



Trim Tummy Fat – and Target Bloating, Gas and More – with 21-Day Tummy, The Revolutionary Diet That Shrinks and Soothes Any Belly Fast

Treat Common Digestive Disorders While Dropping Pounds and Inches in Three Weeks

NEW YORK – From burps and groans to discomfort and moans, millions of Americans have stomach issues. One of the most common? Extra weight – which frequently brings indigestion, painful stomach cramps, uncomfortable bloating, and other tummy troubles. Research shows that foods that lead to gastrointestinal problems are often the same ones that pack on the pounds. *Reader's Digest* editor-in-chief and *New York Times* best-selling author Liz Vaccariello suffered from these embarrassing symptoms, so she followed her own gut and teamed with Kate Scarlata, RD, LDN to distill the latest science and create **21-Day Tummy**, a new healthy eating plan that shrinks and soothes any belly fast.

21-Day Tummy, available now at www.21daytummy.com and in stores nationwide December 26, does what no other diet plan can do: it trims tummies while tackling the “big five” most common digestive problems that no one wants to talk about: heartburn, gas and bloating, constipation, diarrhea, and irritable bowel syndrome. The easy-to-follow plan focuses on carb-light, anti-inflammatory foods scientifically proven to balance gut flora, reduce inflammation, soothe the digestive system and shrink fat cells (“**Belly Buddies**”), while avoiding pro-inflammatory fats and high-fructose foods (“**Belly Bullies**”).

“When I uncovered research linking two of my own challenges – weight gain and digestive slowdown – I knew I had a fresh solution to a common problem. I’m amazed at how great I feel eating this way – my digestion is regular and I don’t suffer cramps or feel bloated anymore,” said Vaccariello. “It’s possible to lose weight and improve digestion at the same time, and **21-Day Tummy** will show you how, leaving you healthier, happier – and more comfortable!”

21-Day Tummy includes:

- **Real-Life Success Stories & Advice** – *Reader’s Digest* recruited real men and women who tried out the 21-day plan. All lost weight – up to 19 pounds – and belly inches. The grand tally of weight loss in three weeks: 90 pounds! They each reported major improvements in their digestive issues and most found that their gas, bloating, nausea and bellyaches disappeared. The top tester dropped 19 pounds in 21 days and completely stopped taking medications for acid reflux.
- **Recipes:** 50 scrumptious recipes that incorporate Belly Buddies – foods that help shrink and soothe stomachs – such as Tomato-Ginger Flank Steak, Ratatouille Frittata and Strawberry Soufflé-lets.

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- **Workout Plan:** An optional equipment-free workout plan created to soothe and sculpt your belly with a mix of core strengthening, walking, and yoga exercises.
- **Belly Bully Tests:** Guidelines on how to identify which Belly Bullies are problematic for your system and what you can reintroduce to your diet, so you can enjoy a variety of foods.

21-Day Tummy will help you target the foods and behaviors that challenge your personal digestive system and show you how to eat in a way that keeps you feeling great – and looking lean – for life.

For review copies, interviews and image requests, please contact: Jennifer Marcus, jmarcus@goodmanmedia.com.

21-Day Tummy

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About Liz Vaccariello

Liz Vaccariello is the editor-in-chief and chief content officer of *Reader's Digest*, one of the world's largest media brands, with 26 million readers. A journalist with 20+ years experience in health and nutrition, she's also the coauthor of the *New York Times* bestsellers *The Digest Diet*, *The 400-Calorie Fix* and *Flat Belly Diet!*. Vaccariello regularly appears on national programs such as *Good Morning America* and *The Doctors*, and has been featured on *The Biggest Loser*, *Today*, *Rachel Ray*, and *The View*. Previously, Liz was the editor-in-chief of *Prevention*. She lives in New Jersey with her husband and twin daughters. Her blog, *Losing it with Liz*, lives on rd.com. She has over 3,000 followers on Twitter (@LizVacc).

About Kate Scarlata, RD, LDN

Kate Scarlata, RD, LDN, is a registered and licensed dietitian with over 25 years of experience in the nutrition and wellness field, specializing in digestive disorders. Kate completed her postgraduate training at Brigham and Women's Hospital, a Harvard Medical School teaching affiliate. The author of *The Complete Idiot's Guide to Eating Well with IBS*, she has been interviewed in many national publications, including *Ladies Home Journal* and *Fitness* magazine. She lives and practices in Boston, Massachusetts.

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