

December 6, 2010
God Bless America

More
for your
money!
\$1.79

Womans World

A great
week
made easy!

**ANXIOUS?
CAN'T SLEEP?**
This holiday
miracle spice
is the cure!

Experts reveal
the 5 essential
secrets for feeling
**TRULY
HAPPY!**

Holiday cheer!



- ★ Quick party treats!
- ★ Instant yum from cinnamon-bun dough!

THYROID CURE!

Lose 17 lbs by Christmas!

Revive your thyroid's fat-burning power,
balance your hormones, block stress-fat
—and drop 9 lbs a week!

CURE COLDS and FLU!

Supercharge your immune system
with ginseng and honey!

GIVE YOURSELF A Look-younger MAKEOVER!

All you need are blush and bronzer!

Cheaper than an office visit! Doctors' own HOME REMEDIES!

END WINTER TIREDNESS!

Beat fatigue and boost energy with this easy apple-cider vinegar trick!

THRIFT TRICKS! Recycle your trash into household treasures you really need!

Your WINTER HOROSCOPE forecast!



Start Your Week in the Know!



Surprise them with customized holiday gifts!

Looking to really wow friends and family this year? You can't go wrong with one-of-a-kind custom presents that are made according to your specifications! Here's how easy it is to customize...

● **Tea!** Mix your own blend from more than 20 types of flavored teas—including cinnamon, piña colada, pecan, rum and strawberry—at DesignATea.com, 585-591-2479 (\$8.50 for 2 ounces).

● **T-shirts!** Print a message and add images to T-shirts, hoodies, doggie shirts and stuffed animals at CustomizedGirl.com, 800-361-8811 (starting at \$20), and at CustomInk.com, 800-293-4232 (starting at \$26).



Getting a gift card?

Personalize it at GiftCards.com! Simply upload a photo or pick a design from the library to print onto a Visa gift card. Starts at \$4.95, plus the value of the card.

● **Jewelry!** You get to select the precious metal, gemstone and style of earrings, rings and necklaces at Gemvara.com, 800-436-8803 (\$72 and up), and at GemKitty.com, 503-928-4360 (\$60 and up).

● **Handbags!** Browse dozens of purse styles—including everyday, dressy and travel—then choose the fabric colors or patterns you want on your favorite at 1154Lill.com, 773-696-3660 (\$59 and up).

Create calm by vacuuming!



No need to chant or sit in lotus position. Mounting evidence suggests that getting completely absorbed in an everyday task like vacuuming—by, say, focusing on the whir of the machine, the pushing-pulling movement of your arm and the in-and-out of your breathing—is enough to promote relaxation, improve concentration and sweep away anxiety!

★ Star Quote



"I have a serious shopping problem now. Each city we go to, my suitcase won't hold the new clothes, so we have to box them up and ship them home."

—Jennifer Hudson, down 5 sizes



Dance your way to dreamland!

In a new study, insomniacs who spent 30 minutes dancing, walking briskly or doing another moderate-intensity activity four times per week fell asleep faster and stayed asleep with ease, reports the journal *Sleep Medicine*. Exercise reduces stress, tires muscles so they relax more easily at night and helps regulate hormones that control your body's inner clock, explain researchers.



Look 7 years younger in photos!

The trick? Turn on a lamp and tell the picture taker to turn off the camera's flash! In a new study from the dating site OKCupid.com, people viewing online photos were convinced that folks in pictures where a flash was used were seven years older than the subjects' real ages! Why? Soft light—from sun streaming through an open window, a candle or lamp, for instance—hides wrinkles, uneven skin tone and blemishes. By contrast, the harsh light of a flash brings them right out!