

March 22, 2010

First for women

IRRESISTIBLE ITALIAN: 28 PAGES OF FAST, EASY Mmm

THE AMAZING ENERGY MINERAL

HEALTHY WAYS TO DE-STRESS

YOU, BETTER WITH EVERY BIRTHDAY
...just like FAITH HILL

BELLY-FAT BLASTER

LOSE 100 LBS WITHOUT DIETING



Ellenmary lost 105 lbs!



Flossie lost 165 lbs!

#BXNDSDY *****CAR-RT LOT**R-001
#1130100026944123# 1004 12APR20 FFW1
DEAN DRAZMIN P528
2307 SEVEN HILLS RD
FAIRFIELD IA 52556-8554
108197

Issue 1012 3/22/10

40 ways to say **HAPPY EASTER!**



home and looked up depression online, the diagnosis seemed off—I wasn't hopeless or losing interest in life... I desperately wanted it back!

Loving life again

"One of my close colleagues noticed that I was suffering and urged me to see Natasha Turner, N.D., a nearby holistic practitioner. This referral was a godsend: Dr. Turner ran some tests and spoke with me at length about my medical history. In the end she determined that my lethargy, hypersensitivity, intense cravings and weight gain were caused by atypical depression, a cousin of classic depression that requires a unique form of treatment. As usual, I didn't want to believe the diagnosis until I read up on it for myself. But once I did, I knew that the doctor was right.

"Dr. Turner explained that a nutrient called chromium could help and started me on 600 mcg daily. I admit, my recovery began more slowly than I would have liked. But after about three weeks, I suddenly realized, *Hey, hold on a second—I haven't eaten junk food in days. I'm excited about my work. I'm awake!*

"From there it was easy: My 'ice-cream pounds' started melting off. The normal stresses of life didn't bother me as much anymore. My energy started attracting new clients. But best of all was the morning I woke up early to make Wade a special breakfast. He shuffled into the kitchen and shouted, 'Mom, you're back!' And I'm here to stay!"

—as told to Hallie Potocki

One-minute QUIZ

If you suffer from persistent tiredness and two or more of the following symptoms, you could be struggling with atypical depression.

- Intense carb cravings
- Excessive sleeping
- Extreme sensitivity to perceived slights
- Sensation of physical heaviness

What your cravings are trying to tell you

Everyday factors such as stress, poor sleep and hormonal fluctuations can throw the body out of balance, leaving women susceptible to a range of unhealthy cravings. Luckily, the fixes are easy.

Addicted to chocolate?

Your brain could be seeking the serotonin high produced by this treat's *theobromine*. The remedy: Eat a small square of chocolate upon awakening. Morning is when the body's serotonin levels are highest, so the chocolate will seem less pleasurable. Within two weeks, your appetite will turn to healthier serotonin boosters like lean poultry.

Hooked on bread and pasta?

You may have volatile blood sugar, which triggers cravings for quick-energy carbs. The strategy that helped 88 percent of sufferers in a recent study: Drink 2 Tbs. of apple cider vinegar mixed into warm water daily. The vinegar's acetic acid slows the breakdown of starch to steady blood sugar.

Sweet on sugar?

This could signal an overload of sucrose-loving candida yeast in the body. The fix: Consume two large cloves of raw garlic daily by grating them over green salads or stirring them into plain yogurt for a zesty sandwich spread. The herb is rich in *allicin*, a natural yeast killer.

Can't stop drinking coffee?

Your adrenal glands may be sluggish, meaning they can't produce enough of the hormone cortisol to keep you alert. To reduce your reliance on caffeine, substitute one cup of coffee a day with ginger tea. This brew contains *gingerols*, energizing plant compounds that also support adrenal healing. Every few days try swapping out one more cup of coffee until you're caffeine-free.

NEWS!

40% OF WOMEN SUFFER FROM ATYPICAL DEPRESSION

Although atypical depression (AD) is common, it often goes unrecognized because it's really the product of several problems, says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* (Fair Winds Press, 2010). Sufferers generally experience faulty blood sugar regulation (fueling carb cravings), underproduction of the feel-good neurotransmitter serotonin (making the brain less resilient to negative information) and underactive receptors for the excitatory neurochemical *glutamate* (causing fatigue).

Fortunately, supplementing with chromium can help. "Unlike antidepressants, chromium addresses the roots of atypical depression,"

explains Dr. Teitelbaum. Namely, the mineral activates sleepy glutamate receptors, boosts serotonin levels and helps normalize insulin production for steady blood sugar. In fact, in a Duke University study, 70 percent of AD sufferers who took chromium picolinate (a highly absorbable form) significantly reduced their symptoms within eight weeks.

Dr. Teitelbaum advises supplementing with 600 mcg of chromium picolinate (like Source Naturals Chromium Picolinate 200 mcg, \$5 for 120 tablets, at VitaCost.com) daily for eight weeks. Then switch to a 200 mcg daily dose to maintain results. Many women start to notice an improvement within three days.