

November 3, 2008

healthy living made easy



HEALTHY COMFORTS

LOSE 13 LBS IN 7 DAYS

TURBO ZONE DIET!
Dr. Sears reveals the natural compound that makes your body release "toxic fat"

SPEED UP SLOW GLANDS

9 simple ways to jump-start your thyroid and adrenals to feel your all-time best

YOUR ENERGY MIRACLE

The sweetener that relieves pain, deepens sleep, clears brain fog & boosts energy

BEAUTIFUL!

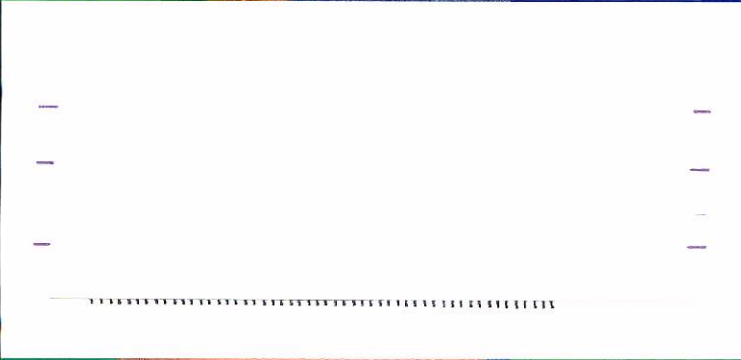
New at-home haircolor picks



101 WORRY CURES

Catherine Bell, the cast of ARMY WIVES and real-life women married to servicemen spill their best energy, stress, money and weight-loss secrets

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ALERT!

Antidepressant drugs are making women feel worse

3 natural mood lifters proven to be more effective than Rx meds

Alarming news for the 12 million American women diagnosed with depression each year: The widely prescribed antidepressants SSRIs (selective serotonin reuptake inhibitors) were ineffective in two-thirds of cases, according to a review of previously unpublished clinical trials. What's more, studies have linked SSRIs and other prescription antidepressants to headaches, nausea, diarrhea, anxiety, sleep disturbances, weight gain, fatigue and sexual dysfunction, notes Jacob Teitelbaum, M.D., author of *Three Steps to Happiness* (Deva Press). The good news is, the natural remedies below have been proven to work *even better* than drugs—and without the unwelcome side effects.

Feeling blue and TIRED? Try this herbal extract

A recent Swedish study showed that an extract of *Rhodiola rosea* has stronger antidepressant properties than prescription *imipramine*. “*Rhodiola* contains a host of bioactive compounds that help the brain manufacture and utilize mood-boosting chemicals like *norepinephrine* and *serotonin*,” says psychiatrist Richard P. Brown, M.D., coauthor of *The Rhodiola Revolution* (Rodale, 2004). Plus, the herb increases the body's production of energy-stoking *ATP* and *creatine*, which alleviated tiredness for 81 percent of subjects in a recent German study. Dr. Brown recommends taking 100 mg to 150 mg daily (of a brand like Rosavin 100 mg, \$21 for 60 capsules, at Ameriden.com). Just be sure to get your doctor's permission if you're also taking a prescription antidepressant, adds Dr. Brown.

Feeling blue and STRESSED? Sneak in this time-out

It's no secret that exercise eases anxiety and dramatically raises blood levels of feel-good endorphins. In fact, a Duke University study revealed that people who exercised for 30 minutes three times a week saw mood improvements similar to volunteers who took the antidepressant Zoloft. And after 10 months, the exercisers were 30 percent less likely to relapse than the med takers. One theory: Physical movement creates powerful sensations of control and mastery that keep the blues at bay, while the act of taking a pill is too passive to have this effect. For the time pressed, Dr. Teitelbaum says a 15-minute burst of activity (like dancing) can buoy mood just as well.

Feeling blue and SHORT-TEMPERED? Munch on this

Three to four weekly servings of oily fish such as salmon, tuna or mackerel can lift symptoms of depression—even in cases where drugs like Prozac don't help, according to research at The University of Sheffield in the United Kingdom and elsewhere. “Such fish are rich in *DHA*, a fatty acid that is also a major component of brain tissue,” says Dr. Teitelbaum. When *DHA* levels are high, brain biochemistry works optimally, leading to greater output of feel-good neurotransmitters like *dopamine*. In fact, subjects in one study who ate *DHA*-rich fish scored lower on measurements of hostility (such as cynicism, impatience, mistrust and aggression) than people who skipped the seafood.

Research updates

The herb rose hip nixes nagging joint pain

This report from biostatistician Robin Christensen. He found that a daily 5 gram dose of rose hip can reduce joint pain and other arthritis symptoms by 37 percent—enough for some sufferers to give up prescription painkillers altogether. The credit goes to rose hip's potent *galactolipids*, antioxidant plant compounds that ease painful inflammation in the joints.

SOURCE: Robin Christensen, biostatistician, Musculoskeletal Statistics Unit, Frederiksberg Hospital, Denmark



An overnight fix for toxin overload

Chlorella may help the body flush *methylmercury*, a toxin linked to cognitive decline. Lab animals given 100 mg of the freshwater algae excreted much of the methylmercury in their bodies in 24 hours, while a control group retained the chemical in bodily tissue. *Chlorella* is sold in supplement form in health-food stores.

SOURCE: Annual meeting of the Japan Society for Bioscience, Biotechnology and Agrochemistry, 2008

News! The healthiest way to prep spuds



Boiling potatoes in cubed chunks slashes their levels of nerve-regulating potassium by 45 percent. Instead, boil spuds whole, then slice and prepare as desired.

From top: Joe Poillillo; FoodPix/Jupiter Images. Main text: Melissa Gotthardt. Sidebar text: Aija Grozdanic.