

July 18, 2016

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# Woman's World

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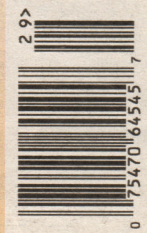
Clever clutter-busting tricks!

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She went from **SIZE 16 TO SIZE 4!**



# The real reason for your fatigue

Turns out, long to-do lists often aren't the real culprit behind our persistent tiredness. What is? Any one of a number of hidden—yet very fixable—health problems, new research shows. Here's what could be sapping your energy, and the easy science-backed fixes that'll rev your get-up-and-go!

## ✓ Gain weight easily? Try eating chickpeas

Prone to daily energy slumps and creeping weight gain? The culprit could be insulin resistance. This health hassle flares when your cells have trouble absorbing blood sugar, forcing your liver to convert that sugar into body fat instead!

■ **Energizing fix!** Including 1/2 cup of chickpeas (aka garbanzo beans) in your daily diet could reduce your tiredness 32% in 10 days—and help you shed up to one pound weekly, Canadian scientists say. Chickpeas are packed with a trio of minerals—molybdenum, manganese and copper—which together correct insulin resistance, encouraging muscle and brain cells to burn blood sugar (and body fat) for fuel.

## ✓ Sore back? Try soaking up sunlight

Often feel drowsy *and* have a sore back? Your brain's output of mood-boosting serotonin may be low! National Institutes of Health studies reveal that drowsiness (not sadness!) is the most common symptom of a serotonin shortfall, a shortfall that quadruples your odds of developing frequent backaches!

"Serotonin does more than prevent the blues," says Jacob Teitelbaum, M.D., author of *Real Cause, Real Cure*. "It's also essential for keeping your energy levels steady and your pain threshold high."

■ **Energizing fix!** At least six studies show that spending 30 minutes outside daily (even just sitting and relaxing!) ups serotonin production.

## ✓ Achy joints? Try taking schizandra

Tend to feel tired even after a good night's sleep *and* your joints are often sore? The problem could be chronic tissue inflammation.

■ **Energizing fix!** Taking 500 mg. of schizandra daily can help relieve your aches and pains—plus rev your energy—in as little as five days, reveals research in the journal *Nutrients*. This Chinese berry extract stimulates your nervous system, increasing your pep and alertness, says study coauthor Min Han, Ph.D. "It also helps prevent painful joint inflammation."

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

## ✓ Finding it hard to focus? Try D-ribose

If you're feeling physically tired *and* mentally foggy, your mitochondria (the microscopic energy factories inside every cell in your body) might need a boost, say Stanford University researchers. Mitochondria produce 98% of the energy you need to power through your day, yet after age 50, these little dynamos slow their energy output, triggering physical and mental weariness for more than half of us, according to a study out of the University of Chicago.

■ **Energizing fix!** "Try sweetening your tea or coffee with 2 tsp. of D-ribose powder daily," Dr. Teitelbaum says. This natural sugar extract stimulates sluggish mitochondria, cutting tiredness as much as 50% in two weeks and increasing

focus, concentration and brainpower. One option: Life Extension D-Ribose, \$20.63, Drugstore.com.

## ✓ Blood pressure high? Try eating beets

Often feel draggy *and* your blood pressure is up? A potassium shortfall could be to blame! When this mineral is low, it's hard for your thyroid to make the energizing hormone thyroxine. Plus, artery walls tighten, raising your pressure!

■ **Energizing fix!** Eating 3 cups of potassium-rich beets or Swiss chard weekly can remedy a potassium deficiency, revving thyroxine production, relaxing artery walls and increasing your energy 24% in eight days—plus lowering your pressure 10 points, Yale experts say.

—Brenda Kearns

## Fend off fatigue with Ginger Beet Hummus

This delicious snack is brimming with beets and chickpeas, ingredients that will boost your energy stores and stamina fast!

3 large beets, cooked, peeled and chopped, about 1 1/2 cups

2 cans (15-oz. each) chickpeas, drained and rinsed

2 Tbs. tahini

1 Tbs. fresh ginger, peeled, grated

1 Tbs. olive oil

1/4 cup fresh lemon juice

1/2 tsp. salt

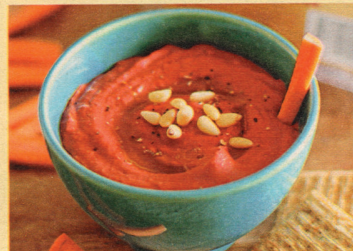
Pinch of cayenne

Black pepper to taste

2 Tbs. pine nuts

Vegetables, crackers and/or pita wedges

● Add all the ingredients (except black pepper and pine nuts) to a food processor or high-powered blender; process until completely smooth. Check flavor and add more lemon juice, cayenne or salt if desired. Sprinkle with black pepper and pine nuts. Serve with raw vegetables, crackers or pita wedges. Makes 4 servings.



## The key to refreshing sleep

Spending five minutes before lights-out doing simple stretches—touching your toes, reaching for the sky and pulling your knees to your chest—will add 22 minutes of deep, restorative sleep to your nightly slumber, the same improvement that you'd get by taking insomnia meds, say Harvard doctors. Gently stretching prods your brain to produce calming, sleep-inducing melatonin.