

God Bless America Woman's World

A great week made easy!

'Magic' mushrooms that
Beat carb cravings!
Lose 20% of your body weight!

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Readers who've tried these supplements say they can help you eat like a naturally skinny person!

After we heard that a new energy supplement had made the carb cravings of a *Woman's World* staffer disappear overnight, we wanted to learn more, and discovered a rare Tibetan mushroom called cordyceps. A growing number of health-care experts say this particular mushroom is, well... magic. Why? Turns out, it has a unique ability to increase blood flow, thus boosting oxygen supplied to all our cells; clinical trials have already shown cordyceps has the power to improve everything from pulmonary and heart disease to arthritis and low libido. Researchers have also begun to test the mushroom's ability to trigger fat loss. Early results: Very promising! One study found that folks taking a cordyceps supplement lost 20% of their body weight in just 12 weeks—without dieting.

How it works

"Over time, tiny receptors in our bodies that regulate the blood-sugar hormone insulin can become clogged," says *Cordyceps Miracle* author Paul Ling Tai, D.P.M. When that happens, we can't process carbohydrates properly, and they often get converted to fat instead of energy. "Cordyceps cleans the receptors out," Tai explains. So you instantly begin storing less fat



Monks used to trek for days to harvest rare cordyceps mushrooms for Asia's royal families; today anyone can pick up cordyceps pills at their local health-food store!



and generating extra energy. You move more, burn more calories and stop craving sugar to boost stamina. Blood sugar becomes steadier, further reducing cravings. "Plus, cordyceps creates a hormonal balance that keeps metabolism higher," Tai adds. No wonder a cordyceps-based supplement regimen has helped his patients lose up to 40 pounds!

Real-world results

When Katherine Lee tried Tai's mushroom treatment, "it was like I became a naturally thin person—always energized, never very hungry!" reveals the Detroit restaurateur, 55, quickly down two sizes. And when a group of readers sampled cordyceps? They whisked off up to five pounds a week eating the foods they love!

"Cordyceps is really the champion of champions when it comes to losing weight," says Tai. "It's just a matter of time until everyone is using it!" Want to be among the first? See box, right, for everything you need to know.



SUCCESS STORY

Katherine lost 15 lbs!

While most diets make Katherine Lee feel sluggish, a cordyceps regimen boosted her get-up-and-go. Better yet, "I could eat anything. I was just satisfied with a lot less," says the Detroit restaurateur, 55, down an effortless 15 pounds.

