

February 18, 2013
God Bless America

Woman's World

A great week made easy!

More for your money!
\$1.79

GET EVEN SMARTER

by drinking a glass of wine!

The couch-potato trick that **BURNS CALORIES!**



Yummy cinnamon bun goodies will

Make 'em smile!

STOP INSOMNIA

with popcorn!

Snack away
ANXIETY!

CURE FOR YO-YO DIETING!

SAVE THOUSANDS!

Your car can last years longer!

The pizza herb that **HEALS ARTHRITIS PAIN!**

Amazing animal hero!
A blind, deaf, three-legged dog saved his "mom" Katie's life!

Lose a pound a day—and stay Slim for life!

Health-boosting "miracle cure" already in your kitchen:
❄ Blocks fat and carb calories!
❄ Keeps melting fat after you stop dieting!



February fun!
Mars
Gra
cockta
cupcakes

"Is her fever too high?"

Q When does a child's fever require a doctor's care?

A A fever is the way the body controls its immune response and it naturally fluctuates when a child is sick. Use fluids, ice chips, tepid baths and a pediatric over-the-counter fever reducer to help your child feel more comfortable. Call the pediatrician if he or she stops drinking, urinating or responding well, or if an infant 8 weeks or younger has a fever of 100.4°F or more, if a three- to six-month-old's temperature hits 101°F, if an older child's temperature reaches 103°F or if any fever lasts more than five days.

—Pediatrician Hannah Chow-Johnson, M.D., Loyola University Chicago Stritch School of Medicine

"How can I avoid a stroke?"

Q My dad's stroke was caused by a blood clot. Can I prevent this from happening to me?

A Try limiting consumption of red meat and processed meats, such as hot dogs and bacon. Our research found the risk of an ischemic stroke—the kind caused by a clot—rose 11% to 13% for each serving of these foods a day. Red meat is high in saturated fat, which can elevate blood fats, increasing stroke risk. It also has heme iron, which promotes oxidative stress in the body, another stroke risk factor.

—Joanna Kaluza, Ph.D., department of human nutrition, Warsaw University of Life Sciences, Poland



● Natural Health

Sleep-like-a-dream cures from your pantry!

Sleeping deeply not only energizes you the next day—new research proves it cuts your risk of high blood pressure 25%, plus revs metabolism, so you shed up to 22 pounds! The key is in your pantry . . .

Too tense to fall asleep? Sniff some cinnamon and nutmeg!

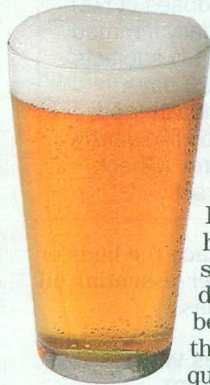
If tension is meddling with your Zzzs, try smelling cinnamon and nutmeg in the evening. Their aromatic oils kick-start your brain's production of calming, muscle-relaxing alpha waves in as little as two minutes, says neurologist Alan Hirsch, M.D., author of *Life's a Smelling Success*.

■ **Tip:** Add a pinch of each spice to an evening snack—such as yogurt, oatmeal or popcorn.

Toss and turn a lot? Chew cumin seeds!

Nighttime bloating, gassiness and other digestive upsets double your risk of restless sleep. To the rescue: 1/2 tsp. of cumin seeds. Chewing them increases your digestive enzyme production enough to quell tummy troubles in as little as 15 minutes, suggests Indian research. Cumin seeds are packed with powerful natural digestive aids, explains lead researcher Kalpana Platel, Ph.D.

■ **Tip:** Cumin seeds have a warm, nutty flavor with a touch of peppery heat, and they taste especially good toasted!



Wake up frequently? Sip nonalcoholic beer!

Have 12 oz. of nonalcoholic beer one hour before bedtime and a Spanish study suggests you'll sleep 27% more deeply all night long. Nonalcoholic beer contains bitter resins, compounds that boost your production of the tranquilizing brain compound GABA!

Put tossing and turning to rest with popcorn and pudding!

Hot flashes jarring you awake? Taking 400 mg. of magnesium daily (with your doctor's okay) cuts those sweaty spells 41% or more in one month by helping to keep your core temperature steady.



Blue or racing thoughts keeping you up?

Soothe your brain with pudding

Exhausted, but your brain won't shut off? Try eating a cup of pudding just before bedtime. It's rich in calcium and the amino acid tryptophan—a duo that ups your production of brain-soothing serotonin, say Georgetown University researchers.

Need an a.m. energy boost?

There are bound to be nights you don't get enough sleep. To shake off morning grogginess, put a lush flowering plant—such as an African violet or begonia—on your nightstand, breakfast table and/or desk. British research found gazing at flowers in the a.m. stimulates your brain to produce energizing beta waves, increasing focus, concentration and memory 20%.

—Brenda Kearns

Feel better *Fast!*

Anxious? To quell the jitters . . .

1 Go for a quick walk! Even five- to 10-minute bursts of physical activity trigger the release of calming, anxiety-thwarting brain chemicals, like dopamine, and release built-up tension.



2 Sip decaf green tea! "Green tea is chock-full of theanine, an amino acid that induces relaxation," says Jacob Teitelbaum, M.D., of the National Fibromyalgia and Fatigue Centers. But steer clear of caffeinated drinks, which can make you feel on edge, worsening anxiety.



3 Snack on nuts! Almonds, pistachios and peanuts are rich in protein, which helps prevent the blood-sugar fluctuations that heighten anxiety. Nuts also contain magnesium, "which combats anxiety symptoms like heightened blood pressure and tense muscles and also brings on feelings of calm," he says.



See a doctor if . . .

- You've been anxious most days for more than six weeks.
- Anxiety is making it hard for you to parent or do your job.
- Anxiety is coupled with shortness of breath or feelings of dizziness; these could signal panic attacks or heart issues.

4 Hug someone!

A firm hug lowers levels of stress hormones, while a gentler hug reduces apprehensive feelings, helping decrease even chronic anxiety, reveals University of Miami research.