

January 25, 2016
God Bless America

Woman's World

More for your money!
\$1.89

STOP ARTHRITIS PAIN

with grape juice!

Special!

YOUR MONEY MIRACLE!

- ✓ GET A GREAT JOB — what to wear, what to say!
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- ✓ Turn your TRASH INTO CASH!
- ✓ Discover the secrets of LOTTERY WINNERS!
- ✓ Say the magic words that'll GET YOU A RAISE!



REJUVENATE YOUR METABOLISM with "Anti-Aging" Atkins

- Stacy, 55, lost 113 lbs!
- Shawna Lee, 51, lost 90 lbs!

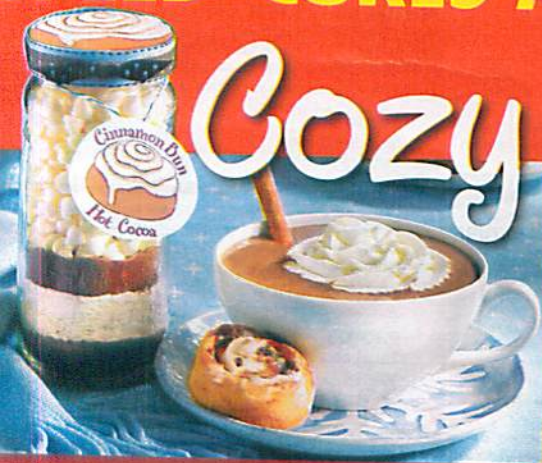
OVER 40? CAN'T LOSE WEIGHT?

Breakthrough beauty discoveries that

STOP SAGGING, SMOOTH CELLULITE!

The tea that

SPEED-CURES A COLD!



Cozy up

with gourmet cocoa!

GROW 50% MORE HAIR

with almonds!

Make your brain 10 YEARS YOUNGER!



Speed-cure colds and flu!

No matter how hard you try not to, odds are you'll come down with a few stuffy-headed colds—or even the flu!—between now and April. Fortunately, with a few study-proven home remedies, you can feel better fast!

✓ Up your defenses with elderberry

Keeping a bottle of elderberry extract tucked away in your cabinet could help you recover from your next winter illness in record time! In one study, taking 2 tsp. daily of elderberry extract cured viral infections—including influenza—in as little as three days for most of the women studied! Elderberries are packed with anthocyanins, unique compounds that stimulate immune cells to work harder and faster at destroying viruses.

Important: Always check with your doctor before starting any supplement for the first time.

✓ Speed your recovery with ginseng tea

Sipping two cups of ginseng tea daily during the first few days that you're under the weather can trim three days off your recovery time! Studies show that this herbal brew boosts your immune system to produce 30% more helper T cells, immune system dynamos that attack undesirable microbes.

✓ KO troublemakers with hot baths

Viruses are surprisingly sensitive to heat, the reason your body often picks a fever when it's battling one. And you can help by soaking in a hot, steamy bath for 20 minutes

each day! According to University of Pittsburgh researchers, this relaxing move raises your body temperature enough to zap so many germs, you're apt to be back on your feet four days faster than average. "Inhaling that steam is also a great way to prevent complications like sinusitis and bronchitis because it reduces inflammation, opens up congested sinuses and promotes drainage," says Jordan S. Josephson, M.D., medical director of the New York Nasal and Sinus Center.

✓ Up your antibodies by napping

If you feel groggy and tired when you're ill, don't hesitate to lie down for a little snooze. Napping when you're under the weather can boost your ability to trounce cold and flu viruses up to 50%, Cornell University studies suggest. Sleep is your body's prime time for producing antibodies, protein molecules that latch onto invading germs, so it's impossible for them to sneak inside healthy body cells, explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*.

✓ Tame your symptoms with tomato soup

True, chicken noodle soup can help you feel better—but tomato soup is even more effective, reports the *International Journal of Molecular Sciences*. One cup daily can reduce the severity of your symptoms,



helping you recover 38% faster. The lycopene in cooked tomatoes delivers that extra germ-fighting punch.

✓ Ease away aches with avocado

If a viral infection is making you feel miserable all over, try eating half an avocado daily. They're brimming with oleic acid, a healthy fat that suppresses the inflammation that flares when your immune system is working overtime. Plus, including oleic acid in a tomato-rich meal helps you absorb 260% more of the

immunity-boosting lycopene in the tomatoes, say Ohio State University researchers, so you'll bounce back even faster!

✓ Recover sooner with your favorite snacks

Is it feed a cold, starve a fever? Or starve a cold, feed a fever? It's neither—so go ahead and snack! UCLA researchers say grabbing a bite between meals if you're hungry—so your blood sugar stays steady all day—helps keep your immune system fueled and energized 24/7, speeding your recovery 32%.

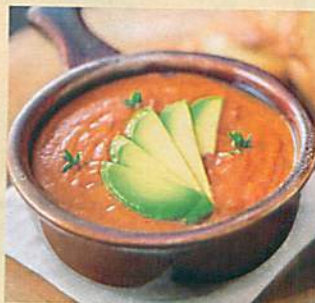
—Brenda Kearns

Recover faster with Creamy Avocado and Tomato Soup

Caught a cold or the flu? This richly flavored soup can help nurse you back to health, thanks to its generous doses of lycopene from cooked tomatoes and oleic acid from avocado, nutrients proven to help send viruses packing!

- 1 Tbs. olive oil
- 2 Tbs. tomato paste
- 3/4 cup chopped onion
- 2 tsp. sugar
- 2 cloves garlic, minced
- 1/2 tsp. salt
- 3 cups chicken broth
- 1/2 tsp. black pepper
- 1 can (28 oz.) of diced tomatoes
- 1/2 tsp. dried thyme
- 2 large avocados, peeled, halved, pitted

● In large pot, heat oil over medium heat. Add onion; cook, stirring frequently, until translucent, about 5 minutes. Add garlic; cook 1 minute. Stir in broth, tomatoes and their juice, tomato paste, sugar, salt, pepper and thyme. Over medium high, bring soup to boil. Reduce heat; simmer 5 minutes. Remove from heat; cool 10 minutes. Cut 1 1/2 avocados into cubes; add to tomato mixture. In blender, in batches, with lid on, purée until smooth. Add puréed soup back to pot; reheat before serving. Serve soup garnished with remaining avocado, sliced. Makes 6 servings.



Feel better in five minutes!

If cold or flu germs are making your body ache, spend five minutes giving yourself a finger massage. This relaxing treatment stimulates the release of painkilling endorphins, which can chase away virus-triggered discomfort for up to two hours. **To do:** Firmly massage each finger in turn, from base to tip, including the joints, while visualizing your aches being released through your fingertips.