

**ROYAL ROMP!**

**Prince Harry's SECRET AFFAIR WITH TV 'HOUSEWIFE'!**



Catherine Omanney

**IS YOUR FAVORITE STAR... DEAD or ALIVE?**



James Arness



Esther Williams



John Forsythe



Lauren Bacall



Maureen O'Hara

**WIN! \$3,960 IN PUZZLES & GIVEAWAYS**

**NATIONAL Examiner**

January 10, 2011



**TOP FBI AGENT REVEALS**

**OSWALD DIDN'T KILL JFK!**



**THIS MAN DID!**

**RACHAEL RAY COOKBOOK GIVEAWAY!**

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atch Zzzzs with ease!

# ALL-NATURAL TIPS TO BEAT INSOMNIA!

ne Chest, Ellen Kamhi, tells The  
NER: "Herbs have been scientifically  
to help insomnia, as well."

amples, Kamhi, a registered nurse, offers:  
n helps you fall asleep faster, sleep more  
and stay asleep longer. Hops — yes,  
the plant used to brew beer — has been

d by the  
n govern-  
us a sleep  
d passionflower acts  
d sedative and relaxant,  
ps to soothe agitation."  
elp you sleep tight, eat  
ducing snacks about  
ites before bedtime, say

. Good snooze



Peanut butter induces sleep

peanut butter, warm low-fat milk and nonfat yogurt with honey. You can also nibble on turkey, chicken or fish, which contain biochemicals that boost your brain's ability to release soothing neurotransmitters.

While you're at it, don't down caffeinated drinks, liquor, beer or wine near bedtime. While booze does make you drowsy, it also interferes with normal sleep patterns, so you'll wake up feeling sluggish and groggy instead of rested and alert.

"Research has shown that an average of eight hours sleep is recommended for most people," says Dr. Ron Kramer of the Colorado Sleep Disorder Center in Englewood.

"If you get significantly less, you have an increased risk of obesity, high blood pressure, diabetes and other ailments."

ANANAS contain the natural  
sugars sucrose, fructose and  
glucose plus fiber, giving an  
instant big boost of energy,  
berts.

of them have enough energy  
er you through a strenuous  
ute workout, but here are five  
things bananas can do:

ana milk shake sweetened with  
ures hangovers by calming  
ummies, building up depleted  
evels and rehydrating the body.  
B vitamins in bananas help  
our nerves.

- Bananas contain a natural antacid that supplies soothing relief from heartburn.
- According to research reported in The New England Journal Of Medicine, regularly eating bananas will slash your risk of death from a stroke by 40 percent.
- Obesity and stress are often triggered in the workplace. Bananas are packed with minerals that help whip stress, help control blood-sugar levels to reduce food cravings and even help workers trying to quit smoking by fighting nicotine withdrawal.



## NATIONAL Examiner GIVEAWAY

# No more sweet tooth

If you've got a sweet tooth, you're not alone.

The average adult consumes 150 pounds of sugar each year, which can lead to diabetes, weight gain, sinus problems and spastic colon. Dr. Jacob Teitelbaum, author of **Beat Sugar Addiction Now!**, tells you how you can still enjoy a sweet treat while sleeping better, feeling stronger and being healthier. We have five FREE copies of his \$16.95 book from Fair Winds Press to give away. For a chance to win, see page 54.

# BEAT SUGAR ADDICTION NOW!

JACOB TEITELBAUM, M.D.  
AUTHOR OF BEAT SUGAR ADDICTION NOW!