

FOR WOMEN!

THE SCIENTIFIC APPROACH
TO HEALTH AND FITNESS

FITNESS Rx™

YOUR ULTIMATE PRESCRIPTION

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DIET & FAT LOSS TIPS

50

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TO A SEXY
STOMACH**

SEXY BODY DIET

**MELT AWAY
THE FAT!**

**SUPER
← FLAT
BELLY
WORKOUT**

April 2009

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RAVE REVIEWS

H2.O Enhanced Water For Life!

Fitness fanatics know that hydration is an important part of a healthy lifestyle, but often forget about the impact of disposable water bottles. We have reached a critical time in our environment and our economy— everything we consume and everything we do has an impact on the world around us. Our personal health is inherently connected to the health of the environment.

Wellness Enterprises, LLC, a company that produces top-of-the-line water purification and enhancement systems for healthier and optimized water, believes it is time to change the way we drink water, one bottle at a time. Wellness Enterprises has launched www.EndBottledWater.com to educate consumers about the environmental impact of disposable plastic bottles and to provide them with an alternative that is better for the planet, is better-than-bottled and better for their wallet.

Wellness H2.O is a reusable bottle made from non-toxic plastic. The portable bottle features a unique filtration and enhancement device that removes 99 percent of toxins and optimizes water with Japanese volcanic minerals. With Wellness H2.O consumers have access to clean, enhanced water anytime, anywhere.



NEW! BEE M.D. Organic Honey Throat Drop

Bee-lieve it: Bee M.D. provides natural throat relief for the whole family, uses eco-friendly packaging and offers a portion of its proceeds to support research and protection of bees. How sweet it is!

BestSweet Inc., a leading creator and manufacturer of confectionery and health care products, proudly introduces their newest product— Bee M.D.™ Bee M.D. is a honey-based, organic throat drop dedicated to providing the most natural form of throat relief. Formulated with organic honey as the #1 ingredient, Bee M.D. provides natural, soothing relief. Unlike other throat drops, Bee M.D. tastes sweet and smooth like the honey from which it is created, without the harsh medicinal taste of other name-brand drops. This natural product is USDA certified organic with no artificial ingredients or preservatives, just sweet, tasty golden goodness.

Bee M.D. will be available in two varieties, Natural Honey and Honey Lemon. Not only is Bee M.D. healthy for families, but it is friendly to its creators, the bees, and our environment. Additionally, Bee M.D. is an eco-friendly brand using only all-natural, recycled or biodegradable materials and packaging everywhere possible.

For more information, visit www.sponsorabee.com



LOSE WEIGHT FAST WITH HYDROXYCUT™ Instant Drink Packets!

Are you ready to lose weight, but tired of the same old weight-loss products? Well, get ready to shake things up and add some flavor to your life with Hydroxycut Instant Drink Packets— the tasty way to lose weight fast! Each single-serve packet contains the same clinically proven weight-loss ingredients as Hydroxycut caplets but in a convenient, easy-to-take, powdered drink mix that can help you lose up to 4.5 times the weight than diet and exercise alone! They're the delicious and convenient way to increase your energy, control your appetite and lose weight fast! Start losing weight with Hydroxycut Instant Drink Packets today!

Hydroxycut™ Instant Drink Packets help you lose up to 4.5 times the weight than diet and exercise alone, control appetite and increase energy, have zero sugar, are low in calories, and are convenient, delicious and refreshing! Learn more at HYDROXYCUT.COM

Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2009



EVAPAT IS NOW INTRODUCING LUMBARWEAR® WELLNESS New STYLISH Back Pain Solution!

Eighty percent of men and women over 25 years old have experienced some form of back discomfort. LumbarWear is designed to build core strength, promoting long-term lumbar wellness. Following its strong success throughout Europe, Barcelona-based EvaPat is now introducing LumbarWear® Wellness to the U.S. market through leading mail-order catalogs and internet merchandisers. Clinically proven to relieve discomfort in the lumbar region, LumbarWear is designed for people of all ages and for everyday use, whether running a marathon or taking a 10-hour flight.

LumbarWear provides focused support to the torso, improving both posture and muscle strength in the lower back and abdominal region. Using precise, appropriate and graded pressure, core muscles are activated, without causing muscle atrophy. Seamless tubular construction allows the fabric to adapt perfectly to the body, much like a second skin. Thermo-dynamic qualities maintain body temperature. Wicking action allows skin to breathe naturally, drawing perspiration away from the skin, keeping it dry. Silver Yarn X-Static® features anti-microbial properties to prevent odor and is a natural energy conductor.

LumbarWear can be purchased through numerous catalogs and websites such as www.painreliever.com and www.blissworld.com.

