

BEAUTY:

MORE THAN A NUMBER ON THE SCALE

So you've lost some weight, maybe firmed up a little — but no diet or gym has taught you the finer points of posture, poise, voice/speech, etiquette and style that define your image. While some spend thousands of dollars to image consultants or finishing schools, you can learn all you need to know right at home with the \$99 UdefineU Video Program. Its four videos (also available on DVD) and reference guides cover posture and poise, voice and speech, etiquette, and fundamentals of style. Visit www.UDefineU.com to purchase a set.



Because size does matter

So you've found the perfect recipe, but you need to alter the serving size. You could 1) convert the ingredient list the old-fashioned way, abacus in hand, 2) shy away from the recipe altogether...or 3) go to Washington (the Fruit from Washington website, that is). Here you'll find a handy free Recipe Quantity Calculator. Just type in the ingredient list from your recipe, the conversion factor (half, double etc.), and the Recipe Quantity Calculator scales the ingredient list for you. You can even enter the cooking directions and print the perfectly scaled recipe.

[www.fruitfromwashington.com/Recipes/scale/recipeconversions.php]

— MJ Plaster

When water just doesn't speak to you anymore...

Low-carbers need to drink. A lot. While water is the very best beverage for anyone regardless of diet, sometimes we just need a little flavor mojo. Talking Rain offers a line of water alternatives we especially like -- none of which come with more than a 1g-carb penalty. Airwater is billed as "an effervescent blend of 100% pure oxygen and pristine artesian spring water"; Sparkling Essence Water and Sparkling Spring Water with Juice delight with bubbly but subtle fruit flavors. And ICE Botanicals, noncarbonated fruit-flavored waters, quench thirst with vitamin C and herbal extracts purported to energize the body, clarify the mind and boost the immune system. For more info, visit www.talkingrain.com.



Zip.
Nada.
Zilch!



Longing for a cocktail when you're at your favorite restaurant or bar? A family from The Woodlands, Texas, has an answer: Zilch, a zero-carbohydrate, zero-calorie, sugar-free — but great-tasting — Margarita mix available in individual serving packets. Just order "tequila and water on the rocks" at the bar, stir in a handy packet and you're in Margaritaville. A 10-packet box retails for \$4.99 at www.zilchmixers.com.