

December 15, 2014  
God Bless America

# Woman's World

More  
for your  
money!  
\$1.79

**STAY-YOUNG  
VITAMIN**  
costs just  
pennies  
a day!

## THYROID FIX!

This healing oil helps you burn 48% more fat!

**LOWER DIABETES RISK 31%**  
with peanut butter!

Fat-melting breakfast lets you

**EAT HOLIDAY GOODIES AND**

**LOSE 12 LBS a week!**

*Special!*

**Have a HAPPY,  
STRESS-FREE HOLIDAY!**

- ✓ **END ANXIETY**  
with vanilla extract!
- ✓ The get-skinny snack that  
**STOPS HOLIDAY WEIGHT GAIN!**
- ✓ **BEAT THE HOLIDAY BLUES**  
with eggnog!
- ✓ Scrumptious smoothies that  
**REVERSE TIREDNESS!**
- ✓ British breakthrough!  
**CHOCOLATE CHIP COOKIES  
CURE HOLIDAY STRESS!**



Fun cocktails & snacks!

**Holiday party fun**



# Supermarket staples that can Save your life!

Ever wish there was a simple, economical way to dramatically reduce your risk of major health problems like heart disease, cancer and stroke? There is! Simply eat more of these familiar, readily available and affordable superfoods!

## 1 Prunes prevent osteoporosis!

They're one of nature's richest sources of boron, a mineral that helps you absorb calcium from food, slows the breakdown of bone and prevents calcium loss through urine. In fact, Oklahoma State University studies suggest that regularly eating five prunes a day can cut bone thinning as much as 50%, plus prompt the growth of healthy new bone tissue!

## 2 Beets prevent cancer!

"The rich red color of beets comes from betalains, compounds that force abnormal cells to self-destruct!" reveals Daniel Nadeau, M.D., author of *The Color Code*. And you don't have to eat beets daily to get this impressive protection: Just two cups weekly could cut your cancer risk 20%, according to Washington University researchers.

## 3 Bananas prevent heart attacks and stroke!

Enjoying one banana daily could cut your risk of a heart attack or

**The superfood for him**  
Cranberries not only help prevent bladder infections, new research suggests they also reduce a man's prostate-cancer risk!

stroke as much as 24%, scientists say. This common fruit is especially rich in potassium, vitamin B-6 and a type of fiber called pectin—a trio of nutrients that strengthens heart function, blocks the formation of blood clots and relaxes artery walls to help lower blood pressure.

## 4 Oregano prevents infections!

A staple in pizza and tomato sauces, this everyday herb is powerful medicine! Its volatile oils (thymol and carvacrol) are packed with potent antimicrobial compounds that can destroy everything from

E. coli and salmonella to staph infections! And ounce for ounce, oregano has twice the immunity-strengthening power of blueberries, USDA researchers say.

## 5 Peanuts prevent diabetes!

Snacking on 1/4 cup of peanuts (or 1/4 cup of peanut butter) daily can cut your risk of diabetes as much as 31%, reports the *British Journal of Nutrition*. "Peanuts contain copper, manganese and



magnesium, minerals that help correct insulin resistance, slow sugar absorption and prevent damaging blood-sugar surges," confirms study author Luciano Reis, Ph.D. Plus, that same daily dose of peanuts will cut your risk of gallstones 25% or more!

### Carrots KO aches and pains!

Eating three cups weekly could cut your risk of joint pain as much as 50%. The same pigment that makes carrots orange—beta-carotene—also strengthens and heals joint tissue!

—Brenda Kearns

## Stay Young with WW

# The pennies-a-day supplement that keeps you young!



Vitamin D—a super-nutrient that costs an average of just seven cents a day—is proven to keep you young! But because your body makes its own natural D from sunlight, your reserves can be extra low during the dark winter months! Luckily, taking a supplement can help:

### 1 Thwart age-related diseases!

"Adequate vitamin D is shown to reduce the odds of heart disease, stroke, diabetes, gingivitis and several cancers, including breast cancer," says Jacob Teitelbaum, M.D., author of *Real Cause, Real Cure*. Tip: Take D with food—it's a fat-soluble vitamin, so you need a little fat to fully absorb it!

**2 Nourish your brain!** Vitamin D nourishes the outer membranes of brain cells and helps them communicate. That's why a recent study concluded being deficient in D doubles the odds of developing dementia and raises the risk of Alzheimer's 120%! **Bonus:** Studies show increasing your D levels reduces anxiety and the blues!

### 3 Keep you tall and lean!

"Vitamin D helps your body absorb calcium and strengthens your bones," says internist Rose Kumar, M.D. By preventing a "hunchback" and helping you stand up straight, it also makes you look up to 10 pounds thinner! Plus, D helps you build calorie-burning muscle mass, revving your metabolism!

**4 Lengthen your life!** Older adults who get enough vitamin D are much more likely to live into their 90s, shows a recent study. D helps produce telomerase, a powerful anti-aging enzyme that protects DNA from wear and tear!

### More ways to get more D!

■ **Step outside!** Soaking up some sunlight by spending 10 minutes outside in the morning or late afternoon—even in winter—triggers your body to create its own vitamin D, notes Dr. Teitelbaum.

■ **Have a mushroom burger!** One portobello mushroom cap contains nearly 400 IU of D!