Received: from LISTSERV.EDIETS.COM

by governor.state.ms.us; Thu, 24 Aug 2000 04:54:09 -0500

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release 1.8d) with spool id 136044 for DIETCITY@LISTSERV.EDIETS.COM;

Thu, 24 Aug 2000 04:10:00 -0400

Approved-By: sjohnson@EDIETS.COM

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Wed, 23 Aug 2000 15:17:10 -0400

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v3.5.3 release 223 ID# 0-59259U100L2S100V35) with SMTP id com for

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Date: Wed, 23 Aug 2000 15:19:45 -0400 Reply-To: eDiets News <news@EDIETS.COM> eDiets News <news@EDIETS.COM> Are You 10LBS. From Dead Subject:

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To:

news@eDiets August 2000 Issue 67

----FEATURE----

Don't Let 10 LBS. Drag You Down. It's a frightening fact: Carrying just 10 extra pounds puts you at a much greater risk for heart disease. Author and leading cardiologist Dr. Stephen Sinatra has made it his mission to spread the news: Females face an even great risk of death from heart problems. http://www.ediets.com/news/article.cfm?article id=2636

----THIS WEEK----

TECHNO-FAT: Kill Your Cell Phone & Lose Weight. In this Coyote Wisdom article, Dr. Matthew Anderson dials up a disturbing insight by focusing on the negative and potentially destructive results that occur when we allow technology to control our lives. Does what he says ring true for you? http://www.ediets.com/news/article.cfm?article id=2619

Align Your Mind... The Body Will Follow. Dr. John Sklare marks his triumphant return to the eDiets newsletter with this eye-opening article, You Become What You Think About. The bottom line: By changing your thoughts, you can change your body. http://www.ediets.com/news/article.cfm?article id=2621

Top 10 Ways To Chow Down On Chinese & Stay On Your Diet. Your favorite Chinese takeout doesn't have to cost you a fortune in fat and calories. Served up by best-selling author and dietitian Hope Warshaw, here's the inside scoop on enjoying Oriental food with NO MSG... NO guilt... and NO extra pounds! http://www.ediets.com/news/article.cfm?article_id=2627

Are You Eating Out Of Hunger Or Emotion?
Dr. Susan Mendelsohn says psychological
feelings can actually feel like hunger and
prompt you to eat when you're not really hungry.
Learn to differentiate between emotional and
physical hunger -- you'll eat more often but
manage to lose more weight.
http://www.ediets.com/news/article.cfm?article id=2515

----WEIGHT OF THE WORLD----

A Bad Break Leaves The Andersons Nanny-Less. The walls come tumbling down -- along with the piles of dirty dishes and laundry -- when the Anderson lose their nanny. Frank wants to hire a new housekeeper; Anne says "over my dead body!" She wins... and loses when Frank becomes master of his domain. http://www.ediets.com/news/article.cfm?article id=2628

----EAT THIS----

There's A Coffee Catch To Your Favorite
Summer Cooler. Mmmmm... so cold, so refreshing...
so filled with fat and calories! It's your
favorite Dunkin' Donuts Coolatta.
But you can lessen the chill to your diet and
still enjoy a tasty treat with our healthy alternative...
http://www.ediets.com/news/article.cfm?article id=2629

----FOOD FOR THOUGHT----

A Doggone Good Lesson To Learn. Mighty dogs...
They eat the same food day in and day out, yet
they treat it like filet mignon. Shortly after a
terrible scolding, they're ready to be your best
friend again. Oh, if only we could follow the lead
of our understanding, tolerant and resilient pets.
http://www.ediets.com/news/article.cfm?article_id=2620

----HEALTHY BYTES----

You'll Warm Up To This Scrumptious Spinach Salad! If a glut of lettuce has left your appetite limp, it's time to turn over a new leaf... and try this tasty spinach salad with warm Italian dressing. It's sure to be love at first bite. http://www.ediets.com/news/article.cfm?article_id=2618

----FROM OUR BULLETIN BOARDS----

Here's Your Best Bet For Losing Weight...

I had a bet with my sister-in-law on who could
lose 18 pounds faster -- and I won today!

I think eDiets is what made the difference for me.
http://www.ediets.com/news

eDiets.com -- Own The Stock!

Click here for more information. http://www.ediets.com/investing/purchasestock.cfm

----FROM OUR SPONSORS---Enter to win a 2001 PT Cruiser.
Visit today for your chance...
http://www.ediets.com/cobrand/backwire.cfm

----SPECIAL ANNOUNCEMENT----

Got the end-of-Summer blues? Perk things up with tasty yet healthy recipes from the eStore's new Cookbook Section, now available. Also new to the eStore: our "Healthy Cooking" Section offers all the tools you need to make dinner time quick and easy! Visit today! Order NOW and get 15% off* all orders! Use Promotion Code 980731138FIIN during check out to redeem your discount.
*Offer available through September 1, 2000 http://ediets.iconomy.com/geneva/CategoryFrame?CID=8829

----SPECIAL OFFER----

eDiets.com is proud to offer the gift that keeps on giving. It's not a diet.

It's a healthy lifestyle for you to give to someone you care about:

Family, Friends and the VIPs in your life!

Your gift will include: A 2-Month Membership to eDiets.com and a personal gift card and message to the recipient... all for only \$25!

As our gift to YOU, eDiets.com

MEMBERS will automatically receive a free one-month eDiets.com membership extension for each gift purchased.

http://www.ediets.com/gift/gift.cfm

----From eDiets.com----

Join over a million people in the eDiets Community. Get customized diet information and lose an average 1.8 pounds per week with a personalized weight-loss program. Chat with the professionals, stay motivated with the boards, keep up to date with personal diet pages, advice, group support, diet tools, and much more. http://www.ediets.com/news/profile.cfm

Stop procrastinating and get started! You've already taken the first step by filling out the profile. Now it's time to visit the information center for details on how to join. If you've got questions, just drop us a line... we'll be happy to tell you how to get started!

The Internet's Leading Online Diet Center, eDiets.com

You are receiving this complimentary newsletter as our Thank You for requesting a personal profile from the eDiets.com. TO REMOVE yourself from this mailing list, please visit our unsubscribe page at: http://www.ediets.com/remove

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<font face="arial" size="2">In this <i>Coyote Wisdom</i> article, Dr. Matthew Anderson dials
up a disturbing insight by focusing on the negative and potentially destructive results that
occur when we allow technology to control our lives. Does what he says ring true for
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newsletter with this eye-opening article, <i>You Become What You Think About</i>. The bottom
line: By changing your thoughts, you can change your body.
<br>&nbsp;<BR></font>
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in fat and calories. Served up by best-selling author and dietitian Hope Warshaw, here's the
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pounds!<br>&nbsp;<BR></font>
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<font face="arial" size="2">Dr. Susan Mendelsohn says psychological feelings can actually
feel like hunger and prompt you to eat when you're not really hungry. Learn to differentiate
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<i>Journal of Marriage and the Family</i> says parents who took a more hands-off approach to
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with each other. <br/>
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again. Oh, if only we could follow the lead of our understanding, tolerant and resilient
pets. </a> <font face="arial" size="1"><a</pre>
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have lost 18 lbs. ...</a>
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HREF="http://ediets.iconomy.com/geneva/CategoryFrame?CID=8829">clicking
here</a>. <br><font face="arial" size="2">Also new to the eStore: our "Healthy Cooking"
section offers all
the tools you need to make dinner time quick and easy! <br > Order
NOW and get \begin{subarray}{c} \begin{subar
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<br><font face="arial" size="1">*Offer available through September 1, 2000</font></a> <font</pre>
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<font face="arial" size="2">I had a bet with my sister-in-law on who could lose 18 pounds
faster -- and I won today! <b>I think eDiets is what made the difference for me.</b>
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planning healthy meals for my whole family.</b> <br/> <br/>%nbsp;<BR></font>
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<a class="smalltext">Mmmmm... so cold, so refreshing... so filled with fat and calories! It's
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your favorite Dunkin' Donuts Coolatta. But you can lessen the chill to your diet and still
enjoy a tasty treat with our healthy alternative... </a> <font face="arial" size="1"><a
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