

November 10, 2014  
God Bless America

# Woman's World

More for your money!  
\$1.79

**BEAT TIREDNESS**  
with energizing "forbidden" rice!

**ONE-DISH DINNERS**  
families love!

Proven diabetes protection!

# WALK OFF BELLY FAT!



Bake up some cute!



Hello Kitty cupcakes!

The easy light bulb switch that

# BOOSTS WINTER HAPPINESS!

Scottish university breakthrough:

# LOWER CHOLESTEROL in minutes!

# HEALTH-BOOSTING COCKTAILS!

ease PMS, rev energy and get slimmer!

**Knack away HAIR LOSS!**

Miracle seeds rejuvenate hair follicles!

**SLOW AGING**

with the life-saving tea!

**LOSE 12 LBS FAST**  
without dieting!

**Plus!** Eat this to MELT 81% MORE BELLY FAT!



# Special! HOLIDAY GIFT GUIDE!

What's hot—and how to get it for less!





# Feel energized all fall!

It's a wonderful time of year—the air is crisp, summer's heat waves are long gone and winter's blustery storms haven't yet hit. Yet seven in 10 of us are feeling listless, draggy and tired! Turns out, the season's shorter, darker days suppress your production of energizing hormones like endorphins—plus disrupt your brain's ability to regulate blood sugar—creating a condition dubbed “hibernation syndrome”! Outsmart it by:

## 1 Recharging with black rice

In ancient China, black rice (also known as “forbidden rice”) was so rare, tasty and nutritious, only emperors were allowed to eat it. It's no wonder: Modern-day Columbia University researchers discovered the nutty-tasting, chewy grain contains so many energizing compounds, eating just 1/4 cup can chase away tiredness for three hours! Find it in health-foods stores or online at LotusFoods.com.

**Restless night?**  
Breakfasting on eggs or cottage cheese (foods rich in focus-enhancing leucine) increase concentration 40% for three hours!

## 3 Boost endurance with a natural sweetener

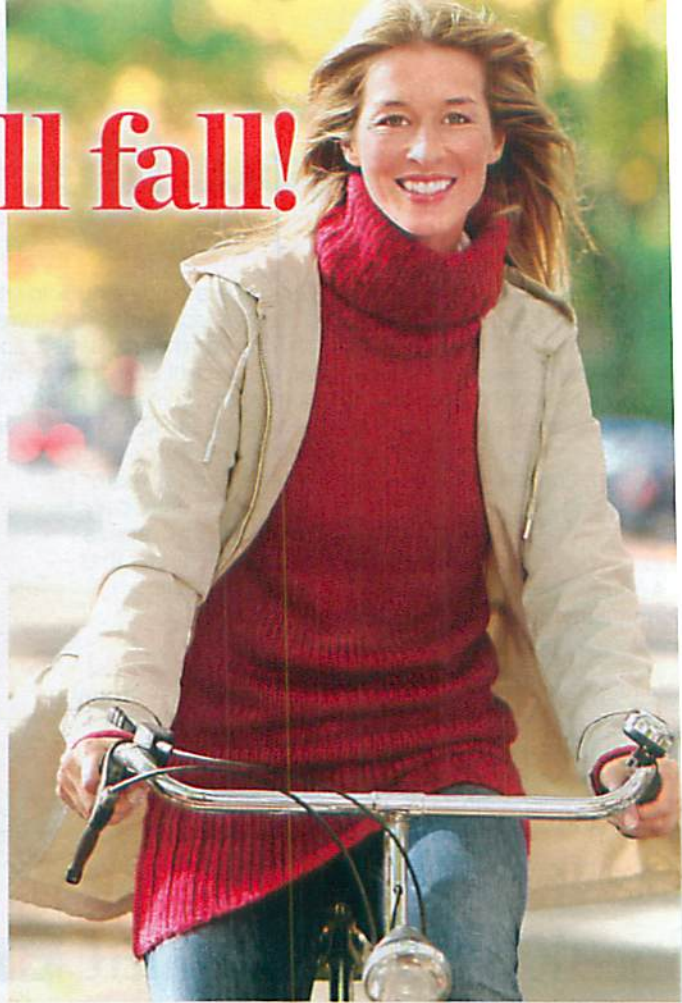
“If you often feel physically weary, try sweetening your tea or coffee with two teaspoons of D-ribose powder daily,” suggests Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. This natural sugar extract dampens muscle inflammation, energizes nerves and reduces pain, increasing energy and stamina as much as 45%. (As always, check with your doctor first.)

## 4 Revitalize with short foot massages

Fitting in two five-minute foot massages daily reduces even chronic fatigue for up to 88% of women, reports the *British Journal of Obstetrics and Gynaecology*. “Stimulating acupressure points on your feet activates the alertness center in your brain,” explains study author Jan Williamson, M.D. To do: Firmly massage your feet for three minutes, making circles with your thumbs on the soles. Then, squeeze your toes for two minutes.

## 2 Steady blood sugar with cilantro

Enjoying a meal containing 1 Tbs. of fresh cilantro (or 1 tsp. of the dried herb) could begin increasing your energy levels within 20 minutes, suggests a study in the journal *Plant Foods for Human Nutrition*. Cilantro helps muscle and brain cells absorb and burn blood sugar for fuel, the study authors say.



### Could it be SAD?

Yes! The main symptom of seasonal affective disorder (SAD) isn't sadness—it's fatigue, says the National Institutes of Health. Suspect SAD is causing your tiredness? Try taking 900 mg. to 1,200 mg. of St.-John's-wort daily. Several studies prove this antidepressant herb revs production of the energizing, feel-good hormone serotonin as effectively as Prozac—without negative side effects!

—Brenda Kearns

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

# Shake the salt habit to reverse aging!

What if avoiding—even reversing—age-related health woes was as easy as making one tiny diet change? It is! Research shows consuming just a tiny bit less salt each day can:

**1 Keep your heart young!** Cutting 300 mg. of salt (just 1/20 of a teaspoon!) from your daily diet can lower your heart-disease risk up to 40%. Less salt lets fluids circulate faster, reducing pressure on your veins, arteries and heart, a key to dodging heart attack and stroke.

**2 Erase under-eye bags and “belly pooch”!** The more salt you take in, the harder your body has to work to flush it from your system—which is why eating lots of salty foods like fries, pizza or fast-food burgers can make you look puffy! The easy fix? “Swap processed foods for fresh foods you cook yourself, and you'll cut your salt intake by half or more,” says sodium researcher Alanna Morrison, Ph.D.

**3 Stop spider veins from forming!** Keeping sodium in check helps keep your legs from swelling, preventing the tiny breaks in capillary walls that cause spider veins, explains University of Texas dermatologist Valencia Thomas, M.D.

**4 Lengthen your life!** Whatever your age, simply consuming less than the daily amount of sodium recommended for older adults (1,500 mg. or about 1/4 tsp.) helps keep your DNA healthy, which is essential for increasing longevity, as well as staving off wrinkles!

### Just ate a salty meal?

Don't worry! Just follow it up with a snack rich in potassium, a mineral that helps flush excess sodium from your body fast, advises NYC-based dietitian Tanya Zuckerbrot, R.D. (FFactor.com). Delicious potassium-picks include:

- **Baked potatoes!** An average one has 926 mg.
- **Dried apricots!** 1/2 cup provides 755 mg.
- **Sweet potatoes!** A medium one packs 694 mg.
- **Plain non-fat yogurt!** 1 cup boasts 625 mg.
- **Bananas!** Each averages 422 mg.

—Camille Pagan