

May 4, 2015



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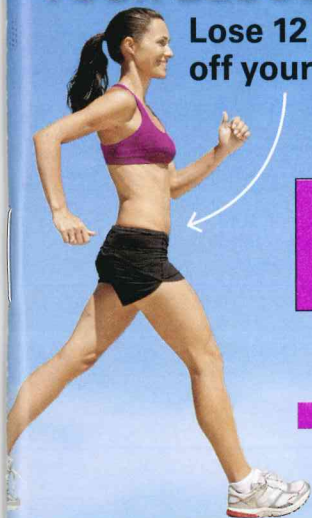
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Walk right for

For decades women have been losing big by eating for their type. And now science points to blood type-specific walking strategies that melt pounds even faster—and keep them off for good

When you lace up your sneakers and hit the pavement for a slimming stroll, you might check your pulse to make sure you're in the fat-melting range, or adjust your pace to speed up calorie burn. But chances are, you've never given your *blood type* a second thought. We hadn't either...until we heard from Peter J. D'Adamo, N.D., a researcher widely recognized as the authority on blood-type profiles, that tailoring our walking style to the genetic markers in our blood type holds the key to fast-tracking weight-loss results.

For nearly two decades, women from coast to coast have been singing the praises of Dr. D'Adamo's blood type diet plan—an approach so popular, his book *Eat Right 4 Your Type* remains a top seller on Amazon 19 years after being published. But as effective as eating by blood type proved to be, there was still a missing piece of the puzzle: In counseling women who were following his program, Dr. D'Adamo noticed that the most successful slimmers weren't just adapting their diet to their blood type, they were tweaking their workouts too.

While scientists have long known that blood type affects how our digestive and immune systems function, the link between blood type and exercise was unclear. So Dr. D'Adamo delved into the science and discovered that it comes down to how our bodies handle stress. "Different blood types respond

your blood type

to stress differently," he explains. "The gene for blood type seems to turn genes that control certain stress chemicals on or off." Science has pinpointed elevated stress-hormone levels as the key culprit behind belly-fat storage, increased appetite, blue moods and anxiety, Dr. D'Adamo notes, so it's essential to adopt an exercise approach that soothes your blood type's specific stress response.

Dr. D'Adamo points to this example: People who are type O, the blood type descended from our highly active hunter-gatherer ancestors, need to get their blood pumping to burn up

"When your exercise approach addresses your blood type's stress response, you will get optimal weight-loss results."

—Peter D'Adamo, N.D.

their stress hormones. "If type Os eat right for their type but they don't exercise the right way, they will have this agitation—they'll have all this fuel in there that they haven't taken out for a ride." This will cause stress hormones to build up in the blood, he says, triggering anxiety and shifting the body into fat-storage mode. "But if type Os do the right kind of exercise, they become much more centered and their metabolism hums along."

All told, this metabolism optimization makes it easier to shed stubborn rolls and folds—plus, it revitalizes health and well-being. Women FIRST spoke to who tailor their walking approach to their blood type are losing 7 pounds every week and enjoying perks like sunnier moods, increased energy, sounder sleep and more!

IF YOU'RE TYPE O...

Considered the original blood type, type Os are descended from early hunter-gatherers who faced great physical demands seeking out prey and defending themselves against predators. These women are known for their leadership skills, energy and focus—and they tend to be strong and athletic with muscular arms and legs that need to be used. Dr. D'Adamo cautions, "Typically, when you take a type O and put her behind a desk with no opportunities to be physically active, she starts to suffer from anxiety or agitation and has more difficulty with fatigue and concentration."

The reason for this, Dr. D'Adamo explains, is that this blood type has trouble controlling the metabolism of dopamine—a brain chemical that regulates mood, motivation and cravings. "Type O tends to manufacture too much of a chemical that converts dopamine into the fight-or-flight hormone adrenaline," he says. "So under the wrong situations, if they're too sedentary, they take their happy chemical and transform it into a stress-inducing chemical." That's bad news because elevated adrenaline is linked to high blood pressure, fatigue and cravings.

Your quick-slim strategy: Interval walking

Type Os need to get physically active, but since their athletic physique makes them prone to getting thick or bulky, they should limit weight training. Instead, Dr. D'Adamo advises an interval walking approach. Incorporating short bursts of intensity activates the fast-twitch muscle fibers that were designed to be used chasing prey. This

spurs muscle cells to burn up excess adrenaline in the blood—and increases calorie expenditure by nearly double. "Plus, exercising this way increases the body's ability to shut off the enzyme that converts dopamine into adrenaline," says Dr. D'Adamo. "That's going to help you keep up your sense of happiness and curb cravings."

Varying the intensity and speed of a walk also turbocharges fat burn: A study at Australia's University of New South Wales found that women who did interval walking for just 20 minutes lost 9 times more fat—and 3 times more visceral fat (the dangerous kind that surrounds the organs)—than women who exercised at a steady pace for 40 minutes.

To get the perks: Stroll at an easy pace for 5 minutes. Then alternate between power walking or jogging for 1 minute at an intensity of 8 or 9 out of 10 (where you're slightly out of breath and sweating), and recovering for 2 minutes at an intensity of 5 out of 10 (where you can easily hold a conversation). Do 5 reps or 15 minutes. Cool down for 5 minutes. Repeat 3 to 4 times per week.

The diet tweak that speeds results

Type Os have high levels of stomach acid, which helps them process all kinds of meat very efficiently. But since their hunter-gatherer digestive system is missing key enzymes involved in breaking down gluten and starchy carbs, these individuals do best on a high-protein, low-carbohydrate diet like Paleo.

Turn for more targeted walking plans

IF YOU'RE TYPE A...

This blood type emerged when game sources became scarce and humans turned to agriculture to expand their food supply. As their lifestyles shifted to farming, they became less active and more cerebral. Women with type A blood are typically hard-working, responsible and organized, but they can also be very tightly wound and prone to anxiety. "Type A women internalize a lot of stress—and studies show this is because they tend to have higher levels of cortisol," says Peter D'Adamo, N.D., author of *Live Right 4 Your Type*. "That's a problem because chronically elevated cortisol levels make metabolism shift toward fat storage." Case in point: Researchers at the University of Utah in Salt Lake City found that elevated cortisol levels can increase the accumulation of belly fat by 50 percent in as little as 14 days.

Your quick-slim strategy:
Prayer walking

Intense exercise can put stress on the body, spurring the release of more cortisol. So Dr. D'Adamo recommends leisurely paced strolls that incorporate prayer, meditation or deep breathing. This approach helps to calm the brain's stress command center—an effect that Japanese researchers report can reduce cortisol by 40 percent for 5 hours. "This changes the stress response of type As—they sleep better, which leaves them feeling more energetic and refreshed, and their concentration improves," promises Dr. D'Adamo. And after reducing cortisol levels, the body will start to release stored belly fat and burn it up for fuel. **To get the perks:** Set aside 20 to 30 minutes a day to walk at a comfortable pace (where you can easily hold

a conversation and take slow, deep breaths). As you stroll, pray, reflect on a calming mantra or take in the beauty of nature around you. (Hint: For best results, stroll outside in a park or neighborhood—research shows outdoor exercise reduces cortisol 3 times more effectively than indoor workouts.)

The diet tweak that speeds results

As type As shifted to a semi-vegetarian diet, their digestive system adapted to the crops they cultivated. As a result, these individuals have an abundance of digestive enzymes in the upper gut and lower GI tract to break down hard-to-digest legumes and grains. This type does best eating plenty of fruit, veggies and grains with moderate amounts of fish and poultry.

IF YOU'RE TYPE B OR AB...

These two types are the newest and rarest blood types, constituting just 9 percent of the population. Type B first came into being as a mutation that occurred when humans moved into harsher climates and became nomads. Type AB formed later, as type A and type B populations began to intermingle. Women with these blood types tend to be adaptable, creative and resilient, but their free-spirited nature makes them prone to low motivation.

When type Bs and ABs are stressed, inflammation can slow their metabolism. That makes their ability to boost levels of nitric oxide through exercise key to slimming. "This molecule relaxes artery walls, modulates the immune system and scavenges toxins," explains Dr. D'Adamo. "And people who are type B and AB have a real aptitude for being able to get nitric oxide to do key things like control blood pressure and rev metabolism."

Your quick-slim strategy:
Circuit walking

Type Bs and ABs get bored easily, so Dr. D'Adamo stresses it's important to pick an approach that challenges your mind *and* your body. One way to do this: Work mini toning circuits into your strolls. Tasks like racing to the end of the corner will keep you mentally engaged and build metabolism-revving lean muscle while stimulating nitric oxide production. "This boosts these types' metabolism and muscle growth," says Dr. D'Adamo. "Plus, they see an improvement in all things regulated by nitric oxide—including circulation, stress handling and sleep."

To get the perks: Walk at an easy pace for 5 minutes, then power walk or jog past 15 mailboxes. Recover at an easy pace for 2 minutes, then do walking lunges to the end of the next block. Recover for 2 minutes, then do

side-to-side hops over a sidewalk crack for 60 seconds. Recover for 2 minutes, then race to the nearest tree and do a wall squat for 30 seconds. Recover for 2 minutes, then do hopscotch jumps down the block past 10 mailboxes. Cool down for 5 minutes.

The diet tweak that speeds results

Type Bs and ABs have an inflammatory response to the protein *lectin* found in corn, wheat, rye, buckwheat and chicken. This can slow metabolism, so these foods should be avoided. The good news: When these nomads began herding and domesticating animals, their GI system adapted to be able to digest dairy. They do best on a plan rich in fruit, veggies, seafood, red meat and dairy products, especially probiotic-rich options like yogurt and kefir.

It worked for me

"I lost 12 belly inches!"

Daisy Velas Boyce gripped the steering wheel tighter, desperate to be home in her bed. The nap she'd taken in the parking lot after work hadn't helped. *Almost there, just seven houses away, she yawned, turning onto her street... CRASH!* Suddenly, Daisy opened her eyes and realized she had drifted off, slamming her van into a parked car—her neighbor's police vehicle.

Daisy admits, "Working late compounded all the stress, weight and health issues I had." Yet intense exercise only made her feel worse. "I was defeated. I didn't even think becoming healthy was possible."

That all changed when Daisy took a crash course in eating and exercising for her blood type. She learned that given her high cortisol levels as a type A, strenuous workouts were counterproductive. Instead, she took calming walks around the mall or her neighborhood. On her strolls, she practiced deep breathing and listened to soothing audio books, podcasts and Christian sermons. Daisy shares, "I felt renewed and grateful, like a winner with a new positive outlook!"

Flash-forward one year and Daisy had overcome all her health complaints—namely diabetes, asthma, acid reflux and migraines. Plus, her energy accelerated to a level not felt in 20 years. Now 12 belly inches slimmer, Daisy gushes, "I had to readjust my driver's seat forward and I only had to pull on the seat belt once to buckle up."

Through her journey, Daisy got the green light to be joyful again. She says, "I don't have bad stress anymore. I feel empowered and hopeful for more great things to come down the road!"



THEN: 175 lbs

Daisy Velas Boyce, 55,
Lafayette, LA
Height: 5'2"

NOW: 116 lbs

Daisy
lost
59 lbs!

