

July 27, 2015

for women

summer living made easy



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...the GENIE FRANCIS WAY!

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- ✓ Dairy-free creamy
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First for Women guide to slimming cooking oils

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Super-flattering cuts that work up or down!

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News: Water add-ins fight fat and fatigue

You're diligently downing H₂O to beat the heat, but experts caution that there are sneaky downsides to all that water—and they reveal the easy strategies to slim and energize

Drink more water. It's well-worn, practically pat advice at this point. Sipping eight 8 oz. glasses a day has been shown to speed the breakdown of fat, banish hunger pangs and keep mood and energy at their peak. But if you've filled your bottle more times than you can count yet are still battling pounds and feeling fatigued and foggy, you may be wondering if water's reputation is overrated. It's not, assures integrative physician Elson Haas, M.D., author of *Staying Healthy with Nutrition*. "Drinking enough water is key to optimal health since it keeps cells properly hydrated." But, he adds, drinking plain water all day can backfire since it can actually deplete cells of key nutrients, plus introduce toxins that interfere with the function of glands and organs like the liver, thyroid and brain.

To the rescue: Experts have discovered that the right water mix-ins can combat these negative effects. Read on to find the fix that's best for you.

Feeling tired, crampy and foggy?

Overhydrating may be causing an electrolyte imbalance. The water we drink can't work its magic without electrolytes, minerals that regulate fluids in the body. When we sweat, we lose water *and* electrolytes, but rehydrating with plain water can exacerbate an electrolyte imbalance. That's because plain water has almost no minerals, so it fills the body with more fluids to process yet doesn't provide the electrolytes needed to do the job, Dr. Haas says. "That can lead to muscle fatigue, cramping, headaches and anxiety." The fix: Add a mix-in with electrolytes (like RecoverORS Bulk Pack 25, \$30, RecoverORS.com) to a glass of water every 4 hours as needed. You'll get up to 6 times the electrolytes of typical sports drinks—with no added sugar.

Bothered by bloat and belly fat?

Toxins in water may be taxing your liver. Contaminants such as lead and nitrates sneak into water from soil, pipes and chemicals used to disinfect water supplies—and even small amounts can take a toll on your liver over time. "The liver is the body's major detoxifier, but constantly filtering out toxins can leave it sluggish," explains Michelle Schoffro Cook, Ph.D., author of *The Probiotic Promise*. To avoid the resulting fatigue and weight gain, mix a scoop of green powder into 1 to 2 glasses of water daily. "The chlorophyll, antioxidants and other nutrients nourish the liver to improve its detoxifying ability." A mix-in to try: Amazing Grass Green SuperFood Drink Powder (\$20 for 8.5 oz., Vitacost.com).

Battling blue moods, thinning hair?

Fluoridated water may be sapping your thyroid, according to breaking science. That can lead to weight gain, fatigue, blue mood and a host of other issues. "A healthy thyroid is like an energy furnace that helps us lose weight and feel great, and the key to turning on the furnace is iodine," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* "Problem is, fluoride looks like the same key—but unlike iodine, it doesn't turn the lock." And as fluoride builds up in the body, it depletes iodine stores so the thyroid becomes more and more sluggish. What can help: a water add-in with iodine (like *Fatigued to Fantastic!* Energy Revitalization System, \$25 for 21.6 oz., Walmart.com), which will activate the thyroid and help flush excess fluoride. Mix ½ to 1 scoop into a glass of water once daily. ❄

quick take How Americans respond after seeing calorie counts on menus

