

August 31, 2015
God Bless America

Woman's World

More for your money!
\$1.79

Step-by-step-easy
BLISS TRICKS!

If you can knit,
you can
SAVE BABY ANIMALS!

Styling secrets that
HIDE THINNING HAIR!
plus Supplements that
SPEED REGROWTH!

DETOX OFF 12 LBS this week!

KELLY RIPA says
this healing cleanse
"changed my life!"

#1 ANTI-INSOMNIA SNACK!

She couldn't go to the movies or take a bath... until a
WEIGHT WATCHERS MIRACLE
helped Dani lose 150 lbs!

Go from
a size 16 to
an 8 in just
6 weeks!

August party fun!



- ✓ Festive punch recipes!
- ✓ Make smile cakes!
- ✓ Perfect for parties pizzas!

DEAN DRAZININ
SLS 208
108 W BROADWAY AVE
FAIRFIELD, IA 52556-3252
301 30 ML
#BXNKCZ *****5-DIGIT 52556
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through
research:
**CHOCOLATE
KEEPS
WOMEN
YOUNG!**



No en

Notice your energy takes a steep dive at certain times in your day—for instance, in the afternoon, post exercise, during long drives or after a stressful day at work? Use these scientifically proven fatigue-fighting tricks to keep your energy high—no matter what's draining your tank!

Dodge an afternoon crash with origami!

Next time your pep starts slipping away after lunch, don't put your head on your desk and rest. Instead, take a quick break to learn something fun, such as how to make an origami bird, French-braid your hair or say hello in a new language!

❖ Why it works: According to a recent *Journal of Experimental Social Psychology* study, developing new skills wakes you up instantly by engaging the goal-oriented part of your brain linked to alertness.



Be your own cheerleader!

If your get-up-and-go suddenly fades right before a stressful event, listing things you know you do well is proven to rapidly restore your mental energy.

Look at cute kittens, too!

Scrolling through photos of baby animals at work supercharges productivity. The positive emotions released by those images trigger a desire to keep those babies safe, which makes you more attentive and productive

Photos: iStockphoto; Shutterstock (3); SuperStock; Monkey Business Images/ Masterfile; Jose Luis Pelaez Inc/Getty Images; Michelle McMahon/Getty Images; Back-up Images.

ergy? Try this!

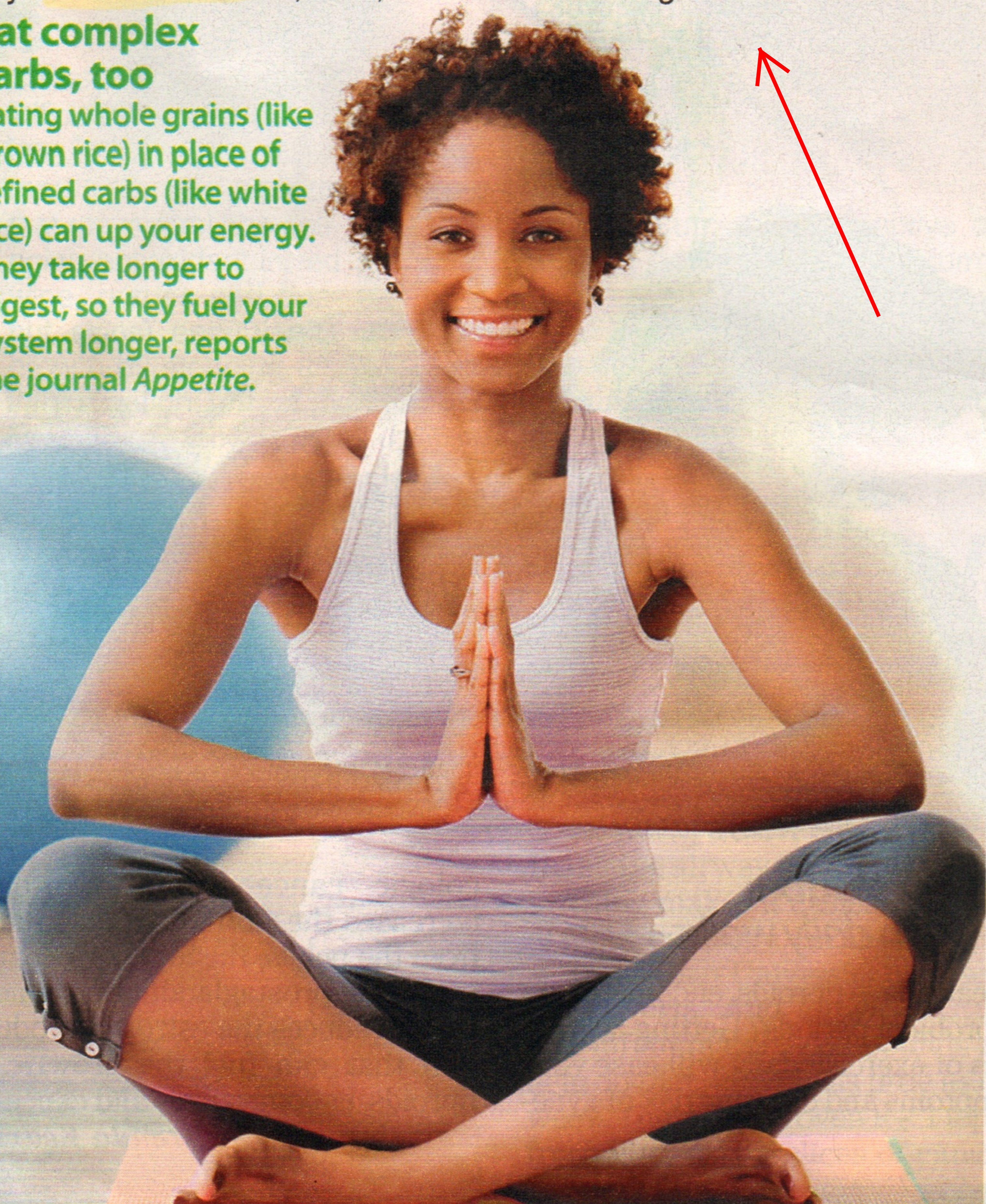
2 Feel recharged after exercising with vitamin B-1!

Love the health and slimming benefits of working out, but feel spent after you finish? Take 10 mg. of vitamin B-1 (thiamine) on days that you exercise, and you won't lose momentum no matter how intense your routine, reports the *Journal of Exercise Nutrition & Biochemistry*.

❖ **Why it works:** B-1 reduces the buildup of ammonia and lactate in muscles which causes post-workout fatigue. Plus, "your body's mitochondria—aka its cellular powerhouses—need thiamine to thrive," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*

Eat complex carbs, too

Eating whole grains (like brown rice) in place of refined carbs (like white rice) can up your energy. They take longer to digest, so they fuel your system longer, reports the journal *Appetite*.



3 Make hard tasks easier by giving up a grudge!

Can't seem to power through a big project? Think about someone who's wronged you—and then forgive him or her!

❖ **Why it works:** A Dutch study shows this simple shift unleashes energy by releasing stress, increasing your ability to concentrate!

Watch a Bugs Bunny cartoon, too! Belly laughing for a few seconds raises your heart rate, increasing your stamina as much as 20%, scientists say.



4 Stay alert on long drives with tongue twisters!

Taking a long drive to vacation at the beach or the mountains? You can stay alert the whole way by saying tongue twisters, reveals a study in the journal *Human Factors*. Find great ones online at uebersetzung.at/twisters/en.htm

❖ **Why it works:** Tricky verbal games pull your brain out of "autopilot" mode, making you significantly more alert. They improve your driving, too, say the researchers, by priming you to notice more of what's happening around you—even while you're focusing on the tongue twisters!

Chew gum, too!

Chew gum for 15 minutes, and you'll feel more attentive even when doing a boring task! It stimulates your autonomic nervous system, which revs brain activity, says Andrew Allen, Ph.D.



5 Get nighttime pep by massaging your feet!

Wish you had the oomph to get more done at home after a tough day at work? You can reclaim your energy and finish the day with gusto with a fast foot massage, Korean pros say.

❖ **Why it works:** Activating pressure receptors just under the skin on your feet stimulates your nervous system and reduces levels of fatigue-causing stress hormones. Simply press your thumb into the bottom of your foot and make small circular motions from your heel to your toes.

Slice open an orange, too!

Inhaling the fruit's sweet aroma for five minutes when you're blah sends a stimulating message to your brain that tames anxiety and motivates you to get moving, Brazilian and Dutch research shows.

