

Shrink two sizes in one hour!

"I shed 15½ inches instantly!"

A wave of therapeutic seaweed and algae treatments is swelling in popularity due to their astounding slimming and health benefits. Here, how one woman lost weight and enjoyed unexpected perks—and how you can, too!

"I lost 120 pounds and cured my joint pain!"

Hearing her newborn crying, Carri Cupps wanted nothing more than to dash upstairs and comfort him quickly. Yet those stairs looked as steep as a mountain, considering that Carri would have to ascend them carrying the 125 pounds she had gained during her pregnancy. *This is hopeless. This isn't the type of mom I want to be,* she thought, her aching body fighting her every step of the way.

Unlike after her first pregnancy, the extra pounds wouldn't budge for Carri this time around. "I was so mortified by my weight gain that I didn't even want to leave the house," she remembers. "I didn't want people to recognize me in town. When you gain so much weight so quickly, people just look at you differently. I felt so judged."

Adding to Carri's distress: The extra weight was intensifying the arthritis-triggered aches and pains she had been battling since the tender age of seven. "I knew I needed to do something to feel better, but dieting wasn't working," she says. "Still, I wasn't willing to accept that I would be fat and achy forever."

Then one day an advertisement for a therapeutic body wrap landed in Carri's mailbox, touting a 6- to 20-inch loss in one hour. *Ha! If only it were that easy to become slim,* she thought, dismissing the claim as a marketing ploy. However, the dream of regaining a fit figure was so tantalizing that Carri mentioned the wrap treatment to her husband, Mike, over dinner.

Mike was skeptical of the claims, too. But, desperately wanting to boost his wife's spirits, he decided to surprise Carri with a gift certificate for a wrap treatment on Mother's Day.

"My shorts practically fell right off me!"

At the spa, Carri rested on a table while nutrient-soaked bandages were wrapped "mummy style" around her limbs and trunk. Then a special foil suit was slipped over her, allowing her body heat to maximize the detoxifying effect. One hour later the bandages were removed to reveal tight, smooth, beautiful skin. "My husband and I were shocked when I emerged from the salon 15½ inches thinner. My shorts were practically falling off me. My skin had been traumatized after gaining weight so quickly, and that one wrap made a huge impact on its texture and appearance. It felt so soft, and my stretch marks were almost invisible."

That change was the jump start that Carri had been longing for! She learned how to do seaweed wraps herself (even

getting licensed) and started enjoying the relaxing slimming treatment once a week. The benefits were amazing. "I'm not a doctor, so I can't tell you why this happened, but my cravings for cookies—my ultimate weakness—really diminished once I started getting wraps. From there, I began eating healthier foods and walking, and over time the weight just fell off."

Carri ultimately said "see ya!" to 120 pounds and her chronic joint pain. "My fingers and toes used to click all the time, and they don't anymore," she says. "And after physical activity, like playing with my boys at the YMCA, my joints aren't achy like they used to be."

These days Carri shares her good fortune by giving women seaweed treatments at her spa, Shrink Wraps, in Woodbury, New Jersey. "These wraps changed my life. That was the best gift my husband has ever given me!"

WE'RE HERE TO HELP!

Carri experienced the slimming and health-enhancing benefits with Suddenly Slender seaweed-wrap products. To learn more, including where to find a spa in your area, visit SuddenlySlender.com.

Trim 15 inches off your frame—no spa trip required!

For a slimming (and soothing!) spa experience at a fraction of the cost, try this DIY pampering session

STEP 1: Set a spa-like mood in your bathroom with music and candles, or have a book on hand to make this 30-minute treatment pass by more quickly.

STEP 2: Mix ¼ cup dried or powdered seaweed (at health-food stores, or try Kombu Sea Tangle, \$15 for 12 oz., at SpaBodyworkMarket.com) with ¼ cup water to make a thick paste.



STEP 3: Spread towels in the bathtub to create a cushion. Smooth the paste all over your body, then wrap a mylar sheet (\$15 for three, at SpaBodyworkMarket.com) around you like a cocoon.

STEP 4: Lie on the towels and let the mud dry for 30 minutes.

STEP 5: Unwrap the mylar and remove the towels from the tub. Take a warm shower to rinse off the seaweed mixture. Pat skin dry, then apply your favorite body moisturizer.

The science behind a seaweed wrap's amazing results

The startling effects that women like Carri have experienced after being "wrapped" are due to a unique combination of factors:

- 1. Seaweed's electrical charge acts as a magnet to pull fat from cells.** "Seaweed's high concentration of minerals gives it a strong ionic charge that draws trapped fat and fluid out of congested cells," explains Linda Page, N.D., Ph.D., author of *Linda Page's Healthy Healing* (Healthy Healing Publications, 2004). "This instantly makes the skin smoother and tighter."
- 2. Compression helps pump waste out of the body.** Once fat is pulled from cells, it waits to be shuttled out of the body by the lymph system. But unlike the circulatory system, the lymph system doesn't have a pump (like the heart) to keep fluids moving. It requires an external jump start. "Exercise activates lymph flow, but it takes a long time to see the benefits," says Page. "Gentle pressure does the job more quickly. In addition to squeezing fat out of cells, compression kick-starts lymph flow."
- 3. Heat speeds fat flushing.** When lymph flow is activated, fat is carried to the liver for disposal. But heat speeds the process. "Heat opens pores," says Ann Louise Gittleman, Ph.D., author of *The Fast Track Detox Diet* (Morgan Road, 2006). "And since 70 percent of lymph channels lie just below the skin's surface, this allows waste to bypass the liver and be released through perspiration instead."
- 4. Open pores and empty cells allow an inrush of nutrients.** With fat cells depleted and the skin's pores opened, the body is receptive to seaweed's healing nutrients. "Seaweed's rich supply of iodine regulates thyroid function and boosts the body's stores of fat-burning lipase enzymes," says Page. And its magnesium and omega-3 fats help fight the inflammation that causes joint pain. "Seaweed doesn't just numb the pain," says Page. "It actually removes the cause of the pain."



Carri Cupps, 32, Woodbury, NJ

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