

TIRED OF FEELING TIRED?

The common source of fatigue that's so TABOO doctors aren't alerting women to the easy cure

STOP! Read *this* before you take another supplement

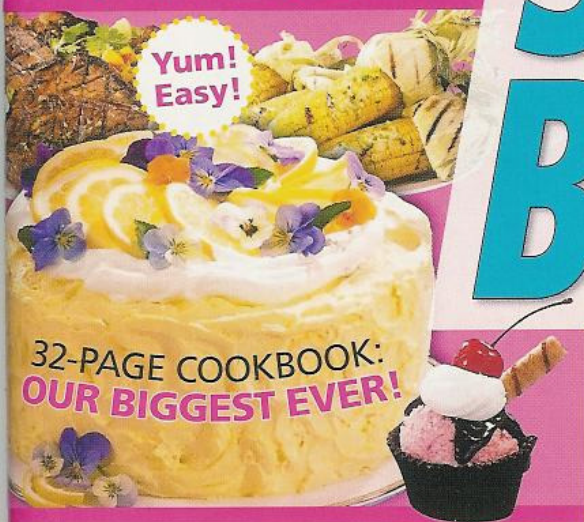
HAVE YOUR DREAM HAIR!



33 tips, cuts and color secrets

NEWS! 3 high-tech health threats to avoid now

SUPER-FAST! SUPER-GOOD!



Yum! Easy!

32-PAGE COOKBOOK: OUR BIGGEST EVER!

KA-CHING! 5 ways to save \$\$\$ on cell phone use

Display until 8/28/06

BODY CLOCK BREAKTHROUGHS!

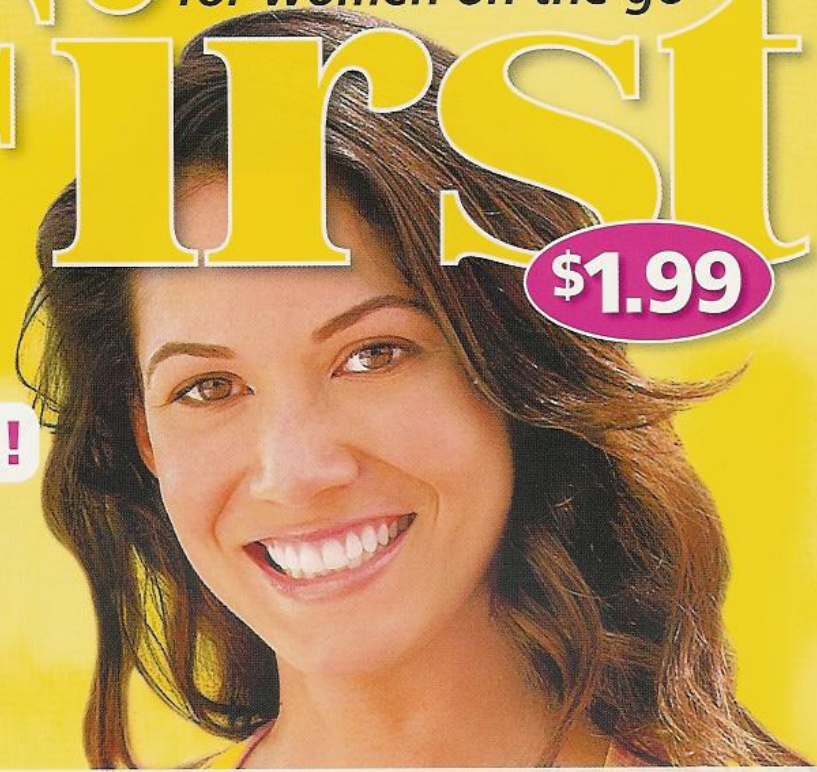
- ✓ Wake up skinnier!
- ✓ Cut cravings by 57%
- ✓ Think 35% faster, smarter
- ✓ Make hard conversations easy
- ✓ Stop your body's stress response



First

for women on the go

\$1.99



STUBBORN BELLY FAT?

The way it's deposited reveals which gland has slowed down—and is packing on fat

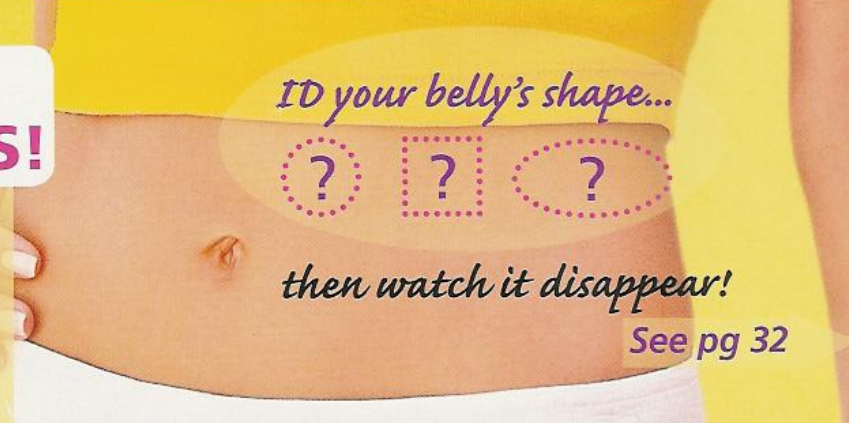
- ✓ TRIPLE YOUR ENERGY IN 72 HOURS
- ✓ LOSE 55 LBS BY THANKSGIVING

ID your belly's shape...



then watch it disappear!

See pg 32



Frozen mint magic

Mint–chocolate chip ice cream always gets *oohs* and *ahhs*, but when you pair the chilly treat with a crisp chocolate crust and creamy frosting, it becomes simply sublime



Mint-Chocolate Cake

Makes 12 servings

- 30 cream-filled chocolate sandwich cookies, like Oreo
- ¼ cup butter, melted
- 1 container (1.75 qts.) green mint–chocolate chip ice cream, like Edy's/Dryer's, softened
- 1 bar (4 oz.) bittersweet chocolate, like Ghirardelli, melted
- 1 jar (7.5 oz.) marshmallow cream, like Fluff
- 1 container (8 oz.) frozen whipped topping, thawed

1 In food processor, pulse cookies 1 min., or until crumbs form. In bowl, combine crumbs and melted butter. Press ½ mixture evenly into bottom of 8" springform pan.

2 Spoon ½ ice cream into pan; press remaining cookie-crumble mixture onto ice cream. Top with

remaining ice cream. Cover tightly and freeze 3 hrs., or until firm.

3 In bowl, whisk together melted chocolate and marshmallow cream. Fold in ¾ whipped topping. Remove ring from springform pan; move cake from pan to serving plate. Frost with chocolate mixture. Freeze

30 min. Garnish with remaining whipped topping, strawberries, fresh mint and chocolate curls, if desired.

Prep time: 10 min. **Total time:** 10 min., plus freezing time

Per serving: Cal. 523 Pro. 6g Carb. 64g Fiber 2g Chol. 40mg Sod. 275mg Fat: Sat. 16g Trans. 5g Mono. 5g Poly. 1g

WIN A GRILL SET

By text-messaging your answer to the question below, you'll be qualified to win a grilling set courtesy of **BBQProShop.com**. One winner will receive a Grill Friends prize pack and an autographed copy of *Taming the Flame* (Wiley & Sons, 2005) by Grill Friends creator Elizabeth Karmel. Five runners-up will win autographed copies of the book.



When was the first outdoor barbecue held?

- A) 1965: Lyndon B. Johnson's inaugural barbecue in Dallas
- B) 1904: the World's Fair in St. Louis
- C) 1769: George Washington's three-day feast in Alexandria, Virginia

To enter, text WIN.FBG and your answer to 73268. (For instance, if your answer is choice A, text WIN.FBGA.) A convenience fee of 50 cents and standard rates apply. For complete rules or free entry, go to CellClix.com. Answer by August 28, 2006 for your chance to win.*



Ice-Cream Cake 216 ways

Create a frozen confection with all your favorites when you replace the chocolate cookies with a variety from column A, the mint ice cream with a flavor from column B and the whipped topping–marshmallow mixture with a frosting from column C.



| Column A | Column B | Column C |
|---|------------------|-------------------------|
| 1 shortbread | chocolate | strawberry frosting |
| 2 oatmeal cookies | French vanilla | chocolate frosting |
| 3 brownie bites | rocky road | vanilla frosting |
| 4 pecan sandies | cherry vanilla | whipped topping |
| 5 vanilla wafers | butter pecan | cream cheese frosting |
| 6 peanut butter–sandwich cookies | strawberry | caramel frosting |

*NO PURCHASE NECESSARY. Open to current legal residents of the 48 contiguous states of the USA and D.C. Void elsewhere (including Alaska and Hawaii) and where prohibited. Entrants must be 13 years or older.