

July 13, 2009

for women

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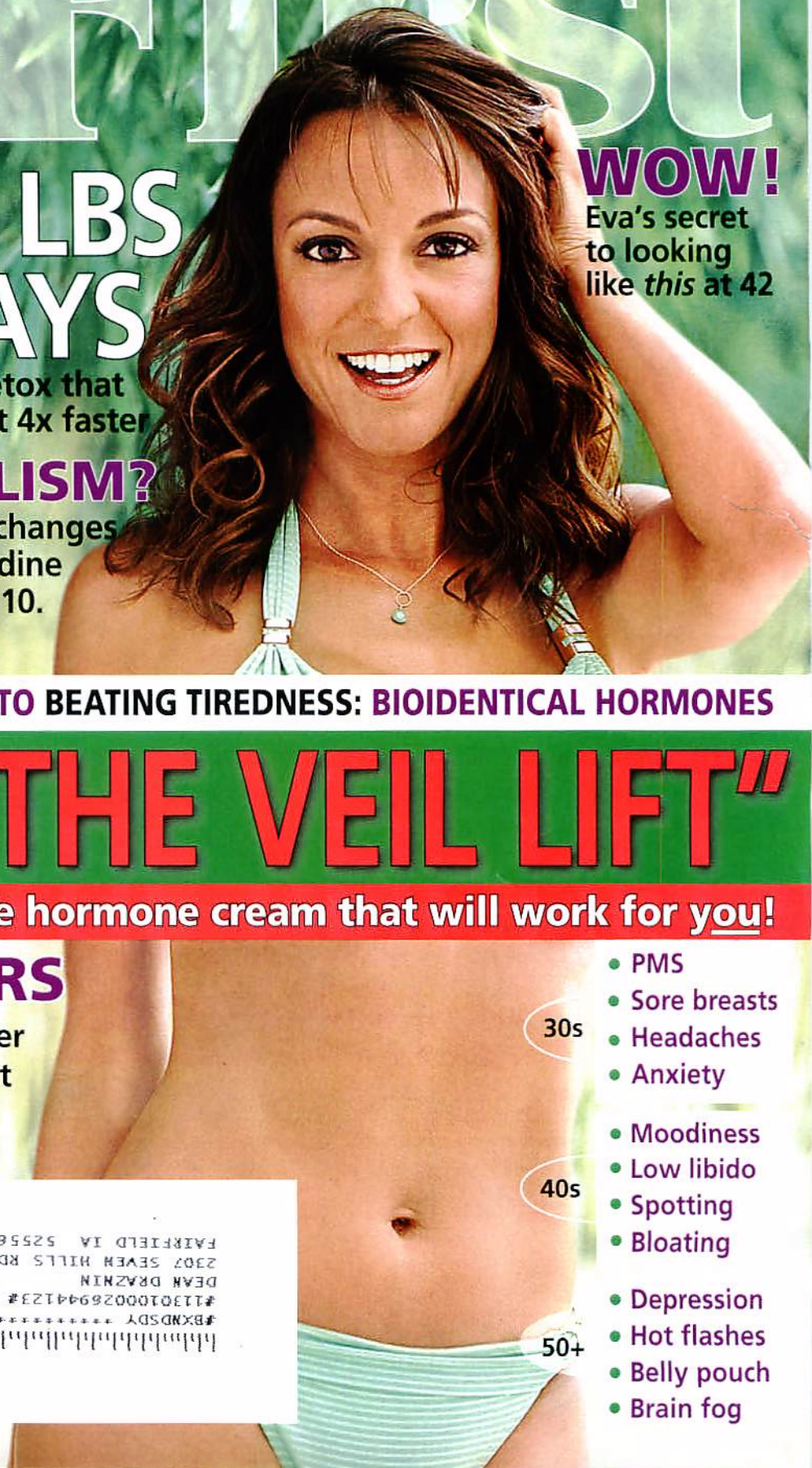
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70% of women lack the “thyroid nutrient”

Iodine is disappearing from the food supply, triggering a wave of tiredness and brain fog

New government nutritional data suggests that women's iodine intake is a staggering 50 percent lower than it was just three decades ago. That's major cause for concern: "Iodine is needed for the thyroid to produce T4, the hormone that regulates metabolism and muscle function, as well as the brain and nervous system," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007). "When deficits occur, symptoms such as tiredness, brain fog, constipation and weight gain are common." Plus, studies have linked iodine shortages to fibrocystic breast disease and cancer.

WHY IODINE LEVELS ARE PLUMMETING

This surge in iodine insufficiency has emerged despite the fact that in the 1920s the government advised "iodizing" salt—which the average American consumes in ample amounts. The problem: Salt manufacturers were never required to add iodine. In fact, 70 percent of food-grade salt, including the kind used in most processed products, isn't iodized at all. Even table salt that's labeled "iodized" isn't a reliable source—in a recent University of Texas study, 52 percent of iodized salt tested fell short of FDA recommendations.

Compounding the problem: Modern farming practices have led to depletion of iodine in soil, fluctuations in the amount fed to animals and reduced use of the nutrient in dairy-farming practices. So, unlike our mothers, we aren't getting beneficial amounts of the mineral from a well-rounded diet of produce, meat and dairy. And though it's smart to take a multi containing 150 mcg of the nutrient (the current RDA), it's not a perfect safeguard. The

reason: "Increased exposure to environmental toxins and chemicals in common foods can interfere with the body's uptake and use of iodine," Dr. Teitelbaum explains. Here, three ways to dodge a deficiency.

1 Avoid this food additive

Bread, once a surefire source of iodine, is now an iodine sapper. That's because in the 1970s, food manufacturers replaced iodine-based ingredients with potassium bromate, a texture-enhancing additive that turns into bromine during baking. "Bromine's chemical structure is similar to that of iodine," says Dr. Teitelbaum. "When cells need to pick up iodine, they can mistakenly pick up bromine instead." So scan the ingredients on packages of bread for potassium bromate, bromate or bromated flour. And since citrus-flavored beverages can also harbor bromine, scrutinize drink labels for brominated vegetable oil, or BVO.

2 Eat these veggies cooked

While cruciferous vegetables like broccoli, cauliflower and cabbage are highly nutritious, they also contain goitrogens. These compounds block production of thyroid peroxidase, the enzyme responsible for iodine uptake in the thyroid gland. The good news: Heat deactivates goitrogens, so simply enjoy cruciferous veggies steamed, stir-fried or grilled.

3 Order the seafood special

Ocean water is rich in iodine, which becomes concentrated in the cells of fish and seaweed, says Dr. Teitelbaum. For a beneficial boost, eat three weekly servings of iodine-rich ocean fish like cod, haddock, mackerel and sardines, and sprinkle naturally salty powdered seaweed (like Sea Seasonings Triple Blend Flakes, \$3.50 for 1.5 oz., at health-food stores) on one or two dishes per day.

slimming news

How Scarlett suddenly got skinny



Scarlett Johansson reportedly owes her hourglass to Natren Healthy Tummy (\$15 for 45 wafers, at Natren.com), vanilla-flavored wafers that contain *L. bulgaricus*. **The benefit:** This healthy bacterium supports efficient breakdown of food, which in turn promotes a feeling of fullness and helps the body better absorb slimming and energizing nutrients.



Food diary pares pounds and delivers laughs

Keeping a food journal can be a chore, but *Lite'N Up!: Laugh Yourself Skinny* by Samara Q. Klein (Plain White Press, 2009) is helping women slim with a smile. Like a basic log, the book provides space to record your daily weight and food intake. **The twist:** Each page also features sassy or funny adages like "A balanced diet is not a cookie in each hand." One reviewer on amazon.com says, "This humorous book kept me laughing and on target."

Portable drink mix quells hunger for 6 hours

Nixing appetite while on the run just got easier, thanks to ThinStick (\$30 for 30 pouches, at ThinStick.com), a powdered mix that can be stirred into any low-fat food or beverage. The milky-tasting powder is made from palm and oat oils, natural lipids that digest slowly to trigger the hunger-reducing gut hormone GLP-1. **The proof:** A study in the *International Journal of Obesity* reveals that women felt 55 percent less hungry after downing the drink.

