

healthy living made easy



APPLE TREATS



QUICK SUPPERS

Fast & delicious FALL FAVORITES

# WALK OFF 3x MORE BELLY FAT



**Surprise!** Bouts of walking more slowly burn fat 47% faster

**Chantel lost 200 lbs!**

pg 22

**Plus:** The tip that ensures you lose from the belly first

# TOTAL HAPPY

**KELLIE PICKLER** pg 42

reveals the 3 secrets that empowered her to achieve her dreams

# YOU, FALL BEAUTIFUL

The best new jeans, bags, haircolor & more! pg 8

# TIREDNESS—CURED!

## FEEL GREAT EVERY DAY

Instant fixes for bloat, chronic congestion, irregular periods, A.M. fatigue & more pg 16

**UTI ALERT!** Read this before using a public restroom pg 18

## STRESS BUSTERS

4 ways to feel calm and relaxed no matter what! pg 44

73% of women have developed *this* allergy and don't know it

The quick fix that will quadruple your energy in 24 hours! pg 34

**ADDICTED TO CARBS?** The chemical in your water that may be to blame

## SAVE 75% ON OTC

The strategies that work for prescription, OTC & vet drugs pg 86

Display until 10/13/08

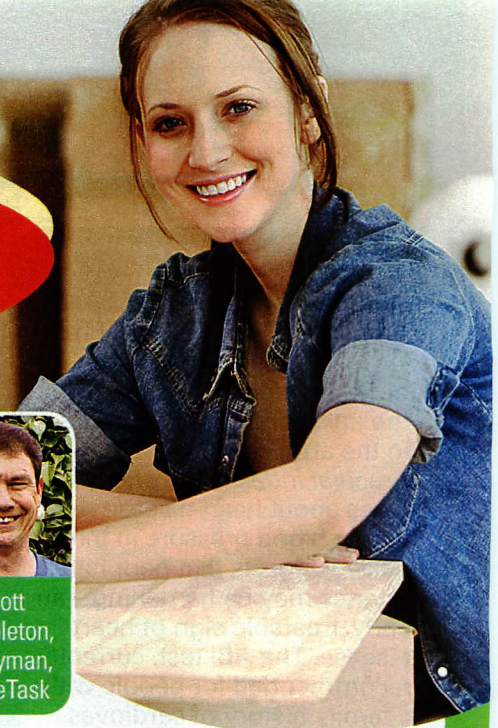
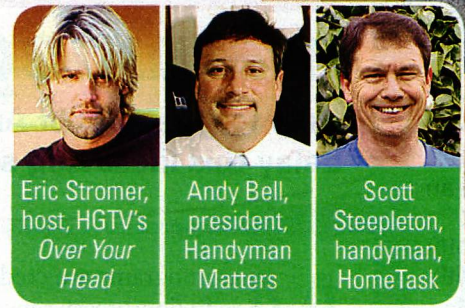


\$2.49

5 things

Professional handymen know... that you should, too!

Planning to spruce up the house for the holidays? Take heed: Home-improvement dangers such as out-of-control tools, collapsing shelves and toxic chemicals account for 330,000 emergency-room visits every year. Fortunately, handymen interviewed by *First* revealed that a few simple measures can eliminate risk.



1 PLIERS PROTECT FINGERS WHEN HAMMERING

“One of my friends lost a chunk of skin while hammering a nail for a picture hook,” recalls Eric Stromer, host of HGTV’s *Over Your Head*. “The nail was too tiny to grasp comfortably, so my friend panicked and moved her hand just as the hammer was coming down. Bad move—her index finger got pounded, resulting in a nasty injury. The safer approach would have been to hold the nail in place with pliers. Once the nail is partially embedded in the wall, it’s safe to release the pliers and continue hammering.”

2 LOOSE TOOLS CAN TURN INTO WEAPONS

“One time I was balanced on top of a ladder while working on a stretch of crown molding,” remembers Stromer. “Before climbing down, I carefully placed my tools on the ladder’s fold-out tray...but then completely forgot about them once I got to the floor. When I attempted to reposition the ladder, a screwdriver came flying off the tray like an arrow, shooting through the top of my shoe and piercing my foot. Now I know to stash my tools in a bucket when they’re not in use. That way, they’re harder to forget—and less likely to become airborne.”

3 EVEN STRONG SHELVES ARE PRONE TO COLLAPSE

“Floating shelves aren’t always sold with the best hardware, which inevitably causes them to collapse,” warns Andy Bell, founder and president of Handyman Matters, a home-repair franchise. “I heard about an incident in one house where a wire utility shelf came crashing down in the laundry room. The home owner had been unloading and reloading the shelf with heavy containers of detergent, bleach and fabric softener, not realizing that a fluctuating load can wear down a shelf’s anchors. For shelves that will be used frequently or bear a lot of weight, consider replacing the included hardware with toggle anchors, which expand behind the wall for added stability.”

4 A STUCK DRILL CAN SPIN SUDDENLY

“I ran into trouble about a month ago while drilling through a small wooden board,” admits Scott Steepleton, a handyman for HomeTask, a multi-brand franchise that provides home-repair service solutions. “I was rocking the tool from side to side, trying to make it drill faster, but the bit became stuck and wouldn’t move. As I stubbornly pushed on the trigger, the

tool’s motor continued to exert force. But the bit still wouldn’t budge, so the handle ended up whipping around, ultimately breaking a bone in my hand. I should have remembered that if a bit stops working, it’s probably dull—in which case it’s best to replace it with a sharp new one.”

5 CLEANING SOLVENTS CAN TRIGGER TIREDNESS

“Lots of folks use paint thinner or other solvents to clean their hands after a project, but I’ve seen how poisonous these chemicals can be,” says Steepleton. “One guy in my crew used the solvent *toluene* to remove carpet glue from his hands during a big floor installation. But after several weeks of rubbing the stuff on his skin, he began to feel tired all the time. A visit to his doctor revealed that his body had absorbed tons of toluene, messing up his nervous system. In the end, it took six months for his energy to bounce back.”  
**First tip:** “Toxin overload can occur even when a person uses chemicals as directed,” cautions Jacob Teitelbaum, M.D., medical director of the Fibromyalgia & Fatigue Centers, Inc. “But you can avoid the need for chemical cleaners simply by keeping hands covered with work gloves.”