

241 fast, easy ways to wow your holiday crowd

November 24, 2008

healthy living made easy



First

DOUBLE YOUR ENERGY TODAY

GI problems have triggered a B-vitamin deficiency in 84% of us. The fix is simple!

DROP 47 LBS BY CHRISTMAS

Discover the nutrient that burns up to 2 lbs of fat every day

YOU, BODY BEAUTIFUL

Stylists share their top tips to looking party-perfect

FOUND \$\$\$

What to do right now to save big on your 2008 taxes

FROM HECTIC TO HAPPY

LORI LOUGHLIN shares how she finally learned to STOP STRESSING

SWEET COMFORT

BRAD PAISLEY on why your man loves you more than you know

HEALTHY IN A HURRY

6 secrets that will have you feeling great all day

LUXE FOR LESS

Loving touches that won't break the bank



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Feeling super-stressed?

This gland—not your schedule—may be to blame

Health experts are reporting an epidemic rise in cases of *adrenal burnout*, a stress-induced condition that now affects up to 70 percent of women and triggers telltale symptoms such as brain fog, headaches and weight gain. “The adrenal glands secrete adrenaline, *noradrenaline* and *cortisol*, hormones that regulate energy and help the body cope with stress,” explains Brooke Kalanick, N.D., a naturopathic physician in New York City. “But when women operate in a constant state of overdrive, the glands become depleted, leaving the body feeling likewise.” Fortunately, it’s easy to refuel the adrenals for all-day energy, genius brainpower and more.

Adrenal booster: VACATION PHOTOS

Also improves sleep quality!

It’s well established that a 10-minute break during a hectic day can alleviate strain on the adrenals. But for even better results, use that time to look at pleasing images—a British study found that tense office workers who gazed at fine art experienced an immediate 32 percent plunge in cortisol levels. Can’t duck out to a gallery? Any happy visuals will do. “Photographs that call up positive memories can halt the stress cycle to give the adrenals a break,” notes Dr. Kalanick. This makes vacation snapshots an ideal choice. Bonus: When cortisol levels dip, levels of relaxing *serotonin* rise, making slumber arrive more easily at night.

Adrenal booster: VITAMIN C

Also revs energy!

Vitamin C plays a key role in the production of adrenal hormones, so healthy glands store up to 30 mg of it, explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007). But since vitamin C is used up as adrenal hormones are pumped out, depletion can occur all too easily. The good news: Rectifying a vitamin C shortfall is proven to restore adrenal activity, plus jump-start cellular energy output. The study-backed dose is 500 mg of vitamin C daily, which women can get from five servings of C-rich fare such as citrus fruit, bell peppers and broccoli.

Adrenal booster: GINSENG

Also sharpens thinking!

New research shows that *panax ginseng* (Korean ginseng), an herb already proven to heighten brainpower, also buffers the adrenals against burnout. “Ginseng is an *adaptogen* that improves the body’s resistance to stress and thereby reduces the demand for adrenal hormones,” explains Dr. Teitelbaum. He advises taking a 100 mg supplement containing at least 5 percent *ginsenosides* (the herb’s active compound) twice daily for six weeks, then stopping for two weeks (to avoid building up a tolerance), repeating as needed. One to try: Puritan’s Pride Korean Ginseng 100 mg (\$8 for 60 capsules, at puritan.com), which contains 7 percent ginsenosides.

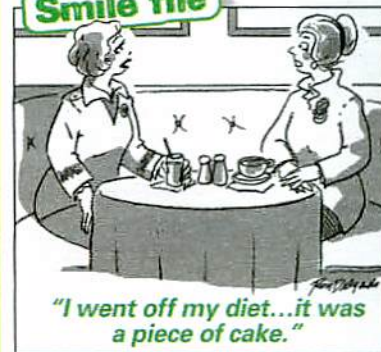
handy info

The driving trick that prevents carpal tunnel

Clutching the top of a steering wheel can lead to carpal tunnel syndrome, caution researchers at Baylor University Medical Center at Dallas. That’s because this position puts pressure on the wrist’s *median nerve*, which—when inflamed—can cause tingling in the hand. To sidestep the risk, imagine the steering wheel is a clock and grip where the 9 and 3 would be. This aligns the hand with the wrist, easing pressure on the nerve.

SOURCE: Baylor University Medical Center at Dallas

Smile file



"I went off my diet... it was a piece of cake."

NEWS! Sesame seeds eliminate stomach bugs



A new study suggests that two strains of sickness-causing bacteria, *E. coli* and *salmonella*, may bind more easily to the indigestible fibers in sesame seeds than they do to human gut cells. This discourages the bacteria from taking root in the body, ensuring they are excreted.

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