

June 2, 2014  
 God Bless America!

# Woman's World

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**Smoker? Sunbather? Couch potato?**  
 Here's how to undo the damage and  
**GET HEALTHY NOW!**

The vitamin that **STOPS HAIR LOSS!**

**CURE CHRONIC TIREDNESS**  
 "Alertness herb" works in 72 hours!

Mexican "potato" **REVS METABOLISM!**

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 Too-cute face painting how-tos!

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 Easy summer beauty recipes for perfect skin and hair!

**Summer Bonus!** **Cocktail party fun!**

**LOSE 70 lbs on the 8-hour diet!**

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- Makes your body burn stored fat!
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"I eat food I love, and the weight falls off!"

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**WY Natural Health**

## Beat tiredness and boost your health!

Feeling drained? You're not alone—a recent survey suggests more than half of us are tired and dragging right now. To the rescue: Energy-boosting supplements that beat fatigue—and boost your health at the same time! ...

**CoQ10**  
 if you're prone to migraines  
 Five studies suggest taking 300 mg of CoQ10 (Coenzyme Q10) daily ends fatigue for 94% of people within three months. "This nutrient helps your muscle and brain cells convert food into energy," explains Robert J. Barry, Ph.D., biological chemist in Pasadena, Texas.

**Vitamin D**  
 if your cancer risk is high  
 Popping 3,000 IU of vitamin D daily could cut your risk of chronic fatigue 28% or more. "Your nervous system needs D to function at its peak and produce a steady supply of energy," explains Michael Holick, M.D., a professor of medicine at Boston University.

**Gotu kola**  
 if you have unsightly varicose veins  
 Taking 1,500 mg. to 3,000 mg. of this energizing herb daily can remedy tiredness in as little as 72 hours, Indian studies show.

**Resveratrol**  
 if you have high blood-sugar levels  
 This grape extract energizes the hippocampus—the memory center of the brain—helping people feel sharper and more energized in as little as four weeks, recent University of Florida research shows.

**Health perks:** In a recent study, when women took this brain-nourishing compound daily, it cut their migraine flareups in half.  
**Important:** Check with your doctor before starting a new supplement.

**Health perks:** Family history of cancer? Taking 3,000 IU of vitamin D daily could slash your risk of any type of cancer in half, according to Cornell University research.

**Health perks:** Resveratrol improves your muscles' ability to use blood sugar for fuel, lowering your risk of high blood sugar within two months. Dose: 300 mg. to 250 mg. daily.

**Fire quickly during workouts?**  
 Taking 150 mg of rhodiola extract daily cuts fatigue for 66% in 10 people—plus it boosts stamina 26% during exercise!

**When you get too few Zzzs...**  
 Resist the urge to chug a big cup of coffee or tea to jumpstart your day. According to a Harvard study, a sudden surge in caffeine can actually worsen your afternoon energy crash. A better bet? Sip 2 oz. of coffee or tea each hour throughout the day. You'll have greater alertness, better mental performance and a lower likelihood of dozing off midday, researchers say.

—Brenda Kearns

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**Stay Young with WY**

### Regrow thinning hair!

Feel as if thinning hair is adding years to your looks? To the rescue, these proven regrowth secrets!

- Steer clear of crash diets!** Dipping below 1,000 calories a day shocks your body and causes your hair's natural life cycle to shorten, triggering your scalp to release hair, explains Adam Friedman, M.D., a dermatologist at Montefiore Medical Center in New York. Tip: For shiny, strong hair, eat a "rainbow" of colorful fruits and vegetables; their high antioxidant levels thwart hair-harming oxidation.
- Get stress in check!** According to the Mayo Clinic, stress can prompt hair loss in women—and the results can surface six weeks to three months after the stressful event! Fortunately, quelling tension allows hair to return to a healthy growth cycle. To relax right now, write down three things that you appreciate: Gratitude has an instantly calming effect, University of Pennsylvania research shows.
- Have your iron levels checked!** "If your hair seems thinner, ask your doctor to check your iron levels," says hair restoration expert Robert Dorin, D.O. "Prescription iron supplements are shown to reverse 60% to 100% of iron-related hair loss," says Dr. Dorin. Tip: Have your thyroid checked, too: A sluggish thyroid can cause hair to become brittle and fall out. Don't take iron pills without your M.D.'s okay, though, iron overloads can cause other health problems.
- Get a daily dose of D!** "Hair loss is the only visible sign of a vitamin D deficiency," says Dr. Friedman. To encourage your skin to create its own vitamin D, spend 10 minutes in the sun daily—and supplement with at least 400 IU of vitamin D-3.

**Styling tricks that make hair thick!**

- Use low or medium heat when blow-drying, curling or straightening your hair: High heat literally cooks your hair shaft, encouraging breakage.
- Use a dye close to your natural color: The more drastic the color change, the more chemicals required, which can weaken hair!
- Swap your part! Wearing the same part all the time can loosen follicles!

—Camille Pagan

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