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<!--
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:
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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
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<br> <BR></font>
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<font face="arial" size="2">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
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<font face="arial" size="2">Dr. Susan Mendelsohn says psychological feelings can actually
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recipes from the eStore's new Cookbook section, now available by <A
HREF="http://ediets.iconomy.com/geneva/CategoryFrame?CID=8829">clicking
here</a>. <br><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><br>Order
NOW and get <b>15% off*</b> all orders! Use <b>Promotion Code 980731138FIIN</b> during
check out to redeem your discount.</font>
<br><font face="arial" size="1">*Offer available through September 1, 2000</font></a> <font
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your favorite Dunkin' Donuts Coolatta. But you can lessen the chill to your diet and still
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