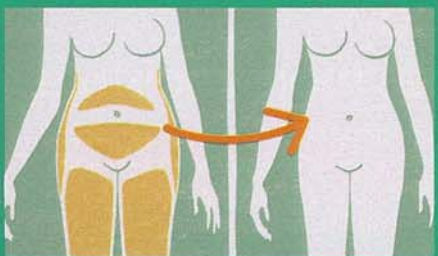


Shrink 2 inches every 6 days!

The amino acid that works better than a diet pill!

When the low-carb craze died down, women everywhere rejoiced that an especially frustrating diet era had finally ended. But studies have now unearthed a surprising fallout: According to UCLA researchers, amino acid deficiencies are on the rise. "Today at least 33 percent of women aren't getting enough of these protein building blocks in their diet," notes David Heber, M.D., Ph.D., director of the UCLA Center for Human Nutrition and author of *The L.A. Shape Diet* (Regan Books, 2005). "And since amino acids are essential for the formation of everything from digestive enzymes to neurotransmitters, shortfalls can have body-wide consequences."

Correcting a leucine lack RELEASES FAT



Leucine deficiencies are often to blame for the buildup of *subcutaneous fat* (the adipose tissue that adds extra layers to the surface of the body). But increased leucine levels signal the body to shed this stubborn surface fat.

Indeed, studies at India's University of Delhi and elsewhere show that amino acid deficiencies can trigger health problems ranging from thinning hair and poor skin tone to chronic fatigue and fertility problems. Shortfalls are also a prime factor in weight gain since amino acids are required to maximize metabolism and regulate blood sugar, hunger pangs and food cravings.

THIS MIRACLE AMINO ACID SPEEDS FAT BURN

One amino acid, *leucine*, is particularly important for weight regulation. Consuming the optimal amount causes profound biochemical changes within cells, triggering a 16 percent reduction in caloric intake, an 81 percent drop in between-meal snacking and a 50 percent increase in energy in just 48 hours, suggests research at the Harvard School of Public Health and elsewhere. All told, this helps women shed up to 2 inches of *subcutaneous fat* (the dimply, puffy surface fat that's so difficult to lose) in just six days!

Leucine's effects on long-term weight loss are even more impressive: According to research at the University of Illinois at Urbana-Champaign, leucine stimulates the body to burn subcutaneous fat in order to build toned, trim muscle tissue. And one pound of muscle burns 25 times more calories than one pound of fat. That means a leucine-rich

diet shrinks stubborn fat pockets while building calorie-hungry muscle, making weight loss virtually automatic.

YOU'LL SHED POUNDS IN HALF THE TIME!

Incredibly, UCLA research shows that achieving the above benefits *does not* require following a high-protein/low-carb plan. Instead, women can continue to enjoy the carbohydrates they crave while simply adding a calibrated amount of leucine-rich protein to their diet. "Our research suggests that eating just 100 to 150 grams of high-quality lean protein daily will quell hunger pangs and eliminate food cravings. Plus, the extra protein will build muscle tissue and banish tiredness," notes Dr. Heber. "That's enough to double a woman's weight loss over the first six months, plus increase her energy levels by up to 100 percent."

ONE-MINUTE QUIZ

Are you leucine-deficient?

If you struggle with three or more of the following symptoms on a daily basis, the answer could be yes:

- Fatigue
- Muscle weakness or cramps
- Headaches
- Dizziness
- Blue moods
- Irritability
- Brain fog
- Frequent infections
- Wounds that are slow to heal