

March 5, 2012
God Bless America

Woman's World

A great week made easy!

More for your money!
\$1.79

Jennifer wanted to make her kids proud... so

SHE LOST 102 lbs!



Make someone special
Feel like a princess!

Charming cupcakes!

Wear these shoes to
AVOID BACK PAIN!

LOSE 13 LBS A WEEK with the miracle fiber that

WORKS LIKE

GASTRIC BYPASS!

BEAT STRESS and the blues!

With the natural trick that makes women *thin!*

Amazing and proven!
HEAL YOURSELF
with dolphin sounds!

SECRET DISCOUNTS!
Pay less at supermarkets, Target, Best Buy!

This "super-fiber" triggers the same anti-hunger hormones as weight-loss surgery!



STAY-YOUNG BREAKTHROUGHS!

PREVENT HEART AGING
with Tex Mex!

REVITALIZE ENERGY
with apples!

PREVENT ALZHEIMER'S
with music!

plus

YOUTH-BOOSTING BEAUTY SECRETS
that erase tiredness and signs of aging!

Ask the Doctor

"Can chocolate prevent a stroke?"

Q I know that eating some chocolate can be healthy, but my friend says it helps prevent strokes! Really?

A Yes! Our look at the diets and lifestyles of 33,000 women revealed that frequent chocolate eaters were 20% less likely to have a stroke compared to women who ate hardly any chocolate. And all that was needed to get the benefit was about 2.3 ounces a week! Chocolate—especially dark varieties—is rich in unique antioxidants that benefit the cardiovascular system.

—Nutritional epidemiologist
Susanna C. Larsson, Ph.D.,
National Institute of Environmental
Medicine, Karolinska Institute,
Stockholm, Sweden

"What can stop their ear infections?"

Q My kids are prone to painful ear infections, and I'd rather they not keep taking antibiotics. What else can prevent them?

A Chewing gum! We found that children who chewed two pieces of gum with xylitol five times a day, after meals and snacks, for at least five minutes were about 40% less likely to develop an infection. Preliminary evidence shows xylitol, a natural sugar substitute, prevents the growth of the bacteria that cause ear infections.

—Matti Uhari, M.D., Ph.D.,
professor, Department of Pediatrics,
University of Oulu, Finland

WV

● Natural Health

Foods that make you Cancer-proof!

Cancer is the disease we fear most. Yet recent studies suggest you needn't completely revamp your life to avoid it. In fact, many of the keys to preventing common cancers are already tucked away in your pantry and fridge! Experts now say . . .

Cabbage cuts breast cancer risk 40%!

Cruciferous veggies—cabbage, broccoli and the like—contain indoles, phytonutrients that zap precancerous cells, reducing breast cancer risk 40%. "Indoles also help your liver break down harmful excess estrogens," says C.W. Randolph Jr., M.D., cofounder of The Natural Hormone Institute in Jacksonville, Florida.

■ **Your protective Rx:**
1/2 cup daily.



Leafy greens reduce lung cancer risk 50%!

University of Texas studies show that eating a handful of leafy greens daily cuts lung cancer risk as much as 50%. Spinach, romaine and the like are packed with chlorophyll, a plant compound that makes white blood cells more vigorously attack and destroy abnormal lung cells before they can turn into full-blown cancers, researchers say.

■ **Your protective Rx:**
1 heaping cup daily.

Whole grains slash cervical cancer risk in half!

Women who eat 100% whole-grain foods, such as brown rice, barley and oats, are half as likely to get cervical cancer as women who eat lots of carbs made with white flour. Whole grains are rich in B vitamins, selenium and vitamin E, all proven to halt the growth of abnormal cervical cells.

■ **Your protective Rx:**
3 servings daily.

Brazil nuts nix 34% of colon cancer cells!

The nuts are rich in magnesium, a mineral that shuts down the growth of precancerous cells in the intestines, cutting your risk of colon and rectal cancers 34% or more.

This protective nutrient is present in many other foods, including almonds, cashews and sunflower seeds, as well as halibut, spinach and fortified cereals!

■ **Your protective Rx:**
1 oz. to 2 oz. daily.

Get into garlic!
Eating one clove daily will cut your risk of stomach, colon and bladder cancers 30%. Garlic is packed with selenium and sulfur—antioxidants that help destroy abnormal cells.



Eating salad every day cuts lung cancer risk in half!

Put curry on your menu!

Turmeric—a key spice in curry and other East Indian dishes—is chock-full of one of nature's most powerful phytochemicals, giving it the power to switch on your body's own aggressive cancer-fighting genes and cut your risk of cancer as much as 68%, new research shows.

■ **The study-proven dose:**
1/4 tsp. of turmeric daily.

Tea lowers ovarian cancer risk 46%!

Sipping two mugs of black or green tea daily lowers your risk of ovarian cancer 46%, Swedish research reveals. "Tea is rich in polyphenols, compounds that destroy ovary-damaging free radicals, plus stall abnormal cell growth," says Daniel Cosgrove, M.D., medical director of California's WellMax Center for Preventive Medicine.

■ **Your protective Rx:**
20 oz. daily.

—Brenda Kearns

Feel better *Fast!*

Leg cramps? To relieve and prevent painful "charley horses" . . .

1 Stretch it out!

Leg cramps occur when muscles painfully contract. To unknot them, gently flex your foot toward your head, says Malachy McHugh, Ph.D., of The Nicholas Institute of Sports Medicine.

2 Apply heat!

Use a heating pad or warm bath to increase blood flow to the area; this soothes soreness and helps stop another cramp from forming.

3 Sleep more!

"Exhaustion seems to cause muscles to misfire and cramp up, so the more tired or run-down you are, the more likely you are to get leg cramps," McHugh says.

4 Pop magnesium!

"This crucial mineral helps muscles function properly," notes Jacob Teitelbaum, M.D. Take 250 mg. daily before bed with skim milk; calcium boosts your body's absorption of magnesium.

5 Free your toes!

Sleep on your back or with your feet off the edge of the bed. This helps keep your toes from pointing, which can make muscles contract.

More prevention tips!

- Smoking decreases circulation; quitting increases blood flow to muscles, helping to prevent cramping.
- Shedding even a few extra pounds reduces pressure on thigh, calf and foot muscles.
- Sipping tonic water delivers quinine, a substance long used to stop leg cramps.

—Camille Pagan