

November 23, 2015
God Bless America

Woman's World

A great week made easy!

More for your money!
\$1.89

Breakthrough research!
HOUSEWORK PREVENTS STROKE!

CUT PAIN 25% with V8!

LOSE 8 LBS FAST
on DR. OZ's 5-day detox!

The beer secret to
GROW THICKER HAIR!

CHEAP TRICK!

Heat your house with a Crock-Pot!



Thrill the kids!

Farmhouse Rules' Nancy Fuller: Bake up some old-fashioned

THANKSGIVING LOVE!



Heartwarming!

Vitamins that
BEAT THE WINTER BLUES!



Party perfect!



Baileys Pumpkin Pie!



Giftable!

Family-favorite Apple Pie!



THANKSGIVING MIRACLE FOODS!

KO stress, stop brain aging and prevent hair loss!



Pain-free at last!

Tired of letting aching knees, a bad back or a stiff shoulder slow you down? These study-proven remedies can banish your pain for good!

1 Get better faster with moringa oleifera

This extract of a plant native to India kick-starts recovery of damaged muscles and ligaments, improves flexibility and keeps inflammation in check, Asian researchers say. Credit goes to moringa's rich blend of amino acids and minerals. Find moringa capsules in health-food stores and online at sites like Amazon.com made by Perfectly Natural Herbs, Organic Veda and other companies.

■ **Important:** Check with your doctor before starting a new supplement. Because concentrations vary, see package directions for dosage.

2 Boost blood flow by stretching

You can cut your pain 30% or more—plus heal back and neck injuries twice as fast—just by stretching for two minutes four times daily, say University of Hawaii researchers. “Gentle stretches boost blood flow to injured tissues, flushing out inflammation, plus they loosen up painful spasms,” explains Art Brownstein, M.D., author of *Extraordinary Healing*. **To do:** Starting on your hands and knees, drop your head and arch and stretch

your spine like a cat. Hold for 15 seconds, breathing slowly and evenly. “Then relax your back and look up, so your spine droops like a sway-back horse,” says Dr. Brownstein. Hold for 15 seconds; repeat three more times.

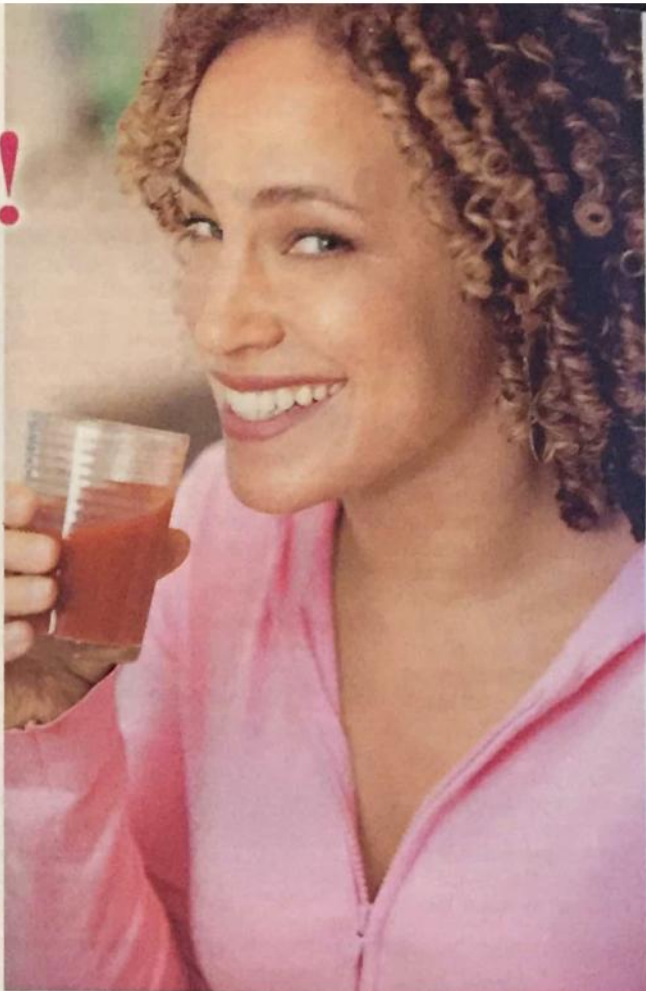
3 Calm irritated nerves by reading

Spending at least 30 minutes daily reading a book or listening to an interesting audiobook could make your pain levels plunge 20% or more, say researchers at Johns Hopkins University. That mini break from the busyness of life—combined with happy feelings from becoming absorbed in a story—prod your body to churn out more pain-zapping hormones, says Dr. Brownstein.

4 Crush inflammation with V8

Sipping two 8-oz. glasses of vegetable juice daily could cut your aches and pains 25% or more in two weeks, Stanford University research shows. Vegetable juices are rich in restorative nutrients, including chlorophyll and lycopene, which help fight inflammation, slow pain signals and spur tissue healing.

Try the no-sweat Rx
Getting 20 minutes of exercise daily—even if it's sweat-free—revs production of soothing endorphins, cutting your aches 43% in two weeks.



Head to bed!

It doesn't cost a dime, yet simply getting the recommended seven to nine hours of sleep each night is a top way to keep pain at bay! Study after study shows that deep sleep is when your body gets to work sweeping out inflammation-triggering free radicals and releasing the soothing hormones, peptides and neurotransmitters that promote healing. As a result, you experience less pain the next day!

—Brenda Kearns

Stay Young with Ww

Make your nails and hair grow!

Want the shiny hair and nails of your youth? Look no further than your kitchen! “Many of the same nutrients that nourish your hair help nails stay healthy, too,” says dermatologist Gary Goldenberg, M.D., of the Icahn School of Medicine at Mount Sinai in New York City. Even better? These beautifying vitamins and minerals can be found in your favorite foods!

1 Greek yogurt boosts hair and nail growth! “It’s an excellent source of vitamin pantothenic acid, which encourages hair and nail growth,” says Dr. Goldenberg. And your body uses its protein to produce keratin, which strengthens hair so it grows without breakage!

2 Burgers stop shedding! Beef is also rich in protein—and it’s a top source of iron!

“Many women are iron deficient, which can contribute to, even trigger, hair loss” and cause unsightly “dips” in your nail beds, he says. “Eat red meat a minimum of once a week to raise your levels of ferritin, a type of iron crucial for hair growth.” Fortified cereal provides iron, too. Avoid iron supplements, though, unless your M.D. prescribes them: Too much can be toxic.

3 Almonds nourish follicles and nails! Their magnesium relaxes blood vessels, so more nutritious blood and oxygen reach the scalp and nail beds. It also cuts the stress that can trigger a “resting” phase that prompts hair to fall out!

4 Beer adds volume! It’s a great source of silicon, a trace mineral that studies suggest makes hair thicker and fuller. Another study found it reduces nail brittleness, too! **Bonus:** Silicon strengthens bones, so female beer lovers are less prone to osteoporosis!

More beautifying bites!

■ **Canned tuna!** It’s a good source of omega-3 fatty acids, “which may promote hair growth and boost shine,” says Dr. Goldenberg.

■ **Sunflower seeds!** Their vitamin E helps reduce the hair- and nail-damaging effects of the sun’s UV rays, says Lisa Drayer, R.D., author of *The Beauty Diet*.

■ **Strawberries!** They pack lots of vitamin C, which is research-proven to thwart a key hair loss trigger: stress!

—Camille Pagán