

# Dr. Oz's Ayurvedic fat cure!

Lose as much as 80 lbs using three easy slimming tricks:

- ✔ Sip fat-melting herbal tea!
- ✔ Take the "flat-belly" berry extract!
- ✔ Make lunch your "pig-out" meal!

**D**r. Oz recently introduced America to the 2,000-year-old world of Ayurvedic weight loss—and folks are *thrilled*. "I want to give him a big kiss," laughs North Carolina mom Christina Graves, 34, down 11 pounds in seven days. "You drink tea, take a supplement, have a big lunch instead of a big dinner. I eat pizza every day, and my pants are falling off!" How is it possible? Ayurvedic tricks "create an environment in your body where you can get rid of fat more effortlessly," explained Dr. Oz. Blood sugar stabilizes, toxins are released, metabolism increases—and flab disappears!

the package. Which is why famous Ayurveda practitioner Deepak Chopra, M.D., has long recommended Ayurvedic strategies (like veggie-based meals, yoga) for weight control. Yet Dr. Oz is the first to show us how effective Ayurveda can be *without* an elaborate regimen. "It's kind of like hitting the easy button for weight loss," insisted his Ayurveda expert Kulreet Chaudhary, M.D., a San Diego neurologist. "We see people shedding dress sizes and even up to 80 pounds." Colorado-based John Douillard, D.C., head of one of the largest Ayurvedic practices in the nation, reports similar results. "It's a safe, stress-free way to transform your body!"

fennel seeds in 5 cups boiling water, simmer 5 minutes and strain into a thermos. The brew contains powerful natural chemicals that help the body release fat, per Dr. Chaudhary. University research backs her up: Both cumin and coriander have been shown to lower fattening hormone levels and speed the breakdown of fat. Flat-belly bonus: "Fennel reduces bloat," notes Douillard. "So it's a potent combination of spices!"



a blend of three high-antioxidant exotic berries. "It's the one supplement I believe every American should be on," insisted Dr. Chaudhary. Traditionally taken to improve digestion, a new study showed it will help an average person drop 11 pounds in 12 weeks without dieting or exercise. How? One component, the amalaki berry, contains "20 times more vitamin C than orange juice," according to Dr. Chopra. And research shows that folks who up their C burn 30% more fat! There's also preliminary evidence that the berry blend stabilizes blood sugar, which promotes reduced hunger and increased fat burning. Says Douillard: "I've seen people lose 50 pounds just by taking the supplement." (To learn more, see box, below.)

## Is it for you?

The top sign you'll benefit from an Ayurvedic weight-loss approach: very stubborn trouble spots. "It's resistant fat. You can't get rid of it," explained Dr. Chaudhary. And experience tells her Ayurvedic techniques are hands-down the best way to target resistant fat. Reader Victoria Baker-Winfrey is inclined to agree. "I lost five and a half inches from my midsection in one week," says the California mom, 39, who had struggled with belly fat for years. "I am shocked and thrilled!" For his part, Dr. Oz seems

pretty pleased, too: "I think there are a lot of folks who are going to benefit!"

● **Shift calories to boost burn!** Working with natural body rhythms is an Ayurvedic hallmark—and that's exactly what you do when you aim to get about 50% of your daily calories at lunch. Turns out, midday is when your "digestive fire" is hottest, "so you burn almost anything you eat for energy," says Douillard. Urged Dr. Chaudhary: "When you go to lunch, go to town. Have your fries, cheese, burgers, cake." Keep breakfast and dinner light, and weight comes off effortlessly. Skeptical? A recent European study found that dieters



who ate their biggest meal before 3 p.m. lost 50% more weight than those who got the same total calories but ate more at night.

● **Take a tiny-waist supplement!** Triphala—a key Ayurvedic supplement—is



**Buy Now Digest Tone (Triphala Plus)**

## Triphala FAQs

### ● Is it safe?

Yes, though it is not recommended for pregnant/nursing moms or anyone who is underweight. Diarrhea is an occasional side effect, but can often be addressed by reducing the dose. Always consult a doctor before taking any new supplement.

### ● How much should I take?

Pros recommend 1,000 mg. before bed.

### ● Do I take it forever?

No. "Once your weight normalizes, you can stop taking it, and the weight will stay off," says Douillard.

### ● Brands to try?

Dr. Chaudhary likes Maharishi Ayurveda Digest Tone Triphala Plus (\$12 for 30 at MyWellSpringHealth.com). Douillard likes LifeSpa Triphala (\$23 for 90 at LifeSpa.com). Others to try: Chopra Center Triphala (\$18 for 60 at Chopra.com) and Solaray Triphala 500 mg. (\$16 for 90 capsules at VitaminShoppe.com).

## Ancient fat fighters!

Tricks to try first...

● **Sip fat-fighting tea!** No tea bags required. Simply mix 1/2 teaspoon *each* whole cumin, coriander and

## Side effect: Skinny!

So what exactly is Ayurveda? It's an ancient philosophy from India that aims to get all body systems in perfect harmony, so health and healing happen naturally. A small waist is part of

## Kristin lost a size!

If you love chips and sandwiches, "this is the plan for you!" says Kristin Marquet, 33. "This was so easy to do." As for the food, "it didn't even feel like dieting!" The New York publicist melted off a jean size in a week.

### Kristin's best tip:

● **Drink lots of water!** "It helped me stay energized!"



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# Try these Ayurvedic-style menus!

According to Dr. Oz and Ayurvedic experts, an average woman can lose weight simply by making sure she gets 50% of her daily calories at lunch. Want to try it without doing any diet math? Then just use these yummy big-lunch menus, packed with favorite foods like BLTs, burgers, pizza, meatloaf and potatoes. For best results, sip the special herb tea throughout the day (recipe in "Sip fat-fighting tea," left) and take a triphala supplement before bed. Listen to your body, and drink as much water as you need to feel hydrated. Flavor meals with any ultra-low-cal extras (spices, vinegar, mustard) you like. As always, get a doctor's okay to try any new plan.

## Breakfast choose one daily

- |  |  |
|--|--|
| 3 egg whites<br>scrambled in<br>1 tsp. olive oil   | 1 cup oatmeal pre-<br>pared with water,<br>15 roasted almonds, |
| 1 slice whole-wheat<br>toast, 1 Tbs. nut<br>butter | 1 tsp. honey, cinna-<br>mon to taste                           |
| 1 cup or<br>1 piece fruit                          | 1/2 cup Greek<br>yogurt, 1 diced<br>peach or any fruit         |



## Lunch choose one daily

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|--|--|
| 2 large<br>slices<br>thin-crust<br>cheese<br>pizza                                       | or ham/turkey<br>deli sandwich<br>with cheese      |
| 2 cups<br>mixed<br>salad,<br>1 1/2 Tbs.<br>balsamic vin-<br>aigrette, 1 Tbs.<br>Parmesan | 1 bag chips<br>or 1 small<br>order fries           |
| 1 piece fruit  | 1 piece fruit                                      |
| 1 BLT, small<br>cheeseburger   | 3 oz. slice meat-<br>loaf (turkey<br>or lean beef) |
|  | 1/2 cup corn                                       |
|  | 1 cup steamed<br>green beans<br>or any veggie      |
|  | 1 small slice<br>cake                              |

## Dinner choose one daily

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|--|--|
| 1 cup broccoli and<br>1 sliced large red<br>bell pepper stir-<br>fried in 1 1/2 tsp.<br>canola oil; add 2<br>tsp. stir-fry sauce,<br>1 oz. cooked<br>shrimp or chicken<br>and curry to taste<br>at the end of<br>cooking | cooked chicken<br>breast, 1-2 cups<br>chopped spinach,<br>chopped red bell<br>pepper and curry<br>to taste; top with<br>2 Tbs. Parmesan  |
| 1/2 cup brown rice,<br>1 Tbs. sliced<br>almonds  | 1 large baked<br>potato with 1/2<br>cup steamed<br>vegetables, 3<br>Tbs. plain 2%<br>Greek yogurt and<br>1 Tbs. shredded<br>cheese, minced<br>scallion and sea-<br>soning to taste |
| 2 cups butternut<br>squash soup<br>heated with 2 oz.   |  |

### Make your own menus!

If you aim to eat 1,500 calories a day, that means you get a 750-calorie lunch. Eat anything you like! You also get a 375-calorie breakfast and a 375-calorie dinner—but at those sittings, stick to foods that are easier to digest (fruit, veggies and whole grains, plus a bit of protein and good fat). That's all there is to it!



## Ayurvedic cure for arthritis!

In ancient times, turmeric—the "golden goddess" spice—was thought to cleanse and purify the body in a way that reduced pain. Today, the effect is attributed to turmeric's anti-inflammatory compounds. How well do they work? In an Italian university study, folks with arthritic knees who took 200-mg. turmeric for 90 days experienced 58% less pain. And, in typical Ayurvedic fashion, benefits extended beyond their joints: They also reported a 300% improvement in their emotional well-being!

