

November 14, 2011
God Bless America

More
for your
money!
\$1.79

Woman's World

A great
week
made eas



Amaze everyone!

Make our gorgeous
pumpkin from two Bundt cakes!



Our cute cupcakes
are place cards

Instant Thanksgiving joy

MAKE DELICIOUS MEMORIES

the stress-free way



**WOW-
WORTHY
GIFT!**
Make a
Thanksgiving
wine gift
extra-special!



Thanksgiving

make-ahead magic

Serve up all your family favorites or
delicious cook-now, relax-later wa

LOSE 11 LBS in 5 days!

Five detox foods that melt off pounds!

Ultra-healing Asian tea (it's already in supermarkets!)

CURES COLDS and FLU!

Easy little
tricks that **SAVE \$1000!**

HAPPY all winter!

This easy breakfast shake cures SAD!



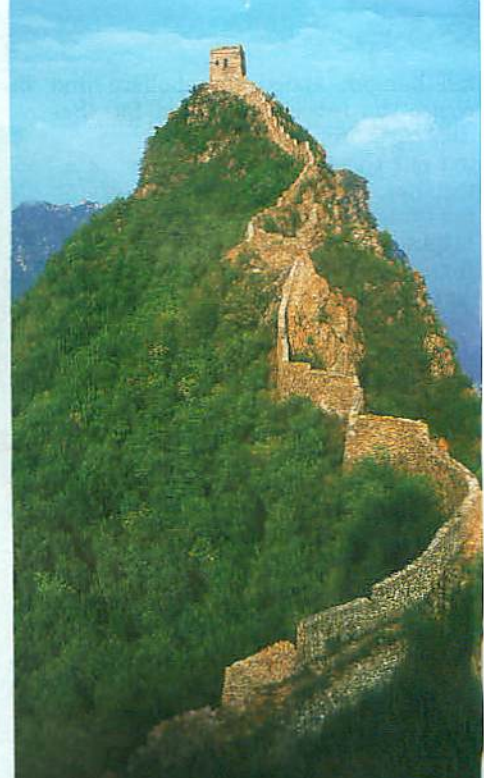
The world's best Stress cures!

Wish there were magic pills you could take to energize you when you're tired, calm you when you're stressed and uplift you when you're depressed? There are! Called adaptogens, these natural herbs counteract whatever problem you're experiencing at the time. "If you're dragging, they wake you up, so you feel energized; if you're anxious, they calm you down; if you're stressed, they make you feel relaxed," explains chemist Shane Ellison, author of *Over-the-Counter Natural Cures*. "They adapt themselves to whatever you need." Used safely for centuries, they're now at your drugstore or health-food store!

India's stress cure: **Ashwaganda**

This leafy Indian shrub has been the go-to stress cure in this Asian nation for more than 4,000 years, and research shows why: Its active compounds lower stress hormones (like cortisol) as much as 26% within just one month, while boosting production of GABA, the brain's own soothing chemical.

Ashwaganda can also: Keep you young! Loaded with antioxidants, it's shown to reduce chronic inflammation, a leading cause of premature aging, and it even boosts levels of the youth hormone DHEA!



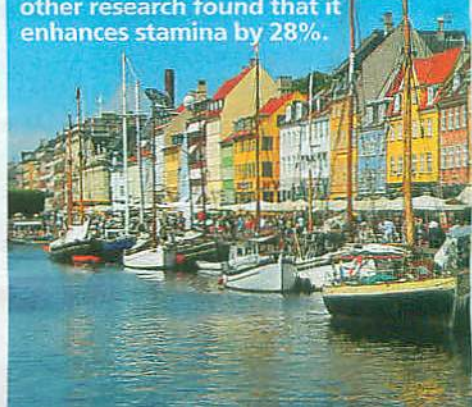
China's stress cure: **Jiaogulan**

This herb helps up to 95% of insomnia sufferers slumber soundly within one week. Thanks goes to its "gypenosides," compounds that soothe the nervous system and rein in stress hormones. It also encourages cells to take in more oxygen, which revs energy and stamina; in fact, it was revealed to be the secret to China's amazing performance in the 1992 Olympics, which was first suspected to be due to illegal stimulants!

Jiaogulan can also: Protect your heart! The herb helps normalize blood pressure by triggering the release of nitric oxide, which causes blood vessels to relax. It can even reduce hypertension by an amazing 82%, according to researchers.

Scandinavia's stress cure: **Rhodiola**

Having trouble concentrating? UCLA researchers found that taking this alpine herb daily improved focus for 64% of volunteers! In another study, chronic worriers who took it for 10 weeks saw an amazing 50% reduction in their anxiety, while other research found that it enhances stamina by 28%.



Brazil's stress cure: **Suma!**

There's a reason Brazilians call it "para tudo," which means "for all things": Studies show suma quashes stress, fights fatigue, eases anxiety and enhances immunity—all at the same time! Credit goes to unique compounds called "anabolic agents," which improve muscle tone and performance. No wonder so many professional athletes now rely on it!

Suma can also: Keep cancer at bay! Studies show Suma releases chemicals in the body that help stop existing cancer cells from growing and spreading!



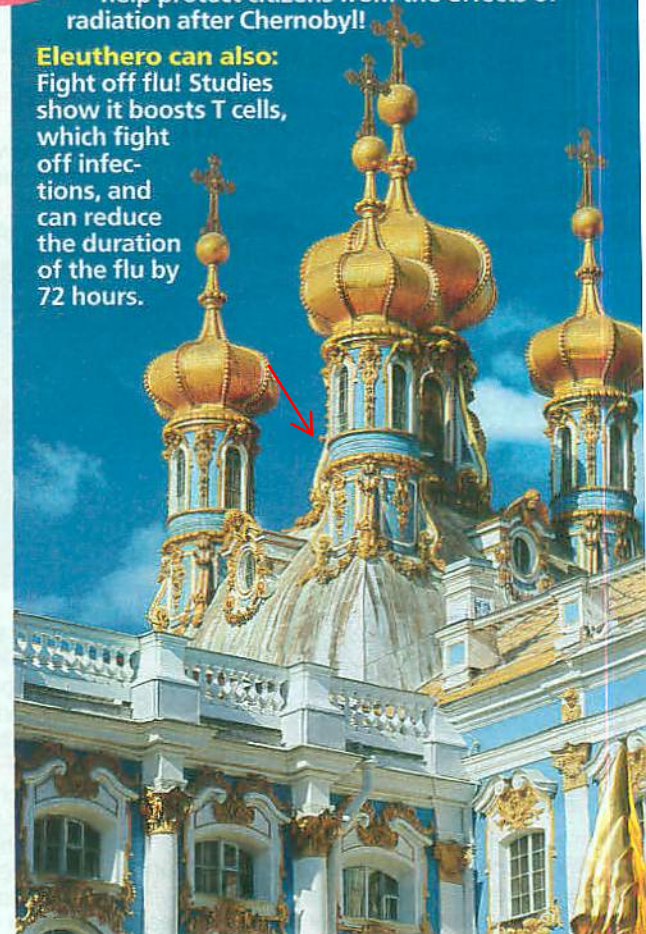
Tip!

Feeling chilly? Eleuthero can warm you up; it's routinely used by Siberians to help their bodies adapt to the extreme cold!

Russia's stress cure: **Eleuthero!**

When 2,100 volunteers were given eleuthero for two months, they reported increased mental alertness and energy, improved athletic ability and greater on-the-job productivity. They were also better able to deal with stressful stimuli like noise and intense mental and physical exertion. Shown to stabilize cortisol levels and mood-regulating hormones, it's routinely used in Europe and Asia as a treatment for chronic fatigue syndrome, depression, ADHD and autoimmune disorders. It was even used to help protect citizens from the effects of radiation after Chernobyl!

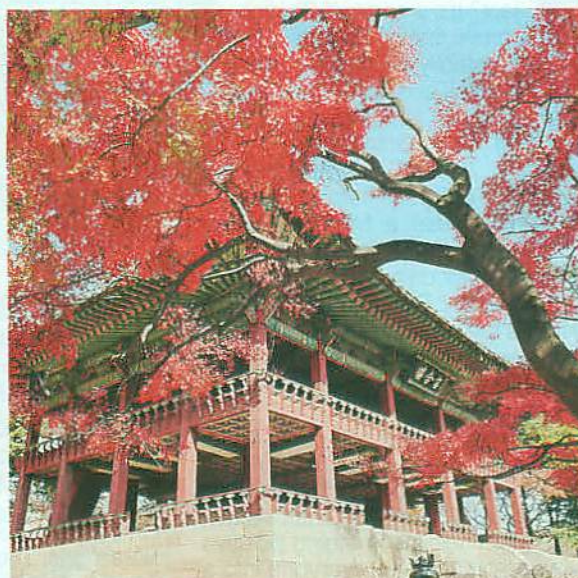
Eleuthero can also: Fight off flu! Studies show it boosts T cells, which fight off infections, and can reduce the duration of the flu by 72 hours.



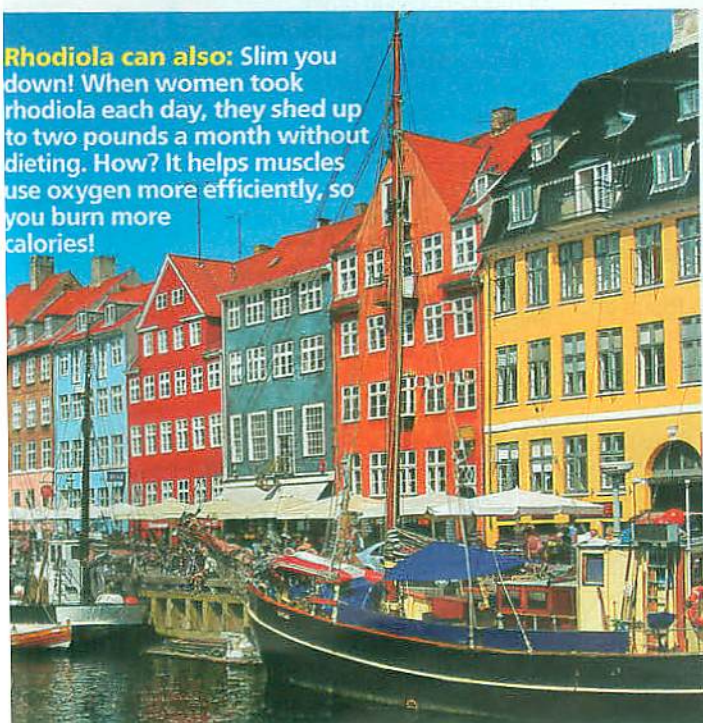
Korea's stress cure: **Panax ginseng**

This herb boosts oxygen levels to your tissues and organs by an amazing 29%, according to German research—and that translates into a quick and natural mood and energy lift. It also sharpens memory, speeds mental processing and soothes overworked adrenal glands to prevent stress and burnout, says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*

Panax ginseng can also: Safeguard against cancer! In a five-year-study, the nearly 5,000 people who supplemented with panax ginseng had a lower risk of lung, liver, ovarian, pancreatic and stomach cancer!



Rhodiola can also: Slim you down! When women took rhodiola each day, they shed up to two pounds a month without dieting. How? It helps muscles use oxygen more efficiently, so you burn more calories!



Thailand's stress cure: **Holy basil**

This Thai herb (not to be confused with the basil in your spice rack) alleviates bad moods and even chronic depression by upping levels of the brain's own anti-depressants, dopamine and serotonin, the same way prescription medications do. But unlike prescriptions, the benefits kick in within 72 hours, with no reported negative side effects! Other research shows holy basil improves stamina and relieves stress and anxiety—it's even recommended by the University of Maryland Medical Center to help treat post-traumatic stress syndrome!

Holy basil can also: Fight pain! Recent research reveals that it inhibits the release of pain-inducing inflammation in ways similar to over-the-counter ibuprofen and similar medications.

Photos: Photolibrary (3); iStockphoto (2); SIME / eStock Photo (2).

