

April 9, 2012
God Bless America

Woman's World

More for your money!
\$1.79

Lower risk 37%!
PREVENT STROKE
with a **Bloody Mary!**

BRITISH UNIVERSITY HOSPITAL BREAKTHROUGH!

LOSE 9 LBS in 2 days!

Eat what you want Thursday through Monday—and get *slimmer* than full-time dieters!

GROW THICKER HAIR!

Natural supplement
"regrows" thinning hair!

Good moods GUARANTEED!

from Harvard: Happier brain chemistry in your coffee cup!

Heal with CHOCOLATE!

Chocolate Rx" for tiredness, hot flashes, wrinkles and headaches!

Prevents breast cancer!

LOOK SLIMMER NOW!
Pounds-off hair and makeup tricks!



Happy Easter!



Basket Cupcakes!



Bunny Bonnet Cake!

6 easy ways to

Stop thinning hair

1 MASSAGE YOUR SCALP TO REDUCE STRESS

Massaging your scalp for 10 minutes daily reduces production of cortisol, a stress hormone that damages hair follicles. Beginning at the hairline, work your way to the base of the skull, moving your fingers in a circular motion with medium pressure, then massage the sides of your head.

2 POP MSM TO STIMULATE GROWTH

Taking 2,000 to 2,500 mg. of the natural sulfur compound MSM (methylsulfonylmethane) daily helps seven in 10 women grow thicker, healthier hair within three months, research shows. MSM is a key building block of keratin, the protein that makes hair strands strong.

3 TOSS DAMAGING ELASTIC BANDS

Friction from tight elastic bands—used for ponytails, braids and buns—damages follicles and weakens hair strands, causing thinning.

4 TAKE A MULTI TO PROMOTE HAIR GROWTH

A steady supply of zinc, B vitamins and iron is needed to keep follicles healthy and promote hair growth, so choose a multivitamin that contains all three.

5 THICKEN YOUR HAIR WITH DANDRUFF SHAMPOO

Washing your hair twice a week with a fungus-fighting dandruff shampoo that contains ketoconazole (such as Nizoral A-D) can reduce hair loss as much as 16%, a recent Belgian study found.

Is your thyroid to blame?

Up to 15% of women with all-over thinning can blame an out-of-whack thyroid. A blood test can diagnose the problem; treatment could thicken your hair up in as little as nine weeks, say NYU School of Medicine researchers.

6 TRY THE HAIR-SAVING OTC REMEDY

M.D.s' top Rx for hair loss? Over-the-counter Rogaine (minoxidil)—the 5% strength. Used twice daily, it kick-starts hair growth within three months.

Smart ideas to make you Healthier!

⊕ Breathe easier when exercising

People with exercise-induced asthma who popped 1,500 mg. of vitamin C daily were able to breathe 50% better during workouts within two weeks, reports the journal *Respiratory Medicine*.

⊕ Parsley protects your breasts

Parsley does much more than decorate your food—it's a top source of apigenin, an antioxidant that University of Missouri research suggests can stop breast cancer cells from growing. Eating a few ounces of parsley (or other apigenin-rich foods like celery and mint) daily is an easy way to maintain a constant level of the antioxidant in your bloodstream.



⊕ Serve coleslaw quickly!

Once raw cabbage is shredded, it loses up to 75% of its powerful cancer-fighting compounds within six hours, British scientists found.

⊕ Jasmine ensures sweet dreams

Infusing your bedroom with the scent of jasmine works better than the proven sleep-inducer, lavender, at promoting a full night's rest, say West Virginia's Wheeling Jesuit University researchers.

⊕ Saffron spices up lovemaking

Saffron, the spice that turns piliats a lovely golden color, enhances sexual performance, according to a recent University of Guelph review of 150 international studies of natural aphrodisiacs.



Dodge the "year-round" flu!



cut your risk of infection in half, say CDC researchers.

• Bolstering your defenses by eating greens
Your digestive tract produces its own immune cells, which can quickly quash noroviruses—if you have enough of them. To ensure you do, eat 1 cup of broccoli, kale or other cruciferous veggie daily. That's enough to triple your body's ability to produce these feisty infection-fighters, British research suggests.

• Crowding out common culprits with yogurt

Many folks exposed to noroviruses don't get sick, for a simple reason: They have an abundance of "good" bacteria in their digestive tract, which crowd out "bad" bugs before they can make you ill. To be a norovirus resister, eat 1 cup of yogurt (the kind containing live bacteria) daily, says Jeanne Drisko, M.D., integrative medicine researcher at the University of Kansas Medical Center.

• Safeguarding meals by adding flavor

Jazzing up dishes with onion, garlic, thyme, cumin, coriander or oregano can zap germs before they

If you do get hit:

- ✓ **Drink up!** Taking small, frequent sips of water will speed your recovery.
- ✓ **Go bland.** Help your stomach settle by eating easy-to-digest foods like crackers, rice, chicken and bananas. Avoid dairy, caffeine, alcohol, nicotine and fatty foods until you're better.
- ✓ **Stick to Tylenol.** Unlike ibuprofen or aspirin, acetaminophen won't upset your stomach further.

reach your dinner plate, say Cornell researchers. Why? These flavorings contain phytonutrients that kill up to 80% of germs on contact. Aim to eat 1/4 cup of onion, 1 clove of garlic or 1 tsp. of dried spices per meal.

• Avoiding two restaurant hot spots

At least 36% of norovirus outbreaks are linked to restaurant dishes that sit out for long periods of time, as in buffets and salad bars! Opt for busy buffets—where dishes are replaced frequently—and ready-made salads.

—Brenda Kearns

Health News!

Endometrial cancer alert!

Having two or more alcoholic drinks a day ups estrogen levels, doubling endometrial cancer risk, reports the *International Journal of Cancer*.

Now that milder weather has arrived, your fears of the flu are waning. However, the *stomach flu*—what doctors call "acute gastroenteritis"—is still alive and kicking! Caused by a highly contagious group of bugs called noroviruses, it can trigger nasty bouts of vomiting, diarrhea and stomach cramps. And the CDC estimates that as many as 10 different norovirus strains are making the rounds right now! Luckily, you can protect yourself by . . .

• Cutting your risk 90% by scrubbing up

Noroviruses sneak in mostly by mouth, which is why simply keeping your hands super-clean by washing them at least five times daily can