



# First for women

The wow without the work

Thanksgiving mmm...

Fast!

Delicious leftovers

## CURE FOR TIRED+ACHY

91 percent of American women need more of a key antioxidant—especially those taking pain relievers

## LESS STRESS EVERY DAY

Kathie Lee Gifford on the tension-taming must-dos that have fueled her success

## BEAUTIFUL YOU!



Pro tips to perfect hair and radiant skin



Plus, genius slimwear!

"You can lose 2 pounds overnight, and you wake up feeling fantastic" —Caroline Apovian, M.D.

# Wake up SLIM!

24 hrs: Energy soars  
72 hrs: Mood brightens  
Day 7: YOU, 13 LBS THINNER!

## FEEL GREAT NATURALLY

- ✓ Tension headaches
- ✓ Restless sleep
- ✓ Blue moods
- ✓ Mental fatigue
- ✓ Anxiety

Wow! The Indian herb that ends stress-triggered insomnia

## SERENITY SECRETS

Holidays are filled with unexpected challenges—we've got the ways to breeze past them!

Wheatgrass smoothies cut hunger by 50%

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# "I finally feel like

Silvana Perelli, 34, was overwhelmed by exhaustion—until she discovered the surprisingly common cause and an over-the-counter remedy that restored her vitality

Silvana Perelli,  
Norwalk, CT

"Last year on the day before Thanksgiving, I was at the grocery store picking up the ingredients for my homemade pumpkin pie, when I was overcome by an increasingly familiar wave of exhaustion," recalls Silvana, a weight-loss coach. "Leaning on the handle of my shopping cart for support, I realized that baking from scratch just wasn't going to happen this year. As I headed for the pastry section of the frozen-foods aisle, I wondered what was wrong with me, and if I'd ever snap out of this slump.

## *Barely getting by*

"With each passing day, I felt a little bit more worn-out. I had a hard time sleeping, and even when I did manage a solid eight hours, it didn't make a dent in my fatigue.

"I ended up cutting back my hours at work, but overwhelming lethargy still dogged me. To get through the day, I took to napping at my desk between clients. And when I was at home, I spent most of my downtime on the couch. I'd sit there and think about all the things I wanted to do but didn't have the energy for, like spending time with my fiancé, Stephen, planning our wedding, house hunting or taking one of our cherished after-dinner walks together. There I was, about to marry the man of my dreams, but I seemed more married to my couch than anything else.

### One-minute QUIZ

#### IS AN ANTIOXIDANT SHORTFALL MAKING YOU TIRED?

If you suffer from fatigue and two or more of the symptoms below, you may be deficient in the antioxidant *glutathione*

- Brain fog
- Body aches
- Insomnia
- Weight gain or bloat
- GI upset
- Frequent illness
- Dark-colored urine
- Chills
- Prematurely wrinkled or overly dry skin



# me again!"

"I was also dealing with body-wide aches, brain fog and tummy troubles. And talk about moody: I'm ashamed to admit there's scarcely a wedding florist or caterer in the Norwalk, Connecticut, area who didn't bear witness to one of my cringe-worthy outbursts.

"I saw several doctors who ran a bunch of tests, all of which came back negative. One physician suspected I had a vitamin-B<sub>12</sub> deficiency, but even after I got my levels up, my fatigue persisted. Another doctor told me to get more sleep—but no amount helped.

"I began to worry my husband-to-be might regret that he was 'stuck' with me. I panicked: *If this is what it's like for me now, how will I be when I'm 60?* I was determined to get better, not just for myself but for Stephen as well.

## Back in action

"I mentioned my health concerns to our realtor as she was showing us houses, and she raved about Jessica Drummond, a nutritionist with an office nearby. My interest was piqued and I immediately made an appointment. There, after a lengthy interview and health history, Jessica advised that a combination of chronic stress, environmental toxins and even getting older had depleted my stores of *glutathione*, an antioxidant that fights

free radicals. That's why I was so tired, foggy, achy and moody. She said the glutathione shortage was even to blame for my GI issues.

"Jessica recommended I begin eating more glutathione-rich foods, like cruciferous vegetables and whey protein, plus suggested I supplement with *N-acetylcysteine* [NAC] and selenium. I was a bit skeptical that these minor tweaks would actually help, but I figured it couldn't hurt to try them. And I'm so glad I did! Within two weeks on this easy regimen, my energy, memory and mood started to soar.

"Today, despite a packed schedule and long hours, I feel reborn. I no longer collapse on the couch every afternoon, but instead zoom through my entire day. My business, *CoutureWeightLoss.com*, is flourishing, plus I'm thrilled that I have the energy to volunteer as a nutrition coach with the breast cancer-support organization *YouCanThrive.org* and still have enough *oomph* left to take a spinning class with a friend.

"This year I'm delighted to report that I'm looking forward to the upcoming holiday activities. In fact, Stephen and I will be hosting a Thanksgiving feast for our entire extended family. And dessert will include not just my homemade pumpkin pie, but an apple pie too!" —as told to *Hallie Potocki*

## Alert! OTC pain meds sap glutathione levels

Regularly taking 4,000 mg of acetaminophen, which is considered within the safe range for daily use, can deplete the body's stores of the energy-promoting antioxidant *glutathione*, asserts Jacob Teitelbaum, M.D. The reason? Acetaminophen triggers the production of liver-damaging toxins, and in response, the liver produces glutathione to neutralize those toxins. But high doses of acetaminophen overtax the liver, depleting glutathione levels and hindering the organ's ability to produce more. And risk of a glutathione shortfall is higher now as seasonal stress and indulgences can also drain stores of the antioxidant.

To reduce your risk, stick to low-dose painkillers and allow at least six hours between doses. You can also boost your glutathione levels with the tips at right.

90% OF WOMEN  
with this deficiency  
go undiagnosed

! **Stress, aging and environmental toxins drain the body of the little-known antioxidant *glutathione*.**

As a result, more than 50 million women are deficient. But according to David Katz, M.D., director of the Yale University Prevention Research Center, fewer than 10 percent of sufferers are diagnosed, likely because most doctors don't look for shortfalls.

! **Glutathione protects the body from harmful oxidative stress.**

Without enough glutathione, free radicals attack every cell in the body, triggering inflammation. As the body struggles to cope with the damage, energy plummets, immune function suffers and a host of health-sapping effects set in. "You can think of oxidation like rust," says Dr. Katz. And glutathione is like WD-40, clearing away free radicals and protecting cells against future damage.

✓ **A blood test can measure glutathione levels, but it won't detect borderline deficiencies, which can also impact health, says Dr. Katz.**

If you have symptoms of a shortfall (see quiz at left), consider trying the steps below. If you're deficient, you should feel better within four weeks.

😊 **Supplementing can improve symptoms within days.** But the body can't absorb glutathione from pills, cautions Dr. Katz. Instead, look for glutathione building blocks like *N-acetylcysteine*, selenium and whey protein. A supplement that contains all three: *Enzymatic Therapy Energy Revitalization System* (\$24 for 30 servings, at [Vitacost.com](http://Vitacost.com)), which was formulated by Jacob Teitelbaum, M.D., a fatigue specialist.

😊 **Also smart: Eating glutathione-rich fruits and vegetables.** Top sources include cruciferous veggies, beets, squash and cranberries.