

August 19, 2013
God Bless America

Woman's World

More for your money!
\$1.79

MAKE BIG BUCKS ON eBAY! Mega-seller moms share their rags-to-riches tricks!

SLEEP-BETTER SECRET in your favorite beer!

Get thinner! Feel better!
Shrink fat cells!

DETOX OFF 5 LBS in 2 days on the Martha's Vineyard Soup-and-Shake Cleanse!

SUMMER TIREDNESS? This energizing herb helps you GET 300% MORE DONE!

Japanese breakthrough! Eat the mushrooms that **STOP ALZHEIMER'S!**

Erase years with oil that **MAKES WRINKLES DISAPPEAR!**

ARTHRITIS PAIN? Sugary soda may be to blame!

Testers swear it healed asthma, allergies, brain fog and even fibromyalgia!



The hottest new way

Blessings! Boy? Girl? Bake our what-I'm-having reveal cake!



"I want to quit smoking!"

Q Can I use a nicotine patch and gum together while cutting back? Is it safe to occasionally smoke if I do?

A The FDA found no significant safety concerns with using OTC nicotine-replacement products, such as the patch and gum, at the same time. You can also smoke while using these products—just keep trying to quit. Use them for the time directed on the package, then, if you feel you need their help for longer, talk to your doctor. The risk of abuse or dependence does not appear to be significant.

—Grail Sipes, J.D., senior regulatory counsel, Office of Regulatory Policy, Center for Drug Evaluation and Research, Food and Drug Administration, Silver Spring, MD

"Should I let him have a TV?"

Q My 10-year-old is begging for his own TV. I'm reluctant, but don't have a good reason to be. Any ideas?

A Your son is not alone: 70% of kids aged 8 to 18 have their own TVs. But you're right to be reluctant. Children with TVs in their bedrooms typically have bigger waistlines and are at greater risk for obesity. The TV itself isn't the problem. It seems having one encourages habits linked to weight gain, like sleeping too little and eating less often with their families.

—Peter Katzmarzyk, Ph.D., associate executive director for population science, Pennington Biomedical Research Center, Baton Rouge, LA

Take this to Prevent colon cancer!

Want to really lower your risk of colon cancer? In addition to not smoking, being active and eating lots of fiber-rich veggies, new research reveals that taking the right supplements can pump up your protection!

Lutein turns off abnormal genes!

The deep yellow pigment that helps jazz up the color of egg yolks, corn and leafy greens also switches off the genes that allow abnormal colon cells to divide and spread! How effective is it? Taking a 20-mg. supplement daily could cut your risk of colon cancer in half, reports the journal *Nutrition and Cancer*.

■ **Bonus:** Lutein nourishes eye tissues, reducing your odds of cataracts 22%.

Fish oil blocks toxins!

Your colon-cancer risk will plunge 45% if you take 3,000 mg. of fish oil daily! The reason, Japanese scientists say, is that fish oil's omega-3 fats block absorption of cancer-causing chemicals in the digestive tract.

■ **Bonus:** Fish oil prods your brain to make more mood-boosting serotonin, cutting your risk of depression three-fold.

Ginger root beats inflammation!



Taking a 2,000-mg. ginger root supplement daily shuts down intestinal inflammation—the number-one trigger of precancerous colon polyps—in 28 days, reveals a University of Michigan study. Thanks goes to tissue-healing compounds called gingerols found only in the spicy root.

■ **Bonus:** Gingerols also help tame arthritis pain.

Important! Always check with your doctor before taking any supplement for the first time.



Colon-cancer-fighting fish oil also brightens your mood!

Pop a multi!
Taking 400 mcg. daily of folic acid (the amount in most multivitamins) for 15 years cuts colon-cancer risk up to 75%, the Nurses' Health Study found.

IP6 cuts risk 55%!

Taking 1,600 mg. daily of IP6—a B vitamin-like nutrient—can cut your risk of colon cancer 55%, according to University of Maryland studies. IP6 soaks into intestinal cells and forces them to grow normally, explains lead researcher Abulkalam Shamsuddin, Ph.D. For an extra boost, take its close cousin inositol, too. "When inositol is paired with IP6, this powerful duo actually forces precancerous cells in the colon to revert back to normal."

■ **Bonus:** IP6 makes blood less sticky, cutting your risk of a heart-attack-triggering clot in half.

Put protein on your plate!

Wild blood-sugar fluxes speed the growth of abnormal colon cells, raising your cancer risk 25%. Avoid them by including a few ounces of sugar-steadying protein (meat, poultry, fish, nuts or eggs) in every meal.

—Brenda Kearns

Stay Young with W^W

Make yourself arthritis-proof!

Keep your joints healthy for life by:

1 Reversing inflammation!

Sore joints? Replace OTC pain meds—linked to internal bleeding—with natural anti-inflammatories, says Jacob Teitelbaum, M.D. In one study, combining boswellia (an herb) with curcumin (a spice) cut joint pain and damage better than a leading Rx! One option: Healthy Knees and Joints supplements (\$30, Amazon.com).

2 Lubricate with H₂O!

Cartilage—the shock absorber in joints—is 70% water, which is why staying well-hydrated is crucial for joint health, says Nathan Wei, M.D., director of the Arthritis Treatment Center in Frederick, MD. "Drink six to eight glasses of water a day—and a few extra daily during hot summer months," he advises.

3 Stretch!

Stretching warms your muscles, making them more effective at protecting the joints they surround. "It also helps produce synovial fluid, the liquid that lubricates and nourishes joints," says Dr. Wei. Spend five minutes gently stretching—touching your toes, bending your knees, rotating your arms in circles—each morning after awakening.

More ways to baby your joints!

- **Skip sugary soda!**
"The corn syrup in them causes inflammation, heightening existing joint pain," says Dr. Teitelbaum.
- **Eat more fish!** Their omega-3s curb inflammation. Have two servings weekly, or pop a 1,000-mg. supplement daily.
- **Skip hard-core exercise!**
High-impact exercises, like jogging and step aerobics, can cause joint woes, says Dr. Wei. Opt for swimming, the elliptical trainer or yoga.

