



Fast & easy Easter treats

First for women

snacks that slim!

WOW YOUR CROWD!

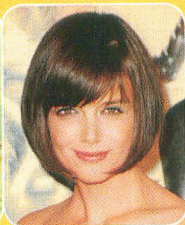
YOUR BEST SPRING LOOK

The perfect cut for your face shape—at every length



Pro tips

- ✓ Jeans
- ✓ Lips
- ✓ Color



STRESS CURED

92% of women over 40 suffer from this adrenal glitch that doctors miss. Food fix inside!

Plus, the herb that cuts stress-triggered tiredness by 80% in 5 days

News: Overlooked mineral ends thyroid/yeast vicious cycle

FEEL GREAT!

- ✓ Natural pain killers
- ✓ Tea that ends brain fog
- ✓ Sleep-deep tricks & tips

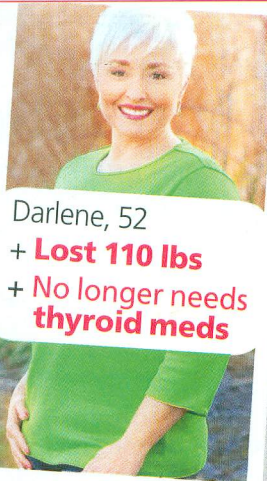
FREE YOUR METABOLISM!

Double your energy in 24 hours

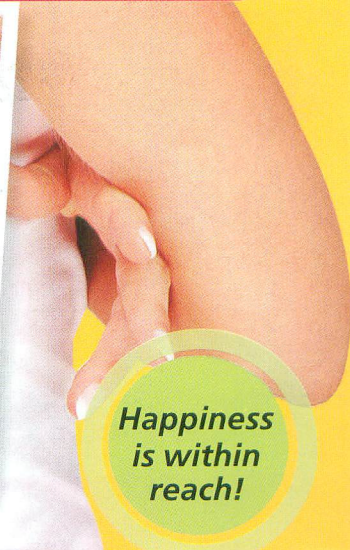
PRIVATE WORRIES SOLVED

DROP 100+ LBS OF RESISTANT FAT

Effortless way to perk up a saggy tush



Darlene, 52
+ **Lost 110 lbs**
+ **No longer needs thyroid meds**



Happiness is within reach!

Issue 1314 4/8/13

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2307 SEVEN HILLS RD
DEAN DRAZININ
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Escape the yeast-

Discovered! Two common causes of female weight gain are intricately connected. Proof of the startlingly simple remedy Japanese women have been using for centuries

Rev energy, boost mood and lose 6 lbs in 7 days!

Excess pounds that won't budge, brain fog, fatigue, blue moods—far too many women (an estimated 30 million in the United States alone) are struggling with the symptoms of a sluggish thyroid. And while as many as 60 percent of those affected remain undiagnosed, even women who have an official diagnosis and dutifully follow standard treatment protocols continue to struggle.

A growing number of health experts attribute the cause of this struggle to a vicious cycle involving thyroid function and levels of yeast in the body. As Carolyn Dean, M.D., N.D., author of *Future Health Now Encyclopedia*, asserts, "If thyroid function is to be fully restored, an internal overgrowth of yeast—a condition that affects an estimated 70 percent of American women—must also be controlled." Here's why:

1 Yeast hinders thyroid function

The first clue to the connection between thyroid health and *Candida albicans* (a yeast that resides naturally in the body but can grow out of control due to common factors such as antibiotic use and consumption of sugar and refined carbs) materialized in the mid-1980s: An immunologist discovered that toxins produced by the yeast had a damaging effect on the thyroid gland. "It

thyroid fat trap!

appeared that some of these toxins attached to receptors in thyroid tissue and blunted the signals that cause the gland to produce thyroid hormone," explains Dr. Dean, who began checking for—and treating—yeast overgrowth in her own patients after learning about the finding. What she witnessed: "People with thyroid problems would do much better when their yeast overgrowth was addressed—their thyroid function improved dramatically once yeast was under control."

2 Sluggish thyroid promotes yeast

Researchers have known for more than a century that the thyroid gland plays a key role in metabolism, since the hormones it produces regulate energy use in every cell of the body. But they now realize that the gland also plays a crucial role in keeping the immune system operating at its peak. A recent animal study published in the journal *Current Immunology Reviews* confirmed that immune-system responses dropped in subjects as their thyroid function faltered. (Some health experts theorize that lower body temperature, which is a classic symptom of an underactive thyroid, plays a role in reduced immune-system activity.)

That dip in immunity, Dr. Dean points out, can pull women even deeper into the yeast-thyroid trap: "When thyroid slowdowns cause the body's immune-system defenses to falter, yeast infections are more likely to take hold and intensify."

Add to this the fact that both low thyroid and yeast overgrowth trigger fatigue, and the vicious cycle takes full shape. "Fatigue causes you to

crave sugar for a quick hit of energy, but it's a false fix because yeast loves sugar and grows like crazy when given it," explains Jacob Teitelbaum, M.D., coauthor of *Real Cause, Real Cure*. "So now you have more yeast, which worsens fatigue. When you consider these factors, it's easy to see how each problem—yeast and low thyroid—intensifies the other in what often becomes a worsening spiral."

Nature's double-whammy cure

A growing number of health professionals have started to address yeast overgrowth and sluggish thyroid simultaneously to help women break free from this health-sabotaging cycle once and for all. What the experts are discovering: A superfood from the ocean that has been a dietary staple for generations of Japanese women is emerging as a standout natural remedy.

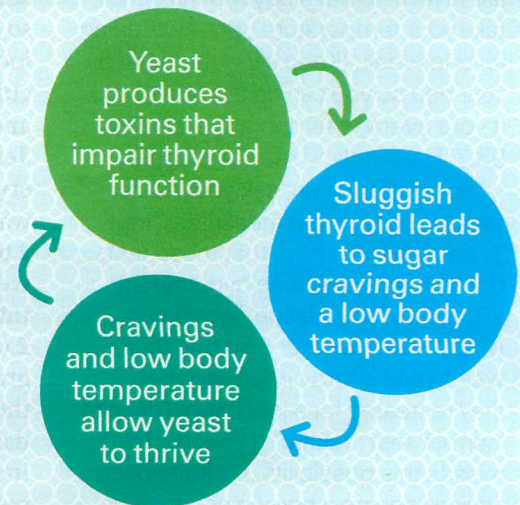
Sea vegetables have long been recognized for their ability to nourish the thyroid, thanks largely to their high content of iodine. Over the past 50 years, levels of this mineral have plunged by more than 50 percent in modern-day diets, leaving the majority of American women lacking, Dr. Teitelbaum asserts. That's a real problem since iodine is vital for the production of metabolism-regulating thyroid hormones. "Thyroid hormone is basically three or four iodine molecules attached to an amino acid called *tyrosine*," he explains. "The body simply can't make the thyroid

hormone it needs without the proper supply of iodine."

Iodine's benefits extend beyond thyroid function—the mineral also has a study-backed ability to kill *Candida* and was actually a go-to treatment for yeast infections before the advent of antifungal drugs. Dr. Dean explains, "Iodine has an antiseptic action that's effective against a variety of infectious organisms, including *Candida*."

Relying on iodine to treat a sluggish thyroid and yeast overgrowth can be tricky, though: Despite the fact that iodine is essential for healthy function of the gland, consuming too much can cause or worsen thyroid-hormone imbalances in susceptible individuals (especially those with autoimmune thyroid disorders). But enjoying moderate amounts of seaweed is a strategy that appears to provide a built-in safety net against iodine excess. As Dr. Teitelbaum explains, "Seaweed has been eaten daily in Japanese cultures for centuries without problems." ▶

THE VICIOUS CYCLE MAKING WOMEN FAT



Turn for your slimming strategy

At-home diagnostic tests deliver fast answers!

To test for yeast overgrowth

While experts stress that this simple home check can't provide a definitive diagnosis, it can offer a clue. To do: Spit into a glass of water just after awakening, then check the contents an hour later. If saliva has floated to the top and formed what can look like dangling strings, ropes or "legs," an overgrowth of *Candida* could be to blame.

Your doctor may be able to confirm this through more scientific methods, like lab tests that check saliva, blood, urine or stool. But specialists grant that even these aren't 100-percent accurate, and the experts we consulted couldn't reach a consensus on which test was best. The method they did all agree on: taking the detailed questionnaire at YeastConnection.com, which evaluates yeast status based on personal risk factors and symptoms.

To test for sluggish thyroid

Sparse hair at the outer third of the eyebrows is a sign of slow thyroid. Experts suggest vertically lining up a pencil with the outer corner of your eye. If there are few or no hairs beyond the pencil, take your temperature upon awakening for one week. (Keep a thermometer by your bed so you can do this first thing.) If your average temperature is below 98.7°F, your gland may be sluggish.

For confirmation, ask your doctor for a blood test that measures "free" T_4 and TSH. But note that these tests don't always diagnose hypothyroid accurately, says Jacob Teitelbaum, M.D. "Many women find that their weight and energy improve when they're treated for a low thyroid despite 'normal' test results." If your doctor dismisses this possibility, Dr. Teitelbaum advises seeing a holistic practitioner.

► "And historically, we know the best way to get our nutrients is naturally, through foods," adds Dr. Teitelbaum.

Another plus: Seaweed delivers additional nutrients, such as selenium and chlorophyll, which armor the body against thyroid shortfalls and yeast excess. "Selenium assists in thyroid-hormone production and has been shown to improve the function of the gland," observes Dr. Dean. "And chlorophyll contains magnesium, a mineral that boosts thyroid function and acts as a buffer to neutralize the draining toxins produced by *Candida* yeast."

Edible seaweeds, such as wakame, hijiki and kombu (a type of kelp), also contain a unique compound called *fucoxanthin* that has been shown to facilitate weight loss: In a study conducted at the Russian Academy of Natural Sciences in Moscow, women who took supplements that contained the compound lost more than 10 pounds in 16 weeks. What's more, preliminary research conducted at Newcastle University in the United Kingdom revealed that *alginate*s, a unique type of fiber found in sea kelp, can lower fat absorption in the body by as much as 75 percent.

Your healing strategies

Iodine content in seaweed can vary widely (depending on species and the seawater in which the vegetable grows), so determining the exact amount of iodine you'll get in a serving is difficult. But for general thyroid-boosting and yeast-defeating purposes, Dr. Teitelbaum advises enjoying a variety of types of seaweed (like 1 cup of wakame salad, a 3" strip of kombu or 2 to 3 tsp. of hijiki) several times per week. This way, your average iodine intake should fall between 1,000 to 2,000 mcg per day. Dr. Teitelbaum grants that this amount is higher than the government-recommended 150 mcg daily, but as he explains, "We're finding that such levels are needed to restore healthy status when iodine has



What Japanese women know
Seaweed lowers fat absorption by 75%

been depleted. And we know from population studies in Japan that these amounts of seaweed are safe."

You can find seaweed products at local Asian supermarkets, health-food stores and Whole Foods Market stores, or at online retailers such as SwansonVitamins.com, amazon.com and Vitacost.com. Popular brands include Emerald Cove Sun-Dried Wakame (\$4.50 for 1.76 oz., at Vitacost.com), SeaSnax SeaMama Hijiki Spirals (\$10 for 1.4 oz., at SeaSnax.com) and Eden Foods Kombu (\$9 for 2.1 oz., at SwansonVitamins.com).

If you prefer not to eat actual seaweed, you can consider the pill form. "Supplements are a safe, inexpensive and convenient substitute for people who aren't comfortable adding seaweed to their diets," says cardiologist William Davis, M.D., author of *Wheat Belly*. "In fact, supplements are my preferred method of ensuring an adequate intake of iodine." A product that delivers the 1,000 mcg daily that



he recommends to guard against a deficiency: Life Extension Sea-Iodine (\$8 for 60 capsules—a two-month supply—at lef.org).

For best results, Dr. Teitelbaum also advises taking a daily multivitamin that contains 150 to 200 mcg of iodine. (A brand that delivers 150 mcg and passed ConsumerLab.com quality-assurance tests: Nature's Way Alive! Daily Energy, \$10 for 60 tablets, at drugstore.com).

Dr. Teitelbaum and Dr. Dean also note that when treating patients with severe deficiencies, they prescribe more than 2,000 mcg of iodine per day in forms such as Iodoral or Tri-Iodine—brands that contain carefully calibrated doses of the mineral. But the doctors add that patients are monitored carefully during such treatment and that you should always check with your physician before altering your diet or adding any supplement to your health regimen.



THEN: **197 lbs**

Julia Hidy,
50-something,
Toronto, Ontario,
Canada
Height: 5'6"

NOW: **132 lbs**

Julia
lost
65 lbs!

It worked for me

"I learned to feed me, not the yeast!"

Come on, focus! Julia Hidy scolded herself as she reread the same paragraph for the fourth time. But it was no use. She was too distracted by an intense sensation—it was a feeling that brought to mind ants marching in her stomach chanting, "Feed me! Feed me!" *It's like I'm not even in charge of my body,* Julia thought as she pushed her work documents aside and reached into a box of crackers.

In addition to intense cravings, Julia had been suffering from lethargy, blue moods and brain fog for several months. A visit to her holistic physician revealed why: Julia had an imbalanced thyroid, which was marked by a goiter (an enlarged thyroid gland). She was also dealing with symptoms of systemic yeast and prediabetes.

After consulting with her doctor, Julia began avoiding starchy, sugary foods and taking a Norwegian kelp tablet. She also added sea vegetables

such as kombu and arame to her diet and began sprinkling iodized salt on her food. Within five days, she felt in control around food again.

"Every time I snacked on a piece of nori, I knew I was reclaiming my health," says Julia, who lost 25 pounds in the first two months. At the end of eight months, she'd trimmed 8 inches off her waistline, dropping from a size 16 to a 6. She even erased all her cellulite. "It was so easy," she beams.

Along the way Julia also experienced dramatic improvements in her energy levels, mental clarity, mood, immunity and joint pain—and her goiter reduced in size by 95 percent. "I can't reverse the clock, but I definitely slowed it down," says Julia, who shares her secrets at WeightLossForYourLife.com. "An old friend recently walked up to me and said, 'It is you—I didn't realize at first because you look like a 20-year-old!'"

Turn for delicious recipes

BEST OF THE BLOGS!

Easy (and delicious!) ways to work seaweed into your diet

While munching on seaweed may not sound appealing, successful slimmers swear it can taste great—and that it's amazingly effective. "I started eating seaweed to improve my overall health—I wasn't even thinking about weight loss," says Alysia Sargent, 43, a chef from Sarasota, Florida. "But I felt so good when I ate it that soon I was adding it to all sorts of dishes, like seaweed salad with fresh wakame, soups with dried wakame and bean dishes with kombu. And I ended up losing 130 pounds!" Here, a few seaweed recipes to speed *your* slimdown.

Fast-Energy Smoothie: In blender, puree 1 cup almond milk; 1 cup water; 2 kale leaves; ½ cucumber, sliced; 8 strawberries; 1 cup frozen blueberries; ¼ cup frozen cranberries; ½ banana; 2 Tbs. ground flaxseeds and 1 tsp. dried ground kombu 30 sec. or until smooth. Sweeten with honey, if desired.

Adapted from the blog Nature Moms

Avocado-Seafood Salad: In large bowl, combine 3 Tbs. mayonnaise, 1 tsp. sriracha, 1 tsp. wasabi sauce and the juice of ½ lemon. Add 1 bag (10 oz.) lettuce; toss gently to coat. Top with 4 sticks imitation crab (or shredded lobster); ½ avocado, sliced, and 1–2 cups wakame seaweed, soaked in cold water for 30 minutes or until tender, then rinsed and drained. Sprinkle salad with sesame seeds, if desired. Makes 2–4 servings.

Adapted from the blog A Beautiful Mess



Sesame-Seaweed Salad: In large bowl, soak 2 cups wakame seaweed in cold water for 30 minutes or until tender; rinse and drain well. In separate large bowl, combine 1 Tbs. rice vinegar; 1 Tbs. sesame oil; ½ Tbs. soy sauce; 1 tsp. sugar; 1 clove garlic, finely minced, and crushed red chili peppers to taste. Add seaweed; toss gently to coat. Optional: To add even more nutritional variety to this spicy-salty side dish, try tossing in sliced cucumbers, tomatoes or other fresh vegetables of your choice.

Adapted from the blog I Am a Food Blog

Melt away inches with a spa-inspired seaweed bath



Seaweed soaks have long been a staple at spas, and now medical doctors are touting their benefits.

"Relaxing in a seaweed bath allows nourishing minerals—including iodine and magnesium—to be absorbed into the body through the skin," says Carolyn Dean, M.D., N.D. "It also stimulates the lymphatic system, a series of channels located just under the skin that move fat-trapping toxins and excess fluid out of the body." Plus, natural compounds called *alginate*s found in seaweed make skin

firmer and smoother. In fact, Mehmet Oz, M.D., medical director of the Integrative Medicine Program at Columbia University Medical Center, has reported that seaweed baths can reduce the appearance of cellulite.

Dr. Oz and others advise simply adding 4 sheets of seaweed to your bath once a week to get the benefits. Or for an experience that's a bit more pampering (and not as messy in your tub), try this spa-inspired recipe from *The Bath Gourmet* by Rhonda Van: Bring 3 cups of water to a boil, then

...and for a snack, try these:

Sea's Gift Roasted Seaweed Snack (\$17 for 24 single-serve packs, at amazon.com). Reviewers compare these treats to salty potato chips but with a nutty kick—and each serving delivers approximately 150 mcg of iodine.



Japanese Delight Seaweed Salad On the Go (\$12 for a 6-pack of .9-oz. portable salad cups, at amazon.com). This blend of wakame, kombu and agar (a red algae) is seasoned with sesame seeds, red pepper, vinegar, sea salt, onion powder and brown sugar—a blend that snackers say is slightly sweet, light and refreshing.



Hapi Seaweed Wrap Rice Crackers (\$22 for a 12-pack of 2-oz. bags, at amazon.com). Fans love that these low-cal crackers are sweet, salty and crunchy.



add 2 sheets of seaweed and let simmer for 6 minutes. Strain the seaweed into another container, retaining the liquid. (You can discard the seaweed or use in recipes.) Add the seaweed water to your bath, along with 1/2 cup of Epsom salts (which aid in detoxification, plus boost the body's stores of slimming, stress-relieving magnesium) and 1 Tbs. of sesame oil (which delivers additional skin-softening and smoothing perks). For maximum benefit, soak in this body-nourishing bath for 20 minutes once per week.

PHOTO: DARLENE: BRITTNEY KLUSE; H & M; JOY ANNA LANDEENE; STYLIST: ANGELA SARACENO; STILLS: CLOCKWISE FROM BOTTOM LEFT: MASTERRILE; BIGSTOCK; DREAMTIME; WINNIE MA/COURTESY OF JAYONE FOODS, INC.; CHRISTIE GEIGER (2)

It worked for me

"I was able to go off my thyroid meds!"

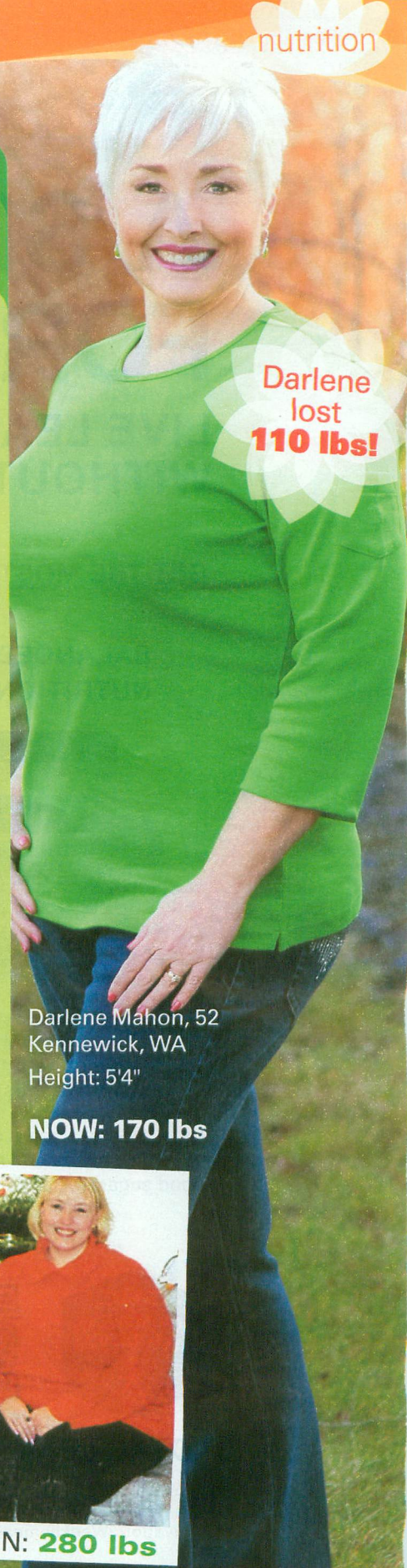
Darlene Mahon watched her stick-thin husband snack on fries from the local fast-food joint. *It's not fair*, she thought as she bit into a carrot. *I try so hard, but I'm the one who gains. There must be something more going on.*

For years Darlene had been on a weight roller coaster. "I gained and lost 100 pounds at least twice—it never lasted," she says. What *did* remain constant: a low-functioning thyroid, repeated struggles with yeast infections and sugar cravings that derailed every diet.

When Darlene turned 40, she vowed to stop depriving herself and start focusing on nourishing her body. For a boost, she reached for Nature's Way Alive! Ultra Shakes, which contain iodine from seaweed sources. The shakes helped Darlene dodge evening snacking, and she was wowed when she realized she was waking up feeling energized and ready for the day.

For the first time, Darlene lost weight and it didn't creep back on. She also enjoyed dramatic improvements in her mood, blood pressure and cholesterol readings, and her yeast infections were history. With the help of sea veggies, she was even able to work with her doctor to stop taking her thyroid medication.

Seven years later, Darlene is maintaining her 110-pound weight loss. She now owns 10 bikinis—something she never dreamed possible back when she used to sew her own clothes because nothing in the stores fit. Says Darlene with a laugh, "My sister calls me 'Pamela Parton,' a cross between Pam Anderson and Dolly Parton!"



Darlene lost 110 lbs!

Darlene Mahon, 52
Kennewick, WA
Height: 5'4"

NOW: 170 lbs



THEN: 280 lbs