

for women

First

Happy summer!



FARMSTAND DETOX

Lynn lost
176 lbs

24 PAGES OF RECIPES
THAT HARNESS THE POWER
OF FRESH, LOCAL PRODUCE TO SPEED
WEIGHT LOSS & BOOST ENERGY

COULD YOUR
WATER BOTTLE
BE MAKING
YOU FAT?

See page 40
for startling
news

QUICK RELIEF

- ✓ CHAFING
- ✓ CONSTIPATION
- ✓ TIREDNESS
- ✓ PRIVATE RASH
- ✓ PUFFY FACE

Drop 1 inch a day from waist, hips & thighs

RELEASE TRAPPED FAT

INSTANT BLISS

- ✓ CONFIDENT
- ✓ CALM
- ✓ CONTENT
- ✓ CARING
- ✓ RELAXED

SLIM
WITHOUT
DIETING

Sara Gottfried, M.D., reveals the tissue glitch that makes it impossible to lose weight—and the easy at-home cure!

Wellness pro
Colleen Saidman
Yee shares the
secrets that leave her
feeling great at 58!

MAKE-N-TAKE Mmm...

Fast & easy!



HAPPY
IS WITHIN
REACH



\$2.49 Display until 7/31/17

TANGLED FASCIA? ADD IN A TARGETED MASSAGE

As fascia tightness builds, sticky adhesions may cut off circulation to muscles, triggering brain fog, fatigue, swollen limbs, cellulite and pockets of fat. Gentle exercise will loosen the fascia and get circulation moving (see page 31 for your easy moves), but some sticky spots can begin to knot and clump together—and those spots may require targeted massage strategies like foam rolling.

A foam roller massages sore muscles while gently stretching the fascia, and it's especially helpful if you're experiencing reduced range of motion or muscle soreness during or after exercise. "A foam roller gets into the fascia, working out the adhesions. It also revitalizes tight, dry fascia, hydrating the tissue with oxygenated blood and fluid," asserts trainer-to-the-stars Lauren Roxburgh. Another plus: "Foam rolling is enjoyable and it doesn't take a lot of time. After a couple of minutes of rolling each area,

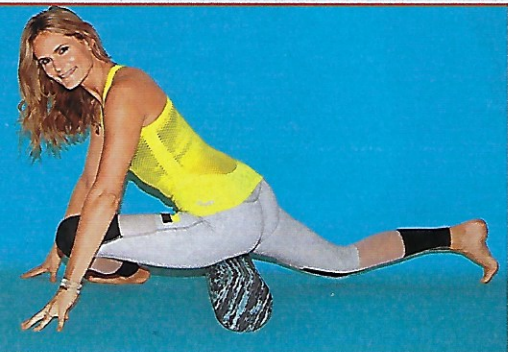
you'll not only look and move better but you'll feel better too." And Dr. Gottfried notes foam rolling is gentle enough that it can be used daily or whenever you feel tense.

To get the benefits, Roxburgh suggests choosing a roller that's at least 35 inches long with a medium density so it can be used on the entire body to smooth fascia and tone muscles from head to toe. She created the LoRox Aligned Roller (\$45, LaurenRoxburgh.com) with this in mind and notes, "The textured surface was specially designed to clear blockages to help reduce cellulite and bloat."

To help you get started, Roxburgh shared two of her favorite foam roller movements with FIRST below. Her tip: "Roll slowly through the muscles. Don't rush it. With each roll, you're oxygenating the blood and bringing in circulation." And for more poses, advice and motivation, check out the free videos at LaurenRoxburgh.com.

2 moves to help you slim quick

Celebrity trainer Lauren Roxburgh shares her favorite fascia-releasing ache tamers



The Inner Thigh Roll loosens the hip joints and lower back. **To do:** From a kneeling position, place the roller 1 foot in front of you. Bring your left leg in front of the roller and lean forward, allowing your right leg to stretch behind you. Gently roll along the inner thigh. Repeat 8 times, then switch sides and repeat.



The Rib Roll releases fascia around the torso. **To do:** From a seated position, with the roller next to your left hip, lean to the left and place your left forearm on the ground. Bend your left leg behind you and plant your right foot in front of your left thigh. Gently roll along your torso. Repeat 6 times, then switch sides and repeat.



PHOTO: LINDA, ELIZABETH ABBOT; H & M, ALLISON YEAGER; OTHER PHOTOS: COLLIN STARK

BOUND FASCIA? ADD HEAT TO MOVEMENT AND MASSAGE

The tighter fascia becomes, the more it can disrupt your quality of life. You may experience constant fatigue, chronic muscle spasms and areas of the skin that are painful to the touch. Heating the fascia, though, makes it more elastic and flexible, so you can maximize the benefits from your gentle exercise (page 30–31) and foam rolling (page 32).

High temperatures also stimulate circulation, which further helps disentangle sticky fascia and delivers healthy oxygen-rich blood to damaged tissues to speed healing. “After exercising, I’ll spend 30 minutes in a hot sauna, where I roll out my fascia with a foam roller,” says Sara Gottfried, M.D., who recommends at least two (and up to four) 20-minute

sessions in a sauna each week. “I find the heat makes my fascia more pliable.” You can also get benefits from practicing hot yoga, which combines gentle stretching movements with a steamy room for even greater benefits.

For a heat treatment that doesn’t require a visit to a gym or spa, try warming the area with a heating pad or hot bath before you treat an area with the foam roller. Studies at Loughborough University in England show that taking a very hot bath (hot enough that you work up a sweat) for 20 minutes 4 times weekly not only makes the fascia more pliable but also helps purge toxins, diminish wrinkles and supercharge metabolism. You’ll know you’re hot enough when you break a bit of a sweat.

Linda Osmond, 54,
Mahomet, IL

Height: 5'1"

NOW:
110 lbs



THEN: 185 lbs

It worked for me

“I saw a difference after the very first stretching session!”

Linda Osmond stood in front of the mirror in the store’s fitting room, analyzing every last bulge showing through the too-tight formal dress. She had gone shopping for her daughter’s wedding and found the perfect gown, but they only had it three sizes too small. *I don’t want to be overweight in the photos, she thought. My goal is to fit into this dress.*

Although Linda had been a size 6 her entire life, in her early 40s the number on the scale had started to creep up. She had been diagnosed with adrenal fatigue and hypothyroidism, but both were being treated and she ate healthy and exercised, so her weight gain just didn’t make sense. “When I went to the gym, I would do 30 minutes of cardio, 30 minutes of weights and then hit the pool,” Linda shares. “At home, I’d even sneak in another workout. But no matter how hard I tried, I just couldn’t lose the weight.”

That’s when a friend told Linda about a gentle workout program called T-Tapp, which has similar principles to yoga. As she learned more about the method, Linda realized that instead of beating up her body, a good exercise plan could work *with* her body. She immediately purchased a video. “I saw a change after the first workout,” she says. “It motivated me to continue.”

Linda signed up for a 60-day T-Tapp challenge and was the winner in her category, losing 23.5 inches in just 2 months. For the next challenge, she lost another 22 inches—this time

in just 30 days! In total, Linda lost 75 pounds in 2 years, and went from a size 16 to a size 4. And not only did she lose inches, her fatigue lifted too. Even better: Her thyroid levels dropped back into the normal range.

These days, Linda is thrilled with her results and is a master trainer for T-Tapp. And when she flew out to California to visit her daughter this summer, she packed her brand-new bathing suit. “I wanted to show off my hard work,” she cheers. “I’ve experienced a major boost in self-esteem and body confidence!”

Discover the key to Linda’s transformation

The T-Tapp Method is a low-impact workout that is similar to yoga. The program focuses on gently stretching the fascia and increasing circulation while teaching proper body alignment to prevent the fascia from becoming tight and sticky in the future. The basic T-Tapp workout takes 15 to 45 minutes and proponents recommend practicing it three times each week for optimal results. For more information and to try a routine, visit T-Tapp.com.