

November 11, 2013

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\*Recipe on page 12!



# We lost 240 lbs!

Sisters Jacqui and Tori swear by a miracle carb-cycling plan that melts up to 11 lbs a week—even when other diets fail!

Dressed in her lucky blue blouse and chandelier earrings, 355-pound Jacqui McCoy gave the casting directors of ABC's *Extreme Weight Loss* a dazzling smile. "I've been blessed with a wonderful family and husband," she told them. "I'm in surprisingly good health. And I'm very good at crashing off 50 pounds! I do it every year. But I could use a little help with long-term results." She giggled nervously. The women nodded. Also, Jacqui added silently, *you are my last hope. If you can't help me, I have to let my wonderful husband go. I'm too fat to have children, I'm too embarrassed to go out in public—and I can't hold him back from a happy life for one more day.* Then, aloud, Jacqui chirped: "I'm very motivated!"

One of the women cleared her throat. "Okay, Jacqui, let's get real. You say your life is great, and yet . . ." Jacqui's smile dropped. "To be part of the show," the woman continued, "you have to speak honestly and openly." Could Jacqui be honest and open? Her heart raced and her chest felt tight. Seconds ticked past. This was her last chance. And so, in a quiet voice, Jacqui began. "When I was 14, a horrible thing happened," she whispered. "I was attacked at a party by a boy. After that, eating was the only thing that numbed the pain. I ate endless cereal, chips, cookies. By my 15th birthday, I'd gained 100 pounds." While time and therapy had helped Jacqui heal, she still ate huge amounts—sometimes for comfort, sometimes out of habit. "At this point, it mostly doesn't seem possible that I can get to a healthy weight. But I saw your show, and I felt hope."

The women hugged her. Would they give Jacqui a one-in-a-million chance to turn her life around? After additional testing, Jacqui got the call. By turns elated and panicked, she wondered: Can I really lose 200 pounds in a year?

## "Believe you can!"

"I love you so much," Jacqui's husband, Shawn, whispered as he dropped her off at the airport. "Now go get healthy so we can grow old together." She kissed him goodbye, fighting back tears. Suddenly all alone, "I tried to focus on the positive, but I couldn't help but worry that I would fail again," recalls the Florida native, who'd quit her job. "I'd been strict with myself, but I always snapped and gained weight faster than ever. The harder I tried, the worse my situation

got." She had a stomachache for most of her flight. Arriving in Los Angeles, she met up with *Extreme Weight Loss* trainers Chris and Heidi Powell. It was like they could read her mind. "We've seen so many women just like you transform themselves. We know that you can do this," Chris said. "Your body can change. It wants to change. Now you just have to believe in yourself. Because that lets you tap into extraordinary inner power." Jacqui could sense something inside herself shifting.



When readers tried the same carb-cycling tricks that *Extreme Weight Loss* trainers Chris and Heidi Powell taught to Jacqui and Tori, they shed up to 11 pounds in a week!



## Strict-diet antidote

Revv'd up for a hard-core diet, Jacqui was surprised by the gentle guidelines she was given. "Most people can't deal with nonstop deprivation," Heidi explained. "And when you binge after starving yourself, you're literally loading up on calories after wrecking your metabolism. The 'rebound' weight comes on fast and is harder to lose." Jacqui wasn't crazy. Her crash diets had been making her fatter! "Chris said the best solution he's found is something called 'carb cycling,'" she remembers. She would alternate between higher-carb and lower-carb menus, triggering such frequent changes in body chemistry that her system wouldn't shift into metabolism-slowng "starvation mode." On top of that, Jacqui would get a higher-calorie "reward" day each week—allowing for three moderate portions of any food she might crave. Why? An occasional spike in calories is proven to stoke metabolism. Plus, it fights deprivation.

Still, "it was a hard transition," Jacqui admits. "I was never hungry, but I still wanted sugar all the time." Workouts with Chris—at first easy bouts of walking and strength moves—helped distract her. "The sugar withdrawal ended after

two weeks, and I just felt flat-out amazing!" A month and nearly 50 pounds later, Jacqui, Chris and Heidi all flew cross-country so Jacqui could continue her journey at home. She felt everyone she loved—Shawn, her parents, her baby sister (see Tori's story, below), friends—rally around her, "and I knew I could go farther." After 90 days, down 75 pounds, she said goodbye to her trainers and continued on her own. After a year, at her "big reveal," Jacqui had shed 207 pounds.

## Happy ending, part II

Did Jacqui ever falter after the cameras stopped rolling? Yep. While recovering from surgery to remove excess skin, "I fell into the habit of bingeing for comfort, then starving myself to compensate," she admits. She regained over 60 pounds before she told Chris and Heidi. "Their faith in me never wavered, and that gave me the confidence to try again." Jac-



"Seeing my sister work hard and get strong inspired me," says Tori, down 53 pounds.



▲ JACQUI BEFORE "My doctor's were pushing me toward gastric bypass surgery, but I didn't feel sure it was the right choice for me."

◀ JACQUI TODAY Now 187 pounds lighter than her highest weight, Jacqui can't believe how great she feels. "I fuel my body well. I didn't just learn how to get thin—I learned how to thrive!"

qui went back to carb cycling, incorporating protein shakes and supplements to help make healthy eating instant. She also began working with a therapist to better understand how to comfort herself without bingeing. Another key strategy: Helping her little sister get healthy, too. "Tori asked me for advice. She was just 17 at the time, so I talked to Chris about how to adapt his plan for her. He put in extra protein, dairy and healthy fat," Jacqui says. Suddenly, she had a carb-cycling buddy. Says Tori: "I have so much more energy and confidence now—and it's all because of Jacqui!" Tori lost 53 pounds in five months. And Jacqui has dropped back to a trim 168 pounds. To Jacqui, 33, now a motivational speaker, "this is the best part of my story. I fell down, and I got back up. No matter how many times you fall down, get back up and you can succeed."

## Lose like Jacqui did!

This plan combines Jacqui's favorite weight-loss meals and "turbo" guidelines from Chris Powell's *Choose More, Lose More for Life*. Simply use the lower-carb menu for two consecutive days, and then use the higher-carb menu for one day. Repeat



this three-day cycle twice weekly. On day seven, enjoy a "reward" day, eating any healthy food you like and up to three servings of indulgent food you crave. Always aim to drink plenty of water; add other zero-cal beverages in moderation. Season meals with herbs, spices, citrus juice, vinegar and/or mustard. Aim to be active for at least five minutes every day, working up to 30- to 60-minute sessions. Always get a doctor's okay to try any new plan.

### Higher-carb days Breakfast (enjoy daily)

1 protein shake made with 1 cup unsweetened almond milk, 1 cup frozen fruit and 1 serving protein powder\*

### Mini meals (choose four daily)

1 cup cooked steel-cut oatmeal with 1 serving protein powder, cinnamon and Stevia to taste



3 oz. tuna, 2 Tbs. fat-free plain Greek yogurt, dill relish to taste on 2 slices Ezekiel bread

2 cups assorted steamed veggies

4 oz. seasoned grilled chicken breast, 1 cup taco veggies, 2 warmed corn tortillas, salsa and fat-free plain Greek yogurt to taste

1 natural protein bar, such as Odwalla Super Protein  
2 cups celery, 1/2 cup salsa

4 oz. fish, any variety, baked with lemon and herbs

3/4 cup quinoa  
2 cups steamed broccoli

4 oz. lean beef  
1/2 cup sweet potato  
2 cups steamed asparagus



\* Jacqui likes Shaklee brand; learn more at Shaklee.com.

### Lower-carb days Breakfast (enjoy daily)

1 protein shake made with 1 cup unsweetened almond milk, 1 cup frozen fruit and 1 serving protein powder\*

### Mini meals (choose four daily)

2 eggs scrambled with 1-2 cups chopped vegetables, 1 oz. goat cheese

4 oz. shrimp, 4 cups salad vegetables, 2 Tbs. vinaigrette

4 oz. lean steak  
2 cups mashed cauliflower, 1 oz. Parmesan cheese

1 cup fat-free plain Greek yogurt, Stevia and cinnamon to taste, 14 almonds

4 oz. chicken breast, 2 cups peppers and onions sautéed in 2-3 tsp. olive oil, fajita seasoning to taste  
1/2 cup salsa, 1/4 avocado, 2 Tbs. fat-free plain yogurt

4 oz. salmon baked with herbs and lemon  
3 cups spinach sautéed in 1 Tbs. olive oil, lemon to taste

## Make your own menus!

To make your own higher-carb meal, go for a serving of fiber-rich whole grains, fruit or sweet potato plus 4 oz. lean protein and at least 1 cup nonstarchy veggies; a little good fat here and there is fine, too. To make your own lower-carb meal, stick to a 4 oz. serving of lean protein and add 2-3 cups nonstarchy veggies plus a serving of good fat.

**Tip!** For more tips and inspiration, check out Jacqui's blog at [JacquiMcCoy.com](http://JacquiMcCoy.com).