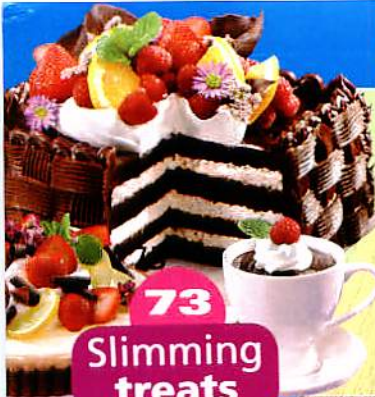


HEAVENLY IN A HURRY!

April 7, 2008

healthy living made easy

# First



**73**  
Slimming  
treats



**10-minute**  
suppers

## QUICK TIREDNESS CURES

6 surprising spring  
energy sappers—  
and proven fixes

## SO BEAUTIFUL

Little luxuries  
that'll make  
you shine!



Your

## ELLEN'S HAPPY SECRETS

How she stays calm,  
energized in ultra-  
stressful situations

## FEELING CRANKY?

93% of women  
with sleep apnea  
don't know it

Yvette lost  
**112 lbs** ▶



# METABOLISM UNLEASHED

**DROP 39 LBS IN 6 WEEKS** by eating right for your metabolic type

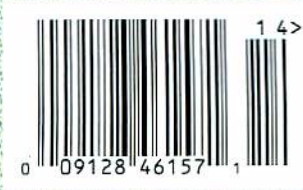
## SPRING WORRIES—SOLVED!

- ✓ \$10,000 in tax deductions—found!
- ✓ Food poisoning—dodged!
- ✓ Body shame—cured!
- ✓ Car chaos—contained!
- ✓ Hot flashes—ended!



\$2.49

Display until 4/7/08





# UNLEASH extra energy!

## News! These cellular energy generators can end tiredness

As many as 20 million women are feeling the drain of a newly identified condition called *mitochondrial dysfunction*. “Factors such as stress, infections, sleep disruptions and a less-than-perfect diet overwhelm and burn out the body’s cellular energy furnaces, or *mitochondria*,” says researcher Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic* (Avery, 2007). “This leads to blue moods, listlessness, stubborn fat and body aches.” While it’s impossible to avoid every threat to these tiny energy furnaces, a few simple lifestyle tweaks can protect you from their draining effects.

### Energy hero: CHOCOLATE

Free radicals are a natural by-product of body processes like digestion and respiration. But these harmful compounds impede mitochondria’s ability to produce energy. The easiest fix: Nibble a few small squares of dark chocolate. “Chocolate contains a wealth of antioxidants like *catechins* and *phenols*, which arm cells against free-radical damage,” says Dr. Teitelbaum. “This safeguards the body’s energy furnaces.” These antioxidants also abound in richly colored fruit like blueberries and cherries. For peak mitochondrial function, Dr. Teitelbaum recommends consuming two servings of deep-hued fruit per day.

### Energy hero: RIBOSE

To manufacture energy, mitochondria depend on molecules known as

*APP*, *NADH* and *FADH*, explains Dr. Teitelbaum. *Ribose*, a simple sugar found in all three molecules, spurs their production. “Ribose is like kindling for mitochondria—when you consume it, energy takes off,” he notes. In fact, Dr. Teitelbaum’s research revealed that patients experienced a 45 percent jump in energy levels after three weeks of taking ribose. What’s more, ribose looks and tastes like regular sugar, so it’s great in coffee or on cereal. Dr. Teitelbaum advises taking 2 tsp. twice a day. Try: Corvalen Energy Dietary Supplement (\$44 for a four-week supply, at [Bioenergy.com](http://Bioenergy.com)).

### Energy hero: KALE

Stress increases the body’s demand for B vitamins, which often results in shortfalls. That’s bad news since B vitamins are critical components of mitochondrial fuel. The ripple effects of a B deficiency often strike the brain first, reports Dr. Teitelbaum, because the organ’s cellular-energy demands are so high. The result: foggy thinking and faulty memory. Luckily, leafy green vegetables such as kale and escarole are loaded with B vitamins. For maximum brainpower, aim to consume three to four servings per day. And for added insurance, Dr. Teitelbaum suggests taking a 50 mg B-complex supplement (like Puritan’s Pride Vitamin B-50, \$7 for 100 tablets, at [Puritan.com](http://Puritan.com)) daily.



From top: Peter Sakas; FoodPix/Jupiter Images. Cartoon: Joe Longobardi. Main text: Melissa Gotthardt. Sidebar text: Kathleen Willcox.

# handy info

## Study: Coffee guards against skin cancer

Drinking just one cup of caffeinated coffee per day can reduce a person’s odds of contracting nonmelanoma skin cancer—the most common type—by 5 percent. The risk drops another 5 percent for each additional cup of coffee consumed. While these findings are preliminary, researchers say that antioxidants in coffee appear to inhibit precancerous cell division.

SOURCE: Carol A. Rosenberg, M.D., assistant professor of clinical medicine, Northwestern University Feinberg School of Medicine, Chicago

### Smile file



“Not only is the dessert cart calling out to me, but it’s offering cash rewards toward the soft-serve ice cream!”

## DISCOVERED! CAPERS ENSURE A HEALTHY HEART



That’s because the buds are rich in antioxidants called *isothiocyanates*. These compounds inhibit the post-meal buildup of harmful lipids and boost internal levels of vitamin E—a combined effect that can slash heart disease risk.