

Woman's World

God Bless America

A great week made easy!

More for your money!
\$1.79

Sept. 22, 2008

Feed your family for less!
Budget-stretching dinners!
plus
Recipes starring your kids' favorite food!

Happiness boosters!

Instant tricks to bust bad moods, ease anxiety and enjoy more confidence!

BEAT FALL ALLERGIES!

How tea and *gossip* can help!

Surprise research:
The CD that can help you

Stress less!

The celebrity secret that can make you
Look years younger!

ORGANIZING BLISS!

7 smart cures for closet messes!

Wow'em!

Best-ever bake-sale treat!

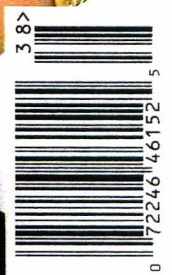


Are 'broken' hunger hormones making you FAT?

6 signs you may have a leptin imbalance —and the medically proven quick fix that will let you

Lose 13 lbs a week!

Look amazing in jeans!
8 most common figure flaws solved!



● News You Need Now

Stressed? Try t

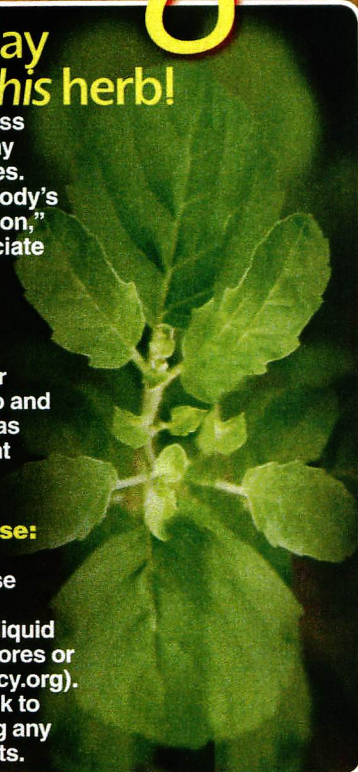
1 Cure day-to-day worries with this herb!

Holy basil slows the flow of stress hormones produced by everyday hassles, like traffic and deadlines. "Chronic stress turns on your body's stress mechanism and keeps it on," explains Chad Krier, N.D., associate medical director of The Olive W. Garvey Center for Healing Arts in Kansas.

❖ **The proof:** When scientists compared holy basil to two other herbal heavyweights—eleuthero and panax ginseng—they found it was the most potent anti-stress agent of the three—and the least likely to cause side effects!

❖ Your de-stressing dose:

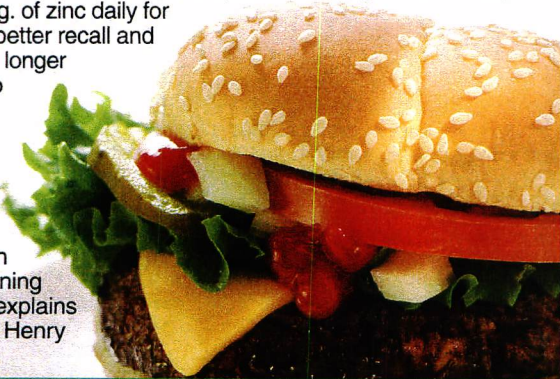
Take holy basil tablets as directed on the label, or use 1/2 a teaspoon, three times daily, of holy basil liquid extract (at health-food stores or online at organicpharmacy.org). Important: As always, talk to your doctor before taking any new herbs or supplements.



4 Zip through a long to-do list by biting into a burger!

One burger has 6 mg. of zinc, a mineral that increases calm and regulates dopamine—a neurotransmitter that blocks the negative effects of stress hormones. And that's not all: Zinc also pumps up your brain skills, helping you get to the bottom of your to-do list faster!

❖ **The proof:** Volunteers in a U.S. Department of Agriculture study who took 20 mg. of zinc daily for 12 weeks had better recall and stayed focused longer than those who didn't get the supplements. "Zinc appears to aid neurons in the hippocampus—the part of the brain involved in learning and memory," explains study coauthor Henry Lukaski, Ph.D.



Other delicious sources of zinc!

Oysters, crab, turkey and walnuts all have lots of the mineral. Bonus: They're loaded with good fats that help relieve anxiety by regulating mood.

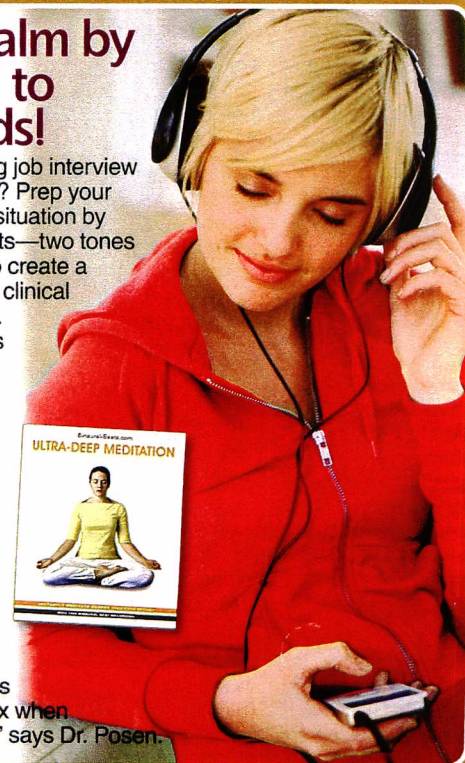


5 Create calm by listening to these sounds!

Jittery over an upcoming job interview or doctor's appointment? Prep your brain for any nail-biting situation by listening to binaural beats—two tones that your brain blends to create a third calming beat, says clinical hypnotherapist Steve G. Jones, M.Ed. This slows your nervous system, nipping a possible meltdown in the bud!

Listen to free binaural beat recordings at healingbeats.com. Or try the Ultra-Deep Meditation CD (\$29.95, binaural-beats.com).

❖ **Also helpful:** Listen to recordings of ocean waves, rustling leaves, birds or rain. "Our bodies are programmed to relax when we hear nature sounds," says Dr. Posen.



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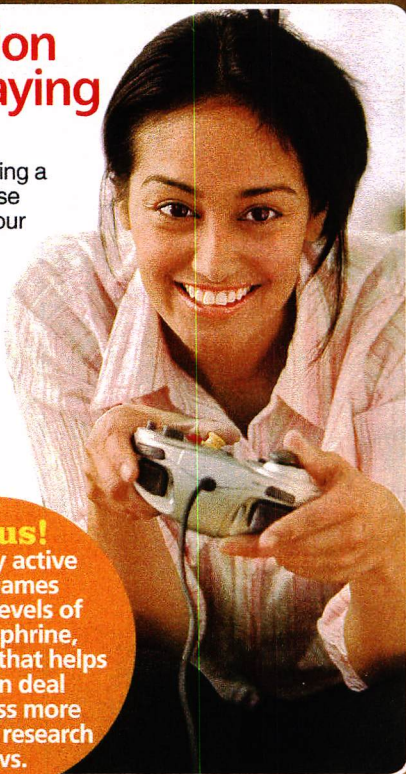
Tense? Tired? Achy? Join the crowd! According to an American Psychological Association survey, nearly half of us say our stress levels have soared over the past five years. The good news: No matter how long your to-do list, stress needn't overwhelm you. Simply use these scientifically tested tips to get you through each day stronger, calmer and happier!

2 Find a solution faster by playing video games!

As surprising as it sounds, solving a sticky problem—like how to raise money for the PTA or getting your co-worker to pitch in more—is much easier after playing video games, especially active video games—such as Dance Dance Revolution, Guitar Hero or Wii Fit. Why? Because they force you to focus on the big picture and small details simultaneously—the exact outlook you need to come up with new ideas for problem solving!

❖ **Bonus:** Playing them is also energizing and seems to erase negativity—things that power up your creativity even more!

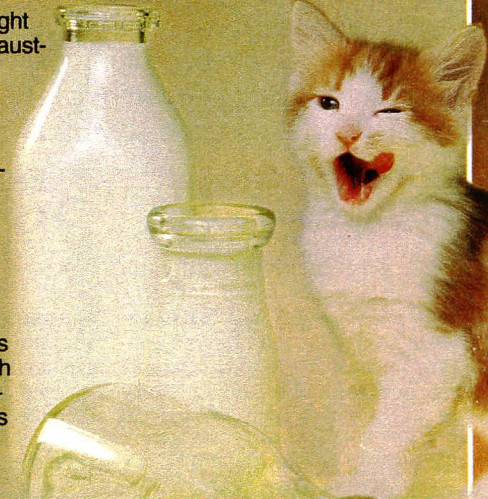
Bonus! Physically active video games increase levels of norepinephrine, a hormone that helps the brain deal with stress more efficiently, research shows.



3 Sleep more deeply by drinking milk!

Tossing and turning at night won't only leave you exhausted, it'll also amp up your body's production of the stress hormone cortisol, and, in turn, lower serotonin, a calming, put-you-to-sleep brain chemical, says David Posen, M.D., author of *The Little Book of Stress Relief*.

❖ **Your sleep-time solution:** Drink milk before hitting the sack! It's rich in whey protein, which helps boost tryptophan—one of the building blocks of serotonin—by 43%, notes a recent study.



Lactose intolerant?

Sip water infused with the amino acid L-theanine 30 minutes before turning in to produce relaxing alpha brain waves, says Jacob Teitelbaum, M.D. One to try: Vitamin Water B Relaxed (about \$1.50 for a 20-ounce bottle, at supermarkets).

6 Conquer unexpected obstacles with lavender!

Lost an address and late for an appointment? Waiting in an endless line at the post office? Take a whiff of lavender to stay serene in these and other frustrating situations. Volunteers who breathed in this sweet scent felt more relaxed and had lower cortisol levels in their saliva just five minutes later, reports the journal *Psychiatry Research*. The aroma triggers a shift in the brain from left frontal activity to right frontal—indicating a calmer emotional state, according to a recent EEG brain scan study from the University of Miami School of Medicine.

Slather on a calming moisturizer!

One that contains ylang ylang oil! In a recent study, people who smelled ylang ylang experienced a drop in blood pressure and a rise in calm feelings, according to a report in *Phytotherapy Research*.



7 Shoulder responsibilities more easily by drawing!

Or painting, knitting, strumming a guitar or doing whatever frees your imagination. A study in the *Journal of Nursing Scholarship* found that creating artwork soothed the nerves of the most stressed-out folks around—people caring for a sick family member. The rhythmic, repetitive motions involved in painting, drawing or knitting ease anxiety by distracting us away from tension-building worries, explains board-certified art therapist Cathy Malchiodi, author of *The Soul's Palette: Drawing on Art's Transformative Powers*.

❖ **Also smart:** Bowling, gardening—even putting together a puzzle! “Doing something engrossing makes you forget about everything else,” says Dr. Posen. “That way, you halt stressful thoughts, which gives your body a chance to calm down.”



—Gabrielle Lichterman