

 Your Guide to Health+Beauty

# wellbella

| breast cancer prevention issue |

**Lower  
Your Cancer  
Risk NOW!**  
**BEST BREAST  
NUTRIENTS**



***Makeover  
Special:***

NFL Legend  
Lynn Swann Is  
Getting His Body Back  
(Have your guy follow along!)

▶ Spa Recipes p. 10

▶ Look Mom, No Migraines! p. 38

▶ Lose the Pooch p. 18

**Suzanne Somers:**  
Enjoy Perimenopause  
Plus, Her Hot List of  
Hormone Helpers



# FEEL BETTER, LOOK BETTER, LIVE BETTER

You want more out of life than to fit into your skinny jeans. You want to feel focused, energized, and inspired—the way you used to feel. But you assume that a decline in mood or energy, along with creeping weight gain, is just . . . life. Well, it doesn't have to be. Your body isn't getting what it needs. And Almased can help.

## WHAT IS ALMASED?

German holistic therapist Hubertus Trouillé developed Almased to help improve his patients' metabolism. It did that and more—burned fat, decreased hunger, improved kidney function, and promoted healthy levels of the human growth hormone (HGH), which has anti-aging effects.

A host of studies by German scientists and 25 years of research have confirmed the claims: Almased's potent blend of fermented soy, probiotic yogurt, and enzyme-rich honey safely speeds up metabolism, zaps weight, and boosts energy levels. In fact, just one serving of Almased daily may promote beneficial effects on metabolic health.

What might this look like for you? You'll lose weight while retaining muscle mass. Eat less but feel full. Increase your quality of life while supporting overall well-being. Sounds like a win-win.

**DOWNLOAD** your free Bikini Plan Guide for tips and recipe ideas at [bikini-plan.com](http://bikini-plan.com).

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## WANT MORE INFORMATION?

Call us toll-free at 1-877-ALMASED (1-877-256-2733) or visit [almased.com](http://almased.com). You can find Almased at GNC or visit [gnc.com](http://gnc.com).