

# Lose weight Jewelry Diet in minutes

You can LOSE WEIGHT and add inches to your height with a new diet breakthrough. Here are some tips and ideas on dressing and accessorizing!

- ❖ Larger earrings (dime size or larger) can take 10 pounds off your appearance. Always wear a pair of earrings when you leave the house!
- ❖ Dressing in all one color (monochromatic) will help give the illusion of appearing 10-20 pounds thinner and 3 inches taller.
- ❖ Wearing a jacket, a long necklace or long scarf will add vertical lines which gives you a slenderizing effect.
- ❖ Wear pins placed at the base of the shoulder to draw attention up to your face and away from your hips.
- ❖ A pair of sleeve bands to push up sleeves will take another 10 pounds off your appearance.

