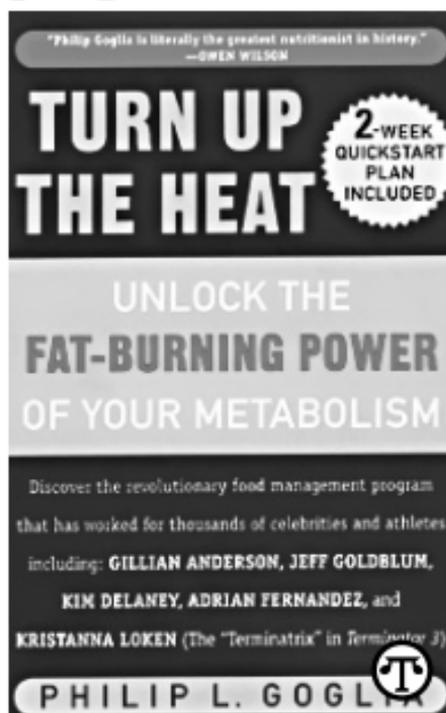


How To Lose Weight Like A Celebrity

(NAPSA)—What do Gillian Anderson, Jeff Goldblum, Kim Delaney, Adrian Fernandez and Kristianna Loken have in common? They're among the thousands of celebrities and athletes who have lost weight through a revolutionary food management program.



A new book by nutritionist Philip L. Goglia, *Turn Up The Heat: Unlock The Fat-Burning Power Of Your Metabolism* (Plume, \$14) gives you a step-by-step guide to turning up your metabolism and losing weight—the same program celebrities have followed so successfully.

A Two-Week Quickstart Plan

The book includes easy-to-use questionnaires to determine your metabolic type, weekly food plans for every type and level and a two-week Quickstart plan to help break the frustration of dieters who just never seem to get to their ideal size.

The book provides a comprehensive food management system personalized to an individual's metabolic type—the fat-and-protein efficient, the carbohydrate efficient and the dual.

The program involves three simple components: eating the best foods for your body throughout the day, following a customized exercise program and drinking enough water daily for your weight.

Turn Up the Heat is available wherever paperback books are sold.