



★ for women First

SUPPER—SOLVED!

**News! SUPER-CARBS
SPEED METABOLISM
DROP 7-10 LBS EACH WEEK**

Plus: The flour that transforms everything you bake into a delicious ultra-slimming treat

So long stress!

7 ways to nix blood sugar swings that mess with your mood



Fall style secrets that subtract 10 lbs



What your food cravings really mean

4 problems that most doctors miss

Instant bliss

Head start on the holidays

12 ways to get your home guest-ready for much less \$\$\$

Genius ways to double your fridge space

Beautiful little touches

Dr. Oz's TIREDNESS CURES

The revolutionary approaches that restore energy, release fat & more!



Lisa lost 112 lbs!



Kathy feels 30 yrs younger!



Mary tripled her energy!

11/8/10 Issue 1045

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nutrition breakthrough

Food cures for

FIRST's quick and easy fall meals won't just wow your family—they'll dial down the stress hormone cortisol to keep you calm no matter how chaotic life gets

Economic worries, job-related demands, family responsibilities... No wonder 90 percent of us say the stress of everyday life is at an all-time high, according to an American Psychological Association study. But health experts caution that operating in a constant state of overdrive can seriously undermine our health.

How cortisol saps health

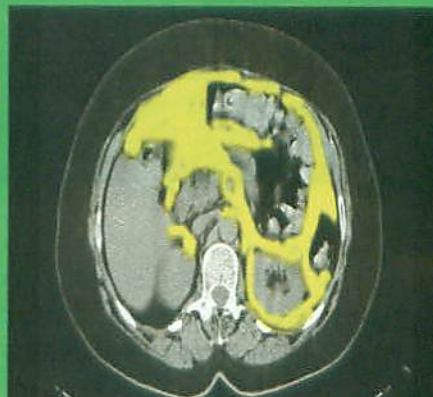
"Any kind of stress—from traffic congestion to public speaking—prompts the adrenal glands to produce the hormone cortisol," says researcher Shawn Talbott, Ph.D., author of *The Cortisol Connection* (Hunter House, 2007). In small bursts, this hormone sparks the release of stored blood sugar, revs heart rate and increases circulation—physiological effects meant to energize you to respond to whatever is triggering anxiety. "The problem is, modern stressors like bills and deadlines rarely go away," explains Talbott. "This keeps

the adrenals in a continuous state of cortisol production."

Initially, elevated hormone levels serve as a storage signal for fat cells—particularly those in the abdominal region, says Talbott. In fact, one study found that cortisol overexposure led to a 50 percent increase in belly fat in as little as 14 days. Plus, chronic stress can lead to high blood pressure, suppressed immune function and impaired memory.

Complicating matters: Over time unrelenting stress leaves the adrenals exhausted and unable to keep up with the cortisol demands, cautions Talbott. This depletes the glands' ability to pump out sufficient levels of hormones like adrenaline, norepinephrine and testosterone, which help the body cope with anxiety. "As a result, you can start to feel severely fatigued, depressed and mentally foggy," says Talbott. And left untreated, adrenal fatigue can lead to more serious conditions, including

The cortisol-belly fat connection



HIGH STRESS BELLY

Cross-sectional scans of the abdomen show how excess cortisol leads to increased storage of belly fat (shown in yellow).



LOWER STRESS BELLY

A diet rich in cortisol-regulating nutrients like magnesium and vitamin C prompts the body to burn off stress-related belly fat.

fall stress

fibromyalgia, autoimmune disease and type 2 diabetes.

Your healing food formula

A diet rich in adrenal-supporting nutrients is key to restoring optimal glandular health, says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* (Fair Winds, 2010). Most importantly, aim to get at least three daily servings of vitamin C-rich fare like citrus fruit, bell peppers and sweet potatoes. This nutrient increases the adrenal glands' resistance to stress, which can help prevent cortisol spikes, explains Dr. Teitelbaum. Magnesium (found in spinach, beans and nuts) and omega-3 fatty acids (found in fish and flaxseed) also work to moderate the adrenals' production of cortisol. Other smart food moves: zinc-rich red meats (which help the liver break down excess cortisol) and dark chocolate (which revs the production of stress-reducing endorphins). All told, these healing foods can restore adrenal health and leave you with increased energy, sunnier moods, sharper focus and a slimmer waistline in as little as two weeks!



THEN:
155 lbs

Sarah Dawson, 40,
Austin, TX
Height: 5'8"

NOW:
132 lbs

It worked for me

"Now I look and feel 10 years younger!"

Too tired to play with her toddler, Sarah Dawson worried, *What's wrong with me? I feel more like a grandmother than a mother.*

Countless doctors chalked up Sarah's fatigue to depression resulting from a miscarriage and the death of a parent. But Sarah felt that something more was causing her sugar cravings, weight gain and irregular heartbeats. She shares, "I felt like the life force had drained out of me."

With the help of hormone expert Mary Shomon, Sarah found a doctor who would listen. Blood tests revealed she was suffering from adrenal fatigue. "You were right," the doctor told her. "Your body is struggling to survive."

After a few weeks of taking hormones and tweaking her diet to include vitamin-rich berries, fish and nuts, Sarah felt her life force surge back. Her waistline slimmed and her skin glowed. She reports, "I never thought I could feel this good!"

Everything you need is right here!

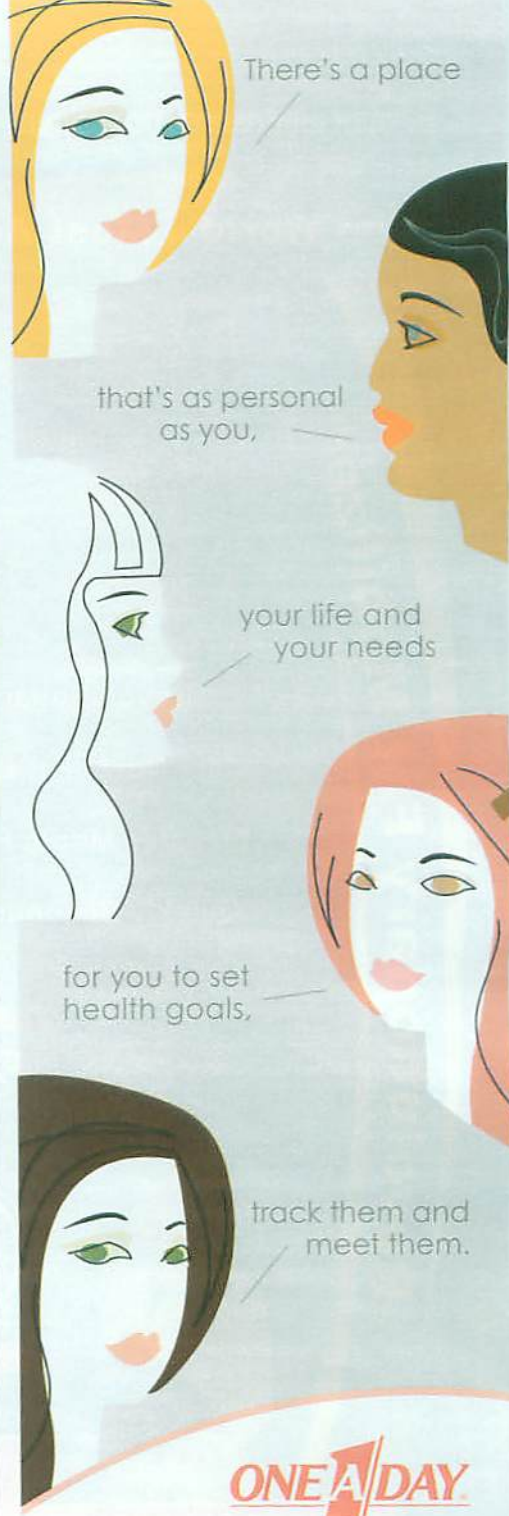
Every meal in FIRST's fall cookbook is packed with stress-buffering nutrients. Just choose from the recipes found on pages 53 to 72, like the sample day listed below, to put together your personalized plan.

Breakfast: Two eggs, plus an Apple Streusel Muffin (page 72)

Lunch: Incredible Edible Cauli Bake (page 64)

Dinner: Whiskey-Peach Chicken with Creamy Maple Potatoes (page 56)

Dessert: Peachy-Keen Cherry Tart (page 72)



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