



Katie Hill, 29,
Gainesville, FL
Height: 5'4"

NOW: 140 lbs

**Katie
lost
50 lbs!**



THEN: 190 lbs

It worked for me

"I dropped from a size 16 to a 4!"

Katie Hill wandered through her house feeling frazzled and exhausted. She was having trouble focusing on anything...except for the chewy cookies sitting on her kitchen counter. Try as she might, she couldn't keep her mind off those treats, even though she really wasn't hungry. *My sweet tooth is out of control*, she thought as she finally caved in. *I'm eating my way through the house!*

Carb cravings were a major source of stress for Katie. Before getting pregnant, she'd managed to shed 100 pounds—but now her snacking was making it impossible to lose her baby belly. "It was so frustrating," she shares. "I had lost weight before and knew I had the willpower, but I was having a terrible time tapping into it."

When Katie's husband heard his work colleagues talking about how a saffron product called Re-Body Hunger Chews helped curb snacking, he mentioned it to his wife, hoping it would help. Though skeptical, Katie gave the product a try—and was amazed at the difference it made. When her thoughts drifted to cookies or the carton of ice cream in the freezer, she'd have one of the orange-flavored chews and the urge would fizzle. And after two weeks, Katie noticed that she could walk by the cookie jar without even thinking about reaching in.

The 40 pounds of baby weight Katie was trying to shed melted away—along with an additional 10 pounds. Now, even with the extra bit of happy chaos having a toddler running around brings to Katie's life, she doesn't feel drained and driven to munch on junk food. She says with a laugh, "It's nice to be in total control over one thing in my life!"

TIRED ALL DAY?

TRY GARCINIA

On a recent episode of his show, Dr. Oz named an Asian fruit called *Garcinia cambogia* as a standout fat buster, announcing, "Revolutionary new research says it could be the magic ingredient that lets you lose weight *without* diet or exercise."

Garcinia owes its powers to a compound called *hydroxycitric acid* (commonly referred to as HCA), which has been shown to naturally suppress appetite by boosting serotonin. In a study conducted at Georgetown University, daily doses increased subjects' serotonin levels by 45 percent while reducing levels of leptin, a hunger-revving hormone, by 38 percent.

As Dr. Oz explained, supplementing with Garcinia extract releases chemicals into the bloodstream that travel to the brain, where they trigger the production of serotonin. The result: "Nerve cells see things differently—you don't get that emotional drive [to eat]." What's more, study author Harry Preuss, M.D., adds, "HCA also reduces fat formation in the body by inhibiting the action of *citrate lyase*, an enzyme used to convert carbohydrates into fat."

These actions lead to a major payoff. According to a study in the journal *Current Therapeutic Research*, women

The easy way to rev serotonin by 30%

Popping a stick of gum in your mouth can help you feel sunnier in minutes. In a Japanese study, subjects experienced serotonin increases of up to 30 percent after just 20 minutes. Researchers say the rhythmic act of chewing triggers *serotonergic neurons* in the brain to release the mood-boosting hormone. And for an energizing bonus, pick cinnamon or peppermint—scents proven to increase alertness and ward off fatigue.