

May 11, 2015

God Bless America

Woman's World

More for your money!
\$1.79

HEAL ARTHRITIS
by rubbing this on joints!

THE STRESS-BUSTING SECRET
in your yard!

Safe, natural insomnia cure!
BETTER THAN SLEEPING PILLS!

EASY HOME THYROID TEST!

Find out in hours . . . and heal yourself with salt!

You can be **BEYONCÉ-SLIM** by summer!

Beyoncé's delicious diet will make you **22 LBS SLIMMER** in 22 days!

BEAT THE BREAST-CANCER GENE with ordinary olive oil!

FOUNTAIN-OF-YOUTH FOOD! Sharpens memory, beats belly fat, prevents wrinkles!



Mother's Day joy!
Invite your favorite moms for our yummy brunch!

Turn on your good-health genes!

Worried about your health because you have relatives who had heart disease, cancer or high blood pressure? Researchers at Ohio's Cleveland Clinic say it's surprisingly easy to switch off "bad" genes and safeguard your health, even if your family history would have put you at risk!

✓ Prevent female cancers with olive oil

Flavorful extra-virgin olive oil (EVOO) is 75% oleic acid, a healthy compound that destroys cancer cells on contact, plus helps turn off the HER2 gene, the one linked to a heightened risk of breast and ovarian cancer, according to Spanish research. Adding 2 Tbs. of EVOO to your daily diet can cut your risk of those cancers as much as 25%.

✓ Prevent heart disease with greens

Canadian researchers have identified one key gene that makes our risk of heart disease skyrocket. The great news: Eating three cups of fresh produce daily—and making one of those servings a green veggie—appears to shut it off! In fact, when people who'd inherited this gene ate lots of fresh produce, their risk was as low as if they'd been born with heart-healthy genes, says study author Sonia Anand, M.D.

✓ Prevent depression with early Zzzs

Compared to night owls, folks who head to bed an hour earlier—around 11 p.m.—are five times less likely to ever develop depression, Brazilian research shows. Getting to sleep a little sooner, so you're in sync with your body's biological clock, switches on genes that increase your brain's output of mood-boosting hormones.

✓ Prevent digestive trouble with garlic

Garlic's sulfur compounds block the growth of cancerous cells in the digestive tract, cutting your risk of stomach cancer 50% and your risk of colorectal cancer 30%, say Bastyr University experts. Sulfur switches off the genes that make intestinal cells vulnerable to carcinogens. Rx: one clove daily.

■ **Also smart:** Enjoy 1/2 tsp. of any spice or herb—like pepper or oregano—daily. All contain compounds that force genes inside intestinal



cells to behave normally when exposed to carcinogens.

✓ Prevent obesity with mushrooms

Eating three cups of any type of mushrooms weekly can help you burn off seven pounds of fat yearly, even if you're predisposed to be overweight. Mushroom compounds stop cravings and help burn blood sugar for energy, say USDA pros.

✓ Prevent blood pressure woes with less sugar

A study in the journal *Circulation Research* suggests a gene that doubles the risk of hypertension may be passed down from moms to their kids. The fix: Switching off genes that make artery walls tighten by weeding out sweets that make blood-sugar levels skyrocket. "Keeping blood sugar steady switches off these genes and prevents blood-pressure surges," explains Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now*. In fact, this single step erases high blood pressure for up to 77% of people in as little as two months.

—Brenda Kearns

Activate good-health genes with Sautéed Mushrooms and Mixed Greens

The combination of extra-virgin olive oil, mushrooms and leafy greens can boost your body's defenses against cancer, weight gain and heart disease!

- 6 Tbs. extra-virgin olive oil
- 1/4 cup cider or white wine vinegar
- 2 tsp. Dijon mustard
- 1 tsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 oz. shiitake mushrooms

- 1 lb. white button mushrooms, sliced
- 6 cups mixed salad greens, including arugula, radicchio and endive, about 8 oz.
- Shaved or shredded Parmesan cheese, optional

- Whisk together 4 Tbs. oil, vinegar, mustard, sugar, salt and pepper; reserve. Trim and discard shiitake stems; slice caps. In large nonstick skillet, heat 1 Tbs. remaining oil over low heat. Add half of all mushrooms; cook and stir until golden brown, about 5 minutes; transfer to bowl and cover. Repeat with remaining 1 Tbs. oil and mushrooms. Return cooked mushrooms to skillet; heat until hot. Stir in reserved dressing. Spoon mushroom mixture over salad greens. If desired, garnish with Parmesan. Makes 6 servings.



Walking revs your protection!

The genes that help you burn fat, steady blood sugar, control cholesterol and kill off cancer cells are 30% more active if you exercise daily, British researchers say. In fact, if you have a strong family history of a health problem, getting fit could power up your protection within three months!

Photos: iStockphoto (2); Vetta/Getty Images; BACKUP-images.com; courtesy Mushroom Council.