

MOOD? Your bra could

LOSE 70 LBS DRINKING
GET-SLIM

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URVEDIC YROID CURE!



Cutie eake pops!

ty of Oxford breakthrough: CUITS STOP STRESS!

MAKES WOMEN LOOK YOUNGER!

Whisks away "obesogens"! Stimulates fat-burning! Stabilizes blood sugar! Flushes away water weight!



Need pain relief? Got mild to moderate aches and pains, and prefer not to take painkilling drugs—even over-the-counter ones? Chances are there's study-proven relief hidden in the counter of the counter ones. Got mild to moderate aches and pains, and

over-the-counter ones? Chances are there's study-proven relief hidden in your kitchen right now that's deliciously free of side effects!

Fennel seeds stop stomachaches!

Chewing 1/4 teaspoon of these licorice-like seeds can beat belly pain, says internist Jacob Teitelbaum, M.D., author of Pain Free, 1-2-3. Compounds in the seeds improve digestion and stop painful gas bubbles from forming.

Ginger eases

and stiffness for

folks with osteoar-

thritis of the knee.

an inch of ginger

boiling water and

sweetened to taste,

it makes a zesty tea)

or 2 tsp. of ginger

powder daily.

Teitelbaum.

arthritis aches!

The spicy root is well-known for its

nausea-stopping properties-and now a

University of Miami study shows that it

can also trigger a 40% drop in pain

Chocolate

Enjoying just a square a day ups your body's output of pain-thwarting endorphins, say University of Chicago researchers.

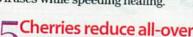
• Red grapes Oprevent backaches!

These deeply colored grapes are a rich source of resveratrol, an antioxidant also abundant in red wine. According to Rush University researchers. resveratrol blocks inflammatory enzymes, preventing damage to the tender, shockabsorbing cartilage in your back!

Honey heals mouth sores faster!

Dabbing raw honey on painful canker and cold sores four times a day heals them 43% faster than using a prescription cream, reports the Medical Science Monitor Journal. Honey is teeming with inflam-

mation-easing enzymes that zap viruses while speeding healing.



Cherries reduce all-over aches and pains!

"Cherries are high in powerful antioxidants called anthocyanins, which quell pain-causing inflammation," says Dr. Teitelbaum. And Michigan State University research backs that up, showing that the anti-inflammatory action in just two handfuls of cherries is 10 times stronger than ibuprofen and aspirin!

Sip away pain!

 Coffee cuts post-exercise pain almost 50%! It's the caffeine that does the trick, say University of Georgia researchers.

Beer relaxes tense muscles! Credit goes to the hops used to brew the beer, says Dr. Teitelbaum. Kefir stop stomachaches! The yogurt-like drink is rich in probiotics, good bacteria that "improve digestion, helping to prevent diarrhea and stomach pain," says dietitian Molly Morgan, R.D.

-Camille Pagan





Fun ways to Turn back the clock!

Older adults who feel three or more years younger than their real age live 41% longer than average, reveals University College London research. To trim your "mental" age fast:

Keep healthy by logging on to Facebook! Women who renew acquaintances with friends from their youth live several years longer than those who keep to themselves, a recent study suggests. "Social contact increases your joy and reduces the risk of depression, which is linked to numerous health problems,

explains happiness and longevity researcher David Bach, M.D.

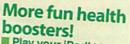
Add seven years by doodling! Or painting, sculpting, sewing—anything that taps into your creative side. A recent University of Texas at Austin study found that folks who do so regularly score seven years "younger" on endurance tests compared to their same-age peers who don't pursue artistic pleasures!

Release stress by babysitting! Older adults who babysit their grandchildren live longer, report Australian researchers. "Spending time with little ones puts you in a playful mood, and playing causes your mind and body to relax, reducing the harmful effects of stress hormones like cortisol," explains Dr. Bach.

Bolster your brain by dancing! Adults who learn new dance moves reduce

their risk of dementia a whopping 76% more than twice the expected improvement

from reading or doing crossword puzzles, an Albert Einstein School of Medicine study shows. Combining physical activity with a mental challenge helps the brain form new connections that protect against memory loss!



Play your iPod! Listening to music improves your body's immune system function, reduces stress and is found to be more effective than prescription drugs in reducing anxiety! Play Monopoly! A study in The New England Journal of Medicine reports playing board games once a week cuts the risk of dementia 7%; playing more cuts it as much as 63%!