



Wow without the work!



Special jumbo issue

Fun, festive treats

SO LONG STRESS!

50% of women over 50 are tense and tired due to a GI glitch that most doctors miss. Easily heal it with a *balloon!*

ALERT! Your salad habit could be slowing your thyroid

FAST HOME REMEDIES

- ✓ Urinary tract infection
- ✓ Frequent hot flashes
- ✓ Restless, broken sleep
- ✓ Chronic back pain
- ✓ Upset stomach

NEWS! The inexpensive nutrient proven to speed fat loss by 800%

SUDDENLY BEAUTIFUL!

- ✓ Lumps & bumps
- ✓ Peekaboo roots
- ✓ Yellow, dull teeth
- ✓ Thinning lashes
- ✓ Excess sweating

YES! This freebie dials down tension better than daily meditation!



HELLO HAPPY!

Jane Seymour, 68, reveals her secrets to looking good and feeling amazing!

Keto this way &

FAT JUST FALLS OFF

BURN 600% MORE BELLY FAT!

David Perlmutter, M.D.: A spoonful of *this* in a hot drink shifts your body into ketosis. So easy!

Drop 10 lbs in 7 days!

Michelle lost 171 lbs and healed her thyroid!
See pg 31

- ↑ Metabolism
- ↑ Energy + mood
- ↑ Mental clarity
- ↓ Hunger

Special jumbo issue \$3.99



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Fast fixes for holiday hiccups!

Experts reveal the simple tactics—and clever communication secrets—that'll help you resolve holiday hassles faster than you can say *ho ho ho!*

Missing delivery? Be your nicest self

Each year, more than 6 billion pieces of mail don't reach their intended destination. What to do if your package gets lost in the Christmas crush? "Call customer service and start with, 'I'm not upset with you—I just have a problem with the delivery,'" advises Renée Evenson, author of *Powerful Phrases for Effective Customer Service*. "This assures the rep that you'll be easy to

work with, which immediately gets them on your side." The next step? Be specific about how you want the problem resolved, such as shipping a replacement overnight at no additional charge. Notes Evenson, "It's actually a relief for agents to hear which solution will make you happy since it gives them a clear action to take—and they'll do their best to fulfill your wishes."

Hotel overbooked? Ask about 'backup'

Up to 15% of hotel guests are no-shows, so hotels overbook to avoid empty rooms. But if more guests arrive than expected during the busy holidays, you could find yourself without a room, even with a reservation. The fix: "Ask them to book you into a comparable hotel nearby," urges Anita Kaltenbaugh, author of *Travel Secrets*. "Most hotels have

backup accommodations in case more guests show up than they have rooms for." But unless you ask, they won't always tell you. Recalls Kaltenbaugh, "I once arrived at a Colorado hotel to find it had been overbooked due to a ski competition—they sent me to the only hotel that had a room: a \$600-per-night luxury resort, and they covered the bill!"

Gift sold out? Snag the next one

Trying to buy this year's "hot" item, but it's selling out? That's likely because you're no longer only competing with other shoppers. "Bots—automated computer programs—have infiltrated online stores, scooping up products so they can be resold on eBay and Amazon at a higher price," says Jackie Breyer

of ToyInsider.com. Luckily, you can still get the gift you want. "Just call a brick-and-mortar store where the item is typically stocked and ask when the next in-store shipment will be." Bots won't be an obstacle since they can't reach store shelves, and you can show up before other shoppers to get first pick! ✨



Get a 'yes' from any customer rep

Gather all your information

Before contacting customer service, collect everything you need to make your case, such as return policies and account numbers. Being prepared shows that you're serious and on top of things, so the agent will try harder to help.

Unlock insider advice

Ask the customer rep, "What would you do in my shoes?" This lets her see the problem from your perspective, which helps her think of resolutions she knows as a company employee, but that customers aren't aware of.

Make yourself heard

According to recent research, an impressive 84% of folks who posted about a problem directly on a company's Twitter or Facebook account got the help they needed!