

March 12, 2012

More for your money! \$2.29

**Woman's World**

A great week made easy!

Mix magic for irresistible treats!

**Brownie bliss!**

**DR. OZ reveals the oil that SHRINKS BELLY FAT!**

LOSE 6 LBS AND 5" A WEEK *without dieting or working out!*

SHARPER MEMORY! Boost yours with peanut butter!

The tea that **STOPS PMS!**

**MESS-PROOF** the 3 biggest clutter spots!

Exclusive recipes!

Bye-bye tiredness, blue mood!

Beat the coupon cops—and I

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## More natural health news

# Break free from a Scrooge mood—stat!

Is your party schedule making you more *meh* than merry? Socializing depletes your brain's stores of calming chemicals. Banish the bah-humbugs by...

### Sniffing citrus

Oranges, grapefruits, limes... taking a 20-second break to enjoy the sweet-tart scent of citrus could help you feel 45% calmer, happier and more energized—even if you don't eat the fruit, suggests research in the journal *Physiology & Behavior*. Explains study co-author Peter Walla, Ph.D., citrus' aromatic oils boost brain chemicals.



mugs of green tea daily leads to a 53% drop in stress and anxiety in just two days! Don't love the taste of green tea? You can get the same level of Zen by taking a 500-mg. GABA supplement daily. One to try: Now Foods GABA ([Now-2-u.com](http://Now-2-u.com)). Note: Check with your doctor before taking supplements.

### Sipping green tea

Most green tea contains caffeine, so how did it become the go-to brew to cultivate calm? Japanese researchers say green tea brims with a compound that is a key building block of the mood-steadying brain chemical GABA. No wonder studies show sipping three

### Stretching out

Take five minutes three times daily to do relaxing stretches—like toe touches and shoulder shrugs—and you'll boost your mood by 27% within 48 hours. Boston University researchers say stretching stimulates the parasympathetic nervous system—a branch of nerves that signals your brain to make more calming chemicals.

### Warm spice = big smiles!

Nutmeg's active ingredient (*myristicin*) kick-starts the production of energizing and mood-boosting chemicals—often within 20 minutes! The proven dose: ¼ tsp. daily



### Enjoying Rudolph

Cue up *Rudolph The Red-Nosed Reindeer*—the most popular holiday show of all time!—and your blah mood could disappear before the special is over. University of Pennsylvania researchers say focusing on a classic kick-starts the production of the mood-boosting hormone oxytocin. —Brenda Kearns

### If you fade fast after dinner...

...and you still have tasks to tackle, eating ½ cup of nuts will provide you with healthy fats and minerals that boost your energy and focus by 55% for two hours—long enough to get things done!

## Stay Young with Wv



## 3 ways to shrink a size today!

From face puffiness to a bulging belly and cankles, these tips will nix bloat in a flash

**Soak in seaweed!** Drop a sachet of seaweed powder into a bath and soak for 20 minutes. The algae's iodine absorbs into skin to regulate thyroid function, signaling the body to release excess water. Try: Seaweed Bath Co. Whole Seaweed Detox Bath (Target stores).

**Try this move!** Yoga pro Jimmy Minardi says this knees-to-chest move encourages blood flow, which triggers the release of gas and bloat. To do: Lie on your back, hug your knees to your chest and rock from side to side for five deep breaths; release. Repeat five times.

**Add ginger!** To de-puff from head to toe, add ¼ tsp. of ground ginger to one hot cup of tea, suggests Ann Louise Gittleman, author of *Radical Metabolism*. "The thermogenic spice revs circulation and promotes healthy sweating to flush excess fluids fast."