

French cellulite cure! Lose 10 lbs a week—and look amazing in shorts!

The author of France's #1 bestselling diet book is sharing a plan so effective at melting lumpy fat, you'll see a noticeable difference in mere days!



Crepes and soup recipes from *LeBootcamp Diet: The Scientifically-Proven French Method to Eat Well, Lose Weight, and Keep It Off For Good*. Reprinted by arrangement with Berkley, an imprint of Penguin Random House LLC. © 2015 by Valérie Orsoni.

Wish your thighs were a whole lot slimmer, a whole lot smoother or *both*? Then we've got great news. The author of France's bestselling *LeBootcamp Diet* is here to help transform your legs—along with any other lumpy trouble spots—before Memorial Day! “Women who use my diet without exercise see a remarkable difference in six weeks. With exercise, you can see a noticeable improvement in just two weeks—and a massive improvement in three,” insists Valérie Orsoni, a French-born weight-loss pro who relies on the same techniques she used to shrink her own waist and smooth her own thighs many years ago. Think her promise sounds too good to be true? Consider this: Orsoni has a team of 22 scientific advisors backing her up—including

doctors from places like Stanford and Yale. Her plan also gets such amazing word-of-mouth that more than a million dieters around the world have tried it so far. Take Min Jee, 31, a receptionist at Orsoni's favorite hair salon. Min got rid of cellulite—along with high blood pressure, high cholesterol, diabetes and 51 pounds. She even canceled a scheduled weight-loss surgery! Meanwhile, Jennifer Harrower—a California native living in France—tried Orsoni's plan on a whim, dropped two sizes and finally loves her legs. Says Jen, 53: “I was surprised by how easy it was. Anyone who struggles with weight or cellulite has to try this!”

the full list, *right*). What do these foods—all rich in compounds scientifically proven to bind to toxins and help expel them from the body—have to do with cellulite? “Toxins are stored in fat cells, preventing normal fat burning *and* causing fat cells to expand up to 10 times,” explains Orsoni. On top of that, toxins—from chemical additives, pollution, even by-products of stress—cause irritation and fluid retention throughout our systems. “Nothing makes cellulite look worse than bulging fat combined with bloat,” Orsoni says. “When you target toxins, you lose fat and bloat with ease—and cellulite improves rapidly!”

Anti-cellulite cheat sheet!

Here's everything you need to know . . .

● **What exactly is cellulite?** Clusters of fat, trapped toxins and excess fluid that bulge up from under a web of connective tissue supporting our skin, creating a lumpy appearance on the skin's surface, experts say.

● **How you get it** A tendency toward cellulite is genetic. That said, “many factors within our control can dramatically improve or eliminate the problem,” Orsoni promises.

● **The best anti-cellulite diet** Orsoni says she has relied equally on cutting-edge research and real-world results to develop and perfect her famous formula, which focuses on steadying blood sugar (since sugar spikes trigger fat storage and worsen cellulite) and loading up on the world's most powerful detox foods—including buckwheat, watercress, lemon and soy (see

● **How fast can you lose?** Everybody is different. But if you're overweight and eat a lot of processed food, “you can lose 20 pounds in two weeks!” Orsoni reveals. To smooth cellulite fastest, exercise helps since it firms muscle supporting skin. If you're up for it, Orsoni recommends a daily 30-minute walk on an empty stomach; using a pedometer to get 10,000 steps total each day; and using toning DVDs that emphasize your trouble spots a few times weekly. Proof the effort pays off: In one study, Orsoni's approach had a 90% success rate at six months!

For women like Delphine Poiron, 34—a Londoner who works in France—it's the only thing that has worked long-term. When she first read about *LeBootcamp*, “I had cellulite everywhere—thighs, belly, arms. Other diets actually made it worse. This time, I got rid of virtually all of it. And I lost 90 pounds, too! It doesn't feel like a diet. You discover tools to change your body for good!”

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Fact! Plans that slash calories or eliminate food groups stress the body, causing it to produce more toxins—and can even worsen cellulite, cautions Orsoni.

IT WORKS!

Valérie lost 5 sizes and her cellulite!

During her parents' divorce, teen Valérie began eating pastries for comfort. “I gained a few pounds at a time until kids made fun of me,” she recalls. That prompted her to try diet after diet, losing 10 pounds, regaining 12. The pattern continued until her dad—an obese French chef who'd also failed on countless diets—had a health crisis and “suggested we team up and find a better way.” The pair pored over science journals and began experimenting, eventually hitting on a “patchwork of ideas” that worked. “At first, I was distracted by the scale going down. But once I noticed my cellulite was disappearing, I told people, and everyone wanted to know more.” The rest is history. Valérie now lives in California with her husband and son. She and her dad shed more than 150 pounds between them and have kept it off for nearly 15 years!

Valérie's best tip:

● **Take photos of your cellulite every day in the same light.** “You'll see the difference more clearly that way—and it's so motivating!”

Your anti-cellulite power plan!

Our nutrition team worked with *LeBootcamp Diet* author Valérie Orsoni to create this easy-to-use version of her famous plan. To help you avoid cellulite-promoting blood-sugar spikes, all meals include a mix of fiber-rich carbs, lean protein and healthy fat. You'll also get at least five servings of detox foods daily. It's fine to swap in foods you prefer as long as they're similar to the ones listed (such as turkey for chicken or berries for an apple). Hungry? Increase portions of protein and detox foods. After two weeks, use these menus as a foundation for a new way of eating that also incorporates more of your favorite foods—even desserts. See “DIY Menus!” for additional guidelines. While using this plan, be sure to drink plenty of water and cellulite-fighting buckwheat tea (available on Amazon.com for about \$6; aim for three cups daily). Add any low-cal, all-natural seasonings you like (such as herbs, spices, vinegar, mustard). As always, get a doctor's okay to try any new plan.

Upon waking

- 1 glass water with lemon
- 1 cup buckwheat tea



Breakfast

CHOOSE ONE DAILY

- OPTION 1**
- 1 Anti-Cellulite Crepe (recipe *right*), 1 Tbs. all-fruit jam
 - 1 cup frozen berries blitzed with 1 scoop protein powder, 1 cup unsweetened almond milk
- OPTION 2**
- 2 links organic turkey sausage
 - 1 boiled red potato sliced and sautéed with garlic in 1 tsp. olive oil
 - 1 apple



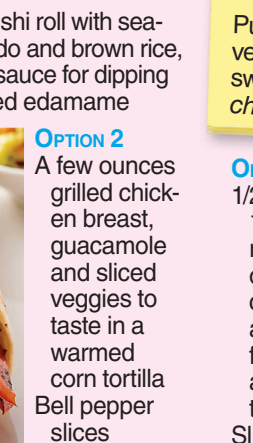
Anti-Cellulite Crepes!

● Whisk 1/3 cup buckwheat flour, 1/3 cup gluten-free flour, 1 cup water, 1 cup almond milk, pinch each salt and sugar until smooth. Ladle 1/4 cup batter on a medium-hot skillet; cook until golden brown, 1-3 minutes per side. Makes about eight 10" crepes. Extras freeze well.

Lunch

CHOOSE ONE DAILY; ENJOY WITH A SERVING ANTI-CELLULITE SOUP* OR ANY LOWER-SODIUM SOUP

- OPTION 1**
- 6-8 pieces sushi roll with seafood, avocado and brown rice, plus tamari sauce for dipping
 - 1 cup steamed edamame
- OPTION 2**
- A few ounces grilled chicken breast, guacamole and sliced veggies to taste in a warmed corn tortilla
 - Bell pepper slices



Anti-Cellulite Soup!

● Boil 4 cups water and pinch salt; add a small bunch arugula and 1 head chopped broccoli until broccoli is soft, about 5 minutes. Purée cooking water and veggies. Serve with a swirl of olive oil and goat cheese crumbles.

- OPTION 3**
- 1/2 cup chickpeas and 1/2 cup cooked brown rice tossed with 4 sliced olives, 1/2 cup cubed feta cheese, 2 Tbs. olive oil and red wine vinegar and fresh herbs; serve over a salad of watercress, tomato and/or cucumber
 - Sliced beets with vinaigrette

Dinner

CHOOSE ONE DAILY; ENJOY WITH 4 SMALL SQUARES DARK CHOCOLATE FOR DESSERT

- OPTION 1**
- 6 oz. cooked shrimp and 1/2 cup cooked soba (buckwheat) noodles over salad with no-sugar-added Asian-style dressing (such as Tessemæ's Soy Ginger) and an optional sprinkle sesame seeds (Look for soba in the Asian section of your supermarket)
- OPTION 2**
- Chicken and veggies sautéed with lemon and garlic
 - 1/2 cup potatoes
- OPTION 3**
- Steamed artichoke, vinaigrette
 - 6 oz. salmon, lemon
 - 1/2 cup corn



Snacks

CHOOSE ONE DAILY

- OPTION 2**
- A bowl of beets or a watercress salad with 1 Tbs. chopped walnuts, 1 Tbs. crumbled goat cheese, vinaigrette
- OPTION 3**
- Broccoli and cauliflower, 2 Tbs. guacamole, 1 Tbs. crumbled goat cheese, vinaigrette
- OPTION 1**
- 1 apple, 10 almonds



The best detox foods!

Even if you're not dieting, these foods will help your body rid itself of troublesome compounds, fighting cellulite and helping you stay in tiptop shape overall . . .

Buckwheat A concentrated source of metabolism-revving amino acids and skin-firming B vitamins, it also boasts a powerful detox compound called rutin. “I call this my ‘miracle grain!’” says Orsoni.

Apples Studies show apple pectin kills hunger, blocks calories and adheres to and neutralizes toxins. Get similar benefits from pears. Berries also have impressive detox properties.

Avocado Avocado's antioxidants change the structure of toxins, making them easier to eliminate. Plus the fruit's good fat is proven to kill hunger and boost weight loss!

Artichokes Eating an artichoke increases the body's production of bile—a substance that helps break down both toxins and fat—100%, per a recent study.

Beets These red roots contain substances that help the body purify toxic waste and metabolize fat, says Orsoni.

Watercress One study found even a small daily serving helps smokers eliminate significantly more toxins! Get similar benefits from broccoli, cauliflower and Brussels sprouts.

Garlic This herb contains fat-burning compounds that block traces of mercury from seafood.

Lemon “To protect itself from lemon's acid, the stomach secretes a special detoxifying liquid,” says Orsoni.

Soy Frequent soy eaters carry 10% fewer toxins than the rest of us, per Harvard research. Credit goes to fiber and antioxidants in the beans.

DIY menus!
For 14 days, opt for one portion each lean protein (except pork or beef), healthy starch and healthy fat per sitting. Add at least five detox foods daily (see list, above), including a small detox-food-based snack. Nonstarchy veggies are unlimited. After 14 days, pork and beef are fine. So is a glass of wine and a few bites of dessert with dinner. To speed results: Revert back to a strict version of the plan once a week.

