

Your diet

SUCCESS STORIES

22 Real

People Share Their Weight Loss Secrets

* from the publishers of

People

FALL 2004

Holiday Survival

THE FAST FOOD DIET

What to Eat

News & Trends

DENTAL DIET: The DDS, a retainer-like device, forces you to eat slowly, so the brain gets the "full" message sooner and you don't overeat (ddssystem.com). "This is not a miracle cure, but it works," says Clifford Williams, D.M.D., a New York City dentist who offers it in his practice. "It's helping people lose weight by retraining them to eat slower and eat less."

\$3.95US \$4.95CAN



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www.yourdietmagazine.com (AOL Keyword: your diet)