

First for women



Just in time!

DINNER? DONE!

20-pg mini mag:
Fast, delicious meals

LOOK 15 LBS SLIMMER IN SECONDS

The spring styles that flatter your size & figure shape

SWEETENER ALERT

TIRED? Common sugar substitute shown to dramatically lower energy

BREAK YOUR STRESS CYCLE

3 all-natural drinks that dial down the stress hormone that packs on belly fat

Study-proven food formula reboots your metabolism to melt jiggly fat fast

- ✓ neck
- ✓ arms
- ✓ belly
- ✓ butt
- ✓ thighs

BETTER THAN LIPOSUCTION

LOSE 10 LBS OF FAT EACH WEEK

WALKING DISCOVERY

The little secret to burning 3x more fat—it's so easy!

"I went from a size 32 to a size 6!"

A new twist on carrot cake!



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6 surefire pain

Flip your mattress

Taking a few minutes every two weeks to turn over your mattress—or rotate it 180 degrees if you have a topper—gets you out of that well-worn (and uncomfortable) groove, helping you snooze more soundly. And since your body repairs damaged tissues during deep sleep, this trick cuts your risk of back pain by 25 percent, according to Cornell University research.



Lift something heavy

A Canadian research team has discovered that people who regularly pick up weighty objects—shopping bags, boxes, young kids and more—have less pain and stronger back muscles and vertebrae than those who don't. (To avoid injury when you lift, keep your back straight, bend your knees and hold objects close to your stomach.)



Enjoy some music

Listening to tunes for 20 to 30 minutes a day will significantly boost your pain threshold, cutting your need for NSAIDs by as much as half, say Canadian scientists. The reason: Music prods the brain to produce a flood of endorphins—hormones that squash pain signals.



relievers

Blustery early-spring weather can aggravate underlying joint pain and old injuries. Luckily, these simple strategies provide reliable relief

Connect with a friend

Catching up with a close pal not only boosts your mood and reduces stress, it also eases aches and pains. That's because cheery moods and laughter stimulate the production of *enkephalins*—powerful hormones that dampen pain by as much as 72 percent, say Mayo Clinic researchers. All it takes to get these feel-good effects is a 15-minute daily chat with a friend.

Seek out the sun

The days are getting longer and the sun's rays more intense—and that's great news if you're feeling achy. Enjoying 20 minutes of UV exposure daily, even on dreary days, can cut your need for painkillers by 22 percent or more. According to Jacob Teitelbaum, M.D., author of *Pain Free 1-2-3*, sunlight triggers the release of pain-soothing serotonin and kick-starts the production of vitamin D—a nutrient that speeds the healing of injured muscles, joints and nerves.

Count on capsaicin

This hot pepper extract drains the nerves of substance P—a chemical that transmits pain signals to the brain. In one study, rubbing capsaicin cream on achy muscles provided relief for up to 80 percent of women. Other research has shown that capsaicin nasal spray calms the brain's trigeminal nerve, reducing migraine severity and providing fast relief for cluster headaches. One to try: Sinus Buster (\$15, at drugstore.com).

PHOTOS, CLOCKWISE FROM BOTTOM LEFT: ISTOCKPHOTO/DAK VEV/JUMP FOTOLIA; VAY MICRO; DREAM STOCK/MASTERFILE; TEXT: BRENDA HEARNS