

WORLD EXCLUSIVE



ELVIS' HOME MOVIES



REVEALED!

DYING REGIS BEGS KELLY:



FORGIVE ME!

NATIONAL **Examiner**

June 13, 2016

WIN!
\$3,015
in puzzles & giveaways



\$3 BILLION SECRET LIFE!

WORLD EXCLUSIVE

- **SOLID GOLD SHOWERS** and toilets
- \$1 million each week on **SERVANTS**

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24>

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ALAN YOUNG

MR. ED STAR'S FAMILY FEUDS OVER \$1 MILLION WILL!

WEIGHTY ISSUES YOU NEED TO ADDRESS!

Causes of obesity, aside from overeating

CUSHING'S SYNDROME

This condition results when the adrenal glands located on top of each kidney pump out excess amounts of a steroid hormone called cortisol. The extra cortisol leads to a build-up of fat in particular areas, including the face, upper back and abdomen.

DEPRESSION

Some people with clinical depression try to beat the blues with a knife and fork, leading them to pile on pounds they ordinarily wouldn't have if they were in the right mood.

In addition, there are certain medications like steroids and some antidepressants, antipsychotics, high blood pressure

drugs and seizure medications can also boost your body weight despite your efforts to peel off pounds.

If you think you are the victim of extra or sudden weight gain that seems to be beyond your control, ask your doctor to determine if a condition or treatment is responsible for your mysterious pounds.



Is the number on the scale getting higher? The reason could be linked to your health

DANGERS OF HEAT EXHAUSTION

tal: Drink plenty of fluids (avoiding alcohol and caffeine), cool down with a shower or ice towels, and remove tight clothing.

If symptoms do not ease after 15 minutes, call for emergency medical aid.

The danger of heat exhaustion soars with strenuous exercise on hot days, especially in direct sunlight and when the humidity is above 60%, which reduces your body's ability to cool itself.

It's important in summer to pay attention to how you feel and monitor weather conditions. Make sure you have enough liquids and a way to cool down.



NATIONAL Examiner GIVEAWAY

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RESUME your daily activities quicker with **Fatigued to Fantastic! End Pain**. It relieves muscle pain while providing soothing comfort to energize you for the day ahead. The well-tolerated, triple-action formula of cherry fruit, boswellia and white willow bark belongs to the family of products developed by Dr. Jacob Teitelbaum, a leading expert on pain. We have five boxes each priced at \$30.95 of End Pain to give away **FREE**. For a chance to win, see page 58. For more information, visit www.endfatigue.com.

