

SEPTEMBER/OCTOBER 2008

VIV MAG

the way to live

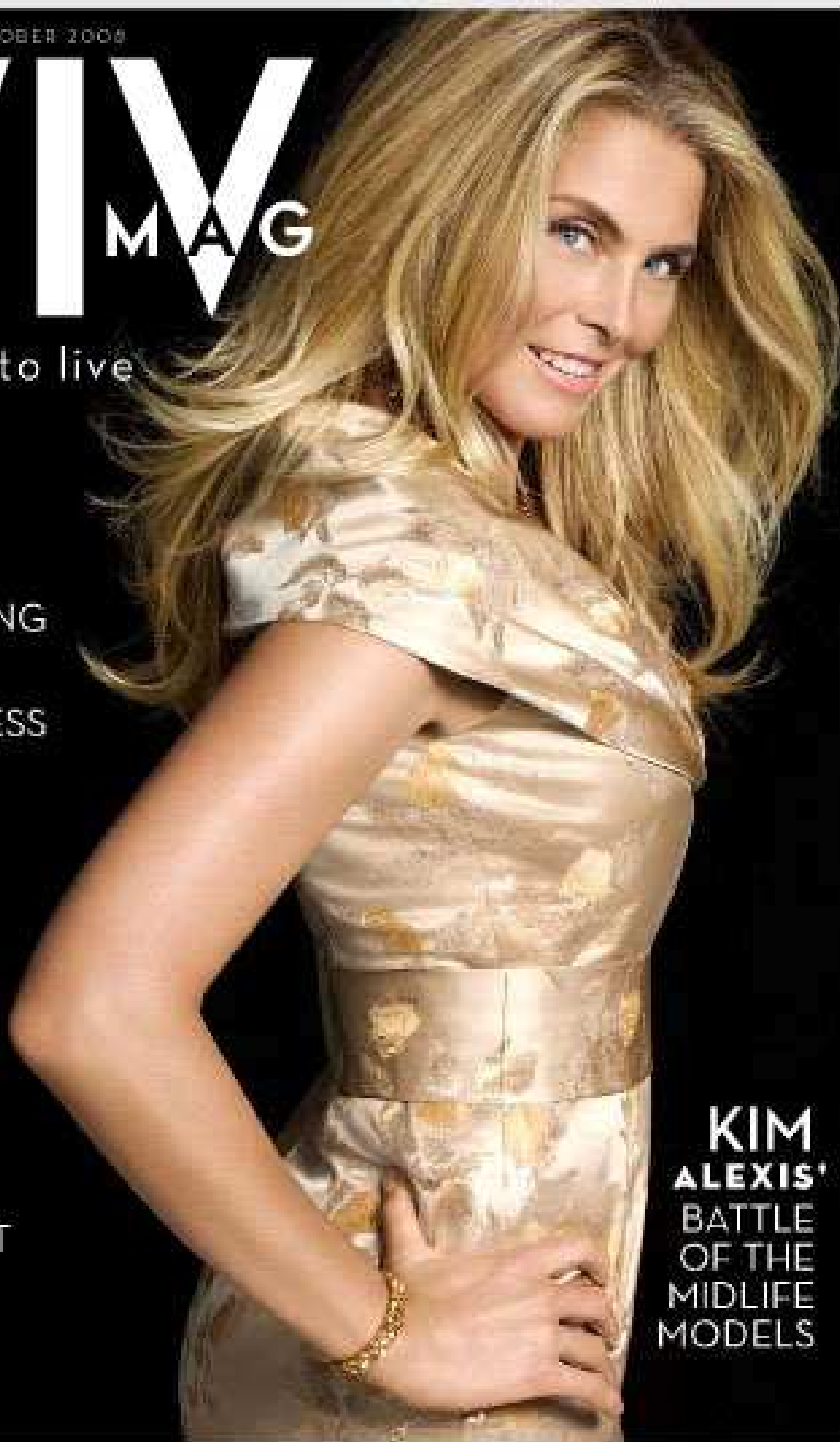
BEAUTY
TIMING IS
EVERYTHING

FOOD
BE FEARLESS
IN THE
KITCHEN

STYLE
FALL'S
SEXED-UP
BOOKISH
LOOK

HEALTH
BREAST
CANCER
MYTHS
THAT HURT

**KIM
ALEXIS'**
BATTLE
OF THE
MIDLIFE
MODELS



NO-CALORIE Seasonings spur WEIGHT LOSS



Hirsch recently presented a study at the Endocrine Society's annual meeting that tested his theory: By enhancing the smell and taste of food, people will feel satisfied faster and lose weight. The results: Over six months, the average weight loss was 30 1/2 pounds among the 1,436 overweight or obese people who sprinkled savory salty or sweet "tastants," or flavor crystals, on their food. That's compared with just 2 pounds lost on average among the 100 people in the control group.

If you want to test the theory at home, you can purchase the **Sensa Tastants**, which come in flavors such as Cheddar cheese, cocoa, ranch dressing and strawberry. Otherwise, try maximizing smell and taste on your own. Hirsch suggests, "Sniff your food before you eat it." He says, "Choose low-calorie foods and season them."



HEIGHTENED TASTE

COOKING & BAKE AND CHEESE PARTY WITH BARBARA SVNH – THE CHEESE UNRAVELING

How do you become The Cheese Unraveler? When I was an adolescent, my mom, I think, had a passion for food and entertaining. So it was at a 10th-birthday birthday that I learned how to cook. The focus was experimental: I had a choice to do whatever I liked to do. I chose to make a cheese party for my friends.

What are some tips for hosting your own cheese party? One tip: Don't forget to have a variety of cheeses. I like to have a variety of cheeses, including hard, soft, and blue cheeses. I also like to have a variety of cheeses, including hard, soft, and blue cheeses. I also like to have a variety of cheeses, including hard, soft, and blue cheeses.

What tips of parties do you suggest? Cheese is the star of the party. I like to have a variety of cheeses, including hard, soft, and blue cheeses. I also like to have a variety of cheeses, including hard, soft, and blue cheeses.

Are there any hidden tips for hosting cheese? Don't forget to have a variety of cheeses, including hard, soft, and blue cheeses. I also like to have a variety of cheeses, including hard, soft, and blue cheeses.



For more information about this cheese party, visit www.barbarasvnh.com. The Cheese Unraveler is www.barbarasvnh.com.



1
 2
 3
 4



Author: Barbara Svnh, The Cheese Unraveler
 Barbara Svnh is a food and lifestyle blogger who has been featured in various media outlets. She is the author of the book "The Cheese Unraveler: A Guide to the World of Cheese" and has a passion for food and entertaining.

Age: 35
 Barbara Svnh is a food and lifestyle blogger who has been featured in various media outlets. She is the author of the book "The Cheese Unraveler: A Guide to the World of Cheese" and has a passion for food and entertaining.

Age: 35
 Barbara Svnh is a food and lifestyle blogger who has been featured in various media outlets. She is the author of the book "The Cheese Unraveler: A Guide to the World of Cheese" and has a passion for food and entertaining.

Age: 35
 Barbara Svnh is a food and lifestyle blogger who has been featured in various media outlets. She is the author of the book "The Cheese Unraveler: A Guide to the World of Cheese" and has a passion for food and entertaining.

