

Super-easy
truffle tree



December 20, 2010

for women

First

\$102.30
WORTH OF
COUPONS

FIRST pays
for itself!

See index, pg 119

Impress without
the **STRESS** 23 pages of
festive food



Fast and
delicious

Christmas
BEAUTIFUL!

- ★ Party hair
- ★ Accessories
- ★ Slimming styling tips
- ★ Makeup secrets



INSTANT ENERGY
21 proven tips

PLUS: All-natural
TIREDDNESS CURE
for women over 40

FEEL GREAT
every day

7 body-clock tricks
that boost vitality

PLUS: The vitamin
that **ENDS** 95% of
cases of **BACK PAIN**

You, 17 lbs slimmer by Christmas



★ Cupcake
tree

EASY!

★ Lovely
cookies



Hostess **HELPERS**



- ★ Fruity holiday cocktails
- ★ Tabletop tricks
- ★ Quick decorating touches

Just in time! This food-pairing formula
breaks your stress/fat cycle to burn off

14 LBS OF FAT IN 10 DAYS

**LAST-MINUTE
GIFT GUIDE**

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\$2.49**



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“I was tired until I made one



When doctors couldn't ID the cause of 45-year-old Christine Conklin's fatigue, she feared the worst. To her surprise, the culprit was a common nutrient deficiency.

“The seriousness of my fatigue hit me three years ago. I'll never forget it: I was stopped at a red light, trying desperately to keep my eyes open and wondering where I was going to find the energy to do my holiday shopping,” says Christine, a single mom of one. “Next thing I knew, I was jolted awake by car horns blasting behind me. In a panic, I realized that I had nodded off behind the wheel.

“No amount of sleep was ever enough. I always woke up feeling wiped out. I just could not get it together. I would start an activity with the best of intentions, then inevitably poop out. Whether at work or spending time with my 9-year-old son, AJ, I was missing out on my life because I was never really there.

Fatigued and forgetful

“I was eating well and forcing myself to exercise in hopes of boosting my energy or losing the 10 pounds that had crept up on me. But nothing worked—not even drinking eight mugs of coffee a day. It was as if I was just spinning my wheels.

“I was so forgetful, too: *Did I turn off the oven? Put away the eggs?* I couldn't remember anything, so I left sticky notes everywhere. Most unsettling, though, was my impatience. ‘Move it!’ I'd belittle at poor AJ when he wasn't walking fast enough for my satisfaction. And I still turn crimson when I recall how I blurted out to my boss, ‘You don't know what you're talking about!’

“Whether I was at work or spending time with my son, I was missing out on my life because I was never really there.”

—Christine Conklin, Ridgefield, CT

One-minute QUIZ

COULD A VITAMIN DEFICIENCY BE CAUSING YOUR FATIGUE?

If you experience all-day fatigue and at least two of the following symptoms, the culprit may be a B₁₂ shortfall. (To learn more, log on to B12Awareness.org)

- Reduced ability to cope with stress/getting easily frazzled
- Sleeping problems like difficulty falling asleep or staying asleep
- Irritability or anxiety
- Memory lapses, shortened attention span or difficulty multitasking

all the time simple change”

“My symptoms soon veered off into something from *The Twilight Zone*. White spots started to dot my forearm, my pinkie started to tremor and one eye began to twitch. On top of that, my wrist ‘clicked’ when I moved and my tongue became oddly swollen and painful.

Energy at last!

“The tests doctors ran all came back negative, which only added to my confusion and concern. My imagination began to run wild. *What if I get too sick to take care of my son?* I worried. As my stress rose, the heartburn I often battled returned with a vengeance, and I never went anywhere without my antacids.

“Eventually I was prescribed Lexapro for depression and anxiety, which I took for three months. It seemed to relax me, but it didn’t help with my tiredness. My family and friends didn’t want me to come off the medicine, though. They were all in favor of anything that made me less irritable.

“Six months ago I dragged myself into yet another doctor’s office, hoping to discover the true problem. This time a blood panel revealed a B₁₂ shortfall.

‘A vitamin deficiency?’ I protested. ‘But I eat well and take a multivitamin.’ It was explained to me that despite my healthy lifestyle, I could still be B₁₂ deficient, owing to a ‘perfect storm’ of aging, low intrinsic factor [a protein produced in the stomach that is necessary for B₁₂ absorption] and my use of antacids—each of which decreases B₁₂ absorption.

“I immediately started getting weekly B₁₂ injections and eating B₁₂-rich shellfish, salmon, red meat and eggs. I also worked with Lisa Bunce, R.D., a local nutritionist, to control my heartburn through diet so I could steer clear of the antacids. To my amazement, after three weeks I stopped yawning all the time and didn’t need all that coffee to get moving. My irritability was history. In fact, all my symptoms faded. It’s incredible! Even exercising is a snap. I can run on the treadmill forever and I’ve lost 5 pounds and counting.

“On the way to a recent family gathering, AJ said, ‘Mom, you’re like a real person now!’ I knew exactly what he meant. You don’t know how bad you’re feeling until you’re feeling good.”

—as told to Hallie Potocki

Alert!

WERE YOU BORN BEFORE 1970?

If so, it’s almost a certainty that you’re caught in a heartburn-tiredness cycle, says Jacob Teitelbaum, M.D. Women over 40 naturally produce less hydrochloric acid (HCL), the acid that’s needed to digest food and assist in the absorption of energizing vitamin B₁₂. Indigestion and heartburn are key symptoms of reduced HCL, so it’s no wonder antacid sales and prescriptions increase by 92 percent for women over 40, compared with younger women. “The problem is, antacids drive HCL levels lower, setting women up for a cycle of less B₁₂ absorption, worse heartburn and even more fatigue,” cautions Dr. Teitelbaum. The remedy: Stir 2 tsp. of apple cider vinegar into 8 oz. of water and drink immediately after each meal, or whenever heartburn strikes. The vinegar’s acetic acid optimizes stomach acidity, plus stimulates the production of bile and enzymes to break down food.

Photo: Tom Hopkins. Hair and makeup: Kristina Foreman. Science text: Olga Norstrom-Ojeda.

News! 84% of women over 40 are deficient in B₁₂

“Official statistics estimate that one-third of women have a B₁₂ deficiency, but millions more are being overlooked,” says Jacob Teitelbaum, M.D., director of the Annapolis Center for Effective CFS/Fibromyalgia Therapies in Maryland. “That’s because deficiency cutoff for the commonly used serum B₁₂ test is so low, a ‘normal’ result only means you aren’t in the lowest 2.5 percent of the population.”

“Most doctors aren’t aware that even a minor B₁₂ shortfall can cause fatigue, pain, depression and forgetfulness,” says Sally M. Pacholok, R.N., coauthor of *Could it be B₁₂?* (Linden), who suffered from undiagnosed B₁₂ deficiency.

WHAT CAN HELP

GET TESTED. The most common test is the serum B₁₂, which measures how much B₁₂ is in circulation. A level of under 200 pg/ml is the cutoff point for deficiency. But Pacholok says if your level is under 450 pg/ml, you may need to take B₁₂.

TAKE THE RIGHT DOSE. Working with a doctor to determine the ideal dose is key. To maintain health, Jeffrey Stuart, D.O., recommends 1,000 mcg a day. For women with serum B₁₂ levels between 200 and 450 pg/ml, Dr. Stuart prescribes 2,000 mcg a day. Since these amounts are tough to get through diet, he advises taking sublingual lozenges. (One to try: Solaray Vitamin B₁₂ 1,000 mcg, \$10 for 90, at VitaminShopper.com. Or for a drink mix with 2,500 mcg of B₁₂ per packet, try EBoost, \$28 for 24 servings, at EBoost.com.) For women with B₁₂ levels under 200 pg/ml, B₁₂ injections are often prescribed (generally covered by insurance).