

February 13, 2012

God Bless America

More for your money!
\$1.79

Woman's World

A great week for more

Share the love

Shortcut treats make Valentine's Day even sweeter!



Spa-at-home PAMPERING!

Make your own chocolate-and-roses bath oil, facial and more!



Conversation-heart cake!



XOX cupcake

WILLPOWER IN A BOTTLE!

LOSE 7 LBS IN 7 DAYS—effortlessly!

Breakthrough nutrient combo:

- ♥ Increases fullness 30x!
- ♥ Shuts down cravings!
- ♥ Blocks carb calories!
- ♥ Makes your liver burn fat faster!

Eureka!

Find a gold mine of hidden cash in your home!



Cheesecake on sticks

THYROID CURE!

Worn out, fat, blue? Your cookware may be to blame!



Puppy-love cake pops

HAPPY ENDING!

The little poodle was blind and alone... now he's loved and healing hearts!

BEAT BAD-HEALTH GENES!

Cut your risk of heart disease, cancer, obesity—even if it runs in your family!



Outsmart your genes!

Think you're stuck with any illness-causing genes you've inherited? Not so! Turns out, you can easily switch off genes that raise your risk of diseases like depression and cancer—and switch on health-enhancing ones!

Switch off:

1 Heart disease by eating greens!

The gene that sends the risk of heart disease skyrocketing—by triggering plaque formation—can be shut off by eating three cups of fresh produce (one a green vegetable) daily. In fact, says researcher Sonia Anand, M.D., of Canada's McMaster University, "Our study of 27,000 people found that the heart-disease risk in folks with the risky gene who follow this advice is as low as if they'd been born with heart-healthy genes."

Live a lot longer!
Researchers at Ohio's Cleveland Clinic say making even simple gene-boosting changes can add up to 19 years to your life!

2 High blood pressure by trimming sugar

A gene that makes artery walls prone to tightening can more than double your risk of high blood pressure. To disable that troublemaker: Limit sugary drinks and desserts and opt for whole-grain, high-fiber carbs. Eating less sugar leads to lower, steadier blood-sugar levels—and that turns off the high blood pressure gene, erasing even tough-to-treat hypertension for almost eight in 10 folks within two months, says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now*.

3 Depression by doing less housework!

One hardworking gene decides how much mood-boosting serotonin your brain will produce—and taxing your body can make that gene sluggish!

Thankfully, Emory University researchers have found a solution: Taking some of the load off by relaxing your standards of cleanliness—even a smidgen—can help keep your serotonin-producing gene chugging away at full speed.

Tip: Can't stand a messy house? Call a friend to chat after you're done cleaning. The serotonin-producing gene can be activated in as little as one month just by connecting regularly with others, British studies suggest.

4 Weight problems by popping fish oil!

It's hard to understand how eating fat could make you slim, but dozens of studies prove that eating one kind can: The omega-3 fats in fish oil activate slimming genes that help you produce appetite-taming leptin and help your liver burn lots of fat for fuel. Even better, omega-3s can switch off the genes that make you pack on the pounds—including



Doctors once thought nothing could be done about one's genetic makeup. Now, they know better.

those that squirrel away fat inside your belly and thighs. The bottom line: Taking 2,000 mg. of fish oil a day could help you effortlessly shed 13 pounds this year alone, confirms Barry Sears, Ph.D., medical director of Massachusetts' Inflammation Research Foundation.

Important: Check with your M.D. before taking any new supplement.

5 Cancer by eating red foods!

Your body contains a cluster of genes designed to make your immune system aggressively track down abnormal cells and destroy them before they can become full-blown cancers. And one of the best ways to switch on those lifesaving genes is with a daily dose of lycopene—the pigment that adds a reddish color to tomatoes, watermelon, pink grapefruit, guava and papaya. Recent studies suggest eating one cup of lycopene-rich foods daily keeps cancer-killing genes so active, it cuts a woman's risk of breast, cervical, skin and other cancers 35% or more.

Bonus: Your body absorbs almost three times more lycopene from cooked or processed foods (such as

spaghetti sauce, tomato sauce or salsa) than from raw ones. Cooking breaks down the cell walls in fruits and vegetables, making it easier for your body to absorb their lycopene.

—Brenda Keane

Beat your fat genes

Some women's weight-loss genes function best if they cut back a bit on carbs; others, if they cut back on fat. Which is right for you?

Cut carbs if:

- ✓ You're hungry by mid-morning if you breakfast on cereal
- ✓ Eating protein (like peanut butter or cheese) quashes your between-meal craving
- ✓ You feel anxious, lightheaded or shaky if you miss a meal

Cut fat if:

- ✓ You feel sluggish and blue on an Atkins-style diet
- ✓ You're prone to bloating, heartburn or indigestion
- ✓ You eat more when stressed regardless of hunger

Power your good-health genes!

Go for a walk! The genes that help you burn fat, produce mood-boosting serotonin and zap cancer cells are all 30% more active if you exercise daily, British researchers say. In fact, even if you have a strong family history of weight problems, depression or cancer, getting fit can cut your risk to normal levels in as little as six months!

