

September 20, 2010  
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# Woman's World

A great week made easy!

# Fall Delicious

## BAKE UP SMILES!



Get-happy treats for kids of all ages

## HAPPINESS CURE!

Beat the bedside 'stress trigger' that makes women tense and blue!

# Sara Rue is 50 lbs THINNER!

LOSE 8 LBS A WEEK using her stay-full secrets that guarantee weight-loss success!



**ROCCO DISPIRITO'S**  
Slimming comfort food

## Herbal tea MEDICINE!



Cure PMS, tiredness, acne and high cholesterol!

## GET THE JOB YOU WANT!

Insider secrets that triple your chances of being hired!

## PREVENT A STROKE

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## UPDATE ANY OUTFIT!



## Q "Why am I always in a bad mood?"

Feel like you've tried everything but still feel tense, irritable or anxious? Chances are, hidden happiness-zappers are stealing your good cheer without your even knowing it, say top health and nutrition experts. Read on to find out what mood-wreckers to watch out for and the easy ways to overcome them!

### 1 Tiny changes that brighten your day!

Seemingly harmless routines can actually drain your energy and raise your stress levels, a setup for a foul mood, reveal natural-cure experts Jacob Teitelbaum, M.D., and Beverly Yates, N.D., and stress expert Roberta Lee, M.D. To make your everyday environment, habits and interactions more bliss-inducing, try:

#### Banishing the blue light!

Is your alarm clock illuminated by a blue light? If so, sleep studies show the nightlong glow is disrupting your circadian rhythms, sending your brain the signal that it's daytime! Result: Even if you think you got a good night's sleep, you'll likely feel tired and down in the dumps the next day. Instead, says Yates, invest in an alarm clock that doesn't use blue light (like the Timex Large Display Alarm Clock/Radio, \$19.99 at Target.com). And while you're at it, set it to calming music: Being jolted awake by a shrill alarm, or even jarring talk radio, spikes levels of the stress hormone cortisol, putting you in a foul mood before your feet even hit the floor!

#### Keeping conversations upbeat!

Your boss! Your neighbor! The cable company! We all need a good venting session from time to time. But moving on after you get complaints out of your system is a key to contentment: Studies show rehashing gripes keeps them fresh in your mind and increases your annoyance; what's worse, they crowd out positive thoughts. In fact, one study found our levels of the stress hormones cortisol and norepinephrine go up by as much as 15% after just 10 minutes of complaining!



### Our expert panel

### 2 Dodge mood-busting menu traps!

You fill your plate with greens and lay off the fried foods, so your diet can't possibly be making you cranky . . . right? Not necessarily: Some other eating habits may be wreaking havoc with your good humor, say Dr. Teitelbaum and Yates. To restore it, try . . .

#### Treating yourself to nerve-busting noshes!

If you're like more than half of American women, you don't get enough magnesium. And if you've been feeling anxious, irritable—even easily startled—for no apparent reason, you may be feeling the effects! The so-called "relaxation mineral" is study-proven to relieve such symptoms and even help you avoid middle-of-the-night awakenings. So help yourself to a handful of almonds and cashews, a bowlful of edamame or a baked potato—tasty sources of magnesium.

**Tip:** Antibiotics and diuretics impede the absorption of magnesium, so if you're taking either, be sure to add more of the mineral to your diet or talk to your doctor about taking a supplement.

#### Steering clear of hidden sugar!

Sure, you know too many candy bars will lead to an inevitable mood crash, thanks to its high sugar content. But American cheese? Packaged breadcrumbs? Low-fat salad dressing?

Low-fat plain yogurt? Canned tomato soup? Amazingly, many seemingly unsweetened products contain sugar, and plenty of it! Pre-packaged bagels, for example, pack as many as 10 g. (that's 2 1/2 tsp.!) a serving—almost half of the 25 g. of added-sugar-a-day limit recommended by the American Heart Association for women. The simple solution? Check food labels for sugar content, as well as for these sugar equivalents: molasses, honey,



#### Nip pain in the bud!

Letting tiny aches and pains linger stresses the body, leaving you feeling blue, says Dr. Teitelbaum. That's why it's key to take care of any discomfort right away, say, by massaging sore muscles or taking an OTC painkiller.

sorghum, corn syrup, high-fructose corn syrup (HFCS), glucose, fructose, lactose, dextrose, sucrose, galactose and maltose.

**Tip:** Want to sweeten your coffee or tea without risking a sugar crash? Go for the latest, all-natural sugar substitute: agave nectar! It doesn't spike your blood sugar but, rather, helps stabilize it. Try Wholesome Sweeteners Organic Blue Agave, \$6.99 at Amazon.com.

#### Sip one cocktail at happy hour!

True, a glass or two of wine may help you unwind



at the end of a long day, triggering a release of the mood-boosting brain chemical beta-endorphin. But pouring yourself more than that can lead to feelings of anxiety and depression as the alcohol robs your brain cells of the water and glucose they need to function properly, research shows.

—Beth Shapouri



**Jacob Teitelbaum, M.D.**, is the author of *From Fatigued to Fantastic!* and the medical director for the Fibromyalgia and Fatigue Centers. Plus, he's the creator of the free iPhone application "Cures A-Z."



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