

August 8, 2011

God Bless America

Woman's World

A great week made easy!

EASY DINNERS!

- ✓ Yummy tacos!
- ✓ Gourmet grilling!

More for your money!
\$1.79

BEAT SUMMER TIREDNESS!

This juicy picnic fruit boosts energy 33%!

Instant-wow hair tricks!

Easy updates that make your favorite style look amazing!

LOSE 9 lbs in 5 days!

The amazing longevity oil that can help you

LIVE TO BE 100!

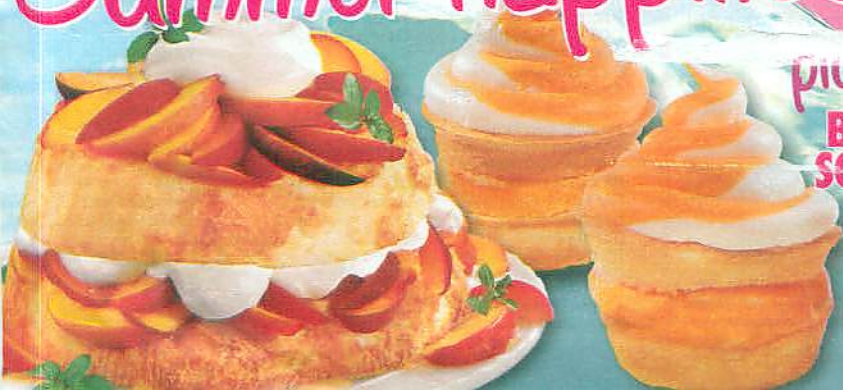
MAKE \$\$\$!

Turn your hobby into a money-maker!

MIGRAINE RELIEF!

New two-pill strategy erases pain pronto!

Summer happiness!



plus
BRIGHTEN SOMEONE'S DAY
with a candy bouquet!

Breakthrough new Zumba Diet menus speed fat-burning—even if you don't try the dance moves!

- ✓ Breakfasts that quadruple weight loss
- ✓ Lunches that rev metabolism
- ✓ Dinners that trigger fat-burning

BREAKTHROUGH
The Chinese herb that actually
CURES DIABETES



5 easy ways to

Outsmart summer fatigue

1 SHUT OUT SLEEP-DISTURBING SUNLIGHT

A bedroom bathed in sunlight early in the a.m. may prompt you to wake up sooner than necessary. Consider investing in room-darkening shades or curtains to block the morning light, so you can get more sleep.

2 ELEVATE SEROTONIN BY PLAYING WII

As many as one in six of us are tired due to a heat-triggered shortfall of serotonin, the hormone needed for happy moods and energy. Solution? Researchers say exercising for 35 minutes, three times weekly can correct a serotonin shortfall, cutting fatigue in half!

3 EAT WATERMELON TO "JUICE UP" YOUR BODY

This summer fruit is 92% water! So eating it is a delicious way to prevent dehydration, helping you work and play up to 33% longer before fatigue sets in, suggests a study in the *Journal of Sports Science*.

4 FIT IN BREAKS TO FIGHT FATIGUE

Taking a five- to 10-minute break to do absolutely nothing every two hours not only immediately boosts your energy level, it also increases your overall productivity, suggests a recent Louisiana State University study.

5 WIPE AWAY MOLD

Surveys show that mold flourishes on 80% of window sills, refrigerator seals, shower curtains and under sinks this time of year, and exposure to its spores can leave you dragging. Simple fix: a once-weekly scrub of those high-risk places with diluted bleach.

Dodge the year-round energy sapper!

Being a little short on iron can cause the same tiredness as full-blown anemia—and almost 16% of women are low on it right now, estimate Cornell University researchers. Easy remedy: Eat iron-rich lean red meat at least three times a week.



Smart ideas to Make you healthier!

+ Flying? Pack sunscreen!

Wrinkle- and cancer-promoting UV rays are stronger at higher altitudes and can easily penetrate a plane's windows. To protect yourself, slather on a sunscreen that contains at least SPF 30.

+ Bananas keep you strong

Eating lots of potassium-rich bananas, (or raisins, prunes, oranges, lima beans and spinach) helps prevent age-related muscle loss, reports the *American Journal of Clinical Nutrition*.



+ Optimism really does improve health!

Women who tend to look on the bright side of things are 33% less likely to get sick when exposed to a virus, reports the journal *Psychosomatic Medicine*. Positive emotions release chemicals that strengthen the immune system, experts explain.

+ Asthma pills work well!

The prescription asthma tablets LTRAs (leukotriene receptor antagonists) are easier to use and just as effective as conventional treatment with inhalers, reveals a new study in the *New England Journal of Medicine*.

+ Mom's beating blues helps kids

When a mother is successfully treated for depression, her children tend to show a significant—and long-term!—improvement in their own mood and behavior, reports the *American Journal of Psychiatry*.

WV

End migraines at last!



Regularly scheduling daily "me time" to relax cuts migraine attacks in half!

Smarter medication strategy

For years, doctors have prescribed triptans—such as Imitrex and Amerge—to shut down migraines. And folks treating themselves often take aspirin or ibuprofen. Now research suggests taking both types at once works better than either option alone, erasing pain for up to 72% of subjects! Ask your doctor if this might work for you.

trigger headache attacks. **Important:** Check with your doctor before taking a new supplement.

• Curbing inflammation with a diet tweak

Eating lots of fruits, vegetables and whole grains—and cutting back on fried foods—can cut migraine flare-ups by 71%, research shows.

"These healthy carbs contain hundreds of natural anti-inflammatory that lower the amount of pain-triggering inflammation" says Neal Barnard, M.D., of the Physician's Committee for Responsible Medicine.

—Brenda Kearns

been accurately diagnosed; the rest think they're suffering from tension headaches! To get a proper diagnosis, tell your doctor if you have any of these key symptoms: headaches lasting four to 72 hours, pain you would describe as throbbing, sensitivity to light or sound or feeling nauseated during headaches.

• Taking this B to slash attacks 50%

A daily 400-mg. dose of riboflavin—vitamin B₂—cuts migraine flare-ups in half for seven in 10 women, according to studies. Riboflavin helps brain cells stay adaptable, so things like fluctuating hormones and blood-sugar lows don't

Health News!

Broccoli sprouts heal ulcers

Eating 3 1/2 oz. of broccoli sprouts daily can beat H. pylori, the bug behind ulcers, almost as well as antibiotic drugs, Johns Hopkins research suggests.

At least one in four women are regularly hit with painful migraines. And a survey suggests 91% of them aren't getting adequate relief! To stay pain-free, try...

• Stopping the #1 trigger

It's stress! When migraine-prone women are super-stressed, they're hit with up to seven attacks monthly, but if they spend at least 30 minutes daily relaxing, their attacks are cut in half. "Regularly unwinding reduces your production of pain-triggering stress hormones," explains Jacob Teitelbaum, M.D., author of *Pain-Free 1-2-3*. Pick your own escape route; anything from leisurely baths, deep breathing to writing in a journal delivers this benefit.

• Reporting key symptoms

Research suggests that fewer than half of all migraine sufferers have