

February 12, 2018

God Bless America

Woman's World

More
for your
money!
\$1.99

**MAKE
CASH**
using your
smartphone
camera!

STRESSED?
Watching
a tearjerker
can help

University
of Miami
breakthrough

**MAKES
SKIN
YOUNGER**

CURE ARTHRITIS PAIN

with "Mushroom of Immortality" tea!

OVER 40? CAN'T LOSE WEIGHT?

This good-for-you veggie

ENDS FATTENING CRAVINGS!

The vitamin that

BEATS TIREDNESS!

PREVENT STROKE

with Valentine's Day
chocolate!

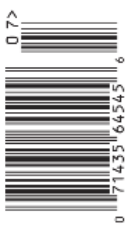
**Metabolism Revolution
Diet** reverses
age-related
weight gain!

LOSE 20 lbs in 14 days!

Have a
Sweet Valentine's Day!



\$1.99



Double-duty supplements that Prevent stroke!

One of the easiest ways to prevent a stroke? Take the right supplement! Research suggests that this one step can reduce your risk of ever having one a whopping 50%! Even better news: These double-duty supplements solve other health issues at the same time! Try:

1 B complex ... if you're tired

This family of eight nutrients helps your body convert food into energy, plus it slows plaque formation inside your brain's blood vessels.

No wonder Canadian research shows that when women take a daily B complex, they feel more clear-headed and energetic within 10 days—and their stroke risk plunges 25%! One option: Twinlab Stress B-Complex Caps (\$16 for 100 capsules, VitaminShoppe.com). **Important:** Check with an M.D. before taking any new supplement.

A multi can help!
Most multivitamins contain at least 400 mcg. of folic acid, the amount proven to reduce the risk of stroke at least 18%.

sends inflammation (and stroke risk) skyrocketing, says study coauthor Uma Sharma, Ph.D.

3 CoQ10 ... if your pressure is high

Taking 100 mg. of coenzyme Q10 (CoQ10) daily could cut your stroke risk in half—plus trim 12 points off your blood pressure in three months, say University of Connecticut researchers. CoQ10 keeps blood vessels relaxed and open; it also blocks the formation of stroke-triggering blood clots.

4 Ginger ... if you're often blue

Supplementing with 500 mg. to 1,000 mg. of ginger root daily prods your brain to make more of the antidepressant hormone serotonin, cutting your risk of blue moods 36% or more—and slashing your stroke risk 45% at the same time, research in the



Take a protective berry supplement!

Hawthorn berries are packed with powerful compounds that tame inflammation in your bloodstream—a key step in preventing risky clots—40% in three weeks, say researchers at India's University of Madras. Look for standardized hawthorn berry supplements in health- and whole-foods stores. Check label for dosage.

Journal of Ayurveda and Integrative Medicine reveals. Ginger's active ingredients thin the blood, making risky clots far less likely to form, study coauthor Leila Darvishi, Ph.D., explains.

—Brenda Kearns

Stay Young with W

Anti-aging supplements that really work!

Great news! You don't have to buy pricey serums, have laser treatments or go under the knife to have younger, healthier-looking skin! Research proves taking a few "better-skin" nutrients can turn back the clock beautifully!

1 PLE reverses sun damage and sagging!

Twice-daily 240-mg. doses of polypodium leucotomos extract (PLE)—derived from a Central American fern—cut the risk of sunburn and sun damage 50%, say University of Miami scientists. PLE also helps stop wrinkles and sagging by protecting collagen. "Ultraviolet light exposure from the sun, even in winter, accelerates the rate at which skin-plumping collagen fibers in your skin break down," explains Gary Goldenberg, M.D., of Mount Sinai's Icahn School of Medicine in New York City. One option: Heliocare Sun Protection Pills, \$20, LovelySkin.com.

2 Glucosamine smooths fine lines! Known for its joint protective powers, now a study reveals that taking 1,500 mg. daily also reduces fine lines and wrinkles 34% in just five weeks by helping build skin-plumping hyaluronic acid.

3 Magnesium makes skin glow!

Magnesium boosts blood flow and helps your body flush toxins from your system, which may explain why researchers found supplementing with the inexpensive mineral spurs the growth of new skin cells and prevents dullness due to pollution! Start with 250 mg. daily and increase to 500 mg. daily after a month.

4 Pycnogenol plumps and hydrates!

A recent German study shows that women who take this pine bark extract daily have plumper, more hydrated skin—and fewer wrinkles! Pycnogenol is packed with antioxidants that prevent skin damage, plus it stimulates the flow of nourishing blood to the surface of your skin, say researchers. Aim for 50 mg. to 75 mg. daily. One option: NOW Foods Pycnogenol, \$9, Jet.com.

—C.P. Pagan

