

May 2, 2016
God Bless America

Woman's World

More for your money!
\$1.89

**OVER 50?
CAN'T
SLEEP?**
Try the *natural*
insomnia
cure!

The oil that
**CURES FEMALE
HAIR LOSS!**

**FAT-
BURNING!**

Drink *this* in the morning to
LOSE 20 LBS
in 2 weeks!

ANTI-AGING CARBS
that add 11 years to your life!

A million people are
talking about the
turbocharged coffee that
**Makes your body
burn fat faster!**

GET REAL-ESTATE RICH!
Cheap tricks make *your* home
worth thousands more!

**EASE
ANXIETY!
FEEL
HAPPIER!**



**CINCO DE MAYO
PARTY FUN!**

plus Treat yourself to
good-for-you margaritas!



Cake
pops!



Sail through menopause symptom-free!

Heard about (or already experiencing) menopausal symptoms? Get relief with safe, natural supplements proven to help keep you feeling healthy and happy! If you're coping with...

1 Vaginal dryness... try vitamin E

Inserting a vitamin E suppository daily relieves vaginal dryness and discomfort as effectively as prescription estrogen creams, a recent Italian study shows. "Vitamin E heals and strengthens the vaginal walls, improving elasticity and significantly increasing moisture," says naturopath Laurie Steelsmith, N.D., coauthor of *Great Sex, Naturally*.

2 Mood swings... try red clover

Red clover extract's gentle, mood-steadying plant estrogens can cut edginess, anxiety and blah moods as much as 77% in three months, researchers say. Bonus: Those same plant estrogens reduce hormone-triggered breast pain 44%. Concentrations in red clover supplements vary; follow package directions for dosage.

Important: As always, check with an M.D. before starting a new supplement.

3 Insomnia... try California poppy

Hormone shortfalls that occur after age 50 double the risk of insomnia, studies show. Nature's Rx? The gentle sedative compounds found in California poppy.



How does HRT compare?
Hormone replacement therapy can cut symptoms 90%, but has side effects. In contrast, British research shows herbal fixes can safely cut discomfort as much as 60%.

Researchers say taking a nightly 400-mg. to 800-mg. dose can help you sleep more soundly, often within a week.

4 Hot flashes... try St.-John's-wort

If you find that sudden temperature surges are disrupting your days and ruining your sleep, reach for St.-John's-wort. A study in the journal *Menopause* reveals that daily 600-mg. to 900-mg. doses cut hot flashes and night sweats 50% within eight weeks by heightening your brain's ability to keep your temperature steady, even as estrogen levels rise and fall, the study authors say.

5 Brain fog... try ginkgo biloba

At least half of us notice poor memory and brain fog during part of our pre- and post-menopausal years, Harvard research reveals. That's because when estrogen levels drop, so does your brain's production of the focus-enhancing hormone dopamine. Fortunately, ginkgo biloba "improves brain blood flow and restores dopamine production, often in as little as two months," explains David Perlmutter, M.D., author of *Brain Maker*. His advice: Start with a daily 240-mg. dose. Once your memory is back on track, cut down to 60 mg.



Pampering is not a luxury!

Hot soaks, mini massages, "me" time... whatever helps you unwind can help ensure you have a happier menopause! Giving your nervous system some TLC every day reduces hormone disruptions and symptom flareups as much as 50%, explain Yale researchers.

—Brenda Kearns

Stay Young with Ww

Sleep your way young!

Nearly one in three of us sleep too little each night, statistics show—and that can speed cellular aging and up the odds of health problems like diabetes! To get the shuteye you need:

1 Take magnesium! In a recent study, older adults who took 500 mg. of magnesium citrate nightly saw insomnia and middle-of-the-night wake-ups drop dramatically in less than 60 days. "This crucial mineral relaxes blood vessels and muscles and decreases the stress and anxiety that can interrupt slumber," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. Start with 200 mg., gradually increasing to 500 mg.

2 Walk in the a.m.! All physical activity improves sleep—but new University of Washington research reveals that middle-aged adults who exercise at least eight hours before going to bed fall asleep more easily and sleep more deeply. Researchers theorize that exercise earlier in the day helps your "internal clock" function better.

3 Try melatonin! If you regularly have trouble falling asleep—or are off-schedule because of travel or a new routine—try taking a 1-mg. dose of this hormone one hour before turning in at night. "It helps your system get ready for sleep, and plays a role in keeping your body clock in check," says Columbia University neurologist Carl W. Bazil, M.D., Ph.D.

4 Turn on white noise! Listening to a constant, meaningless sound (you can download "White Noise Free" at iTunes) triggers deeper, longer shuteye by neutralizing the common sounds, such as beeping horns or barking dogs, that might otherwise interrupt your slumber, Dr. Bazil explains.

Get drowsy with 4-7-8 breathing!

According to Andrew Weil, M.D., this ultra-easy trick calms your body and your mind, sending you to dreamland, often within 60 seconds! To do: Inhale for a count of four; hold for a count of seven; then exhale to a count of eight. Repeat once or twice, but not more than four times or you might feel lightheaded.

—Camille Pagan

