

December 3, 2018

God Bless America

Woman's World

Make it
a great
week!

"HEAVEN IS REAL!"

Hank Williams'
granddaughter
opens up about
her near-death
experience →

More
for your
money!
\$1.99

5-minute mind-body trick that will

TURN OFF ALL OUR WORRIES

aging health problems? Cure them the Medical Medium way &

DROP 21 lbs in 14 DAYS

Discover the
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**Hurry! Ingredient
is selling out!**

Hot baths slim faster than exercise

RELAX THIS WAY TO BURN CALORIES

ancient Indian self-massage secret that

WORKS BETTER THAN ADVIL

from Stanford University:

RUSH AWAY BLOAT!

Lose a size
this week!

- ✓ Free up an overloaded **LIVER**
- ✓ Boost a sluggish **THYROID**
- ✓ End **CHRONIC TIREDNESS**

**Shannon lost
80 lbs and got off
15 medications!**

Easy Ginger Baby
cupcakes will make
everyone happy!

Fast & cheesy
weeknight
suppers



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Feel great

Relief from dry eyes!

By age 50, 67% of us suffer from dry eye—and cool air and dry heat only make the condition worse. These M.D.-approved tips can help!

Go fish!

Omega-3—rich tuna a few times a week can bring relief if you're prone to dry eyes, and if you aren't, it can cut your risk in half, according to a Harvard study. "Omega-3s help glands in the eyelid secrete a thin oily layer that coats and lubricates," says Rahul T. Pandit, M.D., clinical director at Houston Methodist Hospital's Ophthalmology Operating Room. Not a fan of fish? A daily 2,000-mg. supplement with EPA and DHA also helps. Note: Talk to your doctor before taking supplements.

✓ Blink, blink, blink!

Every time you do, you re-wet your eyes to ward off dryness—but many of us don't blink enough. "Studies show that when we're doing a near-focused task, such as using a computer, our normal blink rate of 18 to 20 times a minute decreases to as few as four times a minute," and over time, this can create major dry eye issues, says Ming Wang, M.D., Ph.D., of Wang Vision Institute. The simple solution: Every 20 minutes, take a 20-second break to look 20 feet into the distance. Not only will refocusing your field of vision relieve eyestrain, the trick reboots your brain's impulse to blink, lessening any dryness, burning and aching.



✓ Compress with chamomile

A warm compress soaked in chamomile tea can relieve dry eyes in five minutes or less by prodding oils in the eyelids that keep eyes 80% more hydrated. Heat helps melt stiffened oils that block ducts and worsen dryness, and chamomile has the same anti-inflammatory effect as prescription eye drops—with none of the side effects—reveal Case Western Reserve researchers.

—Katherine Kluznik

Soothing scents for happy & healthy

Another reason to love the holidays: The scents of the season are a boon for health! According to British researchers, when volatile oils reach the brain, they reduce chronic stress and muscle tension, plus boost the production of immune cells by as much as 22%. Here, more of the perks that are just a whiff away:

✓ Sharpens focus: Frankincense

It's so much easier to get through this busy time of year if you can stay clearheaded and focused—and frankincense can help! According to Canadian researchers, this essential oil's active ingredients kick-start the formation of energizing beta brain waves, increasing alertness and mental stamina for 60 minutes straight. When you start feeling scattered, take six slow, deep sniffs from a vial of frankincense essential oil.

Soothe skin too!

Massaging myrrh oil into dry, flaky skin can soothe inflammation and increase moisture retention, cutting symptoms by 75% in one week. To do: Mix one drop of myrrh oil into a tablespoon of your favorite lotion and apply to dry patches twice daily.

✓ Eases GI upset: Peppermint

Some 66% of us struggle with GI problems during the holidays. The aromatherapy fix: Breathe in the scent of peppermint essential oil. Experts say it calms the digestive tract to ease symptoms fast. Another plus: The strong scent stimulates the brain's feel-full center, so it can help you ward off snack attacks!

✓ Heightens joy: Nutmeg

To feel merrier within 24 hours, simply simmer six drops of nutmeg essential oil (or ½ tsp. of ground spice) in two cups of water for 20 minutes. Says Michelle Cook, Ph.D., author of *Boost Your Brain Power in 60 Seconds*, the familiar aroma improves moods as effectively as antidepressant drugs!

✓ Promotes sleep: Vanilla

Can't turn off your busy brain? Try putting two drops of vanilla essential oil on a tissue on your nightstand. Duke University researchers say the oils calm the anxiety center of the brain, helping you fall asleep in half the time. —Brenda Kearns

