

"I Lost 19 Pounds and More Than 7 Inches!"*

Find out how you can do the same...

TRY 7 YEARS YOUNGER FREE FOR 21 DAYS!

Dear <Sample A. Sample>,

When the folks at <Redbook> asked me to share my weight loss story with their readers, I couldn't resist!

Let's face it, losing weight is never easy. I've been on a lot of diets, some more successful than others. However, over time, I've always gained the weight back, and then some!

I first heard about the [7 Years Younger Diet](#) Test Group about a year ago, right before the holidays. I was about to turn 45 and was at my heaviest. I decided the opportunity was perfect—as I'd be given clear direction and great "tricks" on how to eat right, plus recipes and easy exercises that they said would make a big difference. Maybe this was the kick in the pants I needed?

"Lighter in every way!"

Now, almost a year later after losing 50 pounds and 24 inches—I **feel lighter physically, mentally and emotionally**. I can't stop talking about my experience and I've even given the book to others who have now lost a bunch weight themselves!

"I lost 3 pounds in a week!"

The [7 Years Younger Diet](#) was easy, enjoyable and **immediate**. During my first week I was traveling for work, but I found it incredibly easy to stick to the book's advice—and I lost three pounds! Once I saw these results I was even more excited. Each week I stepped on the scale it was two, three or sometimes even five pounds a week so the motivation to keep going was there.

"It's a cinch to follow!"

The actual diet was a cinch to follow and **the recipes were tasty and filling**. Once I understood how to apply the 300/400/500 calorie rule to my life, I loosened up a bit and began to experiment with the recipes which were fast to make and really satisfying—and my pants loosened up too!



Check out the results of our test panelists in this **FREE VIDEO PREVIEW**

One of the habits I picked up was to choose my menus for the week, create my shopping list and take one day on the weekend to prepare everything. **None of the ingredients are hard to find** so I never got frustrated when shopping. When I knew what I was eating for breakfast, lunch and dinner the guesswork—and the chance to make mistakes—was eliminated.

"I feel like a new person!"

After 12 months, I can honestly say I've adopted everything I've learned in the [7 Years Younger Diet](#) and that healthy eating is simply now part of my daily thinking. I truly feel like a new person now—younger, more energetic, more confident. I also no longer dread clothes shopping and, since I've already treated myself to a whole new wardrobe, I should probably stop now!

Thank you for improving my confidence, my energy, my looks and most importantly, my health.

Sincerely,

Mary Marotta



BEFORE



AFTER

In just 7 weeks you can **LOSE AS MUCH AS MARY AND LOOK 7 YEARS YOUNGER!**

LEARN MORE!

Dozens of new studies reveal that antioxidant-rich foods not only melt off pounds and inches—they boost your energy, and diminish wrinkles!

Now the editors of the *New York Times* best-seller **7 Years Younger** have turned this cutting-edge research into a breakthrough plan built on these proven anti-aging foods. We know the plan works because our test panel of 26 men and women lost a whopping 325 pounds and 105 inches in just 7 weeks!

Get slimmer, watch your energy skyrocket, and feel & look younger as you:

Slim down with quick youth-boosting suppers like Spicy Bean Burgers, Spaghetti with Green Olive Pesto, and 5 more speedy meals on *page 288*. PLUS enjoy wine too!

Get a flat tummy FAST! It's not crunches or planks. It's a simple move you probably learned as a child! See *page 170*.

Discover 2 fresh foods that deliver "more of a beauty bonus than a tan!"

Lose TWICE as much weight as dieters who don't know the trick on *page 92*.

The 7 Years Younger Diet is not a fad diet—it's a simple change in lifestyle that's easy to stick to for a lifetime of eating healthy and staying slim.

LEARN MORE!

Drop 20 Pounds In 7 Weeks. You CAN Do It!

TRY 7 YEARS YOUNGER FREE FOR 21 DAYS!



Try it for **FREE** for 21 days and get an exclusive **3-in-1 Report FREE!**



Your **FREE 3-in-1 Report** includes:

- ✓ 68 Health Secrets Only Doctors Know
- ✓ Flat Belly Shortcuts
- ✓ 20 Light & Delicious 400 Calorie Recipes

LEARN MORE

Put the plan to work for you **FREE!**

*Average weight loss 1-2 lbs a week