

April 2015  
God Bless America

# Woman's World

More for your money!  
\$1.79

**BAD MOOD?**  
Your bra could be to blame!

## LOSE 70 LBS DRINKING GET-SLIM DETOX TEA!

Amazing results in weeks:

### AYURVEDIC THYROID CURE!



### Cutie Bake pops!

Adorable hatching  
Easter eggs!

University of Oxford breakthrough:

### TRISCUITS STOP STRESS!

The juice that

**MAKES WOMEN  
LOOK YOUNGER!**

The simple laundry secret that

**BLOCKS SPRING  
ALLERGIES!**

- Whisks away "obesogens"!
- Stimulates fat-burning!
- Stabilizes blood sugar!
- Flushes away water weight!

## Easter fun!



Sweet  
treats  
to make  
with  
Peeps!



# Need pain relief? *Eat this!*

Got mild to moderate aches and pains, and prefer not to take painkilling drugs—even over-the-counter ones? Chances are there's study-proven relief hidden in your kitchen right now that's deliciously free of side effects!



## 1 Fennel seeds stop stomachaches!

Chewing 1/4 teaspoon of these licorice-like seeds can beat belly pain, says internist Jacob Teitelbaum, M.D., author of *Pain Free, 1-2-3*. Compounds in the seeds improve digestion and stop painful gas bubbles from forming.

**Chocolate dulls pain!**  
Enjoying just a square a day ups your body's output of pain-thwarting endorphins, say University of Chicago researchers.

## 3 Red grapes prevent backaches!

These deeply colored grapes are a rich source of resveratrol, an antioxidant also abundant in red wine. According to Rush University researchers, resveratrol blocks inflammatory enzymes, preventing damage to the tender, shock-absorbing cartilage in your back!

## 2 Ginger eases arthritis aches!

The spicy root is well-known for its nausea-stopping properties—and now a University of Miami study shows that it can also trigger a 40% drop in pain and stiffness for folks with osteoarthritis of the knee. "Ginger blocks two key inflammatory pathways," says Dr. Teitelbaum. **Rx:** Consume a third of an inch of ginger root (grated into boiling water and sweetened to taste, it makes a zesty tea) or 2 tsp. of ginger powder daily.



## 4 Honey heals mouth sores faster!

Dabbing raw honey on painful canker and cold sores four times a day heals them 43% faster than using a prescription cream, reports the *Medical Science Monitor Journal*. Honey is teeming with inflammation-easing enzymes that zap viruses while speeding healing.

## 5 Cherries reduce all-over aches and pains!

"Cherries are high in powerful antioxidants called anthocyanins, which quell pain-causing inflammation," says Dr. Teitelbaum. And Michigan State University research backs that up, showing that the anti-inflammatory action in just two handfuls of cherries is 10 times stronger than ibuprofen and aspirin!

### Sip away pain!

- **Coffee cuts post-exercise pain almost 50%!** It's the caffeine that does the trick, say University of Georgia researchers.
- **Beer relaxes tense muscles!** Credit goes to the hops used to brew the beer, says Dr. Teitelbaum.
- **Kefir stop stomachaches!** The yogurt-like drink is rich in probiotics, good bacteria that "improve digestion, helping to prevent diarrhea and stomach pain," says dietitian Molly Morgan, R.D.

—Camille Pagan

## Stay Young with W<sup>W</sup>

# Fun ways to Turn back the clock!

Older adults who feel three or more years younger than their real age live 41% longer than average, reveals University College London research. To trim your "mental" age fast:



**1 Keep healthy by logging on to Facebook!** Women who renew acquaintances with friends from their youth live several years longer than those who keep to themselves, a recent study suggests. "Social contact increases your joy and reduces the risk of depression, which is linked to numerous health problems," explains happiness and longevity researcher David Bach, M.D.

**3 Release stress by babysitting!** Older adults who babysit their grandchildren live longer, report Australian researchers. "Spending time with little ones puts you in a playful mood, and playing causes your mind and body to relax, reducing the harmful effects of stress hormones like cortisol," explains Dr. Bach.

**4 Bolster your brain by dancing!** Adults who learn new dance moves reduce their risk of dementia a whopping 76%—more than twice the expected improvement from reading or doing crossword puzzles, an Albert Einstein School of Medicine study shows. Combining physical activity with a mental challenge helps the brain form new connections that protect against memory loss!

### More fun health boosters!

- **Play your iPod!** Listening to music improves your body's immune system function, reduces stress and is found to be more effective than prescription drugs in reducing anxiety!
- **Play Monopoly!** A study in *The New England Journal of Medicine* reports playing board games once a week cuts the risk of dementia 7%; playing more cuts it as much as 63%!

**2 Add seven years by doodling!** Or painting, sculpting, sewing—anything that taps into your creative side. A recent University of Texas at Austin study found that folks who do so regularly score seven years "younger" on endurance tests compared to their same-age peers who don't pursue artistic pleasures!

—Camille Pagan