

August 15, 2011
God Bless America

Woman's World

More
for your
money!
\$1.79

6 little health
tricks that
**TURN BACK
THE CLOCK!**

Bake up smiles!

Adorable summer
Butterfly Cupcakes!



The anti-anxiety breakfast
that actually makes you
STRESS-PROOF!

FEEL HAPPIER INSTANTLY!

The *pudding* that alters brainwaves
to stop sadness—in just 10 minutes!

PREVENT ALZHEIMER'S

with your favorite Starbucks order...
and a common headache remedy!

**Money-saving
HOME MAKEOVER!**

- Ⓢ Increase your home value 20%!
- Ⓢ Cut energy costs!
- Ⓢ Sell your house twice as fast!



Good for you!

Chocolate Layer Cake
with a surprising
health boost!

LOSE 14 LBS IN 14 DAYS

on the underground
Long Island miracle diet that's

Better than ATKINS and THE ZONE!

- ✓ Shuts down carb cravings!
- ✓ Boosts energy!
- ✓ Protects against diabetes!

Plus
Diet
doctor's exclusive
supplement Rx
makes your body
burn fat
automatically!



Get healthy

New science uncovers uncommon, easier-than-ever solutions for keeping your brain young, dodging heart disease, reducing stress and more! Try them today!



1 Prevent heart disease by eating grapes!

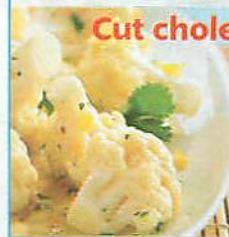
When you think of heart-protecting foods, whole grains and healthy fat probably come to mind. Now the *American Journal of Clinical Nutrition* reports that eating 1 cup of purple grapes or 8 oz. purple grape juice daily can also lower your risk of heart disease!

✦ **Here's why:**

Dark-hued grapes are loaded with flavanols, anthocyanins, quercetin, kaempferol and resveratrol—compounds that prevent the build-up of "bad" LDL cholesterol along artery walls, widen blood vessels to improve blood flow, reduce the risk of blood clots and keep the heart muscle flexible and efficient!



Cut cholesterol with cauliflower!



The compound indole-3-carbinol found in cauliflower, broccoli, Brussels sprouts and cabbage reduces your levels of a certain protein that spurs cholesterol build-up, reports the *Journal of Nutrition*.

2 Lower blood pressure with celery!

If you need to get your blood pressure down, try adding celery to your salads or sandwiches. Scientists found that eating about four stalks daily can reduce blood pressure as much as 14% without any other change in diet!

✦ **Here's why:** A compound in celery—3-n-butylphthalide—reduces pressure on arteries by relaxing surrounding muscles and reducing levels of stress hormones.



More silence = Lower BP!

Folks who talk less have up to 50% lower spikes in blood pressure than those who talk a lot, possibly because they have fewer chances to get frustrated due to miscommunication!



Unwind outdoors!

Spending time in nature supercharges your immune system! Credit goes to chemicals that plants emit called phytoncides, which increase your body's production of disease-fighting T-cells.

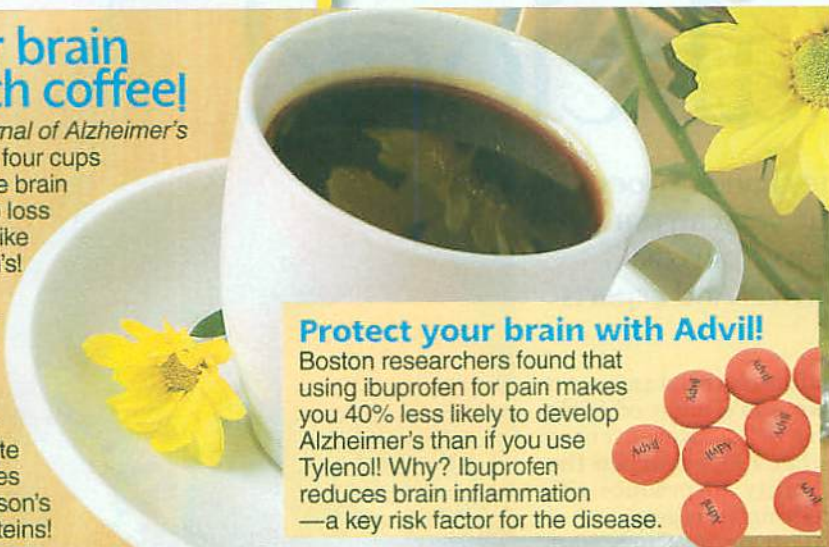
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er the surprisingly easy way!

3 Keep your brain young with coffee!

Recent studies in the *Journal of Alzheimer's Research* show that up to four cups of coffee daily prevents the brain degeneration that leads to loss of memory and diseases like Alzheimer's and Parkinson's!

Here's why: Caffeine blocks the buildup of cholesterol in the brain that causes cells to become less elastic, plus it stems the production of damaging enzymes that contribute to Alzheimer's and reverses the early effects of Parkinson's by destroying harmful proteins!



Protect your brain with Advil!

Boston researchers found that using ibuprofen for pain makes you 40% less likely to develop Alzheimer's than if you use Tylenol! Why? Ibuprofen reduces brain inflammation—a key risk factor for the disease.



4 Ease chronic pain with sweets!

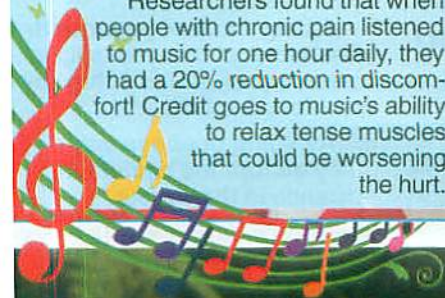
Remember when you used to get a lollipop after you got a shot? Research suggests your doctor was on to something! According to a just released study, pleasurable foods—like candy, chocolate or lollipops—blunt pain sensations, reports the *Journal of Neuroscience*.

Here's why: A region of the brain called the raphe magnus is involved in taste and pain perception, yet it can't process both at once—and luckily, sweetness wins out, explains lead study author Peggy Mason, Ph.D.



Turn on tunes to tame pain!

Researchers found that when people with chronic pain listened to music for one hour daily, they had a 20% reduction in discomfort! Credit goes to music's ability to relax tense muscles that could be worsening the hurt.



5 Combat stress with this water!

Too much of the stress hormone cortisol short-circuits brainpower when you need it most! The easy fix: Sip water infused with L-theanine. In a study, folks who did were calmer yet had longer attention spans than those who didn't, reports the *Journal of Functional Foods*.

Here's why: "L-theanine stimulates production of calming alpha brain waves, which create a relaxed, yet mentally alert state," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. Try: SoBe Lifewater Blackberry Grape Water Beverage, \$2 per 20-oz. bottle at Walmart.



Sleep more soundly with L-theanine!

It may help you stay alert during the day, but when it's time for bed, L-theanine helps you wind down fast. Those same brain waves turn off stressful thoughts that keep you up!



6 Quit smoking by watching commercials!

Next time you see a smoking cessation product featured on a TV commercial, in a magazine or on a billboard, pay close attention. The latest research proves that just being exposed to these ads makes you more successful at quitting smoking—even if you don't buy the product!

Here's why: The ad plants the idea of quitting in your head and shows how to do it, which makes it seem like a more attainable goal, according to study coauthor Alan Mathios, Ph.D.

Get motivated by picturing success!

Before you light a cigarette, try picturing your future self—the one who's healthier as a result of kicking the habit. A new Kansas State University study reveals that thinking about the positive results of quitting smoking reminds you that the pay-off is more rewarding than giving in to temptation now!



More uncommon cures!

● Rev your engine with fresh air!

Not only does it bring in more pep-boosting oxygen, but it also clears the air of pet odors, cooking smells and other unpleasant aromas that are proven to sap your energy and leave you feeling more fatigued, found researchers from the U.K.'s University of Nottingham.

● Boost confidence with nuts!

Get nervous or shy at gatherings? Try eating roasted nuts, pretzels or other salty snacks. A recent study reveals that salt blunts stress hormones that cause social anxiety and boosts the calming hormone oxytocin.



● Look better by turning in earlier!

Want to improve your appearance without expensive creams or painful procedures? Simply get your beauty sleep, which limits eye crinkles and dark circles! One study found that volunteers rated photos of well-rested women without makeup or styled hair as more attractive than those who skimped on sleep, reports the *British Medical Journal*.

Turn back your biological clock!

Exciting new research shows that "the change" doesn't have to be a time of turmoil. Turns out, you can put the whole thing off for up to three years—plus dial down your symptoms when it does arrive! And experts say it's as simple as . . .

1 Protecting your ovaries by not smoking

"Cigarette smoke contains toxins that age and damage the ovaries, plus kill off egg-producing follicles—and that can push you into menopause long before you're ready," explains Elizabeth A. McGee, M.D., assistant professor of reproductive biology at the University of Pittsburgh Medical Center.

Feel-great strategy: Quit now, and you could put off menopause by three years—and reduce the severity of every menopausal symptom when you do go through the change.

TIP Already struggling with menopausal symptoms? "Quitting smoking now will make your hot flashes and other symptoms less severe and less frequent," says Dr. McGee.

2 Steadying estrogen by avoiding PFCs

A new West Virginia University School of Medicine study suggests exposure to high levels of PFCs—chemicals used to make cookware and other surfaces

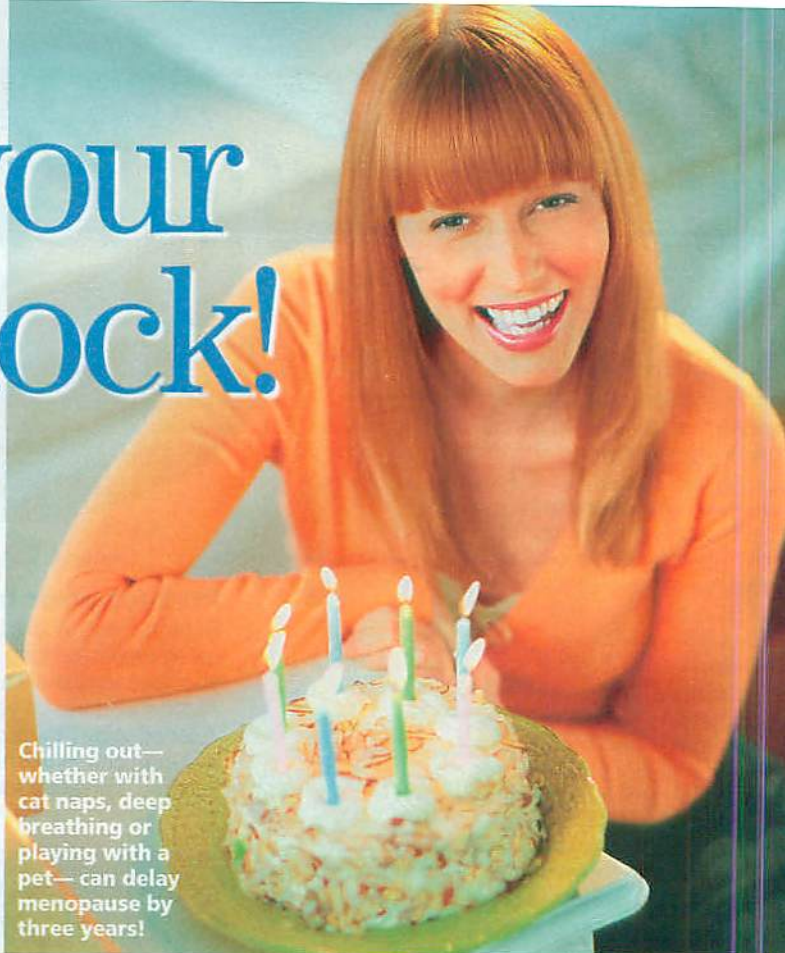
stain- and stick-resistant—can raise a woman's odds of early menopause 40%. Researchers theorize that PFCs dampen the ovaries' ability to produce tissue-nourishing estrogen.

Feel-great strategy: Curb your PFC exposure by only using nonstick cookware that is scratch-free, and don't heat those pans above 450°F. Also avoid fabrics coated with stain- or water-resistant treatments, food in containers designed to be grease-resistant (such as microwave popcorn bags and pizza boxes) and cosmetics with "fluoro" and "perfluoro" (code words for PFCs) on the ingredients lists.

3 Dodging discomfort by stressing less

A surprising British study suggests that chronically stressed women are hit with menopausal symptoms as much as three years earlier than other women. The connection? Nonstop stress means nonstop production of cortisol, a stress hormone that wreaks havoc on the egg-producing ovaries (along with virtually every other organ of the body).

The pill can help!
Ultra low-dose birth control pills can keep estrogen production even and prevent symptoms in the years leading up to that last period, without upping your risk of blood clots.



Chilling out—whether with cat naps, deep breathing or playing with a pet—can delay menopause by three years!

Feel-great strategy: Try incorporating a few research-tested, stress-blasting strategies into your day, such as deep breathing, quick cat naps, watching sitcoms, or cuddling with your partner, children or pets.

4 Easing symptoms with supplements

Studies show that, together, vitamin E and magnesium can lessen perimenopausal fluid retention and breast pain, plus dampen mood swings by as much as 89%! "The production of sex hormones fluctuates wildly as that last period nears," says Ann Louise Gittleman, Ph.D., author of *Before the Change*. "Vitamin E and magnesium help keep sensitive tissues functioning properly, even when hormone levels are rock-bottom or through the roof." **Feel-great strategy:** Take 800 IU of vitamin E, plus 400 mg. of magnesium daily. Check with your doctor before taking a new supplement.

5 Keeping serotonin steady by strolling

As menopause nears, estrogen production becomes erratic, sabotaging the brain's ability to produce mood-boosting serotonin, raising the risk of depression 50%.

Feel-great strategy: Exercise! A little as 30 minutes every other day ramps up serotonin production enough to cut the risk of depression, hot flashes, night sweats, insomnia, and more as much as 67%.

6 Avoiding an out-of-whack cycle with flax

If your periods are getting close together, heavier or more painful, try taking flaxseed oil. It's loaded with mild plant estrogens proven to bring out-of-whack menstrual cycles back in line, plus ease bloated moods, night sweats and vaginal dryness for up to 66% of women. **Feel-great strategy:** 1 Tbs. daily.

—Brenda Kearn

Bothered by yeast infections?

Hormone fluxes make them more likely to pop up now. Reduce your risk 75% by . . .

- ✓ Cutting back on sugar, which fuels yeast growth.
- ✓ Eating 1 cup of yogurt with live bacterial cultures daily to restock your stores of healthy probiotic bacteria.
- ✓ Avoiding douches entirely; they disrupt the bacterial balance in the vagina.

Our expert: University of Connecticut in Farmington

The scoop on soy

Does soy prevent hot flashes or not? New research from California's Loma Linda University reveals it cuts flare-ups in half for women who get at least eight hot flashes daily, but it doesn't work if they're less frequent.

The study-proven dose: 1 oz. of soy nuts, 1/2 cup of edamame or 8 oz. of soy milk daily.



This week

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sparkly
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Cupcakes!



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*A little free time,
a Frisbee afternoon;
a sky so warm, so clear
it takes your breath away—
if you're looking for
summer treasure,
here it is!*

Charlotte Collins



—We'd love to hear from you!—

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