

December 19, 2011  
God Bless America

# Woman's World

A great week made easy!

Last-minute **HOLIDAY MONEY-SAVERS!**

More for you money **\$1.79**

**BEAT HOLIDAY WEIGHT GAIN**  
(and melt belly fat)!

LOSE 5 LBS of holiday bloat in just 3 days!

Bake up some

# HOLIDAY MAGIC

with the **Cake Boss!**

TV chef Buddy Valastro's easy, impressive baking tricks—and amaze your friends and family!



**GREAT HAIR every day!**

Pro tricks to make your hair look amazing!

**NATURAL DIET PILL!**

This study-proven plant extract cuts hunger in half!

Breakthrough research:

**PREVENTURE TIREDNESS**

and snoring—with *bananas!*

HEALTH BREAKTHROUGHS in your supermarket!

✓ Soup that **MELTS OFF 20 LBS!**

✓ Cookies that **STOP ALZHEIMER'S!**

✓ Cheese that **PREVENTS CANCER!**



Plus!

**Six delicious cookies from one easy recipe!**



# Avoid holiday health hassles!

Is the season for . . . health problems? It's true! Recent studies suggest at least 55 million Americans will be hit with holiday-triggered health woes in the next oh-so-hectic weeks. Not to worry! A few simple remedies can keep you feeling fantastic all season long!

## Erase heartburn with a glass of water!

At least 50% of women battle heartburn over the holidays, and a new study shows drinking 6-8 oz. of water can douse the fire faster than heartburn meds—working its magic in as little as one minute! Water flushes acids back into the stomach, plus it neutralizes gastric juices, so they're less irritating if they do sneak back up to your esophagus.

## Prevent weight gain with bigger bites!

First, the good news: Most women only gain one pound between Thanksgiving and New Year's. The bad news? That fat tends to stay put, adding up to a pound gain every decade! Want to avoid that extra pudg? Simply take generous bites of your favorite party dishes rather than nibbles! The reason: You'll feel fuller—and stop eating—sooner. Chewing stimulates the brain's satiety center, but if the amount in your mouth is too tiny, it sneaks past your appetite-control system.

## Soothe stress overloads with citrus

Repeated stress surges—which can open anytime holiday plans go awry or a mess needs to be tidied up before guests arrive—can quickly escalate into chronic tension and anxiety. Stress depletes the brain's stores of gamma-aminobutyric acid (GABA), a neurotransmitter that keeps you calm in the midst

of chaos. Luckily, just inhaling the sweet, tangy aroma of an orange, grapefruit or tangerine stimulates the region of the brain that makes GABA, calming jangled nerves in as little as five minutes.

■ **To do:** Slice up a citrus fruit and take a few moments to savor its scent while snacking.

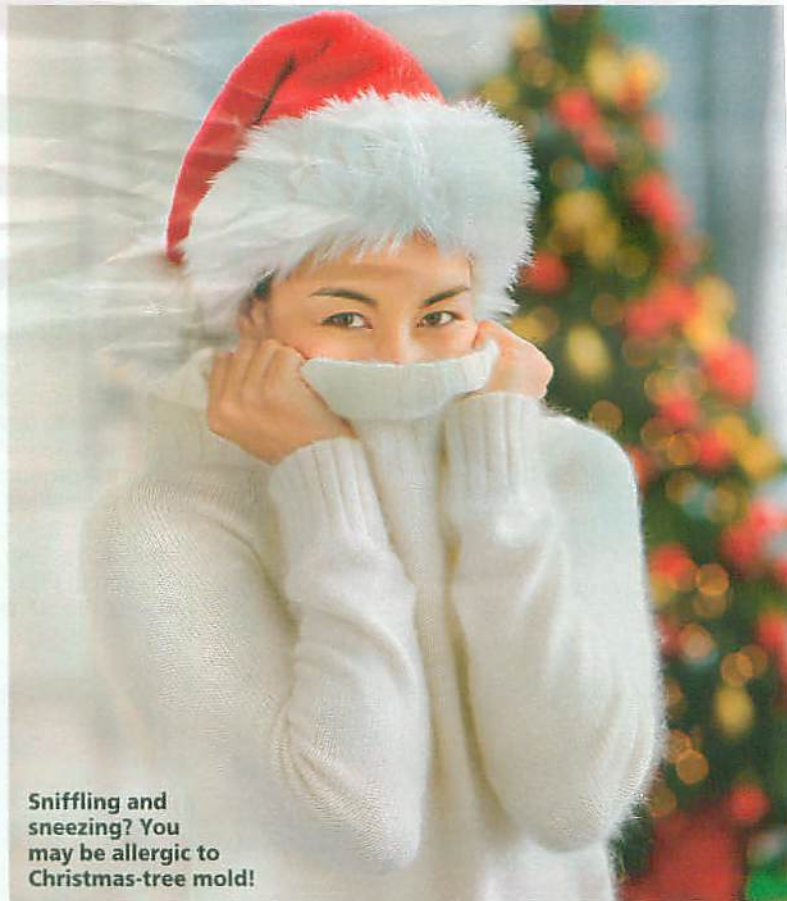
## 4 Dodge a top seasonal allergy

**Enjoy your poinsettia!**  
It's a myth that poinsettias are poisonous if kids or pets chew on them! Holiday greenery that is risky: mistletoe, holly and Jerusalem cherry.

Surprising but true: A freshly cut tree stays "fresh" for 14 days—but soon after, mold sets in, sending spore levels in your home skyrocketing to eight times healthy limits! And that makes allergy symptoms—like scratchy throats, dry coughs, sneezing and itchy, watery eyes—flare. "Mold is found on all trees, and it grows like wildfire if a cut tree sits too long indoors," confirms Kathleen May, M.D., allergist in Cumberland, Maryland. Solution: Bring home your freshly cut tree close to the holiday and remove it a few days later, or opt for an artificial tree or a live potted one with roots.

## 5 Beat bloat with an OTC pill

Eggnog, custards and other seasonal eats can spell disaster if you're one of the 30 million Americans with lactose intolerance. "Dairy overloads can trigger bloating, gassiness, cramping and other intestinal problems you especially don't want during the holidays!" says Carolyn Dean, M.D., author of *IBS for Dummies*.



Sniffing and sneezing? You may be allergic to Christmas-tree mold!

Rather not pass up these holiday treats? Taking one or two lactase enzyme supplements (like Lactaid) a few minutes before your next dairy-laden feast can completely prevent unpleasant reactions, according to UCLA researchers.

■ **Important:** Always check with your doctor before starting a new supplement, and follow the package directions for dosage.

## 6 Soothe muscle aches with Epsom salts

The physical strain of shopping, decorating and spending lots of time on your feet can lead to tiny muscle

tears that are painful and trigger inflammation, swelling and all-over fatigue. The quick fix: Dissolve three cups of Epsom salts into your next bath! "Epsom salts are rich in magnesium, a key nutrient needed for fast muscle healing, pain relief and energy production," says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. And magnesium is well-absorbed through the skin. In fact, two 12-minute soaks weekly during the hectic holidays can raise blood levels of magnesium 36%—and cut seasonal muscle aches and fatigue as much as 89%, according to a British study.

—Brenda Kearns

## Nix food poisoning worries!

Heard scary holiday food poisoning reports? Not at your house! Zap *E. coli*—germs that multiply so quickly, a single bug hiding in a warm turkey can produce two million offspring in several hours—by:

- ✓ **Thawing frozen meat in the refrigerator.** It takes one day for every five pounds, but the chilly temperature stops bugs from growing like wildfire on raw meat.
- ✓ **Stuffing it yourself.** The longer dressing stays inside a turkey, the higher the risk of bacterial growth. So avoid pre-stuffed birds.
- ✓ **Cooking poultry at 325°F or higher.** At lower temps, bacteria can still multiply, experts say.

## Seasonal slim-down trick!

Don't skip meals! Folks who scrimp on calories before holiday dinners wind up eating 35% more food, according to Tufts University studies. Also helpful: On party days, add 3 oz. of protein to your lunch (think meat, poultry, fish, eggs, nuts or yogurt) to spur the release of cholecystikinin and glucagons, hormones that blunt appetite for up to six hours straight.

Photos: Media Bakery (2); iStockphoto (3).

Our expert: University of Kentucky, Lexington.

