

Fast & easy winter comfort

BYE BYE TIRED!

Women are 400% more likely to suffer from the lingering effects of viruses like COVID—even if they never felt sick! Restore your energy for pennies a day!



She's 67!

SUDDENLY... YOUNGER

- ✓ Outsmart gray hair
- ✓ De-puff tired eyes
- ✓ Calm rashy skin
- ✓ Brighten nails

WORRY ENDERS

- ✓ Secrets that save you 80% on prescriptions
- ✓ This laundry add-in speeds your thyroid
- ✓ Surprise flour swap burns 4x more fat

FEEL GOOD FAST!

- ✓ Brain fog
- ✓ Tech wrist
- ✓ Rosacea
- ✓ Dizziness
- ✓ Cold sores
- ✓ Dry eyes
- ✓ Back pain
- ✓ GI upset
- ✓ Nosebleeds
- ✓ Hot flashes

for women

First

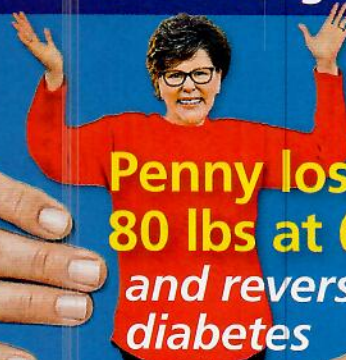
BEAT STRESS

- ✓ Winter blues
- ✓ Anxiety
- ✓ Self-doubt
- ✓ Guilt

**Drop
14 lbs in
7 days**

HUNGER CURE

Harvard discovery: 7 foods rich in *this* amino acid turn off the brain region that controls hunger & cravings



**Penny lost
80 lbs at 61
and reversed
diabetes**

**Dr. Stork's
delicious plan
makes it easy**

\$3.49



Display until 2/1/21

"Now nothing slows

An endless cycle of energy crashes and immunity breakdowns left Natalie Trice, 46, feeling lost. Then she uncovered the surprising cause—and the natural remedies that changed everything!

"This isn't the special day I envisioned," lamented Natalie Trice, struggling to summon the energy needed to set the table for her son's birthday. "These celebrations were always a big deal in our family, but this particular year, I felt lethargic and weak for some reason. I simply didn't have the strength to give him the special day he deserved. And knowing I would be letting him down broke my heart. *I can't keep feeling this way*, she sighed.

Too tired to move

"Four years ago, in April, I came down with a bug with flu-like symptoms. It took a while to get over, but even after it went away, I didn't feel 100%. I remained exhausted and achy. Everyday activities like driving, climbing stairs or answering emails for my consulting business felt strenuous. Even walking to the pub at the end of our road felt like an effort. But that became a habit for me and my family because I was too tired to cook dinner.

"No matter what I was doing, spending time with my husband or taking care of our sons or dogs, I felt washed-out. I was often too tired to hold a phone or eat. It reminded me of when I was a teen and had glandular fever or mono. I also noticed my immune system seemed shot—I caught everything going around. I was impatient, wondering when life would be normal again. Living with the exhaustion made me feel weak and sad.

"Through it all, I went to my doctor and was tested for countless ailments,

but everything came back negative. So many times I went to see an acupuncturist or other specialist, hoping for an answer, but it never came. *Was it all in my imagination?*

"It got to the point where the receptionist at my doctor's office called weekly just to see how I was doing. We were both worried I wasn't getting better. I'd have a good day, then start to feel exhausted and be taken out of action for an entire weekend. The cycle repeated itself so many times, I felt convinced, *This can't just be a virus.*

Loving life again!

"Fed up, I started doing my own research and came across something online about a condition called post-virus fatigue. I'd never heard of it, but I fit all the symptoms perfectly.

One-minute QUIZ

IS A PAST INFECTION MAKING YOU TIRED?

If you're suffering from exhaustion and two or more of the following bothers after the initial symptoms of a viral illness have passed, post-viral fatigue could be to blame

- ✓ Trouble concentrating
- ✓ Low mood
- ✓ Weakness
- ✓ Muscle aches
- ✓ Stiff joints
- ✓ Headaches
- ✓ GI upset
- ✓ Sleep disturbances

Natalie Trice,
Devon, England



me down!"

Considering the illness I'd had that previous April, I self-diagnosed and felt hopeful. Finally, with a name for



what was ailing me, I consulted experts, but they didn't have any tangible advice. 'It just takes time,' they said. "Motivated to give myself the best chance of healing, I looked for ways to boost my immunity and soothe my overtaxed system. I started drinking vitamin-packed green smoothies and supplementing with zinc, selenium and *alpha-lipoic acid* for immunity; vitamins B and C; magnesium and calcium for fatigue; and *ashwagandha* for mental clarity.

"More than anything, I gave myself permission to slow down and take care of 'me' the way I looked after everyone else. I cut down on caffeine and let myself nap when I needed to, without feeling shame or guilt. I had to be okay with putting my 'out of office' message on my work email if I needed an afternoon to relax. I practiced telling myself, *It's okay. I don't have to take on anything I don't*

want to do. I also found that getting into nature and taking walks on the beach with my dog restored me.

"Sure, in the beginning it was hard learning to say 'no' to things. I remember declining an invitation to London, where I'd need to navigate a long train ride, work events, a party and catching up with friends. I really wanted to go, but I knew staying home was the best way to avoid a setback.

"And I was right. I started to feel better within a couple months and watched my strength and energy continue to grow. And 18 months later, I'm feeling absolutely fine and loving life again. Plus, my immunity is stronger than ever, which brings some peace of mind during the pandemic. In my work mentoring entrepreneurs (at NatalieTrice.co.uk), I teach what I know: When you're strong enough to show up and shine, amazing things can happen. These days, my family and I have a lot to celebrate: I'm back to living life to the fullest!"

—As told to Lisa Maxbauer

Alert!

Must-read news for COVID recovery

Easing back into day-to-day activities after an intense COVID-19 experience may reduce your risk of long-term symptoms, says immunologist Nancy Klimas, M.D., who's researching COVID "long haulers."

Long haulers can experience a range of lingering symptoms for months after acute illness has passed, with fatigue, brain fog, racing heart, dizziness, body aches and shortness of breath being most common. And women are up to four times as likely as men to suffer. "My loudest message to anyone with COVID would be to make sure you've fully recovered before you go back to work and family duties," Dr. Klimas cautions. "Give yourself time to rest, eat well and engage in stress-relieving activities." She also advises addressing persistent symptoms with a doctor who won't dismiss them as "all in your head," and granting yourself permission to accept help from loved ones and support networks like MeAction.net and SurvivorCorps.com.

Virus aftereffects trigger fatigue for 74% of women

! "Sometimes a virus can trip a circuit breaker in the brain that controls sleep, hormones and more," says chronic fatigue expert Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. The result? Post-viral fatigue syndrome, a condition that affects as many as 74% of people. "Post-viral fatigue can make you feel like a train wreck, but it's very treatable," assures Dr. Teitelbaum. "You can recover your energy."

! **Complicating matters:** Viruses can cause an out-of-control immune response, says Nancy Klimas, M.D., director of the Institute for Neuro-Immune Medicine at Nova Southeastern University in Florida. "It's like a hit-and-run: The immune system launches a huge response during infection that stays turned on after the virus is gone." Unchecked, the immune system produces a flood of proteins (*cytokines*) that trigger energy-draining inflammation.

✓ **If you're exhausted for 3 months after getting over a virus, you may be affected.** See a doctor, who can rule out other problems and advise on treatment, and try the steps below to feel better:

😊 **Take this supplement.** "Viral infections can suppress the activity of *mitochondria*, the energy-producing 'furnaces' inside cells," says Dr. Teitelbaum. In one study, 80% of post-viral fatigue sufferers had mitochondrial dysfunction. But CoQ10 replenishes mitochondria, boosting energy. Dr. Teitelbaum advises taking 100 mg. of CoQ10 with *gamma cyclodextrin*, a compound that boosts absorption by 700%. Try: Terry Naturally CoQ10 Chewables (Amazon.com).

😊 **Load up on leafy greens, tomatoes, bell peppers, citrus and berries,** says Dr. Klimas. They contain antioxidants that combat *oxidative stress*, a cell-damaging process that accelerates damaging cytokine production.