

August 8, 2016



FISH for women

Extra-creamy treats

15 delicious salads

NO MORE TIREDNESS

OUTSMART THE SILENT METAL OVERLOAD THAT EVEN 3 TOP DOCTORS DIDN'T KNOW THEY HAD! RESTORE LOST ENERGY FAST

LESS STRESS EVERY DAY

OLIVIA NEWTON-JOHN REVEALS THE TIPS THAT KEEP HER LOOKING & FEELING GREAT AT 67

99 SUMMER SOLUTIONS

QUICK RELIEF

- ✓ GI UPSET
- ✓ INSOMNIA
- ✓ SELF-DOUBT
- ✓ TENSION
- ✓ MIGRAINE

THE NEW WATER CURE

Oxford University researchers confirm drinking H₂O speeds weight loss by 550%

Drop 8 lbs in 7 days

BE EVEN SMARTER

EASY WAYS TO END FOGGY THINKING & WARD OFF ALZHEIMER'S

REVERSE AGING

15 NATURAL WAYS TO FEEL 15 YEARS YOUNGER!

- ✓ SAGGING BUST
- ✓ THINNING HAIR
- ✓ WRINKLES
- ✓ SLUGGISH METABOLISM

But 95% of women don't see results because the water they're drinking is slowing their thyroid

Your complete guide to unleashing the slimming power of water + thyroid


Negative calorie foods that burn as much fat as exercise!

HAPPY IS WITHIN REACH



\$2.49

Display until 8/8/16



Lose 8 lbs
every week!

Your

Oxford University research confirms that sipping H₂O can speed weight loss by 550%. But 95% of women over 40 don't see results. The surprising reason why

Chances are, you always have a trusty water bottle on hand to make sure you stay hydrated—after all, you've been told for years that drinking ample H₂O will curb hunger, fire up fat burn and supercharge energy. But experts are issuing a surprising new caution to women over 40: All that water can come with some unintended downsides, including weight gain, fatigue, thinning hair, blue moods and headaches.

The problem: Certain chemicals in the water supply have a negative impact on hormones, explains Howard Murad, M.D., a professor at UCLA's David Geffen School of Medicine and author of *The Water Secret*. And as we guzzle more and more water in an attempt to "drink enough," we can inadvertently overload our systems with damaging compounds that end up exacerbating the hormonal imbalances that occur

ALERT! THESE BOTTLED

We looked at common water brands and found 5 that contain fluoride—a compound that saps thyroid function.

While these amounts may seem low, if you're drinking 64 oz. (about 2 liters) a day, your fluoride intake quickly adds up—and studies show ingesting as little as 2.2 mg of fluoride daily can slow thyroid function.

Data gathered from bottled water manufacturers and U.S. Department of Agriculture reports.

water cure

Melt 550%
more fat at
every age

40s

Speed thyroid with *this* water

naturally with age. Notes Dr. Murad, "These shifts in hormones can have profound effects on the body."

Armed with this knowledge, experts identified the water pitfalls that are most common for women in their 40s, 50s, 60s and beyond—and developed simple strategies that help outsmart hormonal havoc. The best part: Once you address the age-related glitch that's slowing your slimdown, drinking water becomes just as effective at trimming inches as commercial weight-loss programs. In a study published in the prestigious medical journal *Obesity*, researchers from Oxford University found that overweight adults who drank 16 oz. of water 30 minutes before each meal lost 550 percent more weight over 3 months than those who didn't sip water before meals. The study authors point out that the weight loss seen with water is roughly equivalent to what dieters can expect to lose on a program like Weight Watchers over 12 weeks—and it costs next to nothing!

The benefits go beyond slimming. Women FIRST spoke with also experienced various perks including fewer cravings, glowing skin, sunnier moods, boundless energy and sounder sleep. Read on for the simple how-to that will start transforming your health today!

Perimenopause is marked by wild fluctuations of hormones—including those produced by the thyroid gland. As Harvard-educated weight-loss specialist Sara Gottfried, M.D., author of *The Hormone Reset Diet*, explains, this makes women in their 40s more susceptible to symptoms of a thyroid slowdown, including won't-budge pounds, tiredness, thinning hair and brain fog.

And while many women turn to water as a way to slim and energize, this can end up backfiring, causing slow thyroid function to turn into full hypothyroidism. That's because as much as 70 percent of the tap water in the United States contains fluoride—a compound that competes in the body with iodine. "Iodine is the key that turns on the thyroid's 'energy engine,' but when fluoride intake is high, thyroid cells pick up fluoride instead," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* "Fluoride acts like a miscut key that fits into the ignition, but jams it so the engine can't turn on." As fluoride builds up in the body, it depletes iodine stores, causing the thyroid to become more and more sluggish. In fact, studies show hypothyroidism (and the

weight gain that comes with it) is nearly twice as common in areas where fluoride is added to the water.

Your thyroid-revving strategies

► **Reach for *this* bottled water.** Many municipal water sources are fluoridated—and unfortunately, most at-home filtration systems can't remove the mineral. The reverse osmosis filters that *can* start at \$300. For a lower-cost solution, seek out low- and no-fluoride bottled water including Nestlé Pure Life, Smartwater and Ice Mountain Water.

► **Add iodine.** "It will help flush fluoride out of the body," says Dr. Teitelbaum. He suggests taking 6.25 mg of tri-iodine (like Terry Naturally Tri-Iodine, \$27 for 90 capsules, VitaCost.com and health-food stores) daily for 6 months, but he adds that it's important to consult a health-care provider before dosing since excess iodine can also be problematic.



Also smart: Enjoy the sunshine.

When the sun's UV rays hit skin, they stimulate the formation of vitamin D₃. That's a boon for slimming, because this form of D has been shown to help tissues absorb thyroid hormones. The easy Rx: Spend 10 minutes (20, if it's cloudy) outdoors without sunscreen daily. For an added boost, let your bare feet touch the ground—studies show this actually increases the output of thyroid hormone by 22 percent.

WATERS MAY SLOW THYROID FUNCTION

Arrowhead Mountain Spring
1.2 mg/liter

Crystal Geyser Alpine Spring
.74 mg/liter

San Pellegrino
.44 mg/liter

L'Alpina
.25 mg/liter

Fiji
.24 mg/liter

Turn for more water cures

50s Nix estrogen glut with *this* bottle

In our fifth decade, the balance of female hormones gets out of sync. “At this stage in a woman’s life, estrogen levels are low, but progesterone is even lower,” explains Sara Gottfried, M.D. “This relative excess of estrogen makes women more likely to gain weight, plus causes them to feel distracted and moody.” She points to frequent headaches, breast tenderness, blue moods and jiggle fat as additional symptoms.

Toxins, like *bisphenol A* (BPA), found in plastic water bottles can make this imbalance even worse. “BPA looks similar to estrogen, which allows it to trigger estrogenic pathways in the body and disrupt estrogen receptors,” notes Dr. Gottfried. As a result, the negative effects of excess estrogen increase while the balancing effect of progesterone is lost, making weight loss even more difficult. Excess estrogen also strains the liver, hindering its ability to flush fat-promoting toxins and burn stored fat for fuel, which only pulls us deeper into a weight-gain cycle.

Your estrogen-balancing strategies

► **Give BPA the boot.** “No matter what beverage you’re sipping, glass bottles are always your safest bet,” says Dr. Gottfried, who adds that ceramic and stainless steel are also good options. The one material to avoid: plastic. New research reveals that “BPA-free” plastics may harbor BPS and BPF, two chemicals that are closely related to BPA and also act like estrogen in the body. For on-the-go sipping, we like Contigo Purity (\$15, goContigo.com), a 20 oz. glass water bottle with a stainless steel screw-on cap and shatter-resistant silicone sleeve. Because the body of the bottle is all glass, beverages won’t pick up a metallic taste. If you prefer a bottle with a built-in straw, try Eco Vessel’s

Summit Triple Insulated Stainless Steel Water Bottle with Flip Straw Spout (\$29, EcoVessel.com), a 24 oz. bottle with a silicone spout and straw.

► **Stir in fiber.** “The liver is responsible for taking both harmful and benign substances, including estrogen and BPA, and processing them so they can easily be removed in the urine or stool,” says Dr. Gottfried. To help the body with this, she advises increasing your intake of fiber, which binds to estrogen in the GI tract so it can be easily shuttled out of the body. “Fiber is the unsung hero of weight loss,” says Dr. Gottfried. “If you don’t eat enough fiber, you keep circulating the estrogen over and over.” To get the benefits, eat 4 cups of legumes and/or leafy green vegetables each day. Or try Renew Life Skinny Gut Organic Fruit & Acacia Fiber (\$18 for 32 servings, RenewLife.com), which can be stirred into water or smoothies for a fruity-flavored fiber boost that also increases satiety by 60 percent for 4 hours.



Also smart: Take time to unwind. One of the simplest—and most effective—things you can do to optimize estrogen and progesterone levels is to dial down stress. “High levels of the stress hormone cortisol blocks progesterone, contributing to estrogen dominance,” explains Dr. Gottfried. Try taking a leisurely 20-minute stroll every day—Japanese research suggests that this can reduce cortisol levels by 40 percent for 5 hours to help the body bring estrogen and progesterone back into balance. For best results, stroll outside in a park or on a tree-lined street. Research shows that outdoor exercise reduces cortisol levels 3 times more effectively than walking indoors.

It worked for me

“I shaved 60 years off my ‘metabolic age!’”

Patty Parsons sat in her doctor’s exam room and received the same lecture she’d heard for decades: “It’s as simple as calories in, calories out. You must be doing something wrong.” With quiet resignation, Patty figured, *I’ll just be fat forever.*

Fortunately, Patty made one last attempt at slimming with the 40 Day Reset program and took a body-composition test. She learned her cellular water levels were too low. “The water couldn’t do its job because it couldn’t get into my cells,” she says. What’s more: Testing revealed that her “metabolic age”—a measure of how her organs were functioning—was over 100, indicating she had the body of someone decades older.

Patty dove into reversing the readings. She kept a water bottle in reach and tried stevia drops and an infuser pitcher to add flavor. She also upped her intake of water-rich foods.

After shedding 32 pounds in 43 days, Patty was in awe: “I kept waiting for it to stop working. But it never did.” Her body fat fell from 50 to 27 percent, and her pants tags now read “size 4” instead of 3X. Plus, her moods stabilized and she started sleeping through the night.

Best of all is how youthful she feels. “Now my metabolic age is 33,” the 59-year-old cheers. “It is great to be alive. I’m happy to be here!”



THEN: **261 lbs**

60s Boost cellular hydration with protein

Patty lost 113 lbs!

Patty Parsons, 59, Bronxville, NY
Height: 5'9"

NOW: 148 lbs

After decades of dutifully drinking water, environmental toxins in the water supply can build up in our bodies, causing damage to our cellular membranes—and that damage really starts to take its toll in our 60s. “Damaged cell membranes cannot hold water properly. Water seeps out of cells and shows up as swollen legs and bloat,” says Howard Murad, M.D. (Ironically, the signs of “retaining water” mean cells are doing the opposite.) This leads to cellular dehydration in 95 percent of women over 65—even those who drink plenty of water.

Complicating matters: Cellular dehydration causes declines in testosterone, according to University of Connecticut researchers. By age 60, our testosterone levels are *already* in short supply—we have 86 percent less testosterone than we did at age 20. Without ample testosterone, the body can’t use the raw material from meals to build muscle, so metabolism slows. “Recent research suggests that women lose muscle twice as fast as men,” notes Dr. Murad. “And that makes it extremely difficult to lose weight.”

Your testosterone-boosting strategies

▶ **Stir in protein.** “Cell membranes are made of amino acids, which come from protein,” explains Dr. Murad. “Consuming good quality protein

allows us to make healthy cells that can hold on to hydration.” An easy option: Add Designer Whey 2GO drink mix (\$6 for 5 servings, Vitacost.com) to your water. This add-in includes 10 grams of whey protein—the type that researchers in Finland report can increase testosterone levels by 25 percent.



▶ **“Chew” your H₂O.** “I believe the best source of water is colorful fruit and veggies,” says Dr. Murad, who explains that their phytochemicals repair cell membranes and protect them from further damage. “Plus, their water is released slowly during digestion, so cells have more time to soak it up.” Bonus: In a three-year study at Tufts University in Boston, loading up on fruit and veggies helped adults maintain an average of 3.6 additional pounds of muscle compared with those who ate half as much produce.

Also smart: Practice gratitude.

“Stress releases neuropeptides that directly damage cellular membranes,” says Dr. Murad. That’s why he suggests keeping a gratitude journal to track joys and put challenges in perspective. Researchers at University of California at San Diego report that women who write in a gratitude journal regularly have higher markers of cellular hydration, as well as mood and energy.

Weight loss is just the beginning!

They don’t call water the “elixir of life” for nothing. Here are just a few of the health perks you’ll enjoy when you drink more water as part of an overall healthy lifestyle:

