

November 1, 2010  
God Bless America



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Eat this to slash your  
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# Womans World

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Easy foot rub triggers natural  
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## BACK PAIN RELIEF!

The natural cure that  
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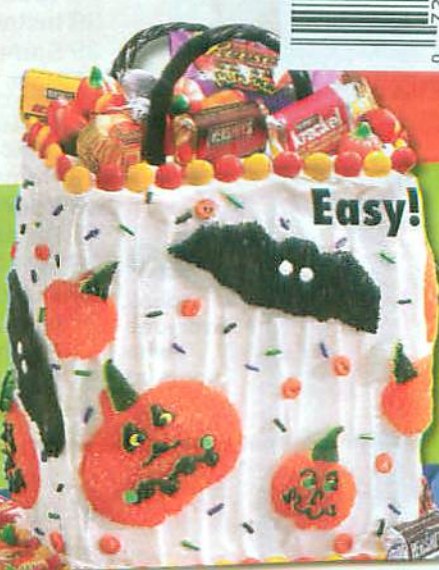
The between-meal snack  
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# OPRAH'S CURE FOR YO-YO DIETING!

Try the no-diet "miracle" she swears by... Or  
**LOSE UP TO 100 LBS**  
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## Halloween Happiness!



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No-carve!



# Stay energized all fall and winter!

At least 63 million Americans are struggling with grogginess and full-blown fatigue right now. But not you—not once you know how to spot the season's surprising energy-zappers and the study-proven ways to outsmart them, fast!

## 1 Seasonal energy drain: Your hot morning shower!

Long, steamy showers feel wonderful on chilly mornings, but experts at California's Stanford University have linked them to midmorning grogginess! The problem: Prolonged exposure to hot water raises your core body temperature, which then drops slowly to normal during the next two hours, triggering your brain to produce sleep-inducing melatonin!

**Rx** Switch to a warm, not hot, morning shower—or shorten its length to no more than 3 minutes.

**Suddenly lost your pep?** Chug a tall glass of water before trying anything else! Staying hydrated increases your body's ability to convert food into usable energy by as much as 33%.

## 2 Seasonal energy drain: Yeast infections!

New research suggests that 25 million Americans are exhausted because of intestinal yeast infections—a problem that often flares in the winter!

Why? Because yeast thrive on the carb-laden comfort foods that are so plentiful right now, explains Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now*. Other tip-offs that yeast could be stealing your pep: indigestion, bloating, nausea and other digestive upsets.

**Rx** New studies show that adding either 1 clove of raw garlic or 3 Tbs. of coconut oil to your daily diet can destroy up to 100% of fatigue-triggering yeast cells. Garlic forces yeast to prematurely age and die, while coconut oil splits open their protective outer membrane, killing them outright, experts say.

## 3 Seasonal energy drain: The winter blues!

According to recent Penn State research, the main symptom of winter blues isn't sadness—it's fatigue! Other telling symptoms: repeated bouts of stress, irritability, anxiety, physical aches and pains, or feeling blah even when folks around you are upbeat.

**Rx** Foot massages! According to University of Miami researchers, our feet are covered with thousands of distinct nerve endings, which, when stimulated, signal the brain to produce its own natural antidepressants. Bottom line: Rubbing down your feet for two minutes, twice daily, could banish the blues, plus raise your energy levels 50% or more, in three weeks.



Soaking up some morning rays helps you sleep better at night—and end daytime grogginess!

## 4 Seasonal energy drain: Insulin resistance

One in four women struggles with this blood-sugar mishap, and chronic fatigue, along with weight problems and carb cravings, are the key tip-offs. Studies suggest that the risk of insulin resistance creeps up in winter, when decreased sunlight hinders the pancreas' ability to keep insulin and blood-sugar levels steady.

**Rx** Opt for high-fiber, protein-rich meals—at least 2 oz. of protein and 1 cup of fiber-rich, 100% whole grains, produce or beans—which new research confirms stabilize blood sugar more effectively than drug therapy, suggests Cheryle Hart, M.D., author of *The Insulin-Resistance Diet*.

## 5 Seasonal energy drain: A sluggish pineal gland

This tiny gland produces melatonin, a powerful, all-natural sleep aid. "Melatonin production should be high at night and rock-bottom during the day," says Norman E. Rosenthal, M.D., of Washington's Georgetown Medical School. "But

the short, dark days of winter confuse this light-sensitive gland, and if it starts producing melatonin during the day, the result is grogginess and fatigue."

**Rx** Supplement with 400 mg. of magnesium daily, 45 minutes before bed. The mineral ups the gland's ability to control melatonin, keeping it high at night and low in the a.m. Result: up to a 40% rise in daytime energy levels! Also important: Open the blinds—or turn on lights in the morning—to signal the pineal gland that it's time to stop melatonin output.

—Brenda Kearns

## Is exercise to blame?

With the holidays looming, millions of women are trying to burn calories and slim their silhouettes in a hurry. Trouble is, exercising more than usual is an oft-overlooked cause of fatigue! "Workouts stimulate the tearing down and rebuilding of muscle cells, which can lead to a chronically tired feeling," explains Susan M. Lark, M.D., author of *The Chemistry of Success*. Her advice: Ditch the workout one day each week and don't break a sweat for a full 24 hours to give your muscles time to heal, and your body time to refill its energy stores.

## Could it be sleep apnea?

These common nighttime breathing pauses might be the underlying problem if you struggle with:

- ✓ Never-ending fatigue
- ✓ Morning headaches
- ✓ Loud snoring
- ✓ High blood pressure

Sounds like you? Talk to your doctor; treatment could make even crippling fatigue vanish in as little as 48 hours.