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AUGUSTUS BUTERA

LADIES' Home Journal

JANUARY 2005

**Lose Weight
Look Fit
Feel Great**

Jump-Start Your Diet!

- ◆ How to Rev Up Your Metabolism
- ◆ Low Carb: How to Do It Right
- ◆ 6 Simple Ways to Drop Pounds After 35

**Dr. Phil's
Get-Real Guide**
to a Happier, Thinner,
More Energetic You!

BONUS Yummy
Recipes From His
Best-Selling Book

**Look 10 Years
Younger**
10-Minute Beauty Tricks

**Crazy Credit
Card Bills?**
Smart Money Moves
to Make Now

**Are You a
Good Friend?**
Test Yourself

**A Week of Tasty,
Healthy Dinners
in a Snap**

