

# 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](http://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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