

Woman's World

God Bless America

ONLY \$1.49

June 26, 2007

A great week made easy!

Happy 4th!

- Fun treats!
- Yummy barbecue!



Cures for **Summer tiredness!**

Late-night snacks that **MELT OFF FAT!**

Save \$\$\$!
Make your groceries last longer!

60-second stress busters

from America's top expert!

Discover the secret power in your name!



CRASH OFF 16 lbs this week!

M.D.'s amazing cell-repair diet:

- ★ Releases body toxins!
- ★ Heals metabolism & triggers fat-burning!
- ★ Cures allergies, fatigue & bloating!
- ★ Protects against heart disease & cancer!

★★★ **PLASTIC-SURGERY BREAKTHROUGHS!** ★★★
• Make 8 lbs disappear!
• Erase wrinkles!
(with no painful recovery time!)

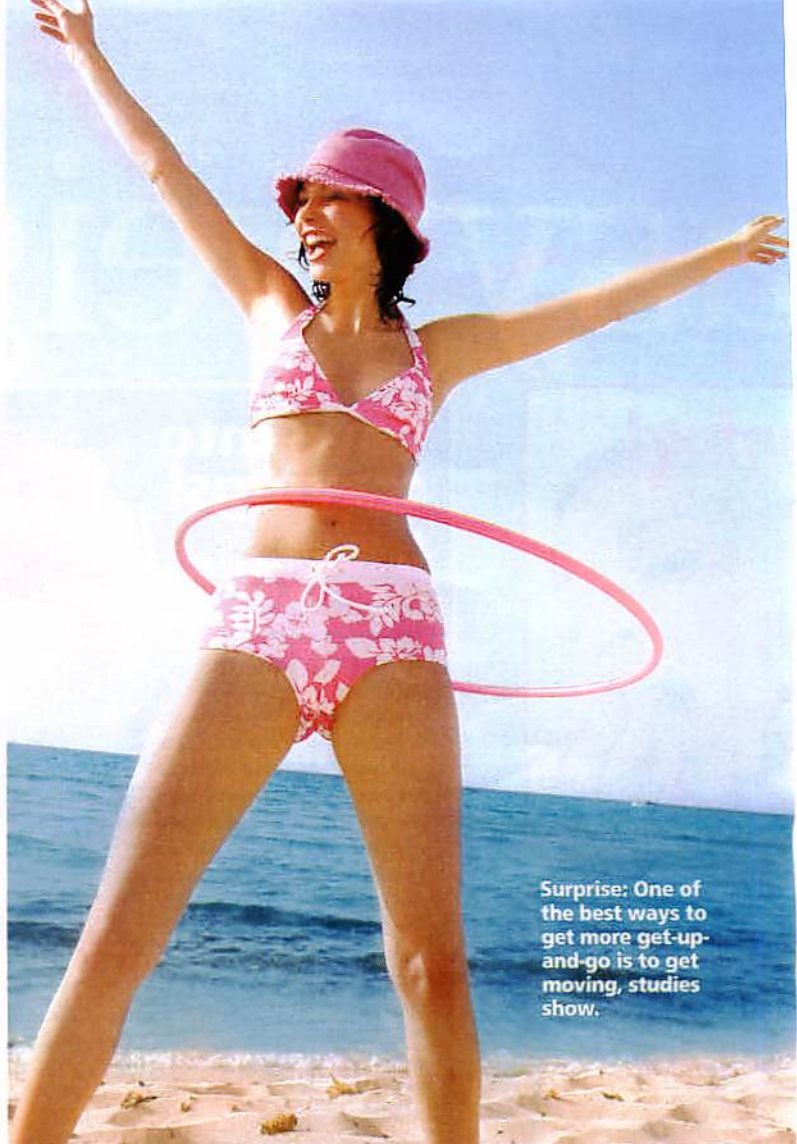
Arthritis pain?
How to hypnotize it away!

Kristi got slim in a week!



Cures for Summer tiredness

Feeling tired lately? Join the club! Statistics suggest as many as 63 million of us feel fatigued during the warm weather. Here's why...



Surprise: One of the best ways to get more get-up-and-go is to get moving, studies show.

1 Summer fatigue trigger: Hidden yeast!

Ice cream, Popsicles, icy sodas... Summer is a time of sugary treats—which can encourage the growth of yeast in your digestive tract! “Most people don’t realize that intestinal yeast infections often produce no noticeable symptoms except chronic fatigue,” reveals Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*.

●**Easy Rx:** Avoid sweet soda and desserts—and eat one cup of yogurt (made with live bacterial cultures) daily. These two steps can quickly wipe out pesky yeast for 67% of women.

Go gauzy! Lightweight, light-colored clothing reflects heat and sunlight, helping you avoid heat-related fatigue.

3 Summer fatigue trigger: Seasonal insomnia!

Research shows we’re five times more likely to have sleep problems in the summer when late sunsets and hot, humid weather throw off your body’s biorhythms, making it more difficult to nod off, says Meir Kryger, M.D., author of *A Woman’s Guide to Sleep Disorders*.

●**Easy Rx:** Fueling up with 2.5 mg. to 5 mg. of the natural anti-fatigue compound NADH at breakfast will help your body convert food into energy, making it easier to stay alert during the day—without sleep problems at night!

●**Important:** Check with your doctor before taking a new supplement.

4 Summer fatigue trigger: Dehydration!

Being even a little short on liquids can bring on fatigue within minutes, notes Cheryle Hart, M.D., author of *The Insulin-Resistance Diet*. “If your lips are dry or your urine is dark yellow, you need to replenish your fluid stores.”

●**Easy Rx:** Have a slice of watermelon! This mouth-watering summer treat is 92% water! Downing eight glasses of water a day is also smart.

●**TIP:** Don’t wait until you’re thirsty to drink up. By the time you feel thirsty, you could already be dehydrated.

2 Summer fatigue trigger: Low iron stores!

You don’t have to have full-blown anemia to suffer its telltale fatigue—you just need to be a tad under the recommended daily allowance of 15 mg. iron; 16% of us get too little iron.

●**Easy Rx:** Eat iron-rich, lean red meat three times a week! Not a meat eater? A handful of pumpkin seeds daily will also do the trick.

●**TIP:** Pairing acidic foods—like oranges and tomatoes—with red meat increases iron absorption as much as 33%.

Before you use artificial sweetener...

Check the label. “If, like Splenda, it’s made with chlorine-rich sucralose, it may disrupt blood sugar control, triggering brain fog, lethargy and fatigue,” believes Linda Page, Ph.D., author of *Healthy Healing*. A better bet: Natural sweeteners like stevia or agave cactus nectar.

5 Summer fatigue trigger: Allergies!

Fighting off allergens taxes your immune system, so it’s no wonder that as many as 75% of women with this problem report feeling listless, especially in summer, when humidity and heat encourage the growth of mold—one of the most common allergy triggers.

●**Easy Rx:** Once a week, wipe down high-risk mold zones like windowsills and shower curtains with diluted bleach or a cleaning product that contains it.

●**TIP:** Taking allergy meds at bedtime cuts a.m. fatigue for up to three-quarters of allergy-prone women!

6 Summer fatigue trigger: Relaxing too much!

Sure it’s hot and muggy, and the last thing you probably feel like doing is exercising. But guess what? UCLA research shows that exercise improves the ability of your body and brain cells to convert blood sugar into fuel. In fact, just exercising for 20 minutes daily can as much as double your get-up-and-go!

●**Easy Rx:** Head to the mall! Walking in a cool, air-conditioned environment will also give you a mental boost, by improving blood flow to the brain, says Ann Kulze, M.D., author of *Dr. Ann’s 10-Step Diet*. —Brenda Kearns

Fatigue fighters!

These simple strategies can make you happier and more alert:

- ✓ **Opt for mini meals**
Eating five or six small meals daily—instead of three big ones—helps stabilize blood sugar levels.
- ✓ **Enjoy avocados**
They’re rich in potassium—a nutrient essential for proper energy production.
- ✓ **Sip ginseng tea**
In one Korean study, it boosted energy levels 50% in one week.
- ✓ **Watch a sitcom**
Laughter cuts feelings of fatigue in half, studies show.
- ✓ **Get sun in the a.m.**
Just 20 minutes of morning sun blocks production of melatonin—the hormone that makes you crave sleep.

Our expert: Connecticut’s University of Bridgeport School of Human Nutrition