

Woman's World

God Bless America

A great week made easy!

More for your money!
\$1.79

Jan. 12, 2009

Dinner made easy!

- ✓ 6-ingredients or less!
- ✓ 6 suppers from jarred spaghetti sauce!

Beat the hidden bottled water 'tax' and
Save \$1400 a year!

How to use a scarf and a washcloth to
Cure sinus pain!

2-minute beauty boosts!
Get a gorgeous winter glow *instantly!*

BEAT HORMONE HASSLES!
Natural cures for PMS, cramps, hot flashes!

Better than a tummy tuck!

Lindsay lost 18 lbs!

**M.D.'s BREAKTHROUGH STRESS CURE
MELTS BELLY FAT!**

- ✓ Lose 40% more ab flab!
- ✓ End cravings and binges!
- ✓ Shrink 2" from your waist in 7 days!

Brighten January!

- ☺ Can't-fail houseplants!
- ☺ Easy winter treats!



Shop-smart secrets!
Get the *biggest* bargains at Sam's, BJ's and Costco!

Easy organizing!

- Cure handbag clutter!
- Store holiday stuff smarter!



Cash In This Week!

WW Money-Saving Coupons

20% off! Pet beds!

Buddhabag "meditation" sacks for enlightened cats and small dogs are made from plush faux fur. Each comes with its own "buddHaiku" poem. Save 20% at buddhabag.net with code WWMAG.



Expires 2/28/09.

20% off! Hair styling!

This useful styling aid—simply called "Product"—uses organic and plant-derived ingredients to de-frizz, shine and soften hair of all types. Save 20% at thenameisproduct.com with code WWMAG.



Expires 2/15/09.

10% off! Kids clothes!

Shop juvieshop.com for brand-name clothes sizes 7-14, gifts and more for preppers, princesses, soccer stars, skaters, bookworms and tween hipsters. Save 10% with coupon code WWMAG.



Expires 2/28/09.

\$15 off! Crafts helper!

The Arccivo magnetic portfolio lets you save and protect unfinished crafting projects until you can get back to them. Save \$15 at arccivo.com with code WWMAG.



U.S. only. Expires 2/15/09.

15% off! Hawaiian spa treats!

Fill your life with the aroma of paradise with luxurious natural products for your home, body and spirit from malieorganics.com. Save 15% with coupon code WWMAG.



Expires 2/28/09.

\$5 off! Healthy snacks!

All-natural Popchips potato chips aren't fried—they're popped, so they have less than half the fat of fried chips. Save \$5 on a 36 (1-oz.) bag variety pack at popchips.com/ww.



U.S. only. Expires 2/28/09.

Stay healthy—and wealthy—this year!

Made a resolution to stick to a budget in 2009? Congratulations! Now make it easier on yourself by dodging one of the biggest wallet-drainers around: costly health-care surprises. To secure your physical and financial health, read on!

No insurance for your teeth?

Opt for a discount dental plan from a major insurer. For about \$100 per year, you save up to 30% on treatments!

● **Need a dentist?** Consider a clinic at a local dental school, and you could save more than 50% on procedures like cavity fillings. Nervous about being worked on by a student? All visits are supervised by experienced professors. Find an American Dental Association-accredited school at ada.org.

● **Want to see clearly?** Fill your contact lens prescription online for the best deal. Since Web outfits have lower overhead costs than your optometrist, they can charge up to half the price! A couple of sites to check out: lens.com and visiondirect.com.

● **Got a hospital bill?** Check it over for errors before you settle. Billing mistakes are all too common and could end up costing you thousands unnecessarily. You can get free help deciphering all that medical jargon through the Patient Advocate Foundation (patientadvocate.org), which will review bills to make sure you don't pay too much.



Win these!

Win a \$1,000 wardrobe!

Want to look your best in '09? Visit womansworldmag.com for your chance to win a \$1,000 shopping spree at the boutique of your choice! You'll also win a year's supply of Tide® Total Care™, specially formulated to help protect color and preserve shape and finish to keep your new fashions looking great season after season.

U.S. only. See site for rules. Ends 11:59 p.m., ET, 2/5/09.



Win rings, rings and more rings!

Want a fashion pick-me-up for yourself every month? Georgie Designs is giving two lucky readers a full year membership to their Ring of the Month Club. Each month, you'll receive your choice of a new fashion ring featuring amethyst, gold rock quartz, Swarovski pearl and other semiprecious stones! Enter to win at georgiedesigns.com.

See site for rules. Ends 5 p.m., ET, 2/12/09. Sponsor: Georgie Designs.



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