

gorgeous curves by New Year's Eve!



Jane Pederson, 46, Scottsdale, AZ



THEN: 160 lbs.

NOW: 138 lbs.

It worked for me!

Jane shed 2 inches every week!

Sitting in her car, Jane Pederson realized that her stomach was resting on her thighs. *I used to be a triathlete!* she thought. *Now look at me.*

Jane's once-toned muscles had gradually become covered by a layer of fat. "With kids, I stopped watching my eating habits," she admits.

Her weight-loss attempts always ended in frustration.

And extreme fatigue brought on by her demanding schedule only worsened the situation. "I needed a nap every day," she says.

Then Jane decided to give the Cinch plan a try. She was skeptical that the shakes could fill her up, but to her surprise, she felt satisfied *and* energized. She went on to lose a total of 17 inches, which fell off at a steady clip of 2 inches per week. "I started running again and even won a mini triathlon!"

It worked for me!

"I lost 10 pounds in 7 days!"

Eager to see her Christmas memories in print and share them with others, Suzanne Flemming tore open her package of photos.



THEN: 173 lbs.



Suzanne Flemming, 54, Elkhart, IN

NOW: 139 lbs.

But with one look at herself, she knew the pictures would never be sent to family members. *Look at my double chin,* she thought with a sigh.

Vowing to lose the weight for good, Suzanne turned to the Cinch plan. Thanks to the leucine-rich shakes, she always felt satisfied, and even her cravings for sweets disappeared.

The result: amazing! Suzanne lost 10 pounds in her first week and an average of 2 inches every week for a total of 34 inches in just four months!



THEN: 198 lbs.

NOW: 136 lbs.



Rose Riskind, 54, San Leandro, CA

It worked for me!

"People call me the disappearing woman!"

Rose Riskind was eager to learn why she couldn't shed a pound, but her doctor's words were a letdown. "Postmenopausal women never get their waistline back," he said.

Still, Rose wasn't going to give in to weight gain. She looked into Cinch, which sounded like the perfect solution. And it was! Within three days, she felt energized. "I didn't need to sleep as much," she raves. Even better, her belly fat melted off!

WE'RE HERE TO HELP!

For more information about speeding weight loss by using calibrated levels of amino acid-rich protein, read Dr. Heber's *The L.A. Shape Diet* (Regan Books, 2005).

Photo, Jane: Bruce Racine. Hair, makeup and stylist: Lisa Forster. Photo, Suzanne: Gary Mester. Hair, makeup and stylist: Julie Wenger. Photo, Rose: John LaCunha. Hair and makeup: Stacy McClure. Stylist: Esther Feinman. Stills: HBB. Real-life text: Brooke Ross.