

Natalia
lost 3
sizes!



"I'd tried Atkins, and when I saw a piece of bread, my mouth would water. I felt a lot more control and less deprivation on South Beach," says Natalia. "It's great!"

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Supercharge

Lose
7 lbs a
week!

After talking to top experts and South Beachers who've had amazing success, we're about to tell you how to power off pounds like never before ...

Natalia Cigliuti had a little "hangover" problem. "My pants were so tight, my stomach would hang over the waistband," sighs the 25-year-old, who gained while nesting with new husband, Rob Rizzo. "You'd see the bulge under whatever top I was wearing. I hate hangover!" But check out Natalia starring as lovelorn Anita on *All My Children*, and you'll see she's now utterly hangover free.

Her secret? "I heard a lot of people talking about the South Beach Diet, so I got the book," she says. "I would get on the scale every day and see a pound or two had come off. I said, okay, if I get to 120 that will be wow ... then I saw 118, 117, 116, 115. It was awesome!"

Don't hate her because she got this skinny

Natalia dropped 11 pounds in just over two weeks and two to three sizes in less than a month—which is especially astonishing when you consider that it's *harder* to lose weight when you're

just a couple sizes away from your ideal weight. At 5'6", Natalia now wears a teeny tiny size 2. No doubt about it, she got turbocharged South Beach results. And she's not alone. South Beach had an instant, radical effect on Bev Mita. "Before, people would say, 'You can't be hungry, you just ate.' But I was constantly ravenous," recalls the supermarket supervisor, 61, from Westchester, New York. "After three days on the diet, I lost my hunger. It was amazing. I was losing seven pounds a week." In eight months, Bev

went from a size 16 to a size 4. One more: "By the end of the first month, I had to buy new clothes," says Coral Springs, Florida, grant writer Susan Selikoff, 42. "Three months into it, everything was too big again. I borrowed a dress and got all dolled up for a party. Nobody recognized me. That felt fabulous!"

So what sets super losers apart from the so-so losers? We did a little investigating ...

Now you can power off pounds at top speed

Whether you're new to South Beach (newbies, check out the "South Beach

Basics" box, page 18, for complete how-tos) or have been using it for a while, here's what you can do to ensure top-speed results ...

"Every day, a pound or two would come off!"



1 Extend the first phase of the diet.

The lowest-carb phase of the South Beach plan is designed to balance the body's chemistry, correcting "an impairment of the hor-

mone insulin that results in the body storing more fat than it should," explains Arthur Agatston, M.D., author of *The South Beach Diet*. Other experts note that you also force your body to use fat for functions normally fueled by carbs. The payoff? Dieters can lose five, six, even seven pounds per week—so it's no surprise that many, including Natalia, decide not to mess with a good thing. Her advice: "To speed it up, do no carbs for as long as you can and then reintroduce good carbs minimally." Dr. Agatston actually recommends this strategy for folks with lots to lose. And even for those closer to their goal weight, "It'll maximize results," adds South Beach advo-

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America's hottest diet!

cate Cindy Heroux, R.D., author of *The Manual That Should Have Come With Your Body*.

2 Use a 15-minute delay.

Did you plump up by overstuffing yourself? Then you may need help adopting a habit key to South Beach success: pushing your plate away as soon as you feel full. "Instead of listening to our bodies, we eat whatever's on the plate," says Heroux. That's why pros suggest filling your plate with only from one-third to half of what seems like a normal amount of food to you; wait at least 15 minutes before getting seconds. It's a pause that gives you time to assess how hungry you really are—preventing mindless overindulging. "Once I learned to listen to my body, I realized I'd gone from constant hunger to virtually nonexistent hunger," says Sue, down 42 pounds. "After that, eating less of the right foods was easy."

3 Skip the mini-meals.

Forgoing three big meals in favor of six smaller mini-meals—which is just what Dr. Agatston did when he created sample weight loss menus for his book—has long been thought to stimulate metabolism and effortlessly increase the number of calories we burn. But the first study to truly test this theory has proved it's simply not true. Mini-meals offer no metabolic advantage whatsoever. Meanwhile, they offer a distinct disadvantage: Separate studies have proven the more meals we eat, the more calories we consume overall. No wonder super-losers like Natalia opt for just three or four sittings a day!

4 Take advantage of the website.

Research has consistently shown that getting weight-loss support—particularly via the Internet—can significantly boost how much you lose. In fact, one study found it can double your initial results and triple weight loss overall. That's why it's such a smart idea to hit www.southbeachdiet.com. "I went on it daily and made friends with other South Beachers. Everybody helps everybody," says Bev. "One person types they have a problem and 10 people respond with ideas to help!" Another bonus, says Susan: "You can e-mail questions to a nutritionist, too. So get on the website!"



5 Steal our exclusive faster-than-fast-food South Beach menus.

One complaint we've heard from even the most dedicated South Beachers is that the food takes too long to prepare. "At first it seemed overwhelming," recalls Bev. And if you're feeling overwhelmed, you're much more likely to cheat. *Woman's World* to the rescue! We've had our nutrition team whip up a special set of menus packed with simple, make-ahead options (see menus, page 18).

One last thought from Dr. Agatston: Everybody loses weight at a different rate. "So don't compare yourself to other people," says Bev. "Stick with it, focus on how great you feel and trust that the weight will come off. I was fat for 70% of my life, so the thin me is a miracle!"

—Jillian Boyle

Over 40?

Try this bonus trick!

Try cutting back a bit on meat and poultry and loading up on soy, a protein source packed with bonus nutrients found to reverse weight gain caused by declining estrogen levels. Says Bev: "If I went vegetarian for a week, the pounds seemed to melt. I have never in my life lost this beautifully. I started the diet a size 16 and the other day I bought a size 4—and I am 61 years old! I don't think I wore that size when I was teenager!"



BEFORE

More "turbo tips" from Susan? "Find buddies to keep you inspired," says Susan, at right, walking her dog Poochie. "And be creative with your food—have fun with it. You'll be less likely to cheat!"



Susan lost 42 lbs!



BEFORE

"When people ask me for diet advice, I tell them to give South Beach a shot," says Bev. "It's just a healthy new way to eat. You never feel like you're on a diet, you just suddenly discover that the hunger and cravings are gone and the pounds are melting off!"



Bev lost 61 lbs!

Please turn the page for more Turbo South Beach!