

July 14,
2008

Woman's World

God Bless America

A great week made easy!

No more messy chores!
Make your bathroom self-cleaning (even if you've got kids!)



The bread that **Beats belly fat!**

BONUS: It also prevents Alzheimer's!

Tired? Anxious?
Cure the summer blues with 4 simple tricks!

SAVE ON GAS!
Credit cards that cut the price 10%!

Happy you!
☺ Instant optimism boosters!
☺ Free games that increase joy!



Fun summer cupcakes!
Make any day a party!

Breakthrough new British mega-diet DESTROYS FAT CELLS!

Use the low-carb power of 'ketone science' to suppress your appetite and:

- ✓ Lose 8 lbs a week!
- ✓ Melt your stored fat!
- ✓ Burn twice as many calories after every meal!

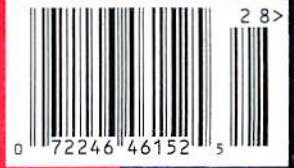
Look 10 years younger!

- ✓ Foods that rejuvenate your skin!
- ✓ Hairstyles that act like an instant facelift!



Put *this* on your burger to **Lower your cancer risk 80%!**

\$1.79



Amazing true stories!
Pets who saved lives!



5 easy ways to

Prevent cervical cancer

1 PREP FOR YOUR PAP

Women who get screened regularly have a less than 1% chance of developing cervical cancer. For the most accurate results: Schedule your exam 10 to 14 days after day one of your period, and avoid intercourse or using tampons, lubricants, contraceptives, vaginal medications and douches for 48 hours beforehand.

2 DODGE CELL-DAMAGING CIGARETTES

Carcinogens in tobacco smoke weaken your body's ability to repair damaged cells whether you're puffing away or just spending lots of time with someone who is. The effect is so powerful that women who live with a smoker have twice the risk of cervical cancer as those who don't.

3 TRY ORGANIC KETCHUP

Women who eat the most tomato products are five times less likely to develop cervical cancer, thanks to the antioxidant lycopene—and organic ketchup has three times more than regular varieties!

4 EAT CANTALOUPE TO LOWER YOUR RISK 30%

A diet rich in carotenoids—antioxidants in yellow-orange fruits and veggies—is proven to fend off free-radical damage, reducing your chances of developing abnormal cervical cells by 30%.

5 GET EXTRA PROTECTION FROM A CONDOM

Women whose partners use condoms are 70% less likely to be infected with HPV, the virus that causes most cervical cancers.



Should you be vaccinated?

According to the American Cancer Society, girls 11 and older should receive Gardasil (a series of three shots given over six months), for lifetime protection against the virus that causes 70% of all cervical cancers. And the latest research shows that women ages 27 to 45 may benefit as well; ask your doctor if it's right for you.

Smart ideas to Make you healthier!

+ The truth about iceberg lettuce

The salad staple is a great source of vitamin K (for strong bones), vitamin A (for sharp eyesight), folate (to prevent birth defects), potassium (for healthy blood pressure)—and more!



+ Pomegranate is good for your heart

The fruit's juice contains at least 20% more heart-healthy compounds than grape juice, according to a joint UCLA and Israeli study. Bonus: Pomegranate is study-proven to help protect men against prostate cancer!

+ Best relief for a backache

The most effective over-the-counter painkiller for all-too-common back pain is acetaminophen (Tylenol), a recent Cochrane Collaboration study of 11,000 people suggests.

+ Bananas help maintain muscle

Eating lots of potassium-rich fruits and veggies—like bananas, potatoes, raisins, prunes, oranges, lima beans and spinach—appears to help prevent age-related muscle loss, reports the *American Journal of Clinical Nutrition*.

+ The lowdown on dental X-rays

In general, adults and kids should have up to four partial X-rays, twice a year, to catch problems early, according to the Academy of General Dentistry.

WV

Outwit the summertime blues!



Keeping cool in a pool can help you sidestep summer SAD symptoms.

Do your spirits fall when the mercury rises? You may be experiencing *summer SAD*, the hot-weather form of seasonal affective disorder, which affects women twice as often as men. "Symptoms of summer SAD also include poor appetite, insomnia and anxiety," says internist Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* Experts aren't certain whether too much heat or too much sunlight triggers the warm-weather blues, but they do know several ways to help you feel better fast!

● Start your day with an icy drink.

Hot coffee will just make you feel hotter. Plus, its caffeine can contribute to dehydration, "which can cause low-grade headaches, fatigue, nervousness and irritability," says Eric Plasker, D.C., author of *The 100 Year Lifestyle*. A chilled non-caffeinated drink, on the other hand, will boost alertness without boosting your temperature!

● Get a "runner's high" by working out here!

In a pool! It's long been known that exercise can be more effective than medication when it comes to dodging the doldrums. The snag? The heat and humidity of an outdoor workout may actually worsen your blues! By contrast, "immersing yourself in cool water can be therapeutic," says University of Connecticut psychiatrist Andrew Winokur, M.D. So take your fitness regimen to the local swimming pool! No pool? Stick to air-conditioned activities such as mall-walking or workouts at your local Y.

● Dress light to beat the heat!

Not just in light-weight fabrics, which

Your doctor can help!

Summer SAD is similar to depression, so if self-help measures don't work, talk to your doctor about fish oil supplements, B vitamins and/or antidepressant medication, Dr. Teitelbaum advises.

let air circulate, but in light colors, which absorb far less heat than dark ones.

TIP Wear sunglasses, too, to block the sun's intense rays. "Reducing bright sun exposure helps combat summer SAD," says Dr. Winokur.

● Crank up the bedroom AC!

Folks with summer depression tend to have higher body temperatures at night, clinical trials reveal, but keeping cool can ease the insomnia and irritability.

So chill out by switching on the AC before turning in.

TIP Consider room-darkening shades in the bedroom to block light from street lamps and the like. Light can trigger summer SAD, especially when it interrupts your sleep.

—Carla Firey Shives

Health News!

Are you a pear?

Good news! The type of fat that women carry around the hips and derriere may protect them from diabetes by improving insulin sensitivity, reveals a new Harvard study in *Cell Metabolism*.