

OPTIMUM

SCIENTISTS PINPOINT THE LIVER CURE

Melt twice
as much stubborn
belly fat

While 50 percent of American women rang in the New Year with a resolution to lose weight, studies suggest that 95 percent of us are facing an uphill battle. The reason: The combination of holiday-season stress, party fare and a bit of bubbly overtaxes the liver, causing metabolism to slow so drastically that even diligent dieting efforts are met with lackluster results, according to researchers at the University of Stirling in the United Kingdom. But this year you'll be among the 5 percent of women who will slim without struggle, thanks to scientific discoveries that make it easy to outsmart the weight-sabotaging effects of the holidays.

◀ *It worked for me!*

"Now I never need to nap!"

It took a trip to her native Panama for Miranda Martinez to become scared skinny. "I ate everything that was put in front of me," she explains. "I realized I was out of control around food."

Back in the States, Miranda started drinking cleansing lime juice and lost 6 pounds in five days. Then she added different blends like cantaloupe, pear and pineapple to a raw-food diet.

Soon Miranda found that she no longer needed naps. Others noticed things, too: Her doctor said her cholesterol dropped 53 points without meds, her friends loved her bright mood and strangers commented on her smooth skin. "They thought I was eight years younger than I am!" Miranda raves.

Miranda (who runs VivaRaw.com) feels younger, too. At a roller skating party, she outskated everyone for hours. "The only bad thing was discovering that I don't have much padding on my butt!" she laughs.



THEN:
205 lbs

NOW:
121 lbs

Miranda
Martinez, 32,
Dallas

Miranda lost
84 lbs!

Once unable to touch
her toes, Miranda is
now a yoga ace

DETOX

THAT SENDS METABOLISM SOARING

The seasonal trifecta that packs on the fat

Just a few weeks of increased intake of fat and sugar activates *SCD-1*, a liver gene that spurs a 440 percent spike in the production of the liver enzymes that convert food into body fat, according to research in the journal *Cell Metabolism* and elsewhere. And UCLA studies suggest that even a minor uptick in alcohol consumption can dampen the liver's ability to convert stored fat into energy by 73 percent.

Add to that the burden of seasonal stress: Dozens of studies prove that excessive production of the stress hormone *cortisol* triggers profound biochemical changes in the liver—changes that slow metabolic rate, hinder blood sugar control, speed the breakdown of calorie-hungry muscle and boost production of belly fat. “This can make it virtually impossible to lose weight after the holidays,” notes nutrition researcher Linda Page, N.D., Ph.D., author of *Healthy Healing's Detoxification* (Healthy Healing, 2008).

Complicating matters even further: The 5 to 10 pounds that creep onto our frames during the celebration season can create a vicious fat-storing cycle. Research at the University of

Southern California in Los Angeles reveals that *adipose tissue*, or body fat, releases lipids that quickly accumulate in the liver, triggering fatty buildup that can damage liver-detoxification pathways and further hinder this organ's fat-burning and blood-purifying processes. “In addition, liver slowdowns can lead to fatigue, bloat, headaches, moodiness, digestive upsets and brain fog,” says Dr. Page.

The liver Rx that makes slimming easy

The good news: A nutritionally balanced juice cleanse can detoxify and heal a tired liver in five days, states naturopathic physician Roni DeLuz, R.N., N.D., coauthor of *21 Pounds in 21 Days: The Martha's Vineyard Diet Detox* (Collins Living, 2007). “Juicing breaks down tough cell walls in fruit and vegetables to make the healing nutrients within them more available for absorption and utilization,” she explains. “That's the key to quickly melting fat.” What's more, Dr. DeLuz adds, “You'll continue to lose weight even after you stop detoxing because a juice cleanse puts your metabolism into overdrive.” Read on for the plan that will make 2009 your healthiest, happiest year yet!

IS A TIRED LIVER STALLING YOUR WEIGHT LOSS?

If you experience two or more of the following, a quickie cleanse can help you get on the fast track to slim and healthy:

- ☐ Frequent blemishes
- ☐ Bad morning breath
- ☐ Cellulite that won't go away, even after weight loss
- ☐ Mood swings
- ☐ Weekly headaches

- ☐ Indigestion or bloat after eating
- ☐ Severe PMS that lasts over 48 hours
- ☐ Nagging back pain
- ☐ Feeling forgetful or unfocused
- ☐ Frequent bouts of fatigue
- ☐ Menstrual cramps that last over five hours
- ☐ Dull, brittle hair
- ☐ Under-eye bags

JUST TOO BUSY?

Try one of these quick and easy liver healers

While juicing is the quickest way to optimize liver function, studies show that simply increasing your intake of cleansing fruit and veggies can jump-start metabolism, improve digestion, smooth cellulite and more.

LEMONS: The antioxidant *d-limonene* in the pulp of citrus fruit enhances the liver's ability to break down fat-trapping toxins by 30 percent. For an added metabolic boost, squeeze the juice of half a lemon into a cup of green tea. Lemon's *citric acid* enhances absorption of the tea's calorie-burning *catechins* by 80 percent.



CRANBERRIES: Their *anthocyanins* help heal the liver, improving its ability to break down fat by 35 percent. “And a daily glass of cranberry juice can ease cellulite in three weeks,” adds Ann Louise Gittleman, Ph.D., author of *The Gut Flush Plan* (Avery, 2008). “Its organic acids bind to cellulite-causing fats and fluids so they can be flushed out of the body.”



LEAFY GREENS: Veggies like spinach, kale and Swiss chard are packed with *chlorophyll*, a plant pigment that neutralizes liver toxins, flushes excess water weight and enhances the liver's ability to burn fat. According to researchers at Stanford University, this can translate into a 20 percent reduction in chronic fatigue after four weeks.



RED GRAPES: Studies suggest that consuming 1 cup of red grapes or a glass of grape juice daily can increase fat burn by 25 percent. The credit goes to *resveratrol* and *cyanidin*, which speed the rate at which fat is burned for energy.



Flip for the plan that will turn your New Year's resolution into a reality!