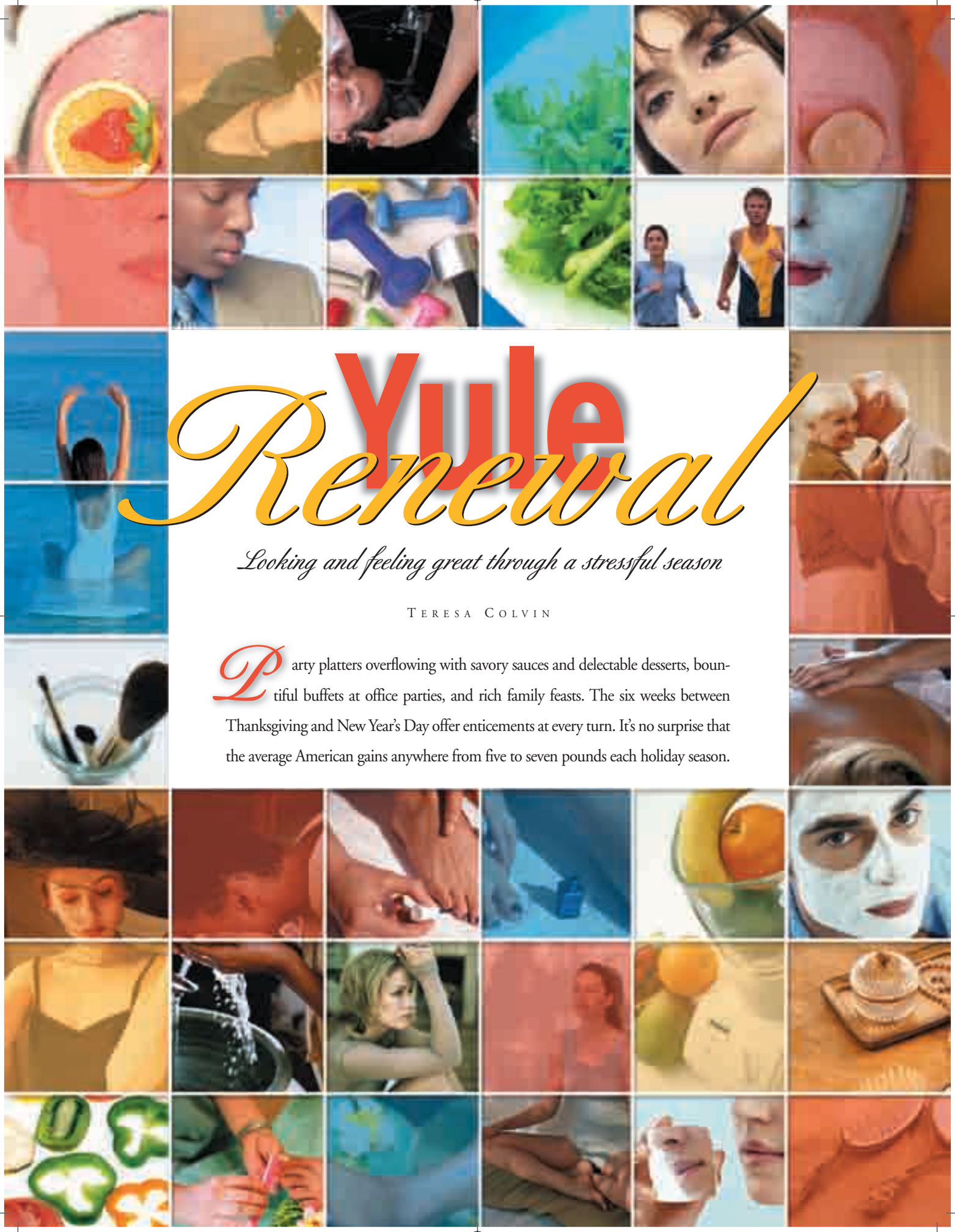

Yule Renewal

Looking and feeling great through a stressful season

TERESA COLVIN

Party platters overflowing with savory sauces and delectable desserts, bountiful buffets at office parties, and rich family feasts. The six weeks between Thanksgiving and New Year's Day offer enticements at every turn. It's no surprise that the average American gains anywhere from five to seven pounds each holiday season.