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March 23, 2020



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- ✓ anxiety
- ✓ bloat
- ✓ diabetes
- ✓ GI woes
- ✓ thin hair
- ✓ eczema

FOGGY? Common Rx meds deplete key nutrients. Easy fix!

YOUNGER + SLIMMER INSTANTLY

3 signs that your old bra is letting you down (literally!) and the tips that lift you up

FED UP? Smoothie add-in eases menopause woes by 84%

KA-CHING!

Insider secrets to slash your grocery bill and help you save \$100s—without sacrifice!

THE FAT JUST DISAPPEARS

News: Excess estrogen levels make weight loss impossible for 75% of women over 40

Cure: Common fiber whisks extra hormone out of your body fast

Harvard-trained MD's proven 28-day plan

Drop
31 lbs in
28 days

YES! Genius password trick hack-proofs ALL of your accounts

Are you too hard on yourself?

See p 44



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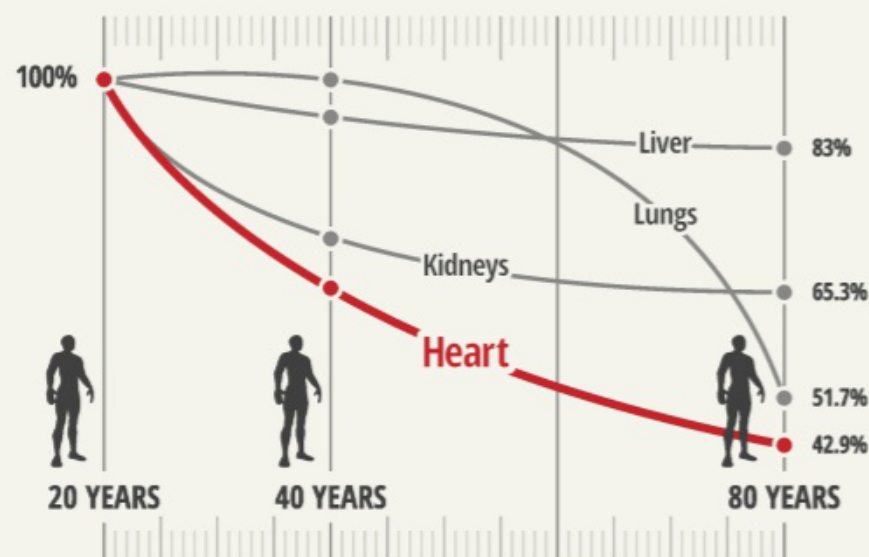
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CoQ10 Distribution in the Human Body



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Resources:

Beamer WM, Deamer DW. *The World of the Cell*, 2nd ed. Redwood City, CA: Benjamin Cummings Publishing Company, Inc; 1991:275-313. – Wada H, Goto H, Hagiwara S-I, Yamamoto Y. Redox status of coenzyme Q10 is associated with chronological age. *JAGS*. 2007;55(7):1141-1142. – Niklowitz P, Onur S, Fisher A, et al. Coenzyme Q10 serum concentration and redox status in European adults: influence of age, sex, and lipoprotein concentration. *J Clin Biochem Nutr*. 2016;58(3):240-245.

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with hidden-goodness treats

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Bliss in every sip

Minty green *mmm*

"Our family adores celebrating St. Paddy's Day by going out for rich, creamy shamrock shakes," shares Charles Grayauskie, FIRST associate food editor. "But this year, I decided to surprise everyone with a lightened-up homemade twist that doesn't sacrifice any of the velvety richness. To make, I simply puree 4 cups of fat-free frozen vanilla yogurt, $\frac{2}{3}$ cup of milk, $\frac{1}{2}$ tsp. each of vanilla and peppermint extracts and 4 drops of green food coloring. Then I divide among chilled glasses and garnish with fat-free whipped topping, shamrock sprinkles and minty marshmallows. They're so delicious *and* guaranteed to make your crew feel very lucky!"



7 things making us happy

...that we just had to share with you!



Crafting up smiles

Twinkling trio

"As we inch closer to spring, I enjoy finding little ways to sprinkle cheery, seasonal charm around my home to get everyone excited for sunny days ahead," shares Patty Bontekoe, FIRST executive editor. "My latest idea: darling daisy-kissed twinklers. To make, I grabbed three pillar candles from the cabinet and used white and yellow craft-store puffy paint to draw on dots in the shape of daisies. Once dry, I added the candles to a tray and set it on my coffee table. They cast a lovely glow—for pennies!"



Dazzling on a dime

Fresh-picked joy

"Recently, I picked up a few vintage milk bottles at the flea market and was looking for pretty ways to put them to use," says Lauren Blum, FIRST assistant editor. "To add a hint of happy to my table, I turned them into bitty bud vases! To make, I filled five small and three tall bottles with water, lined them up and tied the small bottles with twine. To finish, I added sunny supermarket daisies."



"Love recognizes no barriers"

—Maya Angelou

Genius find

Too-cute kitchen helper

"When I'm whipping up my go-to pasta or chicken dishes, I always love adding fresh garlic, but I don't love chopping it—or smelling like it!" says Melissa D'Agnese, FIRST senior editor. "So I flipped for this all-in-one garlic gizmo. It peels, chops *and* stores—plus, no more 'garlic hands'!" (Kitchen Innovations Garlic Press, \$16, Amazon.com)



Look we ♥

Gorgeous glow

"My fair skin looks extra pale just before spring, but self-tanning creams leave me orange and streaky," says Leann Garofolo, FIRST assistant editor. "For a more natural-looking, dewy radiance—like **Christie Brinkley's**—my friend introduced me to 'tan booster' drops! All you have to do is mix 2–3 drops of the serum into your everyday moisturizer for a subtle kiss of color. The formula lasts longer than pricier creams, and the dropper gives control over the final shade!"

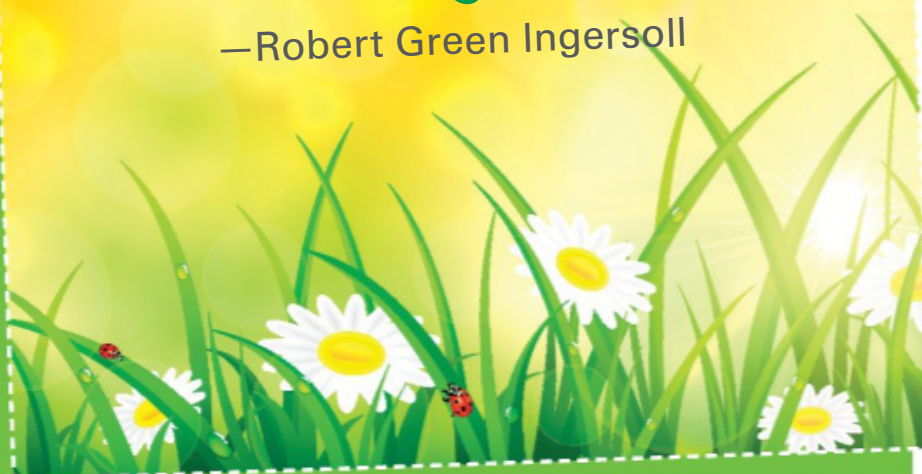
FIRST pick: e.l.f. Sunkissed Booster Drops, Ulta.com

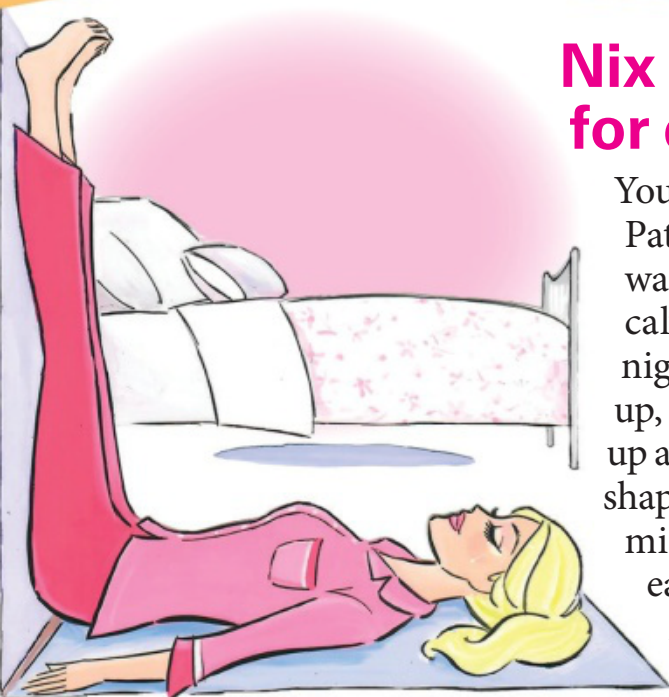


Phone-friendly: Snap a pic & share with a friend!

**"Kindness is the
sunshine in which
virtue grows"**

—Robert Green Ingersoll





Nix nighttime cramps for deeper sleep

You had fun at your town's St. Patrick's Day parade, but all that walking left you with swollen calves likely to cramp up overnight. To prevent a painful wake-up, lie on your back with your legs up against a wall, forming an "L" shape with your body; hold for one minute before bed. Elevating legs eases fluid buildup and reduces inflammation so you can enjoy a night of deep, restful sleep.

QUICK POLL

How do you remove hair dye from hands?

Ugh! The dye from your root touch-up kit left your fingers stained with color. FIRST readers share their go-to tips for spot-free skin in a jiffy:

57% ♥ this idea!

Let olive oil sit on skin for 5 minutes, then rinse, says Lynn Boyle. The oil loosens pigment so it washes away.

43% ♥ this idea!

Rub a little laundry detergent onto dye, then wipe, says Leah Rossi. It lifts stains from skin as it does fabric.

READER TIP

Never lose your car again!

"I've been going to the same mall for years, but still find myself lost in the lot after a long day of shopping. Then my friend told me to use my phone after parking to mark my location on Google Maps. When I'm done shopping, I just tap the pin and get exact walking directions back to my car. It's so simple!"

—Dee Jones, Dallas



Snack away a headache

If weather fluctuations during "shoulder season" increase your bouts of aggravating head pain, try a simple and tasty snack of ½ cup of almonds per day. The gems contain magnesium and *salicin*, two compounds in aspirin that work to ease muscle tension and block the activity of pain-triggering nerves in the brain before throbbing even begins!

MONEY SAVER

SOS for a big blemish

Next time a confidence-sapping zit pops up before an "all eyes on you" presentation, apply an ice cube to the area, then gently press a cotton pad soaked in eye drops onto the spot for three minutes. The ice and the drops cause blood vessels beneath skin's surface to contract, minimizing redness and irritation and refreshing your can-do spirit.

MONEY SAVED: \$10 on cream



SHOW-HOW

Hair clips keep yarn tidily secured and make finding 'ends' easy!



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slimmer in seconds

SPRING JACKETS

3 style secrets



Myleene Klass

Utility

Opt for fitted



Subtracts 10 pounds

An oversize utility jacket that hangs at the knees overwhelms the body with optical bulk. The fix: A tailored cut that hits mid-thigh directs the eye up and down for a sleeker, more streamlined look overall.



Julianne Moore



Jane Krakowski



Adds width

Shoulder-broadening sleeve puffs, plus the middle-magnifying effect of a short jacket that fans out at the hips combine to widen the torso and shorten the body.

BACKGRID (2); GC IMAGES/GETTY (3); SHUTTERSTOCK. TEXT: LEANN GAROFALO

Cropped

Avoid a trapeze style



Katie Holmes



Garcelle Beauvais

Trench

Belted is best



Stana Katic

✓ **Highlights an hourglass**

Worn open, a poncho-style trench directs focus out from the neck down, erasing the waist and magnifying hips. But a belted A-line style trench nips in the middle and skims over hips to carve out subtle curves.

FIRST PICKS

L.L.Bean, \$80 ▼
(LLBean.com, Ripstop Field Jacket)



Zeagoo, \$64 ▶
(Amazon.com, Zeagoo Trench Coat Double Breasted with Belt)

▲ **BB Dakota, \$74**
(Amazon.com, BB Dakota Fancy Tweed Jacket)



✓ **Looks long and lean**

A fitted jacket that hits just below the waist pulls the eye up and in for a trimmer-looking top half. Bonus: Pairing with vertically striped pants continues the elongating effect from the waist down.



style

hair now

Instant va-va-volume



Patricia Heaton

LONG HAIR?

Build it in at the crown

Hair that cascades past shoulders can weigh down roots, making even the thickest of tresses look limp.

The quick fix: Make a middle part, then wrap a 2" section of hair at the hairline around a Velcro roller; repeat, moving back along the part (three rollers should suffice). Let sit 10 minutes, then unroll. The rollers help prop locks up and off of the scalp for added fullness.

GETTY (3). TEXT: LEANN GAROFALO



Helen Mirren

SHORT HAIR?

Add it in near the brow

A short cut can put a spotlight on sparse spots and thinning around the temples and hairline.

The quick fix: The movement and texture of deep, side-parted wispy fringe gives the shorter style *oomph* while also masking any thinning.



Regina King

MEDIUM HAIR?

Focus it in at mid-length

Shoulder-skimming bobs tend to be one-dimensional, sapping any life from locks.

The quick fix: Create wavy texture by placing 2" sections of hair between the plates of a 2" flatiron; twist your wrist back and forth as you move down to ends. The bends create hair-plumping depth.

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It's Flexible!

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Real Success Stories

Get inspired by real men and women who have lost weight on the SlimFast Plan! Meet Tonia, a mother of 4 who admits she "packed on the pounds" during her pregnancy years. While she gained weight, she lost her confidence and energy to keep up with her kids. Simply by following the SlimFast Plan for 48 weeks, Tonia reached her goal weight, without feeling deprived.

Tonia C. LOST 90 lbs & 25" in 48 weeks*

50 Clinical Studies

You may know that the SlimFast Plan has been trusted for over 40 years to help Americans lose weight fast and keep it off, but did you know that the SlimFast Plan is backed by 50 clinical studies? Combining the proven science with the guidance of our Registered Dietitian and SlimFast Plan consultant, Maryann Walsh, the flexible and delicious SlimFast Plan encourages positive lifestyle changes to achieve weight loss goals and long-term success.

TEXT^ **40YEARS**
TO 44123

for a quick-start guide that includes a 7-day meal planner, shopping list, tips for success and more!

* Based on the SlimFast Plan (a reduced-calorie diet, regular exercise, and plenty of fluids). † Tonia used the SlimFast Plan for 48 weeks. She was not remunerated for her weight loss, only for her testimonial. Results not typical. Average weight loss is 1-2 lbs per week. Read label prior to use. Check with your doctor if nursing, pregnant, under 18, or following a doctor prescribed diet. * Message and data rates may apply. For the SlimFast privacy policy go to slimfast.com/privacy-policy. For terms and conditions go to slimfast.com/legal. © 2020 SlimFast®.

best you

Love the skin



We're rounding the corner on spring and more than ready for much-needed sunshine!

But while our mind is focused on the warmer days, our body is still knee-deep in winter and all of the season's skin-damaging and aging effects.

Dull complexion?

Restore brightening luster with vitamin C

Less time spent in the sun coupled with stagnant layers of dead, dry skin makes the complexion appear lackluster—come February, we're really missing that dewy glow! Vitamin C to the rescue, says Philadelphia-based dermatologist Rina Allawh, M.D. Rich in *ascorbic acid*, the vitamin is study-proven to encourage cell turnover, brighten skin and promote collagen production so your complexion looks youthful, renewed and radiant.

Drugstore star: Lumene [Valo] Nordic-C Glow Boost Essence (Target.com) is a vitamin C-infused serum that dermatologists love, thanks to its skin-brightening benefits. Use twice a day to see results within three weeks.

Bonus boost: Pat the serum onto *damp* skin, says Dr. Allawh. "When skin is moist, it's more permeable, so nourishing ingredients can get deep down into skin's layers fast."



you're in

That's why we asked dermatologists in some of the country's coldest cities which nutrients best repair skin, the affordable ways to find them and the tricks to boost their benefits—so by the time spring arrives, you can bare some skin with confidence!

9 ways to heal winter beauty bothers—for \$18 or less!

Cracked hands?

Repair and hydrate skin with glycerin

Ouch! A combination of winter's arid air and frequent hand-washing interferes with the skin barrier, leading to dry, cracked hands that hurt, says Dr. Allawh. To remedy, she suggests *glycerin*. This plant-based humectant not only attracts moisture, it locks it right in to rehydrate skin and mend cracks.

Drugstore star: Glycerin is the second ingredient (after water) in Neutrogena Norwegian Formula Hand Cream (CVS.com), a cream that hydrates hands without leaving a greasy residue. Rub a dime-size amount onto hands twice daily for results in one week.

Bonus boost: Before bed, apply the cream, then slip on a pair of cotton gloves or socks, says Dr. Allawh. The fabric holds cream on skin, so hands feel softer and smoother by the time you wake up.



\$7

Parched patches?

Nix them with oat oil

Rough skin on the knees and elbows can easily become silky-smooth with oat oil, assures New York City dermatologist Michele Green, M.D. Oats' moisturizing fatty acids and *polysaccharides* deeply penetrate skin to soften, while its vitamin E repairs damage that makes thinner skin scratchy.

Drugstore star: Dr. Green tells her patients to slather Aveeno Skin Relief Moisturizing Lotion (Walmart.com), which contains oat oil, onto skin twice daily for results in seven days.

Bonus boost: Place a warm, wet washcloth onto patches for 2 minutes before applying lotion. The warmth softens skin so lotion absorbs better.



\$9





Itchy eczema?

End it with ceramides

Research suggests that people with eczema may have low levels of *ceramides*, the natural lipids that make up skin's outer protective layer. That's why dermatologist Michele Green, M.D., tells her patients to use ceramides topically. "They restore skin's barrier to thwart irritation while helping it retain more water." In fact, one study reports that those who treated their skin daily with ceramides reduced eczema by 67% in four weeks.

Drugstore star: Ceramide-rich CeraVe Healing Ointment (Walmart.com) is a favorite of Dr. Green's. Simply rub onto eczema patches twice a day.

Bonus boost: Apply to damp skin within 3 minutes of stepping out of the shower. Studies show that opened pores from steam "trap" water in skin for added hydration.



\$13

Irritated underarms?

Calm them with these oils

Whether from friction against clothing, excess sweating due to heavy sweaters or even shaving underarms, the sensitive skin under the arms can become easily irritated. What can help? Jessie Cheung, M.D., a dermatologist in Chicago, suggests a blend of coconut oil and sunflower oil. The antioxidants in coconut oil are study-backed to heal and repair skin while sunflower oil's *linoleic acid* reduces redness and inflammation in no time.

Drugstore star: Dermatologist-loved Dove Advanced Care Sensitive Antiperspirant (Walgreens.com) contains both oils. Use daily to see results in one week.

Bonus boost: Swipe onto dry underarms at bedtime. Sweat glands are less active when you sleep, so the oils soak in without interference.



\$7

Beauty hacks A-listers swear by!

These stars found clever age-defying uses for drugstore finds, proving it doesn't have to cost a lot to look like a million bucks

Heidi's \$5 facial cleanser

Heidi Klum washes away dirt and makeup with **Johnson's Baby Shampoo** (Walmart.com). It's free of dyes, fragrance and *sulfates*, so it cleanses skin sans the irritating side effects that harsher "adult" products tend to have.



Beyoncé's \$7 lash volumizer

Beyoncé dabs **Smith's Rosebud Salve** (Ulta.com) onto her lashes before curling them, saying, "It's like a natural mascara!" The waxy balm clings to hairs so they look thicker, longer and shinier, plus helps them hold the curl.



Sandra's \$10 wrinkle smoother

Sandra Bullock combats crow's-feet by tapping a pea-size amount of **Preparation H** (Walgreens.com) onto skin around the eyes, saying, "It stops me from getting lines." That's because the ointment's *phenylephrine HCl* is a vasoconstrictor that temporarily tightens and smooths skin so fine lines are less obvious.



Windburn? *Reverse it with hyaluronic acid*

Whipping winter winds strip the skin of its protective barrier, reducing its ability to strengthen and moisturize the skin. This leads to dryness and inflammation, plus causes blood vessels in the outer layer of skin to dilate, producing redness. The soothing fix? *Hyaluronic acid*. This acid holds up to 1,000 times its weight in water, so it can rapidly improve skin hydration by drawing water to and locking it into skin, says St. Paul, Minnesota-based dermatologist Tina Shaffer, M.D. Plus, the added moisture fortifies skin's barrier and calms irritation.

Drugstore star: Dickinson's Enhanced Witch Hazel Hydrating Toner (Target.com) is an alcohol-free toner made with the acid and favored by reviewers and doctors alike for its moisturizing qualities. Simply saturate a cotton pad with the liquid, then gently rub onto skin twice a day to see a difference within two weeks.

Bonus boost: Store in the fridge. The chilled liquid instantly soothes the sting of irritated skin while shrinking blood vessels to reduce redness.



Studies show that lying down and relaxing for 15 minutes helps reduce skin inflammation!



Rosacea? Soothe it with azelaic acid

One of the biggest triggers of that itchy, red flush? Exposing your complexion to the drying effects of cold outdoor temperatures and warm indoor heating. New York City dermatologist Debra Jaliman, M.D., offers this skin-saving tip: Reach for *azelaic acid*. “This gentle acid—which is derived from wheat, barley and rye—is packed with anti-inflammatory properties that help reduce redness and irritation,” says Dr. Jaliman. What’s more, azelaic acid acts like a *keratolytic* (an agent that removes keratin accumulation within pores) to clear up the raised, acne-like lesions on skin’s surface that often accompany rosacea flare-ups.

Drugstore hero: Dermatologists suggest fending off flares with the skin-calming effects of The Ordinary Azelaic Acid Suspension 10% (Ulta.com). Simply massage the cream onto clean, dry skin twice a day to see results within one week.

Bonus boost: Combine 2 drops of lavender essential oil with a nickel-size amount of the cream before applying to skin. The oil’s phytochemicals *linalool* and *ester linalyl acetate* constrict blood vessels after making contact with skin to nix any ruddiness.



\$8

Bacne?

Banish blemishes with benzoyl peroxide

When excess skin oils (thanks to age-related hormonal flux) get trapped on skin (due to itchy winter layers) it leads to bacne. New York City dermatologist Juliya Fisher, M.D., advises combatting it the same way you did as a teen: with *benzoyl peroxide*. “It kills acne-causing bacteria, sloughs off dead, dry skin cells and unclogs pores.”

Drugstore star: Gentle PanOxyl Acne Foaming Wash (RiteAid.com) targets breakouts but washes away, so the peroxide won’t bleach towels or clothing. Use twice a week for results in two weeks.

Bonus boost: Mix 1 tsp. of charcoal powder with the wash. It acts like a magnet to absorb other pimple-causing dirt and toxins.



\$10

Double chin?

Firm it with this combo

It’s so frustrating when crepey winter-worn skin under the neck visually translates into a double chin! Luckily, Dr. Jaliman says it’s easy to tighten with a mix of retinol and silicone. Retinol, a derivative of vitamin A, boosts collagen production to firm skin. “And silicone forms a ‘scaffold’ on skin’s surface to provide structure and lift while also drawing water into skin so the chin appears supple, taut and slim!”

Drugstore star: L’Oréal Paris Revitalift Anti-Aging Face & Neck Cream Fragrance Free (CVS.com) has both. Rub a dime-size amount on the neck and chin twice daily for results in three weeks.

Bonus boost: Follow up with a facial massager like Flawless by Finishing Touch Flawless Contour (Ulta.com). The tool’s massage-like vibrations help push the cream deeper into skin’s layers.



\$18

New help for thinning hair

There's a reason shampoos are being infused with essential oils—they're study-proven to boost growth and end fallout for a fuller head of hair—fast!

Thwart shedding with tea tree oil

A buildup of skin cells and excess oil can clog hair follicles, which can cause locks to fall out. But tea tree oil's antiseptic properties clean out and unclog follicles so strands are less likely to shed.

Find it in: Rempure Tea Tree Lemon Sage Refreshing Moisture Shampoo (Target.com)



Increase growth with peppermint oil

Peppermint's menthol speeds circulation, delivering growth-encouraging vitamins and minerals to dormant hair follicles to boost growth.

Find it in: Avalon Organics Strengthening Peppermint Shampoo (Walmart.com)



Stop breakage with rose oil

Emollient rose essential oil locks water into the scalp and hair, fortifying strands from roots to ends. This prevents the brittleness and breakage that make hair look thin.

Find it in: Suave Professionals Rose Oil Infusion Shampoo (CVS.com)



Is your old bra aging you?

If you're like us, once you find that perfect bra that lifts, supports and shapes, it becomes your daily go-to. But overwear and over-washing damage fabric, causing that once-flattering bra to stop pulling its weight. Here, how to know if your bra is standing the test of time or if you're due for an upgrade

PROBLEM

Saggy breasts

CULPRIT

Lax bra straps

"Straps provide 10% of a bra's support, which doesn't sound like a lot, but it's responsible for ensuring breasts rest halfway between shoulders and elbows for a youthful lift," says Jené Luciani, bra expert and author of *The Bra Book*. But as elastic gradually breaks down, straps lose their grip and leave "the girls" hanging.

Time to toss? Stand upright, with your shoulders back and tighten straps as far as they can go. Sturdy ones will rest flush against skin, but if a gap remains between the straps and your shoulders (or if they're sliding off), they're too loose. You can extend the bra's life with a bra connector (like Hollywood Fashion Secrets Bra Converting Clip, Walmart.com). It pulls straps together in back (like a racerback), holding them taut for added grip that lifts in the front.

The upgrade: A racerback bra (like Wacoal Soft Embrace Front Close Racerback Bra, Wacoal-America.com) keeps straps snug for complete support.



PROBLEM

Underboob

CULPRIT

Stretched-out band

The band of a new bra should fit comfortably on the loosest hook, leaving room to tighten it as it stretches over time, says bra expert Kimmay Caldwell. "So if the band begins to feel loose even on the tightest hook, then it's no longer able to anchor itself against the body. This can cause breast tissue to spill out below the cups."

Time to toss? With your bra on at its tightest setting, raise your arms above your head, says Caldwell. "If the cups slide up and over your breasts, your band is too big to be saved."

The upgrade: A balconette bra (like Soma Stunning Support Balconette Bra, Soma.com) features an extra panel of fabric beneath cups to help hold the bra in place, even if the band has stretched. Tip: To ensure a new bra lasts even longer, hand-wash in cold water using baby shampoo; hang dry. Cold water reinforces the fabric's fibers to thwart stretching, while baby shampoo gently cleanses sans harsh chemicals that damage fabric.



PROBLEM

Uneven breasts

CULPRIT

Misshapen cups and underwire

Properly fitting cups that conform to the bust offer volume, shape and lift.

The downside: After just six to nine months of consistent wear and wash, cups can lose their shape *and* the underwire can get bent, fray the fabric and even poke through. The result? Lopsided-looking boobs that hurt!

Time to toss? For a bra with molded cups, lay it on a flat surface. If the cups appear lumpy instead of forming symmetrical domes, it's best to part ways. For one with traditional cups, put the bra on and gently tug outward at the bridge between cups. If the fabric snaps back against the body, there's still some life left, but if the fabric puckers up and doesn't bounce back, it's time to replace. Bonus: If the fabric is frayed but the wire hasn't yet poked through, you can cut a small piece of a panty liner and stick it over the spot, says Luciani. The thin liner creates a barrier that nixes jabbing for pain-free wear.

The upgrade: A nylon-coated underwire bra with removable padding (like ThirdLove 24/7 Classic Contour Plunge Bra, ThirdLove.com) has an "insulated" wire, which is less likely to break through fabric, and inserts that can be taken out before washing to help preserve their shape. Luciani's tip: When storing bras, place balls of rolled-up socks inside the cups. This keeps them propped up so they maintain their structure longer.



AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND**

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³*Hydroxycut*® capsules and drink mix contain caffeine to increase energy.

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sip away stress

Mood-steadying

These sweet sips are packed with hormone-balancing nutrients that help you look and feel your best

Maca, a lifesaver for women over 40

+ Eases hormonal stress

Women's estrogen levels rise and fall rapidly between the ages of 35 and 50, which can trigger mood swings, weight gain and night sweats. Maca root works as an *adaptogen* to help the body regulate the output of hormones like estrogen, curbing fluctuations. The payoff: In one study, women given maca root saw an 84% reduction in menopause symptoms.

+ Speeds metabolism

This Peruvian superfood contains two amino acids (*leucine* and *glutamine*) that prompt muscle cells to use energy more efficiently. In fact, a study published in *The American Journal of Clinical Nutrition* found that increasing intake of these amino acids can significantly boost fat burn and increase calorie expenditure by 25% for 5.5 hours.

+ Clears away brain fog

Maca root's rich stores of *polyphenols* stimulate activity in the *hypothalamus*, the area of the brain that governs mood and attention. The result: an increase in mental energy and an improvement in focus in as little as three minutes.

FIRST pick: We love Navitas Organics Maca Powder (available in supermarkets and health-food stores) for its sweet and nutty flavor and superfine texture that allows it to easily dissolve into water and smoothies.



smoothies



Berry-Almond Blast

- 1 cup frozen berries
- 1 cup almond milk
- 1 tsp. maca powder
- ¼ tsp. vanilla extract

In blender, puree all ingredients until smooth, 30 sec.
Makes 1 serving

Per serving: Cal. 111 Pro. 2g Carb. 21g
Fiber 5g Sug. 12g Chol. 0mg Sod. 181mg
Total fat: 4g Sat. 0g Trans. 0g

Bonus! Anthocyanins in berries activate an enzyme that triples fat loss



Lean Green Refresher

- 1 kiwi fruit, peeled
- 1 cup fresh spinach
- ¾ cup pineapple
- coconut frozen yogurt
- 1 tsp. maca powder

In blender, puree all ingredients until smooth, 30 sec. Pour into chilled glass. If desired, garnish with additional spinach leaves.
Makes 1 serving

Per serving: Cal. 222 Pro. 8g Carb. 49g
Fiber 3g Sug. 35g Chol. 7mg Sod. 101mg
Total fat: 0g Sat. 0g Trans. 0g

Bonus! Spinach's chlorophyll flushes trapped waste and toxins



Orange-Banana Dreamsicle

- 1 banana, peeled, halved, frozen
- 1 small orange, peeled, seeded
- ½ cup fat-free milk
- 1 tsp. maca powder
- ¼ tsp. ground cinnamon

In blender, puree all ingredients until smooth, 30 sec. Pour into chilled glass.
Makes 1 serving

Per serving: Cal. 202 Pro. 7g Carb. 46g
Fiber 6g Sug. 30g Chol. 2mg Sod. 53mg
Total fat: 1g Sat. 0g Trans. 0g

Bonus! Oranges brim with hesperidin, which lowers cholesterol by 30%



Vitamin D critical for seniors

Experts say as many as 65% of adults over age 60 are deficient in vitamin D, and Irish investigators note that the nutrient is vital in maintaining muscle health for older adults. Their study in the journal *Clinical Interventions in Aging* found that those aged 60 and older with vitamin D deficiency had 87% more muscle weakness and muscles that were over three times less able to complete physical tasks, like gripping objects for long periods, compared to those with adequate vitamin D levels. To get the recommended daily dose, supplement with at least 2,000 mcg. of D-3 daily.

Tired? Crunch on *this*

Next time you need a pick-me-up snack, reach for a cup of baby carrots instead of chips. Stanford University researchers found that volunteers who worked night shifts and ate plant-based snacks were significantly less tired than those munching on foods high in sugar and fat. Unhealthy snacks provide a short surge in alertness followed by a crash, as the body's blood-sugar levels rapidly rise then dip. But plant-based snacks digest significantly slower, delivering sustained energy and preventing tiredness-inducing blood-sugar swings.

Found: Heart-smart snack

A 12-year study presented at the annual World Conference of Cardiology showed that eating nuts like walnuts, almonds and pistachios at least twice a week significantly reduced the risk of cardiovascular death compared to eating nuts once every two weeks. Nuts are rich in antioxidant-like compounds that support heart health by lowering oxidized "bad" LDL cholesterol, which prevents hardened arteries, and improving blood-vessel function by inhibiting clots.

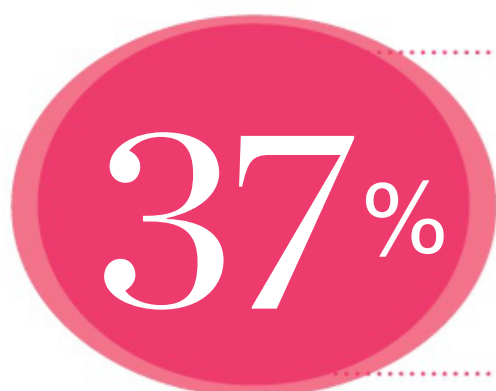
Mediterranean-style diet reduces anxiety by 46%

So say Australian researchers reporting in *PLOS ONE*. They had a small group of volunteers eat a Mediterranean-style diet rich in produce, fish and healthy fats, and another group eat "normal" fare that included saturated fat and added sugar. Those eating healthfully saw a 46% decrease in anxiety and a 37% reduction in stress. Researchers say omega-3 fatty acids from healthy fats and fish boost the production of the "happiness hormone," *serotonin*, while anti-inflammatory compounds in produce regulate mood-steadying brain chemicals.



Another happy perk of coffee

Here's another happy reason to look forward to your morning cup of joe—investigators at Baylor College of Medicine in Houston say America's most popular morning drink may help prevent weight gain too! The reason? Coffee has unique compounds called *polyphenols* that counteract inflammation (or swelling) in the gut, a known risk factor for weight gain and obesity. Researchers also discovered those who had at least two cups of coffee daily had fewer obesity-triggering bad bacteria in their guts than those who drank less than two cups. To reap the benefits, researchers recommend drinking two cups of coffee daily.



Americans who have
had dessert for dinner

SOURCE: Carvel

Is there a food fix for trouble focusing?

Q: Every day at work, when 3 PM rolls around, I tend to crash. My energy level drops, and I can't focus at all! Caffeine makes me jittery, so I don't like to drink coffee. Is there something else I can try?

A: Definitely. We can recommend a few delicious ways to restore your pep and focus. First, try sipping a mug of chaga tea (available at health-food stores and online) as soon as you feel your pep starting to wane. The mild blend, brewed from mushroom extract, has an earthy flavor similar to coffee, but instead of caffeine, it contains *polysaccharides* that gently stimulate the central nervous system. According to a study published in the *Journal of Traditional Chinese Medicine*, sipping 12 oz. boosts energy and stamina by 35%.

If you'd prefer a food fix, reach for a square of dark chocolate. It's rich in *theobromine*, a compound that kick-starts the production of the focus-boosting hormone *dopamine*. The payoff: Research at Harvard University has found that theobromine improves mental energy and focus for up to 2½ hours to get you through your afternoon slump.

Kate's slimming smoothie add-in

Busy actress and mom-of-three Kate Hudson has found an easy way to keep the pounds at bay: She adds withinUs TruMarine Collagen (available at withinUs.com) to her morning smoothie. Amino acids in the supplement boost the production of metabolism-boosting hormones and increase levels of satiety hormones by 40%.



GETTY (2)



Help! I'm dieting, but I'm not losing

Q: I started a new diet a month ago, and I've been sticking to it, but I'm only down 3 pounds! What can help me lose faster?

A: We suggest supplementing with *rutin*, a flavonoid found in some fruits and vegetables that boosts fat burning in two key ways: (1) It converts the white fat cells that make up jiggly fat tissue into metabolically active brown fat. (2) It also increases the number of cellular energy engines (called *mitochondria*) found in brown fat cells, helping them burn up more calories for body heat. These effects are so powerful that in a study published in *The FASEB Journal*, subjects who consumed rutin experienced a 20% spike in their resting metabolic rate, an effect that helped them shed 13% of their body weight over 10 weeks—without making any other dietary changes. That's 26 pounds for a 200-pound woman!

To get the perks, take 250 mg. of rutin (like Natural Factors Rutin, iHerb.com) three times daily.

Q

My sister said adding tahini to her diet has tamed her sugar cravings, but I'm not sure how to use it. Any ideas?

A

Yes! Tahini paste is made from toasted, ground sesame seeds—and it's loaded with healthy fats and filling protein and fiber. Plus it contains energizing *phosphorus*, *manganese* and B vitamins. It's also rich in the plant compound *sesamin*, which helps improve the body's response to insulin to curb craving-inducing blood-sugar spikes.

You probably know tahini's most common use is in hummus. But its light, nutty flavor also makes it a perfect add-in for smoothies, cookies and other baked goods, like these sesame granola bars: Microwave ⅓ cup of honey, ⅓ cup of almond butter and 1 Tbs. of tahini in a glass bowl. Add 1 cup of sesame seeds, ½ cup each of sunflower seeds, pumpkin seeds and hemp hearts. Spread in a 12" pan and chill for 2 hours, then cut into 10 bars. Look for tahini in the condiments or ethnic foods aisle at your supermarket.

Put FIRST to work for you!

Nutrition experts Mira Calton, CN, and Jayson Calton, Ph.D., are leading authorities on nutrition and micronutrient deficiencies. They are also the bestselling authors of *Rebuild Your Bones: The 12-Week Osteoporosis Protocol* (available at Amazon.com). To ask them a question, send an email to health@firstforwomen.com.



delicious healing

Revitalize with

*Feel your best
with these
in-season picks*

BLOOD SUGAR BALANCER

To keep your blood sugar steady and cut your risk of brain fog and nap attacks in half, nosh on 3 cups of chard weekly. According to Canadian scientists, chard contains a rare compound (*syringic acid*) that slows the breakdown of complex carbohydrates in the digestive tract by 40%, preventing blood-sugar surges after heavy meals.



STOMACH SOOTHER

Tummy bothering you? Escarole can help! According to Belgian research, this mild, tasty green is rich in *inulin*, a unique type of carbohydrate that stimulates digestive enzyme production and soothes intestinal cramping, helping to relieve bloat, indigestion and abdominal pain in as little as 30 minutes.

JOY BOOSTER

If the day is sunny but you're not, enjoying 1 cup of slightly spicy radicchio could boost your calm and contentment by 33% in just 30 minutes, say Yale University researchers. Credit healing compounds called *phenolic flavonoids* that heighten the brain's production of mood-elevating hormones like serotonin and oxytocin. Tip: Radicchio leaves make fun "cups" to hold chicken, egg or tuna salad!

leafy greens

FAT BURNER

To kick-start spring weight loss, add a heaping cup of spinach (raw or cooked) to your daily diet. Researchers at the University of Bridgeport in Connecticut say this green's vitamin K and *manganese* switch on fat-burning enzymes inside muscle cells, helping you shed 3 pounds a month.

DELICIOUS IDEAS: For a fat-burning breakfast, add 1 cup of baby spinach to your favorite smoothie. For a savory dip, mix 16 oz. of sour cream, 8 oz. of mayonnaise, 8 oz. of diced water chestnuts, 1 packet of ranch seasoning and 10 oz. of frozen spinach, thawed and diced.

NIGHT VISION ENHANCER

Enjoying just ½ cup of collards daily could heighten your ability to see and drive in dim light by 20% in six weeks, Swiss scientists say. Thanks goes to this green's rich stores of two key nutrients (*lutein* and *zeaxanthin*) that soak readily into delicate eye tissues, where they heal and rejuvenate aging cells.

ENERGIZER

Broccoli rabe is delicious lightly roasted or sautéed with garlic, and a 1-cup serving can boost your energy by 35% for four hours. Columbia University scientists say this veggie—a close cousin of the turnip—contains compounds (*polyphenols*) that help your liver burn dietary fats for fuel.

SHUTTERSTOCK (4); TWINKLE; GETTY (2); TEXT: BRENDA KEARNS

The fat just

Amanda
lost
60 lbs!

75% of women over 40 have too much fat-packing estrogen in their system due to a GI glitch. This easy Rx heals the gut to flush the excess so pounds fall off fast—and forever!

*Say goodbye to
hot flashes,
insomnia and
blue moods!*

Amanda Brinkman-Brockman sighed and stretched, shaking her head. She'd sat down on the couch, intending to relax for just a minute before making dinner, but fell fast asleep instead. *What's going on with me?* she worried. Amanda was suffering from weight gain, fatigue and low moods, and there seemed to be no easy fix. "My doctor told me that this was typical for women over 40," shares the 44-year-old. "I felt defeated."

The problem: Many common signs of aging are actually symptoms of a hormone imbalance. "During perimenopause, estrogen levels begin to fall, but estrogen's partner hormone, progesterone, falls even lower," explains Harvard-trained weight-loss expert and ob-gyn Sara Gottfried, M.D. Indeed, studies show that progesterone production slows by 75% during our fifth decade of life, while estrogen levels fall by only 35%, creating an imbalance

Amanda Brinkman-Brockman, 44, Cincinnati
Height: 5'4"

It worked for me

"My body learned to burn fat again!"

**NOW:
140 lbs**

Amanda Brinkman-Brockman wasn't sure why she always felt so stuck and depleted. "I was working out every day and not losing any weight. One doctor offered estrogen-based birth control pills to ease my symptoms. I took them for two weeks, but I felt worse—and I *gained* 10 pounds!"

So Amanda set off to find her own approach to healing her body. She visited a naturopathic doctor, where she was diagnosed with estrogen dominance and given a bioidentical

hormone cream to boost her progesterone levels. Around the same time, she discovered FASTER Way to Fat Loss, an online program designed to rebalance hormones. That's where she learned to focus on whole foods and get fiber from veggies and flaxseeds. The big difference: "Instead of cutting calories, like I had on previous diets, I focused on getting the nutrients I needed."

Now, Amanda, who dropped from a size 14 to a 6, feels in control of her life. She cheers, "I finally have the lean appearance I never achieved in all my many years of dieting!"



THEN: 200 lbs

Drop 31 lbs
in 28 days!

disappears!

called *estrogen dominance*. “This relative excess of estrogen makes women more likely to gain weight,” adds Dr. Gottfried, who reports that this affects 75% of women over 40. When women like Amanda ask for options, doctors often prescribe antidepressants or hormone replacement therapy, but these treatments can be costly and ineffective.

Now, breakthrough research from New York University reveals a surprising reason that estrogen levels are difficult to regulate. In a healthy body, estrogen circulates through the bloodstream and eventually ends up in the liver. There, it’s deactivated and sent to the intestines for removal. “But estrogen can be reactivated in the intestines by an enzyme called *beta-glucuronidase* that’s produced by our gut bacteria,” explains Dr. Gottfried. “Reactivated estrogen can reenter the bloodstream

and start circulating throughout the body again like bad karma, causing or worsening estrogen dominance.”

Luckily, a simple diet shift can reverse estrogen dominance and power off stubborn pounds. The key is eating more of the fiber-rich foods that eliminate estrogen-reactivating bacteria and sweep excess

estrogen out of the body, balancing hormone levels and kick-starting weight loss. “Fiber is key for maintaining the healthy bacteria that recycle estrogen properly,” asserts Felice Gersh, M.D., an ob-gyn and integrative physician.

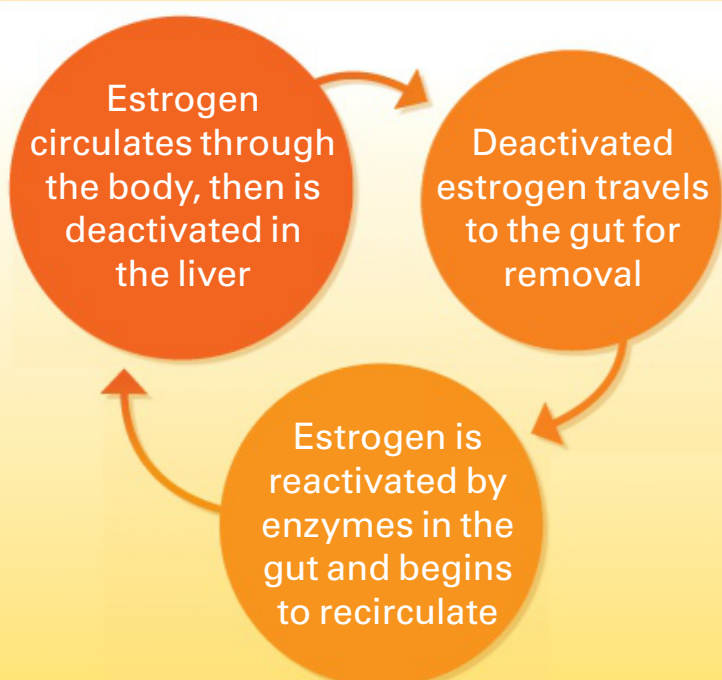
“What’s more, the bacteria that promote healthy estrogen levels also increase the body’s production of *adiponectin*, a hormone that increases fat burning. All told, women see weight loss very quickly—even within the first week!” And once the gut is repopulated with healthy bacteria, the body can remove excess estrogen and continue dropping extra pounds for months.

Women who make the switch report feeling happier and more energized. Indeed, within the first week of eating more fiber-rich foods, Amanda had more energy. “I felt like I’d taken a magic pill. It was crazy how quickly it took effect,” she raves. All told, she shed 60 pounds and 8 inches. Other women FIRST spoke with say the strategy helped them get off diabetes medication, eliminated chronic pain and improved their concentration. Read on to start *your* transformation.

“You’ll lose weight, sleep better and experience improved energy and moods”

—Felice Gersh, M.D.

The vicious cycle making women over 40 fat



NIX EXCESS ESTROGEN AND POWER OFF POUNDS

Eating more fiber helps reverse estrogen dominance to supercharge weight loss—and these picks speed results

SPRINKLE ON SEEDS

Plant-based compounds in flaxseeds help flush surplus hormones from the body, according to researchers at the Mayo Clinic in Rochester, Minnesota. And British researchers say enjoying just 2 Tbs. daily could help you lose weight 56% faster. To get the benefits, stir ground flaxseeds into hummus or salad dressing.



SIP GREEN TEA

Polyphenols in this brew help the body shed excess estrogen, according to researchers at the U.S. National Institutes of Health. Their studies found that women who drank at least 8 oz. daily had 40% lower levels of the hormone than women who sipped green tea less frequently.



MIX IN MUSHROOMS

These tasty bites are rich in *phytochemicals* that inhibit the production of enzymes that activate estrogen, report researchers from the Beckman Research Institute of City of Hope in California, making women 64% less likely to suffer from estrogen dominance. Enjoy 1 cup of button, portobello or crimini mushrooms each day to get the benefits.



Turn to start slimming today

So simple, so effective

This plan, which calls for filling up on fiber-rich foods for four weeks, allows the body to purge excess estrogen to speed off stubborn pounds, renew flagging energy and sidestep symptoms ranging from headaches to breast tenderness. “You have to inactivate and excrete excess estrogen in order to maintain a healthy hormone balance,” asserts weight-loss expert Sara Gottfried, M.D., author of *Brain Body Diet*. “Fiber helps the body get rid of excess estrogen—the more you eat, the better your body will be at removing estrogen.”

The key: consuming natural fiber from whole, plant-based foods. The fiber in these foods binds to excess estrogen so it can be flushed from the system, and they’re also loaded with compounds that optimize estrogen levels. *Polyphenols*, found in fruit, veggies and tea, for example, promote bacterial diversity in the gut, while *phytoestrogens*, found in beans, lentils, seeds, root vegetables and leafy greens, crowd out natural estrogen so it’s more likely to be flushed out of the body.

“That’s the magic in whole foods,” says Felice Gersh, M.D., an integrative physician based in Irvine, California. “Just taking a fiber supplement isn’t going to give you the same outcome as eating whole, fresh vegetables.”

On this plan, Dr. Gottfried recommends eating at least 35 and up to 50 grams of fiber per day from beans (15 grams per cup), seeds (10 grams per ounce), berries (8 grams per cup), leafy greens (5 grams per cup), root vegetables (4 grams per cup) and cruciferous vegetables (3 grams per cup). Cruciferous vegetables, which include broccoli, cauliflower, cabbage and kale, are especially helpful in supporting estrogen removal because they’re loaded with sulfur compounds that boost liver function to support the deactivation and removal of estrogen. One note of caution: Don’t try to add

all of that extra fiber all at once, says Dr. Gersh, or you’ll get a stomachache. Instead, increase your fiber intake by 5 grams every three days until you’ve reached the recommended amount.

Also smart: Drink at least 10 cups of water or unsweetened tea each day to keep the fiber moving through your system. And aim to enjoy at least 1 Tbs. of fermented foods (such as sauerkraut and kimchi) and two servings of prebiotic foods (including asparagus, Jerusalem artichokes, garlic, onions, leeks and oats) each day. These foods help balance gut bacteria, keeping estrogen-reactivating bugs in check.

Though Dr. Gersh says many women see results within the first week, she recommends sticking with the plan for at least four weeks to ensure that you’ve healed the *microbiome* so that you can continue to slim without struggle. And for your fastest slimdown ever, incorporate these four easy strategies:

✓ Try 'meatless' Mondays.

According to researchers at New York University School of Medicine, the bacteria that reactivate estrogen in the gut love when we eat meat. But researchers at Tufts University School of Medicine report that eating even just one meatless meal triples the amount of estrogen removed from the body and lowers overall estrogen levels by 20%. To get the benefits, try going “meatless” one day each week, leaning on proteins like beans, tempeh, lentils, nuts and seeds.

✓ **Take the right probiotic.** Eating probiotic-rich foods as part of your daily diet can help, but studies show that supplementing with targeted strains is especially beneficial for reversing excess estrogen. According to researchers reporting in *The American Journal of Clinical Nutrition*, taking a supplement containing *Lactobacillus*

acidophilus produced a four-fold decrease in the activity of enzymes that reactivate estrogen in the gut, enabling the body to eliminate more estrogen. Similar estrogen-lowering results have been seen in adults supplementing with *Lactobacillus reuteri*. A supplement that includes both strains: Swanson Probiotics L. Reuteri Plus, (SwansonVitamins.com).

✓ **‘Filter’ with milk thistle.** In a recent Canadian study, postmenopausal women who took a milk thistle supplement doubled the amount of estrogen they excreted in their urine after 28 days. The credit goes to *silymarin*, a flavonoid in the herb that increases the liver’s ability to filter out environmental toxins that can raise estrogen levels. The study-backed dose:

A sample day to get



breakfast

Omelet Prepare a 3-egg omelet, folding in sliced red onion, chopped asparagus, sliced radishes and soft goat cheese to taste. Serve with a side salad.



dinner

Beef & broccoli Sauté 4 oz. beef loin with 2 Tbs. stir-fry sauce, 1 cup broccoli, ¼ cup sliced mushrooms and a pinch of minced garlic. Serve with rice. Top with sesame seeds.

100 mg. twice a day, once with breakfast and once with dinner. Don't want to supplement? Consider sipping four cups of milk thistle tea daily (a brand we like: Republic of Tea).

✓ **Take a stroll.** One of the simplest things you can do to optimize estrogen levels is to dial down stress. "High levels of the stress hormone cortisol block progesterone, contributing to estrogen dominance," explains Dr. Gottfried. To combat this, try taking a leisurely 20-minute stroll every day, a strategy that can reduce cortisol levels by 40% for five hours, suggests Japanese research. For best results, stroll outside in a park or on a tree-lined street, since outdoor exercise has been shown to reduce cortisol levels three times more effectively than walking indoors.

you started



lunch

Chili Sauté 1 cup diced fresh veggies for 4 min. Add ¼ cup chicken broth, ¼ cup diced tomatoes and ¼ cup beans. Bring to a boil; let simmer 10 min. Top with cheese.



dessert

Chia pudding Combine ¾ cup almond milk, 4 Tbs. chia seeds, 1 Tbs. maple syrup and ¾ tsp. vanilla. Chill for at least 3 hours. Top with 2 Tbs. granola and diced fruit.

It worked for me

"This totally changed my life!"

Sharon Stephens looked at her dog, who was eager to get outside, and sighed. *I know you deserve a nice long walk, but my knees are killing me*, she reasoned as she took him for a short walk.

Pain often kept Sharon close to home. She was also dealing with type 2 diabetes, weight gain and hot flashes. "I didn't feel like myself," she admits. "I was working hard to save for retirement. When I got there, I wanted to be mobile."

So when she saw a billboard for Dawn Cutillo's BeBalanced Hormone Weight Loss Centers advertising a natural way to slim and balance hormones, she drove to the center, where she learned how to eat for her changing body. That meant focusing on protein and fiber-rich veggies. Sharon says, "I was losing up to a pound a day, and it shocked the heck out of me because until then, I hadn't been able to lose *anything!*"

Sharon loved how the program naturally addressed every facet of her health—and it worked! As 7 inches melted from her waistline, her carb cravings vanished. "It was amazing. I wasn't dependent on willpower. My mind and body were in this together."

During her journey, Sharon's knee pain disappeared, and she was able to manage her diabetes without medication. Now, she's enjoying her life—taking her pup for two-mile strolls and traveling. "This changed my life!"



THEN: **219 lbs**

Sharon
lost
56 lbs!

Sharon
Stephens, 48,
Lancaster, PA
Height: 5'5"

NOW:
163 lbs

ERIC FORBERGER: H&M: RACHAEL BENSON; GETTY (3): SHUTTERSTOCK

feel-great update

*Outsmart end-of-winter
doldrums with these
easy & effective
strategies*

**To boost pep:
Put on your red**

Spring may be around the corner, but at least 67% of us are feeling draggy because still-short days and chilly weather have depressed an energizing region of our brain called the *limbic cortex*.

The good news: Scientists at Nebraska's Creighton University say simply gazing at a bright red sweater, scarf or pillow for two minutes can boost focus, energy and stamina by 35% for one hour. Just the sight of this cheery color stimulates electrical activity in a weary limbic cortex.

**2 minutes to a
healthier you!**

To soothe stress: Sing with a pal

Singing with a friend or loved one or in a choir—or even along with a favorite tune on the radio—cuts tension and anxiety by 55% in two minutes for 90% of women studied. Psychologist Julie Lynch, Ph.D., explains that adding your voice to a song prompts your brain to release the calming, mood-steadying hormone *dopamine*. Feel self-conscious about belting out tunes? Cornell University researchers say even just quietly humming along to much-loved music can make your stress levels drop by 45%!



To banish the blues: Take a minute for a stretch

Even people not prone to blues produce fewer mood-boosting endorphins when days have been dark, so it's no wonder 75% of us notice a downturn in happiness by the end of winter. To pump up your mood by 65% for one hour, take one minute to do a few stretches, making sure you hold each pose so you feel a strong—but not painful—pull for 15 seconds. British researchers say when any muscle is stretched to its comfortable limit, its sensory nerves signal brain cells to release a flood of endorphins.

To pummel pain: Try devil's claw

If cold-weather aches won't abate, devil's claw can help. This medicinal plant gets its name from the little hooks on its fruit. And British studies suggest taking 2,000 to 3,000 mg. daily relieves back, neck, tendon and joint pain for up to 75% of sufferers, making it as effective as many prescription pain meds. Credit *harpagoside*, the plant's anti-inflammatory, muscle-relaxing, painkilling compound.

To deepen sleep: Shift your eyes

A setting sun is your brain's cue to release sleep-inducing theta waves. But when dreary weather disrupts that release, it can leave you restless and wide-eyed. To drift off in half the time: Turn out the lights, cozy up in bed and breathe calmly and deeply while slowly moving your eyes up and down. Psychologist Tara Komori, Ph.D., says combining controlled breathing with simple eye motions prods your brain to release theta waves.

To crush cravings: Draw dancing daisies

Chilly days make 55% of us crave sweet treats or carb-laden snacks. But you can double your odds of resisting that cookie tray—and shed up to 6 pounds in the next two months—by taking two minutes to sketch something silly or upbeat, like a dancing flower or a house with wonky windows. Researchers at New York's Brooklyn College say the act of sketching something smile-worthy stimulates the brain region (the *prefrontal cortex*) that heightens self-control.



movement as medicine

"Pilates cured

Debilitating chronic pain kept Juanita Presley, 78, from fully appreciating her life—until she discovered the simple workout that restored her health and happiness

Just a few more steps until I get to the bench, Juanita told herself as she struggled to keep up with her grandchildren who were bounding toward Sleeping Beauty Castle at Disneyland. "My family's annual trip to Disneyland was something I looked forward to all year," says Juanita. "Our group had grown to more than a dozen over the years, and I'd look forward to watching the youngest members of the family experience the Happiest Place on Earth with joy and wonder in their eyes.

"But on this trip, the throbbing in my back had become too much to bear, and I kept losing my balance and stumbling. My kids joked that they wanted to swaddle me with Bubble Wrap, but I reluctantly admitted that we should rent a wheelchair. I felt like such a burden: Pushing me around slowed everyone down. I knew

HOW PILATES EASES

Spinal stenosis occurs when the spinal column narrows, compressing the nerves and causing back pain as well as numbness and weakness in the legs, says John Mayer, D.C., Ph.D., chairman of the exercise committee at the North American Spine Society. While gentle movement can ease other forms of back pain, the opposite is true with stenosis since moving the wrong way can further compress the nerves. Fortunately, Pilates can help. "Pilates trains the core to help you maintain a neutral spine posture," Mayer explains. And studies show that the workout has long-term outcomes similar to surgery—without the risk of complications. To get the benefits, Mayer suggests taking a Pilates class to learn proper posture. Then follow Juanita Presley's lead and try these moves at home twice a week.

Juanita Presley,
Dana Point, CA

my back pain!"

something had to change, but I wasn't sure what could be done.

Feeling powerless

"I struggled with back pain for a large part of my 78 years. I rarely went out, but I frequently had to travel for business, which was difficult and painful. The last few years before I retired, I pretty much curtailed my business travel and was sending others in my place. But I wasn't comfortable at home either—even doing everyday chores like grocery shopping was difficult, and I often found it impossible to sleep because of the pain.

"Eventually, after many appointments, my doctor diagnosed me with *spinal stenosis*, a condition that's caused by narrowing in the spine that puts pressure on the nerves. Surgery was an option, but my doctor recommended seeing a pain-management specialist first. He prescribed an opioid painkiller as well as quarterly epidurals to numb the area, but they didn't seem to help.

"After I retired and had some more time to devote to my recovery, I started doing research on my surgical options. The idea of back surgery scared me, but I ultimately decided that the side effects couldn't be worse than being in constant pain. The surgery was a success, but unfortunately, it did not alleviate my pain, which I learned is apparently quite common.

Relief at last!

"About two years after the surgery, I received a postcard in the mail about the grand opening of Club Pilates, a chain of Pilates studios, in my city. They were running a promotion for a free introductory class, and I'd heard Pilates can help with pain, so I decided to see what it was all about.

"I was hooked after just one class! It eased my pain immediately and made me feel more energetic. The instructors were knowledgeable and helpful, and they were always able to modify the sessions to help me avoid injuring my back. I bought myself a

membership, and at the very beginning, I was going almost every day. But even after I stopped taking classes every day, I made sure to do a workout at home at least twice a week.

"Three months after my first class, I had an appointment with my pain doctor, and I was able to tell him that I didn't need my scheduled injection—I think it surprised both of us actually! Over the course of the next several months, I was able to step down my pain medications as well—and now I'm not taking any of them.

"What's more, I'm feeling better than ever. I've lost 20 pounds, and I feel happier as well. I have a more positive outlook on life, and I think Pilates had a lot to do with it.

"It's been months, and though I still feel a little unbalanced at times, I haven't fallen once. It's made a huge difference in how confidently I move through the world. The best part: This year, I was able to go to Disneyland with my family without the wheelchair! I simply don't need it anymore."

—As told to Danielle Bauter

BACK PAIN



Forearm Plank

Planks work the *transverse abdominis* muscles, which stabilize the abdomen to support a neutral spine.

To do: Start on the ground on all fours. Carefully lower onto your forearms, pressing your hands into the floor. Extend your legs out straight, keeping your body in a straight line from your head to your heels as much as possible. Hold for 15 seconds.

Hinging Bridge

This move engages the glutes and *erector spinae* muscles to better support the spinal column.

To do: Lie on your back, knees bent, feet flat and arms by your sides. Make sure your pelvis is in a neutral position (you should have a small space between your lower back and the floor). Engaging your core and glutes, lift your hips, keeping your upper back on the ground.

Do 8 reps.



Bird Dog

This strengthens the stabilizing posterior core muscles to relieve pressure on the spine.

To do: Start on all fours with your wrists under your shoulders and your knees under your hips. Slowly extend your left arm ahead and your right leg back, keeping your core tight and your back flat. Return to start. Repeat on the other side. That's 1 rep; do 8 total.



Just one exercise session improves memory

Daily exercise is proven to keep the mind sharp, but even a single workout delivers significant benefits, say researchers at the University of Iowa. They put non-exercisers ages 60 to 80 through a 20-minute session on a stationary bike and compared their results on a memory test to those who took part in a 12-week exercise program. The findings: One-time exercisers had the same memory boost as regular exercisers. Researchers say exercise stimulates the connection between regions of the brain involved in thinking and recall.

Limiting blue light boosts longevity

Putting down your smart-phone may help you live longer, suggests research from Oregon State University. In an animal study, flies that were not exposed to blue light—the kind emitted from cellphones, computers and other electronics—lived 42% longer than those that were submitted to the rays. Investigators say prolonged exposure to this type of light damages brain cells and retinas, hampering longevity. Easy ways to reduce your exposure include wearing blue light-filtering glasses when on the computer, and switching on your smart-phone's "night shift" or "blue light filter" feature.

Timing tweak reduces fatal heart trouble by 66%

Researchers reporting in the *European Heart Journal* tracked more than 19,000 people with hypertension and found that those who took their blood-pressure meds before bed were 66% less likely to die of heart or blood-vessel problems than those who took it in the morning. Plus, their stroke risk was reduced by 49% and heart attack risk by 44%. The reason? Evening meds support a normal nightly dip in blood pressure, giving the heart a break from the higher volume it handles during waking hours, and that lowers the risk of trouble.

Small weight loss can send diabetes into remission

Strict diets can cure type 2 diabetes, but that's not the only way to reverse the condition. Researchers at the University of Cambridge in the U.K. found that people with diabetes who reduced their weight by just 10% over five years were more than twice as likely to go into remission as those who didn't lose weight. The scientists suggest aiming to lose ½ to 1 pound per week, then building in regular exercise to keep the weight off.



Healthy gums ease psoriasis

That's the word from investigators at Ohio State University. They discovered that volunteers with swollen gums were twice as likely as those with a healthy smile to suffer from psoriasis—a condition marked by red, itchy patches of skin. Psoriasis occurs when the body's immune system malfunctions, leading to a pileup of cells on the skin's surface. According to lead study author Benjamin Kaffenberger, M.D., abnormal oral bacteria can overstimulate the body's entire immune system, leading to skin flare-ups. He advises brushing at least twice a day, flossing at least once daily and eating antioxidant-rich fruit, which protects gums from infection.

46%

Employees who have taken a sick day because they were tired

SOURCE: Daybreak

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LITTLE TIPS THAT END BIG STRESS

July 15, 2019

for women

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BEACHY SLIMMING DRINKS

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A compound in healthy foods is making women exhausted. Discover the little food prep tweaks that deliver BIG energy!

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"I finally feel like my

Zen Honeycutt, 46, was told by her doctor that gluten intolerance was causing her fatigue and brain fog. But she dug deeper and found another surprising culprit—and the natural strategies that restored her energy!

Why am I always so tired?" Zen Honeycutt asked herself after waking up from another long afternoon snooze and finding that her husband and kids had once again gone off to have fun without her while she power-napped. "My heart sank as I thought, *There's something wrong with me.* None of the other women I knew needed daily naps. I loved being a mom, but I hated who I was being as a mom. I felt isolated—and guilty and angry with myself for being so tired and irritable all the time.

Mysterious fatigue

"That afternoon, I realized I had to get to the bottom of my fatigue, so I finally went to my internist. He said I might have seasonal allergies and wanted to put me on medication, but I didn't want to do that because I worried the medicine might make me even more sleepy. I also *knew* there was something else going on, so when a friend suggested I see a naturopath, I figured it couldn't hurt to try something different. After I told this doctor about my symptoms—fatigue, irritability, brain fog, anxiety and constipation—she examined me and diagnosed me with a gluten intolerance. It was my worst nightmare! I loved croissants, pasta and cake.

"The naturopath told me to go cold turkey: no gluten for six weeks. It takes time to cleanse the system, but I felt better after two weeks. And by the end of six, I felt like I was getting my life back.

"I adjusted and resigned myself to a gluten-free life. I still had bouts of anxiety and irritability, but wrote them off to other causes since I wasn't eating gluten. All was well for six years, when my son developed severe food allergies. I wondered, *What could have prompted this?* It made me question my own situation. Why had I developed a sudden intolerance to gluten when I'd been able to eat it all my life? I thought my sensitivity and my son's allergies couldn't just be a coincidence.

"Research led me to look at our food supplies, and I found that the herbicide *glyphosate* is pervasive in wheat, oats, chickpeas, corn and all kinds of beans and legumes we regularly ate. I read a report by EcoWatch.com, an environmental news site, that said if these crops aren't raised organically, glyphosate is sprayed on them at some point in their life cycle. And it gets into the cells of the plant, as well as animals who eat the plant—so we end

One-minute QUIZ

IS GLYPHOSATE EXPOSURE DRAINING YOUR ENERGY?

If you battle exhaustion, plus at least three of the symptoms below, a weed killer found in food could be to blame

- | | |
|---|---|
| ☒ Blue moods | ☒ Joint pain |
| ☒ Brain fog | ☒ Bloat |
| ☒ Headaches | ☒ Skin breakouts |
| ☒ Anxiety | ☒ Constipation/diarrhea |
| ☒ Weight gain | ☒ Sleep problems |

Zen Honeycutt,
Mission Viejo, CA



self again!"

up consuming glyphosate even when we eat meat.

"I read more studies and found one explaining that glyphosate destroys good gut bacteria, which allows harmful bacteria to grow. This imbalance,

I thought, was likely what triggered my fatigue and anxiety. A light bulb went off: My symptoms may not have been caused by gluten, but by the glyphosate that goes hand in hand with many foods containing gluten.

A total turnaround

"I decided to have my whole family go organic, eating fruit, vegetables and legumes that aren't sprayed with herbicides or pesticides. I wanted to try to add gluten back into my diet, so we started with ancient grains, which have a different type of gluten protein that doesn't cause a sensitivity. I bought kamut, ancient grain flours and ancient grain breads like Ezekiel, which many grocery stores carry. Since I was choosing only organic foods, I was confident we weren't

eating anything that contained glyphosate residue.

"When that experiment didn't bring back any of my symptoms, I decided to try organic modern wheat. I found that I could enjoy small amounts without the tiredness, fog and irritability I had before being diagnosed with the gluten intolerance. I felt great and could enjoy a bigger variety of food!

"The health of everyone in my family improved on our new diet—allergies, fatigue and irritability all disappeared. We became leaner and healthier and don't go to the doctor beyond a well visit. We've saved thousands on medical bills!

"By figuring out how specific foods, and the chemicals they're grown with, were making me feel, I freed myself from decades of physical symptoms, as well as psychological issues that affected my self-esteem, ability to function and relationships. I even had the energy to start and run Moms Across America and Mothers Across the World, a non-profit organization to educate others about this issue. Now I get more done in a day than I used to in a week!" —As told to Cynthia McVey

News! The simple swap that nixes BPA

Opting for fresh and organic food in place of packaged fare not only slashes exposure to the herbicide *glyphosate*, it can lower levels of the endocrine-disrupting chemical *bisphenol A (BPA)* by up to 66% in 3 days, report scientists in the journal *Environmental Health Perspectives*. And lowering both chemicals is key, as other researchers have voiced concerns that glyphosate may magnify BPA's damaging effects.

But since it's hard to always eat fresh, there are simple ways to reduce your exposure to BPA and its substitutes, which can also have endocrine-disrupting effects and are found in the lining of many canned foods. Integrative physician Leigh Erin Connealy, M.D., advises choosing frozen produce over canned, and opting for soups, sauces and other foods sold in cardboard or glass containers. And if you do have canned beans or veggies in your pantry, rinsing them before eating may reduce BPA levels.

COMMON CHEMICAL behind 80% of gluten sensitivity

! The prevalence of gluten sensitivity has quadrupled since 1970, says gut-health expert Zach Bush, M.D. "But studies suggest more than 80% of women who have been told they're sensitive are still symptomatic after a year on a strict gluten-free diet," he notes. The reason, asserts *Food Sanity* author David Friedman, N.D.: They're reacting to *glyphosate*, a chemical sprayed on crops to kill weeds and right before harvest to make harvesting easier. In addition to wheat, top sources of exposure include oats and genetically modified corn and soybean products.

! Glyphosate has been shown to kill good gut flora and damage the lining of the colon, says Dr. Friedman. The result? Leaky gut, or tiny holes in the small intestine that lead to all-body aches, fatigue and more. For many women, symptoms worsen after eating gluten, so doctors diagnose gluten sensitivity. But Dr. Friedman notes, "Blaming gluten for health issues is like focusing on the smoke instead of the fire."

✓ If you think you're gluten-sensitive, eliminate gluten and glyphosate for 8 weeks, says Dr. Friedman. That means avoiding grains and choosing "USDA Certified Organic" foods. If you feel better, gradually reintroduce organic grains. "If symptoms don't return, glyphosate was likely the cause. You should be able to enjoy organic gluten-containing grains." The tips below can help limit glyphosate exposure and heal your body if you've been exposed.

😊 Soak fruit and veggies in a mix of 1 tsp. of baking soda and 2 cups of cold water for 5 minutes before eating, advises Dr. Friedman, since organic produce can pick up glyphosate if it comes in contact with it.

😊 Eat fermented foods like miso and sauerkraut 3 to 5 times a week, as fermented foods help heal the gut.

Can 'tapping' help me feel better?

Q: My doctor prescribed anti-depressants for my depression and it's made a big difference, but a friend suggested I try something called "tapping," which she said would also help. What is this and should I try it?

A: The technique your friend is referring to is called Emotional Freedom Technique (EFT), or tapping, and it's certainly worth a try to see if it helps you feel better. EFT is a do-it-yourself form of acupressure that reduced symptoms of depression by 72% after just four sessions, according to a study conducted in the Philippines. Additional research has found that the technique can also help ease anxiety and post-traumatic stress disorder.

The process involves rating your feelings on a scale of 1 to 10 (10 being the worst), then tapping your fingertips on a series of acupressure points on your body that are thought to be linked with energy flow. Each time you tap, you repeat an affirming phrase. For you, that might be: "Despite my depression, I accept myself and can still be happy." Proponents of the technique say the combination of tapping and repeating the affirmation aids the body's release of mood-lifting hormones like serotonin and dopamine. Plus, like mindfulness, tapping helps you be more in tune with your body and breath to better control your feelings. Best of all, you don't need anything except your fingertips, so you can tap whenever you need a boost.

For a step-by-step guide and a video tutorial, visit TheTappingSolution.com and click on "Tapping 101." To get the best results and an instant mood boost, tapping experts suggest you take your time and tap until your feelings plateau or subside. Finally, if your depression worsens, please see your doctor, who can adjust your medication, if needed, or offer other suggestions.



What's causing this wrist pain?

Q: I was diagnosed with high blood pressure last month. I'm taking steps to get it under control, but now I have wrist pain and numbness in one hand, especially when I wake up. Is there a link?

A: Yes! High blood pressure causes inflammation and can lead to carpal tunnel syndrome, a condition where the median nerve in the wrist is compressed, resulting in the symptoms you describe. Getting your blood pressure to a healthy level should alleviate some of that pressure, but you may still experience numbness if you sleep with bent wrists or do a lot of computer work.

Thankfully, mild to moderate cases of carpal tunnel are easy to treat. I suggest wearing a cushioned splint that keeps your wrist in a neutral position while you sleep (like Night Wrist Sleep Support Brace, Amazon.com). And if you experience symptoms during the day and need full range of motion in your wrists, try taking ibuprofen to reduce inflammation and ward off pain. But if your pain worsens, see your doctor to discuss other options.

Q

Recently I've had intermittent hearing loss in my left ear—one day I hear just fine, and the next, sounds are muffled. What could this be?

A

It sounds like a buildup of wax, which can harden as you age, may be blocking your ear canal. Fortunately it's easy to loosen wax and clear a blockage at home. To do: Using a dropper, place three to five drops of baby oil in your ear. Leave it there for 24 hours to soften any excess wax. The next day, use a rubber bulb syringe to gently squirt warm water into your ear, tipping your head to allow for better irrigation. When finished, tip your head the other way, toward the sink, to let the water and wax drain out.

If this doesn't improve your hearing, you can repeat the process again, or see your healthcare provider, who can use a special tool to clear out excess wax. And going forward, you can keep buildup at bay by asking your doctor to check for—and remove—excess wax at your yearly checkup.



Put FIRST to work for you!

Cindy Geyer, M.D., is the medical director at Canyon Ranch Wellness Resort in Lenox, Massachusetts, and a faculty member at The Center for Mind-Body Medicine in Washington, D.C. To ask her a question, send an email to health@firstforwomen.com.

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Alert: Rx meds making women sick & tired

Some of the most commonly prescribed medications are contributing to an epidemic of muscle pain, fatigue and other draining symptoms. To the rescue: expert advice on how to beat the side effects to feel your best!

Nearly 70% of Americans over 40 took at least one prescription drug in the past month—and 37% of them took at least five different pills, according to a recent CDC study. Since women tend to visit the doctor more often, we account for the majority of this group.

And while meds can help keep us healthy, they can also bring on symptoms like fatigue, joint pain and brain fog. “Of course, the more drugs your doctor prescribes, the more likely you’ll experience side effects,” says Harry Oken, M.D., adjunct professor of medicine at the University of Maryland. And studies show that the risk of an adverse side effect increases by as much as 10% with each medication you take.

The good news: If you’re taking medications and aren’t feeling your best, there are easy, natural ways to reduce negative side effects. Read on for the simple fixes. *Note: If you’re taking medications, Dr. Oken suggests checking with your physician prior to making any changes.*

quick take

How Americans handle lunch at work



SOURCE: Harris Poll

If you take **STATINS**

These widely prescribed medications lower cholesterol and reduce the risks of heart disease, stroke and even dementia. But up to 40% of users experience muscle pain and fatigue, according to a study at the University of California, San Diego. “That’s because statins can trigger as much as a 50% drop in the enzyme CoQ10, a major source of fuel for the muscles,” explains Michael Roizen, M.D., author of *What to Eat When*. Without the enzyme, the muscles can fatigue to the point of discomfort. Supplementing with CoQ10 replenishes levels and eases pain, and adding selenium boosts the benefits even more. Studies show that adults taking this combo daily had a 49% lower heart disease risk and a 52% reduction in muscle pain. For best results, look for a supplement that contains 200 mg. of CoQ10 and 200 mcg. of selenium (like Doctor’s Best CoQ10 Plus Selenium).

If you take **HEARTBURN MEDS**

Proton-pump inhibitors (PPIs) are widely recommended for patients with heartburn and acid reflux. Unfortunately, they change the acidity in the stomach so much that our ability to absorb nutrients can be compromised, says Dr. Oken. “This is an osteoporosis concern because it puts women at risk for developing low bone density.” That’s why he cautions against taking PPIs for more than three weeks—although they’re commonly used for longer periods to control reflux symptoms. If your doctor recommends long-term use of PPIs, Dr. Roizen suggests upping your intake of vitamin D to enhance calcium absorption and promote bone health. To get the benefits, enjoy more fatty fish, eggs and full-fat cheese or supplement with 2,000 IU of vitamin D-3 daily.

If you take **BLOOD PRESSURE MEDS**

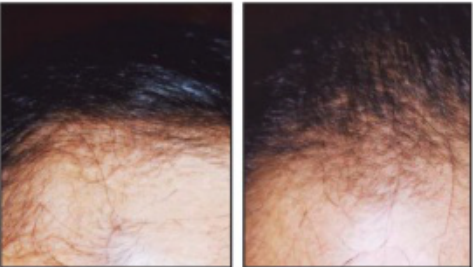
ACE inhibitors are lifesaving drugs that lower blood pressure while protecting the heart and kidneys. But they can also compete with zinc to bind to receptors throughout the body—an effect that increases zinc excretion by 91%, causing a shortfall of the mineral, according to researchers from Spain. “If you’re low on zinc, you’re at an increased risk for immune deficiency and body-wide inflammation,” asserts Dr. Roizen. The delicious way to sidestep the problem? Increase your intake of protein-rich foods, like beef, poultry, full-fat cheese, oysters and other shellfish, which contain a form of zinc that is easier for the body to absorb. ❄

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Tocotrienols, found in palm fruit, are known as super antioxidants and are now showing positive results in promoting hair growth. They work by lowering scalp oxidation and may allow for better—and new—hair growth.

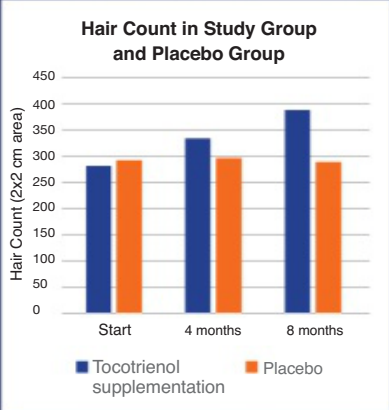
Several studies done at the University of Kuala Lumpur in Malaysia have shown significant increases in hair count. The findings have been published in scientific journals to inform health care professionals worldwide, about the amazing results.



The US patented tocotrienol complex is now available in the US through the product Hair Gro™, by New Nordic, and sold at most Walgreens pharmacies and online.

STUDY RESULTS

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained on average 34.5% more hair or an increase in average hair count from 285 to 383 hairs.*



*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia.

**HAIR GRO
WORKS!**



Steffani experienced higher-than-usual hair loss due to stress. "I was concerned as I noticed a drastic difference in the thickness of my hair, so I went looking for help."

"My mother had used New Nordic's hair products with great success, and she had seen the new Hair Gro™ product in stores. I went online and read about how the ingredients were clinically shown to stimulate new hair growth. I was excited.

I planned to take Hair Gro for just a few months, but my mother reminded me that hair takes a while to react. I'm glad I listened to her because after 4-5 months, I started to notice an increase in growth and it was easier to grow the hair longer. My friends even noticed the difference.

Now I feel so confident and happy about my hair, thanks to Hair Gro. I highly recommend this product to anyone with thin hair."



- Steffani T., Ontario

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Vanessa's best

Renowned actress, singer and mom Vanessa Williams, 56, shares her secrets to health, endless energy and lasting joy

By Allison Kugel

Unabashedly brave, Vanessa Williams is always game for new adventures—professionally, personally and spiritually. “At this stage in life, it’s all about doing things I’ve never done,” the mother of four says with a smile. “It’s the challenges that excite me most and always give me a boost of energy and confidence.”

These days, Vanessa’s life sees no shortage of excitement. Not only does she pour her heart into building a happy home for her family, she’s also taking on new projects professionally, with her own clothing line, Vanessa Williams for HSN, an upcoming children’s book and a role in a production of *City of Angels* in London. “It’s so rewarding!” she shares of each experience. “For me, life is all about being unafraid to take chances. You never know what great things are in store!” Here, Vanessa’s tips for staying positive, grounded and joy-filled, no matter what life throws your way.

Melts a menopot

Low-calorie treats



“My new kick is shredded zucchini that looks like spaghetti,” Vanessa explains of her latest healthy meal pick. “With some good sauce and Parmesan cheese, you feel like you’re eating pasta—but you’re not!” Vanessa’s other go-to’s? “Breakfast burritos with salsa or oatmeal,” she shares. “Once a week, I’ll also do a roast chicken on top of arugula. Those always satisfy any cravings I have!”

Radiance secret: A jade roller

“I got turned on to the jade roller a year ago, and I love it!” Vanessa says. “I use it each morning, rolling it up my chin and cheeks, over my forehead and under my eyes. It really does stimulate my skin, remove puffiness and make me feel so refreshed!”



stress solutions



Feeds the soul

Power of prayer

"I'm fortunate enough to have been given the gift of faith, which has helped me through every aspect of life," Vanessa explains. "I pray to God and my ancestors and my guides, and to everyone who has been with me along my journey. As far as what I pray for, it depends on what I want or need at that particular moment: Whether it's guidance, whether it's 'show me the way' or whether it's protection for my children, my faith is something that I always come back to—and it never fails to help me through whatever challenges or obstacles I'm facing!"

Stress Rx

Old-fashioned girl time

"Whenever I'm stressed, I love to spend time with my girlfriends over a glass of wine," Vanessa shares. "It's a time to catch up on everyone's life and see where they are, and to share what's going on in mine. It's my time to just relax! I relate it to having a sewing bee before the turn of the 20th century. Women used to have these activities that they would do separately from men because it gave them a chance to talk and be themselves. That's the special thing about having a circle of women: It brings so much peace!"



Secret to success

Asking for help

"As women, we are a community," Vanessa notes. "So don't be afraid to ask for advice or help, and to look for a mentor. I've learned that there are many people who are willing to be teachers to help you along if you ask. On this Earth, we have setbacks, struggles and obstacles, but I think I'm here to learn how to keep moving ahead. You have to be able to say, 'What is this experience teaching me?' so you can move through it and move on in your life. Avoiding something or denying it won't get you anywhere—but if you learn from it, you can find so much freedom on the other side."

VANESSA'S LATEST JOY-BOOSTING PROJECTS!

Alongside living overseas for her newest acting role on the London stage, Vanessa's pride and joy is her other creative pursuits—most specifically her fashion line, Vanessa Williams for HSN (go to HSN.com and search "Vanessa Williams"), a versatile clothing collection that she has created to be inclusive for women in all sizes and stages of life.

"When I design, I keep in mind both my 80-year-old mother and

my children, who range in age from 19 to 32," Vanessa says with a smile. "Everyone's got their own sensibility, and I work to make sure my line has pieces for everyone to enjoy."

Another source of excitement for Vanessa is her first children's book, *Bubble Kisses*, due to be released in early May. "Whether it's teaching kids a song or reading a book, I love connecting with children!" Vanessa says. "I love watching young minds learn

and laugh and grasp things—it's just so very rewarding! And I can't wait to give my books to friends for their grand-kids so that it can be a part of that process."





Secret to a brighter day

If you can't stop the same negative thoughts (like, *I'm not good enough*) running through your mind, pretend your thoughts are clouds drifting across the sky and watch them float away. When researchers in *Frontiers in Psychology* taught volunteers recovering from depression how to notice when they were ruminating and detach from negative thoughts, subjects' spirits lifted. After six months, 77% had recovered from depression, and after a year, 67% had maintained their good mental health. The technique gives us more of a choice when troubling thoughts arise, encouraging us to notice them without getting caught up in them.

Key to being convincing

When you're applying for a grant for a volunteer project that you're heading up for your charity group, discuss your plans in the active voice ("We will collect coats and distribute them") instead of in the passive voice ("Coats will be collected and distributed"). Study subjects who read information this way found it more compelling than when they read the same text in the passive voice, according to research published in the journal *Personality and Social Psychology Bulletin*. The investigators explain that using the passive voice creates more psychological distance, while the active voice makes information feel more immediate and concrete.

Simple shortcut to healthier eating

Telling yourself you're having "sizzling citrus-glazed carrots" with dinner instead of just "carrots" may lead you to eat more healthfully, say researchers in the journal *Psychological Science*. They found that when veggies were labeled in ways that highlighted their flavor, volunteers consumed 39% more of them. That's because the enticing names raised diners' anticipation of tasting something delicious, making them more likely to choose healthy fare.

Discovered: Another upside to honesty

If you're tempted to blame traffic for your lateness even though you overslept, consider this: Telling the truth will not only leave you with a clear conscience, it'll help you stay in tune with others. So say scientists in the *Journal of Experimental Psychology: General*. In their study, people who told white lies had impaired "empathic accuracy," or the ability to sense other people's emotions. Why? Dishonesty puts up a wall, but being honest makes it easier for you to tune into others' feelings.



Genius technique for saving money

As you're trying to muster the willpower to forego an online shopping spree so you can hit your savings target for your retirement account, focus on the dollar amount you'll accrue in your 401(k) over time. So suggest Duke University researchers, who had subjects decide between receiving \$5 immediately or \$10 in a month. Eye-tracking technology showed that those who held out for the higher sum didn't exert any more effort to resist temptation. That's because they focused completely on the dollar amounts. By focusing on the higher reward and ignoring factors like the time they'd have to wait to see the benefit, they happily chose the wisest financial path without struggle.



How quickly the brain recognizes a song you know

SOURCE: *Scientific Reports*

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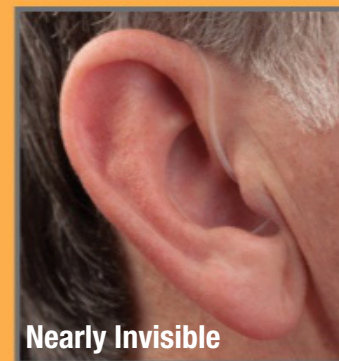
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Harness the forgiveness

Experts reveal how to let go of both old wounds and everyday slights so you can move forward with joy and peace!

As early as our preschool days, we're taught the importance of forgiving. Whether another child snatched our toy or our sibling pulled our hair, letting go of grudges seemed fairly straightforward. But as we grew older and our relationships became more complex, so did the process of forgiveness. *Does it require reconciliation? What if they don't deserve it?* Such doubts keep us holding on to toxic emotions, from anger to resentment, compounding the pain of the initial disappointment or affront.

One misconception that often foils our ability to forgive is our belief that it benefits the person who wronged us. But in truth, it's a gift we give ourselves. "Forgiveness is the active resolution of our grief," says Frederic Luskin, Ph.D., director of the Stanford University Forgiveness Project. "When we've been let down, our brain needs time to adapt to this destabilizing information. That's what grieving is, and forgiveness helps us let go of the past so we can heal."

Proven to hike self-esteem and boost resilience, forgiveness also opens our heart literally and figuratively, says Robert Enright, Ph.D., of the International Forgiveness Institute. "In one study, when cardiac patients forgave a past wrong, and later retold the story of the incident, they experienced significantly more blood flow to their heart." Appropriately, Enright's poetic shorthand for forgiveness is a "softened heart," or having compassion for others and *ourselves*.

While its benefits are clear, forgiveness can be difficult to extend, especially when our feelings are still raw. That's why we asked experts for easy ways to free ourselves of common "grudge traps" and embrace this truly restorative emotion.



healing power of

THE GRUDGE TRAP

"They need to apologize first"

You've never gotten along with your sister-in-law, but when simmering tensions boil over and she says a few hurtful things, you tell yourself you won't be able to move on without an apology. "But this gives her *two* wins," says Enright. "The first is the insult and the second is your inability to heal from it. In fact, we see the biggest benefits from forgiveness when it's unconditional—or not dependent on the other person."

THE FORGIVENESS FIX

Tap 'concentric circles' of compassion

Look at a person who's wronged you with three lenses: *personal*, *global* and *spiritual*, advises Enright. Ask yourself what was affecting her *personally*, like stress. This isn't an excuse; it creates context. For a *global* lens, ask if there's something broader making her behave this way, like a hard family history? For a *spiritual* filter, focus on what connects you two, like common values. "Seeing her with a wider angle stirs compassion—the start of forgiveness."

THE GRUDGE TRAP

"I still feel angry and hurt"

It's been years since your divorce, yet there are still times when a swell of hurt and anger washes over you, causing your blame to turn inward. *Why can't I let this go?* you berate yourself. "It doesn't matter if you were wronged two weeks ago or 20 years ago," says Enright. "The effect of being treated unfairly is a burden we carry that often manifests in long-lasting pain and resentment."

THE FORGIVENESS FIX

Share your stories of resilience

"We often think forgiveness has to be all or nothing," says therapist Gayle Reed, Ph.D. "But you can set boundaries with someone and create *partial* forgiveness." To tame anger when it rears its head, share your story with a friend. "It will signal to your brain, *This is my new way of functioning—I'm moving forward, a stronger person*. I even tell patients my stories of forgiveness all the time; it helps us *both* heal."

THE GRUDGE TRAP

"I'll have to reconcile"

While a co-worker expresses regret for her harsh words in a recent meeting, you have a hard time accepting her apology because you're not ready to reconcile. "Yet you *can* forgive without mending fences," promises Reed. "Reconciliation is a negotiation between two people to come together in mutual trust—but forgiveness is something we can do by ourselves to help us move forward."

THE FORGIVENESS FIX

Create a vision statement

The more you can visualize letting go of hurt feelings, the greater the relief, says Emily J. Hooks, author of *The Power of Forgiveness*, who suggests creating a vision statement to help you picture the benefits of releasing a grudge, such as, *I want to be fully present in the moment rather than resentful or reactive*. When you're ready, consider telling the person, *I forgive you, but I'm not ready to reconcile*. "Reconciliation can only be done on *your* timetable, not theirs."

THE GRUDGE TRAP

"I can't forgive myself"

When your best friend shares a secret, you hold it close to the chest...until you accidentally let it slip to a mutual pal. Though your friend quickly forgives you, you can't forgive *yourself*, and you cringe every time you think about it. Beating ourselves up, even for seemingly small lapses or regrets, is a marathon event for most of us. Indeed, Enright reveals that the average length of time we hold on to something we can't forgive ourselves for is almost *10 years*. "People often tell me that while the person they offended forgave them, they can't do the same for themselves."

THE FORGIVENESS FIX

Let someone *else* off the hook

Forgiveness is like a muscle—the more we exercise it, the stronger it becomes, notes Enright, who says the best way to release self-blame is to practice letting *others* off the hook. "Pick someone who has let you down, and acknowledge that their actions did hurt you," he advises. "Then make an intention to forgive. Look within and observe the relief you feel, emotionally and physically, as tension leaves your body." Knowing what forgiving feels like gives you a road map to apply to yourself: "Just as they are much more than one misstep, so are *you*. Just as they have inherent worth, so do *you*. This realization will help you accept yourself back lovingly."

STUFFED AVOCADOS

Perfect for an easy dinner, this Stuffed Avocados recipe uses just 7 ingredients and can be made in under 10 minutes! Made with NEW Knorr Ready to Heat Spanish Style Rice, this plant based dish is packed with flavor the whole family will love.

COOK TIME: 9 MINUTES

INGREDIENTS:

- 1 Tbsp. olive oil
- 1 can (15 oz.) no salt added black beans
- 1 can (8.75 oz.) whole kernel corn
- 1 pkg **Knorr® Ready to Heat Spanish Style Rice**
- 2 avocados
- 2 green onions
- 1/2 cup shredded cheddar cheese

DIRECTIONS:

1. Heat olive oil in large nonstick skillet over medium-high heat. Drain and rinse canned black beans and corn. Add to skillet and cook with Knorr® Ready to Heat Spanish Style Rice 5 minutes. While cooking, cut avocados in half and remove pits. Slice scallions.
2. Place avocado halves onto a platter. Spoon hot rice mixture evenly over avocado halves, allowing excess to fall onto platter. Evenly top with shredded cheese and sprinkle with sliced scallions. Serve with fresh lime wedges or hot sauce, if desired.



Create nutritious and balanced recipes your family will love with Knorr's NEW Ready to Heat Rice. Quick and easy to prepare, these meal makers will make a big difference in your kitchen. Explore a variety of flavors and get recipe inspiration at **knorr.com** and **@Knorr** on social media.



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Find information and resources for fighting cancer with nutrition at www.CancerProject.org.

PhysiciansCommittee
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No-stress
dinner winners
sure to impress

page 54



page 55



page 51

Secretly good-for-you mmm!

Our quick meals and sweet treats
are so tasty, no one will guess they're
packed with health-boosting ingredients



page 68



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page 51

Turn for recipes & how-to

St. Paddy's Day crowd-pleasers



Garlicky Crumb-Crusted Corned Beef

Cheers to a
festive feast
that preps
in a flash!



Colcannon



*Chocolate Cupcakes
with Baileys Frosting*



Smoked Salmon Pinwheels

How we made it healthier

Dill soothes inflammation. We mixed the herb into cream cheese to give our pinwheels bright, fresh flavor, and dill also works wonders on aches and pains: Studies show it's rich in phytonutrients that help curb joint swelling by 73%.

Mouthwatering corned



Garlicky Crumb-Crusted Corned Beef

ACTIVE TIME: 20 min. TOTAL TIME: 4 hrs. SERVES: 12

Horseradish adds hard-to-resist zestiness to our easy yet impressive main dish. Bonus: The root veggie boosts the liver's detoxifying powers!

- 1 (4 lb.) **corned beef brisket**
- 1 **cup whole-wheat panko breadcrumbs**
- $\frac{1}{3}$ **cup mayonnaise**
- 2 **Tbs. Dijon mustard**
- 1 **Tbs. chopped fresh parsley**
- 1 **Tbs. drained horseradish**
- 1 **tsp. dried thyme**
- 1 **clove garlic, minced**

1 In large pot, combine corned beef brisket with enough water to cover by 1". Over high heat, bring to a boil. Skim and discard foam from top; cover pot. Reduce heat to low; let simmer, turning every 30 min., until meat is tender, about 3 hrs. Drain and pat meat dry with paper towels.

- 2 Heat oven to 400°F. Place corned beef in shallow roasting pan. In bowl, combine breadcrumbs, mayonnaise, mustard, parsley, horseradish, thyme and garlic. Spread over top of corned beef. Bake until golden, 10–12 min. Let rest 10 min. before slicing.

Per serving: Cal. 352 Pro. 22g Carb. 6g Fiber 1g Sug. 0g Chol. 113mg Sod. 1,215mg Total fat: 26g Sat. 8g Trans. 0g

2 easy variations

Dill: Brighten up the mayonnaise mixture by swapping in chopped fresh dill for the parsley.

Hot honey mustard: Sweeten and kick up the glaze by using honey mustard and adding 1 tsp. hot sauce.



Smoked Salmon Pinwheels

ACTIVE TIME: 20 min. TOTAL TIME: 1 hr. SERVES: 8

Filled with cream cheese, capers and omega-3-rich smoked salmon, these tasty bites will disappear in a flash!

- 1 (8 oz.) **cont. cream cheese spread**, at room temp.
- 2 **oz. smoked salmon**, chopped
- $\frac{1}{4}$ **cup chopped red onion**
- $\frac{1}{4}$ **cup chopped fresh dill + sprigs**
- 2 **Tbs. drained capers**, chopped
- 2 **tsp. grated lemon zest**
- 2 **Tbs. lemon juice**
- 8 **slices pumpernickel bread**

1 In large bowl, mix cream cheese, smoked salmon, red onion, chopped dill, capers, lemon zest and juice. Trim crusts from bread. On surface, arrange bread in single layer. Using rolling pin, roll out bread to about $\frac{1}{8}$ " thickness. Cover to keep fresh.

2 Working with 1 slice at a time (keep remaining slices covered), spread bread with about 2 Tbs. salmon mixture; starting from short side, roll up jelly-roll style. Place seam side down on platter; cover with plastic. Chill until firm, at least 40 min.

3 Using serrated knife, cut each roll crosswise into 3 pieces. Cover; chill until ready to serve. Garnish with dill.

Per serving: Cal. 150 Pro. 4g Carb. 15g Fiber 2g Sug. 0g Chol. 2mg Sod. 404mg Total fat: 8g Sat. 4g Trans. 0g

beef feast

Colcannon

ACTIVE TIME: 20 min. TOTAL TIME: 45 min. SERVES: 8

We kicked up this classic Emerald Isle dish with immunity-boosting garlic

- 2½ lbs. all-purpose potatoes, peeled, cut into 2" chunks
- 2 large cloves garlic
- ½ cup butter + additional, at room temp.
- 3 cups shredded cabbage (7 oz.)
- 1¼ cups milk, heated
- 1 Tbs. chopped scallions
- 1 Tbs. chopped fresh parsley

1 In large pot, combine potatoes and garlic with enough salted water to cover by 1". Over high heat, bring to a boil. Reduce heat to medium; cook until tender, 18–20 min. Drain.



2 In same pot, melt ¼ cup butter over medium heat. Add cabbage; cook, stirring occasionally, until golden, about 6 min. Remove from heat; reserve.

3 Return potatoes to pot with cabbage and mash vegetables until blended. Stir in milk, ¼ tsp. salt, ¼ tsp. pepper and remaining butter. If desired, serve topped with additional butter. Sprinkle with chopped scallions and parsley.

Per serving: Cal. 239 Pro. 4g Carb. 28g Fiber 3g Sug. 3g Chol. 34mg Sod. 263mg Total fat: 13g Sat. 8g Trans. 1g

Chocolate Cupcakes with Baileys Frosting

ACTIVE TIME: 45 min. TOTAL TIME: 2 hrs. SERVES: 24

The luck o' the Irish is guaranteed with cupcakes made healthier with zucchini

- 1 (15.25 oz.) pkg. dark chocolate fudge cake mix
- 3 eggs
- ⅓ cup oil
- 8 oz. zucchini, grated, (2 cups), excess liquid squeezed out
- 2 cups butter, at room temp.
- 4 cups confectioners' sugar
- ¼ cup Baileys Irish Cream liqueur (or milk)
- Green nonpareil sprinkles

1 Heat oven to 350°F. Line 24 muffin cups with cupcake liners. On low speed, beat cake mix, 1 cup water, eggs and oil until blended, 30 sec.; on medium speed, beat 2 min. Stir in



zucchini. Divide among liners. Bake until toothpick inserted into centers comes out clean, 18–20 min. Let cool 5 min. Transfer from pans to racks; cool.

2 On medium speed, beat butter until fluffy. On low speed, gradually beat in confectioners' sugar, then liqueur. On medium-high speed, beat until fluffy.

3 In batches, transfer frosting to pastry bag fitted with ⅜" plain tip. Pipe frosting over cupcakes and sprinkle with nonpareils.

Per serving: Cal. 337 Pro. 2g Carb. 36g Fiber 1g Sug. 28g Chol. 65mg Sod. 279mg Total fat: 21g Sat. 11g Trans. 1g

Spices that heal

These easy add-ins not only up the flavor of any dish, they give your meal a healthy bonus too!

CAYENNE

Boosts slimming & clears congestion

The compound that gives this spice its fire, *capsaicin*, supercharges metabolism by 25% for three hours. Adding ½ tsp. can help you burn as many calories as a 40-minute walk! What's more, the body reacts to capsaicin by sweating, which can help clear congestion.

TRY IT WITH: root vegetables, seafood, cheese and corn



TURMERIC

Eases joint trouble & lifts mood

Seasoning with this miracle spice can reduce pain and stiffness in joints by as much as 71%. That's better than prescription medications! Even more, 83% of people given turmeric daily saw improvements in mood equal to those of individuals taking antidepressants.

TRY IT WITH: curries, soups, rice and tea



CINNAMON

Balances blood sugar & calms nerves

Adding cinnamon improves carbohydrate absorption and blood-glucose control to prevent sleep-disrupting dips in blood sugar by 40%. Plus, simply smelling this spice's aroma can boost the production of brain-calming alpha waves in just two minutes!

TRY IT WITH: chocolate desserts, cakes, nuts and chili



Whip up wow!

Easy
deliciousness
that makes any
night feel like a
celebration



Spice-Rubbed Roast Chicken



Minty Chocolate Cookie Cake



Garlicky Buttered Carrots

How we made it healthier

Avocado fires up fat burning.

The stone fruit adds creamy texture and irresistible richness to our salad, plus it's a good source of liver-nourishing omega-9 fatty acids, which are shown to help melt 10 pounds of fat in two months.



Baby Greens with Sweet 'n' Spicy Dressing

Healthy and delicious roast



Spice-Rubbed Roast Chicken

ACTIVE TIME: **15 min.** TOTAL TIME: **2 hrs.** SERVES: **6**

A fragrant blend of spices featuring immunity-boosting, antioxidant-rich turmeric and coriander infuses this bird with bold flavor

- 2 tsp. ground turmeric**
- 1 tsp. ground coriander**
- 1 tsp. ground cumin**
- 2 Tbs. butter**, at room temp.
- 1 (4–5 lb.) roasting chicken**
- Lemon slices** (optional)
- Fresh parsley sprigs** (optional)
- Roasted mini peppers** (optional)

1 Heat oven to 325°F. In small bowl, combine turmeric, coriander, cumin 1 tsp. salt and 1 tsp. pepper. Add butter and mix to form a paste.

2 Carefully separate skin from chicken breast starting from neck. Spread half of butter mixture over breast meat and pat skin down to

smooth. Rub remaining butter mixture over chicken.

3 Place chicken on rack in roasting pan; truss. Roast until meat thermometer inserted into thickest part of thigh, away from bones, registers 170°F, 1½ hrs. If desired, garnish with lemon slices, parsley and peppers. Let chicken rest 15 min. before carving.

Per serving: Cal. 428 Pro. 44g Carb. 2g Fiber 1g Sug. 0g Chol. 153mg Sod. 166mg Total fat: 26g Sat. 9g Trans. 0g

Easy variation

Ginger: Substitute 1 Tbs. grated, peeled fresh ginger or 2 tsp. ground ginger for the turmeric.



Baby Greens with Sweet 'n' Spicy Dressing

ACTIVE TIME: **20 min.** TOTAL TIME: **25 min.** SERVES: **6**

We topped our salad with heart-healthy avocado and dill dressing kicked up with hot pepper jelly

- 2 large oranges**
- ¼ cup hot pepper jelly**
- 2 Tbs. olive oil**
- 1 Tbs. white balsamic vinegar**
- 2 tsp. chopped fresh dill**
- 6 cups mixed baby salad greens**, about 6 oz.
- 1 (14.4 oz.) can hearts of palm**, drained and cut into ¾" pieces
- 1 avocado**, pitted, peeled, sliced

1 Grate ½ tsp. zest from oranges. Using sharp knife, cut remaining peel and white pith from oranges. Working over small bowl to collect juice, cut orange segments from membranes. Reserve segments for salad. Squeeze enough juice from remaining membranes to equal 2 Tbs. into bowl.

2 In microwave-safe bowl, microwave pepper jelly in 30-sec. intervals, stirring, until melted. Stir in olive oil, vinegar, dill, orange zest, orange juice and ¼ tsp. salt until blended.

3 On serving platter, arrange greens, hearts of palm, avocado and orange segments. Serve with dressing.

Per serving: Cal. 163 Pro. 3g Carb. 19g Fiber 5g Sug. 11g Chol. 0mg Sod. 318mg Total fat: 10g Sat. 1g Trans. 0g

chicken dinner

Garlicky Buttered Carrots

ACTIVE TIME: 10 min. TOTAL TIME: 35 min. SERVES: 6

Garlic not only adds yum, studies show it can ward off colds too

- 2 Tbs. **butter**
- 3 **cloves garlic**, halved lengthwise
- 2 lbs. **carrots**, cut into 1" chunks
- ½ tsp. **ground coriander**
- ½ tsp. **ground cumin**
- ½ cup **chicken broth**
- 2 tsp. **lemon juice**
- 1 Tbs. **chopped fresh parsley**

① In large nonstick skillet, melt butter over medium-high heat. Add



garlic; cook 1 min. Stir in carrots, ground coriander, cumin and ½ tsp. salt; cook 3 min. more.

② Stir in chicken broth and lemon juice; bring to a boil. Cover; over low heat, cook 15 min. Uncover; over medium heat, cook until carrots are tender, 3–5 min. Stir in parsley.

Per serving: Cal. 94 Pro. 2g Carb. 14g Fiber 4g Sug. 7g Chol. 11mg Sod. 398mg Total fat: 4g Sat. 2g Trans. 0g

Minty Chocolate Cookie Cake

ACTIVE TIME: 1 hr. TOTAL TIME: 3½ hrs. SERVES: 16

Applesauce replaces oil in our moist cake layers to cut fat by 56%

- 1 (15.25 oz.) **pkg. yellow cake mix**
- 3 **eggs**
- ⅓ cup **unsweetened applesauce**
- 1 cup **butter**, at room temp.
- 1 (8 oz.) **pkg. cream cheese**, at room temp.
- 4 cups **confectioners' sugar**
- ¾ cup **semisweet chocolate chips**, melted, cooled
- ⅛ tsp. **peppermint extract**
- Green liquid food coloring**
- ¾ cup **chocolate fudge topping**, at room temp., stirred
- 7 **mint Oreo cookie halves**

① Heat oven to 350°F. Grease 2 (8") round cake pans. On low speed, beat cake mix, 1 cup water, eggs and applesauce 30 sec.; on medium speed, beat 2 min. Divide between pans. Bake



until pick inserted into centers comes out clean, 22–25 min. Let cool 15 min. Remove; let cool completely.

② On medium speed, beat butter and cream cheese. On low, beat in sugar. On high, beat until fluffy. Mix ¾ cup frosting, chocolate and extract. Transfer to pastry bag fitted with star tip; reserve. Tint remaining frosting green. Place 1 cake layer on serving plate; spread with 1 cup green frosting. Top with remaining cake layer; spread remaining green frosting over cake top and side. Chill 20 min. Spread fudge over cake; chill 15 min. Garnish with piped frosting and Oreos.

Per serving: Cal. 482 Pro. 4g Carb. 69g Fiber 1g Sug. 53g Chol. 76mg Sod. 426mg Total fat: 25g Sat. 12g Trans. 0g

St. Patrick's Day cocktail wow!

With these spirited green spins on your favorite sips, everyone at your gathering is guaranteed to feel *extra* lucky this March 17

Emerald Isle Mojito

Our sangria-inspired twist on the classic mojito is crisp and refreshing, thanks to white wine and loads of mint. **To make:** In cocktail shaker, muddle 6 sprigs fresh mint, 4 Tbs. lime juice and 3 Tbs. honey; add ½ cup ice cubes, 2 cups dry white wine, such as pinot grigio, and 3 Tbs. white rum. Cover; shake vigorously. Strain into 2 ice-filled glasses. Garnish as desired. *Serves 2*



"Kiss Me, I'm Irish" Martini

Sweet Midori and vodka come together in this vibrant green tippie—we added a touch of tangy lemon juice to balance flavors. **To make:** In ice-filled cocktail shaker, combine 2 oz. Midori, 2 oz. vodka and 2 oz. lemon juice. Cover; shake. Strain into 2 chilled martini glasses. If desired, tint darker green with food coloring. Garnish with cherry and lemon. *Serves 2*



Blarney Stone Green Beer

St. Paddy's wouldn't be complete without a pint of this traditional brew, and ours is extra fun with tequila. **To make:** Add 2 drops green liquid food coloring to each of 2 chilled mugs. Slowly pour 12 oz. light lager, such as Budweiser or Miller, down side of each mug, being careful not to overflow. Add shot of tequila to each. *Serves 2*



Comfort food

We gave hearty favorites a good-for-you spin that packs a flavorful punch!

Cauliflower Shepherd's Pie

ACTIVE TIME: **40 min.**

TOTAL TIME: **1 hr., 15 min.** SERVES: **6**

- 2 lbs. mushrooms**, coarsely chopped
- 1 red pepper**, diced
- 2 Tbs. olive oil**
- 1 (12 oz.) pkg. frozen cauliflower florets**, cooked
- 1 (15 oz.) cont. ricotta cheese**
- 8 oz. part-skim mozzarella cheese**, shredded
- 6 Tbs. Italian-seasoned dry breadcrumbs**
- 2 Tbs. chopped fresh parsley**

Per serving: Cal. 385 Pro. 24g Carb. 25g
Fiber 3g Sug. 7g Chol. 60mg Sod. 987mg
Total fat: 23g Sat. 11g Trans. 0g

Our clever cauliflower topping gives this dish lots of rich flavor with fewer carbs

1 Heat oven to 400°F. Coat 2 rimmed baking sheets and 2-qt. baking dish with cooking spray. Toss mushrooms, diced pepper, olive oil, ½ tsp. salt and ¼ tsp. pepper. Divide between baking sheets; roast until tender, 10 min.

2 Coarsely chop cauliflower; mix with ricotta, 1 cup mozzarella, 4 Tbs. breadcrumbs, parsley, ¼ tsp. salt and ¼ tsp. pepper. Drain mushroom mixture; mix with remaining breadcrumbs. Spread half of mushroom mixture in baking dish; top with half of cauliflower. Repeat. Top with remaining mozzarella. Bake until hot, 25 min. Brown under broiler, 2–3 min.

Healthy hero

Cauliflower

Having a daily heaping cup of this cruciferous veggie can fire up concentration by as much as 28%. That's because cauliflower also contains *glucosinolates*, nutrients shown to boost the brain's ability to focus. It's also naturally high in fiber and gluten-free. For a low-carb alternative to mashed potatoes, we like to puree cooked florets with a little butter, sour cream and cheese; season to taste with salt and pepper.



BAUER MEDIA AUSTRALIA, FOOD; FOOD & PHOTO; GETTY; SHUTTERSTOCK

made healthy!

Sirloin, Feta and Chickpea Pasta Toss

ACTIVE TIME: **20 min.**

TOTAL TIME: **25 min.** SERVES: **4**

- 1** (8 oz.) **pkg. chickpea pasta**
- 1** **lb. boneless beef sirloin steak**, cut into *¼"-wide strips*
- 2** **tsp. dried Greek seasoning**
- 1** (24 oz.) **jar tomato basil pasta sauce**
- ¾** **cup crumbled feta cheese**
- Fresh thyme** (optional)

Per serving: Cal. 579 Pro. 44g Carb. 44g
Fiber 11g Sug. 13g Chol. 110mg Sod. 1,120mg
Total fat: 27g Sat. 10g Trans. 0g

We amped up the flavor of jarred pasta sauce with a bit of Greek seasoning in this healthier twist on baked ziti

1 Coat 2½-qt. baking dish with cooking spray. Cook pasta according to package directions for al dente. Drain. Coat large non-stick skillet with cooking spray; heat over high heat. Sprinkle steak with 1 tsp. seasoning, ¼ tsp. salt and ¼ tsp. pepper. Cook, turning once, until browned, 2 min. per side. Remove.

2 In same skillet, heat sauce and remaining seasoning over medium heat, 2–3 min. adding beef with any juices and pasta during last 1 min. Transfer to baking dish. Top with cheese. Brown under broiler, 4–5 min. Garnish with thyme.

Healthy hero

Chickpea pasta

Bean-based pastas have a mild taste and toothsome texture that deliver six times more fiber than white pasta. This helps dial down hunger pangs and steady blood-sugar spikes. In a Purdue University study, people who ate a serving of beans daily lost 275% more weight than a control group. We like to toss chickpea pasta with dressing, rotisserie chicken and diced peppers for a healthier pasta salad.



Pulled Pork and Potato Casserole

ACTIVE TIME: **20 min.**

TOTAL TIME: **1 hr., 5 min.** SERVES: **8**

- 2** (15 oz.) **cans sliced new potatoes, drained**
- 2** (16 oz.) **pkgs. fully cooked pulled pork**
- 1** (16 oz.) **pkg. refrigerated sauerkraut, drained**
- 1** **cup shredded Swiss cheese**
- 1** **Tbs. chopped fresh parsley**
- Sour cream** (optional)

Per serving: Cal. 294 **Pro.** 20g **Carb.** 32g
Fiber 4g **Sug.** 17g **Chol.** 52mg **Sod.** 1,148mg
Total fat: 10g **Sat.** 4g **Trans.** 0g

Layered with canned potatoes and store-bought pulled pork, this mouthwatering one-pot meal is a cinch to throw together with just 5 ingredients

1 Heat oven to 350°F. Coat 2-qt. baking dish with cooking spray. Spread half of potatoes in bottom of baking dish. Using 2 forks, shred pork. Place half on top of potatoes. Top with sauerkraut and remaining pork, then remaining potatoes. Bake until hot, 35–40 min.

2 Heat broiler. Top casserole with cheese. Broil until cheese is melted and lightly browned, 4–5 min. Top with parsley and, if desired, sour cream.

Healthy hero

Sauerkraut

Fermented foods like sauerkraut contain beneficial probiotics that form during the fermentation process and can help speed up detoxification in the body. These good bugs have not only been shown to bind to toxins and eliminate them from the body, Spanish researchers found they can reduce levels of fat in the liver by 34%. For a delicious side dish, cook your kraut with a little beer, tart apple wedges and mustard seeds.





Meaty Mushroom Lasagna

ACTIVE TIME: **25 min.**

TOTAL TIME: **1 hr., 35 min.** SERVES: **8**

- 8 oz. ground beef**
- 8 oz. mushrooms,**
chopped
- 2 (15 oz.) conts. part-skim ricotta cheese**
- 8 oz. part-skim mozzarella cheese,**
shredded
- 1 egg**
- 2 Tbs. grated Parmesan cheese**
- 1 tsp. dried Italian seasoning**
- 1 (24 oz.) jar marinara pasta sauce**
- 12 oven-ready lasagna noodles**

Per serving: Cal. 454 Pro. 31g Carb. 37g
Fiber 3g Sug. 8g Chol. 92mg Sod. 657mg
Total fat: 20g Sat. 10g Trans. 0g

We swapped some of the beef for hearty mushrooms to transform a favorite into a guilt-free treat with 24% fewer calories than the traditional

1 Heat oven to 375°F. In large nonstick skillet, cook beef and mushrooms over medium heat, stirring often until beef is no longer pink, about 10 min.; drain. Combine ricotta, 1 cup mozzarella, egg, Parmesan, seasoning and $\frac{1}{4}$ tsp. pepper. Combine sauce and $\frac{1}{2}$ cup water.

2 In 13"x9" baking dish, spread $\frac{3}{4}$ cup sauce; top with 4 noodles (overlapping slightly), half of cheese mixture, half of beef mixture and $\frac{3}{4}$ cup sauce. Top with 4 noodles, remaining cheese and beef mixtures and $\frac{3}{4}$ cup sauce. Top with remaining noodles and sauce. Coat foil with cooking spray; place coated side down over lasagna. Bake 45 min. Uncover; sprinkle with remaining mozzarella. Bake until hot, 10 min.

Healthy hero

Mushrooms

The dense, chewy texture of cooked mushrooms mimics that of ground meat, plus they contain a bevy of plant compounds shown to fire up metabolism and stabilize blood sugar. Turns out mushrooms are also packed with appetite-taming fiber and selenium. It's easy to add more of this power food to your diet by replacing up to half the ground beef in your favorite recipes for meatloaf, burgers and more with an equal amount of chopped meaty mushrooms and cook as usual.



Save precious time with these shopping lists

MOUTHWATERING BEEF FEAST



Garlicky Crumb-Crusted Corned Beef

- 1 (8 oz.) pkg. whole-wheat panko breadcrumbs
- 1 (6 oz.) btle. prepared horseradish
- 1 (.37 oz.) cont. dried thyme
- 1 (30 oz.) jar mayonnaise
- 1 (12 oz.) btle. Dijon mustard
- 1 bunch fresh parsley
- 1 head garlic
- 4 lb. corned beef brisket

Smoked Salmon Pumpernickel Pinwheels

- 1 (3 oz.) jar capers
- 1 (16 oz.) pkg. pumpernickel bread
- 1 red onion
- 1 bunch fresh dill
- 1 lemon
- 1 (3 oz.) pkg. sliced smoked salmon
- 1 (8 oz.) cont. cream cheese spread

Colcannon

- 2½ lbs. all-purpose potatoes
- 1 head garlic
- 1 head cabbage
- 1 bunch scallions
- 1 bunch fresh parsley
- 1 (1 lb.) pkg. butter
- 1 (1 qt.) cont. milk

Chocolate Cupcakes with Baileys Frosting

- 1 (15.25 oz.) pkg. fudge cake mix
- 2 (16 oz.) pkgs. confectioners' sugar
- 1 (1.4 oz.) pouch green sprinkles
- 8 oz. zucchini
- 1 (1 lb.) pkg. butter
- 3 eggs
- 1 (200 ml.) btle. Baileys Irish Cream liqueur

Kitchen staples: salt, pepper, oil

DELICIOUS ROAST CHICKEN DINNER



Spice-Rubbed Roast Chicken

- 1 (1.37 oz.) btle. ground turmeric
- 1 (.75 oz.) cont. ground cumin
- 1 (1.75 oz.) btle. ground coriander
- 1 (1 lb.) pkg. butter
- 1 (4–5 lb.) roasting chicken

Garlicky Buttered Carrots

- 1 (1.75 oz.) btle. ground coriander
- 1 (.75 oz.) cont. ground cumin
- 1 (14.5 oz.) can chicken broth
- 1 (2 lb.) pkg. carrots
- 1 bunch fresh parsley
- 1 (1 lb.) pkg. butter

Baby Greens with Sweet 'n' Spicy Dressing

- 1 (10 oz.) jar hot pepper jelly
- 1 (8 oz.) btle. white balsamic vinegar
- 1 (14.4 oz.) can hearts of palm
- 2 large oranges
- 1 bunch fresh dill
- 1 (16 oz.) cont. baby salad greens
- 1 avocado

Minty Chocolate Cookie Cake

- 1 (15.25 oz.) pkg. yellow cake mix
- 1 (23 oz.) jar unsweetened applesauce
- 2 (16 oz.) pkgs. confectioners' sugar
- 1 (6 oz.) pkg. chocolate chips
- 1 (1 oz.) btle. peppermint extract
- 1 (1 oz.) btle. green food coloring
- 1 (12 oz.) jar chocolate fudge topping
- 1 (15.25 oz.) pkg. mint Oreo cookies
- 3 eggs
- 1 (1 lb.) pkg. butter
- 1 (8 oz.) pkg. cream cheese

Kitchen staples: salt, pepper, olive oil, lemon, garlic

COMFORT FOOD MADE HEALTHY!



Meaty Mushroom Lasagna

- 1 (.75 oz.) cont. dried Italian seasoning
- 1 (8 oz.) cont. grated Parmesan
- 1 (24 oz.) jar marinara pasta sauce
- 1 (9 oz.) pkg. oven-ready lasagna noodles
- 1 (8 oz.) pkg. mushrooms
- 1 (8 oz.) pkg. ground beef
- 2 (15 oz.) conts. part-skim ricotta cheese
- 1 (8 oz.) pkg. part-skim mozzarella cheese

Cauliflower Shepherd's Pie

- 1 (15 oz.) cont. Italian-seasoned dry breadcrumbs
- 2 lbs. mushrooms
- 1 red pepper
- 1 bunch fresh parsley
- 1 (12 oz.) pkg. frozen cauliflower
- 1 (15 oz.) cont. ricotta cheese
- 1 (8 oz.) pkg. part-skim mozzarella

Sirloin, Feta and Chickpea Pasta Toss

- 1 (1.12 oz.) cont. dry Greek seasoning
- 1 (8 oz.) pkg. chickpea pasta
- 1 (24 oz.) jar tomato basil pasta sauce
- 1 lb. boneless beef sirloin steak
- 1 (6 oz.) pkg. crumbled feta cheese

Pulled Pork and Sauerkraut Casserole

- 2 (15 oz.) cans sliced potatoes
- 1 bunch fresh parsley
- 2 (16 oz.) pkgs. fully cooked pulled pork
- 4 oz. Swiss cheese
- 1 (16 oz.) pkg. refrigerated sauerkraut

Kitchen staples: salt, pepper, olive oil, egg



Feta PDO. Let's get real!

Taste of Europe

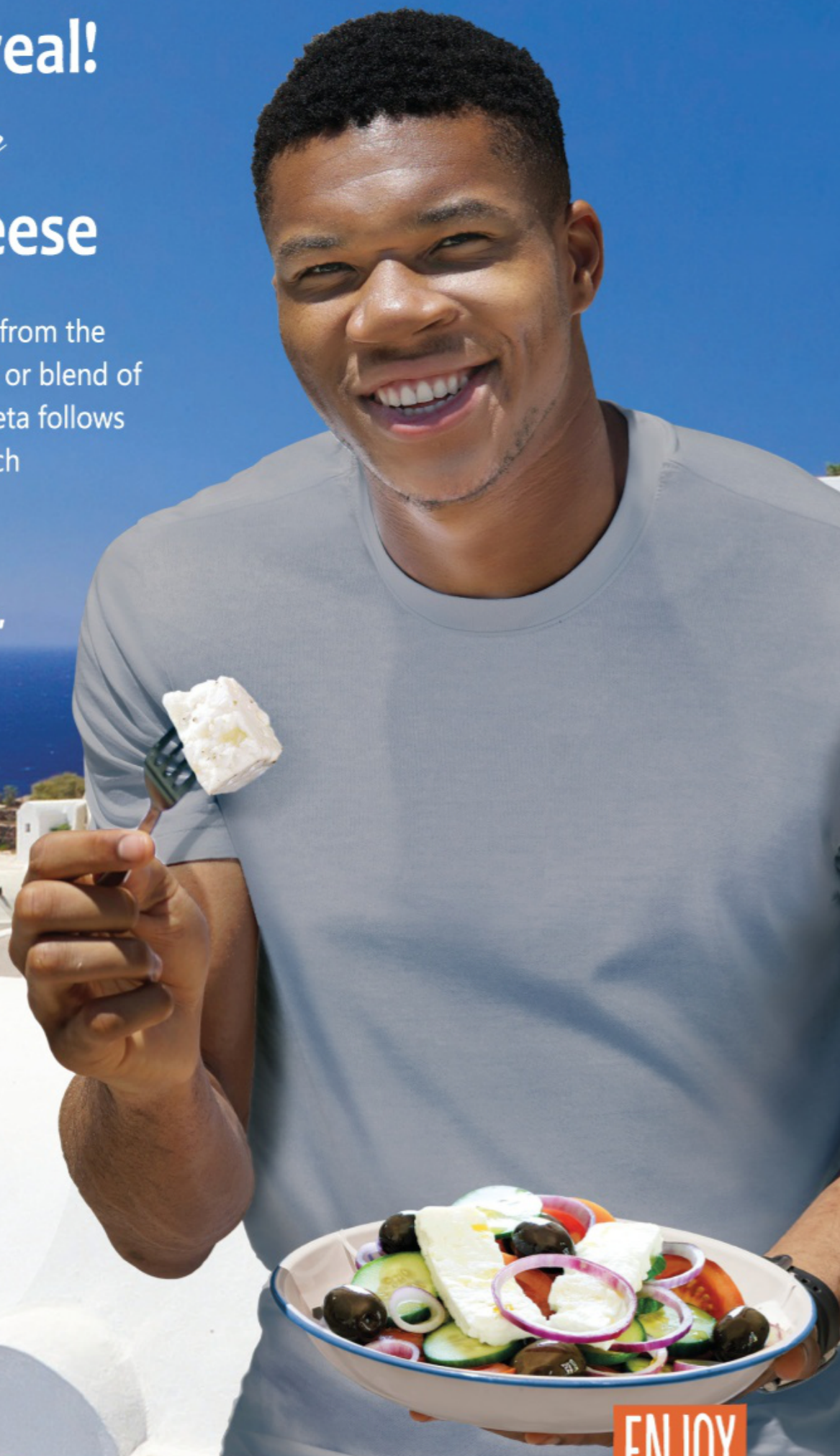
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Sweet, salty &

Rich chocolate and crunchy pretzels come together for an irresistible topping that makes this so-easy dessert even more decadent



so delicious!

Chocolate and Pretzel Crumb Cake

ACTIVE TIME: 30 min. TOTAL TIME: 4½ hrs. SERVES: 12

- 1¾ cups all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. + ⅛ tsp. salt
- 1½ cups semisweet chocolate chips
- 1 cup + 1 Tbs. butter
- 1¾ cups sugar
- 4 eggs
- 2 tsp. vanilla extract
- ½ cup unsweetened cocoa powder
- 1 cup mini pretzels,
broken into small pieces

combine 1 cup chocolate chips and ½ cup butter; heat, stirring, until melted. Remove from heat. Stir in 1 cup sugar, eggs and 1 tsp. vanilla extract until smooth; stir in reserved flour mixture. Spread in pan. Place on rimmed baking sheet. Bake until mostly set, about 25 min.

② Meanwhile, melt remaining butter; stir in remaining vanilla extract. Mix cocoa with remaining flour, sugar and salt.; stir in butter mixture until crumbs form. Stir in pretzels and remaining chocolate chips.

① Heat oven to 350°F. Coat 9"x3" springform pan with cooking spray. Line bottom with parchment paper; coat with cooking spray. Combine ¾ cup flour, baking powder and ¼ tsp. salt; reserve. In pot over low heat,

③ Sprinkle crumb mixture over cake. Bake until crumbs are baked through in center, 23–25 min. Let cool on rack. Run knife along edge of pan; remove side of pan.

No springform pan? Try this!

There's no need to buy an extra specialty item to make our chocolaty treat. Simply use an 8" square baking pan instead and turn the cake into brownies! To do: Tear off two sheets of foil long enough to line the bottom of the pan and hang over 2 opposite sides by 2". Fold each sheet so it's the same width as the pan. Lay one sheet on the bottom of the pan and cross it in the opposite direction with the second sheet. Coat with cooking spray. Mix and bake batter as directed. Once cool, use foil "handles" to lift the brownie out.



FOOD & PHOTO: GETTY

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God Bless America

Woman's World

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Fudgy Brownies

ACTIVE TIME: 20 min. TOTAL TIME: 2 hrs. SERVES: 16

- 1 (15.25 oz.) pkg. **dark chocolate fudge cake mix**
- ½ **cup drained canned beets**, *grated*
- 2 **eggs**
- ⅓ **cup oil**
- 2 **Tbs. chocolate fudge sundae topping**,
at room temp.

Heat oven to 350°F. Coat 9" square baking pan with cooking spray. On low speed, beat cake mix, beets, eggs and oil until blended, 30 sec.; on medium speed, beat 2 min. more. Transfer to pan. Bake until toothpick inserted into center comes out clean, 22–25 min. Let cool on rack. Drizzle with topping just before serving.

Per serving: Cal. 213 **Pro.** 3g **Carb.** 21g **Fiber** 1g **Sug.** 13g **Chol.** 61mg **Sod.** 325mg
Total fat: 13g **Sat.** 2g **Trans.** 0g

HEALTH BONUS

Banish pain with beets. Unique *phytonutrients* in these gems shut down pain-triggering enzymes, easing muscle and joint pain in just 4 days.



Chocolate Pudding

ACTIVE TIME: 15 min. TOTAL TIME: 45 min. SERVES: 4

- 1 **ripe banana**, *mashed* (about ½ cup)
- 1 **cup milk**
- 1 (3.9 oz.) **pkg. chocolate fudge instant pudding mix**
- ½ **cup semisweet chocolate chips**, *melted*
- ½ **cup frozen whipped topping**, *thawed*
- Chocolate shavings** (optional garnish)

In blender, puree banana with milk until smooth; transfer to bowl. Add pudding mix; whisk 2 min. Stir 1 cup pudding into chocolate until smooth; stir back into remaining pudding. Fold in whipped topping. Divide among 4 dishes. Cover; chill at least 30 min. Garnish.

Per serving: Cal. 288 **Pro.** 4g **Carb.** 50g **Fiber** 3g **Sug.** 37g **Chol.** 6mg **Sod.** 404mg
Total fat: 10g **Sat.** 6g **Trans.** 0g



HEALTH BONUS

Feel sunnier with bananas. This fruit contains potassium, B vitamins and the amino acid *tryptophan*, which can improve your mood by 20%.



Turn for more treats



Saucy Chocolate Cakes

ACTIVE TIME: 20 min. TOTAL TIME: 45 min. SERVES: 6

- 1¼ cups light brown sugar
- ½ cup unsweetened cocoa powder
- 1 cup self-rising flour
- 7 Tbs. butter, melted
- ¼ cup unsweetened almond milk
- 1 egg, lightly beaten

Heat oven to 350°F. Coat 6 (8 oz.) baking dishes with cooking spray; place on rimmed baking sheet. Mix ¾ cup sugar and ¼ cup cocoa; reserve. Sift flour and remaining cocoa; stir in remaining sugar until blended, then butter, milk and egg. Divide among dishes; sprinkle with reserved cocoa mixture. Pour 2 cups boiling water over tops. Bake until set in centers, 20–25 min.

Per serving: Cal. 399 Pro. 5g Carb. 65g Fiber 3g Sug. 45g Chol. 67mg Sod. 389mg
Total fat: 16g Sat. 9g Trans. 1g

HEALTH BONUS

Improve focus with almond milk.

The amino acid *phenylalanine* in almond milk stimulates hormones to boost attention and alertness by 40%.



Whoopie Pies

ACTIVE TIME: 30 min. TOTAL TIME: 1 hr. SERVES: 12

- ½ cup rinsed, drained canned black beans
- 1 (18.3 oz.) pkg. chewy fudge brownie mix
- 1 egg
- 3 cups vanilla frozen yogurt, slightly softened
- ½ cup chopped walnuts

Heat oven to 375°F. Coat 2 baking sheets with cooking spray. In bowl, mash beans with 1 Tbs. water; stir in 2 Tbs. water until smooth. Add brownie mix and egg; on low speed, beat in. Roll into 24 balls, about rounded 1 Tbs. each. On baking sheets, flatten each to ¼" thickness. Bake until baked through in centers, 10 min. Let cool 5 min. Transfer from pans to rack; let cool. Spread flat sides of 12 cookies with yogurt. Top with remaining cookies, flat side down. Press walnuts onto sides.

Per serving: Cal. 273 Pro. 5g Carb. 47g Fiber 2g Sug. 30g Chol. 21mg Sod. 244mg
Total fat: 8g Sat. 2g Trans. 0g

HEALTH BONUS

Ease digestion with black beans.

Fiber in beans clears the digestive system of toxins to decrease indigestion and bloat by 65%.



PRO SECRET

Jennifer's key to crispy 'chips' with 67% less fat

"Blue corn chips are my nemesis!" says Jennifer Garner, who hosts *Pretend Cooking Show* on her Instagram. For a crunchy snack with a healthy twist, she roasts dinosaur kale instead. To do: Remove the tough stems from one 6-oz. bunch of kale. Toss leaves with 1 Tbs. of olive oil and season to taste with salt and grated Parmesan. Spread on a rack placed in a rimmed baking sheet. Roast at 200°F until crispy, about 25 minutes.



smart swap!

- ⊖ Fat grams cut: **6**
- ⊕ Calcium mg added: **197**
- ⊕ Potassium mg added: **346**

Numbers reflect 1 serving of kale chips instead of blue corn chips



Jennifer Garner

Flavor boost for ground turkey

You're always looking for ways to work healthier ingredients into your meals, so you're using ground turkey instead of beef. Trouble is, the taste is a little lacking. The easy fix: Dissolve 1 beef bouillon cube in a little water and add to the meat while browning. It'll give the turkey a meatier flavor without adding any fat.



Key to perfect crumb crusts

They may be easy to mix together, but getting crumb crusts pressed evenly in the pie dish can be tricky. Next time, try this: Use your fingers to press crumbs in the bottom of the pan. Place a second pie plate on top. Apply light pressure to distribute the crumbs evenly. Remove the top pan and you're ready to fill and chill!

Repurpose veggie scraps

Instead of tossing carrot and onion peels, parsley stems, celery leaves and other vegetable trimmings, store them in a resealable plastic bag in your freezer. Then once you have about 4 cups, simmer the scraps in 4 cups of water for a few hours (adding chicken bones if you have them on hand). You'll get a flavorful stock you can store in the fridge for up to a week to use in soups, stews and more!



Toss-together terrific: Party-ready bean dip in minutes!



1 (16 oz.) can refried beans



1 (16 oz.) jar salsa



2 cups shredded Mexican cheese



Microwave, stirring once, until hot, 2–3 min.

little things



Send them home smiling with leprechaun hat favors

A festive terra-cotta top hat makes an adorable party favor for guests! **To do:** For each, apply 2 coats of green spray paint on a 3" terra-cotta pot; let dry. Snip a length of gold ribbon to fit around the pot and affix with a piece of double-stick tape. Snip a clover shape out of green cardstock; use a marker to jot down a greeting, then tape the clover to the pot and place on a plate.



Raise a glass to fun with so-sweet pints

A beer mug loaded with golden candy "beer" and marshmallow "foam" makes a fun (and edible!) accent—in seconds! **To do:** Fill a classic beer mug two-thirds of the way with golden-hued gummi candies, then top it off with a handful of mini marshmallows. Set a mug on each plate or display several in the center of the table.



Saint shin



ucky
u!

Set the mood for joy with Emerald Isle style

Tossing together a chic St. Paddy's Day party is surprisingly easy. The key? Combining bright rainbow colors with playful patterns and accents inspired by the Emerald Isle. Here, a table is topped with help-yourself treats and a mini "bar" (made by turning a crate on its side) loaded with cocktail must-haves like Irish whiskey, soda, citrus wedges, straws and leprechaun cups. Displaying a bold backdrop (made by taping a colorful striped tablecloth to a wall and decorating with party-store clovers and a fun phrase cut from poster paper) furthers the festive theme. The finishing touch? A DIY shamrock banner draped across the front of the table. It's a sweet spot to spread luck!

Table styled by Meghan Gencev,
founder of ElvaMDesign.com

Paddy's
dig!

home



Dress up drinks with lucky coasters

Clover- or shamrock-shaped coasters add sweet St. Paddy's charm while protecting your table-top from drips and spills! **To do:** For each, use a black marker to trace a shamrock-shaped cookie cutter on a piece of green felt; cut out the shapes and display on tabletops.

SECRET SOURCE: Shamrock Cookie Cutters, \$3 for 3, PartyCity.com



Brighten the day with a pretty pot of gold

Make everyone feel like they've struck gold by topping green-and-white settings with bowls of gilded chocolate coins. **To do:** Fold a green cloth dinner napkin into thirds to form a long rectangle. Place the napkin on a dinner plate set atop a green charger. Fill a shallow soup bowl with a handful of chocolate gold coins; place on napkin.



A pail of posies to *bring on bliss!*

WHAT'S NEW

This month, florists are styling vibrant supermarket blooms in pretty pails to perk up tabletops—and the results are charming! “Here, gerbera daisies in a variety of bright, happy hues combine for an eye-catchingly cheery look,” says florist Lisa McMullin of Lisa’s Floral Expressions in Pottsville, Pennsylvania. “And the casual pail adds a from-the-garden feel. It’s a sweet display to summon spring!”

GET THE LOOK

Fill a 6"-tall vase halfway with water and add it to a 7"-tall pail. Then snip 12 gerbera daisies in a variety of bright shades, from yellow to orange to magenta, to 10". Next, cut two handfuls of leafy greenery or filler flowers (like *alstroemeria*) to 9" and insert into the vase, forming a soft mound. To finish, insert the gerbera daisies in a random, relaxed fashion and display on a tabletop.

INSIDER'S SECRET

Gerbera daisies have thick stems that appear sturdy, but they're actually hollow and delicate. If the straw-like stems get clogged, the heavy floral heads can cause stems to bend. The easy fix: Trim the end of any bent stem and rinse out the hollow stem under cool water, then soak it in a cup of tepid water before returning it to its vase. This quick “bath” will perk up stems *and* revive blooms.

Sunny smiles—guaranteed!

Spring is in the air! And *Celebrate! with Woman's World* is packed with eats and treats for an extra-special Easter gathering, plus showstopping sweets that make any special occasion even more memorable

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Boston
fern

Perk up the living room
with a Boston fern

"Surrounding yourself with plants during the dark, short days of winter is imperative—they instantly lift your spirits and add life to any room," says The Houseplant Guru Lisa Eldred Steinkopf, author of *Grow in the Dark*. Ferns naturally thrive in shaded areas of the forest, making them ideal for low-light dens or living rooms, she says. Simply remove a fern from its plastic pot and nestle into a tall planter filled with moisture-retaining soil. As the plant grows, its leaves will beautifully cascade over the edge of the pot. Place in a spot with morning sun; keep soil moist.

Easy-care plants that
brighten a late-

Grace a countertop with a piggyback plant

"The way a piggyback plant grows is so interesting—individual leaves sprout new mini leaves from their centers for a lush, puckered appearance," says Steinkopf. She suggests dropping a plastic potted piggyback plant into a blue planter. The plant's light green and yellow hues will complement the cool-colored container. Place the display on a raised surface like a kitchen counter so the leaves are closer to eye-level and easy to admire. For the healthiest plant, give a piggyback morning sun and keep the soil evenly moist.

Piggyback
plant



LIVING4MEDIA; FLORA PRESS (2)

*Chase away the cold-weather
blahs with these leafy stunners
that thrive in low to little light*



Zanzibar
gem

Beautify a bare corner with a zanzibar gem

"With its gorgeous, dark green glossy foliage, a zanzibar gem plant adds modern flair to any home," notes Steinkopf. Before repotting a zanzibar gem, lift the plant from its plastic pot and examine its roots. If roots circle the inside of the pot, the plant has outgrown its pot and needs to be added to a pot that's one size up (if the roots aren't circling, pop the plant in a pot that is the same size). Add decorative gravel to top of soil. Keep in low to bright light; water when soil is dry.

winter view



Clever way to catch umbrella drips

Whenever you get home after a rain-storm, it seems like your umbrella drips all over your entryway floor. To prevent puddles, cut off the top section of an empty large plastic bottle and remove the cap. Then place the top of the bottle, inverted, inside the bottom. When you set an umbrella inside, all of the water will collect in the bottom bottle to be dumped. Bonus: Since this elevates the umbrella, it won't be sitting in a pool of water, so it will dry faster.

QUICK POLL

How do you clean car cup holders?

No matter how tidy you keep your car, gunk always builds up in the cup holders. The save: FIRST readers' top tips for those hard-to-reach spots

56% ♥ this idea!

Place a paper cupcake liner inside, says Sue Wells. This will collect grime and can be tossed as needed.

44% ♥ this idea!

Slip a sock over a cup, spritz with water and slide into the holder, says Jean Smith. Dirt will cling to the sock.

READER TIP

Cozy feet in a shoe-free home

"We have a 'no shoes' rule in the house, but I also like to make sure everyone's feet are comfortable. That's why I decided to keep an empty large planter by the door and fill it with inexpensive soft slippers in various sizes. It's great for organization and provides an easy visual cue for everyone to swap out their shoes when they step indoors."

—Meg Parson, Atlanta

SOS for trash can smells

Yikes! Your trash can is starting to stink, but since it isn't quite full yet, you don't want to take it out to the curb. The solution: Put a few drops of your favorite essential oil on a cotton ball and slip between the liner and the can. The scent will spread through the bin and mask odors until it's time to toss the bag.

SHOW-HOW

Repurposed wine rack makes a clever hand-weight holder



MONEY SAVER

Nix water rings for pennies

While cleaning up after your dinner party, you notice a couple of guests forgot to use coasters and left behind water marks on your coffee table. The no-cost way to remove them: Make a paste of 1 Tbs. of baking soda and 1 tsp. of water and buff it into the spots. The slightly abrasive paste will remove the marks safely.

MONEY SAVED: \$5 for a water ring-remover cloth



Easy-clean an oven—no chemicals required

The simple, all-natural way to get an oven sparkling: Fill an oven-safe pan with water and add the juice of two lemons. Place inside the oven and turn it on low. Once the water starts to boil, carefully remove the pan. The steam and citric acid combination will help loosen the grime and grease inside the oven for easy removal. (Just be sure to let the oven cool before wiping it with a damp cloth.)

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life made easy

10 brilliant uses for CLUB SODA



1 End the pet accident cycle

Oh no! Your pup didn't make it outside in time to do his business, and you worry that if you don't get the spot clean enough, it'll happen again. To help eliminate all of the traces of urine, try this: Saturate the area with club soda and let sit for 5 minutes before blotting with paper towels. Minerals in the soda will deodorize the spot to prevent repeat mistakes.

2 Add dazzle to a gelatin dessert

The next time you whip up a gelatin treat, jazz it up with the help of club soda. To do: Simply swap club soda for cold water when you dissolve the gelatin powder. The carbonation will add eye-catching bubbles to your dessert and give it a fizzy kick. Bonus: Use flavored club soda for even more "wow."



3 Revitalize flat hair in a flash

If your locks are in need of a little extra *oomph*, skip pricey volumizing hair products. The affordable volume booster: club soda! After you shampoo and rinse as usual, simply pour a cup of club soda over your hair, then rinse with cool water. The drink's *sodium bicarbonate* will break down any product residue, leaving you with a soft, bouncy mane.

5 Polish dull chrome for pennies

When you're giving your bathroom faucet a polish, skip tap water, which can leave unsightly spots. Instead, soak a rag in club soda and use it to buff. The carbonated molecules will flawlessly dissolve dirt and grime for spiffy, streak-free results.

4 Boost indoor plant growth

When your houseplants look a bit lackluster, give them a boost with club soda. To do: Open the beverage and allow it to go flat at room temperature, then simply pour it into the soil to water the plants. Club soda contains nutrients like *sodium citrate*, *disodium phosphate* and *potassium bicarbonate* that promote plant growth.



6 Get a rusty screw to turn with ease

With spring around the corner, you decide to get your bike out of storage. The only problem? A rusty screw on the seat won't budge. To fix: Tie a cloth soaked in club soda to the rusted hardware. Within an hour, the soda's *carbonic acid* will loosen the rust so you can turn the screw with ease.



7 Preserve cherished newspaper clips

The little one in your life made it into your local paper, and you want to save the feature. To prevent it from aging, dissolve a milk of magnesia tablet in 1 liter of club soda and refrigerate overnight. The next day, stir well, then soak the clipping in the solution for one hour. The soda and magnesia combination will safely deactivate the acids in the paper to prevent yellowing. Lay the paper clipping on paper towels and let dry.



8 Lighten up hearty pancakes

Flapjacks are a weekend favorite in your house, but such a heavy breakfast often leaves you feeling sluggish all day. What can help: Replace the milk in your recipe with an equal amount of club soda. This swap will cut 148 calories for every cup of whole milk that's cut, plus the soda will aerate the batter to create lighter pancakes.

9 Unclog a stuck drain fast

Your kitchen sink is slow to drain, and you don't want to use chemical-laden products to clear the blockage. The save: Pour 2 cups of club soda and 2 Tbs. of salt down the drain. After 1 minute, follow with hot water. The fizzy soda, along with the abrasive salt, will break down grime so the warm water can wash it away.



10 Banish stubborn mug stains

Nothing beats starting your day with a steaming cup of delicious tea—if only the brew didn't turn your mug brown! To remove the stain, pour club soda into your mug and let sit overnight. The next morning, simply rinse with water before cleaning as usual. The soda's acids will eat away at the stain so it can be easily washed away.

‘Hack-proof’ your accounts

An estimated 47% of Americans have had their personal data exposed by hackers. The good news: It takes just a few easy steps to protect yourself

STRENGTHEN PASSWORDS *with your favorite comfort foods*

A whopping 81% of hacked accounts are due to weak passwords. The reason we’re vulnerable? We’re following outdated rules. “The old advice was to use a mix of upper- and lowercase letters, numbers and characters, and to avoid words found in the dictionary,” says cybersecurity expert Michael Greene. “Now we know those types of passwords are *less* secure.” That’s because

they’re so complex, we try to make them easy to remember with shortcuts, such as “123P@ssword,” which also makes them easy for hackers to guess. The new rule: Create passwords at least eight letters long from words that are meaningful to you. For example, use your favorite foods, such as “Mac&CheesePecanPie.” The length enhances security, *and* it’s easy to remember.

SECURE PERSONAL INFORMATION *with an ‘enemy mascot’*

Filling out a Facebook survey or sharing personal information on our social media profiles makes hackers 46% more likely to access our accounts. These details are often answers to security questions asked by banks and credit card companies.

The fix: “Give security answers that are different, but memorable,” Greene encourages. “For example, if you’re asked for your high school’s mascot, type in the one for your school’s *rival* team. It’ll be easy to recall yet scammers will never guess.”

DODGE FAKE EMAILS *by taking a deep breath*

Every day, fraudsters send 135 million emails to trick us into clicking a link that’ll give them access to our information. To make sure you click without thinking, they often contain dire warnings—for example, there’s been suspicious activity on your account and you need to act ASAP. But if you do click, you’ll download a malware program.

To avoid these scammers, just pause and take a deep breath, urges Greene. “These scammers rely on us to feel panicked, but simply slowing down helps us think more rationally and spot red flags, like misspellings,” he says. “And always remember, no legitimate business will ever ask you to sign into your account by clicking a link in an email.” ✨



Protect yourself offline

SIDESTEP HIDDEN SKIMMERS

Electronic skimmers secretly installed on gas pumps can steal your information when you swipe your card. Look for a security seal—an adhesive strip across the pump’s panel. If it’s broken, skip that pump and move on to the next.

OUTSMART TRASH CAN BANDITS

Before discarding sensitive documents—such as bank statements, ATM receipts and credit card bills—shred them so they can’t be read by thieves who may rummage through your garbage. It’s easy: Now through the end of tax season in April, find free local shredding events at Nextdoor.com/events. Just bring your documents, and they’ll be securely disposed.

KEEP YOUR SSN A SECRET

When asked to provide your Social Security number at your doctor’s office, ask why it’s necessary. If they need a number to identify you, ask if you can use the one on your license. Most medical professionals are happy to comply.

Your Wings Were Ready, But Our Hearts Were Not



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than approximate
size of 7" tall

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Swarovski Crystal**

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8 fresh ways grocery bill!



The average family spends more than \$1,300 a month on groceries. To the rescue: pro tips to save BIG!

Bulk up on meat

“One of the smartest ways to save on meat is to buy in bulk. Even smarter: Reconsider portion sizes. Say ground beef costs \$5 per pound and you buy a 5-lb. pack for \$25. At home, divide it into $\frac{3}{4}$ -lb. portions. You’ll never miss the $\frac{1}{4}$ lb. of meat when you use it in soup, spaghetti sauce or tacos, but you’ll get an extra meal out of it!” —Stephanie Nelson, founder of CouponMom.com



Try ‘flash frozen’ seafood and save

“Remember that flash frozen fish is fresher than fresh fish, and it costs less. The term means the fish is frozen right on the boat, so you won’t find it any fresher. At the fish counter, the fish sits on a tray and rests in water, which makes the fish taste fishy and also adds to the weight.” —Teri Gault, author of *Shop Smart, Save More*

Head to the market on your own

“One study found that single shoppers purchase 65% fewer items than they do when shopping with family members. Also smart? Use the self-checkout to save big. Other research shows that impulse buys dropped by 32% when shoppers skipped the staffed checkout aisle and scanned their items themselves.” —Steve Economides, co-founder of MoneySmartFamily.com

to slash your



Save 70% with a list

“Always plan a shopping list and menu. It can cut 30% to 50% off your bill. Just read the ads to see what’s on sale and incorporate ‘loss leaders’ in your menu. These are items that are sold at such a low price (to lure you into the store) that the store loses money on them. They’re usually advertised on the front of the circular. So if chicken breast is on sale, plan several meals around chicken, like salad, stir-fry and sandwiches. You can save 60% to 70% off that food for the week.” —Annette Economides, co-founder of MoneySmartFamily.com

Circle back for 'impulse' buys

“Don’t let the marketing people get you enticed about products. Displays and demos often translate into triple or quadruple sales of whatever we are sampling in our stores, but the truth is, you may not really need that item. So my advice is to not put the item in your cart right then. Shop around, and if you really want it, go back for it. Most of the time, you realize you don’t need it, and you’ll save quite a bit of money.” —*Stew Leonard Jr., CEO of the Stew Leonard Group*

Get pantry staples at health-food stores

“Head to the natural-food store to stock up on liquids such as olive oil, maple syrup and honey. These items are often offered for sale minus the packaging, so you can easily save 30%. Bring your own container—you can weigh it and write the weight on the container, so the cashier can subtract that from the total weight. Then you just get the amount you need from big vats of your desired product, which helps cut down on costs. Spices are also sold by the ounce in these places. You can save up to 90% by getting them in the bulk bin!” —*Stephanie Nelson*



Stock up on dairy

"When it comes to buying dairy, stock up when the price is low and then freeze anything you won't use immediately. This allows you to take advantage of good prices on staples like milk, mozzarella and Cheddar cheese. Yes, you can freeze cheese! Just cut it into smaller portions and place in tightly sealed plastic bags, then defrost as needed. It's also a good idea to look for leftover cheese ends. Your deli counter should have some. They are often sold at deeply discounted prices, like 60 percent off, and they are perfect for grating over pasta or making cheese sauce for dishes like mac-and-cheese." —Sara Lundberg, author of *Budget Savvy Diva's Guide to Slashing Your Grocery Bill by 50% or More*

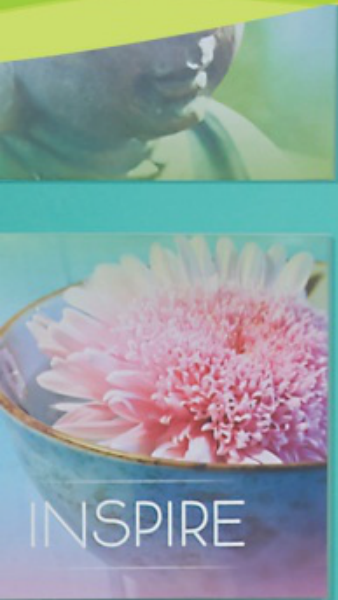
Focus on the 'big' deals in store circulars

“Get smart about circulars. The best deals are almost always the largest ones on the page—take it from me, I worked in print advertising. Most of the best sales are on the front and back pages. Just like the grocery store itself, the inner pages of the ads are filled with packaged food and about $\frac{2}{3}$ of them are actually the regular price! Scan the outside of the ads to figure out if anything is worth a trip to the store.” —*Valerie Cudnik, money-saving blogger at DollyDomestic.com*



easy money

Rake in \$\$ on



Vickie Barnes, 51,
Raleigh, NC



From writing emails to transcribing interviews, these women are making serious dough—without punching the clock

“I bring in \$15 an hour sending emails!”

“When the online business my husband and I own started to slow down, I needed to find a way to make money. Since I have back problems and can’t stand for long, I wanted to continue working from home. Last year, I was searching for jobs and found SimplrFlex (SimplrFlex.com), a company that hires people to answer customer service emails on behalf of their clients. It sounded like a fun and flexible opportunity, so I applied.

“To get the job, I had to read mock customer service scenarios and take a quiz about how to handle them. Then I had to answer 10 customer service tickets that were more specific to ensure my answers addressed the issues, were concise and didn’t contain typos.

“Once hired, my work consisted of answering emails about the status of orders, tracking information and returns or exchanges. SimplrFlex provided templates, but I could also customize emails. As I gained more experience, I moved onto accounts that also use a chat feature.

“I work between five and six hours a day, helping clients in industries from retail to insurance. I love working for SimplrFlex because I have autonomy and flexibility and can work as much or as little as I want. I get paid \$1.50 an email and make between \$12 and \$15 an hour. The money I earn pays the bills and is saved for home-improvement projects.”

your own time!

"I earn a full-time income moderating social media!"



Anne Orfila, 44,
Santa Barbara, CA

"Not long after I left my full-time job in sales to stay at home with my child, a woman I used to work with launched her own marketing company, Web Marketing Therapy (WebMarketingTherapy.com). She offered me part-time work handling social media for her clients, and since I could work from home and I spent time on social media anyway, I knew it would be the perfect gig for me.

"My job entails handling social media marketing and management for a variety of clients, including a medical spa, a restaurant, a plastic surgeon, an attorney, a health and wellness coach and a company that sells Chinese medicinal herbs. I write

and post content, thank customers, redirect them to services and respond to their comments. Some clients ask me to post specific content, such as their product promotions on platforms like Facebook, Instagram, Pinterest, Twitter and LinkedIn, while others let me decide what to post. I use free tools like HootSuite to schedule the posts and Canva to create graphics. The best part is that it's creative, and when I get to know the clients, they give me free rein to post content.

"I work around my kids' schedules, between 10 and 20 hours a week and make a full-time income—money that pays for the gym, my kids' activities and vacations to places like Hawaii!"

"I make up to \$485 a week transcribing conversations!"

"I used to work as a medical transcriptionist for a children's hospital, but from an emotional perspective, the work became challenging.

About five years ago, I was looking for a change, something I could do from home so I could take care of my daughter as well as my mother. I learned that CLK Transcription (CLKTranscription.com), a local company that offers transcription services for journalists, authors, educators and researchers, was hiring.

"While I did have experience in the field, their only requirement was to have good grammar, spelling and accuracy. I knew it would be a great opportunity for me to learn about new topics while working from home and making my own hours. So I emailed the owner to express my interest, and I was almost immediately hired.

"When I start a new project, I receive an audio or video file that I download. I then transcribe the speaker's words into a Word document. I've transcribed so many interesting things from interviews for magazine and newspaper articles, books, documentaries, podcasts and even TV shows. I also transcribe files from roundtable discussions, conferences, market research studies and for college professors and students.

"I enjoy this work because every day is different, and I'm constantly learning something new. I also like that it's flexible—I work between 15 and 40 hours a week, depending on my schedule, and can make as much as \$485 a week. The income I earn goes toward paying the bills and for extras like my daughter's volleyball fees."



Sandra Drake, 51,
Rome, PA



Country wisdom

A saucy surprise

“My mother has always been very active, but as she entered her 80s, I often had to remind her to use her cane or let me carry her groceries. So imagine my shock when she announced she was teaching a Saturday afternoon salsa class!

“‘I was raised to believe you can do anything you put your mind to,’ she said after I gasped in disbelief, imagining her breaking a leg while dancing. Concerned, I dropped by that next Saturday, but instead of a dance class, I discovered several elderly ladies in the kitchen, slicing and dicing tomatoes and peppers. Turns out my mom was teaching them my great-grandmother’s salsa recipe. I sucked in a chuckle, tied on an apron and joined in. ‘You always told me you were terrible at cooking,’ Mom said, a bit puzzled. I hugged her and replied with a grin, ‘A wise woman once told me, you can do anything you put your mind to.’”

—Tina McGregor, 57, El Paso, TX

4 stories that will warm your heart

Power of love

A fated furry friend

“When my son, Daniel, was deployed overseas, I missed him fiercely, especially around St. Patrick’s Day. It was our favorite holiday, and ever since he was a little, I’d make him Shepherd’s Pie and we’d sing the traditional Irish song ‘Danny Boy.’ It was such a precious time.

“Knowing how lonely I was, Daniel suggested that I adopt a dog. I wasn’t convinced a pet would fill the void in my heart, but I decided to follow my son’s advice and visited a local animal shelter one Saturday afternoon. As a volunteer escorted

me past the kennels, a small brownish pup caught my eye. His tail wagged in circles as I squatted down to greet him, and I felt my heart tug. *But how can I be sure?* I thought with a sigh. *I wish Daniel were here—he’d know.*

“When the worker opened the gate, the pup leapt into my arms. ‘He really likes you,’ she said. ‘His name is Danny Boy.’

“My jaw dropped, and my heart overflowed with certainty as I said, ‘He’s the one!’”

—Grace Tows, 61, Arlington, VA



Inner strength

Aged to perfection

"The last time I enjoyed being called a 'senior' was when I was in high school. But once I turned 65? Well... not so much. I suddenly felt overwhelmed by the copious amounts of mail advertising senior discounts, the senior living magazines that randomly started appearing on my doorstep and the ads on Facebook for senior apartments, senior activities, senior clothing—you name it!

"I hate to admit it, but I didn't handle it well...and I began to obsess over my gray hairs, wrinkles, my saggy parts here and there. And before I knew it, I was feeling really down.

"One night, I met a co-worker for dinner, when a big hubbub broke out at the table next to us. Waiters and waitresses sang happy birthday to a white-haired woman, who was beaming as she blew out her candles.

"'I'm so proud to be 88 years young,' the woman exclaimed. I marveled at how joyful and radiant she was! In awe, I realized it wasn't because of how she looked, but because of her bright, joyful spirit.

"In that moment, I vowed to allow myself to feel pretty, special and excited about my life again. This vibrant woman showed me each birthday is a gift. Now, when I get called a senior, I flash a wide smile and embrace all my years of love...and I feel blessed *and* beautiful!"

—Claire Swanson, 60, Tulsa, OK



Circle of kindness

A storybook ending

"'Gran, I don't see *The Cat in the Hat* book here,' my 6-year-old grandson, Jayden, said after searching the shelf at the library. 'I wanted to read it to you like I learned in school.'

"I scanned the titles as a little girl standing nearby with a pile of books in her arms watched intently. No *Cat in the Hat*. I stooped down to find another book that Jayden might like. Unfortunately, that only upset him further. In that moment, the girl and her mom went to check out while I finally forced Jayden to choose other books despite his scowl. But when we made our way to the front desk, the librarian leaned over, smiled at my grandson, then pulled out *The Cat in the Hat* from behind the counter.

"'A very nice little girl pointed you out and said she decided to take this book out of her pile to make sure that you could take it home,' she explained.

"Jayden's eyes grew wide as he bounced up and down. 'Did you hear that, Gran?' he beamed. 'It's my lucky day!' My heart pooled with thankfulness as I thought of that generous little girl.

"'It sure is,' I replied, hoping somehow she knew how her kindness turned his sadness to incredible joy."

—Cynthia Bennington, 53, Wilmington, NC





Train your pup like the pros

Next time you're using treats to train your pup, follow the advice of dog training experts and give each a "value." Consider a piece of kibble as \$1 and lunch meat as \$20 and dole it out accordingly. Fido might get kibble for doing something simple like sitting when asked, but he'll get lunch meat when he stops barking at visitors. To make sure the meat stays enticing, be sure to reserve it as a special reward.

QUICK POLL

How do you keep Fluffy off kitchen countertops?

When left alone, your kitty jumps up on the kitchen counters to explore. How do you know? Telltale paw prints and knocked over food containers! To break her of the pesky habit, try these top two reader solutions:

57% ♥ this idea!

Put pennies in empty soda cans on the edge of the counter, says Jill Norris. The noise of the cans will startle her when she jumps up.

43% ♥ this idea!

Lay cookie sheets on the counter, says Kacy Nunez. She won't be able to walk or jump on the unstable surface as the sheets slide.

Quick trick for fur removal

Argh! You're ready to step out looking your best when you notice that there's stray pet hair all over your coat and pants. When there's no lint roller in sight and you're in a hurry, try this trick: Simply spray a little hairspray over a tissue, then pat the hairspray-coated side of the tissue against your fur-covered fabric. The spray will attract and attach errant hairs to the tissue so you can be fuzz-free in no time.

Create a snake 'snack'

Is Kitty's boredom causing him to get into mischief? Pique his interest with an easy treat puzzle. To do: Take three cardboard tubes, feed a string through each of the rolls, gluing the string to one side of each tube to connect them together. Cut one leg off a pair of tights, slide over the connected tubes and glue onto the inside of the end of the outer rolls. Finally, attach a red tongue to one end of the tubes and glue eyes on the top. Then toss treats into the toy or sprinkle some catnip inside and slide it over to your furry friend for some slithery fun.



Genius way to keep kibble near and neat

You want to keep your pet's food neatly contained near his bowl for easy access, but also want to make sure your pal can't get into it. Rather than splurge on pricey pet food containers, simply stash food in modular plastic stacking drawers (\$6 and up, Walmart). Then use a permanent marker to write your sweeties' names or words like "Meow" or "Woof" on the bin dedicated to each pet's food. Bonus: Extra drawers are also useful for storing leashes, brushes, pet toys and the like. Plus, you can easily move or rearrange drawers as needed to ensure the chow and other supplies are neatly on hand.

Make baths much less stressful

In these last days of winter, slushy sidewalks and muddy yards make such a mess of your pal's coat that he needs a cleaning ASAP. Too bad a bath is the last thing he wants, meaning he often tries to escape the tub. To keep him happy, smear a spoonful of peanut butter on the side of the tub before putting him in. Your pup will be so focused on licking off the delicious treat, he won't try to bolt. Once he's clean, simply wash away residue—if there's any left!

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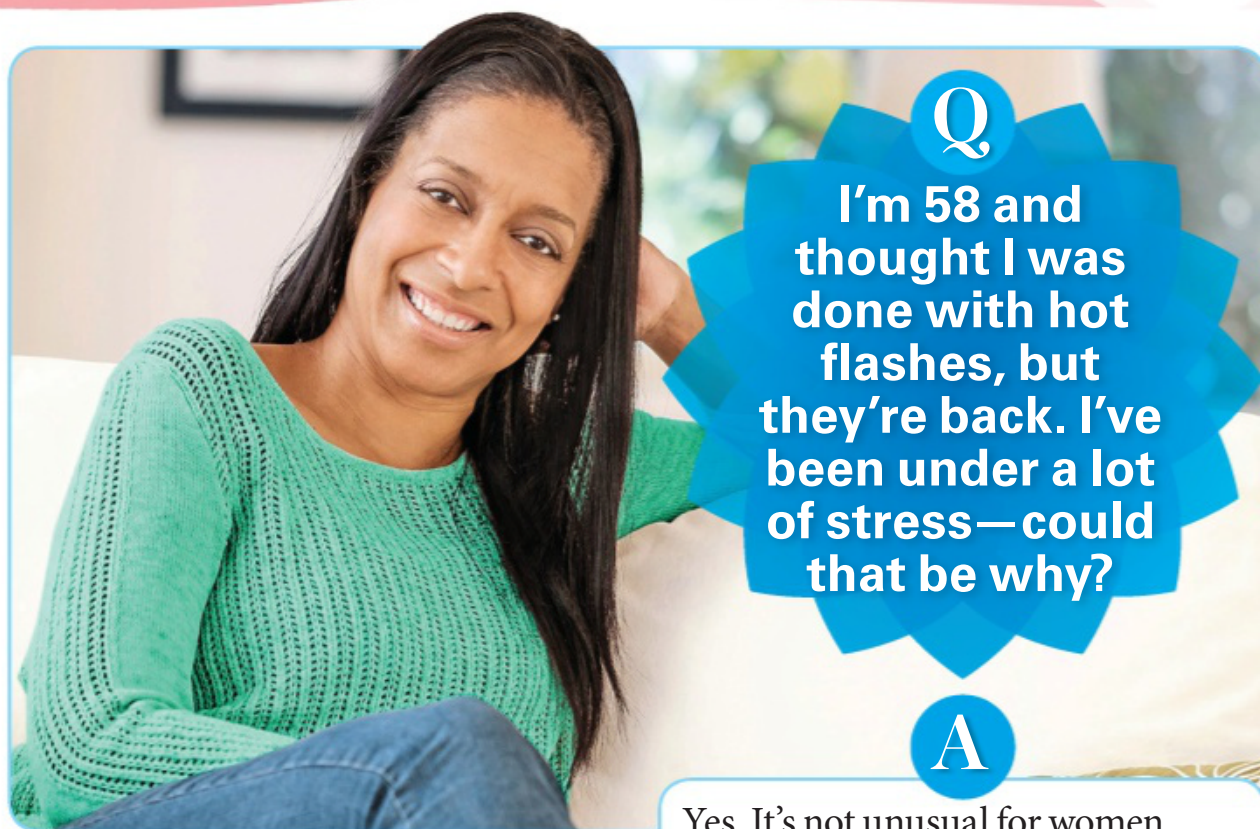
Did a past pregnancy put my health at risk?

Q: Twenty years ago, when I was pregnant with my daughter, I had gestational diabetes. I recently read that this increases my risk of developing type 2 diabetes. What do you recommend I do to prevent this from happening?

A: It's true: The state of your health during pregnancy can affect your health risks many years later. Gestational diabetes, for instance, is an early sign that your body may be predisposed to insulin resistance, making you seven times more likely to be diagnosed with type 2 diabetes down the road. What's more, research published in *JAMA Internal Medicine* found that women with gestational diabetes had a 43% increase in their risk for heart attack and stroke up to 26 years following their pregnancy. And other pregnancy conditions—gestational hypertension, preeclampsia or eclampsia—also can increase the risk of cardiovascular issues later in life. Some doctors have even started referring to pregnancy as “nature’s stress test.”

The good news is that some simple lifestyle changes can help reduce your risk of developing type 2 diabetes—and keep cardiovascular issues at bay. I advise my patients to make daily exercise a priority, eat more plant-based foods and fiber and consume less sodium and fewer processed foods and sugary beverages.

But it's important to let *all* of your doctors know that you had gestational diabetes—no matter how long ago that was. Sharing this information will allow them to effectively assess your current and future risks and recommend specific preventive measures. This may include more frequent blood pressure checks and/or screenings for elevated blood sugar or hemoglobin A1C, which reflects your average blood-sugar level over the past two to three months.



Q: I'm 58 and thought I was done with hot flashes, but they're back. I've been under a lot of stress—could that be why?

Are dense breasts a cause for concern?

Q: At my last mammogram, I learned that I have dense breasts. I've heard this means I'm at higher risk for breast cancer. What should I do to protect myself? I'm 51.

A: Please don't worry—more than half of women in their 50s have dense breasts, which means that their breasts have more fibrous tissue and less fatty tissue. That makes it more difficult to distinguish tumors from dense breast tissue on mammograms. And while dense breasts have been linked to an increased risk of breast cancer, the use of 3D digital mammography has made it easier to detect potentially problematic masses in dense tissue. Another bit of good news: Most women's breasts lose density and become a bit fattier after menopause.

In the meantime, it's important to become familiar with your breast tissue by performing monthly breast self-exams to detect changes. And I suggest you discuss the issue—along with your family history and personal risk factors for breast cancer—with your doctor. She can decide whether you need to undergo additional screenings, such as ultrasound or MRI, or take other preventive steps.

Yes. It's not unusual for women to experience a recurrence of hot flashes even a decade after menopause, and unfortunately there's no way of predicting when they'll stop for good. What I can tell you is this: Extra stress or anxiety is especially likely to bring on a comeback.

That's why stress management, and broadening your repertoire of stress-relieving practices is key. Mindfulness training, where you learn to scan your body to become aware of bodily sensations and simply notice them—as if they were leaves floating on a stream—rather than reacting to them, helps in two ways: It eases anxiety, and it significantly reduces the bother and distress of hot flashes. Another option: Taking 400 mg. of vitamin E daily has been shown to reduce the severity and frequency of hot flashes by 33% and 50%, respectively.



Put FIRST to work for you!

Barbara DePree, M.D., is a gynecologist in private practice and director of Women's Midlife

Services at Michigan's Holland Hospital. A certified menopause practitioner, she is the founder of MiddlesexMD.com, an educational resource for women's sexual health in perimenopause and beyond. To ask her a question, send an email to health@firstforwomen.com.

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An unforgettable Heaven

After her grandmother passed, Erin T. Hives was heartbroken...until she got a message of hope from above

As I arrived home from school one afternoon, I could hear my grandmother calling out to me. “Come and see what I found today!” My “Nan,” Kathleen, had lived with my mum, my sister and me ever since I was a baby.

I raced to her bedroom and found that she was holding something small. “I found this today,” she said. I saw a decent-sized four-leaf clover in her hand. She explained how very lucky it was to find one with four leaves. Nan, who was into good-luck omens and was very superstitious, seemed pleased with her find. She felt the safest place for it was her prayer book, which she took to church every Sunday.

From time to time, I would ask to look at the four-leaf clover in the prayer book. It was something special that we shared.

When I was 25, Nan passed away at the age of 89. My mum and I went to pick up her belongings at the nursing home where she lived then, and we were saddened to be handed a garbage bag with all her belongings thrown in it, including the prayer book.

A couple of weeks later, I asked my mum about Nan’s things. She said that she kept some stuff that was worth saving as a remembrance, but had to throw away some things as well. The prayer book was full of religious cards that looked like bookmarks. “I have taken out all the religious cards. The book is water-damaged and ready to be chucked in the bin,” Mum said.

“Is the four-leaf clover still in there?” I asked hopefully.



love

sign from

"No way. That four-leaf clover would be long gone. It's definitely not in there," Mum said.

I flipped through the pages of the prayer book just to be sure, hoping to see a glimpse of green, but Mum was right. It was empty.

"Do you want the book anyway?" Mum asked as I looked down at the damaged book. It had certainly seen better days, but I couldn't throw it away, so I kept it.

Over the next few years, I would often take out the prayer book and flip through the pages, hoping to see the four-leaf clover. I even pressed a rose from a dear friend's funeral in the prayer book.

Fast-forward 10 years. I was 35 and going through a very depressing period in my life. I would often come home alone and spend the night in tears. After a particularly bad night of feeling down and crying myself to sleep, I woke the next day with the feeling that I needed to check the prayer book. But I had to rush off to work, so I left it out on the kitchen bench. On returning home that afternoon, the prayer book caught my eye as I entered the house. This time, a strong feeling came over me, and I

started to check every page. About 1,000 pages in, something caught my eye. I couldn't believe it! My hands started to shake as I spied the four-leaf clover. I called my mum straight away. We thought it was a sign from Nan, right when I needed it.

Weeks later, the signs continued.

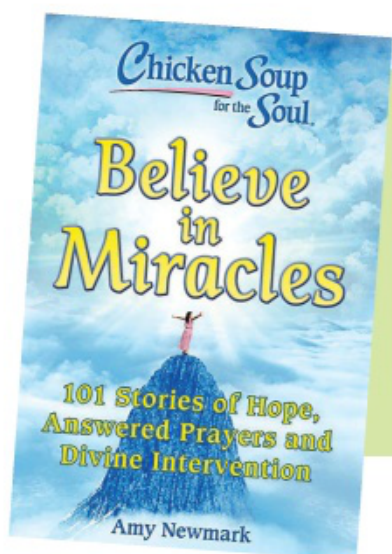
The preschool where I worked started to grow a small patch of clovers in a little garden bed where we were trying to grow grass. I explained to the children that it was lucky to find a

clover with four leaves on it. Over the next three weeks, the children and staff members found almost 30 four-leaf clovers! The children thought it was amazing and fun. The staff members who needed the most luck—one whose dad had just passed, one who lost her mum, one who was having pregnancy troubles and one who needed help with her studies—were the ones who always found them.

As for myself, I found 17 four-leaf clovers over three weeks. I couldn't believe it! Nan was sending me luck, and my life started changing for the better. I am so happy I didn't throw out that old prayer book.

—Erin T. Hives

"I couldn't believe it! My hands shook as I spied the four-leaf clover"



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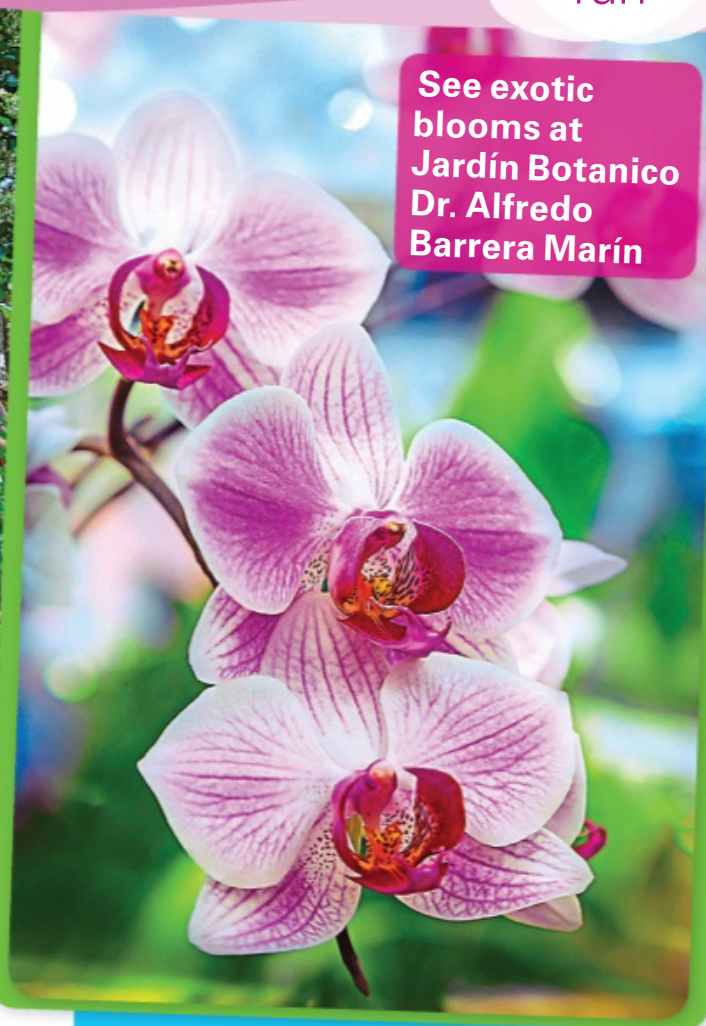
Located on the eastern coast of Mexico's Yucatán Peninsula is the historic and beautiful city of Tulum. The stunning seaside destination—which was built by the Maya!—is revered for its seven miles of sun-soaked beaches, perfect year-round temperatures, awe-inspiring caves and pools and quaint downtown that guarantees delights for everyone.

Start your getaway by basking in the sun on the picturesque Playa Paraiso. "There is natural shade from palm trees and plenty of places where you can stretch out your own towel and not have to pay for a beach club chair," says a reviewer from Ohio. "The overall vibe was relaxed, and there's a bar, restaurant, outdoor massage service and great music to enjoy."

To catch a glimpse of underwater wonders, head to Casa Cenote, a fresh-water sinkhole that flows into the sea, for a unique snorkeling adventure. ►



Snorkel through the Cenote Dos Ojos, two sinkholes joined by a passageway



See exotic blooms at Jardín Botánico Dr. Alfredo Barrera Marín

Says a reviewer from Texas, “Very cool seeing the mangrove roots underwater and the fish hiding among them!”

After you towel off, make the hour-long drive to explore the Punta Laguna Nature Reserve, a preserved area of forest that’s home to exotic wildlife like monkeys, birds and jaguars, as well as exhilarating guide-led activities like zip-lining and canoeing. “So cool to see the spider monkeys swinging around right above you,” says JON_R92 on TripAdvisor.com. “They get so close (not quite close enough to touch), but we were shocked at how many monkeys were out playing.”

End your day by embarking on a kayak tour (rates start at \$165 per person) in the 1.3-million-acre Sian Ka’an Biosphere Reserve. Says *jasweidner* on TripAdvisor.com, “The peace and tranquility of the laguna was amazing, and the sunset was spectacular!”

Great day trip: Valladolid

Hop in the car for a 90-minute drive west to the city of Valladolid, one of Mexico’s *Pueblos Mágicos* (magical towns). During your visit, tour the lush landscapes at Xkokek Parque Apicola, explore the 16th-century Convent de San Bernardino de Siena, see Mexican folk art at Casa de los Venados and wander the picturesque Plaza e Parque Francisco Canton.

Don’t miss: Dolphinaris Tulum

Get up close and personal with the playful dolphins at the Bahia Principe Grand Tulum hotel’s dolphinarium (\$69 per person). You’ll spend the afternoon kissing, touching and swimming with the marine animals while learning about the species’ behavior. ✨



Spy the majestic sea turtles that swim in the waters between Akumal Bay and Tulum

Tulum in a nutshell

► Getting there

Grab your passport and fly into Cancún International Airport, then rent a car and drive to Tulum.

► Where to stay

For a relaxing stay, book a room at Posada Yum Kin. Says *Joanne T* on TripAdvisor.com, “The room had a lovely private terrace with a hammock and chairs.” Rates start at \$106.

► Where to eat

Savor authentic Mexican cuisine at El Camello Jr. Raves *jwtade 75* on TripAdvisor.com, “Best fish tacos of our entire visit!”



Madeleine wrote to us to tell her story of how Blue Berry™ has impacted her quality of life and helped her enjoy her favorite hobby: painting beautiful landscapes.

Wonderful to have good eyes

“My name is Madeleine. I am retired and live in Montreal. I enjoy spending time in nature, painting beautiful plants and landscapes.”

Eyes began to weaken

“As I got older, I got concerned that my eyes would begin to weaken. This would upset me, because I love painting, which is very demanding on the eyes and requires accurate vision.

When I went to my optometrist, he explained to me how eyes can degenerate with age and that the vision unfortunately often gets worse with time.”

Read About Blue Berry™

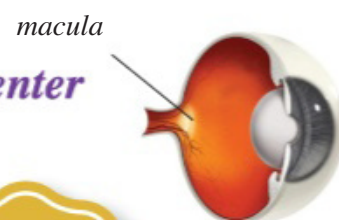
“Then, in a magazine, I read about a man who had used Blue Berry tablets to maintain his eyesight. In hopes of getting the same results, I bought a box at my local pharmacy, and started the same day. I’ve been taking Blue Berry™ for almost a year, and I’m very happy with the product. I’m painting and my spirits have been lifted.

I’m very happy to have found this product, and recommend it highly to anyone who wants to take good care of their vision.”

- Madeleine F., Qc



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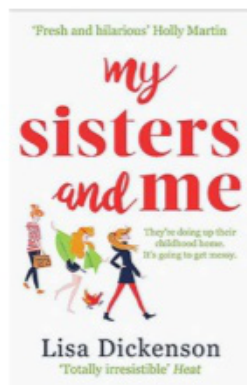
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7 books we're

Women's fiction



My Sisters and Me

by Lisa Dickenson

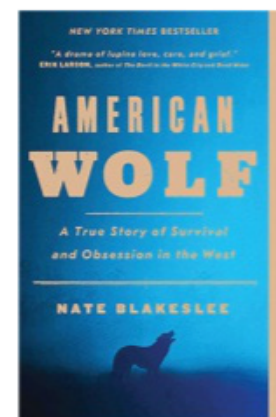
"My sister was deployed to Afghanistan, and I was looking for a book that would help me feel close to her," says Victoria Conn, FIRST assistant fashion editor. "And this story had me laughing out loud and reminiscing about our own hilarious memories!" When Willow Lake calls upon her three daughters to help fix up their childhood home while she's away, each of them reluctantly returns to the town—and the people—that made their early years pretty miserable. However, they've all changed, so surely the townspeople have too, right? "This is a story of embracing your true self, second chances, new confidence and above all, sisterhood," says Victoria. "The world may not always be kind, but having your sisters by your side to lift you up and support you makes *all* the difference!" (Sphere, 2019; Paperback \$14, Kindle \$4, Nook \$4)

Nonfiction

American Wolf

by Nate Blakeslee

"Whenever I start feeling on-edge—as I was recently after a stressful week—I try to spend time in nature to rest and reset," says Kristina Mastrocola, FIRST senior editor. "But with crummy weather making that impossible, I did the next best thing...I curled up with this nature book about the true story of O-Six, a female wolf whose tale of survival against the stunning backdrop of Yellowstone made her a cherished symbol of the park." Alternating between the perspective of O-Six, named for the year she was born, and the humans who often held her fate in their hands, this story is about an "alpha" in all the ways that matter—a loving mother and fierce protector—as she leads her pack. Says Kristina, "From the very first page, I felt less like I was reading about a wolf and more like I was reading about a friend whose adventures made me quickly forget my petty stresses." (Broadway, 2018; Paperback \$17, Kindle \$14, Nook \$14)



Thriller

The Last House Guest

by Megan Miranda

"Following months of frigid temperatures, I always end up facing cabin fever by early March," shares Rachel Cosma, FIRST senior health editor. "To shake things up a bit, I picked up this slow-burning thriller that got my adrenaline going!" In a beach town in Maine, an unexpected—and seemingly unbreakable—friendship forms between local resident Avery Greer and Sadie Loman, a wealthy girl whose family's summer vacation estate sits perched along the coastline. Year after year, the two spend every sun-soaked day of the season together. That is, until Sadie is found dead. Cops rule it a suicide, but a nagging suspicion sets Avery out in search of answers. Soon, she learns that in her quiet town, everyone has secrets they wish would stay buried. Rachel raves, "This was the heart-pounding mood boost I needed to carry me through to the warmer days ahead!" (Simon & Schuster, 2019; Hardcover \$27, Kindle \$13, Nook \$13)

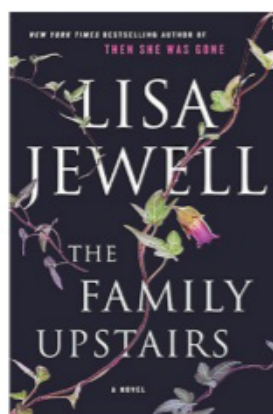


loving now

Mystery

The Family Upstairs by Lisa Jewell

"After a fun, jam-packed few months of family events, I was left feeling a bit blah as life returned to normal," shares Maggie Dillard, FIRST assistant editor. "But this clever mystery restored the excitement I'd been missing!" On her 25th birthday, Libby Jones, who was adopted, is informed that she's inherited a mansion in London. When she visits, she learns that a murder took place there 25 years ago—and that she has living family. "As secrets were revealed, I was on the edge of my seat," says Maggie. "I can't wait to call my family and tell them to read it so we can discuss the drama together!" (Atria, 2019; Hardcover \$27, Kindle \$13, Nook \$13)



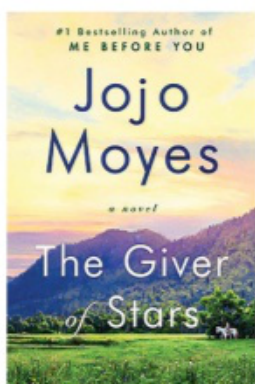
Historical fiction

The Giver of Stars

by Jojo Moyes

"On weekends, you can find me at the library, searching for new books to fall in love with," says Patty Bontekoe, FIRST executive editor.

"And this one, a fictionalized account of Eleanor Roosevelt's traveling library in the 1930s, drew me right in." Alice Wright marries an American to escape her quiet life in England, but Kentucky is no better, so Alice leaps at the chance to deliver books to isolated families. "I was awed by these women and their passion for doing the right thing—no matter the cost," says Patty. "It left me smiling for days!" (Penguin, 2019; Hardcover \$28, Kindle \$14, Nook \$14)

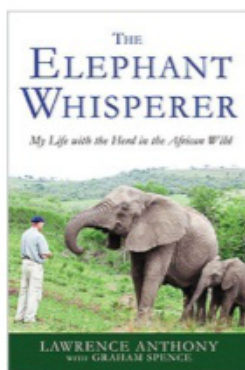


Biography

The Elephant Whisperer

by Lawrence Anthony and Graham Spence

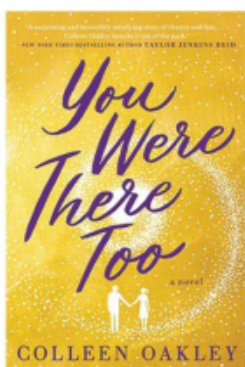
"I love to escape the negative news cycles by reading uplifting books about animals, and this one was a delight!" says Lauren Blum, FIRST assistant editor. When asked to take in elephants on his reserve, Lawrence Anthony accepted. What he didn't realize was the amazing impact the creatures would make on him. "I felt renewed hope in the world as I read," says Lauren. "And it reminded me how much animals can teach us about love and loyalty." (St. Martin's, 2012; Paperback \$19, Kindle \$10, Nook \$10)



Romance

You Were There Too by Colleen Oakley

"The monotony of the 'work, commute, repeat' routine can leave me bored and listless," says Alexandra Pollock, FIRST senior editor. "So I dove into this to break me out of my funk!" Mia Graydon loves her husband. But there's one fly in the ointment: her recurring dream of a man she's never met. Then one day, she sees her dream beau in the flesh...and finds out he's been dreaming about her too. "It was breathtaking, and infuriating at times," says Alexandra, "but it shows that in the midst of the mundane, there's always space for the exceptional!" (Berkley, 2020; Paperback \$16, Kindle \$10, Nook \$10)



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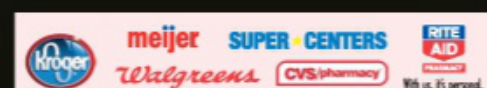


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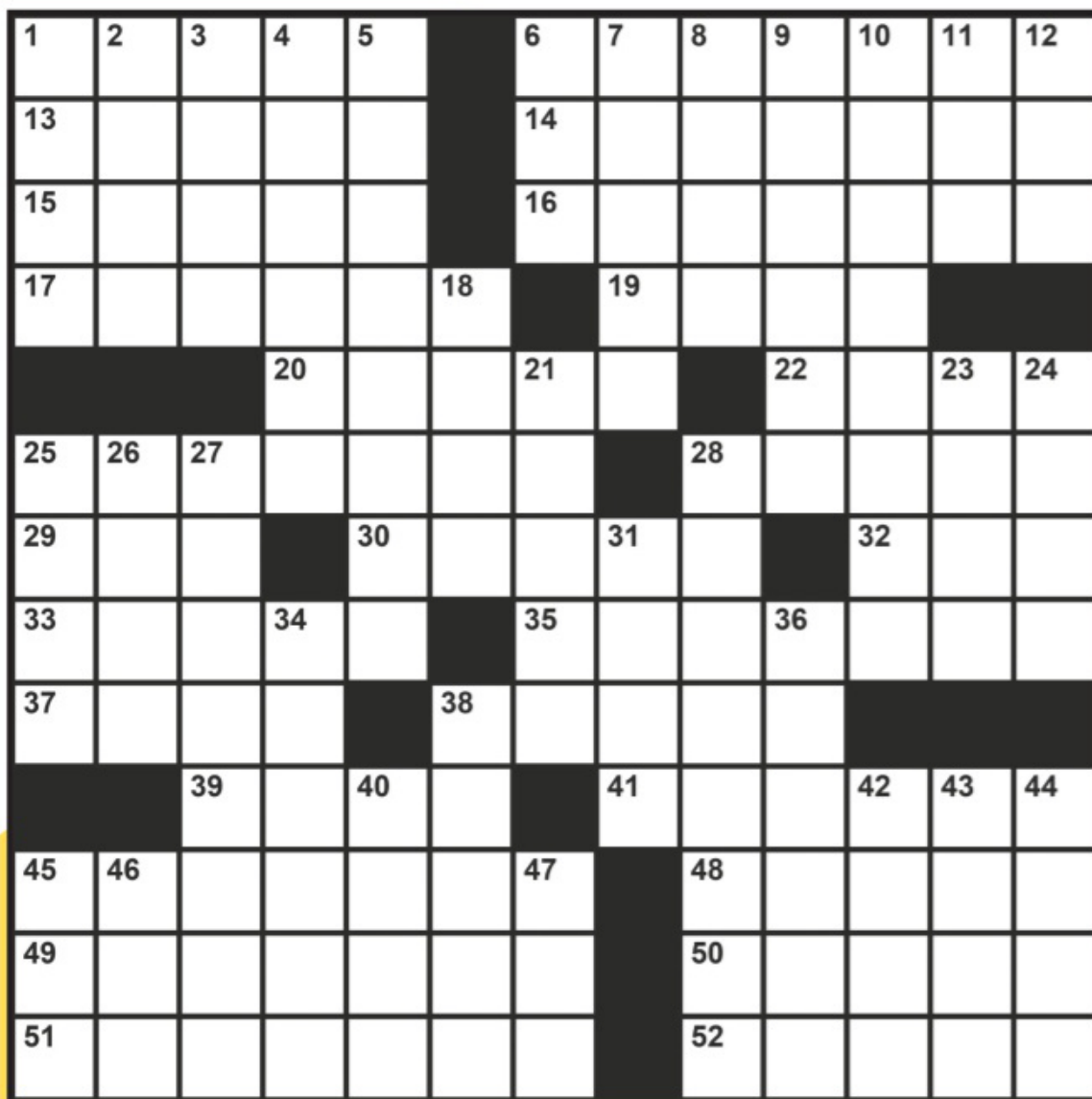
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Crossword



1
ACROSS



6
ACROSS



51
ACROSS

ACROSS

- 1** Hayek of 2020's *Like a Boss*
6 DiCaprio's *Titanic* costar
13 Tale of the Trojan War
14 Running wild (3 wds.)
15 Electric-car company
16 Tell the story of
17 Resells for more than face value
19 City on the Rhône
20 Online sales
22 Kind of language
25 Section of London (2 wds.)
28 Happening place
29 Army N.C.O.
30 Oscar-winning actress Witherspoon
32 "Give ____ break!" (2 wds.)
33 Highest levels
35 14-line poems
37 Fictional sleuth Wolfe
38 Piano exercise
39 Wiggles, as a dog's tail
41 Introduction (2 wds.)
45 Seeing things as they are
48 Lacking freshness
49 Makes really mad
50 Something to believe in
51 Debra of *Will & Grace*
52 Washington's successor

DOWN

- 1** Is in session
2 *Match Game* host Baldwin
3 Kudrow, who played Phoebe on *Friends*
4 Gong hitter
5 Travel kit gizmos
6 Came out on top
7 With everything counted (2 wds.)
8 Word before "a soul"
9 Disco light
10 1972 Bill Withers hit song (3 wds.)
11 Erode, with "away"
12 Three, in Tuscany
18 Right in the head
21 What i.e. stands for (2 wds.)
23 Music for two
24 Consenting votes
25 TV sports channel
26 Pulitzer winner James
27 George Lucas blockbuster
28 Prolonged retaliation
31 Motown music genre
34 Aussie cuties
36 Got closer to
38 City on the Ruhr
40 Leslie Caron role
42 Actress Merrill
43 Part of a checklist
44 Hoopsters' targets
45 Sleep phase (abbr.)
46 WSW opposite
47 Flavor enhancer, for short

Spot the difference



There are six differences between the photos above of the *Today* show's **Savannah Guthrie** (left), **Hoda Kotb** (right) and **Carson Daly** (center) snuggling puppies from America's VetDogs. See if you can find them all!

Word search

R	S	P	E	O	C	T	G	Y	R	G	J	A	J	B
N	E	O	H	S	E	S	R	O	H	H	O	W	T	M
R	E	V	O	L	C	F	A	E	L	R	U	O	F	H
Z	C	J	G	A	F	J	T	I	V	D	O	B	T	V
V	K	W	P	M	O	F	S	O	I	F	F	N	E	I
Q	P	I	I	A	S	X	G	J	S	G	K	I	Q	H
O	E	C	U	S	N	G	N	T	P	J	Z	A	S	Z
E	S	C	N	U	H	U	I	B	C	J	N	R	S	H
P	E	C	I	V	M	B	T	T	M	U	V	F	T	G
N	D	Y	C	D	B	Y	O	V	S	C	K	H	L	J
G	R	D	O	A	Y	D	O	N	D	S	H	O	I	A
F	M	E	R	N	U	A	H	C	E	R	P	E	L	C
Y	X	P	N	U	U	L	S	W	N	V	A	J	T	Z
G	N	E	D	R	W	P	C	E	I	G	E	J	D	N
Y	P	L	P	F	Z	U	I	Z	R	Z	T	S	O	V

Things to bring us the luck o' the Irish

- rabbit's foot
- horseshoe
- rainbow
- penny
- dice
- seven
- ladybug
- wishbone
- shooting star
- unicorn
- leprechaun
- goldfish
- four-leaf clover



Words and phrases can appear horizontally, vertically, diagonally, backward or forward and can overlap.

For solutions, turn to page 104



Sudoku

		3		2		4	8	
			5					
		4	3			9	1	7
4			2		8	6		
9				3				1
		8	1		7			9
8	9	6			2	1		
					9			
	4	2		1		5		

Complete the grid so that every row, column and 3 x 3 box contains the digits 1 through 9. Digits cannot repeat within the same row, column or box.

For solution, turn to page 104

SIGN OF THE TIMES

Our favorite seasons



Smile file

★ CAPTION CONTEST WINNER



**Anybody
have
change for
the meter?**

—Gloria Fahlikman,
Flushing, NY

Photo submitted by Amy Brennan, Toledo, OH

**Make us laugh—
and win \$100!**



“

_____”

Send your funny caption for the photo above to Caption Contest, *First for Women*, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632, or email laugh@firstforwomen.com. The winner gets \$100, and the caption will appear in an upcoming issue!

*If more than one entry contains the same winning caption, the contest winner will be chosen at random from that batch.



aries

(Mar. 21–Apr. 19)

You may be inclined to pitch a creative idea around March 4, while Venus is in your second house of income. Higher-ups applaud your pragmatic, imaginative approach. Around March 9, you'll be intent on refocusing your health routine. Adopting a daily practice (like meditation) offers results!



leo

(July 23–Aug. 22)

Around March 9, you'll be reflecting on whether or not your daily work fulfills your needs. Trust your intuition to guide you. At the same time, you'll be drawn to learning new relaxation techniques (like deep breathing). Let your curiosity take your wellness to the next level.



sagittarius

(Nov. 22–Dec. 21)

You may be called to step into the spotlight come March 9—and higher-ups will take notice. Then, sharing what's in your heart with loved ones comes naturally while the sun is in your fifth house of self-expression from March 19 on. Spontaneous activities bring you closer—dive in!



taurus

(Apr. 20–May 20)

While beauty-loving Venus is in your sign from March 4 to April 3, self-care activities (like getting a massage or spending time at your favorite nature spot) can give you a much-needed boost. At the same time, revising key aspects of a major project will bring recognition on the job.



virgo

(Aug. 23–Sept. 22)

Don't be afraid to find out more about those intriguing wellness plans you've been hearing about from March 4 to 16. The most innovative option is the one for you! On March 9, it feels like you've been taking care of everyone but yourself. Being honest and direct about your needs proves empowering.



capricorn

(Dec. 22–Jan. 19)

Clarify the details of an investment while Mercury moves backward through your second house of income from March 4 to 9. You'll be relieved once all is in order. On March 16, social time with friends and colleagues bolsters platonic and professional bonds. Go for it!



gemini

(May 21–June 20)

Around March 9, having a heart-to-heart with a loved one feels daunting, but it can help you head down a healing path. From March 16 on, share your most artistic ideas with higher-ups. Together, you can come up with a game plan to make your dream proposal come true.



libra

(Sept. 23–Oct. 22)

While Mercury is in your sixth house of wellness from March 16 on, address your health concerns with experts for a novel approach. At the same time, collaborate with a friend or colleague on a project close to home. Together, you have all you need to make it a success!



aquarius

(Jan. 20–Feb. 18)

You'll want to prioritize beloved traditions with loved ones from March 4 on. Owning this desire benefits your heart and soul. Then turn your attention from cash flow to personal aspirations from March 9 to 16. Putting your dreams into words turns them into reality—and fills your heart!



cancer

(June 21–July 22)

You'll be drawn to group activities from March 4 on. Take advantage by enrolling in a class with friends. Then while the sun moves through your tenth house of career from March 19 on, a burst of confidence compels you to take initiative at work—and gain accolades to boot!



scorpio

(Oct. 23–Nov. 21)

Retread an emotional issue with loved ones while Mercury moves backward through your fourth house of intimate affairs from March 4 on. Applying a free-spirited approach gets everyone on the same page. At the same time, discuss your goals with a colleague. Trading notes expedites a joint win!



pisces

(Feb. 19–Mar. 20)

Come March 9, get ready to butt heads with a colleague on the job. Collaboration may be the key to resolution and a win. Then research ways to tackle an ongoing wellness concern from March 16 on. Your ability to ask the right questions is the key to healing.

handy answers

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Relax & play SOLUTIONS pages 100–102

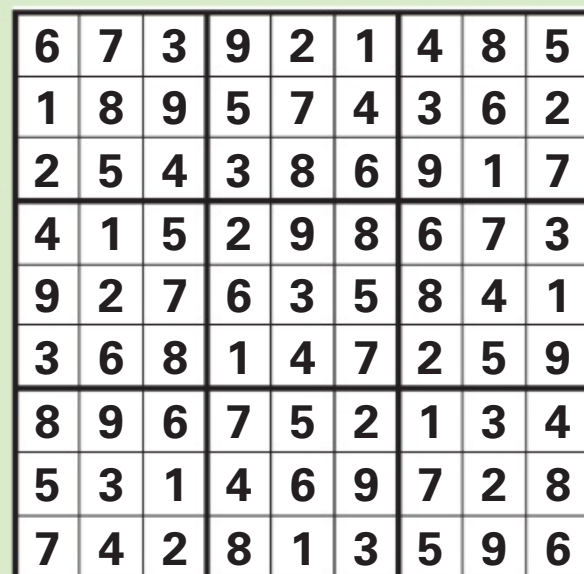
Crossword



Word search



Sudoku



Spot the difference



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for women
First

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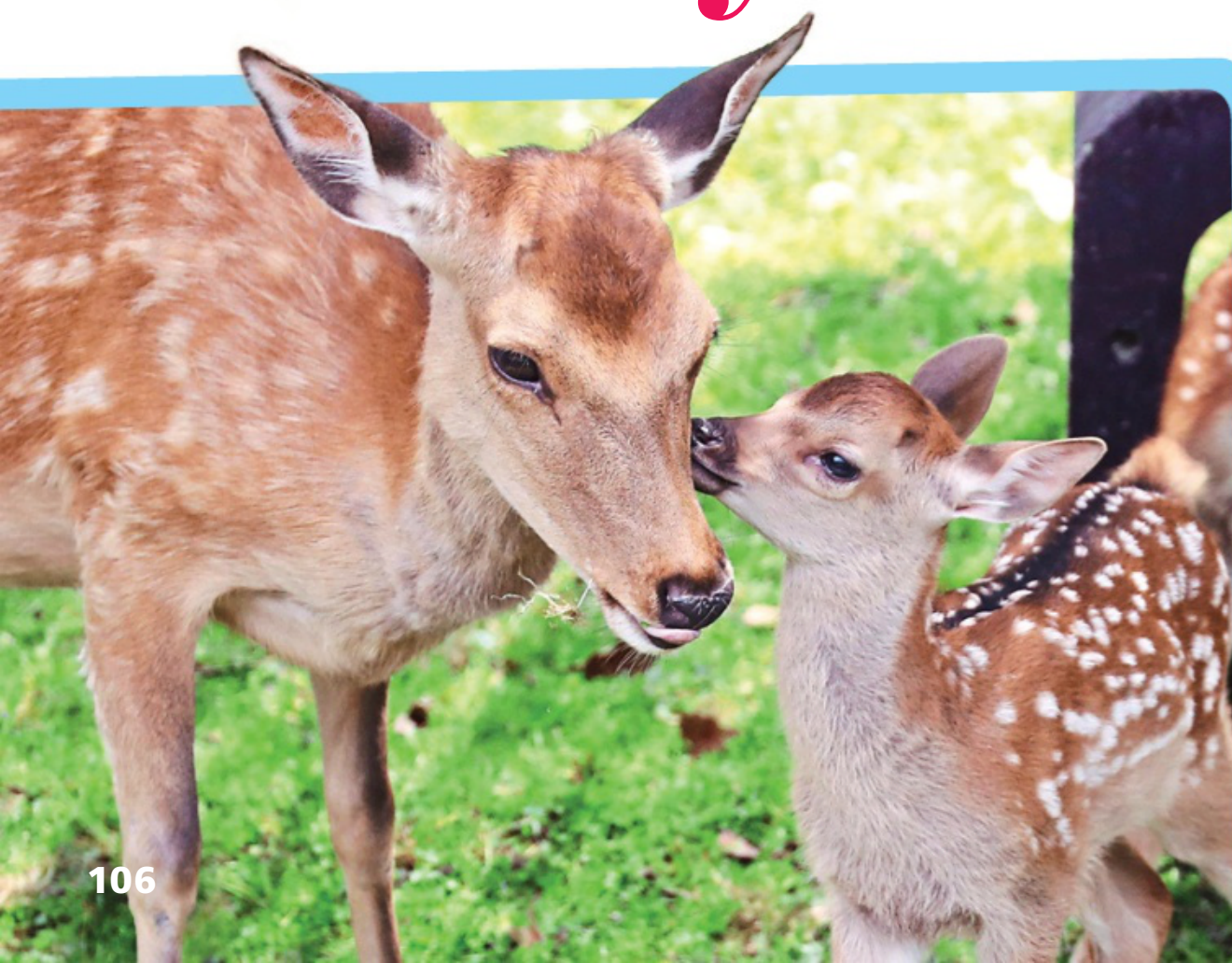
speedy

Race to the finish

Kenya, Africa—Run like the wind, cuties! These adorable cheetah cubs, born to mom Siligi in the Masai Mara Reserve, are on their way to becoming impressive *cathletes*! The cubs are constantly darting their way around the reserve as they work on boosting their speed. Before long, they'll be running up to 75 mph!



5 stories that will make you smile



precious

Happy to spread the love

Nara, Japan—Visitors were in for a real treat when they stopped by the public Nara Park on a sunny Saturday. The reason? Fawns! Although the park can have up to 1,000 sika deer at any time, it's the babies and their moms that really warm people's hearts. This particular youngster was seen frolicking through the grass, nibbling on feed from visitors and planting a sweet smooch on her mama.

silly

Ready to rumble

Hudson Bay, Canada—

These two polar bears decided to put their strength to the test during a playful wrestling match one afternoon on the ice of Hudson Bay. Even after one bear gently pinned the other down, his feisty companion didn't give up. The duo continued with the hilarious battle until one of the furballs finally put his paws up, almost as if he were surrendering to his pal.



fun

Striking a silly pose

Jakarta, Indonesia—

Say cheese! This white tree frog had been on a branch to sunbathe when photographer Kurit Afsheen came across the critter in his backyard. Though he stayed still for a quick moment, the amphibian soon let out a croak as if he were laughing and even smiled for the camera. What a jokester!

sweet

In need of a nap, cutie?

Champrepus, France—Welcome to the world, little one! Baby giraffe Pemba has been enjoying lots of rest and relaxation since his birth at Champrepus Zoo. Keepers say he takes turns lounging in the shade and sun while he watches all of the giddy zoo guests trying to catch a glimpse of him. Occasionally Pemba will curl his neck and take a snooze, but not for long: Giraffes only sleep about 30 minutes each day, with naps being no longer than five minutes. Looks like this baby gets refreshed in a blink!





**Wake me
when it's
Easter**

**Catch you on
the other side
of the rainbow**



Photo submitted
by Greg Locke,
Marlboro, NY



SMILE FILE

"It's the day after St. Patrick's Day, or as I like to call it, **St. Advil's Day"**

—Bette Midler

THAT'S LIFE!



Things kids say

FAST FOOD?

My entire family went out to eat on St. Patrick's Day last year, and after we'd ordered our main courses, the waiter gave each person an empty plate for the salad bar. My 4-year-old daughter, Suzy, gasped and said, **"Mommy, he forgot our food!"** —Kim Wells, Chicago

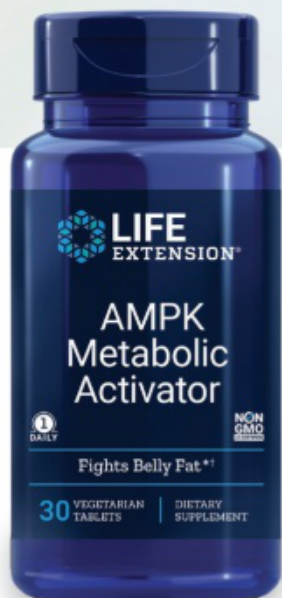
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