

March 20, 2017  
*God Bless America*

# Woman's World

A great week made easy!

**HEALING HERBS**  
that fight disease!

Stir *this* into milk to

**SLEEP BETTER TONIGHT!**

The nutty snack that makes your memory

**YOUNG AGAIN!**

**Yale research!**

Eat *this* to detoxify your "stress glands" and

**LOSE 15 LBS  
in two weeks!**

Amazing cure! Drink this *juice* to

**SOOTHE AWAY  
NECK PAIN!**

**HIGH BLOOD PRESSURE?**

Heal it with *guacamole*!



**Bake up  
some  
magic!**

Thrill a little girl with our  
fairy cottage cake!

*Plus*  
**DOUBLE YOUR  
WEIGHT LOSS**  
just by eating *breakfast*!

**REJUVENATE  
YOUR LOOKS**  
with *grapefruit*!

\$1.99

Sprinkle on the  
*spice* that

**ENDS  
TIREDNESS!**





# Start your week with a smile!

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March 20, 2017

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*I glanced out the window at the signs of spring. The sky was almost blue, the trees were almost budding, the sun was almost bright.*

—Millard Kaufman, *Bowl of Cherries*

## We'd love to hear from you!

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## As Seen on TV!

### David Venable's Mandarin Spring Salad with Grapefruit Dressing

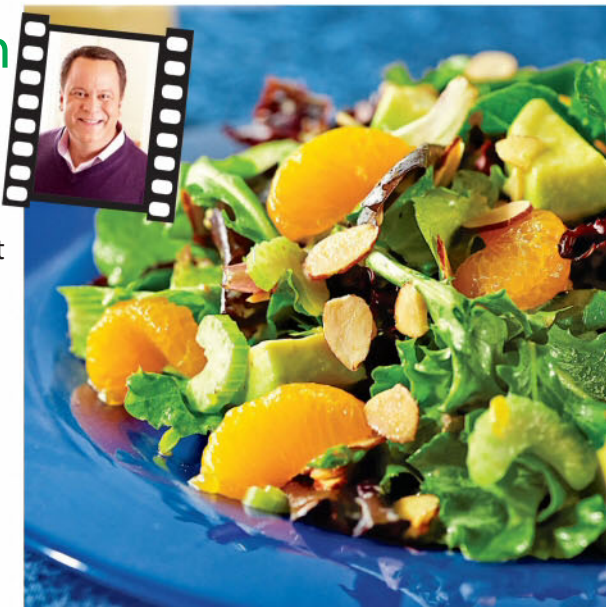
Juicy mandarin oranges, toasted almonds, buttery avocado and a bright grapefruit dressing unite to create a refreshing "I can't stop eating it" treat!

#### DRESSING

- ❑ 1/2 cup fresh grapefruit juice
- ❑ 3 Tbs. extra-virgin olive oil
- ❑ 1 Tbs. honey
- ❑ 1 Tbs. mayonnaise
- ❑ 1 tsp. Dijon mustard
- ❑ 1/4 tsp. kosher salt
- ❑ 1/4 tsp. freshly ground pepper
- ❑ 1/4 tsp. grated grapefruit zest

#### SALAD

- ❑ 1 cont. (11 oz.) spring mix salad
- ❑ 1 can (11 oz.) mandarin orange segments, drained
- ❑ 1 avocado, peeled, pitted, thinly sliced
- ❑ 1/2 cup thinly sliced celery
- ❑ 1/4 cup sliced almonds, toasted



● **Dressing:** Put grapefruit juice, olive oil, honey, mayonnaise, mustard, salt, pepper and zest into food processor. Process until blended.

● **Assemble salad:** Place salad mix, oranges, avocado, celery and almonds in salad bowl. Just before serving, pour dressing over salad and lightly toss to coat. Makes 4 servings.

*Love this recipe?*

Catch David Venable on his QVC show, *In the Kitchen with David*.

## What makes me happy!



### "I look forward to our daily strolls!"

Spending time outside with Miss T.J. Willie, my Norwegian forest cat, gives me a daily dose of happiness. Several times every day, I securely attach her leash and we step out into our yard, casually strolling along the perimeter. We soak in the sights and fresh, crisp air. On especially beautiful days, we spend some time relaxing outdoors, bonding more with nature—and each other—by the minute!

—Renee F. Despres, Londonderry, NH

### You deserve a little lift!

"It's not what you look at that matters, it's what you see."  
—Henry David Thoreau



**Do you have a happy moment to share?** E-mail a clear photo and description of it, along with your name, address, phone number and e-mail, to: [Happiness@WomansWorldMag.com](mailto:Happiness@WomansWorldMag.com). Or mail it to: What Makes Me Happy, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay you \$50 if we publish your story; submissions may be edited for style.

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● **Have a personal story to share?** Send it to: Features Department, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632 or e-mail [wwfeatures@WomansWorldMag.com](mailto:wwfeatures@WomansWorldMag.com). We'll pay \$250 for full-length stories published and \$50 for each "Kids are funny!" that we use. All submissions become the property of *Woman's World* and may be edited, published or otherwise re-used in any medium.

## Start your week with a Laugh!



"Your blood pressure's a little low. I'll double my bill—that should raise it."

**Q** What did the calculator say to the math student?

**A** You can count on me!



"Do you have anything that looks like a cantaloupe but tastes like a cheesecake?"

## Kids are fUnNy!

**W**hile waiting in the checkout line at Walmart with my five-year-old niece, Kayla, I unknowingly dropped my car keys. Behind us was a woman with a young boy about the same age as Kayla. He tugged on my sleeve and said, "Excuse me, lady, you dropped your keys." Kayla turned around and immediately shouted, "Hey, her name's not lady—it's Aunt Pepper!"

—Pepper Troop, Reading, PA

**WW**



# Start your week in the know!

## This week's Hot Trend

Welcome birds to your yard or add an avian accent to your home with these cheery finds inspired by our feathered friends!

**Songbird seed** has whole peanuts and sunflower hearts! \$14.99 by Kaytee at Ace Hardware.com.



**Set of two kitchen towels**, \$17.50 at Store.MaryLakeThompson.com.

**Bluebird ring**, \$39.98 at CatalogFavorites.com.



**Wall clock**, \$45.99 at Wayfair.com.



**Candleholder**, \$29.99 at FitzAndFloyd.com.



**Musical mug** plays the songs of eight North American birds, including the Northern Cardinal and American Robin! \$14.99 by BigMouth Inc. at Amazon.com.



**Sneakers** feature goldfinches, cardinals, bluebirds and chickadees! \$69.95 at BradfordExchange.com.



**Pillows**, \$43.99 each by Sally Eckman Roberts at Wayfair.com.

**Goldfinch birdhouse**, \$28.99 by Songbird Essentials at BackyardChirper.com.



**Porcelain bluebird earrings**, \$29.98 at CatalogFavorites.com.



**"Songs of Spring" quilted tote**, \$79.95 at BradfordExchange.com.



# Welcome spring with songbirds!







## Spoiler alerts don't spoil the story!

Overheard key secrets to a movie, book or TV show? You're *more* likely to enjoy it now that you know how it ends! In a University of California study, people who learned plot points before reading a book enjoyed it more than those who waited until the end! Spoilers make us feel like we're going to get a solid payoff for investing time in a story!

## HEALTH NEWS!

## The drink that's least likely to cause a hangover!

It's beer! According to a new German study, the brew is less likely than wine or spirits to make you feel lousy the morning after a night out. That's because the hops in beer reduce alcohol's liver-harming effects—which eases hangover symptoms!

## REVEALED!

## How to slow time!

Always feel rushed? Help another person—even if it's simply holding the door open for them—and you'll suddenly feel like you have more hours in your day! A *Psychological Science* study found that even brief bouts of kind behavior curbed the do-gooders' "I'm so busy" feeling. That's because volunteering or being generally helpful increases your feelings of self-worth and success, which in turn makes you less anxious and stressed!



## SUCCESS SECRET!

## You can be a prodigy at any age!

Think major breakthroughs only happen if you're young or a genius? Think again! A new *Science* study shows the real reason for overwhelming success isn't age—it's how much you hustle! In fact, researchers found that many workers enjoy their biggest breakthroughs during their late forties, fifties and sixties—after they had years of experience and more time to be productive!

## ★ Star Quote ★



*"Success isn't overnight. It's when every day you get a little better than the day before. It all adds up."*

—Dwayne Johnson

## HELP A HERO!



## Donate airline miles to injured service members!

The Fisher House Foundation provides free temporary lodging for families of service members receiving medical care at major military and VA medical centers. You can help this nonprofit organization fly service members' families to their bedsides by donating frequent flyer miles—even 1,000 miles makes a difference! To learn more about the Fisher House's Hero Miles program and how to donate your miles, visit [FisherHouse.org](http://FisherHouse.org).

## It happened This week!



● **The Many Adventures of Winnie the Pooh**, an animated feature-length film, began delighting audiences in **1977**. Think you recognize the voice of the lovable bear? Actor Sterling Holloway was also the voice of the Cheshire Cat in Disney's *Alice in Wonderland* and Sleepy in *Snow White and the Seven Dwarfs*!

● **Harriet Tubman**—an escaped slave who led hundreds of other slaves to freedom through the Underground Railroad and served as a scout and spy for the Union Army—died in **1913** at age 93. Amazingly, when Tubman underwent surgery for injuries in the 1890s, she refused anesthesia. Instead, she chewed on a bullet, something she'd seen Civil War soldiers do during their surgeries!

● Fashion icon **Barbie** made her debut at the American International Toy Fair in **1959**. Since then, the doll has experienced a multitude of careers, wardrobes, hairstyles—even nationalities. Just ask Bettina Dorfmann: She owns over 15,000 versions, making her the *Guinness Book of World Records* holder for Largest Barbie Collection in the World!



● **Billie Jean**—one of Michael Jackson's most famous songs—hit number one on Billboard's Top 100 chart in **1983**. Nicknamed the "King of Pop," Jackson actually was a king, having been given the honorary title by a West African tribal chief during a tour of the continent in 1993!

● Francis Ford Coppola's **The Godfather** opened in theaters in **1972**. The film's famous line—"I'm gonna make him an offer he can't refuse"—earned the number two spot on the American Film Institute's list of 100 Most Memorable Movie Quotes. The number one quote? "Frankly my dear, I don't give a damn!" delivered by Rhett Butler (Clark Gable) in *Gone With the Wind*!



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\*Have fun this week!



## Have a girl's night Beauty and the Beast

Fall in love all over again with *Beauty and the Beast* as Disney brings the classic fairy tale to life with a new live-action version that will take your breath away whether you're a long-time fan or bringing kids to see it on the big screen! The story follows independent-minded Belle (Emma Watson) as she's taken prisoner by the Beast (Dan Stevens). Pushing her fear aside, she befriends his castle's staff, including candelabra Lumiere (Ewan McGregor) and



### Who will be the next DWTS champ?

Which dancing duo will follow in gold-medal gymnast Laurie Hernandez and partner Val Chmerkovskiy's footsteps to take home the coveted mirror ball trophy? Find out when season 24 of ABC's *Dancing with the Stars* kicks off on Monday, March 20th, with a two-hour premiere at 8 p.m. ET.



## Watch a St. Patrick's Day parade!



Get in the St. Patrick's Day spirit this March 17th, and watch as bands, bagpipers and traditional Irish dancers take part in parades around the world! Catch New York City's event—the oldest and largest in



the world—as it steps off at 11 a.m. ET online at [NBCNewYork.com](http://NBCNewYork.com). Another one to watch? The world's third largest takes place in Savannah, Georgia, and begins streaming at 10:15 a.m. ET on [WTOC.com](http://WTOC.com). Want to attend a local event? Find a parade or party near you at [St-Patricks-Day.com](http://St-Patricks-Day.com).

### Get a free treat for spring!

Celebrate spring with a free treat (or two!) on March 20th! To start, head over to Dairy Queen for a free small vanilla soft-serve cone. While there, you can also donate to Children's Miracle Network Hospitals. For info and to find participating locations, go to [DairyQueen.com](http://DairyQueen.com). Then stop by your local Rita's shop between noon and 9 p.m. for a free Italian ice! Go to [RitasIce.com](http://RitasIce.com) for info.





# ht out to see st!

teapot Mrs. Potts (Emma Thompson), and learns to look beyond the Beast's terrifying exterior. Listen for three new songs—including "How Does A Moment Last Forever" by Celine Dion! Catch it in theaters March 17th.



## Be inspired by Katey Sagal!

In her new book, *Grace Notes: My Recollections*, actress Katey Sagal shares memories about her life as a mother, cancer survivor, musician and actress—taking you from her breakthrough role as Peg Bundy on *Married... with Children* to her award-winning turn as Gemma on *Sons of Anarchy*. Available March 21st, \$26 on Amazon.com.

Photos: Fox/Photofest; Eric McCandless/ABC/Getty Images; courtesy of vendor (5); HGTV; iStockphoto (2); Pacific Press/LightRocket/Getty Images; Walt Disney Co./courtesy Everett Collection (4); Shutterstock; Media Bakery; courtesy Lucy Baker/TurnipTheOven.com.

## Welcome spring with a refreshing cocktail!

Chase the last of those winter blues away with a light, refreshing cocktail that celebrates the arrival of spring! These sips will give your senses a boost:

### ● Pineapple Mojito:

In glass, muddle 1/4 cup chopped fresh pineapple, 5-6 fresh mint leaves and 1 tsp. sugar. Add 2 oz. white rum, juice from lime wedge and ice; shake and strain if desired. Top with seltzer. Garnish with mint.



● **Cucumber Paloma:** Cut 4 wheels off a cucumber and purée the rest in a food processor, then strain. Measure out 1/4 cup cucumber juice, discard remaining. Pour juice into pitcher, add 1 3/4 cups fresh grapefruit juice, 3/4 cup tequila and juice of 1 lime. Stir. Fill 4 glasses with ice, divide the drink among them and top each with club soda.



● **Citrus Garden Cooler:** Combine 1 1/2 oz. vodka, 1 tsp. honey, 10 rosemary leaves, 6 leaves basil and juice of 1/2 lemon in cocktail shaker, shake vigorously. Strain, if necessary, and pour into glass with ice. Garnish with rosemary sprig and lemon slice.



● **Strawberry Gin Smash:** In tall glass, use the back of a spoon to smash together 2 large hulled and halved strawberries, 1 tsp. sugar and 3-4 mint leaves. Add 2 oz. gin and juice from 1 lime wedge. Mix. Add ice and pour in 5 oz. tonic water, stir. Garnish with a spring of mint and a strawberry.



## Watch a new HGTV show!

Can't get enough HGTV? You're in luck! The channel's new show, *Home Town*, features husband-and-wife home renovation pros Ben and Erin Napier as they put their stamp on small-town Mississippi by bringing new life to historical old homes! Their secret? They use repurposed materials to preserve the spaces' classic character while giving them modern and affordable updates. Tune in March 21st at 10 p.m. ET/PT.



## Woman's World Book Club

## Enjoy an enchancing romance!

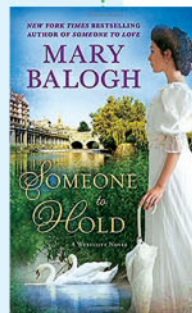
### ❖ *The Trouble with Dukes* by Grace Burrowes

When he arrives in London, Scottish soldier Hamish MacHugh, the Duke of Murdoch, is a complete outsider—with a reputation for violence. Despite the rumors of his dark past, Megan Windham isn't afraid of the mysterious newcomer and even agrees to help him learn something every gentleman must master: the waltz. But will they dance into each other's hearts?



### ❖ *Someone to Hold*

by Mary Balogh. After a family scandal leads to a drastic change of fortune, Camille Westcott finds herself stripped of her title. Penniless, she leaves London and heads to the English countryside to take a job teaching at an orphanage—the former home of her secret half-sister. There she meets art teacher Joel Cunningham, who's less than impressed with Camille's standoffish behavior. Can he break down her defenses before the scandal she thought she left behind in London comes back to haunt her?



❖ *Devil in Spring* by Lisa Kleypas. Lady Pandora Ravenel is headstrong and ahead of her time: Instead of focusing on marrying a titled husband like other debutantes in Victorian London, she's more interested in starting her own business. But when she gets tangled up in a scandal—and her entrepreneurial ambitions make her a few enemies—Pandora has no choice but to marry roguish Gabriel, Lord St. Vincent. As their marriage of convenience evolves into a partnership of equals, they must protect each other from a sinister threat!





# “There’s nothing like the healing power of love!”

It’s a proven fact that animals provide us with healing, joy and comfort. So when Shari Duval’s son came home from the front lines in need of all three, she found a way to help Brett start a brand-new life with the kind of love only a dog can give. And now they’re doing the same for other American heroes!

Walking through the door, Shari Duval noticed her grown son just sitting there, staring blankly.

She counted her blessings that Brett was home—and safe. But after two tours of duty working with explosive-tracking dogs in Iraq, the Brett who’d returned wasn’t the same one she’d kissed goodbye. He never left the house anymore. He never smiled. And if she even tried to start a conversation, he’d clam up.

The Ponte Vedra, Florida, mom was proud of the sacrifices Brett had made for our country. Yet now her heart was breaking as she worried: Will I ever get my son back?

## A mom’s mission

In the weeks following his homecoming, Brett was diagnosed with post-traumatic stress disorder (PTSD).

“How do I help fix this?”

Shari asked doctors. There was therapy. Medications. But nothing seemed to be working.

Then one day, Shari read about the positive effect service dogs were having on vets with PTSD.

Brett loved dogs. That would be perfect for him! she thought.

At the time, however, there weren’t many organizations providing service dogs to veterans.

So it struck Shari: Brett had extensive experience training dogs. What if I got him to train one now? That would give him purpose. And when it’s difficult to talk to people, dogs—well, dogs love unconditionally. They just *understand*.

When she told Brett, the light switched on in his eyes for the first time since his return. They visited the shelter, and came home with a Belgian Malinois named Reagan.

And a miracle began to unfold.

Suddenly, Brett was getting up to feed Reagan. Going outside to walk her. Just petting her both calmed and invigorated him. Soon, he was teaching her commands: “Sit.”

“Stay.” “Come.”

As months passed, she became his shadow, his best friend. With her by his side, his depression lifted. He began laughing. Venturing out to movies and restaurants. Even dating!

Every American hero deserves to know this hope, relief and independence! Shari and Brett realized. And they started K9s for Warriors (K9sForWarriors.org) to train and provide service dogs for veterans.

## Healing hearts

Taking out a loan, Shari bought a little house with a yard. She and Brett began visiting shelters



“We’re saving lives—both veterans’ and dogs!” says Shari, with Brett and Reagan. Inset: Melissa and Chauncey.

to find dogs for other “warriors.” And as he worked with the pups, Brett felt himself healing more and more. He even fell in love and became a dad! And soon, with bright eyes and wagging tails, the dogs he trained were helping other veterans readjust to civilian life, too.

Mom of seven Melissa Maher, who served as a medic in Iraq for eight years, returned home with severe anxiety.

“It got to the point I would stay in my room for days,” she recalls.

Then K9s for Warriors paired her with golden retriever Chauncey. Sensitive and sweet, Chauncey would take his fluffy paw when she was agitated and pat Melissa as if to say: *You got this, Mama!*

After several deployments to Afghanistan, Army veteran Clinton Gorbett says, “I couldn’t shake the fear. I was always on high alert.”

Vancouver, Washington, was nearly 2,500 miles from Florida. But when he and his wife, Keri, learned about K9s for Warriors, they had to try. And when he met Fenton, a German shepherd, Clinton called home and wept, “I don’t feel alone anymore!”

“Fenton’s my 80-pound anxiety-reducer,” Clinton explains. “With

him, I can go places and feel safe again. I’m a better me.”

Before K9s for Warriors, Kevin Crowell had such debilitating PTSD he couldn’t go out or sleep at night. But with his service dog, Bella, by his side, he felt strong again—today he even mentors at K9s for Warriors.

“Shari, Brett and Bella saved my life!” Kevin smiles.

Today, thanks to generous donations, K9 for Warriors has helped almost 300 warrior “teams!” And though Brett still has difficult moments on occasion, knowing he’s making a difference for others—and finding forever homes for shelter dogs—is a gift.

“Reagan was my lifeline some days,” Brett beams. “We saved her, and she saved me.”

“After all they’ve done for America, I’m proud to help these men and women!” adds Shari. “There’s nothing like the healing power of love!”

—Kristin Higson-Hughes

“When you feel like giving up, remember why you held on for so long in the first place.”

AUTHOR UNKNOWN



## Harness the healing power of pets!

✓ **Boost your heart health!** Having a pet can cut your heart disease risk and lower blood pressure. In fact, when people with hypertension adopt a dog or cat, studies show their blood pressure drops within six months.

✓ **Banish the blues!** Petting Fido or Fluffy doesn’t just make them happy—research shows stroking your pet boosts your levels of feel-good hormones that reduce depression!

✓ **Rev immunity!** Being a pet parent is a boon to your immune system. Studies link it to higher levels of illness-fighting antibodies, making you less likely to get colds and the flu.

Shari and Brett train service dogs to help vets—and here’s what a pet can do for you!

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We pay \$250!



*Lift your spirits with the warm rays of sunshine*

# THE *Jeweled Sunflower* RING



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by designer  
Anna Kang

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THE  
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As immortalized in Vincent Van Gogh's most famous painting, the vibrant sunflower is truly one of nature's most intriguing creations as it follows the sun wherever it goes. Now, jewelry designer Anna Kang has created this eye-catching ring in Sterling Silver, lavishly plated in 14K Gold, and featuring a sunflower centered with a Black Diamond surrounded by topaz toned Swarovski® crystals. The beauty of the golden sunflower is further enhanced with a Royal Blue Enameled background. Wear this very special ring to brighten up your day.

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THE  
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COLLECTION  
JFWR42

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# Upgrade your spring

Wish you could splurge on a great new spring wardrobe, but don't want to break the bank? To the rescue: these fabulously affordable finds guaranteed to give you the latest look—and make you look like a million bucks!

Beautifully blooming top is a steal at under \$10!

**\$9.98**, Jaclyn Smith (Kmart.com, style #027VA89870112P).

Embroidered tunic floats over trouble spots in style!

**\$34**, St. John's Bay (JCPenney.com, style name "White Embroidered Top White + Blue").

**\$34**

**\$16**

Mix and match this set of 10 stretch bracelets with your other jewelry for a fun new look!

**\$16**, Accessorize (us.Accessorize.com, style #2842040100).

Add pizzazz to any outfit with this rhinestone-encrusted cuff bracelet watch!

**\$20**, Charming Charlie (CharmingCharlie.com, style name "Bejeweled Square Bracelet Watch").

The cushy insole makes these slip-on sandals comfortable enough to wear all day!

**\$39.99**, Mountain Sole (Target.com, style name "Cece Floral Thong Sandals" in White).

The basket of blue flowers on this adorable tote adds a subtle pop of color!

**\$30**, SONOMA Goods for Life (Kohls.com, style name "Tote Bag").

**\$30**

**\$39.99**



# wardrobe for as little as \$9.98!

Floral necklace is stunning!

**\$12.90**, Forever 21 (Forever21.com, style name "Flower Statement Necklace" in Gold/Pink).

Lace-up detail is so hot right now!

**\$36**, Liz Claiborne (JCPenney.com, style name "Lace Up Top Blue Floral").

Cargo-style jacket with curve-enhancing detail at the waist is the perfect lightweight layer!

Jacket: **\$30**, St. John's Bay (JCPenney.com, style name "Dark Blue Jacket"), Top: **\$30**, St. John's Bay (JCPenney.com, style name "Floral Tee Navy White Stripe").

Butterfly scarf brings a feminine flourish to any look!

**\$19.50**, Accessorize (us, Accessorize.com, style #2872331500).

Faux-leather satchel has four interior compartments to keep you extra-organized!

**\$24.90**, Forever 21 (Forever21.com, style name "Buckled Faux Leather Satchel").

Sleeveless blouse with a flattering flow is great for work or weekend!

**\$19.99**, Jacyln Smith (Kmart.com, style #027VA92 110412P).

Pretty scalloped-trim satchel also has a strap so you can wear it as a crossbody, too!

**\$35**, Candie's (Kohls.com, style name "Bryant Mid Satchel").

1 1/2" wedge sandal comes in four other go-with-everything colors!

**\$29.99**, Deflex Comfort (Payless.com, style #160226).

Shoulder strap is adjustable so you can tailor it to your height!

**\$22.90**, Forever 21 (Forever21.com, style name "Faux Leather Tassel Crossbody" in Taupe).

**NEXT WEEK:** Add a feminine touch with denim!

3/20/17 **WOMAN'S WORLD** 11



# Look younger—

Harness the anti-aging power of grapefruit! It's loaded with antioxidants, vitamin C and natural acids that soften fine lines, volumize your hair and exfoliate your skin to reveal a youthful glow!



## 1 Prevent wrinkles with a grapefruit facial!

"The natural antioxidants in grapefruit fight free radicals—molecules that are linked to wrinkling—destroying them before they can cause damage!" says Michelle Schoffro Cook, Ph.D., author of *Be Your Own Herbalist*. What's more, the fruit's natural alpha hydroxy acids exfoliate to reveal smooth, new skin, while honey penetrates to deliver lasting hydration and softness.

● **DIY it!** Add 1 Tbs. fresh grapefruit zest and 1 tsp. honey to the mashed flesh of 1/2 avocado, suggests Schoffro Cook. Smooth mixture over face and neck, then relax for 20 minutes before rinsing off with warm water.

■ **Fast fix!** Yes to Grapefruit Correct & Repair Pore Perfection Paper Mask, \$15.99 for 5 masks, at Target.com.





# -with grapefruit!

## 2 Brighten your skin with a citrus-mint scrub!

Recapturing that head-to-toe youthful glow has never been easier! Here's why: Grapefruit is loaded with vitamin C, which helps your body repair sun damage like dark spots and uneven skin tone, and it encourages collagen production so your skin is velvety smooth and luminous!

● **DIY it!** Schoffro Cook recommends mixing 2 Tbs. olive oil with 1/2 cup sugar. Add 2 Tbs. fresh grapefruit zest and 5 drops peppermint essential oil. Massage scrub into damp skin, then rinse.

■ **Fast fix!** Mayfair Soap Foundry Grapefruit Bergamot Sugar Scrub, \$8.99 at Target.com.



## 3 Feel younger with grapefruit perfume!

The fastest way to turn back the clock? With grapefruit perfume! In a Smell & Taste Research Foundation study, women who wore grapefruit-scented perfume were perceived as being nearly six years younger than those who wore other scents. Try an age-defying spritz of The Body Shop Pink Grapefruit Eau de Toilette, \$15, TheBodyShop.com.



## 4 Volumize hair with a rosemary-citrus tonic!

Give your hair more volume with clarifying grapefruit! "It exfoliates dead cells and product buildup on your scalp, and keeping your follicles clear can help promote healthy hair growth," reveals Joshua Zeichner, M.D., director of cosmetic and clinical research in the dermatology department at NYC's Mount Sinai Hospital.



● **DIY it!** Add 1 tsp. fresh grapefruit juice and 1-2 drops rosemary essential oil to 1/4 cup olive oil, suggests Janice Cox, author of *Natural Beauty at Home*. Use fingertips to massage into clean, dry scalp for 3-5 minutes. Rinse well, then follow with shampoo and conditioner.



## 5 Revitalize your feet with a salted citrus pedicure!

"Your feet need pampering as much as the rest of your body—they work hard!" Cox says. Luckily, a quick scrub harnesses the power of grapefruit's naturally exfoliating citric acid to slough off rough skin, while coconut oil restores hydration. Complete your pedicure with a citrus-inspired nail polish, like CND Vinylux Weekly Polish in Grapefruit Sparkle (\$10.50 at Ulta).

● **DIY it!** Mix 1/4 cup sea salt with 1 Tbs. coconut oil. Stir in 1 Tbs. fresh grapefruit zest and 2 tsp. fresh grapefruit juice. While seated, vigorously massage scrub into soles of feet while using a softer touch on tops of feet. Rinse well.

## Get grapefruit-gorgeous from head to toe!

● **Whisk away impurities!** Neutrogena Oil-Free Acne Wash Pink Grapefruit Facial Cleanser (\$5.96 at Walmart.com) uses grapefruit's natural astringent ability to deep-clean pores and prevent breakouts.

● **Soften dry lips!** Burt's Bees Lip Balm in Pink Grapefruit (\$3.30 at Ulta.com) contains vitamins C and E to replenish moisture and smooth your lips on the go.

● **Revitalize your skin!** Grapefruit extract in Yes to Grapefruit Rejuvenating Body Wash (\$8.99 at Target.com) exfoliates and brightens so your skin looks its best.

● **Amp up hair!** Herbal Essences Bio-Renew Naked Volume White Grapefruit & Mosa Mint Shampoo (\$5.99 at Target) deep cleans for extra fullness.





# The easy way to Get—a

Tired of worrying about what your health might be like five, 10 or 20 years from now? Great news! including cancer, heart disease, dementia and obesity—are rapidly going down! Even better? You



## Cut your stroke risk 12% with omelets!

Over the past 10 years, the death rate from stroke has fallen about 35%, thanks to greater awareness of the signs of stroke and the importance of keeping blood pressure (a key risk factor) in check. Still, it's a leading cause of long-term disability, so it's smart to adopt a simple step that will lower your risk 12%: Eat one egg a day!

❖ **It works!** Researchers writing in the *Journal of the American College of Nutrition* aren't sure why eggs protect you from stroke, but they suspect the mix of lutein, zeaxanthin, essential fatty acids, antioxidants, choline, vitamins and minerals in eggs help keep blood vessels healthy and blood pressure in check!

### And take a multivitamin!

A daily multi with up to 400 mcg. of folic acid and vitamin B-6 (1.3 mg. for ages 19 to 50; 1.5 mg. for 51 and over) can slash stroke risk 12%, a review of 17 studies shows. These vitamins reduce harmful blood levels of the amino acid homocysteine linked to stroke.



Photos: Masterfile; iStockphoto (2); Richard Jung/Getty Images; Jeffrey Sylvester/Getty Images; VOISIN/PHANIE/Agfotostock; Gio Barto/Getty Images; Paul Poplis/Getty Images; PeopleImages/Getty Images; Dreamstime; Armstrong Studios/Getty Images.



# and stay—healthy!

Recent studies show that the rates of major health woes—  
can lower your risk a lot more with a few easy, proven steps!

## 2 Double your weight loss with a big breakfast!

For the first time in years, fewer of us are gaining weight and more of us are losing it! Now the journal *Obesity* reveals how to double your weight loss: Make breakfast your biggest meal and dinner your smallest!

Women who did shed nearly 18 pounds and 3" from their waists in 12 weeks, while women who did the opposite shed just 7.3 pounds and 1.4" from their waists, even though they consumed the same calories!

❖ **It works!** Large breakfasts keep the hunger hormone ghrelin in check (blunting your appetite) and rein in insulin spikes (so you burn fat rather than store it). Plus, your metabolism is faster in the a.m., so you torch more calories from your morning meal than from lunch or dinner!

### And weigh in seven days a week!

In one study, dieters who stepped on a scale daily lost nearly 13.5 pounds more in six

months than dieters who weighed themselves just five days per week. Daily weigh-ins help pinpoint factors that affect your weight, and they up motivation, leading you to take more slimming steps.



## 4 Keep your memory sharp with salads!

The percentage of older adults with dementia has fallen nearly 25% since 2000. And lowering your chances of ever developing it 90%—even if you have a gene that raises your risk—is as easy as eating more foods with healthy unsaturated fatty acids (such as fish, walnuts and corn oil) and fewer foods with saturated fats (such as red meat and full-fat dairy) and simple carbs (such as sugar).

❖ **It works!** The antioxidants and healthy fats in those good-for-you foods ease inflammation and counter the cellular damage thought to be linked to Alzheimer's disease and other dementias!

### Drink coffee, too!

Three to five cups of caffeinated coffee daily cuts your risk of Alzheimer's disease 27%, reports the journal *Nutrition*. Credit goes to caffeine, polyphenols and other compounds in coffee that protect brain cells from aging!



## 3 Guard your heart with tea!

Deaths from heart disease have plunged 35.5% since 2004 now that top treatments are widely available. Better yet, drinking one cup of black tea daily can slash your chances of ever having heart trouble 29%, reports the *American Journal of Medicine*.

❖ **It works!** Tea drinkers have fewer of the calcium deposits linked to dangerous heart blockages, thanks to the beverage's rich supply of flavonoids, scientists explain.

### And try yoga!

Hate exercise? Turn to yoga! Its gentle, relaxing poses provide about the same heart-protecting benefits as moderate workouts—lower blood pressure and “bad” cholesterol and higher “good” cholesterol—

without any strain or stress, reports the *European Journal of Preventive Cardiology*. What's more, it keeps your body moving, and because it's easy and enjoyable, it triggers beneficial changes in your hormones and blood vessel function!



## 5 Lower your cancer risk 15% with oatmeal!

Cancer rates have dropped 25% in the last 20 years, thanks to earlier detection and better health habits, including a plunge in cigarette smoking. Now an analysis in the *British Journal of Nutrition* reveals that you can reduce your risk of all

cancers 15% by eating more oatmeal, brown rice, whole wheat and other cereal grains!

❖ **It works!** The fiber in cereal grains counters the inflammation linked to the growth of cancer cells, and it supplies lots of antioxidants, folate and other cancer-thwarting compounds!

### Eat an apple a day and

You'll cut your risk of digestive cancer 41%, esophageal cancer 34%, colorectal cancer 28%, lung cancer 12% and breast cancer 11%, studies show. Apple's antioxidants help shield DNA from damage, block tumor cell growth and keep your immune system humming!



—Gabrielle Lichterman



# Healthy blood pressure made easy!

A new study suggests that two in three of us are now taking steps to keep our blood pressure in the healthy range—and that's smart, because preventing pressure spikes single-handedly cuts your risk of heart disease and stroke 50%! To make this task a breeze, experts advise:

## ✓ Taming inflammation with olive leaf

A daily 1,000-mg. dose of antioxidant-rich olive leaf extract could trim 12 points off your blood pressure in eight weeks, plus help stop prehypertension from blossoming into full-blown high blood pressure, Belgian studies show. The herb's active ingredient (oleuropein) flushes away artery-irritating inflammation before it can cause blood vessel spasms, the study authors say. One option: Vitacost's Olive Leaf Extract (\$6 for 60 capsules, Vitacost.com).

● **Important:** Always check with your doctor before taking any supplement for the first time.

## ✓ Trimming 10 points with beans

A high blood sugar level can damage your arteries, triggering high blood pressure. Solution: Eat two cups of black beans, lentils or any other legume weekly. Yale researchers say the fiber in these foods doubles your body's ability to control your blood sugar, plus it can lower your blood pressure 10 points in two months.

## ✓ Reducing harmful stress hormones with lemon water

Mixing 5 tsp. of lemon or lime juice into five cups of water and sipping this refreshing drink throughout the day could lower your blood pressure 7%, three recent studies suggest. These fruits are rich in a compound (auraptene) that soothes your adrenal glands, reducing their release of pressure-raising stress hormones, says study coauthor Bibi M. Raza-vi, Ph.D. And the water itself helps flush out excess sodium, a trouble-maker that makes blood pressure rise for one in three of us!

## ✓ Boosting kidney function with avocado

If your pressure inches up, energetic kidneys can help bring it down by removing trouble-making excess fluids. And one way to energize your kidneys is to eat three avocados weekly. Their healing fats help kidney cells keep fluid levels—and blood pressure—in check, University of Connecticut studies show.



## ✓ Stopping pressure spikes with seafood

Just eating 18 oz. of shrimp, salmon or any other seafood weekly can control your blood pressure as effectively as following a strict (and bland!) diet, say Harvard University scientists. "Seafood's protein, potassium and healthy oils all help relax and dilate the arteries that nourish your heart," explains Michael Roizen, M.D., coauthor of *This Is Your*

*Do-Over*. Not a seafood fan? Get the same great results by eating 3 oz. of meat or poultry, and taking 2,000 mg. of fish oil daily, instead.

## ✓ Staying serene with green scenes

Whether you're sitting in your garden, walking in the park or gazing out the window at a nearby tree, losing yourself in nature can lower your blood pressure as much as 11%! Seeing greenery soothes your central nervous system, reining in pressure-raising stress hormones so effectively that just 20 minutes daily can do the trick, University of California, San Diego, studies show.

—Brenda Kearns

## Lower blood pressure deliciously with Avocado and Shrimp Salad

**This scrumptious blend of shrimp, avocado, black beans and lime will fill your tummy and keep your arteries relaxed at the same time!**

6 Tbs. olive oil, divided	1/3 cup finely diced red onion
1 Tbs. minced chipotles in adobo, divided	1 1/2 Tbs. lime juice
1/2 tsp. salt, divided	2 cups halved grape tomatoes
1 lb. medium peeled, deveined shrimp, tails off	1 large ripe avocado, peeled, pitted and cubed
2 (15.5 oz.) cans black beans, drained	Cooked brown rice or pre-warmed tortillas to serve

● In a medium bowl mix 3 Tbs. oil, 1 tsp. chipotles and 1/4 tsp. salt; add shrimp and stir to coat. Heat a large nonstick skillet over medium-high heat. Add shrimp and cook, stirring occasionally, until seared and cooked through (2 1/2-3 1/2 minutes); remove from heat and set aside. In another bowl, combine remaining oil, chipotles and salt with beans, onion, lime juice, tomatoes and avocado. Divide avocado mixture evenly over bowls of hot cooked rice or tuck into tortillas. Top with shrimp mixture. Optional: For tacos, keep beans separate and mash before adding to shells. Makes 6 servings.



## Love spuds?

Great news: Eating potatoes daily—as long as you avoid the deep fryer—could trim your blood pressure 4% in one month, say University of Scranton researchers. Potatoes are rich in chlorogenic acid, a compound that relaxes artery walls.



## { REVERSE CELLULAR AGING }

# Turn on the anti-aging secret in your cells!

**S**cientists have long known that just keeping your mitochondria (the tiny energizing “engines” inside every cell) in peak form slows the aging process dramatically! How can you protect your existing mitochondria and create healthy new ones? Easily!

### Block harmful free radicals with CoQ10!

Your body naturally produces CoQ10 (coenzyme Q10) to protect its cells’ mitochondria from damaging free radicals. “Coenzyme Q10 is an assistant to the thousands of enzymes in the body that act as catalysts for all of our biochemical functions, ensuring that you have the energy your mitochondria—and body in general—needs to heal, maintain a strong immune system, and fight cellular damage linked with aging,” explains board-certified doctor of natural medicine Michelle Schoffro



Cook, Ph.D., D.N.M., author of *Be Your Own Herbalist*. The problem: CoQ10 declines rapidly over time, especially after age 40. Lagging mitochondria can be the catalyst for everything from chronic fatigue to wrinkling skin, broken bones to joint wear and tear—and even serious conditions like heart disease. That’s why supplementing with CoQ10 is shown to slash the risk of dying from a heart attack in half! The protective dose: 100 mg. daily.

■ **Tip:** You can boost CoQ10’s benefits by pairing each dose with 100 mg. of shilajit, an herbal supplement that’s been a staple in Ayurvedic medicine for thousands of years.

One option: Extra-Strength Shilajit Extract (\$7.99 at Swanson Vitamins.com).

### Rejuvenate your cells with glycine!

Just-published Japanese research suggests that supplementing with glycine (an inex-

pensive amino acid, available over the counter) revitalizes aging mitochondria. “What’s most exciting about research on glycine is that in as little as 10 days the effects of aging begin to reverse,” says Schoffro Cook. While glycine is found in beans, bone broth, kale, spinach, cauliflower, cabbage and pumpkin, it’s best, she says, to supplement with 1,000 mg. to 2,000 mg. daily in divided doses between meals. One option to try: Puritan’s Pride Glycine (\$7.60, Amazon.com).

### Stoke your “engines” with easy exercise!

Simply moving your body for 30 minutes every single day, by engaging in any kind of physical activity (walking, biking, weight lifting, housework and gardening all fit the bill) can fortify your existing mitochondria and increase the number of new ones in your cells 50% within three weeks, Washington University research suggests.



### Rev mitochondria with earlier dinners!

Though it’s unclear why, research shows that giving your digestive system a break, by, say, not eating after 7 p.m., helps replenish mitochondrial functions, Schoffro Cook says.

—Kallie E. Kristensen

## No more neck pain!



inflammatory that can tamp down even chronic neck pain 25% or more, UCLA researchers say. The study-proven dose: Just 2 oz. daily.

### Rev your circulation with rosemary rubs

Massaging rosemary essential oil into tight neck muscles could ease your pain in as little as 72 hours, the journal *Complementary and Alternative Medicine* reports. Two active ingredients in the oil (camphor and pinene) increase the circulation of healing, nutrient-rich blood to inflamed or damaged tissues, says study coauthor Alek Raskovic, Ph.D. To do: Mix 25 drops of rosemary essential oil (sold in health-food stores) into 2 oz. of unscented lotion, then firmly massage small dabs into your neck for two minutes twice daily.

### Stop spasms with stretches

Spending at least one minute each hour doing gentle, muscle-relaxing neck and shoulder stretches could soothe even stubborn sore neck muscles in as little as 24 hours, according to recent Yale research. To do: Gently stretch your left ear toward your left shoulder, then stretch your right ear toward your right shoulder. Hold each stretch for 15 seconds, then repeat.

### Ease inflammation with pomegranate

Pomegranate juice is nature’s top source of ellagic acid, a natural anti-

### Is your purse the problem?

Oversized handbags might be handy, but they can cause neck pain, say Baylor Medical Center M.D.s. To avoid strain and pain, pop your bag on a scale to be sure it weighs no more than 5% of your body weight (for example, eight pounds if you weigh 160)!

### Heal faster with boswellia

This Ayurvedic herb eases pain and improves neck flexibility as effectively as painkillers do—often, in as little as seven days—by switching on enzymes that help heal painfully inflamed muscles and nerves in the neck area, researchers say. For best results, choose an extract that’s standardized to contain 65% boswellic acids (such as Nature’s Way Boswellia, \$9 for 60 tablets, iHerb.com). Follow package directions for dosage.

### Give yourself—and your neck!—a break!

Scandinavian researchers found that office workers who paused for five minutes every half hour to look away from their computer and chat with a co-worker or stroll around the office were 21% less likely to suffer from neck and shoulder pain!

—Brenda Kearns

## Good-Health News!

### Melt fat with white tea

Switching to this less-processed brew—which contains more natural pound-paring compounds than green or black tea—inhibits the formation of new fat cells and encourages existing ones to self destruct, reports the journal *Nutrition and Metabolism*.



### Is it really asthma?

A whopping one in three adults diagnosed with asthma don’t actually have the condition, reveals a new study in the *Journal of the American Medical Association*. Most of the misdiagnosed patients had nothing wrong with them, many had minor conditions like allergies or heartburn, and a few had another medical problem, such as pulmonary hypertension or heart disease, the researchers report.

WW



# The surprising tiredness trigger in your belly!

Wish you had more energy and less belly fat? The key could be ridding yourself of intestinal yeast! A new study suggests that one in three of us experience yeast overgrowths, which can release toxins that trigger fatigue and achy joints—and slow your metabolism, encouraging belly fat formation and more! Luckily, you can fix the problem now—or prevent it from ever taking hold—just by:

## 1 Ending outbreaks with probiotics!

Taking just one mixed probiotic capsule daily helps end yeast overgrowths—and erase symptoms—for seven in 10 women, often in as little as three weeks, reports the journal *Critical Care Medicine*. These healthy bacteria produce acids that kill yeast on contact, explains study author Suresh Kumar, M.D.

■ **One option:** Life Extension's Florassist Balance (\$21 for 30 capsules, LEF.com/ww). **Important:** Always check with your doctor before starting a new supplement.

## 2 KOing yeast with a vegetable!

Two studies suggest that the humble rutabaga, a



sweet, potato-like root vegetable, is such a powerful anti-fungal, just a half-cup a day can rein in intestinal yeast within 10 days! Try it sliced, salted and roasted like baked fries.

## 3 Speeding healing with cinnamon

Adding 1/2 tsp. of cinnamon to your daily diet could tame a yeast infection in your gut within two weeks, suggests a study in the journal *Mycopathologia*. Natural oils in cinnamon strengthen and heal the intestinal lining, helping it fend off yeast infections, says study coauthor Tony Costa, Ph.D.

## Got a sweet tooth?

Taking 1,500 mg. of L-glutamine (an amino acid) daily helps 75% of us cut back on sugar, which fuels the growth of intestinal yeast!



## 4 Easing woes with ginger

Ginger inhibits the growth of intestinal yeast as effectively as the prescription anti-fungal drug Nystatin, reports the *American Journal of Applied*

*Sciences*. To make a refreshing, yeast-fighting ginger tea: Grate an inch of fresh ginger root into two cups of boiling water; simmer 20 minutes; strain. Add a squeeze of lemon. Drink one cup, or take a 500-mg. to 600-mg. ginger supplement, daily.

## Could you have yeast overgrowth?

If you have three or more of these symptoms, the answer could be yes:

- Chronic tiredness
- Stubborn weight gain
- Blue moods or brain fog
- Regular bouts of bloating, gassiness or other digestive upsets
- Intense cravings for sugary or starchy foods
- Frequent vaginal yeast infections
- A white coating on your tongue

—Brenda Kerns

## Stay Young with W

# Foods that Rejuvenate your memory!

Firing up your focus, your smarts, your recall and your mood ... you can do all that—and cut your risk of Alzheimer's—by nurturing your neurons with these delicious foods:

**1 Dark chocolate!** The darker the chocolate, the more flavonols it has, and that's important: A new three-month Columbia University study found that a high intake of flavonols reversed age-related memory decline in healthy 60-year-olds, restoring it to the memory of a typical 30- to 40-year-old!

**2 Berries!** Women who eat a few 1/2-cup servings of strawberries, blueberries, raspberries or blackberries each week are 35% less likely to develop Alzheimer's, reveals Rush University Medical Center research. "Berries are particularly rich in antioxidants, which may be why they're linked to better brain health," says lead study author Martha Clare Morris, ScD.

**3 Beets!** Inexpensive ruby red beets are a top source of the B vitamins that your brain requires to quickly process information and sort through memories, Oxford University research shows. In addition, Harvard researchers discovered that beets are loaded with a natural antidepressant compound called uridine!

**4 Nuts!** Eating a handful of nuts (any kind!) most days helps keep your memory razor sharp, even after age 70! Their healthy fats, fiber and antioxidants lower the "bad" LDL cholesterol that a just-published study in the journal *Circulation* reveals can be especially harmful to memory.

## Coffee lover?

Your brain says, "Thank you!" Coffee's caffeine not only gives you a momentary mental boost, it also blocks receptors for a chemical that hinders the release of brain-sparking chemicals. And that protects your thinking skills long-term, National Institute on Aging scientists say. Why? Because once those chemicals can flow more freely, they can help slow age-related mental decline!



—C.P. Pagan



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IT WORKS!

### Julie lost 20 lbs!

For many years, “losing weight felt like wading through quicksand,” recalls Florida’s Julie Sager, 40, who was eventually diagnosed with a severe thyroid problem. Desperate to be a more energetic mom, she tried Dr. Romm’s plan after reading about it on Facebook. “On a scale of one to 10, my stress went from an eight to a three. And when my stress lifted, every area of my life seemed better.” She whisked off a quick 20 pounds!

### Julie’s best tip:

Join in! “Facebook’s ‘Adrenal Thyroid Revolution Replenish Community’ group inspires.”

# Yale research! Eat *this* to detoxify Lose 15

One top doc says that simply by pampering overworked adrenal glands that pump out stress hormones, we can shrink our waists, double our energy and transform our health!

**F**eeling overwhelmed, overweight and drained of energy? “Up to 90% of women feel the same way to some degree,”

reveals Yale Integrative Medicine Advisory Board’s Aviva Romm, M.D. And while many doctors blame junk food, lack of exercise or aging, Dr. Romm says they’re missing the mark. The main culprit: Stress! “Studies show women experience more physical effects of stress than men. We’re juggling so much these days, we become stressed beyond our natural ability to bounce back.” And since stress hormones trigger cravings and spike fat storage, stress-related weight gain is inevitable. A team including researchers from Yale and the University of California even found proof that stress-prone women have significantly larger waistlines! The good news: “When

you give your body the ingredients it needs to recharge your batteries”—also known as your adrenal glands—“it can make a huge difference. Many women lose 10, 12, 15 pounds in the first two weeks *without* restricting calories or carbs,” she reports. “It’s so gentle, and yet it works wonders.” Here’s everything you need to know to use Dr. Romm’s “adrenal cure” to zap stress and transform your body...

**Fact!**  
Weight gain, digestive problems, high blood pressure, high blood sugar, high cholesterol, anxiety, insomnia, joint pain, poor immunity and a slow thyroid have all been linked to an overactive stress response!

## Adrenal Cure FAQs

● **What are adrenals?** “Two glands on the kidneys that act as the body’s emergency response team,” explains Dr. Romm, author of *The Adrenal Thyroid Revolution* author. Any time your brain senses a crisis, adrenals release hormones that—among many potentially lifesaving functions—

## Eat to heal your adrenals and speed off weight!

**O**ur nutrition team used guidelines from *The Adrenal Thyroid Revolution* to create this no-fuss plan for you to try. Because this plan is designed to reboot your system, it eliminates a host of foods that may inflame adrenals—including sugar, gluten and dairy. After 21 days, you’re encouraged to reintroduce healthy options one at a time; only continue avoiding those that seem to trigger discomfort or weight gain. While using this plan, drink plenty of water. Coffee or tea (with optional coconut milk and/or stevia) are fine, too. And Dr. Romm loves “golden milk” lattes (recipe, right). As always, get a doctor’s okay to try any new plan.

### The best adrenal detox foods

- ✓ **Eggs, low-mercury fish and poultry** “provide amino acids and sulfur-rich compounds needed for peak detoxification,” says Dr. Romm.
- ✓ **Sweet potatoes and squash** give your body the starchy carbs it craves—key to preventing stress—without any inflammatory gluten.
- ✓ **Leafy greens** are rich in “powerfully detoxifying nutrients” that also help with the elimination of excess stress hormones.
- ✓ **“Rainbow” veggies**—all brightly colored options—are filled with compounds crucial to detoxing and squelching inflammation.
- ✓ **Healthy fats**, including nuts, seeds, avocado, and olive, coconut, sesame, sunflower and walnut oils steady blood sugar and prevent adrenal-harming inflammation.
- ✓ **Berries** are low in sugar but high in inflammation-fighting antioxidants!



### Breakfast

ENJOY ONE DAILY AFTER A FEW MINUTES OF STRETCHING

#### OPTION 1:

**Golden Smoothie:** In blender, blitz 1 serving plant-based protein powder, 1 Tbs. almond butter, 1 frozen banana, 1 optional handful baby spinach, coconut milk to achieve desired thickness, 1 tsp. turmeric, 1/4 tsp. crushed cardamom and 1/8 tsp. ginger

#### OPTION 2:

**Easy Eggs & Veggies:** Sauté 1/2 cup mixed veggies in 1 Tbs. olive or coconut oil; season and remove from pan; in same pan, scramble 2 beaten eggs, season and enjoy with veggies





# your “stress glands” and lbs in two weeks!

send blood pressure and blood sugar soaring. “This gets extra oxygen and fuel coursing through your system in case you need it,” she notes.

● **How do adrenals cause weight gain?** Our adrenals are triggered not just by real danger but also by mundane modern stressors—like screaming kids, traffic, bills, telemarketers—“so our stress response may never turn off,” Dr. Romm says. We crave carbs to keep blood sugar up—yet mostly it gets stored as fat. Constant high blood sugar irritates our insides, leading to inflammation that impairs thyroid function, cellular metabolism, brain function—and even becomes a stress trigger itself. Stress hormones damage muscle, causing metabolism and stamina to drop further. The domino effect continues, and we gain more and more easily.

● **What’s the easiest fix?** Using blood tests to monitor stress hormones in patients, Dr. Romm found simple dietary changes make a remarkable difference. The key:

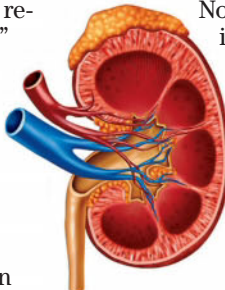
taking a break from food that spikes blood sugar or worsens inflammation. Instead, you eat your fill of options loaded with nutrients like magnesium, vitamin D, omega-3s and antioxidants—which help “soothe our adrenals, steady blood sugar and fight inflammation.”

● **I don’t count or measure?**

Nope. The whole point here is to minimize stress—and studies show restricting calories or carbs *triggers* stress hormones. Pay attention to your body and stop eating when you start to feel full. Slip up? Just aim to do better next time!

● **What about exercise?**

“Intense workouts have the same stress-inducing effect as carb deprivation,” says Dr. Romm. So skip them! But do stay active. A great idea to try: Before dinner, dance to your favorite music for 15 minutes. Studies show this simple trick quickly improves levels of stress hormones—and may relieve stress-related insomnia right away!



The adrenal gland perched atop a kidney like a little cap.

## Try this trendy coffee swap!

Frothy “golden milk” is popping up at cafés across the country, in large part because it makes stressed-out women feel so good. It’s made with turmeric, a potent spice found to help relieve adrenal-damaging inflammation. And because coffee can overstimulate the adrenal glands, “switching to golden milk can help you feel more energized in just three to four days,” says Dr. Romm.



### Easy Golden Milk Latte:

● **Simmer 1 cup coconut or almond milk with 1 heaping tsp. turmeric, 1/4 tsp. ginger and dash cinnamon for 10 minutes; turn off heat, strain; add green tea bag, steep five minutes. Enjoy!**



### DIY breakfast!

Go for 1 serving protein, 1 serving good quality fat, 1 optional serving fruit, 1 optional serving veggies, and nutrient-rich flavoring to taste (such as turmeric, ginger, cinnamon, vinegar, lemon juice).

## Midmorning & Midafternoon Snacks

ENJOY ONE AT EACH SITTING IF HUNGRY

**OPTION 1:**

1/2 cup mix of your favorite nuts, seeds, dried fruit, dried coconut chips, dark chocolate chips, dash salt

**OPTION 2:**

Coconut yogurt with berries and nuts

**OPTION 3:**

1 hardboiled egg with sea salt and pepper

**OPTION 4:**

Single-serve pack guacamole, hummus or nut butter; serving gluten-free crackers or veggies



## Lunch & Dinner

ENJOY ONE AT EACH SITTING

**OPTION 1:**

**Middle Eastern Bowl:**

1 serving chicken breast and 1 serving falafel patties (from gluten-free mix such as Orgran), over lettuce, onion and parsley; dress with a mix of olive oil, tahini and salt

**OPTION 2:**

**“Bagel” Platter:**

1 serving smoked salmon, 1 serving gluten-free crackers (such as Mary’s Gone Crackers everything flavor), coconut yogurt with dash of salt and dill, 2 servings sliced veggies drizzled with 1 serving olive oil, capers

**OPTION 3:**

1 serving grilled steak, seasoning 1 baked sweet potato, 1/2 serving olive oil 1 large side salad, 1/2 serving olive oil, vinegar, spices

**OPTION 4:**

1 serving chicken and 2 servings veggies (such as broccoli and red pepper) stir-fried with ginger, tamari, garlic and a mix of coconut and sesame oil 1 serving soba noodles



### DIY lunches and dinners!

Go for 1 serving protein, 1 serving unprocessed gluten-free starch, 1 serving good fat, 2 large servings colorful veggies, herbs/spices and nutrient-rich flavorings.

Photos: Victoria Firmston/StockFood/Media Bakery; Martin Jacobs/Getty Images; StockFood/Getty Images; Gastromedia/Alamy Stock Photo; Olivier Blondeau/Getty Images; Lilyana Vinogradova/Getty Images; Peter Kooijman/StockFood/Media Bakery; Dreamstime; Pedro Carrillo/Ikonix Pix.



## Cut carcinogens with ginger!

Gingerols, the compounds that give this spice its zingy taste, lower your cancer risk by counteracting carcinogens, reports the *Journal of Agricultural and Food Chemistry*. Although ginger is nontoxic to healthy cells, preliminary University of Michigan Comprehensive Cancer Center lab tests suggest it kills ovarian cancer cells as effectively as chemotherapy by tricking them to self-destruct!

❖ **"Thai" it yourself!** Sip two cups of ginger tea daily, such as Organic Thai Ginger Tea, \$13.05, 4AllVitamins.com. Or take a ginger detox bath weekly: Simmer two tea bags or a quarter cup of freshly grated ginger root in a pot of water for 15 minutes, strain and add liquid to the tub; soak 10 minutes.



## Protect your breasts with Thai basil!

Slightly spicier than common basil, Thai basil is full of lutein, linked to reduced breast cancer risk, plus eugenol, shown in Indian research to reduce inflammation (also linked to breast cancer) more than 70% in just one day! Thai basil was also shown in lab tests to suppress tumor growth and induce cell death, known as apoptosis, in breast cancer cells!

❖ **"Thai" it yourself!** Thai basil's subtle licorice flavor makes it popular in Thai cuisine. Find it in Asian groceries and large supermarkets, or use common basil, which has smaller amounts of cancer-fighting compounds.

# Cancer-proof yourself with Thai herbs and spices!

Thailand has the lowest breast cancer rate in the world, thanks largely to their famous herbs and spices, which have unique, detoxifying properties that remove cancer-causing substances. And the best part: These natural compounds aren't exotic or hard to find—they're in your local supermarket!

—Shannon Hunt

Photos: Gavin Hellier/robertharding/Getty Images; John Glover/GAP Photos; Praphat Rattanayanon/Getty Images; Kyle Rothenborg/Getty Images; SuperStock.





## Whisk away toxins with cilantro!

All leafy greens are great detoxifiers—cilantro leaves go one step further: “They’re a metal chelator, meaning they bind with heavy metals and help carry them out of your body,” says epidemiologist Gerard Bodeker, Ph.D. That includes lead, aluminum and even mercury! Cilantro also neutralizes HCAs, carcinogens created when meat is cooked over a high flame, according to research in the *Journal of Food Science*.

❖ **“Thai” it yourself!** Use fresh cilantro as you would parsley, in marinades, salads, rice and noodle dishes and soups. You can also use coriander, the spice made from ground cilantro seeds.

### More benefits!

Lemongrass is prized in natural medicine for its ability to relieve muscle cramps, upset stomachs and headaches!



## Combat cancer with coconut!

Coconut oil is 50% lauric acid, an anti-inflammatory, antibacterial, healthy fat with potentially potent anti-cancer properties. Lauric acid (also found naturally in mother’s milk) was recently shown in lab studies to wipe out 90% of cancer cells within two days!

❖ **“Thai” it yourself!** “Blend coconut oil in smoothies, spread it on toast or use it as a topping on popcorn,” suggests clinical nutritionist Felicia Stoler, D.C.N. “It also has a natural sweetness that makes it good for baking.” Use 3/4 cup coconut oil, which is solid at room temperature, in place of every cup of butter or shortening called for in the recipe.



## Protect your whole body with lemongrass!

Just a bit of aromatic lemongrass—the amount in one cup of tea—prods cancer cells to self-destruct, preliminary research shows, while the surrounding cells remain unharmed! Prior studies show lemongrass supports your liver’s production of glutathione, a compound in every cell that neutralizes free radicals, one of the leading causes of cancer.

❖ **“Thai” it yourself!** Find lemongrass stalks in Asian markets. Peel the tough outer layer and grate the flesh; use it to add a lemony lift to rice dishes, stir-fries, chicken soup and marinades. Or brew lemongrass tea, such as Celebration Herbals, \$8. Jet.com.



# \$ Cash in this week!

## Save money with WW coupons!

### 25% off Thinning hair help!

Fill in thinning hair or balding spots, plus promote new growth, with Cover Your Gray's Fill-In Powder formulated with Procapil! Save 25% with coupon code WWCYG at CoverYourGray.com.

Expires 4/15/17.



### 10% off Water filter!

Ensure your tap water is as pure as can be with the five-stage water filter dispenser from ZeroWater! For 10% off sitewide, use code WW10 at ZeroWater.com.

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### 10% off Kitchenware!

Turn a dull knife, even one with a serrated edge, into a razor-sharp tool in seconds with the AnySharp Pro! For 10% off, use code WW10 at AnySharpUSA.com.

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### 25% off Skincare!

Green Goo Skin Repair cream is formulated to nourish and improve your skin's appearance! For 25% off, use code WWGoo25 at GreenGooHelps.com.

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### 40% off Sleep aid!

Relax your mind with soothing tunes and cut out any unwanted noise with the 1 Voice Sleep Headphone Eye Mask! For 40% off, use 40OFF at 1VoiceNYC.com.

Expires 4/15/17.



## Recession Busters!



## Get more from your credit cards!

Love the convenience, points and rewards that come with using credit cards? Here are easy ways to get more from them!

### 1 Transfer balances now!

Due to an increase in interest rates by the Federal Reserve, credit card interest rates are about to rise—making any balances you hold on them rise, too! To avoid having to pay off more interest, visit NerdWallet.com and look for cards with balance transfer offers that have a 0% introductory rate for the length of time you need to pay it off. For instance, the Citi Simplicity MasterCard has no annual fee and 0% interest on balance transfers for 21 months. There is a one-time 3% transfer fee, based on the amount you owe, but it will likely be hundreds less than what you'll end up paying if you stay with the same card!

### 2 Read the fine print!

Points and rewards aren't the only perks cards offer! Most come with money-saving benefits you're entitled to that you may be unaware of! For instance, your card might give you money back if a product goes on sale within 90 days of purchase, a free replacement if your cell-phone is lost and missed flight connection insurance when you travel! To find out all the benefits, visit your card company's website or call a customer service rep!

### 3 Keep an eye out for bonus rewards!

Enjoy earning points from credit card purchases to redeem for gift cards, products, travel or cash back? Check the reward offers on your card company's website regularly—most offer limited-time bonus rewards, like double cash back on certain purchases and bigger discounts on merchandise you can redeem with your points!

### 4 Link your cards for extra discounts!

Using a credit card that offers you cash back is one way to save money when shopping. And so is linking your credit card to a website that offers additional cash back and coupons (such as Coupons.com/card-linked-offers) or reward points (such as FuelRewards.com). Using your credit card to shop online? First visit a rebate website (such as Ebates.com and MrRebates.com) or the shopping portal at your credit card company's website—and you may qualify for cash back when you click through to online stores and make purchases!

### Scam alert!

Having a problem with your Yahoo account, for instance, you need to reset your password? If you search online for a tech support phone number, you'll find plenty—but don't call! They're fakes set up by scammers who'll ask for your info or charge you a fee, then disappear! For real assistance, visit Help.Yahoo.com.

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# \$Ka-Ching! Get paid to write greeting cards!

Love spreading good cheer? Have a way with words? Make people smile—and earn big bucks—as a greeting card writer! Tons of card companies not only welcome submissions, they pay anywhere from \$25 to \$300 to use your work. Here's how to get started:

## ✓ FIGURE OUT YOUR FORTE!

There are three basic types of greeting card text: verse, prose and punch lines. Browse the card aisle of your neighborhood store and read a sample of each. Which style seems to echo your own? Take it as a cue to pursue that type of writing. Is there a line of cards you especially like? Check the back, where you'll find the publisher's info, and contact the company to see if they are accepting freelance submissions.

## ✓ GIVE 'EM WHAT THEY WANT!

Companies like Blue Mountain Arts (SPS.com), Oatmeal Studios (OatmealStudios.com), Calypso Cards (CalypsoCards.com) and other companies are eager for submissions—just be

sure to log on to each site and study their writer's guidelines. For example, Blue Mountain Arts is looking for “genuine emotions on topics like love, friendship, family, missing you,” but they don't want rhymed poetry or religious themes. Calypso, on the other hand, is looking for humorous, edgy text for its Selfish Kitty line.

## ✓ READ THE FINE PRINT!

Not only will the writer's guidelines clue you in to the type of greeting a company is looking for, they will also spell out some important info. For example, some companies limit how many submissions they accept at any one time, while others require you to send your greeting card copy via snail

mail on index cards. The bottom line: If you submit your work the wrong way—no matter how good it is—it won't be considered!

## ✓ KEEP LOVED ONES IN MIND!

Getting sincere feelings across is easier if you pretend you're writing to a special someone, whether that's your mom, son or husband, says Lynda Schab, whose work has been accepted by Blue Mountain Arts and Dayspring (a Christian division of Hallmark), among others.

## ✓ GET TO THE POINT!

Whatever your sentiment, it's important to use as few words as possible. According to Hallmark card writer Keion Jackson: “It's about getting to the joke fast—or if it's a heartwarming card, getting to that emotional ‘aw’ moment as quickly as possible.”



## Win this at WomansWorld.com

### Win a Libman's spring-cleaning giveaway!

Spring cleaning will be a breeze if you're one of 10 winners of a Libman's spring-cleaning giveaway! It includes everything you need to get your house in tiptop shape, such as a Wonder Mop, Precision Angle Broom, Easy Grip Power Scrubber and more!



### Win \$1,000!

It'll be your lucky day if you're the winner of \$1,000! Spend the cash however you'd like, whether that's padding your bank account or making a long-held dream come true!

U.S. only. Ends 11:59 p.m. ET, 3/31/17.

### Win a wellness prize pack from Nourish + Bloom!

Give your health a boost, and enter for 10 chances to win the Nourish + Bloom Essential Collection! It includes a 30-day supply of Multi Plus, which combines a multivitamin, a probiotic and omegas, plus Green + Vitality, a green superfood and prebiotic fiber blend drink mix, and Whole Food Shake, a plant-based meal replacement.



### Win a \$500 spring wardrobe from Skye's the limit!

Freshen up your style, and enter for two chances to win a \$500 wardrobe from Skye's the limit! The casual apparel line (www.SkyesTheLimit.com) features high-quality easy-to-wear apparel with exquisite details.

U.S. only. Ends 11:59 p.m. ET, 4/4/17.



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# "Help! My joints hurt!"

Nearly 26% of us have some form of arthritis or joint pain, according to the Arthritis Foundation. Thankfully, our experts reveal several easy ways you can protect your joints!

## 1 Motion is lotion!

There's a saying in medicine that motion is lotion for your joints. And there's plenty of proof: "Studies on healthy folks have shown that when you immobilize a joint in a sling for six weeks, symptoms similar to rheumatoid arthritis are triggered," reveals arthritis expert Barbara Allan. "Unlike muscles, joints don't have circulation, so the only way to flush out the inflammation that causes pain is to move. Stretching or getting up to take short walks every hour or so can help lubricate joints and keep them healthy."



### Three moves to do in 10 minutes!

#### ● Protect hip joints with "tummy time!"

"Tight muscles often create misaligned joints," notes Joseph H. Tieri, M.D. The cure? A few easy movements you can do in 10 minutes to realign your joints, he says. First up: Just lie down on your tummy! "When we sit for a long time, our hip flexor muscles tighten up, which can trigger pain in our hip joints," Dr. Tieri explains. "Just lying down on your stomach and resting your head on your hands in front of you helps lengthen and stretch your back, taking pressure off your hips. If you can, come up a little bit onto your elbows."



### Your joint-protecting menu!

■ **Tea!** White, green and oolong teas contain anti-inflammatory compounds and catechins, which preliminary research suggests prevent the breakdown of cartilage. Aim for two to four cups a day, says expert Carol Eustice.

■ **Yellow, red or orange bell peppers!** They're a top source of beta-carotene, a nutrient that eases joint pain—plus they're packed with vitamin C, an antioxidant and a major component of cartilage!

■ **Spices!** Cooking with lots of herbs and spices packed with beneficial phytonutrients—such as basil, cinnamon, curry powder, chili peppers, ginger, rosemary and turmeric—can have a powerful pain-reducing effect, Eustice says.

#### ● Protect shoulder joints by opening wide!

"Most tasks involving the shoulders cause us to lean forward, rounding the shoulders and causing joint pain," says Dr. Tieri. The fix? Lie flat on your back, and place a rolled-up towel along the length of your spine to prop up your trunk and rest your head. Extend your arms at your sides like a "T". "This gentle stretch helps correct the constant creeping forward of the shoulders."

#### ● Protect knee joints with squats!

"Strong leg muscles help support the knee joint, but after about age 45 those muscles become 1% weaker each year," says Dr. Tieri. Walking up slight hills and taking the stairs can help by strengthening your thighs. Or simply squat your way stronger! Standing in front of a chair with your hips shoulder-width apart, lower your body as if you're about to sit, making sure your knees don't extend past your big toe.

## 2 Take these!

### Mussel up!

One super potent source of joint-protecting Omega-3s? Green-lipped mussels, native to New Zealand, reveals Allan. They're especially rich in a type of omega-3 that targets the chemicals that trigger joint pain. One option: Food Science of Vermont Sea Mussel, \$20 at SwansonVitamins.com. (Do not take if allergic to shellfish.)



### Pop the "pineapple" pill!

One supplement that seems especially effective at promoting joint health is bromelain, a unique set of enzymes found in pineapples, Dr. Tieri says. Not only does it help tame inflammation, it's shown to improve flexibility and mobility in patients with both rheumatoid and osteoarthritis. One option: Source Naturals Bromelain; \$8.25, GNC.com.

—Kristina Mastrocola

## Our expert panel



**Barbara Allan** is the author of *Conquering Arthritis*, which details the all-natural approaches she used to recover from her own arthritis. Find out more at [ConqueringArthritis.com](http://ConqueringArthritis.com).



**Joseph H. Tieri, M.D.**, author of *End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain*, practices medicine in Stone Ridge, New York ([EndEverydayPain.com](http://EndEverydayPain.com)).



Registered medical technologist **Carol Eustice**, author of *The Everything Health Guide to Arthritis and Natural Arthritis Treatment*, is a member of the Association of Rheumatology Health Professionals (ARHP).



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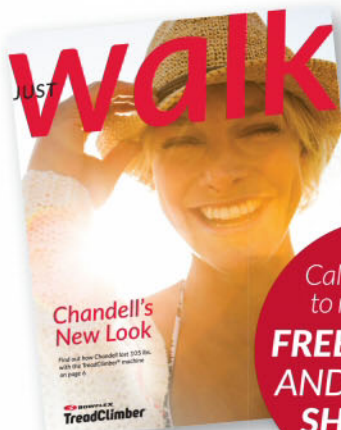
**Stepper**  
(Workout Level 3.0)

**191**

**Treadmill**  
(3.0 mph, 0% Incline)

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ΔSource: University of Wisconsin (TreadClimber, 2011) and Adelphi University Study (Stair Climber, 2004). 423 calorie burn based on TC200.



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# *Stock your freezer with Delicious make-ahead lasagna*

Stuffed with flavorful fillings, sauced to perfection and baked full of bubbly, cheesy goodness, each of these make-ahead lasagna meals is a dinnertime star!

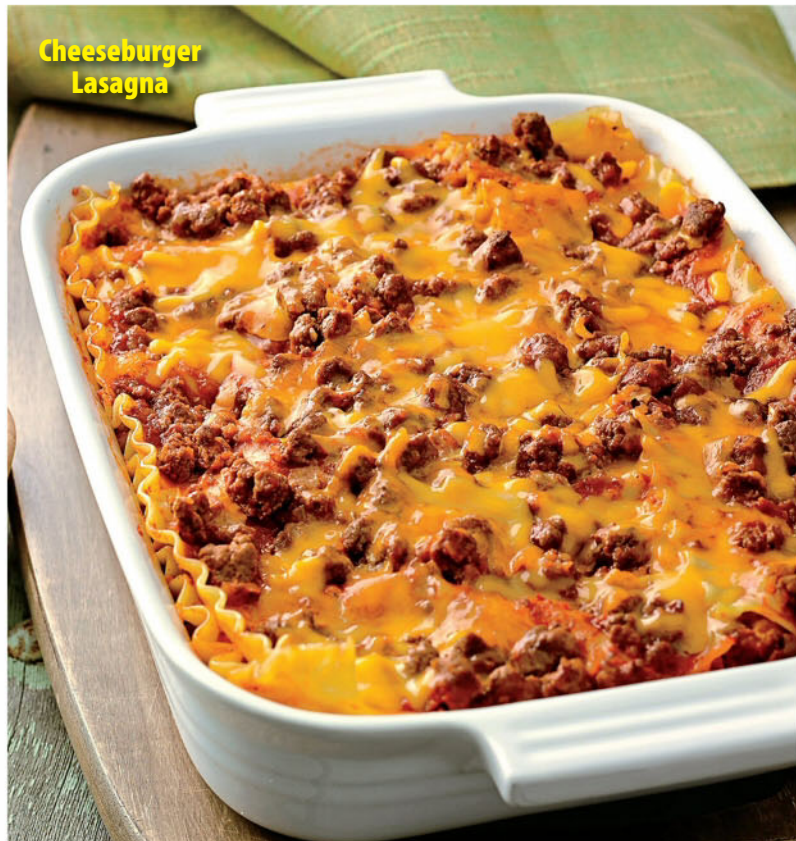
**Artichoke-  
Spinach  
Lasagna**



**Creamy Seafood  
Lasagna**



**Cheeseburger  
Lasagna**





# Lasagna dinners!



**Cheesy Barbecue  
Chicken Lasagna  
Roll-Ups**



You'll find more  
great dinners in  
Betty Crocker  
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**White Lasagna  
Roll-Ups with  
Turkey and  
Prosciutto**



## White Lasagna Roll-Ups with Turkey and Prosciutto

*Smothered in creamy Alfredo sauce and stuffed with turkey, prosciutto and veggies, ordinary lasagna noodles transform into a mouthwatering main dish!*

<b>ROLL-UPS</b>	<b>2 eggs, slightly beaten</b>
16 uncooked lasagna noodles	1 tsp. dried Italian seasoning
2 Tbs. olive oil	1/2-1 tsp. crushed red pepper flakes
1 1/4 lbs. ground turkey	3 oz. prosciutto, torn into small strips
1 tsp. salt	
1 pkg. (8 oz.) sliced fresh mushrooms, about 3 cups, finely chopped	<b>TOPPINGS</b>
1 pkg. (9 oz.) frozen chopped spinach, thawed, squeezed to drain	1 jar (15 oz.) Alfredo pasta sauce
1 cont. (15 oz.) ricotta cheese	1 cup shredded Italian cheese blend, 4 oz.
	1/2 cup shredded fresh basil leaves

● Line 15"x10"x1" pan with foil. Cook and drain lasagna noodles as directed on package. Rinse with hot water; drain well. Meanwhile, in 12" non-stick skillet, heat oil over medium-high heat. Add turkey and salt; cook 5-6 minutes, stirring occasionally, until turkey is no longer pink. Add mushrooms; cook 5-8 minutes or until browned. Transfer to medium bowl; cool 10 minutes.

● Add spinach, ricotta cheese, eggs, Italian seasoning and pepper flakes to turkey mixture; stir well. Spread slightly less than 1/3 cup mixture down center of each cooked noodle to within 1" of one short end. Top evenly with prosciutto strips. Roll up firmly toward unfilled end. Place roll-ups, seam sides down, in pan; cover loosely with foil. Freeze about 30 minutes or until firm. Wrap tightly. Freeze up to 3 months. Thaw in refrigerator at least 8 hours but no longer than 24 hours.

● Preheat oven to 350°F. Coat 2 (13"x9" or 3 qt.) glass baking dishes with cooking spray. Place 8 roll-ups in each baking dish. Pour Alfredo sauce over and down sides of roll-ups in each baking dish. Cover tightly. Bake 40-50 minutes or until hot and bubbly. Uncover; sprinkle each dish with 1/2 cup cheese. Bake 3-5 minutes longer or until cheese is melted. Let stand 5 minutes before serving. Top with basil.

Servings: 16. Cals.: 330. Protein: 19 g. Fat: 19 g. (9 g. saturated). Chol.: 95 mg. Carbs.: 22 g. Sodium: 530 mg. Fiber: 1 g. Sugar: 2 g. Kitchen time: 45 minutes. Total time: 2 hours, 15 minutes + freezing and thawing.

**Please turn the page  
for more recipes ►**



## Cheeseburger Lasagna

Can't decide between burgers and pasta? Have them both in this comforting casserole loaded with all the classic flavors your family loves!



<b>1 1/2 lbs. lean (at least 80%) ground beef</b>	<b>American-Cheddar cheese blend, 8 oz.</b>
<b>3 Tbs. dried minced onion</b>	<b>12 uncooked lasagna noodles</b>
<b>1 can (15 oz.) tomato sauce</b>	<b>1 cup shredded Cheddar cheese, 4 oz.</b>
<b>1/2 cup ketchup</b>	<b>1 cup shredded lettuce</b>
<b>1 Tbs. yellow mustard</b>	<b>1 medium tomato, sliced</b>
<b>1 egg</b>	<b>1/2 cup dill pickle slices</b>
<b>1 cont. (15 oz.) ricotta cheese</b>	
<b>2 cups shredded</b>	

● Preheat oven to 350°F. Coat 13"x9" or 3-qt. glass baking dish with cooking spray. In 12" nonstick skillet, cook beef and onion over medium-high heat 5-7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in tomato sauce, 1 1/2 cups water, ketchup and mustard; heat to boiling; reduce heat. Simmer 5 minutes, stirring occasionally.

● Meanwhile, in medium bowl, beat egg. Stir in ricotta cheese and 2 cups cheese blend. Spread 1 cup beef mixture in bottom of baking dish. Top with 4 uncooked noodles. Spread half of the ricotta mixture over noodles; top with 1 1/2 cups beef mixture. Repeat layers once with 4 noodles, remaining ricotta mixture and 1 1/2 cups beef mixture. Top with remaining 4 noodles, beef mixture and 1 cup Cheddar cheese.

● Cover lasagna. Bake 45 minutes. Uncover. Bake 15-25 minutes longer or until bubbly. Cover; let stand 5-10 minutes before cutting. Serve topped with lettuce, tomato, pickles and additional ketchup, if desired.

● To freeze, cool completely after baking; do not top with lettuce, tomato and pickles. Cover baking dish tightly. Freeze up to 3 months. Thaw 12-24 hours in refrigerator until completely thawed. Reheat lasagna covered at 350°F 30 minutes or until thoroughly heated.

● To make ahead and not freeze, prepare recipe up to initial baking; cover and refrigerate overnight, then bake as directed.

Servings: 8. Cals.: 590. Protein: 39 g. Fat: 32 g. (17 g. saturated). Trans fat: 1 g. Chol.: 135 mg. Carbs.: 38 g. Sodium: 1,050 mg. Fiber: 3 g. Sugar: 9 g. Kitchen time: 30 minutes. Total time: 1 hour, 30 minutes + freezing and thawing.

## Creamy Seafood Lasagna

Three cheeses, two kinds of seafood and garlicky cream sauce... this luscious lasagna dish is undeniably wow!



<b>9 uncooked lasagna noodles</b>	<b>1/2 cup grated Parmesan cheese</b>
<b>1/4 cup butter</b>	<b>1 egg, slightly beaten</b>
<b>1 medium onion, finely chopped</b>	<b>1/4 cup chopped fresh parsley</b>
<b>2 cloves garlic, finely chopped</b>	<b>2 pkgs. (8 oz. each) frozen salad-style imitation crabmeat, thawed, drained, chopped</b>
<b>1/4 cup all-purpose flour</b>	<b>2 pkgs. (4 oz. each) frozen cooked salad shrimp, thawed, drained</b>
<b>2 cups half-and-half</b>	<b>3 cups shredded mozzarella cheese, 12 oz.</b>
<b>1 cup chicken broth</b>	
<b>1/3 cup dry sherry or chicken broth</b>	
<b>1/2 tsp. salt</b>	
<b>1/4 tsp. pepper</b>	
<b>1 cont. (15 oz.) ricotta cheese</b>	

● Cook and drain noodles as directed on package. Meanwhile, in 3-qt. pot, melt butter over medium heat. Cook onion and garlic in butter 2-3 minutes, stirring occasionally, until onion is crisp-tender. Stir in flour; cook and stir until bubbly. Gradually stir in half-and-half, broth, sherry, salt and pepper. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. In medium bowl, mix ricotta cheese, Parmesan cheese, egg and 1/4 cup parsley.

● In ungreased 13"x9" or 3-qt. glass baking dish, spread 3/4 cup of white sauce. Top with 3 noodles. Spread half of imitation crabmeat and shrimp over noodles; spread with 3/4 cup of sauce. Sprinkle with 1 cup of mozzarella cheese; spread with 3/4 cup of sauce. Sprinkle with 1 cup of mozzarella cheese; top with remaining noodles. Spread with remaining crabmeat, shrimp and sauce. Sprinkle with remaining 1 cup mozzarella cheese. Cover baking dish tightly. Freeze up to 3 months. Thaw in refrigerator, 24 to 48 hours.

● Preheat oven to 350°F. Uncover baking dish. Bake 40-45 minutes until heated through and cheese is light golden brown. Let stand 15 minutes before cutting. If desired, serve sprinkled with chopped parsley.

Servings: 8. Cals.: 560. Protein: 41 g. Fat: 29 g. (17 g. saturated). Trans fat: 1 g. Chol.: 180 mg. Carbs.: 33 g. Sodium: 1,400 mg. Fiber: 2 g. Sugar: 8 g. Kitchen time: 45 minutes. Total time: 1 hour, 45 minutes + freezing and thawing.



## Artichoke-Spinach Lasagna

Your guests won't even miss the meat in this vegetarian dish, which pairs artichokes and spinach with feta cheese and Alfredo sauce!

<b>1 medium onion, chopped</b>	<b>chopped spinach, thawed, squeezed to drain</b>
<b>4 cloves garlic, finely chopped</b>	<b>1 jar (15-17 oz.) Alfredo sauce</b>
<b>1 3/4 cups vegetable broth</b>	<b>9 uncooked lasagna noodles</b>
<b>1 Tbs. chopped fresh or 1 tsp. dried rosemary</b>	<b>3 cups shredded mozzarella cheese, 12 oz.</b>
<b>1 can (14 oz.) artichoke hearts, drained, coarsely chopped</b>	<b>1 pkg. (4 oz.) crumbled herb-and-garlic feta cheese, 1 cup</b>
<b>1 pkg. (9 oz.) frozen</b>	<b>Lemon wedges, optional</b>

● Coat 12" skillet with cooking spray; heat over medium-high heat. Add onion and garlic; cook about 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in broth and rosemary. Heat to boiling. Stir in artichokes and spinach; reduce heat. Cover; simmer 5 minutes. Stir in Alfredo sauce.

● Coat 13"x9" or 3-qt. glass baking dish with cooking spray. Spread one-fourth of artichoke mixture in baking dish; top with 3 uncooked noodles. Sprinkle with 3/4 cup mozzarella cheese. Repeat layers twice. Spread with remaining artichoke mixture; sprinkle with remaining 3/4 cup mozzarella cheese. Sprinkle with feta cheese. Cover baking dish tightly. Freeze up to 3 months. Thaw in refrigerator overnight.

● Preheat oven to 350°F. Bake lasagna covered 40 minutes. Uncover. Bake about 15 minutes longer or until bubbly and noodles are tender. Let stand 10 minutes before cutting. Garnish with lemon wedges, if desired.

Servings: 8. Cals.: 520. Protein: 24 g. Fat: 31 g. (19 g. saturated). Trans fat: 1 g. Chol.: 95 mg. Carbs.: 35 g. Sodium: 960 mg. Fiber: 7 g. Sugar: 3 g. Kitchen time: 30 minutes. Total time: 1 hour, 35 minutes + freezing and thawing.

## Cheesy Barbecue Chicken Lasagna Roll-Ups



Barbecue and pasta? You bet! Every forkful of this yummy combination—topped with melty Cheddar cheese and sliced green onions—delights with an explosion of flavors!

<b>ROLL-UPS</b>	<b>1 cup finely chopped green onions or scallions</b>
<b>16 uncooked lasagna noodles</b>	
<b>1 pkg. (8 oz.) cream cheese, softened</b>	<b>TOPPINGS</b>
<b>2 cups shredded sharp Cheddar cheese, 8 oz.</b>	<b>2 cups barbecue sauce</b>
<b>1 tsp. Cajun seasoning</b>	<b>2 cups shredded sharp Cheddar cheese, 8 oz.</b>
<b>2 eggs, slightly beaten</b>	<b>1/4 cup sliced green onions, or scallions</b>
<b>3 1/2 cups chopped cooked chicken</b>	<b>1/4 cup ranch dressing, if desired</b>

● Line 15"x10"x1" pan with foil. Cook and drain noodles as directed on package. Rinse with hot water; drain well. In large bowl, beat cream cheese, 2 cups Cheddar cheese and Cajun seasoning on medium speed until blended. On low speed, beat in eggs, one at a time. Stir in chicken and finely chopped onions. Spread slightly less than 1/3 cup chicken mixture down center of each cooked noodle to within 1" of one short end. Roll up firmly toward unfilled end.

● Place roll-ups, seam sides down, in pan; cover loosely with foil. Freeze about 30 minutes or until firm. Wrap tightly. Freeze up to 3 months. Thaw in refrigerator at least 8 hours but no longer than 24 hours.

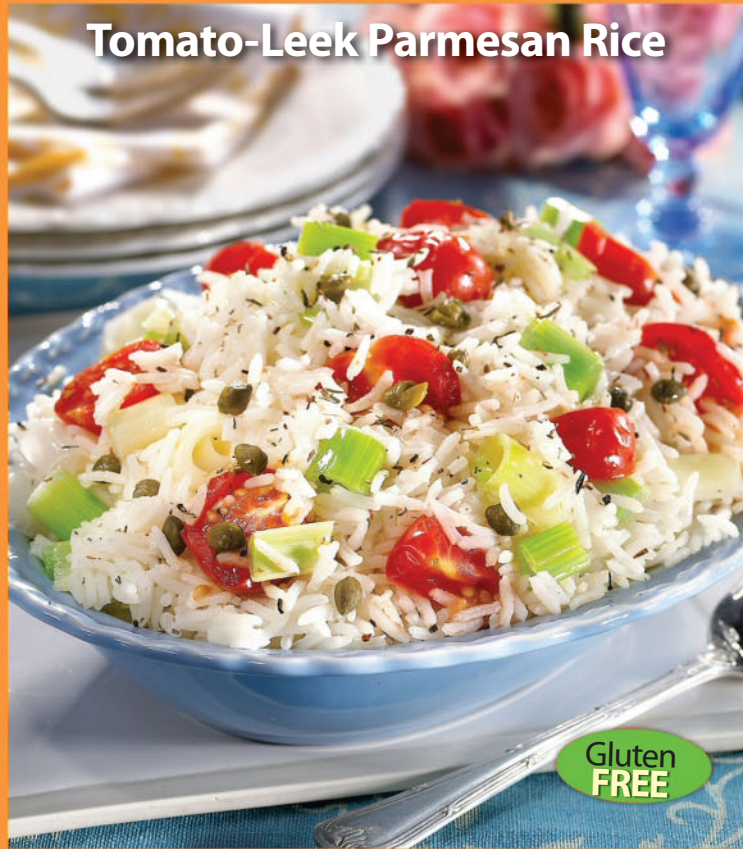
● Preheat oven to 350°F. Coat two 13"x9" or 3-qt. glass baking dishes with cooking spray. Place 8 roll-ups in each baking dish. Pour 1 cup barbecue sauce over and around roll-ups in each dish. Cover tightly. Bake 40-50 minutes or until hot and bubbly. Uncover; sprinkle each dish with 1 cup Cheddar cheese. Bake 3-5 minutes longer or until cheese is melted. Sprinkle with sliced onions. Let stand 5 minutes before serving. Drizzle with ranch dressing.

Servings: 16. Cals.: 370. Protein: 20 g. Fat: 18 g. (10 g. saturated). Chol.: 95 mg. Carbs.: 33 g. Sodium: 760 mg. Fiber: 1 g. Sugar: 13 g. Kitchen time: 40 minutes. Total time: 2 hours, 40 minutes + freezing and thawing.



Enjoy each recipe by itself—or serve 'em all together

**Tomato-Leek Parmesan Rice**

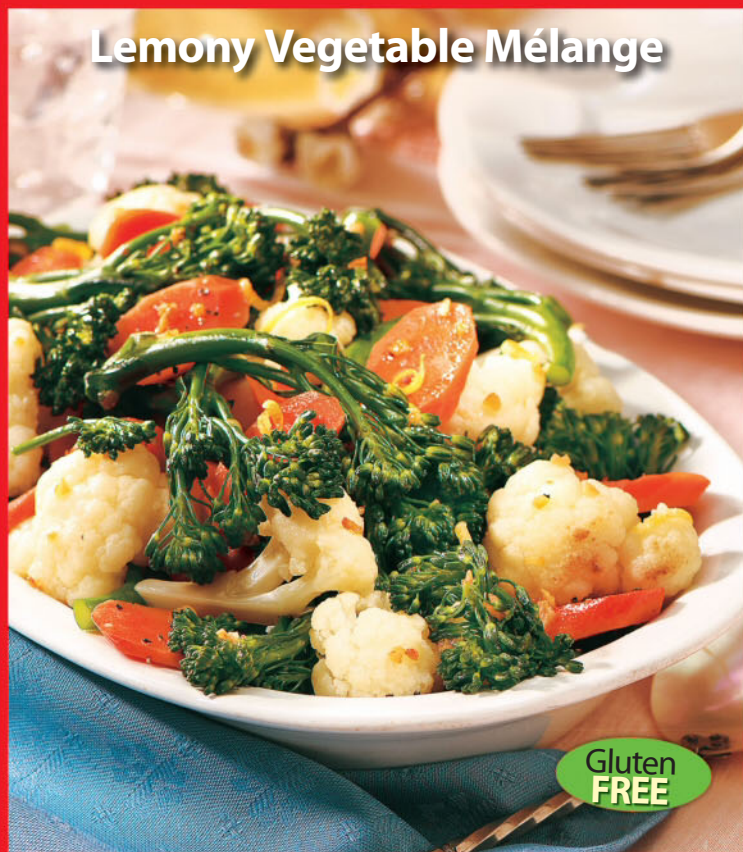


Gluten  
FREE

**Balsamic-Glazed Cornish Hens**

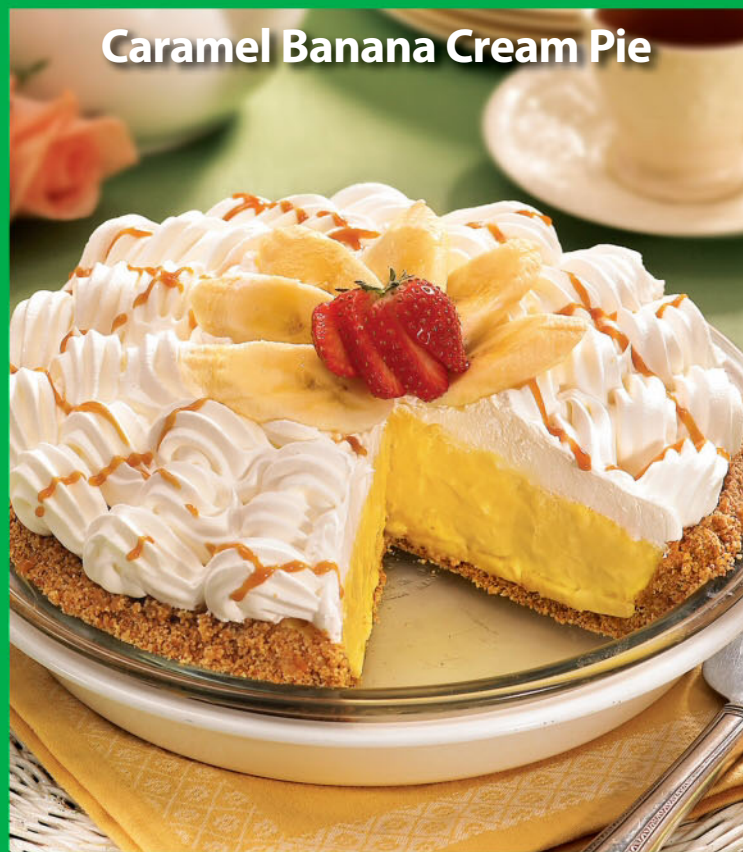


**Lemony Vegetable Mélange**



Gluten  
FREE

**Caramel Banana Cream Pie**





# Enjoy each recipe by itself—or serve 'em all together

## W Balsamic-Glazed Cornish Hens

*The secret to these irresistible golden-brown hens? A sweet-and-tangy balsamic glaze made with fragrant orange marmalade!*

**1/2 orange**  
**1/2 cup orange marmalade, chopped**  
**2 Tbs. balsamic vinegar**  
**1 tsp. dried Greek seasoning**  
**1/2 tsp. salt**  
**1/4 tsp. freshly ground pepper**  
**3 Cornish game hens, about 1 3/4 lbs. each**  
**2 Tbs. olive oil**

marmalade and the balsamic vinegar; reserve.

In another small bowl, combine Greek seasoning, salt and pepper. Squeeze juice from each piece of orange into cavity of each hen. Cut each squeezed piece into 2 pieces and place in hen cavities. If desired, truss hens.

thickest part of thigh away from bone registers 180°F and juices run clear when pierced with fork, brushing hens twice with orange marmalade mixture during last 20 minutes of roasting time. Let stand 10 minutes before serving.

Servings: 6  
Calories: 600  
Protein: 42 g.  
Fat: 39 g. (10 g. sat.)  
Chol.: 246 mg.  
Carbs.: 20 g.  
Sodium: 343 mg.  
Fiber: 0 g.  
Sugar: 17 g.  
Kitchen time: 25 minutes.  
Total time: 1 hour, 55 minutes.

● Preheat oven to 375°F. Grate enough zest from the orange to equal 1/4 tsp. Cut remaining orange into 3 pieces. In bowl, combine the zest with the orange

● Place hens on rack in large roasting pan. Brush hens with olive oil, then sprinkle all over with Greek seasoning mixture. Roast hens 1 hour, 20 minutes or until meat thermometer inserted into

## W Caramel Banana Cream Pie

*Like no other banana cream pie you've ever had! This one's loaded with salted caramel bananas and fluffy filling in a cookie crust!*

**36 vanilla wafer cookies**  
**1 Tbs. packed light brown sugar**  
**4 Tbs. butter, melted**  
**4 bananas**  
**3 Tbs. salted caramel topping**  
**2 pkgs. (3.4 oz. each) instant vanilla pudding mix**  
**1 3/4 cups fat-free milk**  
**1 cont. (5.3 oz.) banana-flavored Greek yogurt, such as Dannon Light and Fit**  
**4 cups thawed frozen whipped topping**  
**Strawberry and additional caramel topping, optional**

with cooking spray. In food processor, process cookies and sugar until fine crumbs form. Add butter; pulse until blended. Press into bottom and up side of pie pan. Bake 10 minutes or until set. Cool on rack.

● Peel 3 bananas; cut into 1/4"-thick slices. In large nonstick skillet, heat caramel topping until melted, 1-2 minutes. Add banana slices; gently stir until coated. Transfer mixture to crust; reserve.

● Whisk together pudding mixes and milk until blended and thickened, 2 minutes. Stir in yogurt; fold in 2 cups whipped topping. Spread pudding

mixture over banana slices in crust. Refrigerate remaining whipped topping.

● Cover pie; refrigerate at least 4 hours or overnight. Uncover pie. If desired, transfer reserved whipped topping to pastry bag fitted with star tip; pipe or spoon over pie. Peel remaining banana; slice. Arrange on pie. If desired, garnish with strawberry and caramel topping.

Servings: 10. Calories: 348. Protein: 4 g. Fat: 13 g. (9 g. sat.) Chol.: 18 mg. Carbs.: 53 g. Sodium: 407 mg. Fiber: 1 g. Sugar: 43 g. Kitchen time: 45 minutes. Total time: 4 hours, 45 minutes.

● Preheat oven to 350°F. Coat 9" pie pan

## W Tomato-Leek Parmesan Rice

*Colorful veggies and the favorite flavors of Italian herbs and fresh Parmesan cheese make this perfectly fluffy rice dish a welcome addition to any meal!*

**1 leek, white and light green only**  
**1 Tbs. butter**  
**1 Tbs. olive oil**  
**1/2 tsp. dried Italian seasoning**  
**1/4 tsp. salt**  
**1 cup uncooked rice**  
**2 1/4 cups lower sodium chicken broth**  
**1 pt. cherry tomatoes, halved**  
**2 Tbs. drained capers**  
**2 Tbs. grated Parmesan cheese**

should have about 1 1/2 cups of slices. In large nonstick skillet over medium heat, melt butter with oil.

● Add leeks, Italian seasoning and salt; cook, stirring occasionally, until leeks are softened, 5-7 minutes. Stir in rice, then broth. Over medium-high heat, bring mixture to boil; stir again.

● Cover pot and reduce heat to low; simmer 20 minutes. Remove from heat; let stand, covered, 5 minutes. Fluff with fork; stir in tomatoes, capers and Parmesan cheese. Transfer to bowl and serve.

● Quarter leek lengthwise, then cut crosswise into 1/4"-thick slices. You

**For a vegetarian version,** replace the chicken broth with vegetable broth.



Servings: 6  
Calories: 193  
Protein: 4 g.  
Fat: 5 g. (2 g. sat.)  
Chol.: 7 mg.  
Carbs.: 33 g.  
Sodium: 373 mg.  
Fiber: 1 g.  
Sugar: 3 g.  
Kitchen time: 10 minutes.  
Total time: 45 minutes.

## W Lemony Vegetable Mélange

*Even picky eaters will love this lively mix of garden fresh veggies tossed with sautéed shallots and garlic and lots of lemon!*

**3 medium carrots, about 6 oz., sliced, about 1 1/3 cups**  
**2 bunches broccolini, about 6 oz. each, ends trimmed**  
**1/2 head cauliflower, about 1 lb., cut into florets, about 2 1/2 cups**  
**2 Tbs. olive oil**  
**1 shallot, finely chopped, about 1/4 cup**  
**1 clove garlic, minced**  
**1/4 tsp. salt**  
**1/4 tsp. salt-free lemon pepper**  
**1 tsp. grated lemon zest**  
**1 tsp. lemon juice**

● Bring pot of salted water to boil over high heat. Add carrots and cook until crisp-tender, about 2 minutes. With slotted spoon, transfer carrots to colander to drain.

● If necessary, bring water back to boil; add broccolini and cook until tender, 2-3 minutes. With slotted spoon, transfer broccolini to colander with carrots. To boiling water, add cauliflower and cook until tender, 1-2 minutes; transfer to colander with other vegetables; drain well.

● Meanwhile, in large nonstick skillet,

heat olive oil over medium heat. Add shallot and garlic and cook, stirring occasionally, until lightly browned and fragrant, 3-4 minutes. Stir in vegetable mixture, salt and lemon pepper; heat through, stirring. Transfer to serving bowl; stir in lemon zest and juice.

Servings: 6  
Calories: 86  
Protein: 3 g.  
Fat: 5 g. (1 g. sat.)  
Chol.: 0 mg.  
Carbs.: 10 g.  
Sodium: 148 mg.  
Fiber: 3 g.  
Sugar: 4 g.  
Kitchen time: 30 minutes.  
Total time: 30 minutes.





# Good-times guide

Making happy memories together!

## An enchanted tea party for all ages!

Whether you're celebrating a birthday, throwing a shower or marking any special occasion, make it absolutely magical with a pretty tea party inspired by an enchanted fairy garden!

### To-Do List

#### A day or two before:

- ☐ Purchase teas
- ☐ Pick up storebought sweets
- ☐ Buy birdhouses and decorations
- ☐ Bake fairy cottage cake, if desired

#### The day of:

- ☐ Set out sweets
- ☐ Arrange table
- ☐ Start brewing tea

### 1 Select your teas!

Go for herbal teas that reflect the fruity and floral tastes of a magical garden! One to try: Stash Organic Lavender Tulsi Herbal Tea, a blend of lavender, rose and peach. The Republic of Tea's rich Spring Cherry Green Tea features peony flowers and cherry essence. For a light, refreshing tea, try Numi Organic Tea's Honeybush—it's naturally sweet and caffeine-free, so it's perfect for younger sippers!



### 2 Add magical details!

Transform your table into a magical fairy garden—simply roll out a faux moss runner down the center of the table and dot the runner with inexpensive faux Gerbera daisies. Add a few tea light candles to up the enchantment:

They're even prettier when displayed in glass jars, which magnify their lovely glow. Finally, make each place setting extra-special with magical "fairy dust"! Just fill mini glass bottles with glitter and top with a cork. (You can find all your supplies in crafts stores.)



### 4 Get everyone's creativity flowing!

Add some crafty fun to teatime that lets everyone tap in to their imagination *and* take home a sweet memento of the day! Two projects to try:

❖ **Decorate-your-own "fairy houses"!** Simply perch a mini wooden birdhouse next to each teacup—you can find them in crafts stores starting at \$1. Then set out paint pens, colorful washi tape or whatever decorations you'd like!

❖ **Floral fairy crowns!** Gather grapevine wire, floral tape, scissors and flowers (real or faux work!). Cut the wire to fit around your head, twist ends together and secure with tape. Then simply arrange flowers into mini bouquets and attach to wire with tape, overlapping the bunches for a lush, lovely look!



### 3 Make 'em smile with pretty sweets!

For a true showstopper, wow guests with our fairy cottage cake on page 34! Looking for something a little simpler? Tiny premade petit fours go perfectly with tea—and with the party's whimsical theme! Other easy options: Top storebought cupcakes with an edible flower—you can purchase premade sugared blooms by searching "edible flowers" on FancyFlours.com. Or make "fairy fruit wands": Simply use a star-shaped cookie cutter to cut pieces of watermelon, pineapple or the fruit of your choice, then thread a few berries or grapes on a skewer and top with fruit star!





**WW** Cook up something *amazing!*

This magical fairy cottage made with strawberry poundcake and fluffy

# A little girl's dream



Photos: HBB. Food stylist: Allyson Sullivan. Prop stylist: Cathy Olivucci.  
Pastry bags and tips, food marker, icing flowers and food colorings: Wilton  
Enterprises (Wilton.com or 800-794-5866). Sixlets: SweetWorks (SweetWorks.net).



marshmallow buttercream is . . .

# cake!



## CAKE

Baking spray with flour

2 pkgs. (16 oz. each) poundcake mix, preferably Betty Crocker

3 eggs

6 Tbs. butter, melted

2 Tbs. strawberry extract

1/2 cup rainbow sprinkles

## FROSTING

2 cups butter (1 lb.), at room temperature

1 cont. (16 oz.) Marshmallow Fluff

4 cups confectioners' sugar, from 2 (16 oz.) pkgs.

1/3 cup sour cream

2 tsp. vanilla extract

Leaf green and pink concentrated food colorings

## ASSEMBLY AND DECORATION

14"x13" cardboard rectangle and 8" cardboard circle

Pink flat-bottomed ice-cream cake cup

About 15 Annas Swedish Thins cookies

Mini rainbow nonpareil chocolate candies

Butter wafer cookies, such as Jules Destrooper Butter Crisps

64 Necco wafers

Mini daisy icing flowers

Black edible color food marker

Assorted colors Sixlets candies

2-3 marshmallows, halved crosswise

Pink decorating sugar

1 large pink gumdrop

1/4 cup cotton candy

● Cake: Preheat oven to 325°F. Coat 9"-wide (3 qt.) ovenproof bowl with baking spray. On low speed, beat cake mixes together with 1 cup water, eggs and butter until blended. On medium, beat until thickened, about 2 minutes; stir in extract and sprinkles. Transfer to prepared bowl. Bake 1 hour, 45 minutes or until toothpick inserted into center comes out clean. Cool completely in bowl on rack.

● Frosting: On medium, beat butter until fluffy, 2 minutes. On low, beat in Fluff until combined, 1 minute. Gradually beat in confectioners' sugar, then sour cream and vanilla until combined. On medium, beat until just smooth, 1-2 minutes. Reserve and cover 1/2 cup frosting. Tint 1 1/2 cups frosting green with food coloring. Transfer 1/2 cup green frosting to pastry bag fitted with coupler and 1/4" plain tip (such as Wilton #10); reserve and cover remaining. Tint 1/2 cup white frosting pink with food coloring; transfer to pastry bag fitted with small star tip.

## BUILD A DREAM HOUSE OF CAKE!



● Spread tiny amount of reserved white frosting near corner of cardboard rectangle; top with cardboard circle.

Place cake flat side down on circle. Spread remaining white frosting over cake, as shown.



● For chimney, trim and discard top portion from ice cream cone; slice 1/16" from bottom of cone. Place wide side down on cake

top, as shown. For roof, arrange cookies on cake top around chimney, securing, if necessary, with piped frosting. Attach nonpareil candies to cookies with reserved white frosting.



● For door, trim 3/4" from one short side of wafer cookie, as shown on left. For windows, cut wafer

cookies to 2"x1 1/2", as shown on right. Press onto cake.



● Attach windows to cake with piped pink frosting. For shutters, pipe pink frosting on sides of windows and attach Necco wafers. Pipe frosting around

and on windows; attach mini daisies to bottoms. For walkway, break 15-20 Necco wafers into small pieces. Using edible marker, draw 3"-wide walkway from door to edge of cardboard, tapering to 2 1/2" wide at end. Arrange broken pieces of Necco wafers within lines of walkway.



● For grass, spread reserved 1 cup green frosting over cardboard up to edge of cake. Attach Necco wafers onto bottom of cake.

Attach Sixlets around door. Pipe pink frosting border along walkway. Place marshmallow halves on grass, as shown. Cover marshmallows with piped green frosting. Decorate with mini daisies. On surface sprinkled with pink sugar, roll out gumdrop to 1/8" thickness; with knife or heart-shaped cookie cutter, cut out heart. Attach heart to door with reserved white frosting. Attach cotton candy to top of chimney with reserved frosting. Make 24 servings.

**NEXT WEEK:** Bite into a delicious quesadilla!



# Cozy up to farmhouse

## Reclaimed charm!

The rough-hewn beauty of salvaged and repurposed pieces gives any space a cozy cottage feel—and when it's a coffee table, it sparks conversation right where you want it! **Tip:** Scour flea markets for wooden items you can repurpose—for instance, wooden crates can become end tables or a bookcase.



## Luxe liner!

This wonderfully ornate charger is actually made of wipe-clean melamine! \$12.99, Design Guild (Wayfair.com, style #TVL3449).

## Charming tray trio!

This set of three embossed trays has a beautiful distressed finish that's sure to impress! \$59.99 (Wayfair.com, style #BNGL1636).



## Perfect balance!

Mixing texture and dimension—like wrought iron and basketry, quilts and dried flowers—creates a varied yet soothing look that's perfect for a bedroom retreat!



# charm!

Make your home the place to gather—it's as easy as adding in a few farmhouse-inspired accents that'll make everyone feel cozy and loved!

## Cozy contours!

Curves, ruffles, bows and scalloped edges combine with rich warm colors to make spaces feel intimate and personal—and a round dining table automatically invites people to come closer!



## Pretty perch!

This classic Parsons chair—perfect for your dining room table or desk—combines rustic wood legs with refined toile fabric! \$85, HomePop. (Overstock.com, style #17610643).



## Dazzling duo!

Just add pillar candles to these classic iron sconces to fill any room with elegance and ambiance! \$24.95 for 2, Home 'n Gifts (Amazon.com, style #B00M3D3DMY).

## Special server!

This rooster platter is artistic enough to display—or use it to serve snacks in style! \$31.99 (BedBathAndBeyond.com, style #44087197).



## Linens 'n things!

When it comes to farmhouse style, fabric plays a big role, adding softness, pattern and gentle movement! For instance, curtains, table runners, dishcloths and cabinet skirts turn the kitchen into a warm gathering spot!



## Make your own toile lampshade!

Take any lampshade from plain to posh with some pretty fabric and spray adhesive! Here's how:

- ❑ Roll of craft paper, extra wrapping paper or sheets of newspaper (to make paper pattern)
- ❑ Pencil
- ❑ Fabric (enough to wrap around your lampshade)
- ❑ Spray glue
- ❑ Optional: fabric glue

### ✓ On your mark!

Lay the paper out on a large table. Lay the lampshade on its side and start at one end of the paper. Slowly roll the shade along the paper, tracing the top and bottom edges of the shade as you go. Cut out the lampshade shape that you traced onto the paper (adding 1/2" on each side) to create your pattern.

✓ **Get set!** Trace the pattern onto the wrong side of your fabric and cut it out. Then



test the fit around your shade. Trim edges as needed.

✓ **Glue!** Lay the fabric face down and spray a thin layer of spray adhesive onto the back side. Quickly smooth the fabric onto your shade, overlapping ends and folding edges under. Reinforce edges and seam with fabric glue, if desired.

WV



## 7 Days of Inspiration

Take one a day...  
and feel great  
all week!

### DAY 1

**Life is filled with  
shining moments  
and silver linings.**

### DAY 2

**You make  
someone's day,  
week and year!**

### DAY 3

**Doubt holds us  
back. Hope  
moves us  
forward!**

### DAY 4

**Be good to you,  
too!**

### DAY 5

**Think highly of  
yourself. Other  
people do!**

### DAY 6

**You are beautiful.  
Inside and out!**

### DAY 7

**Dream, decide  
and do for a  
happier you!**



# My Guardian Angel

READERS SHARE THEIR STORIES...

## Angel in white

When *Woman's World* reader, Demita Dunn, of Massillon, Ohio, was hospitalized for open-heart surgery, an angel in white visited her, calming her fears! She writes:

I'd always been very healthy, so I was shocked and terrified when I began having chest pains and had to be rushed to the hospital! After running several tests, doctors told me I had four blockages, and would need immediate open-heart surgery!

I'm a devoted fan of *Woman's World* and especially love the "My Guardian Angel" column. I have been inspired by the many stories from readers who have called upon the angels for help in difficult situations. So, while waiting for surgery, I said a prayer, asking the angels to help me get through the operation and have a full recovery.

Almost immediately, a man wearing a white suit came into my room and introduced himself as my anesthesiologist. His last name was long and very difficult to pronounce, and he said that everyone just called him Dr. B.

But the following morning, I was visited by a young doctor who said he was going to be my anesthesiologist during surgery.

When I asked about Dr. B., he didn't know who I was talking about. Yet, after surgery, when I awoke in the recovery room, Dr. B. was there at my bedside!

Again, I felt a sense of peace wash over me as he asked how I felt. I told him I had no pain, and he smiled, holding up three fingers saying, "One, two, three days, no more."

Baffled and curious, I asked one of the nurses if she could find out who Dr. B. was and she said she would look him up in the directory. A short time passed, and

upon returning to my room, she told me there were no doctors in the department with a last name beginning with B.

I realized then that the man in white had been my guardian angel.

Just as he predicted, three days after my surgery, I was released from the hospital! I went home confident that I would be just fine, knowing that Dr. B. would be watching over me.

*"Demita certainly did meet her guardian angel, in her time of need for comfort*

*and healing," says Doreen Virtue, Ph.D.*

*"How beautiful that Demita's angel reassured her that her operation and recovery would go well! And by relaxing from the angel's presence, Demita was able to recover more quickly than if she'd been stressed.*

*"We know that Dr. B. was an angel in disguise, because of the mysterious way that he appeared, how he knew the details of Demita's case, and because there was no record of him at the hospital.*

*"Angels can take on temporary human form when they sense that we need to see, hear and feel their presence.*

*"The angels say, 'We hold your hand through every troubling moment, and sometimes we reach out and do so with physical hands.'"*



**"When the nurse told me there was no Dr. B on staff, I knew he was my guardian angel," Demita marvels**

There was something very pleasant about this doctor, and talking with him seemed to calm my nerves.

As he was about to leave, Dr. B. held up three fingers and said: "One, two, three days, and you will be fine."

A few minutes later, a nurse came into my room, and I mentioned that I'd just met my anesthesiologist and that he was very nice. She appeared puzzled, and said the anesthesiologist hadn't yet made his rounds. I thought that was strange but I knew she had been very busy and thought she probably had just not noticed him.



**Doreen says:**

**"The angels  
are thoughts of  
love sent from  
God"**

Doreen Virtue, Ph.D., the creator of Angel Therapy, is the author of 30 books on mind-body-spirit topics including *My Guardian Angel: True Stories of Angelic Encounters from Woman's World Readers* and host of the Internet radio show "Angel Therapy" at HayHouseRadio.com. If you have an angel story you'd like to share, please send it, along with a clear photo of yourself, including your name, address and phone number to: Angels, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or e-mail us at [Angels@WomansWorldMag.com](mailto:Angels@WomansWorldMag.com). We'll pay \$100 for each featured story. All submissions become the property of *Woman's World* and may be edited, published or otherwise re-used in any medium.



# Borrowed from the blogs!

We bring the fun from the Internet to your craft room!

## Make your own four-season Button tree!

It's easy to turn assorted buttons into beautiful artwork that celebrates the four seasons—simply paint some tree branches on a few craft-store canvasses, then glue on the buttons as leaves! "This project just seems to make everyone's heart sing," says Amanda Formaro of CraftsByAmanda.com. "That makes me so happy!"

### WHAT YOU'LL NEED:

- ❑ 4 canvasses (Amanda's were 14"x18" each)
- ❑ DecoArt® Americana® acrylic paint: for green canvas—Sour Apple, Bright Green; for blue canvas—Whispering Turquoise, Indian Turquoise; for yellow canvas—Moon Yellow, Marigold; for pink canvas—Royal Fuschia, Spice Pink; for trunk/branches—Traditional Burnt Umber; For highlight dots—White.
- ❑ Tacky glue (Amanda uses Aleene's Clear Gel Tacky Glue)
- ❑ Assorted buttons (shades of green, white, pink, red, orange, yellow and blue)
- ❑ Clear spray acrylic sealer, matte finish
- ❑ Command™ Picture Hanging Strips

**1** Paint canvasses. For an interesting ombre effect, Amanda painted one canvas in shades of green, the others in shades of yellows, pinks and blues. (Novice painter? Amanda says it's okay to use a single shade of each color instead.) Let dry.

**2** Practice drawing the shape of your tree (trunk and branches) on a piece of scrap paper, using Amanda's sketch (below) as a guide. Then lay canvasses together on a flat surface and use a pencil to draw the tree shape onto the painted canvases using your paper sketch as a guide.

**3** Paint the entire tree with the Burnt Umber color. Let dry. Apply a second coat. Let dry.



**4** Glue the assorted buttons to the canvasses in clusters of colors that match the four background colors as shown in

photo. Amanda suggests starting with the larger buttons, then filling in with the smaller ones.

**5** Use a toothpick dipped in the white paint to add tiny highlight dots around each of the clusters of buttons. Let dry completely (overnight). Spray with sealer to protect finish. Hang with Command strips.



Unleash your inner artist!



"I spent one full afternoon on my button tree—from start to finish! I am so happy when I am creating ... the hours just fly by!"

—Amanda Formaro of CraftsByAmanda.com



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# Find your hidden free time!

**F**eel as if you never have enough time? You're not alone! A recent poll shows half of us say we're so busy we can't do the things we really want to do—like read a book, relax with the family or pursue a hobby. Not anymore! Here's how to avoid common time-wasters and regain an hour (or more!) a day to do anything you want!



## 1 Zip through your to-do list!

### ✓ Divide and conquer!

Have time-consuming items like “organize the closet” or “clean the kitchen” on your to-do list? “Your brain doesn't know what to do with big, vague tasks like these until you turn them into smaller, very specific steps,” says Maura Thomas, author of *Personal Productivity Secrets*. “So under each of your goals, list the smaller tasks you'll need to do to complete them.” If your goal is cleaning the kitchen, for example, you might list: “Wash the dishes. Scrub the oven. Wash fingerprints off the fridge door.” That way, even if you only have five minutes, you can still tackle a task that will help you accomplish your goal!”



### ✓ “Typecast” tasks!

In other words, group them by type! For example, list all the phone calls you want to make, then when you have time, you can make all the calls in a row,” explains time management specialist Jamie Novak. “It takes far less time and mental energy than jumping from one type of task to another!”

### ✓ Feature something fun!

“Include a reward—anything from a manicure to time curled up with your favorite magazine—on your to-do list,” Novak urges. “Having something to look forward to gives you the extra motivation to get more done in less time!”



## 2 Terrifically easy timesavers!

### ✓ Put your a.m. on automatic!

Supercharge your morning and clock some energizing extra snooze time by preparing for tomorrow *tonight*! Load up your coffeemaker and, if it has a timer, set it to start brewing five minutes before you're planning to wake up. Lay out your outfit, pre-bag your lunch and put your shoes, car keys, gloves, coat, etc. near the door!



### ✓ Return calls *before* lunch!

“This is when you're more likely to catch the person in their office,” Novak explains, “so you're more likely to complete whatever task you need them for!”



### ✓ Block social media!

It takes 23 minutes to really re-focus your attention after signing off of Facebook and other social media,” says Christina Hidek, a professional organizer in Cleveland. To the rescue: Free apps like StayFocused, Cold Turkey and SelfControl, which allow you to block specific websites, such as Facebook or Twitter, for a set amount of time, so you can't even be tempted to log on!

### ✓ Use a timer!

“If a project seems overwhelming, dedicate just 10 minutes to the task and set a timer to make sure you stick to the time limit,” suggests professional organizer Michelle Hale. “Being on a timer will make you work faster—it's almost like a game!—so you'll get more done. You can get motivated to do any task, no matter how odious, if you know you only have to devote 10 minutes to it!”



—Lindsay Bosslett





Have Fun with Kids!



## Giggles on the go: Make mini monster pals!

It's easy to turn leftover spools from your sewing box into fun mini monster friends that the kids will love!

### What you'll need for six mini spool monsters

- ❑ 6 (1") wooden spools
- ❑ Acrylic paint in blue, red, yellow, pink, light green, orange, purple, white
- ❑ Fine tip black marker
- ❑ Scraps of cardstock in light green, orange, yellow, red
- ❑ Craft glue
- ❑ 5 (1/4") and 3 (3/8") wiggle eyes
- ❑ Chenille stems in pink, purple, orange, yellow, green

**1** Your child holds one end of the spool to paint the center. He paints the end of the spool a contrasting color. Let dry. Then he paints the other end. Let dry.



**2** Your child glues on eyes, draws mouth and teeth with marker. Then he paints teeth white with fine-tipped brush. Let dry.



**3** Your child cuts 2 (1") pieces of a chenille stem, pinches ends together and pushes into the spool top. He pulls ends of the stems apart to form antennae. For arms or ears: Copy our photo (top) at 100%. Transfer arm or ear shapes to cardstock, adding a little tab at the end of each. Your child cuts out 2 arms or ears for each monster. Then he folds the tab at end of arms or ears and glues to side of spool as shown.



Design: Rebecca Spohn (SunnybrookFarmsStudio.com). Photos: Cathy Olivucci/HBB; iStockphoto. Beacon Adhesives: BeaconAdhesives.com or 800-865-7238. Scribbles 3-D Fabric Paint: ILoveToCreate.com or 800-438-6226.

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## Hair Loss

Annette never felt she had great hair, so she went to the hair dresser often, for treatments and even hair extensions. But with time, her hair felt increasingly thin and fragile. She had to do something.



## My hair loss was frustrating

"I have always been on the lookout for a good way to keep my hair nourished and healthy. I longed for more volume and less shedding. At the hairdresser they proposed hair care products which helped a bit, but after visiting my health food store, I learnt the value of hair supplements.

The first month I noticed my nails seemed stronger. Then my hair felt healthier shortly after. That made me feel so happy. Now I am a great fan of Hair Volume and recommend it to everyone who wants beautiful and healthy hair."

- Annette, Copenhagen, DK

## The trick that worked

I never thought of nourishing my hair from within. The lady at the store recommended Hair Volume™, a Swedish supplement with apple extract, which she told me her customers raved about. She told me to use it at least 3 months, so I bought a box and got started.



*This Swedish  
hair tablet is  
based on apple  
extract*

## DID YOU KNOW?

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# Read a Romance!

## Joe, Marley and me!

Corinne thought she had no time for love  
... Then she met Joe and Marley!

One look into his soulful brown eyes, and I'm a goner.

"You must be Marley," I croon, crouching low and extending a hand. The chocolate Lab sniffs, then, body in full wriggle, licks my face while I scratch his ears.

"I think he likes you," a deep, male voice observes.

"The feeling's mutual." I look up into another soulful pair of brown eyes. Marley's owner has a smile that makes my heart race. Down, girl, I tell myself. This is a business transaction.

"Hi, Joe," I say. "I'm Corinne."

"Hi, Corinne." His smile is half-embarrassed, half-rueful. "I can't believe I'm doing this."

"Me, either," I confess. "But your sister assures me dog sharing is all the rage in Europe."

"Well, Stacey also assures me real men wear makeup."

I give a surprised laugh. "She wants you to wear makeup?"

### The gesture, and his words, tug at my heart

"Something to do with concealer and bags under my eyes."

I peer into his face. "They look fine to me." More than fine. Perfect.

"That's what I told her." He nods at Marley, who's straining at the leash. "Mind if we walk while we talk?"

I fall into step beside him, and we stroll along the park path, pausing every few seconds to let Marley sniff at a tree or a leaf.

"What did Stacey tell you about me?" he asks.

A local wedding planner, his sister is one of my florist shop's best clients. "Only that you're an architect and that you don't like Marley being alone so much."

"When I told her I was thinking of finding him a new home, with a yard and kids, you'd have thought I was about to commit murder."

"Could you really give him up?" I ask.

"Nah." Joe reaches down a hand to pat

Marley. "We're in this for the long haul, isn't that right, buddy?"

The gesture, and his words, tug at my heart.

"Stacey recommends you highly."

"She knows how much I love dogs. My business keeps me so busy, I'm just not sure I'm ready for that responsibility."

"Having Marley with you during the day will be a good test."

"That's what Stacey tells me. I know I'll enjoy the company."

"And maybe, between the two of us, we can give this guy the attention he deserves. And I won't go into debt at doggy daycare." Joe addresses Marley.

"What do you say, boy? Want to try it for a week?" Marley wags his tail in approval.

Before I know it, the trial week turns into two, then three. I love having Marley at the shop, and so do my customers. I also find myself looking forward to those few minutes each morning and evening when I get to talk to Joe.

About a month into our arrangement, he arrives one morning carrying a baker's box.

"To say thank you," he explains, "for taking such good care of Marley. My first impulse was a bouquet of flowers." He gestures to the flower-filled



coolers lining my shop's walls. "You can see my dilemma."

"Like bringing shoes to a shoemaker," I say, laughing.

"Total overkill," he agrees. "So I baked a cake instead."

"You baked it?"

"With my own two hands. Let me cut you a piece."

The first bite is so delicious, I close my eyes to better savor it. That's when I feel Joe's thumb brush the corner of my mouth.

"You missed a crumb," he says softly. When my eyes fly open, his gaze is intent on mine. "I have an important question for you. Two, really. First, have you decided yet?"

"Decided what?" I croak.

"Whether you have room in your busy life for anything besides work."

Heart pounding like crazy, I glance at the dog at our feet and opt for the truth. "Having Marley here has taught me that I have time for whatever is important."

"Good." He nods. "Question number two: Will you have dinner with me Saturday?"

My breath catches. "Are you asking me out on a date, Joe?"

"Yes, Corinne, I am."

I wait a beat, letting the wonder of it all sink in, then say, "Can Marley come, too?"

His smile is like the sun breaking through the clouds. "I wouldn't have it any other way."

My answering smile feels a mile wide. "Then it's a date."

—Shelley Cooper

### Crossword puzzle solution

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





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50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
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# What's your pizza personality?

The pizza topping that keeps you coming back for more reveals insights into more than your taste buds—it gives a glimpse into your psyche! Just pick your favorite topping to see what it says about you!

If you prefer . . .

## Pepperoni: You're a charmer!

Partial to pepperoni? Your preference for the most popular pizza party option reveals your infectious sense of fun. Just as pepperoni has a little kick of spice, your saucy vivaciousness ensures there's never a dull moment when you're around!



## Sausage or meat-lover's:

### You're a sassy leader!

Gravitating toward flavorful sausage pizza is a sure sign of your bold personality—and innate ability to lead. Full of energy and enterprise, you're a pro at taking the reins and seeing any project through to perfection. And your powerful mix of ambition and confidence guarantees you relish the spotlight!



Photos: AGE Fotostock; Getty Images (2); Media Bakery (3).

## Veggie: You're a grounded sage!

Leaning toward healthy toppings like onions, mushrooms and peppers shows that you're just as grounded and earthy as the veggies you pile on your pizza! Serene and self-confident, your ability to remain calm in the face of challenges makes you a stabilizing force both at home and in the workplace. You don't deny yourself indulgent pleasures like pizza, yet your conscientiousness indicates a balanced attitude toward food and life.

## Just cheese:

### You're a happy optimist!

Saying, "Cheese, please!" means you appreciate simple pleasures. You light up every room with your buoyant energy and don't need any fancy frills to be satisfied. Loving and light-hearted, you exude genuine optimism that wins smiles from everyone you meet. Just as cheese pizza is universally loved, you'd be hard-pressed to find a soul who doesn't adore you!



## Pineapple:

### You're a free-spirited innovator!

Can't resist the unique flavor pairing of sweet pineapple and saucy marinara? A craving for this sweet-savory choice reveals you're just as one-of-a-kind and irresistible. Putting tropical fruit on your pie is proof of the inventive spark within you!

—Hannah Chenoweth



## Margherita:

### You're a sophisticate!

The allure of margherita is its subtlety: Less is more. Just a hint of fresh basil and juicy tomato make this pizza a classic, similar to your own sophisticated and understated charm. You exude a quiet confidence that draws others in—and a vibrant mental agility lies beneath your calm exterior.





# Circle of Kindness!

Have you done something kind for someone... or been on the receiving end of a thoughtful gesture? Share your heartwarming story here!

## Moms and kindness

Standing in line at the supermarket, I noticed a young woman ahead of me

struggling to unload her groceries onto the conveyor belt while holding a sleeping newborn baby. "Here, let me help you," I said, as I began to unload her cart. The woman thanked me and said she was trying to keep her baby from waking up and crying. "I understand. I had five babies of my own," I said with a smile, and got back in line. When it was my turn, the cashier totaled my order, then told me the woman I had helped had left \$20 to help pay for my groceries. I guess a kind deed really does come back to you!

—Sherry L. Peitzmeier, Redding, CA

## "Thank goodness for people like her!"

One night, my brother and I made a trip to the store to purchase a TV that was on sale. But after we paid, we discovered the TV wouldn't fit in the trunk of my small car. Unfortunately, the store didn't offer delivery service. We were at a loss as to how we'd get the TV home when, just then, a woman in a larger car pulled over beside us. "Need a hand?" she asked. When we explained what was happening, she offered to load the TV in her car and drop it off at my house. We were so appreciative! We tried to offer the woman gas money for going out of her way to help us, but she refused. "Just pass on the kindness one day," she smiled. I guess you could say she was in the right place at the right time to lend us a hand. Thank goodness for kindhearted people like her!

—Carolina Lopez, Summit, IL



## Special anniversary gift

My husband and I were shopping when the cashier asked us how long we've been married. She was amazed when I told her Jim and I have been together for 72 years. Suddenly, a man standing nearby walked over to us and asked to shake Jim's hand. "Congratulations! Take your wife out to dinner," he said, and slipped a \$20 bill into my husband's hand. It is wonderful to know there are people who celebrate long marriages. I am sure that man was blessed for his kindness.

—Jean Bickel, Corona, CA



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Do you have an act of kindness to share? E-mail it, along with your name, address and a clear photo of yourself to: CircleofKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay you \$50 if we publish your story; submissions may be edited for style.



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For the week of Saturday, March 18th, to Friday, March 24th

## Happy Birthday!

Year-ahead forecast for those born this week

Queen Latifah  
March 18, 1970



Prepare for big things, Pisces! Starting today, celestial forces begin opening your mind to exciting new ideas and opening your heart to greater love. Also expanding: your

bank account, which Jupiter helps steadily fatten until fall. Meanwhile, if you're an Aries born in late March, spring is your time for a romantic reawakening, with planets heating

up longstanding relationships and bringing singles new love. Bonus: Uranus works magic on your behalf, helping you break free of ruts and speed toward greater happiness!

### ARIES March 21 to April 19



Craving romance? Plan a get-away the weekend of the 18th, and Venus and Mercury will do the rest! On the 22nd, you'll be rewarded for a job well done.

**Lucky days:** March 18, 21 and 24

**Lucky numbers:** 7, 14 and 26

### LEO July 23 to Aug 22



Your inner child goes wild on the 18th, helping you ace projects that require creative flair. On the 24th, steamy planets add spark to your love life.

**Lucky days:** March 18, 19 and 24

**Lucky numbers:** 5, 15 and 27

### SAGITTARIUS Nov 22 to Dec 21



Want to win someone over? The Moon makes you extra-convincing on the 19th. And on the 20th, the Sun makes you lucky in love and in games of chance!

**Lucky days:** March 18, 20 and 24

**Lucky numbers:** 9, 19 and 28

### TAURUS April 20 to May 20



If you're in need of a little soul soothing, you'll get it by spending time in nature on the 19th. On the 21st, expect welcome financial news.

**Lucky days:** March 20, 21 and 22

**Lucky numbers:** 8, 18 and 33

### VIRGO Aug 23 to Sept 22



Commit to a diet on the 20th, and celestial forces will help you succeed. On the 21st, an ordinary encounter may take a blissfully romantic turn.

**Lucky days:** March 18, 21 and 24

**Lucky numbers:** 6, 20 and 30

### CAPRICORN Dec 22 to Jan 19



If you get a warm, fuzzy feeling on the 20th, that's the Sun guiding you toward a better future. Romance is destined to delight on the 21st.

**Lucky days:** March 20, 21 and 22

**Lucky numbers:** 11, 23 and 25

### GEMINI May 21 to June 21



Little risks are likely to pay off big on the 18th, when Mercury and Venus boost your mojo. Be on the lookout for Cupid's arrow on the 19th!

**Lucky days:** March 18, 22 and 23

**Lucky numbers:** 4, 22 and 31

### LIBRA Sept 23 to Oct 22



On the 20th, the Sun makes everyone around you unusually cooperative. Good karma pays off on the 23rd in the form of cash or a nice perk.

**Lucky days:** March 19, 21 and 23

**Lucky numbers:** 2, 17 and 32

### AQUARIUS Jan 20 to Feb 18



The Moon in your friend zone on the 18th brings rewarding opportunities to socialize. On the 23rd and 24th, forces in your sign set the scene for romance.

**Lucky days:** March 20, 21 and 22

**Lucky numbers:** 11, 23 and 25

### CANCER June 22 to July 22



On the 20th, money news makes you smile. On the 21st, the Moon transits your marriage sector, drawing your mate closer—even if you haven't met him yet!

**Lucky days:** March 18, 19 and 24

**Lucky numbers:** 12, 24 and 36

### SCORPIO Oct 23 to Nov 21



Venus and Mercury may make your urge to adopt or foster a new pet "pawsitively" irresistible on the 18th. Romance is in your stars on the 24th.

**Lucky days:** March 19, 20 and 23

**Lucky numbers:** 3, 13 and 34

### PISCES Feb 19 to March 20

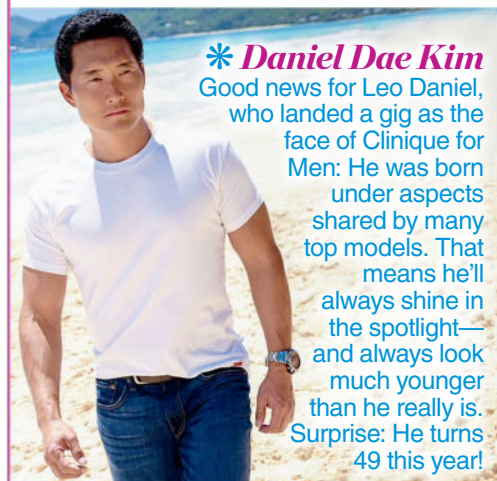


On the 20th, the Sun brightens up your cash zone and helps fill your wallet. When you're asked for an outrageous favor on the 23rd, don't be afraid to say no.

**Lucky days:** March 21, 22 and 23

**Lucky numbers:** 10, 16 and 29

## What's in the stars for the heartthrobs?



#### \* Daniel Dae Kim

Good news for Leo Daniel, who landed a gig as the face of Clinique for Men: He was born under aspects shared by many top models. That means he'll always shine in the spotlight—and always look much younger than he really is. Surprise: He turns 49 this year!

#### \* Milo Ventimiglia

The Cancer *This Is Us* star says he's sworn off dating co-stars. But on-screen wife Mandy Moore, an Aries, will make that vow very hard to keep. Milo and Mandy have charts that show one of the most powerful connections possible. They're a perfect match!



#### \* Tom Hardy

Can hunky Tom really pull off playing an aging, remorseful Al Capone in the upcoming movie *Fonzo*? Signs say yes! He's a perfectionist Virgo who can lose himself in any character—plus, he's under aspects that make him even better than usual at his job!



Gerald James Jackson is an internationally known author, lecturer and astrologer.





## Take a Break!

# Enjoy blissful sleep, naturally!

If you're among the millions of us who don't sleep well, these natural remedies could have you snoozing—and loving life more—in no time! “Sleep is your body's way of decompressing and refueling so it can repair overworked muscles, replenish your energy and help you function at your peak,” explains nutritionist Brooke Alpert, M.S., R.D., founder of B-Nutritious.com. Luckily, she says, knowing how best to relax beforehand can have you falling asleep and staying asleep, no sleep medication needed!

## Fall asleep faster

*with warm spiced milk!*

You won't have to count sheep if you sip this creamy, age-old sleep remedy an hour before bed! “Milk has tryptophan, an amino acid that activates your body's natural sleep chemicals to make you feel drowsy,” Alpert says. Turmeric contains curcumin, an anti-inflammatory compound proven to lift your spirits so you can stop stressing—and a little pepper helps you better absorb the spice!

- ❑ 1 cup milk
- ❑ 1/2 tsp. turmeric
- ❑ 1/2" piece fresh ginger, grated
- ❑ Pinch black pepper
- ❑ Honey, to taste

❖ Add milk, turmeric, ginger and pepper to saucepan over medium heat. Heat until mixture begins to bubble. Reduce heat; simmer 5 minutes, stirring occasionally. Remove from heat. Strain into a large mug. Add honey to taste; stir well.



## Unwind your mind

*with a lavender foot soak!*

Silence the worries that keep you up with this blissful soak! “Rosemary essential oil and Epsom salts relax overworked muscles, while lavender is proven to gently slow your heart rate,” says herbalist Brigitte Mars, author of *Beauty by Nature*. And rinsing your warm feet with cold water activates nerve endings that trigger drowsiness!

- ❑ 1/2 cup Epsom salts
- ❑ 10 drops lavender essential oil
- ❑ 5 drops rosemary essential oil

❖ Half an hour before bed, fill large bowl with comfortably hot water. Stir in salts and oils. Soak feet 10 minutes, inhaling deeply. Rinse in cool water.



## Sleep more soundly

*with “4-7-8” breathing!*

Breathe your way to deeper sleep? Yes! This incredibly relaxing technique, pioneered by holistic health expert Andrew Weil, M.D. (DrWeil.com), works by turning down your nervous system's “fight or flight” response, in turn, lowering your blood pressure and relaxing your muscles for hours!

❖ **To do:** Sitting comfortably in bed, place the tip of your tongue against the back of your upper front teeth. Exhale completely through your mouth to empty your lungs, then close your mouth and inhale through your nose for four counts. Hold your breath for seven counts, then exhale slowly through your mouth for eight counts, making a “whoosh” noise as you release the air. Repeat the sequence three times.



## Pick the best pillow for you!

### ❖ Back sleeper?

Cradle your neck as you sleep by using a thinner, contoured memory foam pillow with extra cushioning along the bottom third.

### ❖ Side sleeper?

A firm, “gusseted” pillow (one with rectangular panels along all four sides to increase its thickness) helps keep your spine perfectly aligned all night.

### ❖ Stomach sleeper?

Cozy up with an ultra-thin pillow to avoid straining your neck—or forgo a pillow altogether!

### ❖ Often wake up with a backache?

Slip a thin pillow under your stomach to realign your spine for more overnight comfort.





*Fantasy  
Getaway!*

# Japan is dreamy in Cherry-blossom season!

Nothing surpasses the glory of Japan in springtime, when cherry blossoms are in full bloom, blanketing the whole country in soft, pink splendor!

**C**lose your eyes and picture a fantasy landscape of pastel pink cherry blossoms, verdant hills, distant blue mountains surrounded by fluffy white clouds . . . and you'll know exactly what it's like to be in Japan in spring!

Cherry blossoms are beloved for their beauty in Japan and revered as an expression of hope and renewal, one marked by costumed figures parading down Mt. Yoshino, winding past slopes covered in more than 30,000 cherry trees, to pay tribute to the gods. Imagine smelling the intoxicating fragrance at the annual festival in Hirosaki, where trees swathed in otherworldly beauty surround the ancient Hirosaki Castle. Or see yourself hopping aboard an open-air, old-fashioned steam train to journey through the western Kyoto countryside, viewing the blossoms that line the Sagano Scenic Railroad.

Beyond nature's glories, this island nation offers plenty of cosmopolitan excitement. Imagine shopping for unusual knickknacks in Tokyo's trendy Harajuku district . . . getting up early for a super-fresh sushi breakfast at the famous Tsukiji Market, where fish are traded daily . . . picturing the changing of the royal guard at the nearby Imperial Palace compound,



## THE GREAT BUDDHA OF KAMAKURA

This colossal bronze statue—it weighs 121 tons—has been revered since it was first unveiled in the 13th century in this charming town, which is about an hour away from Tokyo. Originally covered in gold leaf, you can still catch traces of that glitter behind the seated Buddha's ears!

home to Japan's emperor. Feel the rush of a high-tech bullet train taking you from Tokyo to Kyoto to view Buddhist temples, soak in a natural hot spring or melt away your worries in a Zen garden. There's no end to what you might enjoy on your dream voyage to the Land of the Rising Sun!

**NEXT WEEK:** Immerse yourself in Fiji's island magic!

## MT. FUJI

The solitary splendor of Mount Fuji has been inspiring artists and poets as far back in time as historians can go!

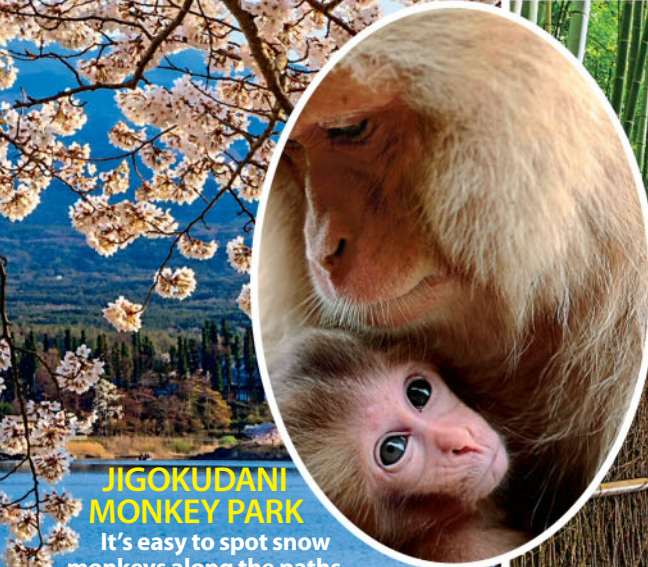






## SHINJUKU GYOEN NATIONAL PARK

Gorgeous gardens fill this 144-acre park built on the site of a castle that once belonged to a feudal lord in the 1590s!



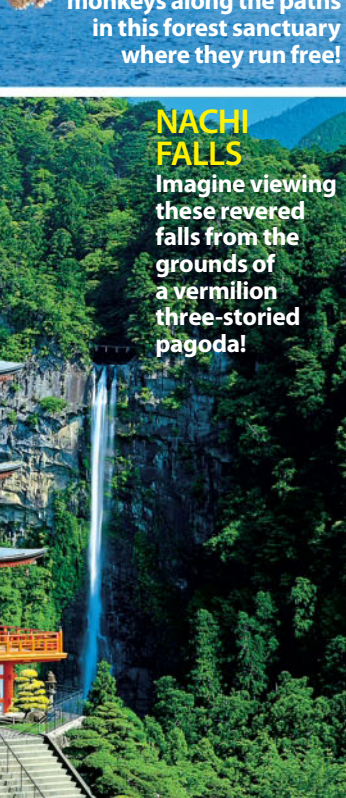
## JIGOKUDANI MONKEY PARK

It's easy to spot snow monkeys along the paths in this forest sanctuary where they run free!



## ARASHIYAMA BAMBOO FOREST

The mind-boggling beauty of this grove of soaring bamboo stalks makes it one of the most visited sites in Kyoto. The path through it leads to the entrance of the sublime Ōkōchi-Sansō Villa, which offers traditional sweets and cups of hot matcha tea!

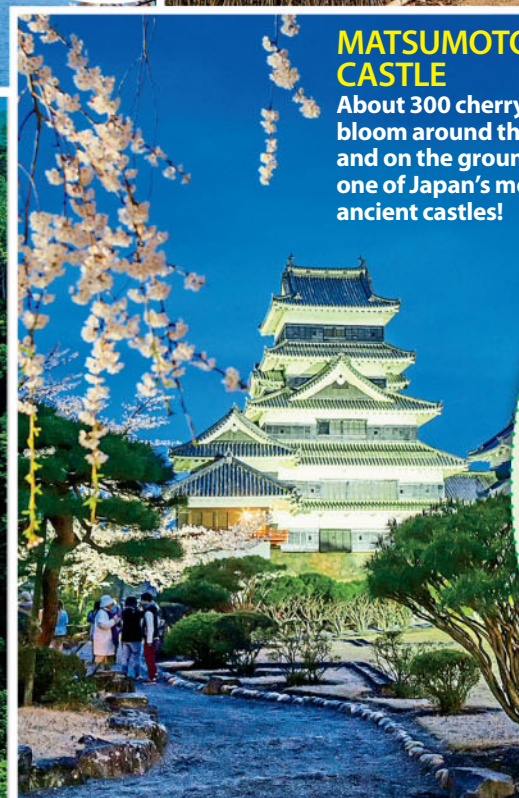


## NACHI FALLS

Imagine viewing these revered falls from the grounds of a vermillion three-storied pagoda!

## MATSUMOTO CASTLE

About 300 cherry trees bloom around the moats and on the grounds of one of Japan's most ancient castles!



## Armchair traveler

Infuse your happy hour with a taste of Tokyo!

Pink like a cherry blossom and fun to drink, this spicy cocktail combines red beet juice, cinnamon and a bit of ginger for a pretty and refreshing springtime treat!

- ❑ Ice cubes
- ❑ 3 Tbs. dark rum
- ❑ 1 Tbs. beet juice
- ❑ 2 tsp. simple syrup\*
- ❑ 2 tsp. lemon juice
- ❑ 1/2 tsp. ground ginger
- ❑ 1/4 tsp. ground cinnamon

In ice-filled cocktail shaker, combine all ingredients; cover and shake vigorously until well chilled. Strain into martini glass. Serves 1.

\*To make syrup, bring equal parts sugar and water to boil; stir until sugar dissolves. Remove from heat; cool.



Recipe: courtesy of The Royal Bar at Palace Hotel Tokyo. Photos: Angelika Kagan/iStockphoto; Nature Picture Library/Alamy Stock Photo; SIME/eStock Photo; Kasia Nowak/Alamy Stock Photo; SOPA/eStock Photo; YEH YUNG-HUNG/Getty Images; DAJ/Getty Images; Noppakun Wiropart/Alamy Stock Photo;.



You deserve  
*Good things!*

*You're  
getting  
there!*

It's true that the road to any dream can be peppered with frustrations, but they're only temporary; there has never been a traffic jam that lasts forever! So when you hit a roadblock, detour or delay, don't worry. There's always more than one route to success, and you're well on your way!



# Everyday Heroes

Heroes come in all shapes and sizes, but they all have one thing in common: They're proof it takes only one person to make a difference!

## New wheels for Wild Bill!

Bill Manning is always helping students find lost gym bags, phones and jewelry. So when the beloved high school janitor lost his car, the kids found a way to make things right for him!

**H**ave you seen my gym bag? My phone and wallet are in it!" Arvada, Colorado, high school junior Marcel Sobhi panicked.

"Maybe you left it in the library," someone suggested, and Marcel made a quick pivot to go check. That's when he all but collided with school janitor Bill Manning. "This what you're looking for?" the custodian asked, offering Marcel the bag he'd found sweeping up the locker room.

"You're a lifesaver!" Marcel smiled. Then, raising his bag high, he shouted, "Hey, everyone! Wild Bill comes through again!"

**“Maybe this will help you find a great new ride!”**

It wasn't the first time "Wild Bill"—who'd earned his nickname cheering extremely loudly at the Arvada High Bulldogs' games—had saved the day. For 15 years at Arvada High, he spent hours of his own time locating lost books, sweatshirts, keys and even school rings for the kids he thought of as family.

One Friday, after cheering at a Bulldogs' football game, Wild Bill returned home to clean up before going out for the evening. But when he went out to his car, his parking space was empty! His beloved car had been *stolen!*

"I was only gone 20 minutes! And I locked it—I know I did!" he told the police.

"We'll do our best, but we've had a rash of unsolved car thefts lately," the cops admitted.

Bill had scrimped and saved for years to buy that Denver Bronco blue Ford Fiesta, the first car he'd ever owned. He loved it so much, he kept it showroom



**"That these kids gave up their own money so I could get a new car... they are the best!" says Wild Bill.**

pristine, vacuuming, washing and waxing it regularly.

That Monday morning, Wild Bill showed up at school without his car and got to work without his usual greetings of "Good morning!" and high-fives.

"Are you okay?" senior Ian Fonseca asked, and Bill's eyes welled with tears as he told Ian his car had been stolen.

"What about insurance?" one of Ian's friends asked when he shared the news.

"They never pay what a car's worth," Ian sighed. And that's when he had an idea.

*Wild Bill's car was stolen! Can you help?* he posted on the school's Facebook page.

Almost immediately, students began stepping up.

*I can skip the movies to help Wild Bill,* said one.

*That video game can wait. Bill needs help!*

another typed.

Birthday money and allowances came pouring in.

"We've already raised more than \$800!" Ian told the school librarian, Heather Anderson. Together they decided to expand their plea with a GoFundMe campaign.

*Bill has given so much of his heart to our school. Now we have an opportunity to give back,* Ian wrote, and the students dug deeper into their pockets.

Touched by the kids' willingness to give—and Wild Bill's own kindness—the school staff matched the donations.

*We love you, Bill!* science teachers Rick and Leslie Durant commented.

*I've never met a more selfless, enthusiastically helpful man. You are AHS's best cheerleader, Bill. Thanks for all you do!* a former drama teacher noted.

After just two days, the school librarian and Ian printed a giant check for \$4,000 to help their friend replace his stolen car.

"I need you to come in early tomorrow," Principal Gina Rivas told the janitor.

The next day, when she led him to the library, the students burst into cheers of "Wild Bill!"

"We couldn't find your car like you always find our things, but

maybe this will help you find a great new ride,"

Ian said, handing Bill the check.

"For me?" Bill gasped.

Pooling the kids' donations with his insurance payout, Wild Bill was able to buy a 2016 Chevy Trax, this one in Denver Bronco orange!

"My kids come first in my heart. To know they love me as much as I love them..." he chokes back tears. "I always try to put a smile on their faces, and boy, did they put a smile on mine!"

—Bill Holton

**"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."**  
Dalai Lama

Has someone come to your rescue? Share your own story with us, and we'll pay you \$250 if we publish it! Know of a hero? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! E-mail your story with your name and phone number to: [WWFeatures@WomansWorldMag.com](mailto:WWFeatures@WomansWorldMag.com). Or mail to: Everyday Hero, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

**We pay \$250!**



# DELVING INTO THE TABOO SUBJECT OF THINNING HAIR IN WOMEN



**“PEOPLE TELL ME HOW HEALTHY MY HAIR LOOKS. I HADN'T HEARD THAT IN A LONG TIME!”**

**We recently conducted a double-blind, placebo-controlled clinical trial on Viviscal supplements in my practice, the Ablon Skin Institute in Los Angeles. The results of the clinical trial were dramatically successful.**

**Glynis Ablon, M.D., FAAD,  
Associate Clinical Professor, UCLA.**

Francine never had issues with thinning hair and always had thick hair while she was growing up. The first time Francine noticed her thinning hair was two years ago. “When drying my hair, I would feel the heat on my scalp and I thought how odd that I would have thinning hair. All of a sudden I noticed that I had really thin hair. When I saw my hair coming out in the shower, that is when I knew I had a problem.”

Francine heard about Viviscal® supplements through her best friend, who suggested that she try this product that her dermatologist was taking for thin hair. Francine noticed a difference in three to four months with Viviscal.

**I had no negative side effects with Viviscal - it's drug free. Stick with it, my children have noticed that Viviscal has made a difference and also others have commented on how healthy my hair looks.**



Actual Viviscal patient courtesy of Glynis Ablon, M.D.,  
The Ablon Skin Institute (ASI) Research Center.

**Receive 10% off your entire purchase!**

Buy a 3-month supply of Viviscal and save \$30 plus receive \$50 worth of **FREE** gifts when you become Viviscal Elite.



**FOR MORE INFORMATION OR TO ORDER VISIT**

**[www.viviscal.com](http://www.viviscal.com) or call (888) 237-9974**

For **10% off** enter this discount code **WWMARP8**

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**Viviscal®**  
Hair Growth Program





## Piece of cake

Use the letters highlighted in the finished puzzle to spell a yummy dessert flavor

### ACROSS

- 1 "Large mouth" fish
- 5 All excited
- 9 "Major" animal
- 13 — mortals
- 17 Ready to eat, as fruit
- 18 Marcia's *Desperate Housewives* role
- 19 Astronaut Armstrong
- 20 Beasts of burden
- 21 Soprano's solo
- 22 Make, as money
- 23 Director Reiner
- 24 Praise highly
- 25 Thickness
- 27 Broke the news to
- 29 End of a threat (2 wds.)
- 31 Silent go-aheads
- 32 Chimney channel
- 33 Danced like Chubby Checker
- 34 Opposite of losses
- 36 Cargo areas
- 37 Checked out
- 38 Raggedy — (playthings)
- 39 Carton
- 40 Show place
- 42 — of the Unknowns
- 46 Porky, for one
- 47 Forbid
- 48 In-flight info, for short
- 49 Antiques shop item
- 50 Surpass
- 52 "I see!"
- 53 Rome's place
- 54 Sticky, weather-wise
- 57 Competed in a bee
- 60 Guys' partners

- 61 "Merrily We Roll —"

- 62 — Lilly and Co.
- 63 007 actor Moore
- 65 Venom carrier
- 66 "La la" preceder
- 67 —easter
- 68 Barbecue offering
- 71 Bowlers
- 72 Quenched a thirst
- 74 Roomy ride
- 75 Big bash
- 76 Bakers' wares
- 77 Cut words, maybe
- 79 Breakfast sizzler
- 80 Bad way to go
- 84 Freudian topics
- 85 Adorable
- 86 Line on a check
- 87 Arrangement holder
- 88 Dawn-to-dusk period
- 91 Walk in water



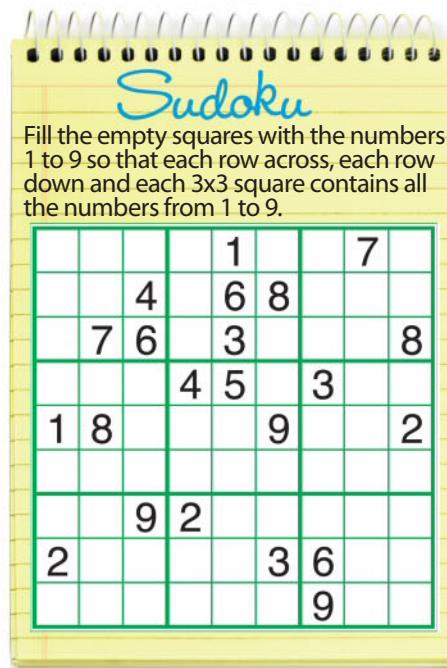
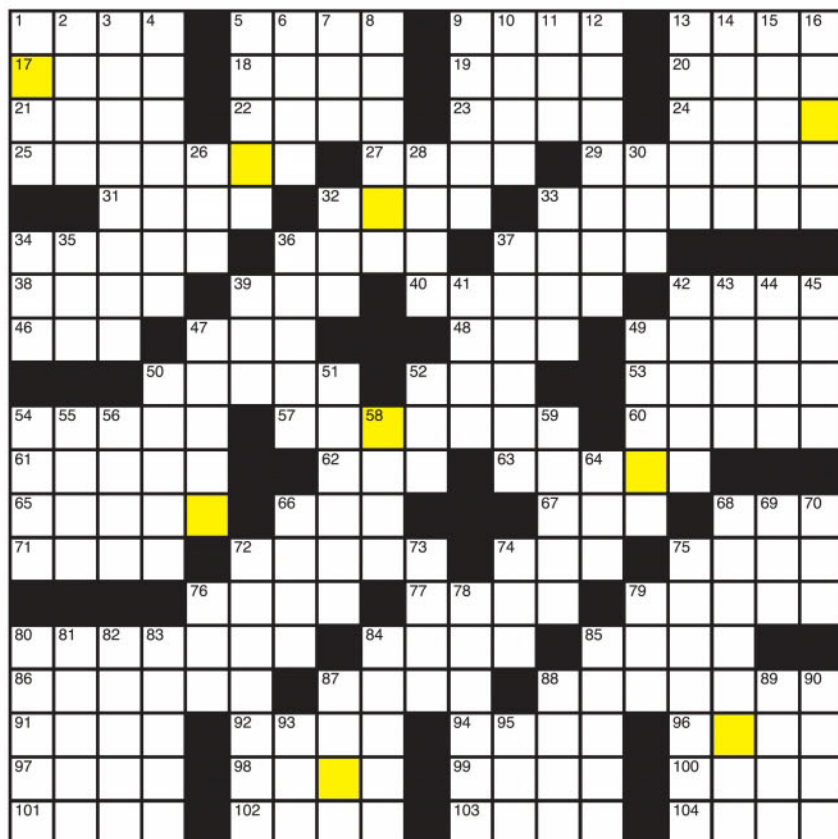
- 92 "What's — for me?" (2 wds.)
- 94 Ocean liner
- 96 "... happily — after"
- 97 Acted like Pinocchio
- 98 Gutter locale
- 99 — of the above
- 100 Merlin, e.g.
- 101 Gin flavoring
- 102 TV's Seacrest
- 103 Caddie's bagful
- 104 Sounds of disapproval

- 7 "— the fields we go"
- 8 With tenderness
- 9 Dad's brother
- 10 Enjoy an issue of *Woman's World*
- 11 "Dear" one
- 12 Let
- 13 Double agents
- 14 Praise to the heavens
- 15 Utilize again
- 16 Broke off
- 26 Driver's lic. and others
- 28 Boot from power
- 30 Free from, with "of"
- 32 Office machine
- 33 Banks on the runway
- 34 Opening between teeth
- 35 *Wheel of Fortune* buy (2 wds.)
- 36 Partner of stocks
- 37 "Take your pick"

- 39 Dracula, at times
- 41 Get better
- 42 Homework helper
- 43 Evangelist Roberts
- 44 Pepper grinder
- 45 Some scouts
- 47 Barely move
- 49 Apple drink
- 50 Sty sounds
- 51 Madame Butterfly and Carmen
- 52 *Aladdin* prince
- 54 Corned beef —
- 55 Arm bone
- 56 Castle defense
- 58 Brio
- 59 Coffee break snack
- 64 Statehouse V.I.P.
- 66 Arduous journey
- 68 Catches a pass
- 69 "Am — believe ...?" (2 wds.)
- 70 London's Big —
- 72 More sullied
- 73 They're tapped
- 74 "— boom bah!"
- 75 Most plump
- 76 Ballpoint, e.g.
- 78 "Crime — pay"
- 79 Purchase
- 80 Cries loudly
- 81 In-box contents
- 82 Cowboy jamboree
- 83 Glove material
- 84 Consumed
- 85 Bullfighters wave them
- 87 Paper towel brand
- 88 Chow down with class
- 89 Docile
- 90 Blows it
- 93 "Uh-uh"
- 95 Clod chopper

### DOWN

- 1 Actor Pitt
- 2 Frigid finish
- 3 Going round and round
- 4 Spring and others
- 5 Helps a hood
- 6 Civil War side, with "the"



Please turn to page 42 for crossword solution

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# Movie night!

Sheriff Jones saw through the ruse of a thief!

At 9:30 p.m. Sheriff Charles "Chunky" Jones bought a ticket, entered the almost-empty lobby of the Cinema Four and found an old friend working the snack counter.

froze, then headed for the inner hallway.

They found rich widow Martha Dooley standing wide-eyed in one of the doorways, clutching her heart. Across the corridor stood young Wesley Beale, Ms. Dooley's driver. Everyone else was obviously inside the four theaters.

"Somebody stole my purse!" Ms. Dooley was bellowing.

"I saw him," Wesley said. "I was coming out of the rest room and saw a guy run down the hall. He pulled open the fire door and ran out into the parking lot."

Garner was already headed toward that exit, so Sheriff Jones asked, "Description?"

"I didn't see him," Ms. Dooley said.

**Q. What did the fruit tree say to the farmer?**  
**A. Stop picking on me!**

"Ray Garner?" he said. "I thought you were teaching high school English."

"Cutbacks," Garner shrugged. "Now I'm scooping popcorn."

"I'll take a large," the sheriff said. "Buttered."

"Comin' up. Hey, you ever see our old teacher?"

"Ms. Potts? All the time. I wish I loved police work half as much as she does." The sheriff snorted. "Heck, I wish I was half as smart as she is."

"Wish I were half as smart," Garner corrected.

"Me, too." Sheriff Jones was reaching for his popcorn when he heard a woman scream. Both he and Garner

"He was short, dark, mid-twenties," Wesley said. "Tan overcoat, like mine."

"To hide my purse in, probably," Ms. Dooley moaned.

Where were you when this happened, ma'am?" the sheriff asked her.

"Watching the movie. Wesley had been sitting beside me. It was dark, and Wesley had gone to the rest room. I suddenly realized my purse strap was gone from the arm of my seat! When I ran out here—"

"I had just seen the guy running away," Wesley said.

Garner returned, panting. "Whoever it was is long gone, Sheriff."

"With my money," Ms. Dooley wailed. She explained to the sheriff, "I'm leaving tomorrow for a trip, so this afternoon I had Wesley drive me to the bank." She squeezed her eyes shut. "I withdrew almost \$5,000."

"Did anyone else know you were carrying that much cash?"

"Just me," she

said. "And, of course—"

"Wesley," the sheriff gave him a hard look, "who I think is lying."

"Whoa there, Sheriff." Wesley unbuttoned his overcoat, pulled it open. "I got no purse on me. If I was a robber, I'd have robbed her at home."

"If I were a robber," Garner corrected. Everyone ignored him.

"No," the sheriff said. "There, you'd be the prime suspect. Here, you'd have cover."

Wesley gulped aloud. His face had lost its color.

"If you really saw someone running away, and Ms. Dooley came out yelling 'purse snatcher,' why didn't you chase the man?"

Wesley was sweating now. "I'm innocent. The guy you need to look—"

"What I need," Sheriff Jones said, "is to search the men's room." Keeping his eyes on Wesley, he said to Garner, "Would you mind doing that, Ray?"

Moments later Garner came back out holding a leather purse. "It was in the trash can."

Ms. Dooley gasped. Wesley's shoulders slumped. The sheriff said, "Look

inside the purse."

"Maybe I shouldn't," Garner said. "What about fingerprints?"

The sheriff studied Wesley's fancy driving gloves. "Don't worry about prints."

A quick search produced no cash. It did, however, produce an empty bank envelope.

The sheriff pointed to Wesley's now-unbuttoned coat. "Your turn, Mr. Beale."

Wesley groaned. Within seconds, the money was found—in his coat pocket.

An hour later, with young Wesley in jail, the sheriff came back, picked up his popcorn, and was headed off to catch the last of his movie when he noticed Garner smiling at him.

"What?" he asked.

"Ms. Potts would be proud of you," Garner said.

"How'd you know Wesley was lying?"

**What tipped off Sheriff Jones?**

Wesley couldn't have seen someone inside pull the exit door open. Five doors only open outward.

**SOLUTION**

—John M. Floyd



"I suppose you're right. Some extra fire coverage would be a no-brainer."

## Person, Place or Thing? Can you guess what I am?

- I come in a bottle.
- I pair well with fish.
- I don't have a sense of humor, yet I can be quite dry.
- That said, I can also be quite sweet.
- I prefer to be chilled.
- I come from France, Spain, California, Australia and lots of other regions.
- I can be still. Or sparkling.
- I'm not red. Or even pink.
- I might make you feel tipsy.
- I'm made from green grapes.

## Order Up! Can you guess which happened first, second and third?

- Doctor Zhivago is a hit on the silver screen.
- Actress Joanne Woodward gets the first star on the Hollywood Walk of Fame.
- Ronald Reagan is reelected governor of California.

## Answer Key

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

This week's Sudoku solution

I am white wine.  
Person, Place or Thing?

B. 1960, A. 1965, C. 1970

Order Up!

Red velvet

Crossword Jumble



"It's like a giant do-it-yourself Google."



# “Before Maeve was even born, she was a survivor!”

It was the most difficult time of Kelly Seabold's life: Her unborn baby girl required surgery before she was even born just to survive. But faith, love and science, she learned, can work miracles . . .

In the dim light of the ultrasound room, Kelly Seabold lay on the table for her 20-week scan.

After a perfectly healthy first pregnancy that blessed her and her husband, Dan, with twin boys, the Avon Lake, Ohio, mom couldn't wait to see this new “singleton”—though they didn't want to know if Brady and Bryce were having a little brother or sister.

“We want to be surprised,” Kelly smiled.

There was the baby's spine, like a string of pearls. The beating heart. Suddenly, the technician froze . . . then left the room—leaving Kelly to panic: What's wrong with our baby?

## Praying for healing

A few moments later, the doctor came in.

“See this circle here? There's a rare tumor called a sacrococcygeal teratoma [SCT] on your baby's tailbone.”

Though they were both nurses, Kelly and Dan had never heard of SCT.

The doctor couldn't say what caused it, although it happened far more frequently in girls.

We're having a girl? Kelly realized. All her life, she had dreamed of having a daughter she'd name Maeve. In Irish legend, Maeve had been a warrior

queen. Now this little girl would need that strength.

The plan was to monitor the tumor and remove it after birth, her obstetrician determined.

That night, Kelly logged into the hospital's online medical library. She needed to be prepared. And when she typed in *SCT*, one name kept appearing: Scott Adzick, M.D., at Children's Hospital of Philadelphia (CHOP).

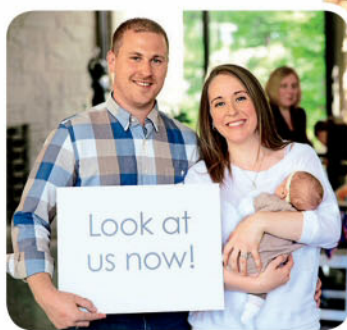
“If anything happens, we have to go there,” she told Dan.

In the coming weeks, Kelly and Dan tried to proceed with life as usual. But in just a few weeks, Maeve's tumor had quadrupled. The pressure was causing her heart to dangerously enlarge, as well as compromising other organs. The best option now was in utero surgery.

“We have to get to Philadelphia,” Kelly and Dan agreed, and began packing. By the next afternoon, with their boys settled with relatives, Dr. Adzick was examining Kelly.

“We could do fetal surgery. But you must know: There is a very small chance your baby will survive.”

Yet without it, Maeve had



even less of a chance, Kelly knew.

The next morning, Kelly—now 25 weeks along—was rolled into the OR. As if performing a C-section, Dr. Adzick made an incision in Kelly's uterus.

The intention was to remove as much of the tumor as possible while tiny Maeve remained safely inside Kelly—but he discovered that the tumor, now as big as Maeve herself, had ruptured in two places!

The baby was losing so much blood, Dr. Adzick and his surgical team had to give her transfusions through her umbilical cord. And as if things couldn't get any more dire, little Maeve's heart stopped!

Performing cardiac compressions to get it started again, Dr. Adzick refused to give up until Maeve was stabilized. Finally, he

stitched Kelly back up. When he emerged, Dr. Adzick was honest.

“It was very, very difficult—as tough an operation as I've ever done,” he told Dan.

Yet Maeve had held on. That's our little warrior! Kelly thought.

## Miracles all around!

Because the trauma of surgery increased the risk of premature delivery, Kelly was put on bed rest.

The first goal had been to just get through the week. But after that, as the days stacked into more weeks, every test showed Maeve growing even stronger. And Kelly could feel it because without the enormous tumor restricting her movement, Maeve was in constant motion, kicking like a tiny soccer player!

Finally, seven weeks after surgery—at 32 weeks—doctors decided that because Maeve's amniotic sac was pressing on her umbilical cord, it was time.

Please, please, we've come this far. Let our baby girl be well! Kelly prayed.

Four-pound, four-ounce Maeve was born via C-section, screaming her tiny lungs out.

“She's here!” they showed the boys by video, and their jaws dropped to see their little sister.

A week later, Maeve underwent another surgery to reconstruct where the benign tumor had been removed. And soon, she could go home!

Today, Maeve is a perfectly healthy 18-month-old who loves dancing to *Paw Patrol* and flipping through her favorite book, “Brown Bear, Brown Bear.” And in her room, she often points at the framed photos of Dr. Adzick and the other doctors who saved her life.

“I look at Maeve and know what heroes they truly are,” marvels Kelly. “Before she was even born, Maeve was a survivor. Now she's a flat-out miracle, and he is our miracle worker!”

—Kristin Higson-Hughes



“Maeve is proof miracles do happen,” says Kelly. Inset: Kelly and Dan with Maeve at a hospital reunion.

“You are laden with beginnings. There is hope in you!”

LOLA RIDGE

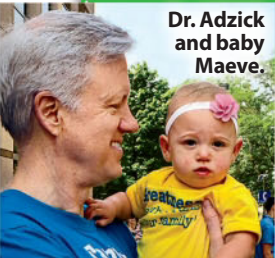
## How you can help newborns in need!

✓ **Keeping them cozy and warm!** If you like to sew or knit, use those skills to craft blankets, hats and booties that will help comfort hospitalized newborns! Check out [CareWear.org](http://CareWear.org) for patterns—they also have patterns for stuffed bears!

✓ **Talking a walk!** Sign up for the March of Dimes' annual March for Babies walk, which helps raise funds to support preemies. Can't attend? Spread the word with free e-cards available at [MarchForBabies.org](http://MarchForBabies.org).

Babies born prematurely like Maeve have special needs—and you can help by . . .

✓ **Assembling the necessities!** Gather baby clothes, bottles and other necessities and gift them to Newborns InNeed.org, a national nonprofit that helps needy newborns—you can also sign up with a local chapter to help with a donation drive!



Dr. Adzick and baby Maeve.

Share your own inspiring story with us, and we'll pay you \$250 if we publish it! Read or heard a story you think belongs in Woman's World? Send it to us! If you're the first to share it and we publish it, we'll pay you \$100! E-mail the story with your name and phone number to: [WWFeatures@WomansWorldMag.com](mailto:WWFeatures@WomansWorldMag.com). Or mail to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

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# Love & Laughter!



## Movie Wisdom!

*The Beach*

"I still believe in paradise. It's how you feel for a moment in your life when you're a part of something, and if you find that moment, it lasts forever."

—Richard



**Win \$100!**  
See box below

Send us your cutest pet picture!



**"Dreaming about dinner!"**

Submitted by Frank Garcia, Hollywood, FL

## "Smiles for Grandma!"

Ella, 2 1/2  
Submitted by  
Grandmother  
Frances Valles, VA



Luke,  
14 months  
Submitted by  
Grandmother  
Elaine  
Vaughan, MI

**Handsome little man!**

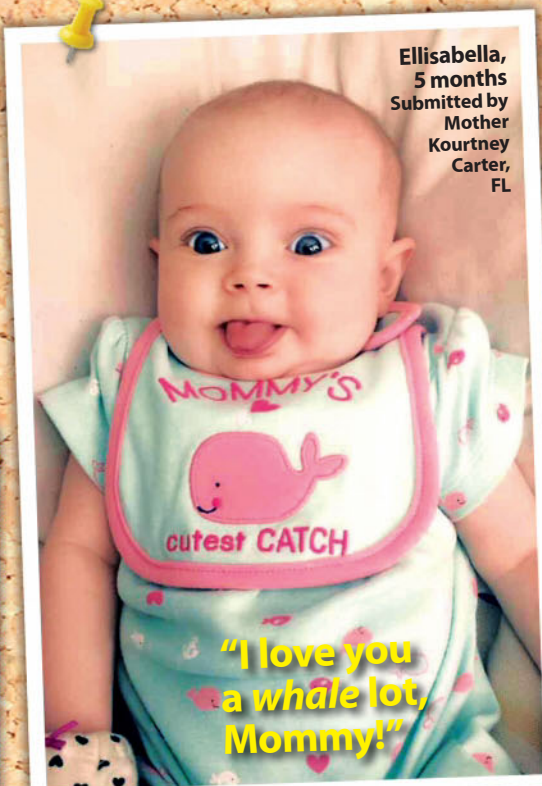


One day I was feeling sluggish at work, and I figured listening to some '80s dance tunes would give me a burst of energy. So I plugged in my headphones and cranked up the music. Next thing I know, my co-worker taps me on

**Was my face red!**

the shoulder... Turns out, I hadn't pushed my headphones in all the way and the whole office heard my music! Luckily, everyone laughed—and now I always make sure my headphones are fully plugged in—but boy, was my face red!

—J.G., Oakland, CA



Ellisabella,  
5 months  
Submitted by  
Mother  
Kourtney  
Carter, FL

**"I love you a whale lot, Mommy!"**

"I realize you're a mime, Harold, but we need to talk."



**Cute little country boy!**

Cohen,  
9 months  
Submitted by Great-Grandmother Barbara Eubanks, NC

**\$** Send us your cutest baby photos. Please include name and age of child, your name, address, phone number and relationship to the child. Also, please send along your original pet photos and your embarrassing stories. We pay \$100 for each pet photo published and \$50 for each "Was my face red!" that we use. Send it all to Love & Laughter!, Woman's World, 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or e-mail to LoveAndLaughter@WomansWorldMag.com. (Unfortunately, due to volume, we can't return any photos.)



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