

# Actress: “Eating This Every Morning Changed My Life”

It may not be a glamorous topic, but for Maggie, it recently proved to be a life-saver.

“When you feel sluggish and run-down, it’s easy to say, ‘*Well, I guess I’m just getting older,*’ but now I know that’s not true—you can be 65 and still feel like you’re 20,” Maggie says.

That’s why she’s finally decided to share her story with others.

“For a long time, I thought something was wrong with me,” she recalls. “I was always tired, my whole body felt heavy, and my stomach—it wasn’t just bloated, it actually looked huge.”

Like many adults who struggle with these issues every day, Maggie initially thought her diet was the problem, or perhaps she wasn’t exercising enough.

But last year, she met a doctor who recommended something totally unexpected:

She just needed to change the way she goes to the bathroom.

As bizarre as this suggestion seemed at the time, Maggie tried it. And, to her amazement, she says **her stomach “deflated,” her mood improved, and her energy skyrocketed**—all in a matter of days.

When Maggie first revealed this “bathroom trick” on her website earlier this month, some were understandably skeptical. But since then, countless people have reported similar results.

Will it work for everyone? Maggie can’t make any promises.

“Look, it’s such an easy thing to do, and, for me, it’s made a really big difference,” she says. “So I just want more people—especially women—to know about it.”

(Editor’s note: Medical experts actually believe it to be particularly effective for men and women over 35.)

If you’d like to try Maggie Q’s technique yourself, **[click here for instructions](#)**. It’s deceptively simple, so watch carefully.