

# Prevention

- 114 The Biggest Losers Tell All**  
What's it like to diet while millions are watching? by Michele Stanten
- 122 10 Food Mistakes...**  
...you don't know you're making. Here's what to eat instead by Peter Jaret
- 130 We Test It: Comfy Slippers**  
Instant stress relief for your feet
- 134 Faith Healing**  
Prayer can play a role in medicine, but it may not be the one you think by Erik Ness
- 140 The Real-Life Stress Survival Guide**  
6 women's road-tested strategies for conquering their biggest health threat by Sarah Mahoney
- 148 Guilt-Free Chocolate Desserts**  
Delicious confections that won't damage your waistline, from the new South Beach Diet cookbook



## cover stories

- 36 Label Alert!**  
The Sugar You Must Avoid
- 114 The Biggest Losers Tell All—Here's How They Lost 132 lbs.**
- 122 "Healthy" Foods That Aren't—and 10 Smarter Choices**
- 140 Stress Less**  
20 Ways to Get Calmer, Healthier, Happier
- 148 Guilt-Free Chocolate Desserts—New from South Beach Diet**

On the cover Andria Overstreet, Suzy Preston, and Shannon Mullen photographed by Hilmar; hair by Amanda Abizaid for Zenobia; makeup by Zulica for Zenobia; styling by Mimi Campbell

**COVER PULLOUT:**  
BONUS GUIDE  
Rx Drug Guide



stress less with yoga p. 140



“With yoga, I’ve rebuilt my health from the ground up.”

Teresa Kay-Aba Kennedy

## Teresa Kay-Aba Kennedy

36, single; yoga instructor and entrepreneur, New York City

■ **STRESS PROBLEM DIGESTIVE TROUBLES**  
“In 1997, I spent 10 days in the hospital before I was diagnosed with Crohn’s disease. I almost died.” Although the precise causes of Crohn’s—a painful inflammatory bowel disease that

affects about 1 million Americans—and IBD are unknown, stress may worsen the disease.

**Knew she was in trouble when** “I read what the doctor wrote on my chart—he called me a workaholic. Here I was, in my 20s, an MBA with a big job at MTV. I was always waving off my boyfriend when he tried to talk to me

about balance. Working until 1 AM was normal—and fun. And here’s a doctor writing, ‘TV executive, high stress, never takes vacations.’ In his eyes, I was a stress case. It was very humbling.”  
**How stress fooled her** “I never felt stressed-out, even though I had some physical symptoms. I thought I was the picture of health—I even had six-pack abs.” When she injured her back during a workout, the pain medication aggravated the Crohn’s, putting her back at square one.

**What saved her** Yoga. “For a year, I couldn’t even lift myself out of a bathtub because of the inflamed disk in my back. At first, my approach to yoga was just to practice breathing.” Over the next year, she gained strength and then began to train as a teacher. In 2002, she founded the Ta Yoga House in Harlem. “I know I’m a type A yogi, but my practice has given me a new sense of managing my energy. I’ve rebuilt my health from the ground up.”

**Why it works** Yoga diminished stress symptoms in a 2004 Reed College and Oregon Health Sciences University study of 18 yoga students. And in a 2003 Spanish study, researchers found that when 42 people with Crohn’s learned stress-relieving techniques, most had significantly less pain.

**Early warning signs** “Mostly, my Crohn’s is under control now. But when my joints start to ache—a symptom of a pending flare-up—I know I haven’t been taking care of myself.”

**Emergency stress Rx** “I focus on breath-

ing deeply. You can do it anytime, even if you’re injured or too busy to do yoga.”  
**Serenity strategy** “In addition to my daily yoga practice, I keep my mantra right on my computer: faith, family, and healthy food.”