

June 20, 2016

God Bless America

Woman's World

More for your money!
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30 LBS SLIMMER at age 62!

OPRAH'S fat-blasting tricks turbocharge Weight Watchers — or any diet!

Snack on the seeds that **REVERSE WOMEN'S HAIR LOSS!**

Bedtime treats that

CURE INSOMNIA!

Use Jell-O to **GROW A GREENER GARDEN!**

STOP A MIGRAINE with ordinary H₂O!

Make Dad happy!

Shirt & tie cupcakes will make him smile!



Summer problems, solved!

Summer is full of pleasures—but feeling sticky, smelly, tired and more are not among them! Fortunately, these science-backed supplements can help you stay comfortable and energized, no matter how high the humidity and temperature climb!

1 Banish odor with zinc!

Worried about smelling not-so-fresh in hot weather? Try taking 30 mg. of zinc daily. Because your body uses this mineral to repair sun-damaged skin, your risk of a zinc shortfall rises in the summer—a shortfall worth correcting since zinc is a powerful natural deodorizer that stalls the growth of odor-producing bacteria on the skin!

Got muscle cramps?

You could be low in potassium, a muscle-relaxing mineral that's lost in perspiration. Try switching to a potassium-rich salt substitute (such as AlsoSalt or Morton Salt Substitute) until the temperature cools down.

3 Heal sun damage with ALA

Stayed in the sun too long? Taking 300 mg. of alpha-lipoic acid (ALA) daily can help erase redness, flaking, fine lines and other signs of sun damage within four weeks, say UCLA researchers. ALA is a powerful antioxidant that heals damaged skin cells and strengthens collagen and elastin, says Nicholas Perricone, M.D., author of *The Wrinkle Cure*.

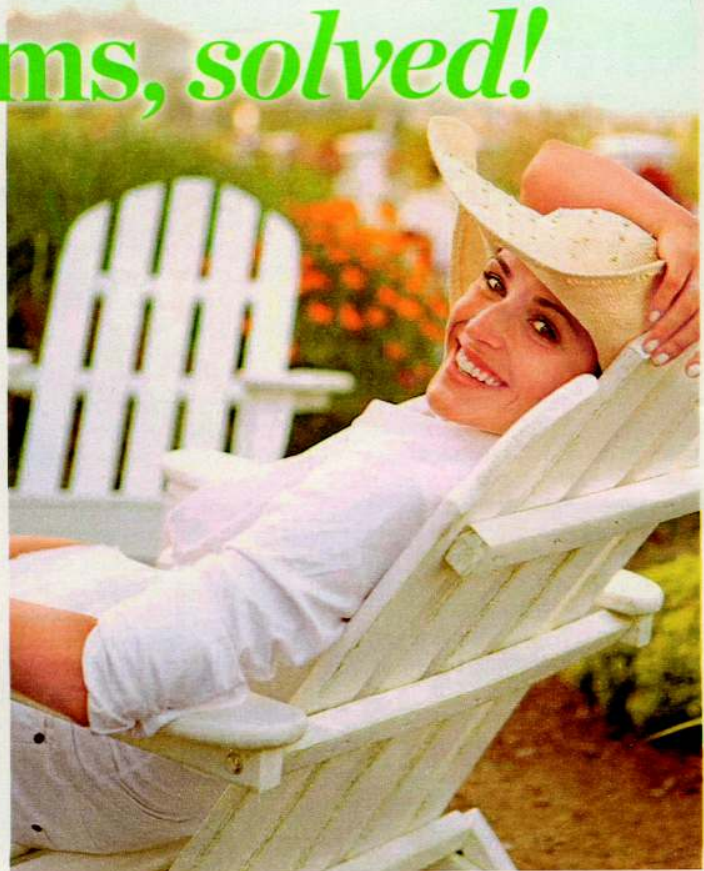
2 Beat fatigue with B's!

Energizing B vitamins are water-soluble, making it easy for your levels to drop in summer when you're more apt to perspire! The fix: Start taking a B-50 complex each morning, and you could be feeling more energetic and mentally alert in as little as five days, Stanford University researchers say.



4 KO tummy woes with ginger!

If you inadvertently eat something that's been left out too long on a hot summer day, your stomach will likely pay the price. To the rescue: 500 mg. of ginger extract, which quells nausea within 30 minutes, say Asian researchers.



Sleeping poorly on sticky nights?

Drinking 12 oz. of iced passionflower tea each evening could help you snooze as soundly as if you'd taken Valium or a similar Rx, reports a German research team. The flower contains compounds that calm the brain's anxiety center, a cluster of nerves that go into overdrive when the temperature creeps past your comfort zone.

—Brenda Kearns

Stay Young with W^W

Stop mid-life migraines—without meds!

Migraine headaches heat up as we approach menopause, reveals a new *Headache* study. The great news? You can ease the pain—and even prevent it in the first place—by:

1 Drinking your H₂O! Another reason to fit in at least six glasses a day: "The latest research shows that even *mild* dehydration can cause brain arteries to spasm, which can trigger a migraine," says Dana Simpler, M.D., an internist at Mercy Medical Center in Baltimore.

2 Gently exercising! A Swedish study shows that engaging in low-impact exercise (think yoga and strolling) for 40 minutes three times a week curbs migraines as effectively as Rx migraine medications! Exercise calms hormones and other brain chemicals linked to headaches, explain researchers. Bonus: It also reduces hot flashes and other hormone-related symptoms that can trigger migraines.

3 Closing your eyes! Women who begin meditating five days a week—sitting still with eyes closed watching their thoughts for 12 minutes—have fewer migraines in just a few weeks, and any headaches they do have are less severe, say Wake Forest Baptist University experts. Meditation eases stress (a top migraine trigger) even when you're *not* meditating!

4 Taking magnesium! It's shown to cut the number of debilitating headaches women experience by up to 65%! "Magnesium relaxes and stabilizes blood vessels and muscles, which may ease brain contractions that lead to migraines," says Jacob Teitelbaum, M.D., author of *Real Cause Real Cure*. Take 125 mg. of magnesium citrate before bed, and up the dose to 250 mg. after three weeks, he says.

Need quick relief?

Applying an over-the-counter plant-based gel to the back of your neck when a migraine starts can ease pain 52% or more, reveals a recent study from the Jefferson Headache Center at Thomas Jefferson University. Menthol and other natural compounds in the gel, marketed under the name Stopain Migraine Gel, can interfere with the brain's pain signals—keeping full-blown headaches at bay! (\$9.96, Walmart.com)

—Camille Pagan

