



**Creamy & easy!**

for women

June 18, 2012

**Grill up a good time!**



**BYE-BYE BLOAT**

**BEAUTIFUL**

*family health*

love

# Doctors' remedies for sleep woes

As the days get longer, kids' sleep routines tend to get off-kilter. To the rescue: these natural approaches doctors use to help their own kids get the rest they need



# BELLY FLAT CURE

## L-THEANINE

"Our older son is the typical teenager who tends to keep vampire hours at the beginning of summer break," says Cathleen London, M.D., an assistant attending physician at New York-Presbyterian Hospital in New York City and mother of two teenage boys. "I find him still awake when I get up to go to work in the morning, and asleep in the afternoon." Dr. London's solution? About 20 minutes before she wants her son to go to bed, she gives him 200 mg of Suntheanine—a pure, highly concentrated form of the soothing amino acid L-theanine. "It stimulates the production of calming alpha brain waves, which help promote restful sleep," explains Dr. London, who finds that her son is usually back on a normal schedule within two days. One to try: Swanson Ultra Suntheanine L-Theanine 100 mg (\$7 for 60 capsules, at [SwansonVitamins.com](http://SwansonVitamins.com)). \*

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