



# AUDREY HEPBURN'S TORRID AFFAIR WITH JFK!

How Jackie stole him away!



# 93-LB.

# PORTIA WASTES AWAY!

- ELLEN'S NIGHTMARE



SKIN & BONES

**WIN!**  
**\$3,160**  
in puzzles & giveaways

# NATIONAL **Examiner**

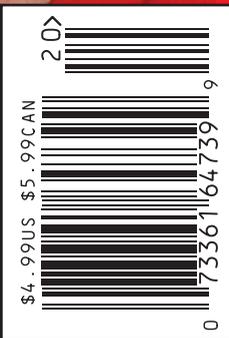
May 16, 2016



**WORLD EXCLUSIVE**

# MICHELLE'S SECRET WAR ON HILLARY EXPLODES!

**'INDICT CLINTON NOW!' – Obama wife's order to top U.S. prosecutor**



# HOW TO BEAT THE BLOAT!



tains water, making you feel bloated, and can also boost blood pressure.

**CHEWING GUM:** While ensuring fresh breath and preventing snacking, chewing a stick of gum leads to swallowing of extra air.

**REFINED CARBOHYDRATES:** Cookies, pasta and other refined products

are more quickly broken down into sugars that trigger bloating.

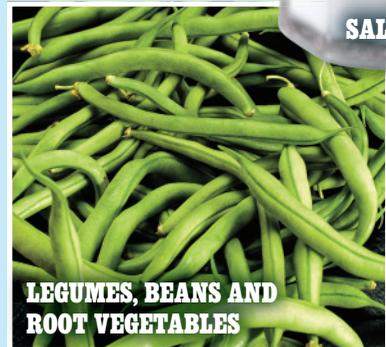
**DIET SODAS:** Saving calories may not compensate for the swelling caused by the carbonation in these beverages. It's better to sip water with lemon, lime or cucumber, or tea.

**ARTIFICIAL SWEETENERS:** Many contain sugar alcohols, which can ferment in the intestines.

**DAIRY PRODUCTS:** Those who are lactose-intolerant lack the enzyme to break down lactose, causing pain and gas.



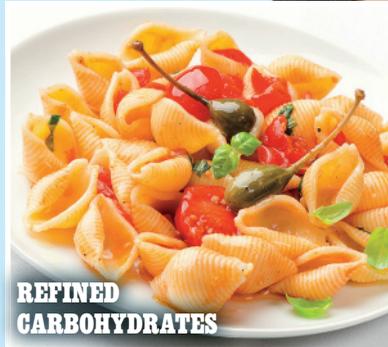
SALT



LEGUMES, BEANS AND ROOT VEGETABLES



FRUITS WITH PITS



REFINED CARBOHYDRATES

## GREEN CAN HELP FIGHT OFF MELANOMA

**W**ITH summer just around the corner, there's good news for beachgoers and lovers of the great outdoors — sunscreen really works as protection against melanoma!

A new study recently presented to the American Association for Cancer Research proves that slathering on SPF 30 lotion delays the onset of deadly skin cancer and reduces the incidence of melanoma tumors in lab rats.

That's great news, since nearly 77,000 new cases of melanoma will be diagnosed this year, and

more than 10,000 Americans will die from the skin cancer.

Researchers tested the effect of the SPF 30 sunscreens against the equivalent amount of ultraviolet light the average person would be exposed to during a weeklong beach vacation.

Every sunscreen sampled provided the protection, even though "sunscreens were never meant to handle a week's worth of sun given at one time," notes study spearhead Dr. Christin Burd of the Ohio State University Comprehensive Cancer Center.

**NATIONAL Examiner GIVEAWAY**

**ENERGIZE YOUR LIFE**

GO FROM fatigued to fantastic with the Energy Revitalization System from Dr. Jacob Teitelbaum and Enzymatic Therapy. The multivitamin powder drink mix replaces over 30 vitamin and mineral pills, providing all-day energy. It is stimulant-free and supports mental clarity while promoting healthy muscle function. We have five boxes, each priced at \$39.95, of Berry Flavored Energy Revitalization System to give away FREE. For more information visit [www.endfatigue.com](http://www.endfatigue.com). For a chance to win, see page 58.

