

Bless America

Woman's World

A great week made easy!

Worry free!
This breakfast calms even the worst anxiety!

More for your money!
\$1.79

May 4, 2009

Erase belly fat

and stress! Simple health drink relaxes away ab flab!

Breakthrough research that can make you look **20 years younger!**

Ultra-relaxation tricks that'll help you **SLEEP BETTER TONIGHT!**

How cinnamon buns can **Energize your love life!**

Melt off 10 lbs a week on the TURBO JUICE DIET!

- ✓ Boosts your energy!
- ✓ Prevents osteoporosis!
- ✓ Balances your body chemistry to maximize fat-burning!



Sarah lost 20 lbs

Double-duty tips that **Make your grocery bill 30% cheaper!**



The v
AD
Bonus. This bonus pack will save you more!



"Can stress make you itch?"

Q I've had a psoriasis flare-up. Could it be caused by job anxiety?

A If your work is stressful, there may be a link. Your skin is where white blood cells attack invading bacteria and viruses, and stress can cause those cells to overreact, resulting in outbreaks of psoriasis and other inflammatory skin diseases. Consider pausing a few times a day and taking deep breaths to ease your anxiety.

—Petra Arck, M.D., Ph.D., associate professor, Department of Medicine, McMaster University, Hamilton, Canada

"Do ulcers cause stomach cancer?"

Q My mom and sister have ulcers, so I'm worried: Can ulcers lead to stomach cancer?

A The H. pylori microbe that causes most ulcers is also a leading cause of gastric cancer. Half of all people are infected with it and most never suffer any effects. Still, if you have a family history of gastric cancer or gastric ulcers, get screened by a doctor. Our research shows antibiotic treatment can reverse H. pylori damage.

—James G. Fox, D.V.M., Massachusetts Institute of Technology, Cambridge, MA

"Does she need to take a vitamin?"

Q My 10-year-old is healthy and eats well. Does she really need a vitamin?

A Our study suggests that most kids don't need vitamin supplements, especially if they eat a balanced diet that includes vegetables and milk. One exception: Children who get too little vitamin D, either from sun or D-rich foods like enriched milk, eggs and/or cereal, may require a supplement. Ask your pediatrician.

—Pediatrician Ulfat Shaikh, M.D., M.P.H., University of California at Davis Children's Hospital, Sacramento

Herbal Pharmacy

Stay healthy with green tea!

The evidence is clear: Sipping green tea can help you ward off heart disease and cancer, sharpen your brain—even flatten your tummy—and more! Brew a cup right now to . . .

1 Turn on cancer-fighting genes!

Polyphenols—the potent antioxidants found in green tea leaves—have the ability to turn on certain genes that stop the growth of cancer cells dead in their tracks, says Michael Wargovich, Ph.D., a researcher at the Medical University of South Carolina Hollings Cancer Center. No wonder population studies show that the people who drink the most green tea are more likely to overcome a diagnosis of bladder, breast or ovarian cancer than those who drink the least!

Fact! Green tea triples the effectiveness of antibiotics and can even kill "superbugs" like MRSA, research shows.

2 Keep your heart pumping!

Folks who down five cups daily are 31% less likely to get heart disease and more than 42% less likely to suffer a stroke, two recent studies show. Credit goes to antioxidant compounds in green tea that protect your heart by relaxing blood vessels, which keeps blood pressure in check. They also help prevent the absorption of artery-clogging fats, reduce inflammation and lower the risk of developing dangerous clots.



3 Erase stress and boost focus!

Is stress or fatigue making it hard to focus and recall details? A cup of green tea is full of the amino acid L-theanine, which sharpens concentration and makes problem solving easier! "It's been found to stimulate the production of the alpha brain waves—the same state achieved by meditation—in which you become relaxed yet more mentally alert," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*.

4 Effortlessly melt more belly fat!

This no-calorie drink doesn't just help fill you up—it helps your body burn fat, thanks to two metabolism-spiking compounds, epigallocatechin gallate (EGCG) and caffeine! In one study, volunteers given supplements containing the equivalent of four cups of green tea burned about 80 more calories per day than those popping placebos. Sound insignificant? Look at it this way: It's the equivalent of about 2,400 calories per month, enough to shed nearly eight pounds every year without altering your diet or activity level!



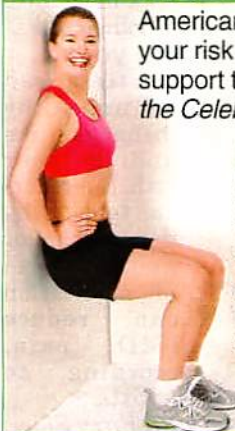
Studies show the antioxidants in green tea are as powerful as those in fruits and vegetables!

These teas are health-boosters, too!

- **Black tea protects your heart:** A UCLA study shows that three cups daily reduces your risk of stroke by 21%.
- **White wards off colon cancer:** Its polyphenols work just as well at preventing colon tumors as the prescription drug used to combat the disease—but without the negative side effects, Oregon State University researchers found.
- **Oolong lowers blood pressure:** Researchers report that one half-cup of oolong tea each day cuts your risk of high blood pressure by 46%; drinking two and a half cups slashes your risk by 65%!

—Gabrielle Lichterman

BEAT KNEE PAIN!



Bothered by knee pain? You're not alone. Almost one in three Americans over 45 has some problems with the joint. Luckily, you can greatly reduce your risk or sidestep pain altogether by strengthening the muscles and ligaments that support the knees, says Rob Parr, author of *Star Quality: The Red Carpet Workout for the Celebrity Body of Your Dreams*. Try his easy moves, and you'll step lively for years!

Knee-strengthening wall sit

Stand about two feet away from a wall, your feet shoulder-width apart, and lean your back against it. Keeping your feet planted to the floor and your back against the wall, slide your hips down until your knees are at about 90-degree angles. It should look like you're sitting in an invisible chair. Repeat 15-20 times, 3 times a week.

Injury-preventing leg lifts

Sit up nice and tall in a chair. Straighten your right leg until it's parallel to the floor. Tighten your abs to avoid slouching. Switch sides and repeat 15-20 times, 3 times a week.



Photos: HBB; Kristiane Vey/Jumpfoto; borchee/iStockphoto. Hair and makeup: Kim Weber. Trainer: exercisetv.tv.