

# SHE KNOWS Diet & Fitness

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*Diet Spotlight*  
**SOUTH  
BEACH**

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Pilates Moves**

*Gym Spotlight*  
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Stripping off the weight

**Romantic Dinner  
Menu for Two**

*HOW TO:* TONE YOUR  
BODY & MIND WITH

**YOGA**

Find Your  
Facial in  
the Fridge

**5 EASY  
STEPS TO**

**Sexy Abs**

**23  
EASY DIET  
RECIPES**



Tilapia in Color (pg. 88)



South Beach Chicken Paella (pg. 14)



Lemon Triple Berry Wheat Muffins (pg. 91)



Avocado Mango Salad (pg. 75)

Why Healthy Eating May  
be Hazardous To Your Health



groove

# WHAT'S THE BUZZ ABOUT energy drinks?

Why are they so popular all of sudden?

Since the dawn of time, humans have searched for stimulants. In prehistoric times, those stimulants came from natural sources like roots and berries. As human culture progressed, some became less acceptable, even illegal. But that didn't stop us from looking for the best way to get the energy we needed to wake up, pack more in our day, or revive after strenuous work.



## Healthier energy drink alternatives

Some energy drinks provide an energy boost with more natural sweeteners and stimulants and less of a caffeine overload. Two of these include FRS Plus and Gatorade's Propel Fitness Water.

FRS Plus contains:

- **JUICE CONCENTRATES** — White grape, apple, pineapple, pear and peach
- **QUERCETIN** — A flavonoid shown to have antibacterial, anti-inflammatory, antiallergic, antimutagenic, antiviral, antineoplastic, anti-thrombotic and vasodilatory activity
- **GREEN TEA EXTRACT** — (also a flavonoid)
- **SUGAR**
- **VITAMINS E, B3, B2, B1, B12 AND BETA CAROTENE**
- **CAFFEINE** — 25mg, roughly equal to 1/3 of a cup of regular coffee
- **TAURINE**

FRS Plus is only available online of [www.frsplus.com](http://www.frsplus.com)