

Woman's World

God Bless America

A great week made easy!

April 14, 2008

\$-saver
dinners
that taste
gourmet.

The diet that
Cures
ADD!

Gorgeous hair!

Simple 3-step scalp massage makes hair grow faster and thicker!



Sweet 'n easy!
Spring
cupcakes!

The houseplant that Cures
within 12 hours!

Kiss belly bye-bye!

- ✪ Super-crunches that work
- ✪ Foods that melt ab flab!
- ✪ Slimsuits that make pounds disappear!

6 easy energy tricks to
Blast away tiredness!

Your PMS symptoms, cured!
deal bloating, cramps, cravings and mood swings naturally

More time for you!
tricks that end junk mail, spam and telemarketers!

This water erases anxiety!

If you're feeling frazzled, sipping water infused with L-theanine—an all-natural amino acid from green tea leaves—will calm you down in just 30 minutes, without making you drowsy. "It stimulates production of alpha brain waves, a state similar to what is achieved by meditation where one is deeply relaxed and mentally alert," explains Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic*. L-theanine-infused waters to try: Blue Cow (\$2 for a 10-oz. bottle) in vanilla and lemon flavors, or Vitamin Water B Relaxed (about \$1.50 for a 20-oz. bottle). Find both in supermarkets and health-food stores nationwide.

BONUS L-theanine makes you happier by increasing the production of the feel-good brain chemicals serotonin and dopamine. Plus, it makes it easier to focus during the day and sleep soundly at night, studies show.



Power? Problem! As 96 lbs 'diet' diet!

all your favorite foods!
if you want all weekend
your metabolism 14%!
a single calorie or carb!

Mandy lost
25 lbs

HEALTH-BOOSTING 'COCKTAILS'!

Alzheimer's!
of cancer!
anxiety!
aging clock!



\$1.79