

July 14,
2008

Woman's World

God Bless America

A great week made easy!

No more messy chores!
Make your bathroom self-cleaning (even if you've got kids!)



The bread that **Beats belly fat!**

BONUS: It also prevents Alzheimer's!

Tired? Anxious?
Cure the summer blues with 4 simple tricks!

SAVE ON GAS!
Credit cards that cut the price 10%!

Happy you!

- ☺ Instant optimism boosters!
- ☺ Free games that increase joy!



Fun summer cupcakes!
Make any day a party!

Breakthrough new British mega-diet DESTROYS FAT CELLS!

Use the low-carb power of 'ketone science' to suppress your appetite and:

- ✓ Lose 8 lbs a week!
- ✓ Melt your stored fat!
- ✓ Burn twice as many calories after every meal!

Look 10 years younger!

- ✓ Foods that rejuvenate your skin!
- ✓ Hairstyles that act like an instant facelift!



Put this on your burger to **Lower your cancer risk 80%!**

\$1.79



Amazing true stories!
Pets who saved lives!



"Can coffee ward off cancer?"

Q I heard that drinking coffee protects against reproductive cancers. Is that true?

A Some studies indicate that consuming caffeine results in a minimal reduction of ovarian and endometrial cancers, while others show no difference and even suggest caffeine could be detrimental. To date, the most accepted preventive way to reduce the risk of ovarian and endometrial cancers is the use of birth control pills.

—David M. O'Malley, M.D., James Cancer Hospital and Solove Research Institute, Ohio State University, Columbus

"Help! I have diabetes!"

Q Are there any effective alternative treatments for Type 2 diabetes?

A Try consuming about 2 tsp. of vinegar at the start of your meals. Research suggests vinegar helps lower glucose levels for people with Type 2 diabetes, most likely by inhibiting starch digestion. This reduces how much glucose enters the bloodstream. Do stay on prescribed medications, however, and let your doctor know you're having vinegar at meals.

—Carol S. Johnston, Ph.D., R.D., chair, Department of Nutrition, Arizona State University, Mesa

"Why am I sleepwalking?"

Q My husband found me sleepwalking for the third time in a month! What is causing this?

A Our study found that sleep deprivation raises the likelihood of sleepwalking for people with a history of such behavior. Don't skimp on sleep and go to bed and get up at the same time every day. If sleep-walking recurs, unusual levels of stress can also be a contributing factor.

—Antonio Zadra, Ph.D., professor of psychology, University of Montreal



● Natural Health

Enjoy drug-free pain relief!

Feeling down about your aching back? That recurring headache? Those sore knees? Hang in there: Relief may be closer than you think! Here are four study-proven ways to take the edge off your pain, naturally!

1 Looking outside revs up dopamine

Gazing at a peaceful landscape—or just a photo of one—boosts your production of painkilling dopamine. Proof it works: In one study, people who viewed images of mountains and listened to the sound of a gurgling stream reported 40% less pain than a control group.

● **The study-proven dose:** 15 minutes of being out in nature daily.

2 Soaking up sun releases serotonin

Light triggers the release of the pain-soothing brain chemical serotonin, says Jacob Teitelbaum, M.D., author of *Pain Free 1-2-3*. "Plus, sunlight increases your body's production of vitamin D, a nutrient that helps speed healing."

● **The study-proven dose:** 20 minutes of sunlight daily.

Tip!
Pop some DLPA! This amino acid revs the production of endorphins, painkilling hormones that are 50 times stronger than morphine! Suggested dose: 1,500 mg. of DLPA daily.*



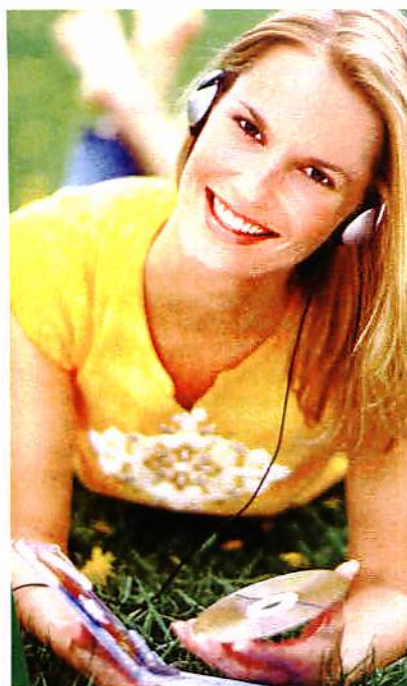
3 Music eases aches

Almost 80% of chronic pain sufferers report less achiness—and require fewer painkillers—if they listen to music for an hour a day. Music's magic? "It lowers the production of stress hormones by up to 25%," explains Shawn Talbott, Ph.D., author of *Cortisol Control and the Beauty Connection*.

"And reducing stress hormones speeds tissue-healing and raises your pain threshold."

4 Laughing switches off pain receptors

An upbeat attitude helps ease pain for 72% of women, surveys suggest. "The nerves in the brain that send pain messages are closely connected to the ones that control emotions," Dr. Teitelbaum explains. "So your mood actually influences how much pain you feel." In fact, doctors say laughter triggers the release of natural painkillers called enkephalins.



Listening to your favorite tunes for an hour a day can help dial down chronic pain by 20%, research shows.

Why sleep matters!

Women whose slumber is disrupted endure more pain the next day than those who get at least seven hours of healing sleep nightly, a new study shows. One way to get a better night's sleep: Shut off your computer and TV—the top sleep saboteurs—at least 30 minutes before lights out.



* Ask a doctor before taking any new supplement. —Brenda Kearns

Blast body fat and heart disease!



You probably know that heart disease is American women's biggest health risk. Yet there is a silver lining: The same exercises that pump up your heart health also boost your body's fat burn, says Debbie Rocker, creator of the Walk Vest Training System. Try her simple moves and within a couple weeks you'll feel—and look—fitter than ever!

Fat-burning march

Stand tall, pull in your abs and start a steady walk-in-place. Pump your arms and swing them back and forth. Gradually bring your knees up higher into a fast march. Repeat for 30 seconds, then cool down into a gentle walk for another 30 seconds. Repeat 3 times. As you get stronger, march for a longer period of time with a shorter cool down.

Heart-healthy half-jacks

Stand tall with your feet together, elbows by your side and fists at your shoulders. Jump out and bring your elbows up at the same time. Jump back to starting position. Repeat 20 times for 3 sets. As you get stronger, jump out wider and bring your arms out all the way.



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