April 14, 2008

**God Bless America**

# Woman's World

*A great week made easy!*

$-saving dinners *that taste gourmet!*

The *diet* that **Cures ADD!**

# Gorgeous hair!
Simple 3-step scalp massage makes hair grow faster and thicker!

Mandy lost 25 lbs!

*Sweet 'n easy!*
# Spring cupcakes!

The *houseplant* that **Cures allergies within 12 hours!**

# No willpower? No problem!

## Lose as much as 96 lbs on the 'no-diet' diet!

✓ Enjoy all your favorite foods!
✓ Eat what you want all weekend —and boost your metabolism 14%!
✓ No need to count a single calorie or carb!

# Kiss belly fat bye-bye!

✿ Super-crunches that work twice as fast!
✿ Foods that melt ab flab!
✿ Slimsuits that make pounds disappear!

6 easy energy tricks to
# Blast away tiredness!

# *Your* PMS symptoms, cured!
Heal bloating, cramps, cravings and mood swings *naturally!*

# More time for *you!*
Tricks that end junk mail, spam and telemarketers!

## HEALTH-BOOSTING 'COCKTAILS'!
✓ Avoid Alzheimer's!
✓ Block 3 types of cancer!
✓ End anxiety!
✓ Stop your body's aging clock!

$1.79

# Drink your w

The latest research reveals that even the mos
energizing, wellness-enhancing benefits! So

## Tomato juice sends "bad" cholesterol plunging!

Study volunteers who downed 13 1/2 oz. of this popular beverage—and ate one serving of ketchup daily—saw their levels of "bad" LDL cholesterol drop by 13% in just three weeks, report researchers at Finland's University of Oulu. The scientists credit the combination of antioxidants in tomatoes—including lycopene, beta-carotene and gamma-carotene—for the cholesterol-lowering effect.

**TIP** **Make it a treat!** Add a squeeze of fresh lemon juice and dashes of celery salt or black pepper to your tomato juice, stir with a celery stalk and serve over ice.

### V8 delivers extra benefits!

It contains beets, which were recently proven to lower blood pressure in a London School of Medicine study. Additional research shows this ruby-red food can also boost mood thanks to its stores of uridine, an all-natural antidepressant.

## *This* water erases anxiety!

If you're feeling frazzled, sipping water infused with L-theanine—an all-natural amino acid from green tea leaves—will calm you down in just 30 minutes, without making you drowsy. "It stimulates production of alpha brain waves, a state similar to what is achieved by meditation where one is deeply relaxed and mentally alert," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. L-theanine-infused waters to try: Blue Cow ($2 for a 10-oz. bottle) in vanilla and lemon flavors, or Vitamin Water B Relaxed (about $1.50 for a 20-oz. bottle). Find both in supermarkets and health-food stores nationwide.

**BONUS** L-theanine makes you happier by increasing the production of the feel-good brain chemicals serotonin and dopamine. Plus, it makes it easier to focus during the day and sleep soundly at night, studies show.

## Beer helps ward off Alzheimer's!

It's abundant in silicon, a trace element that prevents your body from absorbing aluminum, a neurotoxin thought to play a role in the development of Alzheimer's disease, a Spanish study in *Food and Chemical Toxicology* reveals.

● **Study-proven dose:** One glass a day. But stop there—drinking more has been linked to an increased risk of breast and other cancers.

**BONUS** Beer prevents osteoporosis! Surprising as it sounds, recent studies suggest the silicon in beer works even better than calcium at strengthening bones and preventing bone loss!

● **Also proven to work:** Apple juice! Among all fruits studied, it's got the highest amount of polyphenols, natural chemicals in food that prevent the brain cell damage that leads to mental decline, a new Cornell University study reveals.

**Did you know?** The hops used to make beer are a traditional Chinese treatment for insomnia, restlessness and intestinal cramps!

ndulgent beverages—like milkshakes, red wine and beer!—are brimming with age-defying,
o ahead—grab a glass and toast to an even healthier you!

## Lemonade blocks 3 types of cancer!

It takes just one glass a day to slash your risk of developing cancers of the mouth, larynx and stomach by 50%, Australian scientists report. Antioxidants in citrus fruits—lemons, limes and oranges—trigger the production of enzymes that hamper tumor growth and strengthen the immune system, explains study author Katrine Baghurst, Ph.D.

**TIP** Be sure to use fresh lemons instead of concentrate—they've got the most cancer-fighting antioxidants!

**BONUS** It stops kidney stones! Lemonade contains citric acid, which is so effective at preventing kidney stones from forming, it works as well as some medications, Duke University scientists say. Just make it low in sugar; too much of the sweet stuff can *encourage* stones.
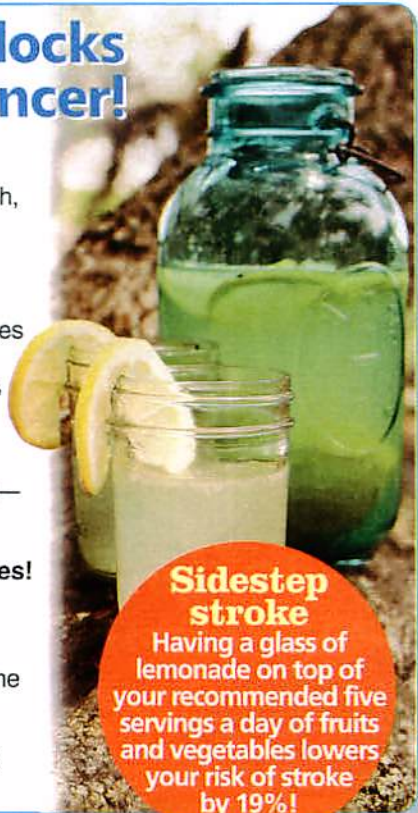
### Sidestep stroke
Having a glass of lemonade on top of your recommended five servings a day of fruits and vegetables lowers your risk of stroke by 19%!

## Stop the clock with milkshakes!

Sipping one doesn't just make you feel young, it keeps you young! Credit goes to the vitamin D in this dairy-based drink, which slows the aging process by reducing inflammation, a team of American and British researchers found. When they looked at the chromosomes of 2,160 women, they discovered that the women with the highest intake of this vitamin were biologically younger than women the same age with lower intakes! "These results demonstrate for the first time that people who have higher levels of vitamin D may age more slowly than people with lower levels of vitamin D," says study leader J. Brent Richards, M.D.

**TIP** Sip your shake outdoors! Soaking up some sun for 10 to 15 minutes a day significantly raises the level of vitamin D in your body!

### Creamy Strawberry-Banana Milkshake
In a blender, combine:
- 1/2 cup vitamin D-enriched skim milk
- 1/2 cup Silk Soymilk Plus for Bone Health
- 1/2 cup strawberry flavored light, nonfat yogurt
- 1 tsp. vanilla extract
- 1/4 cup frozen strawberries
- 1/4 cup frozen banana slices
- 4 ice cubes

## Green tea fights Parkinson's!

No doubt you've heard about the health benefits of this traditional Asian beverage—it's been shown to lower the risk of certain cancers, cut cholesterol and fight infection, just to name a few. Well, Chinese research suggests it may also help prevent Parkinson's disease, a central nervous system disorder for which there is no known cure. In lab studies, the scientists found that antioxidants in green tea prevent the *destruction of neurons in the brain*, which leads to the disease.

### Add a squeeze of lime to your cup!
A splash of citrus helps your body absorb lots more of green tea's health-boosting antioxidants, a Purdue University study found.

## Red wine stops colon cancer!

When researchers at Stony Brook University in New York recently compared the drinking habits of red and white wine drinkers, they made a startling discovery: Red wine drinkers were 68% less likely to develop colon cancer than white wine drinkers! Turns out, there's a big difference between the way these wines are made; as a result, red wine has much more resveratrol, a natural compound known for its cancer-fighting powers. "The concentration is significantly higher in red wine than in white wine because the skins are removed earlier during white-wine production, lessening the amount that's extracted," explains lead study author Joseph C. Anderson, M.D.

### Add years to your life!
Preliminary research out of Harvard Medical School and the National Institute on Aging suggests that hefty doses of resveratrol may offset the bad effects of a high-calorie diet and significantly extend your life span.

—Gabrielle Lichterman