

healthy living made easy



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wow

First



NO-BAKE mmm...

LOSE 27 LBS IN 2 WEEKS

New JUICE CLEANSE rebalances body pH to burn fat 197% faster

YOU, SUMMER BEAUTIFUL

J.Lo's secret to post-baby slim

EXCLUSIVE: Dr. Perricone's 10-day plan transforms skin and eliminates fatty jiggles—from the inside out

100% HEALTHY

Home remedies that work wonders

STRESS—STOPPED

5 ways to turn off your worry hormones

YOUR TIREDNESS CURE

DISCOVERED! 5 surprising summer-fatigue triggers—and easy, proven fixes



\$2.49



SUCCESS SECRETS

- Be lucky with money
- Get him to help around the house
- Host the perfect summer party

"I discovered an cure for

I feel like I could die, Jillian Finker thought as she stood in the scorching heat. Desperate to perk up, she chugged most of the water in her ever-present plastic liter and poured the rest down her shirt, too tired to care about the mess. Here, how Jillian reclaimed her zest for life.

Seven years ago I started living my dream—I left Long Island to attend the Southwest College of Naturopathic Medicine in sunny Tempe, Arizona. But only weeks into the program I was at the mercy of unrelenting fatigue. Even heading out my front door triggered such exhaustion that my legs would tremble and almost give out.

I managed to gut my way through study deadlines, but I rarely socialized. All downtime was spent in a heap on the couch. Alarmingly, I had morphed into some kind of strange campus phantom who showed up only for class and then—*poof*—disappeared.

"My brain and body felt fried."

Though extreme lethargy was my most notable symptom, I also experienced dizziness, achy muscles and brain fog. Ordinarily a quick study, I found myself staring at a page in my text one day, wondering why it looked vaguely familiar—until it dawned on me that I had just read the page two minutes earlier! A hefty dose of irritability was also thrown into the mix. In fact, on a rare night out, I was so crabby with my date (a fellow student) that days later I spotted the poor guy hiding behind a door in one of the building's corridors,

Could an electrolyte imbalance be making you tired?

If your summer has been plagued by extreme fatigue and any of the following, an electrolyte imbalance could be to blame.

- Belly bloat
- Headaches and/or dizziness
- Problems focusing/mental confusion
- Poor memory
- Blue mood/irritability
- Constipation and/or chronic indigestion
- Achy joints, bones and muscles
- High blood pressure/heart-rhythm irregularities

"It got so bad that I felt like I couldn't survive another day."

—Jillian Finker, 34,
Bellmore, NY

ALERT!

This imbalance drains 20 million women each summer

instant and lasting tiredness!"

waiting for me to pass. I wondered, *Have I turned into the date from hell, as well?*

At first I chalked up my symptoms to a rigorous workload and the intense Arizona climate. The desert took heat to a whole new level—I broke a sweat the instant I stepped outside at 7:30 A.M. I tried keeping cool by taking cold showers, blasting the AC and drinking 12 cups of water daily, but nothing helped. My brain and body felt fried. I was desperate to feel like myself again.

A trip back to New York to see a trusted M.D., often characterized as “the best,” garnered only negative test results and some commiseration on the difficulty of being a med student: “Of course you’re exhausted, Jill!” he said. But back in Arizona, “How are you feeling today?” became an almost-daily greeting from fellow students, professors and even my building super (who time and again had seen me step out into the sun-drenched parking lot only to head right back into my apartment). Despite my doctor’s assurances, I started to believe there was something truly wrong with me.

With my imagination running wild and seeing myself in every medical case I was studying, I opted for a second opinion from one of the school’s naturopathic doctors (N.D.s). Blood and urine tests revealed that I was suffering from heat-induced electrolyte imbalance, in

which perspiration causes minerals like potassium, magnesium and sodium to be depleted, triggering fatigue, aches, irritability and mental fog. When the doctor suggested I take a supplement and eat more fruit and vegetables, I was incredulous. *That’s it? A mineral imbalance? But I’ve been so sick...* Honestly, though I was studying to be an N.D., I felt that if my top-notch New York doctor didn’t know what was wrong, something as effortless as downing a few nutrients couldn’t be the answer. But I had nothing to lose.

“Within days, my energy levels soared!”

Almost immediately after I started taking the supplement Emergen-C (an electrolyte powder) and making dietary tweaks (including eating electrolyte-rich spinach, broccoli and bananas), my energy soared and my brain fog, aches and irritability vanished. I aced my medical boards, started a thriving naturopathic practice on Long Island and got involved in a serious relationship. And though I’ve now been an N.D. for four years, I’m still amazed when a heat-exhausted patient comes in and, just by adding a few “lytes” to her diet, her sluggishness disappears. When she expresses disbelief that beating her health concerns could be this easy, I smile and say, “I totally understand.”

Read this before taking that OTC PMS remedy

Many PMS painkillers, like Midol and Pamprin, contain diuretics intended to flush retained water to provide relief from bloat. But this causes fluid and electrolyte loss in urine. The result is often tiredness and bloat—the very symptoms PMS sufferers are trying to get rid of. To maintain energy levels when taking one of these pills, fill up on water-rich fruit (like watermelon and tomatoes) and veggies (like cucumbers) to replenish the fluid being lost through urine, which can equal far more than what’s lost through sweat.

! During warm-weather months, up to 86 percent of women lose electrolytes (magnesium, sodium and potassium) through perspiration. “Since every cell in the body uses electrolytes to regulate fluids and carry communicating electrical impulses, women end up suffering symptoms like extreme fatigue, bloat, constipation, brain fog and body aches,” explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007).

! Women are especially at risk for headaches, blue mood and poor memory and concentration due to an electrolyte imbalance. The high level of estrogen in a woman’s brain makes it less adaptive to upward or downward shifts in the body’s amount of electrolytes, with an imbalance causing significantly reduced cerebral blood flow, according to new research in the *American Journal of Physiology—Renal Physiology*.

WHAT CAN HELP

✓ Enjoy multi-electrolyte fruits and veggies. All fruit and vegetables contain electrolytes, so eat at least five 1-cup servings of various water-laden fruit (like watermelon) and starchy fruit (like pineapple) to restore energy. And aim to include tomatoes and bananas, which Dr. Teitelbaum says contain the most replenishing balance of electrolytes.

✓ Cool down before drinking water. When the body is already hot, more water and electrolytes are lost via sweat (since pores are open in the body’s attempt to regulate temperature). The fix: Wait at least five minutes in the shade or air-conditioning before drinking so the body has had a chance to cool down. This way, less electrolyte-containing fluid is lost and the water is actually used for hydration.