

happy, healthy, sexy you

Lose 30 lbs. by

Labor Day

Energize instantly!

health

"We look and feel years younger, thanks to water!"



Paula Ray, 43, Minneapolis

NOW: 124 lbs.

THEN: 157 lbs.

◀ *It worked for me!*

"I lost 33 pounds—and dropped to a size 2!"

Feeling hopeful, Paula Ray bought her dream wedding gown, knowing she'd have to drop to her dream size to be able to fit into it on her wedding day.

For some slimming help, Paula joined LA Weight Loss, where she learned that she should be downing more water. She worked her way up to drinking 64 oz. of water every day, beginning with a glass of room-temperature water in the morning, then sipping hot tea or coffee in the afternoon and finishing each day with plenty of ice water.

By the time her wedding arrived, Paula's dress was a perfect fit. "I'd have to say that water is key to losing weight," she says. "It made a huge difference!"



THEN: 175 lbs.

Shira Miller, 40, Atlanta

NOW: 125 lbs.

◀ *It worked for me!*

"Food tastes better and my fatigue is gone!"

Shira Miller was about to run out the door when she caught her reflection in the hallway mirror. *That can't be me*, she gasped, squeezing her cheeks.

After gaining weight for 10 years, Shira decided to add more water to her diet and start exercising. She swapped her usual coffee and six-pack of cola with 10 glasses of water a day. Shira felt so energized when she was hydrated, she built up to 15 glasses of water: 12 cold and 3 lukewarm.

Fifteen months later and 50 pounds slimmer, Shira can stand confidently before a mirror. "My skin looks better and I look younger," she says. "Now I feel the world is full of possibilities!"