

November 22, 2021



Easy-on-you Thanksgiving



Heavenly desserts

TIREDNESS DISAPPEARS

News: Women are suffering from long COVID without knowing they had the virus. *This herb can help!*

YIKES! Kegels could be making leaks worse

Drop
14 lbs in
7 days

STRESS CURES

76 smart solutions to make your holidays 100% less stressful.

Plus: #1 way to silence your inner critic

QUICK RELIEF

- ✓ Dry eye
- ✓ Blue mood
- ✓ Sleeplessness
- ✓ Brain fog
- ✓ Bad breath

GOTCHA! The best way to spot a liar

10 LBS GONE!

The best new shapewear to hide pandemic pudge (wherever it's landed!)

FINALLY! CPAP-free way to cure sleep apnea

DR. OZ'S EASY RX REVERSE AGING

BELLY FAT
GOES FIRST!

✓ Forgotten superfood repairs old cells to speed 10x more weight loss

✓ Restores your body like a 'factory reset' so you look and feel decades younger



Rachel
lost 90 lbs
without
dieting!

FOUND: Relief from sneaky 'long COVID'

Women are 3 times more likely than men to struggle with lingering fatigue, fog and aches after a COVID infection. Here, natural ways to find relief from *any* stubborn virus

Like most women, you're a trouper, bravely brushing off the malaise of daily life. You're so resilient, in fact, you may not realize that the aches, fog and fatigue you're experiencing are the aftereffects of the COVID you beat months back, says Linda Geng, M.D., Ph.D., co-director of Stanford Health Care's Post-Acute COVID-19 Syndrome Clinic. "In our research, women especially don't identify themselves as having post-COVID symptoms," she says. "But when we ask them about what they're feeling—brain fog, fatigue, insomnia—they say, 'Oh yes... but I thought that was part of aging or the stress of my job.'"

The *good* news: Experts agree, there is so much reason to be hopeful because they're seeing patients fully recover. The *great* news: Remedies for long COVID will work for any stubbornly persistent virus, like Lyme disease and Epstein-Barr. Read on for easy ways to say "goodbye" to long-term symptoms and "hello" to long-term *relief*.

quick
take

What people do when they're in a bad mood

43% Eat something

40% Take a bath

37% Distract themselves with books or TV

34% Clean

32% Exercise or stretch

SOURCE: Hope Foods

Brain fog? Nosh on *this* fiber

Focus and memory issues are insidious symptoms of long COVID because the virus launches a "sneak attack" on brain cells, says functional medicine specialist Leo Galland, M.D. "Neurons aren't directly impacted by the virus, but it targets their support network, which makes neurons quietly disappear, causing memory blips." That's why brain fog descends gradually, fooling you into believing it's just stress. The simple remedy is in your gut. "A healthy microbiome produces *butyrate*, a fatty acid that stimulates the gene that makes *brain-derived neurotrophic factor* (a protein key to memory), spurring the growth of new neurons," says Dr. Galland. Since COVID kills good gut bugs, the best way to feed your brain is to feed your gut fiber-rich veggies, beans and nuts. In one study, consuming 25 grams of soluble fiber a day produced 94% more brainy butyrate.

Fatigued? Refuel with red ginseng

"An herbal compound called HRG80 Red Ginseng proved more effective than regular ginseng at boosting energy production in cells, according to two new studies," says chronic fatigue expert **Jacob Teitelbaum, M.D.** That's because red ginseng targets more systems in the body. "We found that 60% of people with severe post-viral debilitation—not surprisingly, over 89% of them were women—improved significantly." In fact, participants saw their energy level increase by an average of 67%. Try: Terry Naturally HRG80 Red Ginseng Energy (iHerb.com).

Achy? Double up on salt

To ease the muscle soreness caused by long COVID, or other lingering viral infections, soak in a "salty bath," suggests Dr. Teitelbaum. "Just add 2 cups of Epsom salts to your tub—the magnesium will release muscle tightness and deepen sleep." And salt water, it turns out, shouldn't be reserved for bath time: "We're seeing people with post-COVID require a lot of hydration," observes Janna Friedly, M.D., a physician at Seattle's Rehabilitation Medicine Clinic at Harborview who recovered from long COVID. "Drinking more water alleviates symptoms such as soreness and headaches." To boost the benefits, drink 4 oz. of water with ¼ tsp. of sea salt twice daily since sodium is like a sponge, helping the body hold on to water. ✨