

July 25, 2011

God Bless America

# Woman's World

A great week made easy!

New Harvard research!  
The amazing "grilled cheese"  
**CURE FOR DIABETES!**

More for your money!  
**\$1.79**



## Celebrate Summer!

Prettiest-ever Raspberry Lemonade Hydrangea Cake!

**PREVENT WRINKLES**  
with the hot new sunscreen pills!

**THYROID BOOST!**  
Heal your sluggish thyroid  
—and watch fat melt away!

**HIDDEN SAVINGS!**  
Surprising tricks that cut  
grocery bills!

**Endless energy!**  
Beat stress-fatigue and afternoon slumps!

**CAKE-MIX MAGIC!**  
Mix up some INSTANT HAPPINESS!

Party-pro secrets for your  
**Happiest FAMILY REUNION!**

**FORGETFUL?**  
Instant fix gets rid of "brain clutter"!

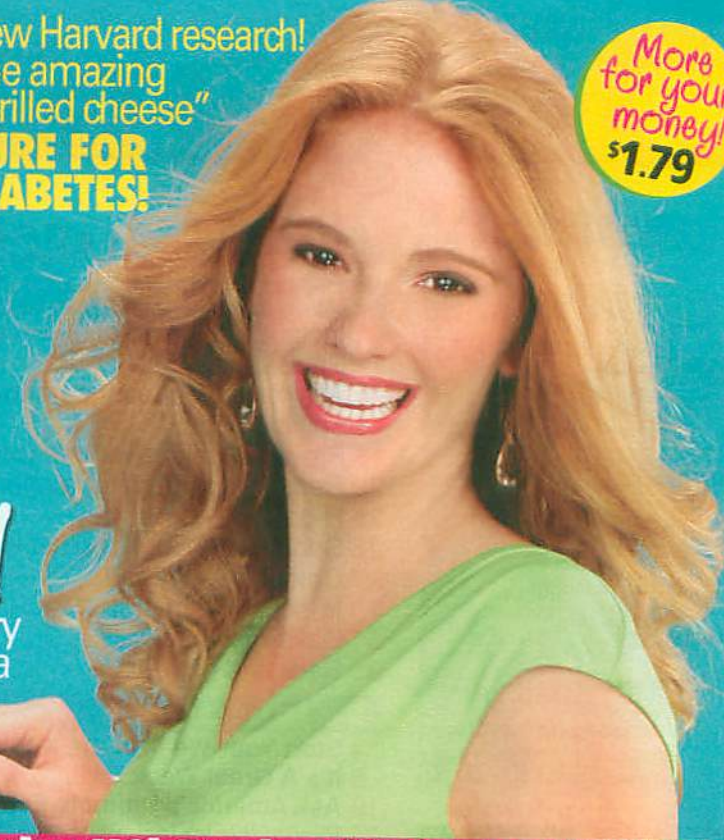


Finally in the US! England's hottest diet is

# Better than WEIGHT WATCHERS!

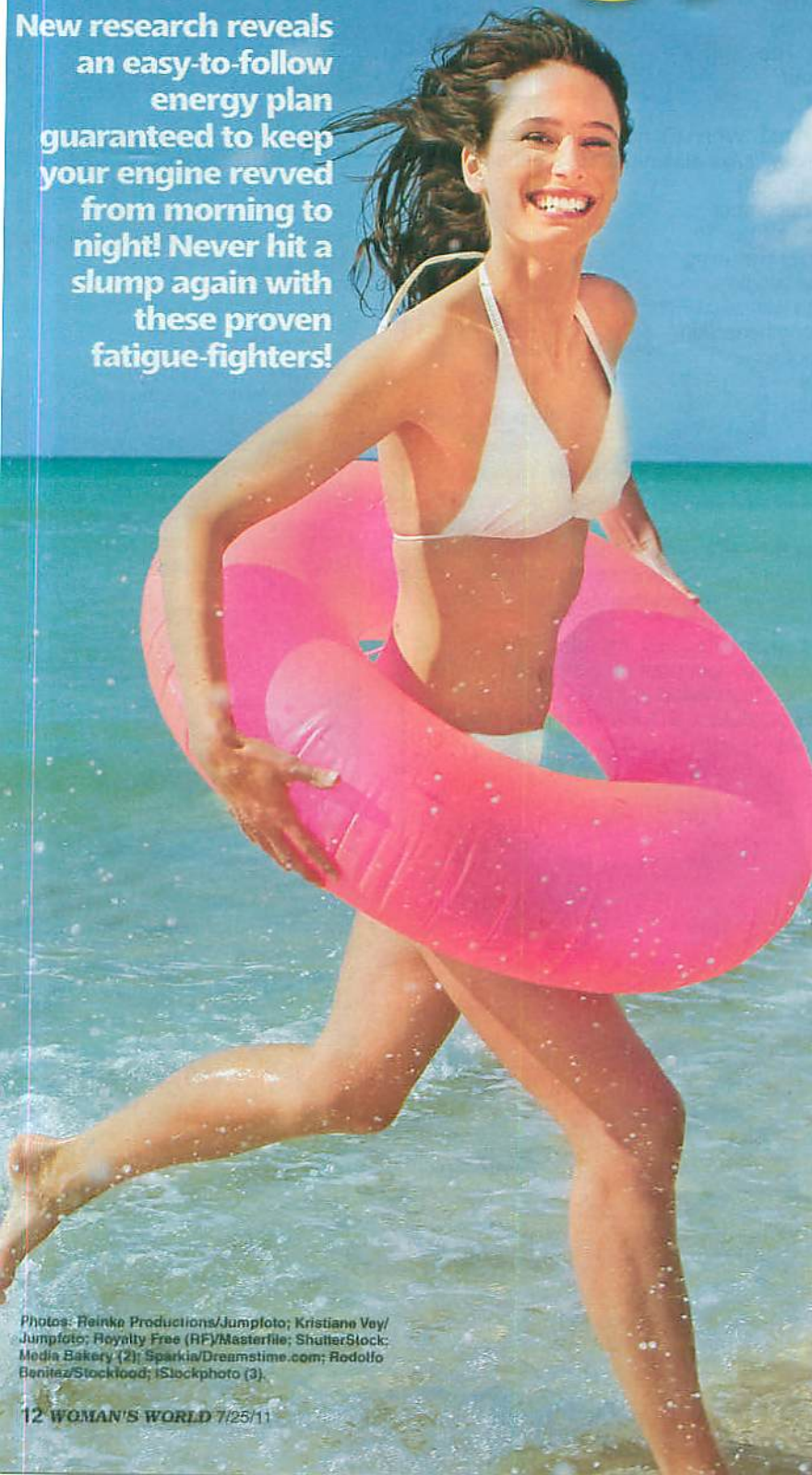
**LOSE 10 LBS A WEEK**  
eating unlimited portions  
—even carbs!

**Garden-fresh!**  
• Backyard bouquets!  
• In-season dinners!



# Secrets of Unlimited energy!

New research reveals an easy-to-follow energy plan guaranteed to keep your engine revved from morning to night! Never hit a slump again with these proven fatigue-fighters!



## 1 Maintain momentum with protein!

Start your day with an egg scramble, have a turkey sandwich for lunch and end the day with bean chili: Folks who follow such a diet—high in protein and low in carbohydrates—have more energy than those who eat the opposite, say University of Illinois at Urbana-Champaign researchers.

● **Here's why:** Loading up on carbs may give you a quick burst of fuel, but it leads to a blood-sugar crash about two hours after you eat, triggering fatigue. By contrast, high-protein/low-carb meals take longer for your body to digest, helping you avoid the steep blood-sugar drop, explains lead researcher Donald K. Layman, Ph.D.



### Avoid this protein trap!

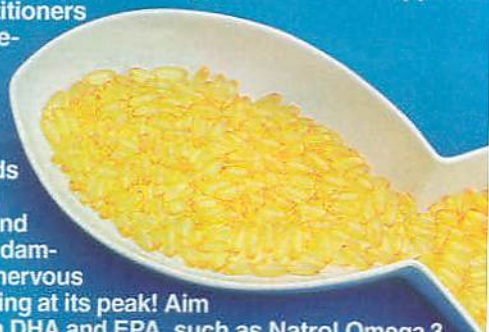


Skip bacon, cheese and sausage, and opt for leaner protein sources like chicken, beans and sirloin. High-fat foods prompt the release of a hormone that triggers sleepiness, studies reveal.

## 2 Up your speed with omega-3s!

Take omega-3 fish oil, and you'll quicken your reaction time and enjoy a surge of physical energy—that's what happened when karate practitioners popped the supplement every day for three weeks, one study shows.

● **Here's why:** Omega-3 fatty acids help transport key nutrients to cells and protect them from damage, ensuring the nervous system is functioning at its peak! Aim for 1 g. fish oil with DHA and EPA, such as Natrol Omega 3 Fish Oil Lemon, \$5.48 per 150 softgels, Vitacost.com.



### Wake up your brain with this duo!

In one study, folks who took green tea extract and L-theanine three times daily felt twice as alert! Try Swanson Superior Herbs Green Tea Extract, \$5.49; Swanson Ultra L-Theanine, \$6.89; SwansonVitamins.com

## 3 Catch an energy boost from a buddy!

Strange but true: Another person's energy level actually rubs off on you, reveals a slew of recent studies. Simply hang around upbeat, energetic folks, and your mood and energy will soar!

● **Here's why:** The human brain is hard-wired to mimic others as a way to fit in socially, researchers explain. What's more, the amygdala, the brain area that governs empathy, automatically helps us tune into another person's emotions!

### More fun, more pep!

Enjoying a day at the beach, hopping on a bike or doing any fun activity can shake you out of the doldrums—and give you more energy!



## 4 Rev your engine 16% by walking!

You've heard it before: Exercising pumps up your energy level. But what if you don't have time for the recommended 30-minute workout five days a week? Try fitting in just 10 minutes of brisk walking daily! Women who did experienced a 16.6% surge in pep, an 11.6% boost in mood and an 11.5% increase in mental alertness compared with their couch-potato peers, say scientists at the Pennington Biomedical Research Center in Baton Rouge, Louisiana.

● **Here's why:** As short as it is, 10 minutes of daily aerobic exercise is enough to rev circulation and improve the body's use of oxygen and glucose, its two main sources of fuel!



## Power up with yoga poses!

Study participants who did one hour of yoga weekly for six weeks experienced a significant rise in their physical and mental energy, reports the *Scandinavian Journal of Work, Environment & Health*. Credit goes to yoga's deep breathing, which provides the body with more rejuvenating oxygen.



## 5 Dodge afternoon slumps with sunlight!

Feel your energy start to drain in the afternoon? Open the window shades or go outside in the sunlight for 30 minutes. In a study published in the journal *Sleep*, women who did just that scored better on alertness tests for up to an hour afterward—which is almost the same effect you'd get from a nap!

● **Here's why:** Bright sunlight blocks the effects of adenosine, a sleep-inducing brain chemical that builds up as the day progresses, according to lead study author Kasuke Kaida, Ph.D.



## Cloudy day? Drink coffee!

Caffeine blocks adenosine's sleepy effects, too! To get the benefit, take small, frequent sips of coffee throughout the day instead of gulping one big cup, researchers advise. The reason? A small, steady flow of caffeine counters adenosine all day, so it never builds up!



## Get a second wind with quercetin!

Tucker out too fast? Take 500 mg. of quercetin twice daily!

This antioxidant-rich flavonoid increases physical stamina by over 13% in just seven days, reports the *International Journal of Sport Nutrition and Exercise Metabolism*.

That's because quercetin boosts the number of energy-producing mitochondria in brain and muscle cells. Try Solaray Quercetin, \$12.79 per 90 capsules, [VitaminShope.com](http://VitaminShope.com).



## 6 Turn off pep-sapping stress with Bs!

It's a vicious cycle: Stress drains your body's stores of B vitamins. And the fewer Bs you have, the lower your energy goes, which stresses you out even more! The easy fix? Pop a daily B-complex supplement! It replenishes lost B vitamins to boost energy while reducing your stress level to stop the fatigue-triggering cycle in its tracks.

● **Here's why:** B vitamins play a critical role in producing energy molecules that fuel the brain, as well as helping the brain churn out calming hormones, explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* One to try: Vitamin Shoppe B-Complex, \$15.49 per 100 capsules, [VitaminShope.com](http://VitaminShope.com).

## Dodge these top energy drains!



### ● Too many choices!

Whether you're picking cereal or an outfit to wear, choosing among tons of options depletes mental and physical energy, reveals a University of Minnesota study. Easy fix: Limit yourself by choosing from among your top three favorites!

### ● Too little water!

Don't feel thirsty? Take a sip anyway! In a recent study, volunteers who were mildly dehydrated had to work twice as hard to solve brain teasers as when they took regular sips of water. Even a tiny shortfall of H<sub>2</sub>O causes the brain to literally shrink!

### ● Your driving route!

Next time you hop in the car, consider taking roads that have trees, flowers, bushes, lakes or rivers within view. One study revealed that seeing natural scenery reduces stress that can tire you out as you drive!

