

DR.OZ

FIND YOUR DO-IT-ALL MOISTURIZER P. 56

THE GOOD LIFE

20 *super easy* WAYS TO A FLATTER BELLY

Shrink a little every day on the Oz plan

QUICK!
ZAP GERMS
IN SNEAKY
PLACES

EAT FOR HIGH ENERGY

PIZZA WITH BENEFITS

BETTER BREAKFASTS

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your flat-belly decoder

Stomach shrinkage requires debloating, fat fighting, *and* ab tightening. This key tells you exactly what each flat-belly hack is doing for your body.



1

EAT A FIBER-RICH BREAKFAST.

Fiber is essential to a slimmer belly because it fills you up and keeps you regular (less bloating). Most Americans get about half the recommended amount, which may contribute to our flabby-bellied state. "Breakfast is an easy meal to fiber-load, helping you get the 30 to 35 grams women need each day," says Rachel Beller, R.D.N., CEO of Beller Nutritional Institute in Beverly Hills, CA. Try some Greek yogurt with a tablespoon of chia seeds and a cup of raspberries (13 grams), or have a cup of oatmeal (preferably steel-cut) with a tablespoon of ground flaxseed (10 grams). Add some banana to your A.M. bowl for its potassium, which helps prevent water retention. ●●

5

SIT ON THE EDGE OF YOUR CHAIR AT WORK, ON THE COUCH, WHEREVER.

It forces you to use good posture; that engages your ab muscles, which means you'll be strengthening them all day long, says exercise physiologist Neal Pire. Don't know about you, but we're scooting forward right this minute. ●

2

MAKE FRIENDS WITH SALMON AND OTHER OMEGA-3 FISH.

Omega-3s have been shown to reduce belly fat, along with protecting your heart. According to research in the *International Journal of Obesity*, people on a reduced-cal diet who ate salmon three times a week lost significantly more fat from their middle—an average of two inches in eight weeks—than those who skipped the fish. Omega-3s help boost your metabolism and fat-burning potential and may also curb your hunger—which lets you eat less without even trying! ●

4

GET YOUR BELLY SLEEP.

Lights out, people. When you skimp on zzz's, your risk of putting on weight—especially around your midsection—goes up. In fact, research in the journal *Sleep* found that those who snooze less than six hours a night have a whopping 32% increase in belly fat. "Aim for seven to eight hours to help keep off that spare tire," says Michael Breus, Ph.D., a sleep expert and author of *The Sleep Doctor's Diet Plan*. ●



A tea that trims your belly? Refill, please!

3

GO GREEN WITH YOUR CAFFEINE.

The polyphenols in green tea, called catechins, may help boost metabolism and reduce fat stores in the belly, says Beller. Try matcha: "It's a super-concentrated source of green tea because you actually consume the powdered leaves, rather than just the water they're steeped in." ●

6

MAKE YOUR VEGGIE SIDE A NICE SERVING OF ASPARAGUS.

"It's an amazing tummy debloater—unlike, say, cabbage and broccoli, which can make your stomach feel like a balloon," says Beller. The reason: "Asparagus has natural diuretic effects that help flush excess water from your body. Have it with dinner to look flatter the next day." ●