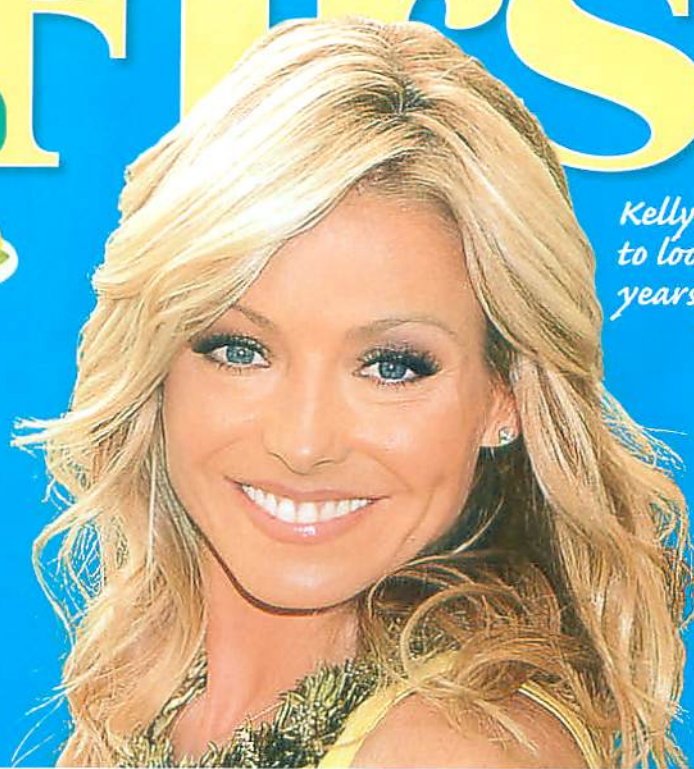


★ *for women* First

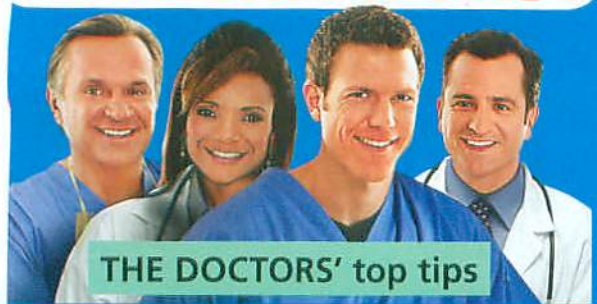
SIMPLE GOODNESS

24 pages of fast, easy & delicious meals + treats!

Kelly's secret to looking 10 years younger



44 easy ways to FEEL GREAT FAST



THE DOCTORS' top tips

TIRED? ADDICTED TO CARBS?

YOUR BEST STRESS CURE

Natural fixes for 7 kinds of hormonal imbalances

REDISCOVER LOST ENERGY

74% of women over 50 get too *much* iron

36% of women under 50 get too *little* iron

Optimize your levels to end fatigue

Burn 500% more fat

Brain-chemistry breakthrough! Loading up on carbs before noon can speed metabolism

9/27/10
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The foods that banish the fall blues

FIRST's hearty fall meals won't just wow friends and family—they'll rev the production of feel-good brain chemicals to keep you happy all season long

Fall's crisp cool air and colorful leaves offer plenty to smile about, but the change of seasons also brings waning hours of sunlight—and that can leave millions of women feeling sad or irritable. Part of the problem: "Exposure to the sun is our main source of vitamin D, a nutrient needed to produce the feel-good neurotransmitter serotonin," explains Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction*

Now (Fair Winds, 2010). "Even minor shortfalls of this brain chemical can bring on varying levels of seasonal affective disorder symptoms, including blue moods, trouble sleeping and increased cravings."

The nutrients that rebalance brain chemistry

All it takes to start feeling sunnier is a diet rich in brain chemical-balancing foods, says Dr. Teitelbaum. The most

beneficial: fish. "Oily fish are one of the top food sources of vitamin D," says Dr. Teitelbaum. "And studies suggest that fish's omega-3 fatty acids EPA and DHA are more effective at lifting mood than antidepressants." That's because these compounds improve the fluidity of cell membranes, which optimizes the production of serotonin and other happiness-inducing brain chemicals like dopamine. Aim for a healing dose of three to four weekly servings of fatty picks such as salmon.

For an even greater mood boost, Dr. Teitelbaum advises eating plenty of protein. Sources like chicken and beef provide tryptophan, an amino acid that the body uses to synthesize serotonin. Also, enjoy 1 oz. of quality dark chocolate, which increases levels of feel-good endorphins. The happy upside of this food formula: In as little as one week, you'll experience improved mood, increased energy and freedom from cravings.

Everything you need is right here

Every recipe in FIRST's cookbook is packed with mood-boosting nutrients to keep you feeling your absolute best. Just choose your daily meals from the menus found on pages 51–74, like the sample day listed below, and you'll be smiling brighter in no time.

- Breakfast:** Veggie omelet made with omega-3 fortified eggs
- Lunch:** Sassy Citrus & Sage Chicken with Lemony Lentil Toss (pages 54–55)
- Dinner:** Macademia-Crusted Salmon (page 66)
- Dessert:** Domino Cookies (page 74)

It worked for me

"A diet tweak restored my happiness!"

Not now, thought Abigail Rose as she felt a crying jag coming on at brunch with her boyfriend's parents. *This is just too embarrassing.*

For nearly a decade, Abigail had been dogged by fatigue, sadness and carb cravings that disrupted her life and caused her to gain weight. But when she turned to her doctor, he just handed her a prescription for antidepressants.

Determined to find a natural solution, Abigail tried yoga and light boxes, but they did little to lift her mood. Then a nutritionist suggested omega-3 fatty acids.

Within a week of fortifying her healthy diet with a fish-oil supplement and ample amounts of wild salmon, walnuts and flaxseed oil, Abigail's mood and energy skyrocketed and her cravings disappeared. "I never dreamed the dark cloud that haunted me for years could lift in just days," marvels Abigail, now a "happy girl." "It's paved the way to true joy."

NOW:
size 4

Abigail Rose, 30,
Sedona, AZ

Abigail lost
2 pant sizes!



THEN: size 8