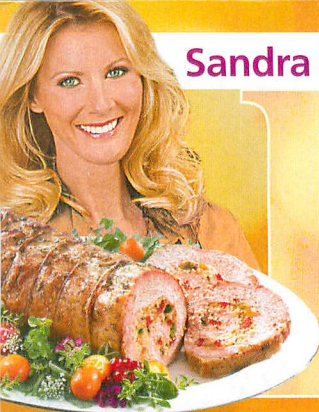


Sandra Lee's last-minute lifesavers: Fast, simple and so delicious!

January 5, 2009

healthy living made easy



RADIANT ENERGY

TIRED? These 101 health and beauty tips guarantee you'll power through party season in style

SUDDENLY SLIMMER

The foods that nix bloat; the clothes that subtract pounds



STRESS GONE!

KERI RUSSELL'S secrets to feeling peaceful every day

DAILY BLISS

Do *this* if you like artificial sweeteners

New Year's slimdown



Melissa lost 110 lbs

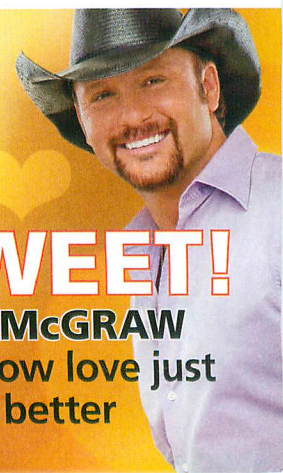
DROP 15 LBS IN 1 WEEK

News! "Good fats" trigger the release of a hormone that melts flab superfast

QUICK CURES

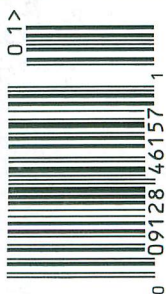
- ✓ Neck pain
- ✓ Blue mood
- ✓ Thin hair
- ✓ Sore throat
- ✓ Hot flashes

Lose 100+ lbs by spring



SWEET!

TIM MCGRAW on how love just gets better



\$2.49
Display until 1/5/09



FOOD SCOUT

First's kitchen pro Lorraine Sullivan uncovers...

Genius last-minute lifesavers for \$20 OR LESS!



FOR YOUR DAD

He'll savor each bite of these tart, sweet chocolate-dipped apricots.

First find: Hand Dipped Glace Apricots, \$11 for six, at ScharffenBerger.com or call 800-930-4528.

Enter the code "X12S20" to receive \$5 second-day express shipping on orders through December 25. Order by 3 P.M. EST on December 22 for holiday delivery.



Enter the code "First" for free three-day express shipping through January 9. Order by midnight on December 21 for holiday delivery.



FOR YOUR NEIGHBOR

Deliver good tidings with these seasonal delights made from a secret family recipe and decorated by hand.

First find: SuperCookie Christmas Cookies, \$19 for about 21, at 1-800-Bakery.com or call 800-287-9870.



FOR THE HOSTESS

These tea pods are sure to dazzle: Each bundle blossoms into a flower that's radiant to see and sublime to taste. One box contains nine varieties of green, black and white tea.

First find: Numi's Bouquet, \$20, at NumiTea.com or call 866-972-6879.

Enter the code "NMFMD8" to receive 15% off any purchase through January 10.



FOR YOUR HUSBAND

Show your man that you're still sweet on him with a bag of gourmet ground coffee and luscious dark chocolate truffles.

First find: Roasted in Seattle Rainy Day Roast Coffee (1 lb.) and Dilettante Chocolates TruffleCremes (10 oz.), \$21, at MadeinWashington.com or call 800-338-9903.

Enter the code "First" to get this gift set for the special price of \$19 through January 10.

FOR THE ANIMAL LOVER

Let her spoil her favorite furry pal: Each kit contains three cookie cutters and a 16 oz. bag of treat mix.

First find: Doggie, Kitty or Horse Baking Kit, \$15, at AnnClark.com or call 800-252-6798.

Enter the code "First" to receive 10% off any purchase through December 31.



FOR THEIR TEACHER

She'll treasure a box of a dozen delectable 5-gram chocolates.

First find: Folio Box, \$11, at ScharffenBerger.com.

Enter the code "X12S20" for \$5 second-day express shipping on orders through December 25. Order by 3 P.M. EST on December 22 for holiday delivery.

For more genius gift ideas, see pages 12 and 92.