

January 27, 2020

God Bless America

Woman's World

More for your money!
\$2.49

THYROID BOOST JUICE

All-natural drink melts fat + fatigue

RAKE IN CASH

just by acting on your big heart!
See p 43

UCLA research: The Chinese takeout that speed-heals

FAST RELIEF from COLDS + FLU

Lynn Blake, 62, lost 198 lbs!

Soup off 18 lbs a week

4 brilliant ways to keep yourself safe

OUTSMART SLIPS & FALLS

Northwestern University breakthrough

\$8 LIGHT BULB MELTS OFF 30 lbs

Astonishing technique lets you reprogram your dreams so easily

OVERCOME ANY CHALLENGE

with Dr. Michael Greger's 'no diet' comfort soups

+

Lower cholesterol & blood pressure in 7 days
Reverse diabetes in 26 days



Cold weather
← COZY →

Extra cheesy! Caramel drizzled!



\$2.49

Never feel 'hangry' again!

Winter's limited sunlight reduces the body's production of mood-balancing, hunger-dampening brain chemicals for up to 70% of women, making us cranky and snacky. Luckily, you can sidestep hangry moods just by...

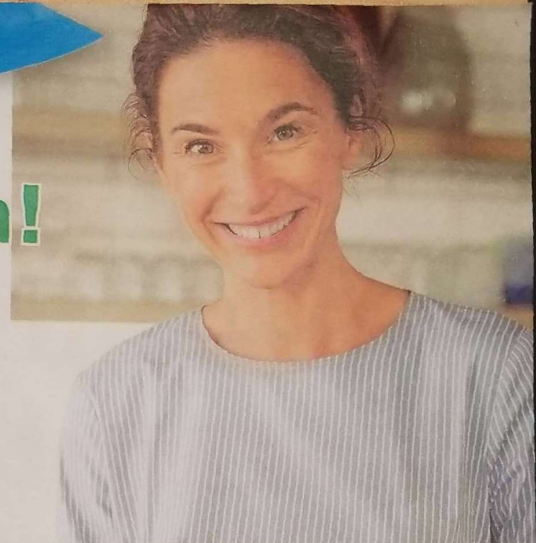
✓ Shutting off the TV

And not because it's a distraction. A recent Brigham Young University study found that snackers who focused on *hearing* the sound of their own eating—chewing, chomping, crunching—consumed nearly one-third fewer calories without even trying. “Being mindful of the sensations of eating triggers you to feel full more quickly,” says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* Opt for foods like apples, carrots and celery to maximize the curious “crunch effect” that noisy snacks have on the brain.



✓ Taking a 20-minute catnap

British researchers have uncovered a surprise culprit behind cravings: being just a little bit tired. King's College London scientists showed that when mildly sleep-deprived folks got merely 20 minutes more sleep a day, they subconsciously ate 10 grams less of added sugar. “Not getting enough sleep leads to an average 6½ pound weight gain and a 30% higher risk of obesity,” says Dr. Teitelbaum. That's because a lack of sleep triggers the brain to amp up the production of the hunger hormone *ghrelin* and tamp down the fullness hormone *leptin*, tricking your body into thinking you need to eat—and now!



✓ Turning up the lights

Spending 20 to 30 minutes in bright light between 8 AM and noon each day could help you shed up to 30 pounds, suggests Northwestern University research. Morning light synchronizes the body's internal clock, say study authors, including regulating hormones responsible for metabolism. A good indoor option: a full-spectrum bulb like Chromalux Lumiram Full Spectrum Light Bulb (Walmart.com). —K.E. Kluznik

Fun secrets for a sharper memory

Great news from Cleveland Clinic scientists: Unwinding each day can cut your risk of scattered thinking and memory lapses by as much as 75%, helping your brain function as if it's 15 years younger, plus cut your risk of Alzheimer's disease in half! Daily doses of calm quash the production of a brain-aging hormone, cortisol. It's easy!



✓ Play Tetris

Sure, you can soothe your nerves by meditating. But British researchers say playing fun digital games like Tetris or Candy Crush for 20 minutes daily can tamp down stress and improve memory, focus and concentration just as effectively! Turns out smartphone games—as long as they're cheery and low-stress—create a state of focused calm, shutting off the brain's worry mechanism and tamping down cortisol release.

30-second energy boost

To erase brain fog in 30 seconds, reach both arms above your head, grip one wrist and pull gently for 15 seconds; switch sides and repeat. Stretching torso muscles sends signals to the brain to boost focus-enhancing GABA.

✓ Pair wine + cheese

Sipping a glass of wine each night alongside a few ounces of cheese can cut your risk of edginess, anxiety and memory lapses by 67%, six recent studies show. Thanks goes to wine's alcohol and grape skin compounds, plus the dairy fat and protein in cheese, which calm your brain's anxiety center and reduce the release of stress hormones.

✓ Gaze at plants

Surround yourself with greenery by putting a potted plant in each room of your home. “It's as soothing as nature,” says Austin Perlmutter, M.D., co-author of *Brain Wash*. Indeed, UCLA researchers say regularly glancing at indoor plants cuts cortisol release, plus sharpens brain function, memory and focus for 85% of women studied.

✓ Try a tea compound

Taking 200 mg. of an amino acid found in black and green tea (*L-theanine*) eases anxiety more effectively than Xanax, recent research reveals. Plus, it sharpens focus and memory, often in three hours. Note: Check with a doctor before supplementing. —Brenda Kearns