Risk of Diabetes, Heart Disease, and Even Breast Cancer

The kinds of exercises you'll be doing in the 2-WEEK TOTAL BODY TURNAROUND have been shown to help reduce your risk of type 2 diabetes by as much as 58 percent.

They also help cut your heart attack risk by more than 50 percent. And help boost your chances of surviving a heart attack, if you do have one, by

**JUST
14 DAYS!
LOST 9
POUNDS!**



The first thing I noticed shrinking was my stomach!

Laurie Champ
Age 46

**9 pounds lost
11 inches lost**

**NEARLY 4 FULL
INCHES LOST ON
HER WAISTLINE
ALONE!**

“This program has really been an amazing jumpstart for me. Seeing those results in such a short amount of time really motivates you to keep moving forward.”

In addition to losing pounds and inches, Laurie says she's noticed significant gains in her energy levels and is sleeping better at night.

She also found that she wasn't constantly thinking about food or feeling hungry. “In the past, by 10 a.m. I couldn't wait for lunch. Now I feel more satisfied all day long.”

Try the whole 14-day program for 21 days FREE!

70 percent. You can also help reduce your risk of breast cancer and lower your risk of depression.

Now *that's* my kind of a *healthy* weight loss program. But wait. It gets even better.

“IMPOSSIBLE” BREAKTHROUGH #3: THE DELICIOUS SECRETS TO “CLEAN” EATING

The eat-what-you-want-when-you-want-it plan that includes foods that actually boost your metabolism and accelerate fat burning

“Eating clean changes everything,” one of our test panel women told us. “Once I got the garbage out, the pounds started melting away, and suddenly I could think clearly and focus.”

I'll explain how “clean” eating works in just a mo-

ment. First, let's get one thing straight right here, right now. PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND is *unlike* any “diet” you've ever experienced. In fact, it's really not a diet at all.

Remember, when we created this program, we took advantage of the very BEST weight loss and nutrition breakthroughs that science had to offer. And what the *science* told us was that you do NOT have to starve yourself or eat like a rabbit to melt excess fat. In fact, those are probably the *worst* things you can do.

Starving yourself actually *dials down* your metabolism so you become a *fat-making* machine—and you *lose muscle*. Eating like a rabbit denies your body the essential proteins it needs to build muscle and recover from exercise.

The fact of the matter is that diets don't work. That's why we're NOT asking you to go on a “diet.” We're asking you to look at your eating habits and make them better. It's as easy as that.

Look, you already *know* you need to eat better. *Now* is your chance. Your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND holds your hand and guides you every step of the way. For instance...

Give Us Just 14 Days and We'll Help "Clean" Up Your Eating Habits for Life

Each and every day of our 14-day program features a complete "daily menu" of food choices for the day. They're easy to find or prepare (we even include the easy-does-it recipes). And they end *any* confusion about "what can I eat now?"

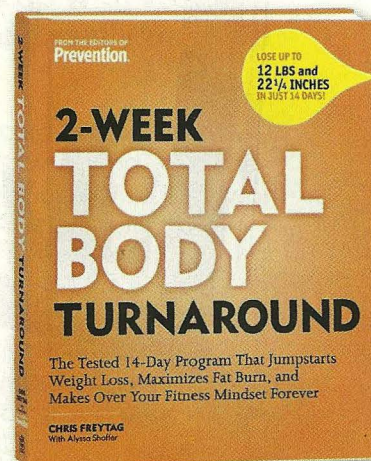
Let's Start with Eating 5 Times a Day, Shall We?

IT'S TRUE. You'll be eating five times a day. And

you'll still be able to enjoy your favorite foods like a thick, juicy steak. In other words, you'll *automatically* discover the secret of "clean eating."

What is "clean eating"? Naturally, it means eating more fresh fruits and vegetables, low-fat dairy, and lean meats like fish, poultry, and even beef. It also means *avoiding* as many preservatives, additives, processed sugars, and general junk as you can.

No surprises there. That's just common sense. But remember, PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND is a completely uncommon weight loss program.



TROUBLE SLEEPING?

PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND can help!

You may find yourself sleeping more soundly in the 14 days that you are on the 2-Week Turnaround than you have in months. Our test panel unanimously reported experiencing much deeper, restful sleep when they started the program. "I not only found that I fell asleep more easily, I also slept through the night and woke up feeling far more refreshed in the morning!" notes tester Diane Von Bank. "I slept like a rock!" agrees Terrie Allen.

Claim your Free-Preview copy today!





“The first things I noticed were that my clothes felt looser and my face looked slimmer.”

Seleta Randle was on the brink of diabetes when she decided to try PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. And since diabetes was common in her family, she knew she had to act fast.

After only 14 days, she had lost over 10 pounds and nearly 11 inches. Then she told us: “This is the beginning of my continued life change.” See 2-WEEK TOTAL BODY TURNAROUND for more details.

Is it time to change your life, too? Good—then claim your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND today. Just mail the Free-Gifts Certificate in the back of this report.

Our daily menu plans have been scientifically designed to *complement* and even enhance your fitness training and fat loss. That way, the extra pounds and inches will melt away at a drastically faster rate. You'll discover...

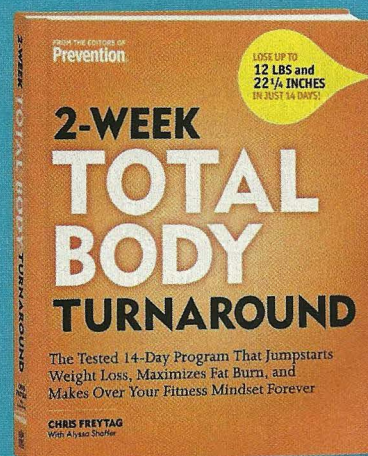
■ **HOW EGGS FOR BREAKFAST HELP TRIGGER AN 83 PERCENT GREATER REDUCTION IN BELLY FAT.** In one study of women on a low-fat diet, those who ate *two eggs* for breakfast *five* times a week lost 65 percent more weight and averaged an 83 percent greater reduction in waist circumference. See details on page 220.

■ **RECENT STUDY: THIS “FATTY” SNACK FOOD HELPED TRIM WAISTLINES A WHOPPING 6 ½ INCHES IN JUST A FEW WEEKS.** You ought to eat it every day...and you *will* when you try PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. In a second study, this food helped dieters lose 63 percent more weight and *50 percent* more body fat. See pages 220–221.

■ **THE “CREAMY,” DELICIOUS FOOD THAT LOWERED CHOLESTEROL 17 PERCENT IN JUST 7 DAYS!** If your cholesterol count is 250, that's a whopping *42-point drop* in no time at all. Bonus: It also helped *raise* good cholesterol and *lower dangerous triglycerides*. Details, page 221.

■ **THE SECRET OF STABILIZING FOODS.** Doesn't it always seem like your appetite goes on a roller

YOU HAVE
A FULL
21 DAYS TO
HOME-TEST
OUR
COMPLETE
14-DAY
PROGRAM...
FREE!



coaster when you try to lose weight? Sometimes you just get ravenously hungry and need to eat something, anything, as soon as possible. PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND is designed to halt those cravings before they start. The secret? Special, *stabilizing* foods (which are delicious, by the way) that help STOP your blood sugar levels from dropping and sending you to the snack bar. Your daily menus in the 2-WEEK TOTAL BODY TURNAROUND *include* these satisfying foods—so you can avoid the peaks and valleys of hunger and self-denial that can sabotage your success.

■ **HOW NEWLY DISCOVERED THERMOGENIC FOODS ACTUALLY BOOST YOUR METABOLISM EVEN IF YOU DO NOTHING ELSE.** These powerhouse foods are SO hearty and delicious, almost *no one* believes they're healthy for you. Yet they can help you lose more weight in a short time than you ever imagined possible. Page 53

■ **THE ORDINARY VITAMIN THAT HELPS YOU BURN 30 PERCENT MORE FAT.** It also boosts your workout benefits. And it's in your home right now! Page 349

■ **HOW "DIET" SODAS CAN BE A WEIGHT LOSS DISASTER.** New research is showing that the artificial sweeteners that fill your diet soda and that you stir into your coffee may actually be *promoting* weight gain. What the food giants hope you never learn is on page 350.

■ **THE DELICIOUS FOODS THAT DOUBLE FAT LOSS AUTOMATICALLY.** BONUS: They also help control your blood sugar and appetite. Page 75

■ **WHY FAT IS YOUR FRIEND WHEN TRYING TO LOSE FAT—ESPECIALLY BELLY FAT.** It may be hard to believe after years of being told that fat is bad, but fat *really* can be your friend when you're losing weight. But not just any fat. We're talking about a newly researched type of fat called MUFAs—or monounsaturated fats.

ACTUAL RESULTS from our TEST panel...

I'm back in my skinny jeans!

"I don't even own a scale, so the idea that I could zip these up with ease made me feel like I had really reached my goals!"

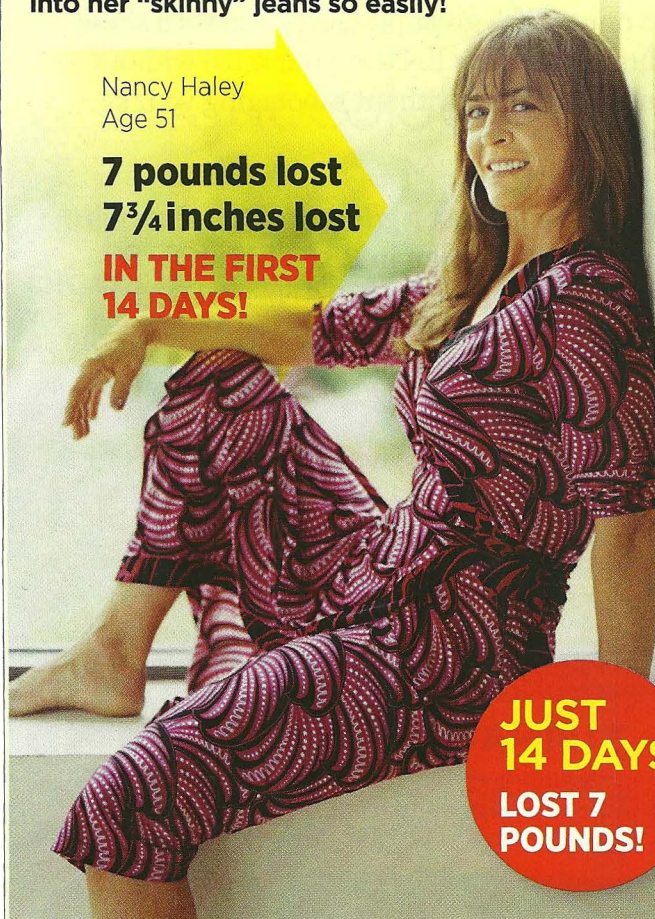
During Minnesota's long, cold winters, Nancy found herself holed up and snacking. And she just couldn't get into the routine of regular workouts. Then along came PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND.

"The strength training made a difference for me both physically and emotionally," she told us. "Seeing my biceps again just made me feel more powerful. That kept me going and gave me even more incentive to eat well."

By the second week, her energy skyrocketed and she lost 7 inches of fat! That's why she slid into her "skinny" jeans so easily!

Nancy Haley
Age 51

**7 pounds lost
7¾ inches lost
IN THE FIRST
14 DAYS!**



**JUST
14 DAYS!
LOST 7
POUNDS!**

Cholesterol plummeted!

In 2006, my cholesterol was over 200. I had it checked this month, after being on this program for 6 weeks, and it was 126! Healthy is now a way of life—there is no going back.

—Michele

These healthy fats actually help *reduce* cholesterol levels, reduce inflammation, lower your cancer risk, and even help keep your brain healthy. They also help control your appetite and cravings. And they may even *target* your unwanted belly fat.

Page 113

■ **THE EIGHT UNTOLD SECRETS TO ENJOYING A RESTAURANT MEAL WITHOUT WRECKING YOUR WEIGHT LOSS PLAN.** Who says you can't enjoy a dinner out with friends? Not PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. Eating out is one of life's great pleasures—so we'll show you how to actually ENJOY your meal without feeling denied and without sabotaging your success!

Of course, this is just a *glimpse* of the research behind the eating plan in PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. When you detach and mail the certificate in the

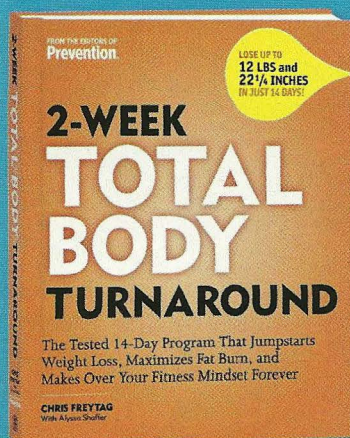
back of this report, you'll find *dozens* more—and you can use and try them all for 21 days FREE. But that's not all you get...not by a long shot.

Over 19 Quick-and-Easy Recipes for Delicious, Hearty Meals That Can Help Melt Fat Fast

Here's the best news of all. If you LOVE to eat... you're going to adore the quick-cookin' recipes that come with our program. Just look!

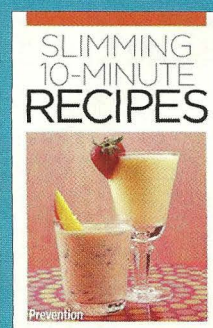
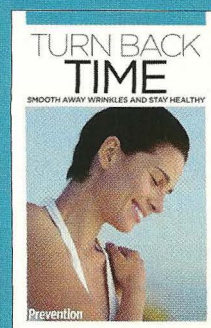
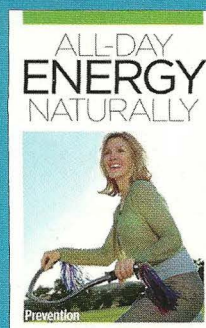
How about Apple-Pecan Oatmeal for breakfast? It's filled with brown sugar, cinnamon, and pecans, and it tastes absolutely fabulous! For lunch, you might try our Turkey Meatball Pocket Sandwich. It's a hearty, filling treat your whole family will love. And then for dinner, how about our savory Tomato Chicken with Zucchini and Lentils? This is diet food? According to PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND, the answer—the tested-by-*Prevention* answer—is “yes!”

With day-by-day, step-by-step exercise instructions *plus* recipes like these, isn't it more than reasonable to assume you could lose weight on our program?



TRY OUR
COMPLETE
14-DAY
PROGRAM
FOR 21 DAYS
FREE!

Plus get 3 FREE Prevention health guides just for looking!



Of course it is. PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND achieved spectacular results for our test panel. In fact...

EVERY LAST TEST PANEL PARTICIPANT LOST WEIGHT ON PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND—A STUNNING 100 PERCENT SUCCESS RATE

Participants lost from 6½ to 22¼ inches, and up to 12 pounds, in just 14 days.

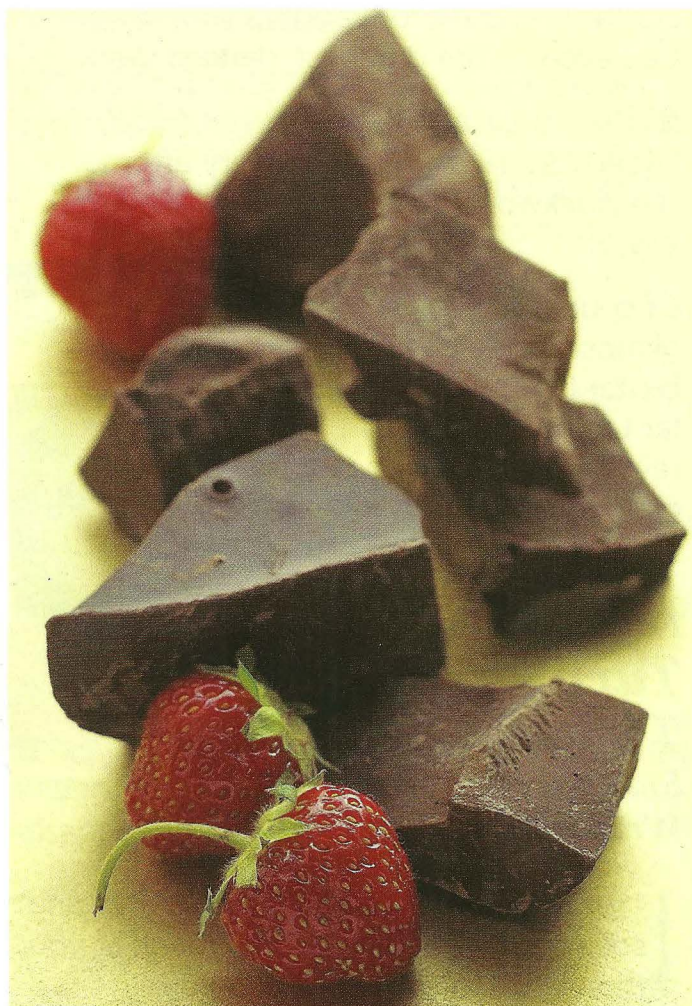
Interested? Intrigued? I certainly hope so. But you know, *no one* can honestly guarantee that *any*

weight loss program will truly work for you. You simply have to try it yourself and see. So we want to make it as easy for you as we possibly can.

You're Invited to Home-Test PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND for 21 Days FREE

All you have to do is detach and mail the certificate in the back of this report and we'll rush your hot-off-the-press copy to your home.

Then, once it arrives, you'll have a full 3 weeks to try our 2-week program. Any way you look at it, that's a fair and reasonable invitation. But don't make your final decision just yet. We've got more good news for you about this invitation...



Erase Your Cravings with Chocolate?

YES...thanks to the MUFA miracle for weight loss.

CHOCOLATE HELPS BEAT CRAVINGS?

Yes...according to recent research. You see, chocolate is bursting with MUFAs, or mono-unsaturated fats. These healthy fats have been shown to improve cholesterol levels, reduce inflammation, lower cancer risk, and even help keep your brain healthy. They also help control your appetite and control cravings.

But not just *any* chocolate will do. You've got to look for *these words* (revealed on page 173) on the label or you could be doing more harm than good!

Excerpted from your FREE-preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND. To request your copy today, please return the certificate between pages 22 and 23.

We'd love to send you **THREE FREE Bonus** Gifts just for looking!

No strings attached. No hidden fine print. These gifts are just our way to "tempt" you to try PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND for 21 days completely free.

FREE GIFT #1:

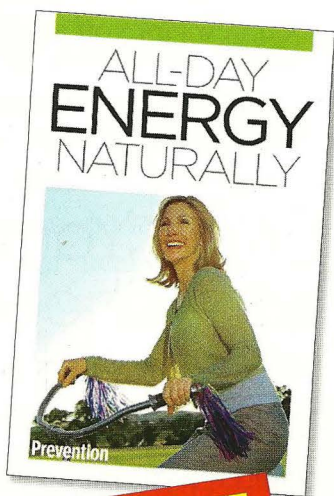
All-Day Energy Naturally

Do you wake up tired and go downhill from there? Do you suffer from an afternoon "power failure" every day? Are you sick and tired of being tired?

Well, you're not alone.

Daily fatigue is one of the most common complaints among all women over 40. And no wonder! With 1,001 responsibilities and no time to relax, you never seem to have time for yourself.

That's why you desperately need to send for your FREE copy of *All-Day Energy Naturally* today. You'll discover the simple secrets that elevate your energy levels like nothing you've ever experienced. You'll discover...



BONUS GIFT
— #1 —
FREE!

■ **THE HEALTHY CAFFEINE BOOST** that gives you much-needed energy during the day and still lets you sleep soundly at night.

■ **HOW TO TRICK YOUR BRAIN INTO "SLEEP MODE."** You'll never have trouble falling asleep again!

■ **HOW TO WAKE UP REFRESHED EVERY MORNING**—no more dragging yourself out of bed even on the dreariest, darkest days.

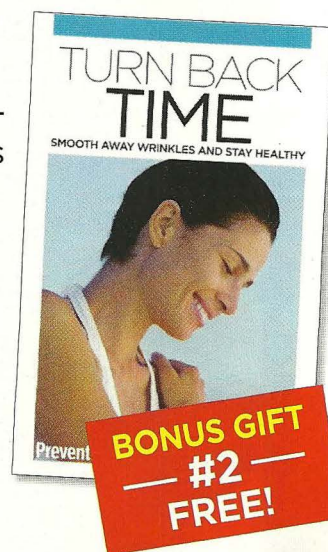
■ **HOW TO BANISH THAT BRAIN-NUMBING ENERGY SLUMP** that sets in every afternoon like clockwork. Who knew it could be this easy?!

Of course, this is just a glimpse inside this blockbuster free guide. There's far too much more to reveal here. So why not grab your free copy today!

FREE GIFT #2:

Turn Back Time:

Smooth Away Wrinkles and Stay Healthy



BONUS GIFT
— #2 —
FREE!

If you're tired of looking in the mirror and seeing an older woman look back at you, then you'll love this FREE Guide.

From the very first page, you'll discover how to stop the clock on aging and start seeing a younger you inside AND out.

For example, you'll discover...

■ **HOW TO CUT YOUR HEART-ATTACK RISK**

in half and lose up to 22 pounds JUST by taking a daily walk.

■ **THE 1930S MOVIE-STAR BEAUTY SECRET** that instantly tightens up skin and helps makeup glide on seamlessly.

■ **HOW YOU CAN BUILD STRONGER BONES SIMPLY** by adding a tablespoon of milk to your morning coffee.

■ **THE 3-MINUTE MOISTURIZER SECRET** that keeps makeup fresh all day long.

■ **HOW TO WARD OFF ALZHEIMER'S** by tidying up your home. True!

■ **THE CONCEALER TRICK** that makes brown spots vanish before your eyes.

■ **WHAT CREAM NEVER TO USE AROUND YOUR EYES**—it makes you look older and puffy.

■ **THE BLOW-DRYER SECRET** that keeps your eyelashes curled all day—and night.

■ **THE BRA SECRET THAT TAKES 20 YEARS OFF** your body. Feels great, too.

■ **HOW HONEY KEEPS YOUR LIPS SWEET**, soft, and supple.

■ **WHY COFFEE MAY REALLY BE A HEALTH FOOD!** What's more, it doesn't matter if you drink decaf or espresso.

■ **THE COLORIST'S TRICK THAT GETS YOU EXTRA WEEKS** out of your hair color. Gray roots disappear!

And that's just for starters!

It's time to pull the batteries on Mother

Nature's biological clock and send for **Turn Back Time**. Return the enclosed card today and it's yours—absolutely FREE.

FREE GIFT #3:

***Slimming
10-Minute
Recipes***

No one knows more about healthy, slimming foods than PREVENTION. But who has time to labor over the stove for an hour every day?

That's where ***Slimming 10-Minute Recipes*** can lend a hand. Give us just 10 minutes and we'll show you how to...

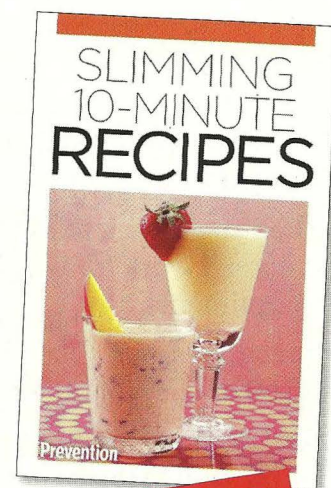
■ **MAKE A BIG, THICK SANDWICH SO HEALTHY**, easy, and delicious, it helped one woman lose over 120 pounds...

■ **PREPARE A YUMMY SCRAMBLED EGG WRAP** in less time than it takes to pour those tired old cornflakes and milk.

■ **BLEND UP A RICH, CREAMY SMOOTHIE** so satisfying, you'll never look longingly at a fattening tub of ice cream again.

■ **WHIP UP AN APPLE PIE PITA** for dessert in 6 minutes flat. The best part is, even kids don't know it's healthy for you!

AND SO MUCH MORE! What are you waiting for...why not ditch those crummy microwavable dinners (they're loaded with toxins and fat anyway!). Send for your copy of ***Slimming 10-Minute Recipes***. It's our gift to you—FREE!



**BONUS GIFT
#3
FREE!**

How About a LIFETIME Satisfaction Guarantee That You Never, EVER Risk a Penny...

We know that you're skeptical about weight loss plans—especially when they promise quick results. That's why, here at *Prevention*, we firmly believe you should never, EVER pay for any program if you're not satisfied. Not one single penny.

Here's how it works. Simply detach and mail the certificate on this page and we'll rush your Free-Preview copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND and your three free gifts, straight to your home.

Then you have a full 21 days to try our *14-day* program. So you've even got some extra time to spare! If it doesn't work for you, just send it back and you pay NOTHING. You can keep the three gifts with our compliments.

But suppose you decide to *keep* your copy of PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND? What then? Your satisfaction is guaranteed!

Ten weeks, 10 years, or even 20 years from now, you can STILL get a full refund of every penny you paid for the book. How's that for old-fashioned fairness?

So, Would YOU Like to Be As Much As 12 Pounds Thinner... Only 14 Days from Now?

Do you have a class reunion coming up? Or a special wedding or anniversary? How about a family vacation at the beach?

Maybe you need to recover from a holiday feast. Or maybe it's time you actually made your New Year's resolution stick.

Or maybe, just maybe, it's REALLY time to do something important just for yourself. You have spent your whole life caring and thinking of others. You've driven kids to school. Taken care of your career, your family, your relatives, your friends...and all but ignored *yourself*.

No, I'm not asking you to suddenly drop your responsibilities; I guess I'm asking you ONE FINAL, IMPORTANT QUESTION:

Is 14 Days Too Much to Ask For?

Go ahead. *Give yourself the gift of 14 days.* Fourteen days that could improve your life forever. Fourteen days that will have you sliding into clothes that haven't fit in *years*. Fourteen days that will make the men in your life say "wow!" Fourteen days that will send you to the scale, to the mirror, and to the clothing store with a smile as wide as the Grand Canyon!

Go for it *right now*. Mail your certificate *today*. I'll be looking for it in our mailbox!

Sincerely,



Andrea Au Levitt, Editor
Prevention

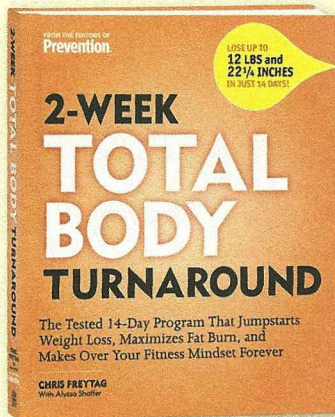
P.S. NOT AVAILABLE IN BOOKSTORES! You can *look*...but you won't find PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND available in any store!

201091205 / Printed in USA

GUARANTEED ZERO Obligation to Buy GUARANTEED FREE Gifts GUARANTEED for LIFE!

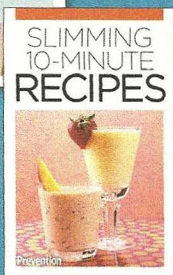
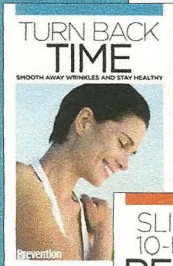
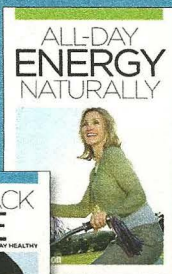
You must be absolutely thrilled with this book—we guarantee it. Detach and mail this certificate and be covered by our iron-clad, triple guarantee.

1. **ZERO OBLIGATION** to buy a thing now or ever.
2. **3 FREE GIFTS** guaranteed. They're yours to keep—just for looking.
3. **GUARANTEED FOR LIFE.** At any time, even 10 years from now, you can receive a full and prompt refund with NO questions asked!



3 FREE Guides Just for Looking!

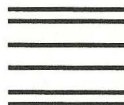
Yours to keep no matter what!



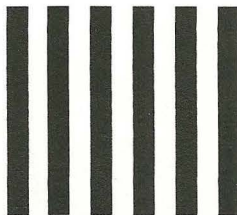
Prevention
PO BOX 378
EMMAUS PA 18099-0378

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 177 EMMAUS, PA

POSTAGE WILL BE PAID BY ADDRESSEE



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

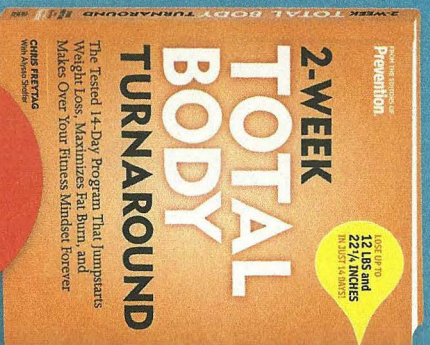


Would YOU like to
lose up to
12 pounds
& 22¹/₄ inches
in 14 days?

Then detach and mail this certificate right now! And discover how PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND can deliver BIG results fast and forever.

2-Week Total Body Turnaround Bonus Gifts Certificate

YES! Please rush me a copy of **Prevention's 2-Week Total Body Turnaround**. I will have 21 days from receipt to examine **Prevention's 2-Week Total Body Turnaround** for free, or I can return it at the end of the 21 days and owe nothing. If I keep it, I will pay in 4 easy installments of only \$7.99 each plus shipping and handling. Otherwise, I'll return the book and owe absolutely nothing. Also, please rush me my three FREE *Prevention* health guides. The three *Prevention* health guides are mine to keep no matter what.

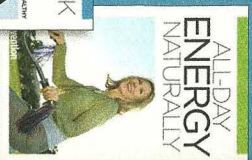
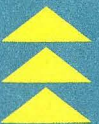


Try it **FREE!**
For FABULOUS
RESULTS!

■ *Prevention*
tested it on 30
women—and it
worked for all of
them!

■ NOT available
in stores!

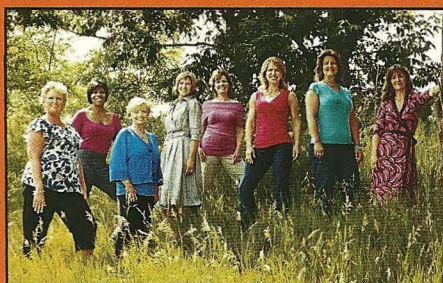
■ Get three
FREE *Prevention*
health guides just
for looking!



Imagine, in only 14 days, you can slip on those "skinny" jeans you never thought would fit again. Blast away belly fat and get ready for beach season. Look fit and fabulous for your class reunion—or a friend's wedding. Shed the holiday party pounds fast and forever. Jumpstart your weight loss plan for life. Look what it did for our test panel members!

IN JUST 14 Amazing Days!

**Individuals
LOST up to
12 pounds!**



**They LOST 175 pounds
and 314 INCHES! That's
26 FEET of fat...GONE!**

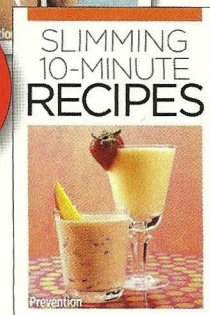
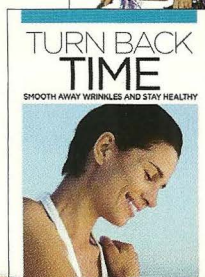
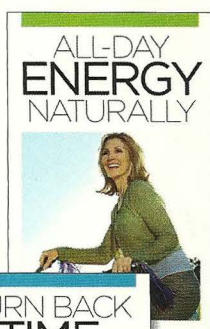
WHAT REALLY HAPPENS WHEN YOU DETACH AND MAIL THIS CERTIFICATE...

1 You get a free-preview copy of **PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND** delivered straight to your mailbox. There's never any obligation to buy a thing. And you have a full 21 days, nearly a month, to home-test our 14-day program!

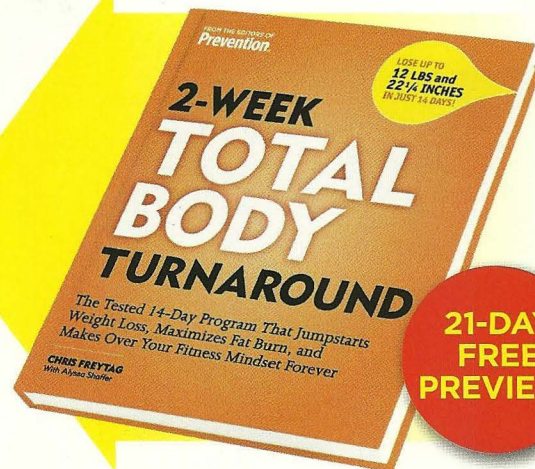
2 You get three **FREE Prevention** health guides just for looking. They're yours to keep no matter what.

3 You'll get a lifetime, full-refund promise. If you decide to keep **PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND**, you can return it anytime—even 50 years from now—and still get every penny back!

**3 FREE
GIFTS!**



NOT available in any store. If you want to try **PREVENTION'S 2-WEEK TOTAL BODY TURNAROUND**, you need to detach and mail your certificate right now. We are NOT obligated to repeat this special free-preview invitation—so you must act now!



**21-DAY
FREE
PREVIEW!**

**Send for Your 21-Day FREE-Preview
Copy of PREVENTION'S 2-WEEK
TOTAL BODY TURNAROUND Today!**

Order now to get your two free gifts and your free preview. You'll have 21 days from receipt to examine *2-Week Total Body Turnaround* for free or you can return it at the end of your 21-day preview and owe nothing. If you keep it, pay in 4 easy installments of \$7.99 plus shipping and handling of \$1.99 per installment. Your free gifts are yours to keep forever no matter what as our thanks for previewing *2-Week Total Body Turnaround*.

201736201 / Printed in USA

PLUS get 3 FREE HEALTH GUIDES!—see page 20. 23

Prevention

Weight Loss Test Panel Results INSIDE!

33 E. Minor St., Emmaus, PA 18098

PRSR STD
U.S. Postage
PAID
RODALE