

SALES SAVE THE RAINFOREST

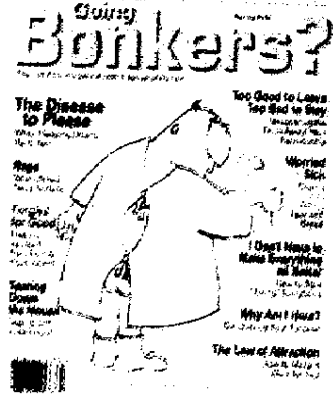
Of the rainforest, for the rainforest. Save Your Skin and Save Your Hair products — shower gel, soap, lotion, shampoo and conditioner — contain fairly traded yerba mate, a South American tea rich in antioxidants, vitamins and minerals.

Each sale saves one acre of rainforest for one year, thanks to a partnership of the manufacturer, Save Your World, with Conservation International to protect 200,000 acres of rainforest in Guyana. Buy a "Save Your Rainforest" green wristband for \$5 to save another acre and spread the word.

Not tested on animals, biodegradable, and packaged in recycled or recyclable materials, products are available in natural products and drug stores and online. Info: www.saveyourworld.com.

Joanna Poncavage

STRESSBUSTERS



LAUGH AND LEARN

A magazine for those of us who are stressed, "Going Bonkers" is a quarterly, self-help publication with a sense of humor. "We take mental health issues and make them easy to understand. That's kind of difficult to do, but I think we've accomplished it," says editor Carol J. Pereyra, citing an article on borderline personality disorder in the premier issue, "I Hate You, Don't Leave Me" that generated lots of appreciative reader mail.

The upcoming third issue includes "Manipulation Monsters," (when loved ones use guilt and manipulation to get their way, and "Wah, Wah, Wah," (living with an adult whiner). Look for it at Borders Books in Whitehall Township, or subscribe online (\$24.95 per year) at www.gbonkers.com. Info: 281-492-1605.

Joanna Poncavage

Diet with cookies

By Frank Devlin

Special To the Morning Call

There's a new marketing push for the alluring-sounding, but actually Spartan, Cookie Diet.

The creator of the cookie-based weight-loss plan, Dr. Sanford Siegal, is making the cookies available online and in drugstores and other places sometime this spring.

Here are the basics of his increasingly famous eating plan:

■ It's six cookies a day and an evening meal of six ounces of fish or chicken and a cup of vegetables.

■ It's 800 calories a day — 500 from the cookies.

■ It's supposed to lead to a 15-pound weight loss per month.

Oh, and the cookies, which will cost about \$8 for a day's supply, aren't the best tasting. "I'd prefer Mrs. Fields myself," says Siegal. But they taste good enough, he says, and are made with a secret blend of amino acids that makes them filling and low-calorie at the same time.

"The Cookie Diet foods contain no drugs," one of his company's press releases says.

Siegal says he invented the diet in 1975. For most of the intervening years, the cookies have been available only through his Miami-area weight loss centers.

This isn't the first time Siegal, who has been treating obesity since the 1950s, has sought clients outside of Miami. From 2004 to 2006, he had a relationship with a chain of weight loss centers called Smart for Life.

Smart for Life, whose closest sites are in Warrington, Bucks County, and King of Prussia, is still

marketing a cookie diet. Siegal's company, SM Licensing Corp., is suing his former partner over the use of the name.

Siegal says he provided cookies, but not the secret formula, to Smart for Life, so the cookies Smart for Life is using are not the same as his.

He declined to get into details about the dispute, other than to say "it was an unsatisfactory relationship." Representatives for Smart for Life did not respond to requests for comment.

Siegal has also had a running dispute with nutritionists and health experts.

"Not only is the diet low in calories," says Jane E. Ziegler of Cedar Crest College's Allen Center for Nutrition, "it is low in a variety of important nutrients. The diet is lacking in fruits and vegetables, calcium, vitamin D and fiber. Vitamin C, iron, zinc and the B vitamins are also lacking in sufficient quantities."

If you want to cut calories but feel full, she says, try "increasing the healthy foods in your diet and limiting your intake of foods that are high in saturated fat and empty calories."

Siegal says he knows most articles will include criticism from health experts. He doesn't shy away. He has a report from ABCnews.com on one of his Web sites that includes a vigorous Cookie Diet criticism.

"If there were any risk at all it doesn't even compare with the risk of staying overweight," he

