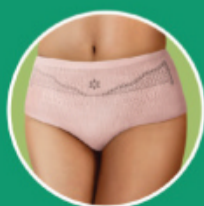


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Woman's World

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See p 43

UCLA research: The Chinese takeout that speed-heals

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Fill your week

MONDAY, JANUARY 27
NATIONAL CHOCOLATE CAKE DAY

Dig into delicious!

Make Monday more bearable with chocolate! The *Woman's World* test kitchen pros say you can make chocolate cake even *more* delicious with a rich, made-in-minutes glaze! To do: Whip up your favorite chocolate cake (from

scratch or from a box); let cool. Microwave $\frac{1}{2}$ cup of heavy cream in 45-second intervals until very hot, 1–2 minutes. Whisk in 1 cup of mini chocolate chips until smooth and glossy. Let cool; pour over cake. Let stand 30 min.

JOKE OF THE WEEK



The secret to enjoying a good bottle of wine:

1. Open the bottle to allow it to breathe.
2. If it doesn't look like it's breathing, **give it mouth-to-mouth!**

WEDNESDAY, JANUARY 29
NATIONAL PUZZLE DAY

Solve a puzzle!

Puzzle like a pro with these tips from Leslie Mallery, whose team won the 2019 Puzzle Contest at St. Paul, Minnesota's Winter Carnival. Her advice: Do the easiest part first. "If you're doing a square or rectangular puzzle, start with the border pieces, but if you're doing a round or an odd-shaped puzzle, separate the pieces by color or shape and start there." The reason? "They don't have flat edges, so it's hard to tell which pieces might be edge pieces." And if you need to move large sections of interlocking pieces, try "the Mallery move." To do: Hold the outer pieces of the section and pull them apart slightly as you lift. This creates friction that holds the pieces together when they're moved, she explains.



HELP A HERO!

THURSDAY, JANUARY 30
NATIONAL ESCAPE DAY

Get away!



Today is the perfect day to start planning a fun getaway—even if it's just for a few days! In Enterprise Rent-a-Car's Annual Weekend Getaway survey, 82% of people said taking a weekend trip helps them escape the cold-weather blues. And most agreed that shorter trips closer to home are ideal for feeling recharged and relaxed. To make your time more memorable, consider trying something new, like snowboarding, snowshoeing or snow tubing—58% of travelers say doing so makes a weekend getaway a true escape!

Help buy supplies!

If you have new Walmart or Target gift cards (\$25 is ideal, but any amount is welcome), send them to American Military Family! This nonprofit will use them to buy essentials for troops, veterans and their families who are going through tough times. Mail to American Military Family, P.O. Box 238, Firestone, CO 80520.

with smiles!

TUESDAY, JANUARY 28 DAISY DAY

Say cheers!

What better way to celebrate a holiday honoring the beauty and symbolism of the daisy flower than by sipping a cocktail of the same name? This Gin Daisy was created by Nathan Wilkinson (JollyBartender.com), and it's perfect for when the winter chill has you dreaming of spring's sunny days!

To make Wilkinson's Gin Daisy: Combine 3 oz. of gin, 1 oz. of lemon juice, 1 Tbs. of grenadine and 1 tsp. of simple syrup in an ice-filled cocktail shaker. Shake, then strain into a chilled glass. Top with sparkling water and stir. Garnish with an orange slice or raspberries, if desired. Makes 1 cocktail.



FRIDAY, JANUARY 31 NATIONAL FUN AT WORK DAY

Share a chuckle!

Making time in your day for a little on-the-job fun not only makes work more enjoyable—it makes you a better employee! So say researchers at the University of Florida, who found that people who have fun at work are happier, more productive employees. Explains Annie McKee, author of *How to Be Happy at Work*, “When we

feel good and excited, when we're having fun, we tend to be more able to think clearly, take in more information and make good decisions.” To bring a bit of fun to *your* job, consider leaving funny voicemails for your co-workers overnight, playing a board game at lunch or hosting a “guess the baby picture” contest.



Getty (4); StockFood; Alamy. Text: Shay Trotter

Start your week
with a
Laugh! 😊



“She’s not just your first dog. She’s a security question for life!”

Q What do snowmen eat for lunch?

A Icebergers!



Kids are fUnNy!

While on vacation with my 4-year-old son, we were standing down by the ocean water together. Amazed by the waves rolling in and out, he shouted, “Mommy, the ocean has the hiccups!”

—P.H., Lincoln, NE

WW

Relax and have

TV: CBS *Root for your favorite musicians at the 62nd annual Grammy Awards!*

Will this be the year Tanya Tucker wins her first Grammy? She's up for four awards, including song of the year for "Bring My Flowers Now" and best country album for *While I'm Livin*—the most nominations of any country star this year. Tune in to the Grammy Awards on January 26 to see if she takes home a trophy. And while newcomer Lizzo received the most nominations, with eight, watch for longtime favorites like Barbra Streisand, Sara Bareilles, Gloria Gaynor and Willie Nelson, who are also up for awards.

TV: BRITBOX

Put on your sleuthing cap with Vera!

It's a British crime drama like no other! Detective Chief Inspector Vera Stanhope (Brenda Blethyn) is a soon-to-be-retired employee of the Northumberland and City Police who is obsessive about her work and driven by her past. She may be a bit unorthodox, but her calculating mind and superior sleuthing skills help her catch the tiniest details and bring criminals to justice with the assistance of her team. Catch up with seasons one through nine, then watch the new season, streaming now.



Based on the novels by crime writer Ann Cleeves!



Tanya Tucker had her first hit at age 13 and may win her first Grammy 48 years later!



SNL's Aidy Bryant (left) stars!

TV: HULU

Take a funny break with Shrill!

Enjoy a few good laughs as this comedy returns for its second season! After facing down her demons—crazy family members, a bad boss—Annie is feeling great. She also has boyfriend Ryan by her side. But when she realizes that quitting her job and continuing a lackluster relationship might not be the best idea, she begins a journey of self-discovery with her mom and her best friend. Find out what's in store January 24.

fun this week



TV: HALLMARK

Will a fun snow maze lead these two to love?

Fall in love with *Amazing Winter Romance!*

Can a trip back home rekindle Julia's creative inspiration...and more? Journalist Julia (*Nashville*'s Jessie Schram) has gone from writing stories about romance and conquering goals to penning pieces about jaded love and lost dreams. After her boss suggests she head to her small hometown to find fresh new ideas, she instantly reconnects with her childhood friend Nate, who has built a giant snow maze that not only gives Julia an idea for a story but also helps her discover what her heart really wants—true love. See it now.



Can Everest the yeti make it home?

DVD

Bring on the smiles with *Abominable!*

This yeti is sure to warm your heart! In *Abominable*, a teenager named Yi meets a young yeti named Everest on the roof of her apartment building, and she and her friends Jin and Peng set off on an epic journey to reunite him with his family at the highest point on Earth. Will they stay one step ahead of businessman Burnish and zoologist Dr. Zara to help the big guy make it home? See it on DVD and Blu-ray now.

LIVE MUSIC TOUR

Sing along live with Jason Aldean!

Get ready for a rollicking good time as Jason Aldean hits the road for his "We Back" tour! Look for the country superstar to perform new songs like "Keeping It Small Town" and "Blame It on You" from his latest album titled 9—not only is it his ninth record, he says nine has always been his lucky number. Joining him on tour are special guests Morgan Wallen, Riley Green and Dee Jay Silver. For more information on dates and tickets, check out JasonAldean.com.



Jason has scored over 20 #1 hits!

It happened this week!



● *Romancing the Stone*, starring Kathleen Turner and Michael Douglas, won a Golden Globe in 1985.

● The **LEGO** brick was patented in 1958. The name comes from the Danish phrase "leg godt," which translates to "play well."



● "I Fall to Pieces" by Patsy Cline was released in 1961. It was the first country single to cross over to pop charts.

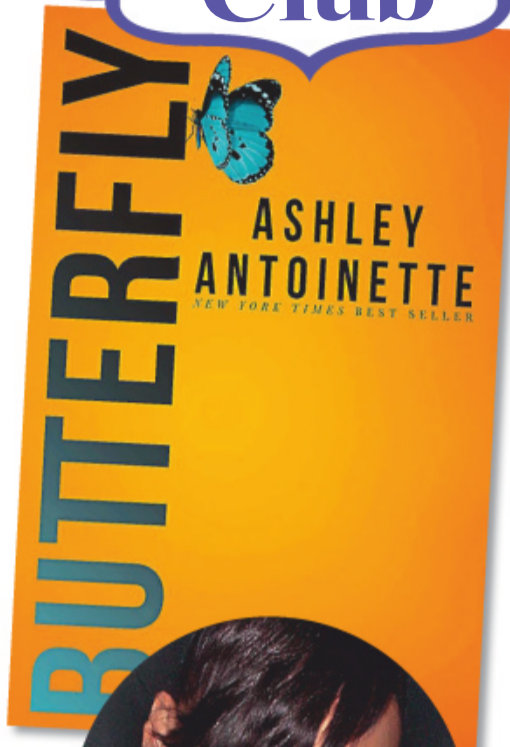
● *The Dukes of Hazzard* debuted in 1979. Only nine episodes were ordered to fill a gap in programming, but it ended up lasting seven seasons.



● *The Wonder Years* premiered in 1988. Fred Savage was nominated for an Emmy at age 13 for his lead role as Kevin Arnold!

WW

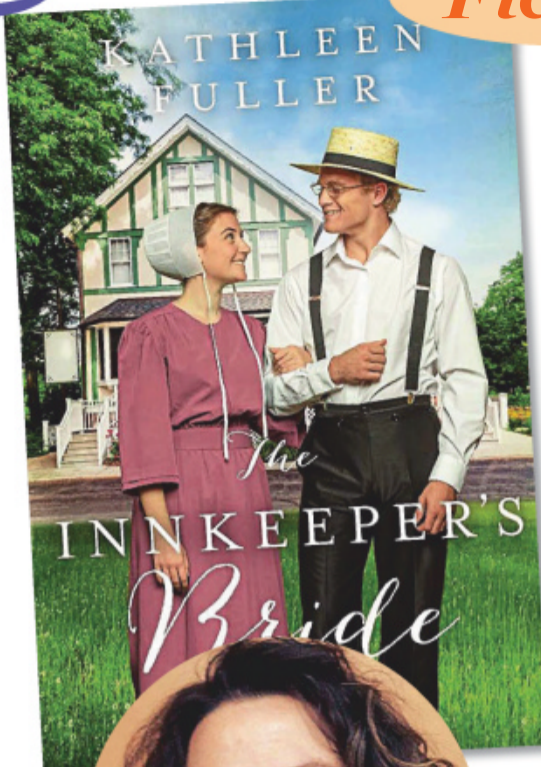
Fiction



WOMEN'S FICTION

Butterfly by Ashley Antoinette

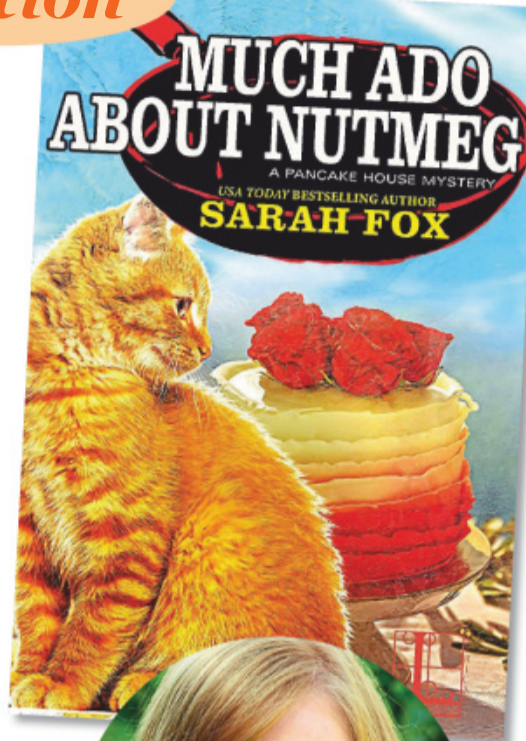
Packed with drama, suspense and passion, this novel takes readers on a wild ride. After losing her first love, Morgan Atkins is terrified to love again. But she finally settles for a comfortable life with a nice man. When a ghost from her past resurfaces, though, she finds herself entangled in lies. Now, she's forced to choose between safety and a bad boy. From heartbreak to butterflies, will Morgan decide to listen to her head *or* her heart?



CHRISTIAN FICTION

The Innkeeper's Bride by Kathleen Fuller

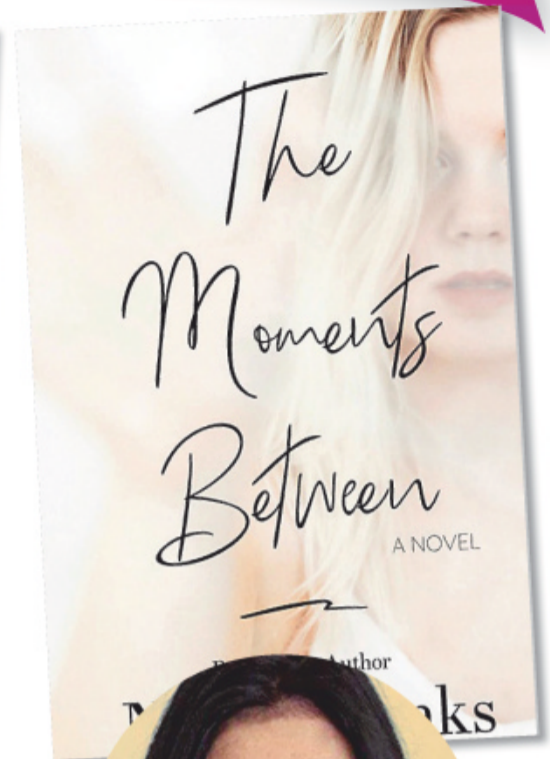
This charming tale full of sweet moments and likeable, heartfelt characters begins when Selah Ropp returns to the Amish community of Birch Creek, hoping for a fresh start. She accepts a job at Levi Stoll's newly restored family inn...where Levi's grandma decides to play matchmaker. With new friends and a blossoming romance, Selah may finally learn to let go of the past and bask in the blessings that God has in store for her.



COZY MYSTERY

Much Ado About Nutmeg by Sarah Fox

Wedding bells are in the air—along with the aroma of maple syrup—at Marley McKinney's pancake house, the Flip Side, as she whips up pancakes and plans out her big day. It's all going as smooth as her batter, until reporter Yvonne Pritchard stirs up a batch of trouble. But when Yvonne turns up dead, Marley steps in to help catch the killer before she finds herself part of a short-stack of bodies! A laugh-out-loud and clever adventure.

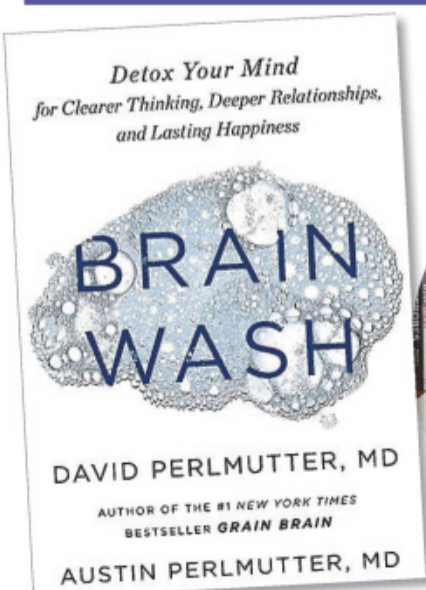


ROMANTIC SUSPENSE

The Moments Between by Natalie Banks

Known for her moving tales that touch the heart, bestselling author Natalie Banks returns with a unique love story. When Claire DuPont's husband is killed in a train accident, she's distraught. Then one morning, six months later, she awakes to find him alive again—but the date is three months *before* the accident. As time goes on, events unfold in the exact same way, and Claire vows to stop at nothing to save her soulmate.

Nonfiction



Brain Wash by David Perlmutter, M.D., and Austin Perlmutter, M.D.

Research shows the modern technologies that make our lives convenient, like cellphones, social media and online shopping, actually rewire the brain, leaving us feeling tired, tense and blue—often with no idea why. To the rescue:

Bestselling author David Perlmutter, M.D., and his son, Austin Perlmutter, M.D., offer targeted strategies and an easy-to-follow meal plan, including

40 original, delicious recipes, in their new book that will help you think clearly, deepen relationships *and* feel happier!

“Spending time in nature increases performance on creative problem-solving tasks by a full 50% and decreases depression by 61%”

HAIR HEALTH

Catherine always had problems with her hair, so she would go to the hairdresser often for hair treatments. With time, this began to take a toll on her hair, and she felt she had to do something about it.

The Hair Volume Tablets Work!



“My name is Catherine and for years, I have struggled with my hair. Dull, brittle, falling out... it was just a complete train wreck. I didn't know what to do.

I READ ABOUT HAIR VOLUME™

I was sitting on the couch one night when I saw an ad about Hair Volume™, a Swedish supplement with naturally derived hair nutrients. Everything about the ad was similar to my story. Seeing that I've always been interested in nourishing my hair and keeping it healthy, I went to my local health food store and learned about the importance of supplementation. The lady at the store also rec-

ommended Hair Volume as her customers spoke highly of it.

FINALLY, MY HAIR FELT REJUVENATED

After a few months of taking Hair Volume, my hair was starting to feel “heavy” on top. I was shocked but happy. It looked much healthier. My daughter is a hairdresser and I went to see her three weeks ago. She commented on how nice my hair looked. The best part is that my husband noticed something different in my hair too! I will definitely keep taking Hair Volume and highly recommend it to anyone wanting beautiful hair.”

- Catherine C., California



THE BUZZ ABOUT HAIR VOLUME IN HOLLYWOOD

“I believe beautiful hair comes from within. I recommend Hair Volume by New Nordic!”

- TERI HATCHER



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and minerals, to promote full, beautiful and glowing hair. It's the tablet every woman needs to nourish her hair from the inside out, to help her regain her confidence and power.

* Based on our Clinical Hair Volume study of which 87% of people would recommend the product Hair Volume. Reference: “Evaluation of a functional food on the quality of the hairs on a panel of volunteers”, Study 15E3405, Longjumeau, France. 12.Oct.2018

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“Small, kind acts can create huge waves of love!”

When Ashley Jost opened up a book one day, she found a note and money encouraging her to do something nice for herself. But when she shared the random act of kindness online, it set off a storm of giving that spread worldwide!

“What is it, Mo?” Ashley Jost called to her dog, who was barking frantically. Tossing her book, *Girl, Stop Apologizing*, aside, Ashley rose to see what was the matter, when suddenly, a five-dollar bill fluttered to the floor.

Where did that come from? she wondered, riffling through the book. And then a pink Post-it came into view.

To the person who buys this book: I am having a tough day, it read. I thought I could brighten someone else's with this surprise. Go buy a coffee, a donut or a face mask. Practice some self-care today. Remember that you are loved. You are amazing. You are strong. Love, Lisa.

Touched, Ashley reached for her phone. I'm going to share this, she thought. Maybe it'll help lift up someone who really needs it.

An unexpected ripple effect

Taking a snapshot of the note, Ashley logged on to her Twitter account to share it with her friends. And within hours, it

became clear that she wasn't the only person who was inspired—her post quickly went viral and even garnered the attention of the book's author, Rachel Hollis, who encouraged others to pay the love forward.

Still, Ashley was most touched by the encouraging messages she received.

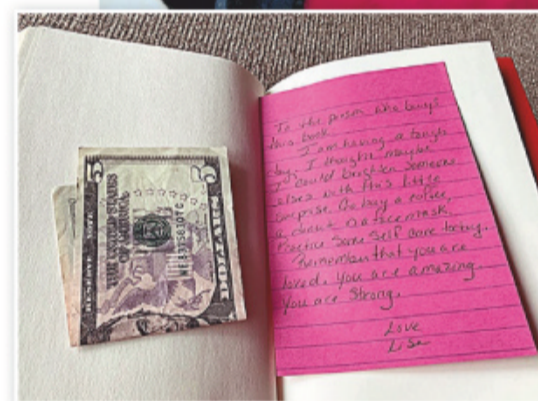
I needed this, one woman wrote, as thousands of people from around the world also began to share the kind acts they were performing. The outpouring prompted Ashley to start doing something small for others every day—like sending a \$5 Starbucks gift card to a friend, and then leaving another in the university library where she works. And as it began to catch on with friends and loved ones, Ashley knew it had started a ripple effect of love.

The most powerful lesson

To Ashley's surprise, she soon received a second message from Lisa, who wrote that she'd wanted to create something positive and never imagined it would spread as



“We all have the power to brighten someone's life right where we are!” says Ashley



Ashley found \$5 and an uplifting note in a book that started an outpouring of kindness

“You don't have to spend money or time to make a difference—small things have a big impact!”

far and wide as it had. But Ashley knows exactly why Lisa's action had caught on in such a beautiful way. “We think that in order to make a difference, we have to spend money and time,” says Ashley. “But small things can have huge impacts on people—and it has double the effect on you! We all have the power to brighten someone's life right where we are!”

—Alexandra Pollock

3 EASY WAYS TO SPREAD KINDNESS ON-THE-GO!

1 Track acts on an app!

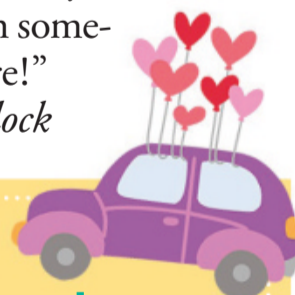
Download the free “Great Kindness Challenge” app, where different acts of kindness are generated for you every day. Bonus: The app tracks what you check off, so you can see the kindness you've spread!

2 Share a surprise coupon!

When out shopping, if you have a coupon that you don't need, leave it by the item it corresponds with for someone to pick up. A \$1 off coupon may not be much, but the kindness you're spreading? Priceless!

3 Schedule a love alarm!

Set your phone to buzz three times during the day as your daily kindness reminder. Even if it's just opening the door for someone, research shows that after 21 days, your alarm will form a kindness habit!



Share your own inspiring story with us, and we'll pay you \$250 if we publish it! Read or heard someone else's 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! Email the story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Scoop, Woman's World, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

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If you're not satisfied with your first order, call 1-800-727-8046 within the first 14 days and send the remaining food back for a full refund, less shipping. Good on new 4-week plans, first order only. Limit one per customer.

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WW TREAT YOURSELF

Cute and comfy

From elegantly trimmed ponchos to full-on fluffy pullovers, the soft and chic fabric will get you through winter in fabulous style



Plush baseball cap shields the sun in soft style ▼

\$38, August Hat Company (Bloomingdales.com, “Faux Sherpa Baseball Cap”)



◀ Fully lined faux suede and shearling jacket keeps out the cold without adding bulk

\$80, Isaac Mizrahi (QVC.com, “Faux Shearling & Suede Mixed Jacket”)



Bold bomber jacket adds trendy texture to a pair of jeans or a flowy skirt

\$130, American Eagle (AE.com, “AE Poodle Bomber Jacket”)



◀ Lace-up bootie features a chunky 3½" heel for leg-flattering height

\$70, Torrid (Torrid.com, “Plush Pink Boot”)

Steal Kate's style! ▶

Hooded mid-length coat bundles up the body—sans hat or scarf!

Get the look for less:

\$22, Shein (US.Shein.com, style name “Hooded Faux Fur Teddy Coat”)



Kate Hudson

in faux shearling!

▼ **Double-sided infinity scarf is über-cuddly on extra windy days**

\$46, CapsPop (CapsPop.com, “Sherpa Scarf”)



Shaggy statement bag perfectly fits a phone and wallet for light travel ▼

\$30, boohoo (US.BooHoo.com, “Teddy Faux Fur Mini Cross Body & Chain Bag”)



◀ **Fluffy headband sweeps hair up and off of the face to showcase gorgeous features**

\$38, BaubleBar (BaubleBar.com, “Sherpa Headband”)

Elegant shearling-trim cape comes in five luxurious colors, and each includes a pair of matching gloves ▶

\$70, Monroe and Main (MonroeAndMain.com, “Sherpa Cape and Gloves Set”)



Blush-colored jacket tops off a winter look with feminine flair

\$99, PJ Salvage (Nordstrom.com, “Faux Shearling Jacket”)



Knee-high faux shearling-lined boots keep lower legs warm in frigid temperatures ▶

\$75, Torrid (Torrid.com, “Faux Shearling Knee-High Boot”)



3 easy secrets to slimmer in shearling

Ensure the bulky fabric flatters by choosing the right length coat for you

IF YOU'RE PEAR-SHAPED:

Opt for a cropped, waist-length style. Keeping the thicker fabric above the waist ensures it doesn't add “heft” to a heavier bottom.

IF YOU'RE APPLE-SHAPED:

Consider a poncho. The looser neck-to-knee style skims easily over belly lumps and bumps and camouflages a fuller middle.

IF YOU'RE FULLER-FIGURED:

Go for a knee-length coat. The longer, more linear style directs the eye vertically, visually stretching the body for a leaner look.

Winter dry

End the season's crop of itchy, cracked, red parched patches with these head-to-toe fixes for skin so soft—and *you* so happy!

Dry, cracked hands? *Oil overnight to heal!*

All that handwashing to ward off cold-causing germs can wreak havoc on skin, says dermatologist Kenneth Mark, M.D. His *handy* tip: Before bed, slather hands with a few drops of both coconut and lavender oils, then slip on cotton gloves (like Earth Therapeutics Moisturizing Hand Gloves, \$10, EarthTherapeutics.com). “Coconut oil’s *lauric acid* repairs and moisturizes while compounds in lavender oil calm skin and encourage the growth of new skin cells.” The gloves? They help the oils penetrate for healed hands by morning!



ness...soothed!



Amber Gray. Hair: Nevio Ragazzini. Makeup: Amanda Beczner.com. Twinkle; Robert Milazzo; Getty (2); Jumpfoto; Shutterstock. Text: Lauren Gatcombe

Itchy all over? Spray to ease!

To stop flakes and avoid scratching irritated parched skin anywhere on the body, Dr. Mark advises using a healing ointment that's rich in hydration-restoring *glycerin* and anti-inflammatory *panthenol*. And one that comes in a spray-on formula helps coat skin (sans skin-irritating rubbing) with ease!

■ **ONE TO TRY:** Aquaphor Ointment Body Spray, \$10, Walmart.com



Rough spots? Roll on to relieve!

Petroleum jelly is perfect for treating the thick, dehydrated layers of skin commonly found on elbows, knees and heels. That's because it creates a heavy film that traps moisture in the upper layers of skin's surface, which softens tough, built-up layers and repairs any painful cracks that come with it. And one in a roller applicator swipes on spots simply and mess-free.

■ **ONE TO TRY:** Vaseline All-Over Body Balm Stick, \$6, Target.com



Straw-like mane? Mask to moisturize!

Hair takes a hit when exposed to winter's harsh, moisture-sapping elements. To the rescue: a shea butter hair mask (like SheaMoisture Raw Shea Butter Deep Treatment Masque, \$14, Ulta.com). The butter is packed with fatty acids that deeply penetrate follicles, hydrating hair from the inside out—plus they strengthen locks from root to tip to thwart breakage and pesky split ends, so hair looks and feels soft and healthy.

Hangnails? Soak to repair!

Dry, ragged cuticles not only snag and bleed, they leave nails unprotected. The fast fix: Soak nails in a mixture of 1 Tbs. of jojoba and 1 Tbs. of almond oil for 5 minutes, then rub in excess when done. Jojoba's wax esters mimic the natural oil skin produces to replenish lost moisture, and vitamin E-packed almond oil repairs skin's barrier.



Foil static electricity in seconds

3 tricks that keep dry air-induced static from ruining your day

On hair: Pour 1 cup of water and 1 Tbs. of fabric softener into a spray bottle, then spritz onto hair. The softener neutralizes static's negative charge and weighs down hair to nix static-causing flyaways.

On clothes: Mist a layer of hairspray onto the inside of clothes, onto undergarments and over pantyhose. It creates a "wet" barrier between clothes, preventing static-filled fabrics from clinging.

In the home: Place plants like peace lilies or spider plants around the house. They have water-releasing properties that add humidity back into the air to thwart those jarring static-related shocks.



Natural ways to

Genius ways to sidestep falls

Feel wobbly when you climb step stools or walk on uneven ground? You're not alone! CDC researchers say we're three times more likely to have balance issues after age 45—and thanks to icy sidewalks and slushy parking lots, up to 42% of us could take a tumble in the next few weeks. Here's how to stay steady on your feet

✓ Don hat, scarf and mittens

Your risk of falling while outdoors increases by 53% if you're feeling chilly, report researchers in the journal *Gerontology*. Emergency medicine physician Tim Rainer, M.D., explains, when you're cold, your muscles tense up—and that makes it hard to react quickly and regain your balance if you start to slip. Thankfully, you can dodge this cold-weather risk just by following Grandma's classic advice and bundling up before stepping outside!

✓ Clear your path

You'd think stairs and wet bathroom floors would be the biggest indoor blights, yet you're far more likely to fall while walking in your kitchen, dining room or bedroom! The reason? Since these areas feel "safe," we're less likely to be on alert for tripping hazards. The CDC recommends wearing rubber-soled shoes or nonskid slippers indoors, arranging furniture so you don't have to veer around objects as you walk and securing loose area rugs with double-sided tape.

✓ Top oatmeal with nuts

Keeping your muscles strong will cut your risk of painful falls by 75%, says gerontologist Frank Landi, M.D. And enjoying a bowl of oatmeal topped with ½ cup of nuts four times per week can help! That's the word from Spanish researchers, who say these superfoods are packed with minerals (magnesium, selenium, manganese) that cut your risk of age-related muscle loss in half.

✓ Stand like a stork

If your brain reacts quickly when you stumble, you catch yourself before you fall. Good news: British researchers say regularly standing on one leg energizes the brain region that keeps you balanced, boosting reaction time by as much as 55%. To do: Once daily, stand near a wall (for balance, if needed), lift one foot, hold for 30 seconds, then switch legs. Repeat four times. —Brenda Kearns

This week's Radical Health tip

The fruit extract that FIRES UP FAT BURN TO SLIM YOU FAST!

If slimming down is one of your resolutions for 2020, consider one of my favorite skinny nutrients: *Irvingia gabonensis*. An extract from African mango seeds, this compound has been used for generations to manage appetite and stimulate metabolism. In one study, women given the extract lost pounds and inches off their waist and hips after just two weeks! For my clients and me, supplementing with 200 mg. of *Irvingia gabonensis* twice daily works best. (Check with your doctor first.)



courtesy of Ann Louise Gittleman, Ph.D.

For more, text RADICAL to 208-254-6002 or visit RadicalMetabolism.com

Banana-Nut Overnight Oats

Minerals in this dish cut the risk of muscle loss in half

- 1 banana, peeled
- ½ cup old-fashioned rolled oats
- ½ cup unsweetened almond milk
- ¼ cup vanilla yogurt
- 2 Tbs. sliced almonds
- 1 tsp. shredded coconut

1 Mash half of banana; slice remaining half. In jar or glass, combine mashed banana, oats, almond milk and yogurt. Cover; chill overnight.

2 In skillet over medium heat, toast almonds 2 min; transfer to plate. In same skillet, toast coconut. Top oats with sliced banana, almonds and coconut. Serves 1



Never feel ‘hangry’ again!

Winter’s limited sunlight reduces the body’s production of mood-balancing, hunger-dampening brain chemicals for up to 70% of women, making us cranky *and* snacky. Luckily, you can sidestep hangry moods just by...

✓ Shutting off the TV

And not because it’s a distraction. A recent Brigham Young University study found that snackers who focused on *hearing* the sound of their own eating—chewing, chomping, crunching—consumed nearly one-third fewer calories without even trying. “Being mindful of the sensations of eating triggers you to feel full more quickly,” says Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* Opt for foods like



apples, carrots and celery to maximize the curious “crunch effect” that noisy snacks have on the brain.

✓ Taking a 20-minute catnap

British researchers have uncovered a surprise culprit behind cravings: being just a little bit tired. King’s College London scientists showed that when mildly sleep-deprived folks got merely 20 minutes more sleep a day, they subconsciously ate 10 grams less of added sugar. “Not getting enough sleep leads to an average 6½ pound weight gain and a 30% higher risk of obesity,” says Dr. Teitelbaum. That’s because a lack of sleep triggers the brain to amp up the production of the hunger hormone *ghrelin* and tamp down the fullness hormone *leptin*, tricking your body into thinking you need to eat—and now!



✓ Turning up the lights

Spending 20 to 30 minutes in bright light between 8 AM and noon each day could help you shed up to 30 pounds, suggests Northwestern University research. Morning light synchronizes the body’s internal clock, say study authors, including regulating hormones responsible for metabolism. A good indoor option: a full-spectrum bulb like Chromalux Lumiram Full Spectrum Light Bulb (Walmart.com). —K.E. Kluznik

Fun secrets for a sharper memory

Great news from Cleveland Clinic scientists: Unwinding each day can cut your risk of scattered thinking and memory lapses by as much as 75%, helping your brain function as if it’s 15 years younger, plus cut your risk of Alzheimer’s disease in half! Daily doses of calm quash the production of a brain-aging hormone, cortisol. It’s easy!



✓ Play Tetris

Sure, you can soothe your nerves by meditating. But British researchers say playing fun digital games like Tetris or Candy Crush for 20 minutes daily can tamp down stress and improve memory, focus and concentration just as effectively! Turns out smartphone games—as long as they’re cheery and low-stress—create a state of focused calm, shutting off the brain’s worry mechanism and tamping down cortisol release.

30-second energy boost

To erase brain fog in 30 seconds, reach both arms above your head, grip one wrist and pull gently for 15 seconds; switch sides and repeat. Stretching torso muscles sends signals to the brain to boost focus-enhancing GABA.

✓ Pair wine + cheese

Sipping a glass of wine each night alongside a few ounces of cheese can cut your risk of edginess, anxiety and memory lapses by 67%, six recent studies show. Thanks goes to wine’s alcohol and grape skin compounds, plus the dairy fat and protein in cheese, which calm your brain’s anxiety center and reduce the release of stress hormones.

✓ Gaze at plants

Surround yourself with greenery by putting a potted plant in each room of your home. “It’s as soothing as nature,” says Austin Perlmutter, M.D., co-author of *Brain Wash*. Indeed, UCLA researchers say regularly glancing at indoor plants cuts cortisol release, plus sharpens brain function, memory and focus for 85% of women studied.

✓ Try a tea compound

Taking 200 mg. of an amino acid found in black and green tea (*L-theanine*) eases anxiety more effectively than Xanax, recent research reveals. Plus, it sharpens focus and memory, often in three hours. Note: Check with a doctor before supplementing. —Brenda Kearns

Outsmart your sleep disrupter

Just a single night of not-great sleep can cut your focus and creativity by 55%. Here's how to get the deep rest you need

Twitchy legs? **Stretch before bed**

If your legs keep jerking you back awake, you could have restless legs syndrome (RLS), a nervous system disorder that affects 35% of people at some point in their life. Fortunately, Canadian researchers say stretching your calves, thighs and backs of your legs for 10 minutes at bedtime can calm jittery leg nerves, helping you drift off 20 minutes sooner and sleep 40% more deeply.

Busy brain? **Picture a fluffball**

When middle-of-the-night wake-ups lead to endless worrying, there

is a way to go back to sleep: Imagine cuddling a sleepy kitten or velvety puppy. Australian researchers say picturing something *aww*-inducing prompts the release of theta brain waves, electrical impulses that can shut down a brain tornado, helping you fall asleep in five minutes and improving sleep quality by 62%.

Wake with an achy jaw? **Rub your cheeks**

If the muscles that work your jaw are constantly tight, they can trigger sleep-disrupting spasms, doubling your risk of waking up weary. The good news?



Cuddle cure!

If you wake yourself with your own snoring, cuddling a body pillow will keep you snoozing on your side, cutting mid-night wake-ups by 50%.



Mini massages can relax these muscles, preventing sleep-stealing tightness in one week, says oral surgeon Ken Kurita, M.D. To do: Take two minutes three times daily to firmly massage along your cheekbones (starting close to your ear and working toward your nose), along both cheeks and along your jawline.

Uh-oh gotta go? **Take this**

"One in three women get up multiple times every night to empty their bladder, and that can ruin good sleep," says gerontologist Susan Orme, M.D.

Tootsie tip

Slip on fuzzy socks at bedtime! Research shows you'll fall asleep 15 minutes faster and sleep 32 minutes longer. Toasty toes signal your brain to boost the production of the sleep hormone melatonin.

A simple fix: Take 400–500 mg. of magnesium at bedtime. According to a study in the *Journal of Research in Medical Science*, this mineral eases bladder spasms and deepens sleep, helping 82% of women reduce nightly bathroom treks. Note: Check with your doctor before supplementing. —Brenda Kearns

Stay Young with **WW**



Happy scalp = thicker hair

A dry, itchy scalp can stall growth and speed shedding. Reverse hassles with...

This shampoo! Wash hair with a peony-infused shampoo. The flower contains *paeoniflorin*, an anti-inflammatory and antibacterial compound that's proven to soothe an itchy scalp for up to 24 hours. Try: Klorane Sensitive Scalp Shampoo with Peony (Walmart.com)

This scrub! Once a week, massage a mix of 1 Tbs. of baking soda and 1 Tbs. of water onto the scalp for one minute; rinse. Baking soda dissolves dead skin cells that clog hair follicles and cause shedding, plus helps prop hair off the scalp for a voluminous-looking mane.

This conditioner! Apply ¼ cup of olive oil onto a damp scalp and cover with a shower cap; let sit 15 minutes, then rinse with shampoo. The oil's vitamin E locks moisture onto the scalp so it's hydrated and healthy, which promotes the growth of stronger hair that's less prone to breakage.

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Fast relief for

When you're feeling under the weather, reach for one of these easy, natural remedies that restore your good health in a hurry!

Dutch scientists say gargling with schnapps dulls throat pain and helps kill illness-causing germs!

Quiet a cough with ginseng tea

For a cough that just won't quit, cozy up with some ginseng tea. Sipping two cups of this earthy brew can put an end to a coughing fit in 10 minutes and shorten the duration of your illness by three days, Canadian investigators report. Potent compounds called *ginsenosides* relieve throat swelling that can contribute to a cough, plus they power up virus-fighting immune cells so you feel better faster.

AND SLIP ON A SPORTS BRA!

Gentle compression—enough to feel snug but still allow you to breathe easily—relaxes overactive chest muscles behind a nagging cough, relieving symptoms for more than 90% of women studied, according to research in the journal *Pulmonary Physiology*.



Hugging your loved ones helps you recover 50% faster!

You already know that sharing a warm embrace with your family, friends or furry pal is a surefire way to put a smile on your face. Now Chinese researchers say it's also proven to help you get over a cold 50% faster! Regular daily hugs help the body produce a hormone that enhances its ability to fend off invading germs, noticeably speeding your recovery time.



Getty (6); Jumpfoto (2); Twinkle; Masterfile; StockFood. Text: Rachel Cosma

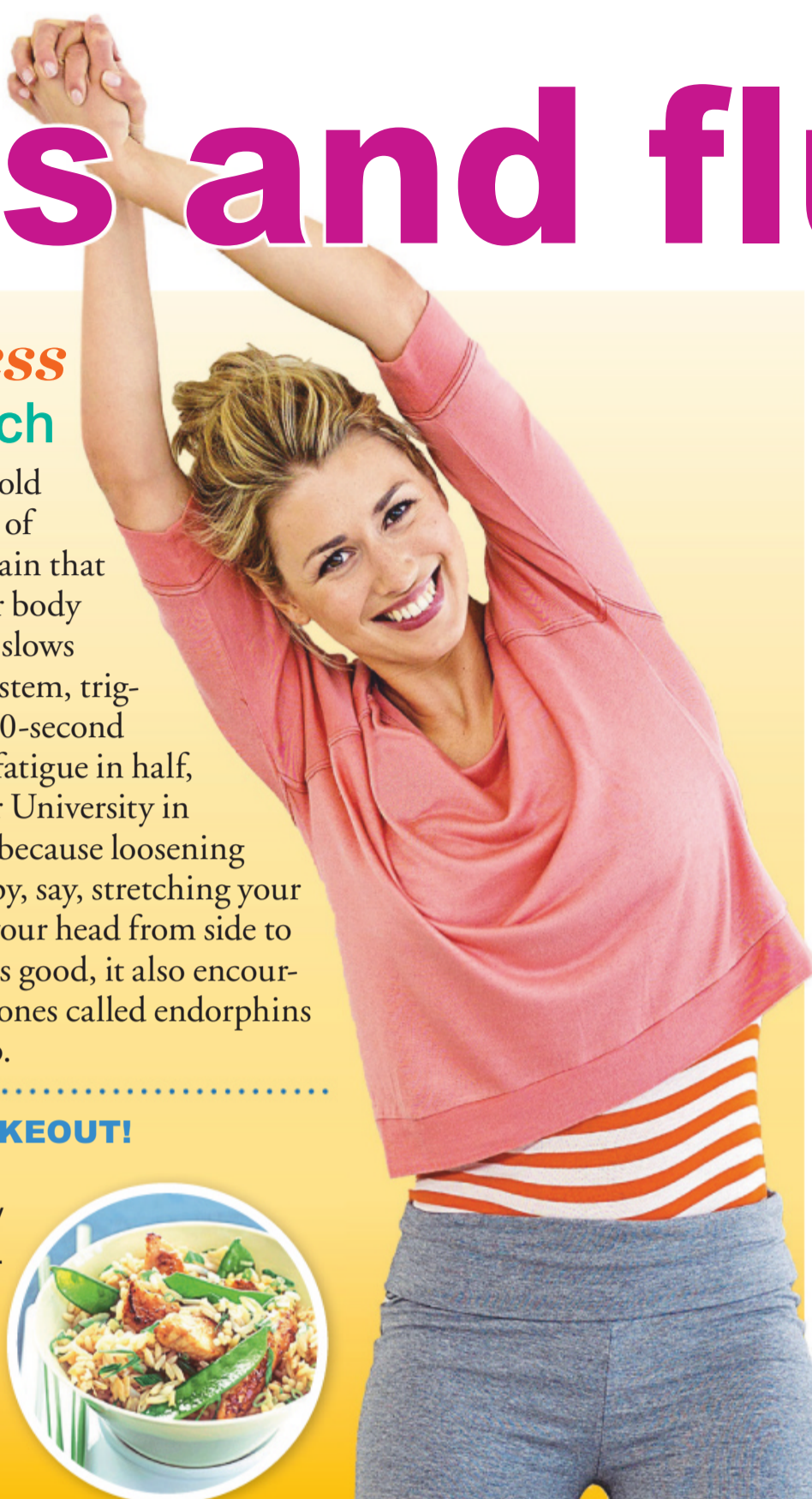
colds and flu!

Erase tiredness with a quick stretch

There's a reason that having a cold makes us so draggy: University of Pennsylvania investigators explain that when we're not feeling well, our body releases a unique chemical that slows down activity in the nervous system, triggering tiredness. But a simple 60-second stretch can help cut feelings of fatigue in half, according to scientists at Bastyr University in Kenmore, Washington. That's because loosening up your major muscle groups (by, say, stretching your arms toward the sky or tilting your head from side to side) once an hour not only feels good, it also encourages your brain to release hormones called endorphins that act as a natural pick-me-up.

AND ORDER CHINESE TAKEOUT!

Savoring $\frac{1}{2}$ cup of brown rice can send your energy soaring by 45%, UCLA investigators report. The grain is packed with a trio of nutrients (*manganese*, *selenium* and *phosphorus*) that rapidly spur the release of energizing brain waves.



Relieve sinus pressure with a homemade rinse

You don't have to wait for a cold to pass to breathe easier! Italian researchers found that flushing your sinuses with a salt and baking soda rinse twice daily reduces congestion 71% by rinsing away compounds that cause nasal swelling. To do: Mix 1 Tbs. of kosher salt (or dead sea salt) and 1 tsp. of baking soda into 4 cups of boiled, cooled water. Add the blend to a neti pot or spray bottle and rinse your sinuses morning and night.

AND TRY A FACIAL MASSAGE!

Use your fingertips to massage around your eyes and across your cheeks in firm, circular motions, and University of Alabama scientists say you'll cut congestion in half in two minutes.



Tame allover aches with a spa-like soak

Cold or flu triggering muscle soreness? Feel better from head to toe by unwinding in a bergamot-scented bath. Just add 10 drops of bergamot essential oil to 1 cup of Epsom salts and swirl into a tub filled with warm water. After 20 minutes of soaking, Norwegian researchers say you'll cut total-body aches in half. Bergamot's soothing compounds (*linalool* and *carvacrol*) tamp down swelling, while the warm water improves your circulation to whisk away pain-triggering toxins so you feel markedly less discomfort.

OR SWITCH ON A LAMP!

Getting an extra dose of bright light during the day significantly curbs pain and lifts your spirits, according to Cleveland Clinic researchers. It regulates your inner body clock, which automatically quashes ache-triggering muscle inflammation.



Soothe a sore throat with manuka honey

A spoonful of honey offers sweet relief from a scratchy throat. Manuka honey, from a plant native to New Zealand, has an antibacterial compound (*methyglyoxal*) that Finnish scientists say reduces throat pain 60%, a remedy even more potent than some OTC cold medicines. One to try: Manuka Health Manuka Honey (Walmart.com).

OR POP A ZINC LOZENGE!

Sucking on an 18-mg. zinc lozenge daily can shorten the duration of a sore throat by 50%, according to a study in *BMC Family Practice*. The mineral relaxes inflamed throat tissues, putting an end to the ache.



Soup off 18

Squeak. Lynn Blake froze when she heard the noise in her dark bedroom. Was it a mouse? She held her breath. Finally exhaling...*squeak.* Lynn quickly pinched her nostrils together, shaking her head. The sound had come from her own nose! At 370 pounds, climbing the stairs to the room she shared with her husband, Kevin, always left her winded, but this strange wheezing was new. *It's 13 stairs. I can't even manage that anymore?* she worried. Health issues hit women in Lynn's family hard—especially as they gained weight. There was so much discomfort, fatigue, despair. And for months, she'd been seeing signs that her body was falling apart. Little twinges, less stamina. Now this. Was it too late for her? Lynn sat up. "You're a smart woman," she whispered to herself. "Figure this out."

As the weeks passed, Lynn thought back on her life. She'd started using junk food to comfort herself as a girl. By adulthood, she was routinely fibbing at the drive-thru: "I'll have a chicken tender meal, and he'll have a supersize Whopper meal," she'd say, knowing she'd eat it all herself. Sure, she'd try diets and lose a little, then find herself at the drive-thru again. She'd lost and regained over 500 pounds. Was there *anything* she could stick with?

After mulling the question for a while, Lynn decided to try a free food-tracking app she'd heard about. *No crazy diet this time, she thought. I'll make smarter choices, stick to simple foods, try to keep my calories reasonable and see what happens.* She hit the store and gravitated toward healthy brands. Back home, she grabbed what appealed to her—a breakfast burrito, a can of soup, an organic frozen meal—typing it in to the

MyFitnessPal app. *I'm under 1,500 calories today, and it was pretty easy,* she thought as she went to bed the first night. She kept it up, some days effortlessly under 1,500 calories, other days 2,000 calories or more. Lynn had spent years working in sales, so she instinctively found herself analyzing her own data. Scanning past logs, she saw that she rarely went overboard on days when she ate lots of plant foods. *They're full of fiber, so that makes sense.* More to her surprise: On days when she ate soup, she usually hit her goals. *I think it's because I really love soup, and it fills me up for hardly any calories. I should really eat more of it.* And so she did.

A comforting boost

Lynn began experimenting with soup as her go-to lunch and dinner option. At first, she stuck to the convenience of canned options, especially bean soups from Amy's Organic, which she enjoyed and found especially

IT WORKS!



BEFORE

Today: 198 lbs slimmer!

At 370 pounds, Lynn Blake, 62, struggled to go up the 13 stairs in her Missouri home. Recently, she and her brother took a dream vacation—and Lynn climbed all 1,600 steps at Machu Picchu in Peru. "I'm now able to try things I never thought possible!" Want more inspiration? Lynn recommends checking out ShapeFit.com.

Soup yourself

Studies show simply eating soup increases weight loss by 50%—no matter the diet you adopt. But to speed off pounds fastest, enjoy it once or twice a day and aim to build your meals and snacks around natural or minimally processed plant foods (veggies, fruit, whole grains, beans, nuts and seeds). Eat until you feel satisfied. As always, get a doctor's okay to try any new plan.

Ibs a week!

A popular new strategy made Lynn
198 lbs slimmer—now you can
speed to your happy weight

satisfying. Her urge to eat, once nonstop, seemed to finally diminish. At week's end, she stepped on the scale. She was down 10 pounds. *That's huge*, she thought. *And this is something I see myself doing long-term.*

Lynn continued relying on soup, rounding out menus with foods that filled her up most—beans, whole grains, nuts, fruit. She'd never liked veggies much, but soup made it easy to get more. She cautiously began experimenting, and to her surprise, she was soon craving squash, cauliflower, even kale in the soups she started making or with other wholesome dishes. Her intense cravings continued to shrink as she dropped 25, 50, 75 pounds. Her health transformed too. She added exercise, walking her two dogs farther and farther each day. "I honestly didn't know it was possible to feel this good," she marveled to Kevin.

Amazing success

Did Lynn ever have a setback? Sure. During a work trip, bad choices at restaurants reactivated old cravings. She'd lost 120 pounds by then, but regained 25. Looking for help on the internet, she learned about "whole-food plant-based" diets—a style of eating that makes unprocessed plant foods the star

of each meal. The idea was to flood the body with healing and slimming nutrients. "The main difference is I'll need to cook more and buy fewer packaged foods," she explained to Kevin, as she whipped up a 15-bean soup that became a favorite. She also signed up for Purple Carrot, a service that sent quick-make meals for busy nights. Soon back on track, it felt even easier than before. Lynn read that her new style

Yes!

Eat like Lynn for one week, and studies show you'll slash blood pressure by 10 points and cholesterol by 26 points. In 26 days, 85% of folks get off diabetes meds!

of eating triggers changes in body chemistry that ease food addiction. *That's happening for me*, she thought.

Lynn ultimately lost a whopping 198 pounds, trading tight size 24s for 8s. At age 62, she takes zero medications and is living her healthy-ever-after. She still eats soup most days. "It's been about finding what feels good to me, and soup is my healthy comfort food," she says. Of course, there was more to it than just soup. "I also finally learned to move on after bad days. Beating yourself up makes you less likely to get where you want to go. Once I figured that out, I ended up accomplishing something that, decades ago, seemed impossible." Looking ahead, Lynn couldn't be happier. "I've given myself the best rest of my life that I can."

—as told to Lisa Maxbauer **WV**

Make 2020's hottest diet soup work for you!

SOUP POWER With a unique ability to trigger anti-hunger hormones, "soup has a crazy negative-calorie effect," reveals mega-selling *How Not to Diet* author Michael Greger, M.D. Landmark Penn State findings show we eat hundreds upon hundreds fewer calories on days when we get a serving of soup. The effect is so powerful, "it's like calories getting sucked out of your system with every spoonful!"

PLANT POWER The plant-based soups Lynn came to favor are all the rage—and with good reason. "Greens and beans give soup extra magic," Dr. Greger insists. "Greens contain compounds called *thylakoids* that kill hunger and make it harder to absorb calories in fatty foods." Studies link them to 43% faster weight loss. Plus, beans release compounds that help block calories in carbs. On top of that, they're the top source of a special starch proven to stoke metabolism by 25%. No wonder folks using plant-based soups report shedding up to 18 pounds a week!

Dr. Greger's 'Soup-ed up' Dinner

- 1 onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 sweet potato, chopped
- 4 cups low-sodium vegetable broth
- 1/3 cup quinoa, rinsed, drained
- 2 (15.5 oz.) cans beans, any variety, drained



- 1 (14.5 oz.) can diced, unsalted tomatoes
- 3 tsp. salt-free spice blend
- 1/4 tsp. garlic powder
- 3 cups chopped kale

In pot over medium-high heat, sauté onion, carrot, celery and potato in 1 cup broth until soft, 5 minutes. Add quinoa, beans, tomatoes, spice blend, garlic and remaining broth. Boil then simmer; stir in kale. Cook covered until quinoa is tender, 30 minutes. 4 servings

slim!

These simple strategies help you use plant-based soup to get the biggest and fastest results



BREAKFAST

Pile favorite plant-based toppings, like nut butter and fruit or avocado and tomato, on toasted whole-grain bread.



LUNCH

Enjoy a bowl of soup or any plant-based meal with beans and greens, such as bean-based pasta with veggies.



SNACKS

Nibble any plant food, like dark chocolate or baked whole-grain chips with salsa.

"I feel incredible—I've always believed that food could heal, but now that I've experienced it, there's no turning back!" says Diane



For almost a decade, Diane was plagued by thyroid issues, depression, anxiety, weight gain and extreme body pain—until she tried Anthony William's protocol that restored her health and her quality of life

"I am finally chronic pain

Diane Shearer's agonizing pain and thyroid symptoms were so severe, she couldn't work or drive...until one day, she stumbled upon a unique healing path. Here, the 42-year-old shares her story with *Woman's World*

Gazing down at my wedding photo, I sighed forlornly. I'd always been someone who'd lived every moment to the fullest, but on that day, which should have been full of joy, I was drowning in mental and physical pain.

"I'd not only been put on antidepressants to treat mental illness, but in short order, I'd also been diagnosed with Hashimoto's thyroiditis, fibromyalgia and TMJ (temporomandibular joint) syndrome. And though I'd always been slim and a healthy eater, I began gaining weight, suffering from migraines, brain fog and problems with the discs in my back. And year after year, no matter what I did, it only got worse.

"I don't know how much longer I can go on like this, I would think each time I threw out my back. But the pain never stopped, spreading from my spine to my teeth, head, arms, legs and gut. Despite the medicine I was on for my thyroid and injections for my back pain, nothing I tried seemed to fully work. To top it all off, I suddenly started feeling extremely anxious.

"At a certain point, my anxiety got so bad that I would shake from head to toe, sitting on my hands in public to

calm my frazzled nerves. Eventually, I grew so scared to leave my house that I stopped driving for seven years. Yet even with my frequent trips to doctors, not a single treatment stuck, and soon I was forced to leave a job I loved. I was stuck under a cloud of anxiety and pain and had little hope for what the future had in store.

"The Epstein-Barr virus is the true cause of Hashimoto's and body pain!"

—Anthony William, Medical Medium

New answers

"One day, a couple of years ago, I was on Facebook when I came across a post my friend had liked by the Medical Medium, Anthony William. As

I read the post, something stirred in me. I'd always believed in food's healing power, but I'd never been that into 'alternative' medicine.

"Nothing I've been doing has worked. I wonder if this could help me? I thought as I read Anthony's explanation of the 'no-foods' that people struggling with Hashimoto's should avoid—like dairy, eggs, gluten and soy—as well as why we should be drinking celery juice each day. I need a change. I'll give it a try!

"So I decided to join Facebook support groups and began doing exactly as Anthony said in his book, *Medical Medium: Thyroid Healing*, including drinking 16 oz. of straight celery juice every morning on an empty stomach, removing the no-foods from my

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free of thyroid and issues!”

diet and incorporating his Thyroid Healing smoothie, made with mango, blueberries, banana and orange, and adding in his Heavy Metal Detox smoothie.

“It’s a miracle!’ I told my husband after four months on the protocol. My brain fog had cleared, and the pain in my back had abated so much that I no longer needed injections. As I read more of Anthony’s work, I learned that thyroid issues were the result of strep and Epstein-Barr virus (EBV), and I began eating the specific foods he recommended to clear it, specifically raw fruit and veggies daily until 4 PM, then I’d have steamed potatoes and asparagus for dinner.

“Though the eating changes were hard on my stomach for a few weeks, I was spurred on by the fact that my anxiety was also disappearing. One day, I looked at my husband and said something that shocked even me: ‘I want to drive again!’ As I did grocery runs for the first time in years, I couldn’t believe it. ‘I feel so much better!’ I told my husband with a smile. ‘I feel like I could dance on tables!’

Never going back

“As I continued on Anthony’s protocol, the weight I had gained began to melt away. I increased my celery juice intake from 16 oz. a day to 32 oz., and added B-12 supplements and L-Lysine to my smoothies each day. And suddenly, my energy began returning as well.

“Today, I feel better than ever, and I have no plans of ever going back to my old way of life. I admit that the journey to healing has been long, and though I’m still on my thyroid medication, the incredible improvement I’ve seen in my symptoms has empowered me.

“I know that one day I’ll be medication-free, but for now, I’m happy to keep going and to share my journey on my Instagram, @shearer0113. Everyone’s body and mind are different, and you have to do what’s best for you and go slow. But remember: Food really can heal you: mind, body and soul! It did me!”

Health expert and author Anthony William says...

“Viruses and toxic heavy metals in the liver and brain are the true causes of anxiety and depression. When they’re in the liver, viruses such as the Epstein-Barr virus (EBV) feed on these heavy metals and then release a neurotoxin that hinders neurotransmitter chemicals and weakens electrical impulses in the brain. This can result in irritability, anxiety and depression. Viruses can also feed on toxins in foods like eggs, dairy and gluten, and excrete neurotoxins that are poisonous, leading to neurological issues.

“Toxic heavy metals in the brain are another cause. The metal deposits oxidize over time, creating toxic discharge that saturates brain tissue, causing electrical impulses to short-circuit while injuring neurotransmitters. And though you may not think you have heavy metals in your body, the truth is that everyone does.

“These same culprits were behind many of Diane’s issues. EBV is also the true cause of Hashimoto’s, fibromyalgia and body pain. Diane’s brain fog was a result of the virus feeding off of heavy metals and producing neurotoxins.

“TMJ and the lingering back pain Diane experienced were caused by the shingles virus, which has over 30 mutations, many of which don’t cause a rash. Someone can have a slipped disc that causes a problem, but then the virus affects the nerves in that weak area, causing inflammation that produces long-term pain.

“Diane experienced what I call ‘mystery weight gain,’ the true cause of which is a stagnant liver. Diane found relief when she started drinking celery juice because it contains what I call ‘sodium cluster salts,’ which kill off pathogens like shingles and EBV, disarm heavy metals and cleanse the liver.

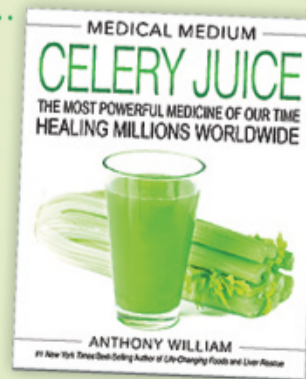


“By removing the ‘no-foods,’ Diane was starving the Epstein-Barr and shingles viruses, which, with the addition of the Thyroid Healing smoothie and her diet of fruits and vegetables, gave her body the nourishment it needed to fight against them. The Heavy Metal Detox smoothie was critical to her healing too, as it safely removed heavy metals from her system.

“Diane found the healing foods hard on her stomach at first because the nerves in her gut were sensitive from inflammation. Many people don’t experience this, but if they do, it’s because they too have these sensitive nerves. As the body heals, this will pass, just like it did for Diane.

“The body relies on B-12 for thousands of functions. To start, the proper B-12 with *adenosylcobalamin* and *methylcobalamin* bolsters the brain and central nervous system and protects the entire body from viral neurotoxin damage. This was an important supplement for Diane because so many of her health problems were due to viral neurotoxins. Last, the L-Lysine Diane included is an anti-viral that helped to kill off the viruses in her system while supporting her immune system.”

Pick up Anthony William’s latest book, *Medical Medium: Celery Juice*, and log on to MedicalMedium.com for more healing advice, recipes and guidance



“Can my dreams help boost my health?”

A simple strategy called ‘dream incubation’ is proven to help you find answers to nagging health issues. Our experts reveal how to go to bed with intention and wake up wiser and happier

Sleep on it

Picture the problem

Dreams tap the ocean of information in our subconscious to help us solve problems in the waking world, promises dream researcher Deirdre Barrett, Ph.D. “Just name your specific problem in a short sentence—the briefer the better because dreams stimulate the visual part of our brain while the language center is less active,” she advises. “Once in bed, picture it as a concrete image.” For example, if you were trying to figure out what was causing your back pain, picture what the pain might look like. “If it feels like fire,” Barrett says, “visualize a flame to help prod your dreams to picture—and work on—the problem in your sleep.”

Linger in bed

In the morning, note whether there’s any trace of a dream and invite it to return. “It’s likelier to come back if you stay in the position you woke up in,” reveals

Barrett. “Research suggests there’s ‘body memory’ to how we sleep that enhances recall.”

Keep a dream diary

Even if you can recall only fragments, jot them down, urges dream expert Leah Bolen. “We have four to five dreams per night, but we forget 90% of them,” she says. “Journaling, however, signals to your subconscious that you *want* to remember—it’s like building muscle memory for dreaming.”



Decode the messages

Trust your emotions

Instead of turning to the dream dictionary, look *within* for wisdom, advises Barrett. “If, for example, you dream of a



red light, rather than assume it means ‘stop,’ ask what red means to *you*,” she says. “It could be your favorite color or remind you of Christmases as a child.” There are no universal symbols, she maintains, so trust your own associations.

Look for patterns

A repeated action in a dream is like an exclamation point, notes Barrett, recalling the case of a woman who was experiencing health issues despite being on medication. After setting the intention to incubate answers, she dreamed of repeatedly swallowing her pills with water over and over again. When she woke up, she learned she had been mistakenly taking a too-high dose, a realization that cleared up her complications. Says Barrett, “If you dream of

something trying to get your attention, pay attention.”

Listen to words

Since dreams are so visual, when they *do* communicate in words, it’s often because the message is especially vital, says expert Justina Lasley. In fact, when she was exhausted, she asked her dreams to help her find more energy. Strangely, she dreamed of an officer repeating, “You’re under arrest.” Lasley realized he symbolized the part of her that needed boundaries. “You’re under arrest meant *you’re under-rested*, leading me to cancel draining commitments.” Such revelations can lead to lasting joy, adds Bolen. “Studies show a link between our dream recall and our happiness, as dreams expand our definition of what’s possible.”

Our expert panel



Deirdre Barrett, Ph.D., author of *The Committee of Sleep*, is an assistant professor of psychology in the department of psychiatry at Harvard Medical School.



Leah Bolen is a certified dream practitioner and member of the International Association for the Study of Dreams. Visit her at DreamologyWithLeah.com.



Justina Lasley, author of *Wake Up to Your Dreams*, is the founder and director of the Institute for Dream Studies. Learn more at DreamSynergy.com.

Josephine had a hard time losing weight and suspected it had to do with her love for carbs. One day she came across Zuccarin™, a carb blocker, which changed things for her for good.

I'm a carboholic but...

I finally reached my desired weight

“My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I’ve struggled with my weight but in the last year I finally figured it out. I’m down to my desired weight and feeling better than ever. My friends and aqua-fitness instructor keep asking me how I lost the weight, in addition to my diet and fitness classes*.

I CAME ACROSS ZUCCARIN

A few years back I was always tired, craving sugar and I was overweight, so I suspected that it was because of too many carbs and fluctuating blood sugar levels. I went looking for a sup-

plement that could help reduce the absorption of carbs and came across a popular mulberry leaf extract product from Sweden, called Zuccarin Diet.

WEIGHT LOSS SUCCESS - FINALLY

When I started taking Zuccarin Diet, I noticed how much better I felt and how my sugar cravings seemed to be fading. As a nice side effect, I was finally losing weight. I was thrilled!! It has been over a year now, and I have reached my desired weight goals. When anyone asks me how I did it, I’m the first to tell them about Zuccarin Diet. I strongly recommend it.”

- Josephine T., Toronto, ON

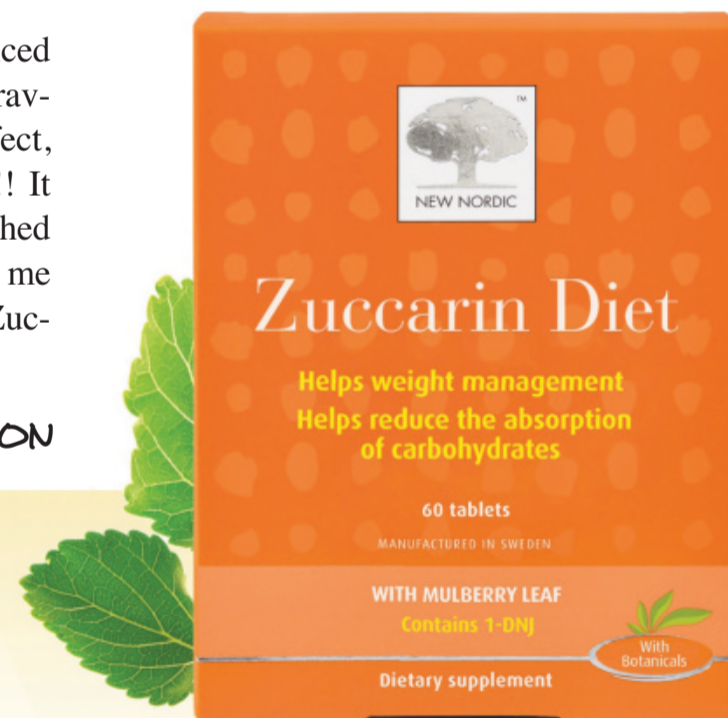


PROVEN Weight Loss

Zuccarin Diet™, a Swedish supplement made from naturally sourced mulberry leaf extract, is proven to help weight loss by slowing the absorption of carbs you eat. An Italian study of Zuccarin™ showed an average weight loss of 20 pounds in just 90 days, in the Zuccarin group. They lost 10% of their total body weight and 3 times more weight than the control group, not taking Zuccarin.¹

1- “White Mulberry Supplementation as Adjuvant Treatment of Obesity”, Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014. /

*Results may vary. Always read the information on the box before taking any product. Zuccarin Diet can be taken as a compliment to a healthy lifestyle that incorporates a calorie reduced diet and regular physical activity.



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Host a book

Catch up with friends—and on your reading!—at a book club gathering that couldn't be cozier. With sweet decorations and snacks, this party is sure to keep the conversation going!



Charm them with a bright book buffet

It's easy to create a sweet book-themed treats table like this one styled by party pro Jennifer Hadfield (TatertotsAndJello.com). To get the look, push a table against a wall, cover with book pages and hang a festive pennant banner on the wall. Top the table with small snacks, bud vases filled with supermarket blooms and stacks of books.



Warm up any corner with literature lanterns

Rescue a few jars from the recycling bin to create ambience-enhancing twinklers. To make each, scan and print a page from a favorite book or tear a page out of an old book. Cut the page into a narrow rectangle that will fit around the jar and use a hole punch to create a few holes in the paper (this will expose more of the flickering flame). Next, wrap the paper around the jar, taping to secure, and pop in a battery-run tea light.



Bake up book-kissed cupcakes

To make your own version of Hadfield's page-turner cupcakes, pop cupcakes in mugs, then top with frosting. For the "book toppers," glue 2 Hershey's Nugget bars to a rectangle of cardstock. Cut out a page from an old book to the same size as the cardstock, fold in half and tuck between candies; add to cupcake.

club party!



Simplify your menu with a gourmet snack platter

Savory bites counter the sweet cupcakes and cocktails for a well-balanced menu. For a beautiful presentation of bite-size snacks, fill a cutting board to the edges with thinly sliced cold cuts, one soft cheese (like Brie or goat), one hard cheese (like Parmesan) and one semi-soft cheese (like Cheddar). Add sliced bread and bowls of olives and oil.

▶ Raise a glass to friendship with 'well-red' cocktails

Light and refreshing, this sparkling cocktail is as pretty to look at as it is to sip! It's also so simple to make. The day of your party, refrigerate a bottle of sparkling wine. As guests arrive, add ½ oz. of raspberry liqueur (like Chambord) to a champagne flute and top with chilled sparkling wine. Tip: For flavor twists, swap the raspberry liqueur for a splash of pomegranate juice, cranberry juice or the syrup from a jar of maraschino cherries.



▶ Send them home smiling with bookmark favors

If you make your own DIY pennant backdrop for your buffet table, don't throw out leftover snippets of scrapbook paper! Instead, put the scraps to pretty use and create these adorable patchwork bookmarks. Just cut the scraps into small rectangles or squares, then arrange and glue into your desired pattern onto a 12" square of scrapbook paper until covered. Cut the decorated piece of scrapbook paper into six rectangles that are 2" wide and 6" long. Decorate each with pieces of washi tape, if desired. To finish, punch a hole into the top of the bookmark, then thread a ribbon through and knot. Hand one bookmark to guests as a special take-home token before they leave.



3 tips to book club success!

1 Turn books into a stacked centerpiece

At her book club party, Jennifer Hadfield (TatertotsAndJello.com) made a festive centerpiece using a collection of items she already had on hand—books! She simply covered three various-sized books with brown kraft paper, stacked them by size (with the largest book on the bottom), then decorated the spine of each with gold letter stickers, spelling out “book,” “club” and “party.” The layered look adds visual interest to any surface.

2 Pick a page-turner

For your first book club, assign guests their reading material at least three weeks before your party. To get everyone intrigued, pick a book with a mysterious premise. At the book discussion club at the East Brunswick Public Library in East Brunswick, New Jersey, librarians chose *The Stranger Diaries* by Elly Griffiths. It's a thrilling tale of a teacher whose life collides with the story line of her favorite mystery book following the murder of a colleague.

3 Spark fun discussion

Get guests comfortable enough to share opinions about the book by asking the right questions! Since endings tend to stir a variety of strong emotions and opinions, start by asking guests if they liked the ending. It's sure to warm them up and get discussion flowing!



Meatball-and-Potato Gratin

Ready-made meatballs and canned sliced potatoes are the fast-prep secrets to our hearty casserole

- 1 (10¼ oz.) can condensed cream of potato soup
- ½ cup sour cream
- 3 scallions, sliced
- 1 tsp. cracked black pepper
- ½ tsp. grated lemon zest
- 3 (14½ oz.) cans sliced potatoes, drained

- 12 fully cooked meatballs, about 12 oz., thawed if frozen
- ½ cup shredded Swiss cheese, about 2 oz.
- Chopped fresh parsley (optional)

● Heat oven to 375°F. Coat 2½-qt. baking dish with cooking spray. In large bowl, combine soup, sour cream, scallions, pepper and lemon zest. Gently stir in potatoes.

● Spread potato mixture in baking dish; tuck meatballs in between potatoes, covering with some of sauce. Sprinkle with Swiss cheese. Bake until top is golden and mixture is bubbling, 35–40 min. If desired, sprinkle with parsley.

Servings: 6. Active time: 15 min.
Total time: 55 min. Calories: 325 Protein: 11g
Fat: 19g (9g sat.) Chol.: 69mg Carbs.: 25g
Sodium: 1,008mg Fiber: 2g Sugar: 3g

cheesy mmm

Packed with ooey-gooey goodness, our so-easy casseroles are ready for the oven in as fast as 15 minutes

Creamy Chicken and Spinach Enchiladas

Frozen creamed spinach subs in for sauce in this quick-to-fix take on a south-of-the-border favorite

- 4 oz. cream cheese, at room temp.
- 4 tsp. green Tabasco sauce, or more to taste
- 1 (9 oz.) pkg. frozen creamed spinach, thawed, such as Seabrook Farms
- 3 Tbs. milk
- 3 cups shredded cooked chicken, about 12 oz.
- 1½ cups grated Monterey Jack cheese (6 oz.)
- 3 Tbs. chopped fresh cilantro
- 2 scallions, chopped

¼ tsp. salt

6 (8") flour tortillas, from 17.5-oz. pkg.

● Heat oven to 350°F. Coat 2½-qt. baking dish with cooking spray. In bowl, stir together cream cheese and Tabasco until smooth; stir in creamed spinach until blended. Transfer ½ cup of spinach mixture to separate bowl; stir in milk. Reserve. Stir chicken, ½ cup cheese, 2 Tbs. cilantro, scallions and salt into remaining spinach mixture; reserve.

● Heat nonstick skillet over medium heat. Add tortillas one at a time; cook, turning, until blistered, 1–2 min. per side. Dividing evenly, spoon chicken down centers of tortillas; roll up. Place, seam side down, in single layer in baking dish. Spread reserved spinach mixture over tortillas. Sprinkle with remaining cheese. Bake uncovered until hot, 25 min. Brown under broiler, 2–3 min.

Servings: 6. Active time: 20 min.

Total time: 50 min. Calories: 453 Protein: 27g

Fat: 24g (12g sat.) Chol.: 89mg Carbs.: 31g

Sodium: 1,021mg Fiber: 2g Sugar: 3g





Triple-Cheese Stuffed Shells

Store-bought Alfredo sauce and lots of cheese combine for a comforting meal that comes together fast

- 1 pkg. (12 oz.) jumbo pasta shells
- 1 jar (15 oz.) Alfredo pasta sauce
- $\frac{1}{4}$ cup white wine or water
- $\frac{1}{2}$ tsp. pepper
- 2 (15 oz.) conts. ricotta cheese
- 1 pkg. (8 oz.) shredded Italian 5-cheese blend
- 1 egg
- $\frac{1}{4}$ cup grated Parmesan cheese
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{2}$ tsp. garlic powder

- $\frac{1}{2}$ tsp. salt
- Parsley leaves (optional)

● Heat oven to 350°F. Coat shallow 3-qt. baking dish with cooking spray. Cook pasta according to package directions; drain. In bowl, combine Alfredo sauce, wine and $\frac{1}{4}$ tsp. pepper. Spread $\frac{1}{2}$ cup sauce mixture over bottom of dish.

● Combine ricotta, 1 cup cheese blend, egg, Parmesan, chopped parsley, garlic

powder, salt and remaining $\frac{1}{4}$ tsp. pepper. Dividing equally, fill shells with mixture; place in baking dish. Top with remaining sauce mixture; cover with foil. Bake 45 min. Uncover; sprinkle with remaining 1 cup cheese blend. Bake until cheese is melted, 5 min. If desired, garnish with parsley leaves.

Servings: 6. Active time: 25 min.
Total time: 1 hr., 15 min. Calories: 737
Protein: 37g Fat: 42 (24g. sat.) Chol.: 180mg
Carbs.: 51g Sodium: 1,147mg Fiber: 2g Sugar: 4g

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Cauliflower Macaroni-and-Cheese

Homemade in just 35 minutes, our mac 'n' cheese gets an easy upgrade with veggies and ham

- 8 oz. elbow macaroni
- 3 cups small cauliflower florets, 5 oz.
- 2 Tbs. seasoned dry breadcrumbs
- 1 tsp. olive oil
- 1 can (10½ oz.) condensed cream of celery soup
- ¾ cup milk
- 2 Tbs. grated Parmesan cheese
- ¼ tsp. pepper
- 1 cup diced ham, 4 oz.

- 1 cup shredded white Cheddar cheese (4 oz.)

Sliced scallion (optional)

- Heat oven to 350°F. Coat 2-qt. baking dish with cooking spray. Cook pasta according to package directions until al dente, adding cauliflower during last 2 min. of cooking time; drain. Meanwhile, in small bowl, toss breadcrumbs with oil until thoroughly blended; reserve.

- Return pasta to pot; stir in soup, milk, Parmesan, pepper and ham. Over low heat, cook, stirring occasionally, until heated, 2 min. Transfer to baking dish. Sprinkle with Cheddar and reserved breadcrumbs. Bake until hot and cheese is melted, 10–15 min. If desired, sprinkle with scallion.

Servings: 4. Active time: 20 min.
Total time: 35 min. Calories: 492 Protein: 23g
Fat: 17g (8g sat.) Chol.: 55mg Carbs.: 58g Sodium: 995mg Fiber: 4g Sugar: 7g



Brownie bliss

with a twist

Fluffy peanut butter and cinnamon-sugar cream cheese shine in this choco-licious treat that's guaranteed to disappear fast

Peanut Butter Brownie Cake

Mix-magic easy!

- 2 (18.3 oz.) pkgs. brownie mix
- 6 eggs
- 1 cup oil
- 1 cup hot fudge topping, slightly melted
- 1 (8 oz.) pkg. frozen whipped topping, thawed
- 1 (7.5 oz.) pkg. brown sugar & cinnamon cream cheese spread
- ¼ cup peanut butter

Chocolate shavings, raspberries and fresh mint sprigs (optional)



Easy as 1,2,3!

1 Heat oven to 350°F. Line 2 (9") square baking pans with foil; coat with cooking spray. In bowl, with spoon, mix 1 pkg. brownie mix, 3 eggs, ½ cup oil and ¼ cup water until smooth and blended; spread in 1 pan. Reserve. Repeat preparing remaining brownie mix with remaining eggs and oil and ¼ cup water; spread in remaining pan. Bake both pans until toothpick inserted 1" from edge of each pan comes out clean, 25–30 min. Cool.

2 Remove brownies from pans and foil. Transfer 1 brownie layer to serving plate; spread ½ cup fudge topping over top. Chill until topping is firm, about 15 min. Meanwhile, on low speed, beat together whipped topping, cream cheese and peanut butter until smooth.

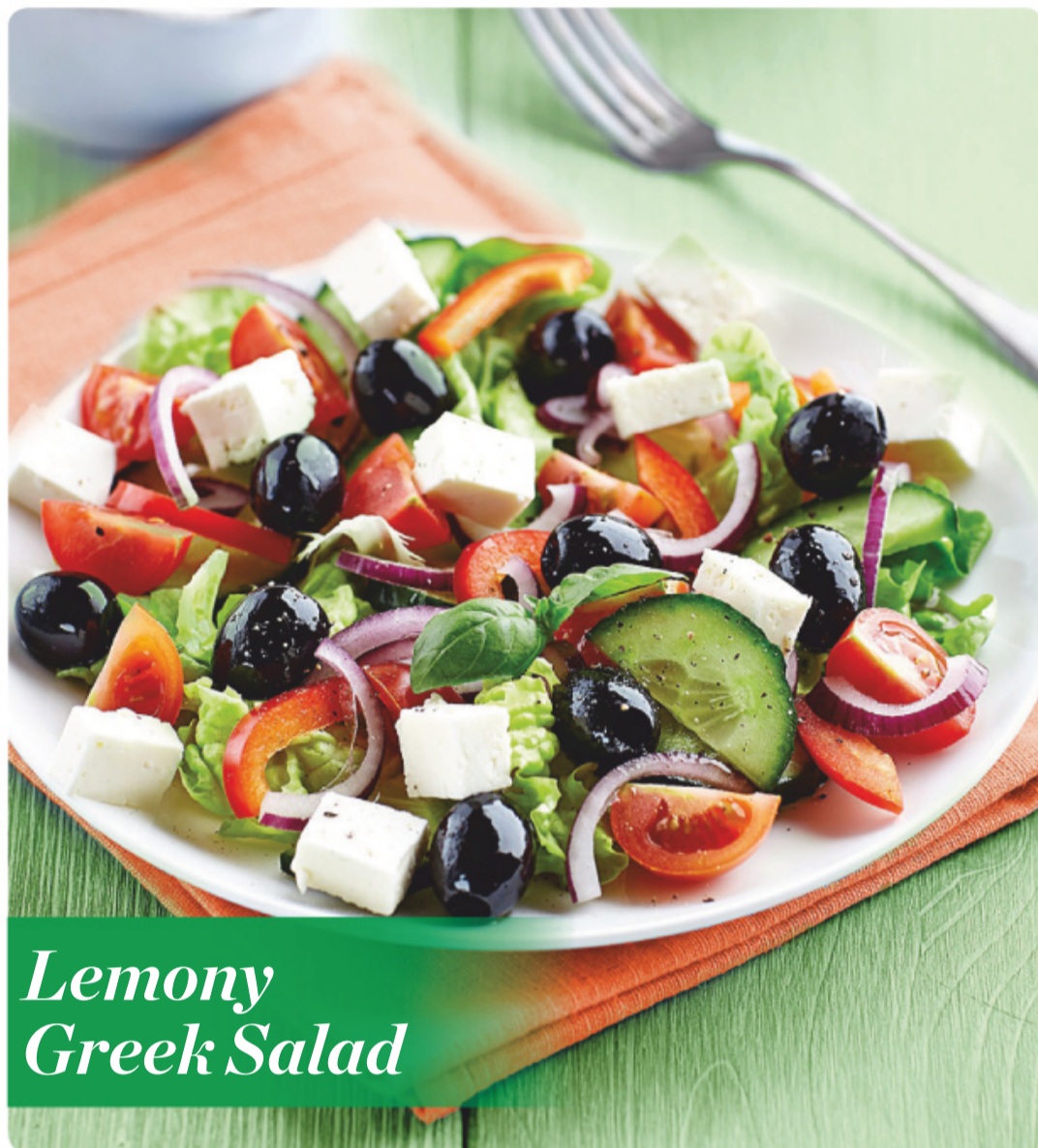
3 Spread half of cream cheese mixture over fudge layer. Top with remaining brownie layer; spread remaining fudge

topping over top. Chill cake until filling is set, about 15 min. If desired, transfer remaining cream cheese mixture to pastry bag fitted with star tip. Pipe or spread over cake top. If desired, sprinkle with chocolate shavings and garnish with raspberries and mint.

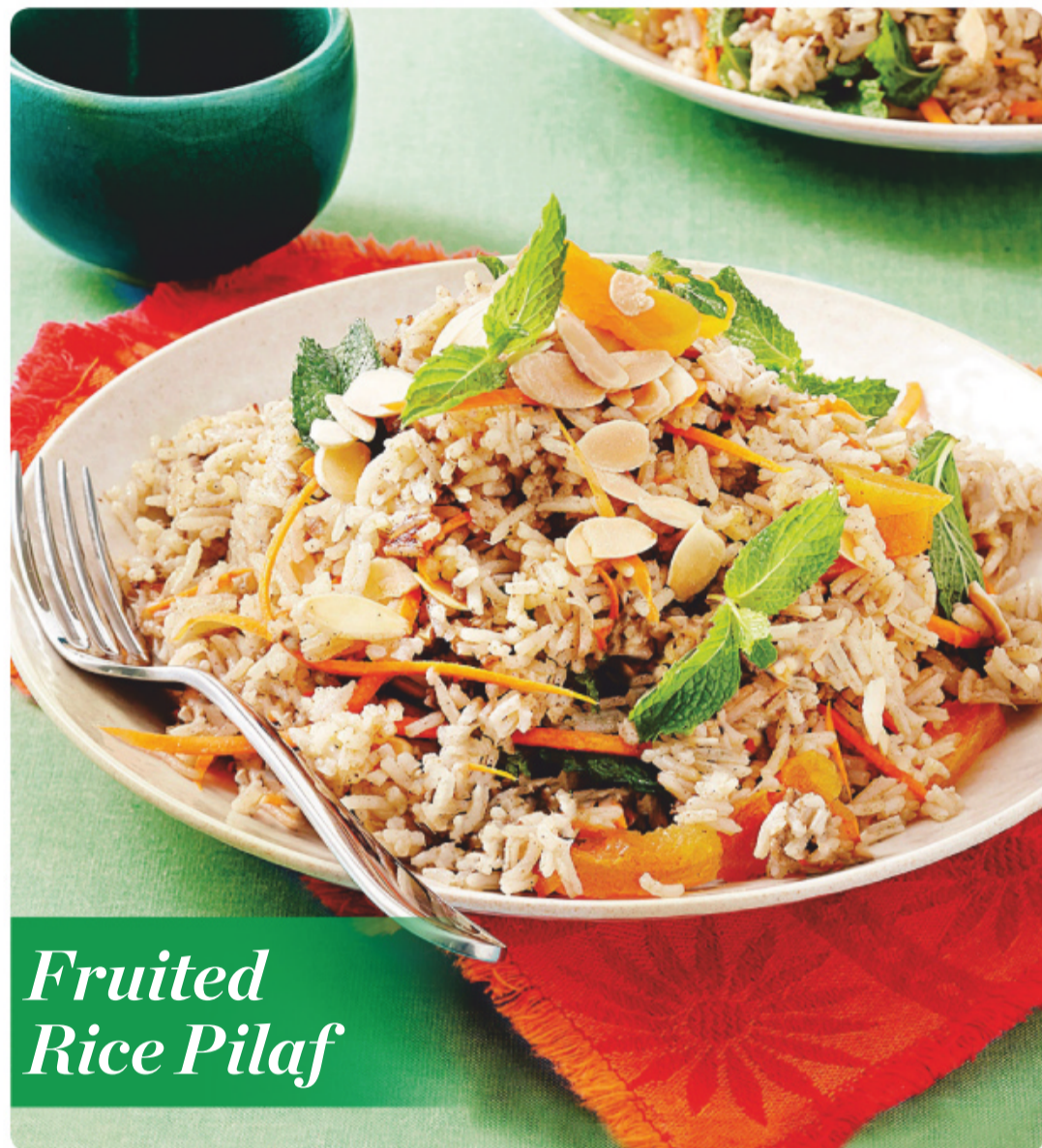
ACTIVE time: 30 min.
TOTAL time: 3 hrs.
SERVINGS: 20

Dinner made easy!

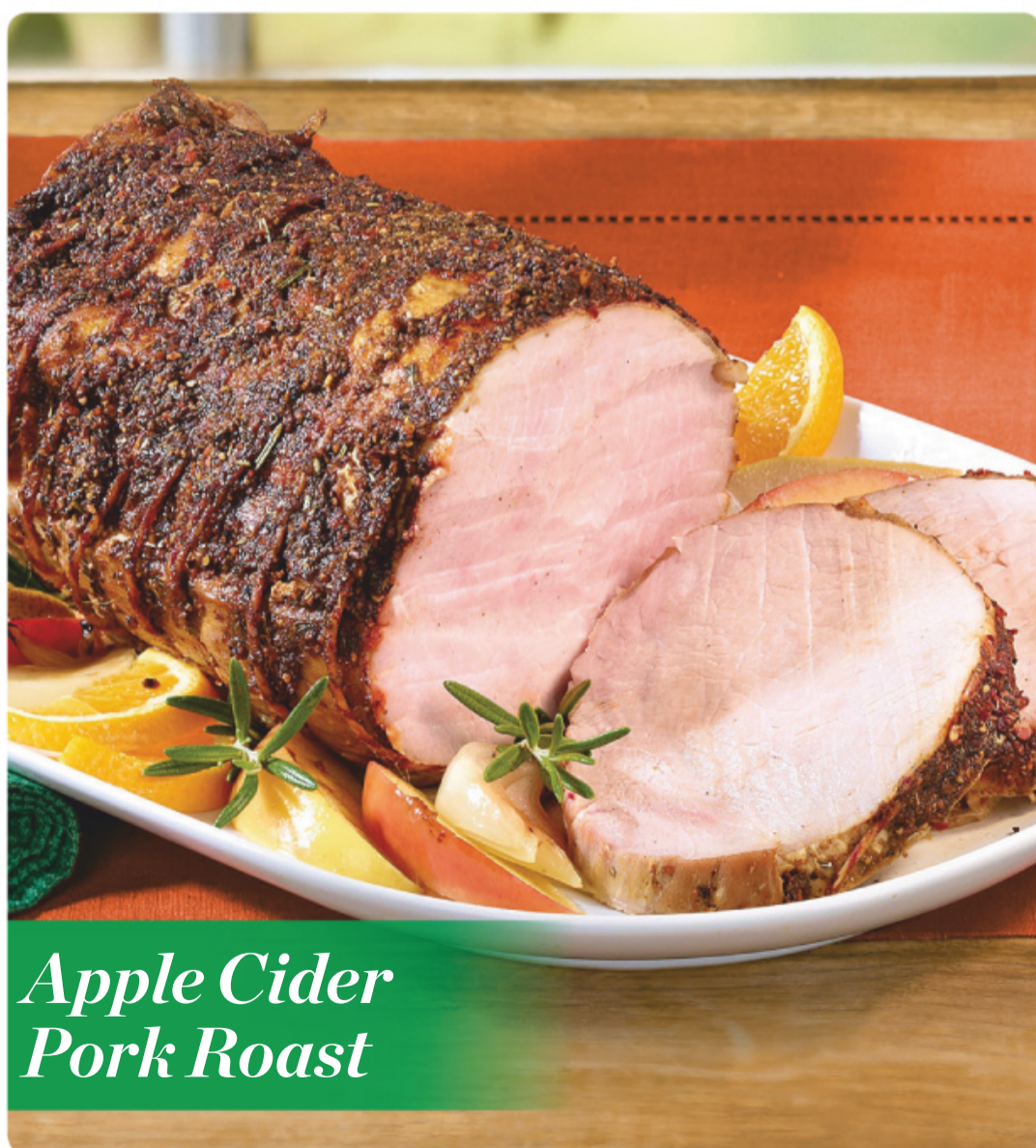
COLLECT A MEAL *WW*



*Lemony
Greek Salad*



*Fruited
Rice Pilaf*



*Apple Cider
Pork Roast*



*Caramel Chocolate
Cupcakes*



Fruited Rice Pilaf

Fragrant basmati rice, tender carrots and crunchy almonds transform plain pilaf into a delectable side

- 1 Tbs. olive oil
- 1 small onion, chopped
- ½ tsp. ground cumin
- 1 cup uncooked basmati rice
- 1 (14.5 oz.) can vegetable broth
- 1 bay leaf
- 1 cup packaged shredded carrots
- ⅓ cup sliced dried apricots
- ⅓ cup toasted sliced blanched almonds
- Fresh mint (optional)

● In pot, heat oil over medium heat. Add onion and cumin; cook, stirring occasionally, until onion is tender, 5–6 min. Add rice; stir until coated with onion mixture. Add broth and bay leaf; over medium-high heat, bring to a boil. Cover; reduce heat to low. Cook until liquid is absorbed, 18–20 min., stirring in carrots and apricots during last 5 min. Remove from heat. Let stand, covered, 5 min. Remove bay leaf. Top with almonds and, if desired, mint.

Servings: 6. Active time: 15 min. Total time: 40 min.
Calories: 181 Protein: 4g Fat: 5g (1g sat.) Chol.: 0mg Carbs.: 31g
Sodium: 220mg Fiber: 2g Sugar: 5g

Lemony Greek Salad

An easy from-scratch citrus-oregano vinaigrette dresses our salad with big flavor in a flash

- 1 small cucumber
- 1 cup cherry tomatoes
- 4 oz. feta cheese
- ⅓ cup extra-virgin olive oil
- 2 Tbs. fresh lemon juice
- ¼ tsp. dried oregano
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup thinly sliced red pepper
- ½ cup drained pitted Kalamata olives
- ¼ cup thinly sliced red onion

1 (6.5 oz.) pkg. mixed salad greens, 5 cups

● Halve cucumber lengthwise; thinly slice crosswise. Quarter tomatoes. Cut cheese into ½" cubes. Reserve. In large serving bowl, whisk oil, juice, oregano, salt and pepper. Add red pepper, olives, onion and reserved cucumber and tomatoes; toss to combine. Divide greens evenly among six individual serving plates; top with vegetable mixture and reserved cheese cubes.

Servings: 6. Active time: 15 min. Total time: 15 min.
Calories: 211 Protein: 4g Fat: 19g (5g sat.) Chol.: 17mg Carbs.: 6g
Sodium: 438mg Fiber: 2g Sugar: 3g

Caramel Chocolate Cupcakes

Chocolate cupcakes go glam topped with fluffy homemade vanilla buttercream and a drizzle of caramel topping

- 1 cup butter, at room temp.
- 3 cups confectioners' sugar
- 1 Tbs. milk
- ½ tsp. vanilla extract
- 18 chocolate cupcakes
- ⅓ cup caramel sundae topping

beat in confectioners' sugar until blended, then beat in milk and vanilla. On medium speed, beat frosting until light and fluffy, 1–2 min.

● On medium speed, beat butter until light and fluffy, about 1 min. On low speed, gradually

● In batches, transfer frosting to pastry bag fitted with star tip. Or, if desired, using spatula or spoon, spread frosting evenly over cupcakes. Just before serving, drizzle with caramel topping. Store in covered container at room temp.

Servings: 18. Active time: 30 min. Total time: 30 min.
Calories: 312 Protein: 2g Fat: 17g (8g sat.) Chol.: 50mg Carbs.: 39g
Sodium: 292mg Fiber: 1g Sugar: 31g

Apple Cider Pork Roast

Our succulent roast starts with a garlicky 2-minute glaze and ends with a luscious apple-cider pan sauce

- ¼ cup balsamic salad dressing
- 1 Tbs. dry mustard
- 1 Tbs. minced fresh rosemary
- 2 cloves garlic, minced
- 3 lb. boneless pork loin roast
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup apple cider

ingredients; reserve half. Place pork in roasting pan; sprinkle with salt and pepper. Brush pork with remaining dressing mixture. Roast until meat thermometer inserted into center of pork registers 145°F, about 1 hr., 15 min. Transfer to cutting board; brush with remaining dressing mixture. Cover; let stand 10 min. before slicing. Meanwhile, place pan with juices over high heat; add cider. Bring to boil; cook until thickened and reduced by ⅓, 8–10 min. Serve with pork.

Servings: 8. Active time: 20 min. Total time: 1 hr., 45 min.
Calories: 402 Protein: 34g Fat: 26g (9g sat.) Chol.: 102mg Carbs.: 5g
Sodium: 293mg Fiber: 0g Sugar: 4g

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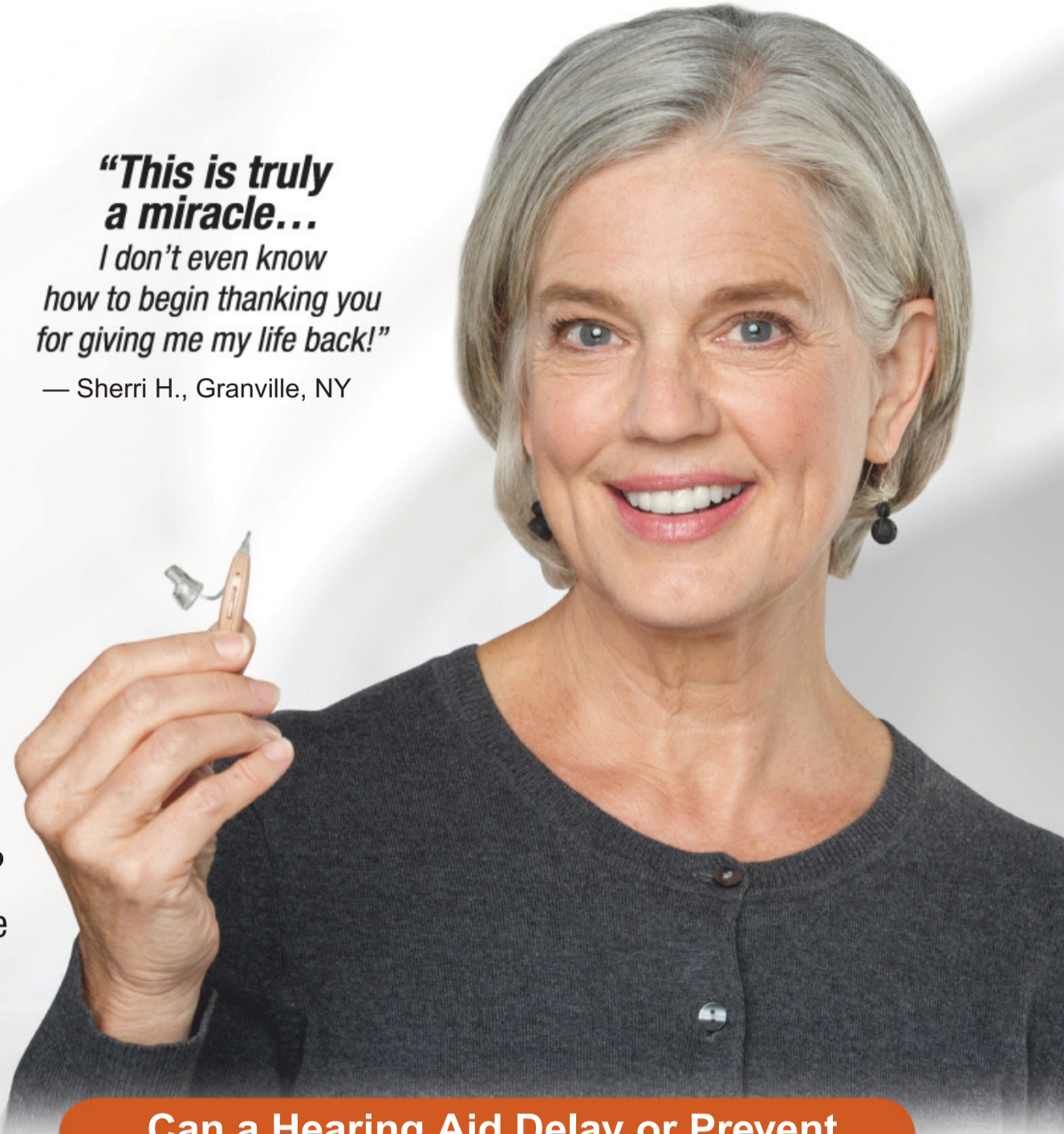
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— Sherri H., Granville, NY



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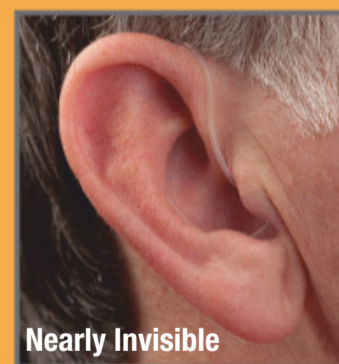
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Fill your kitchen with bright retro style!

ENHANCE LIGHTING

“Lighting always has a big impact in any kitchen, and pendant lights provide instant charm,” says Pelletier. Overhead lamps also create ideal “task lighting” for kitchen to-do’s like chopping and cooking. No time to install pendants? Simply hang an LED lighting strip (available at hardware stores) beneath cabinets.

Get the look: “Eat” Metal Word Sign in red, \$40, RetroPlanet.com

PLAY WITH THIS PATTERN

“A bright red-and-white print, like the polka dots shown, screams retro—think classic Coca Cola or diner decor,” says Pelletier. “Plus, red invokes feelings of warmth and love while dots offer energy and playfulness to a space.” Easy ways to introduce a pattern: a printed vinyl tablecloth, an apron or an array of kitchenware.

For more tips and ideas on a shoestring, visit Pelletier’s design blog LittleVintageCottage.com

Bold colors, playful prints, timeless charm...designers are showcasing vintage touches to make the heart of the home even happier! Here, design pro Tania Pelletier of LittleVintageCottage.com shares simple strategies to get the look—for less!

EAT



ADD FEEL-GOOD FLAIR

"Between the colors and patterns, retro accents bring back warm memories of times gone by," says Pelletier. To fill your kitchen with the upbeat joy and cheer of the 1950s, she suggests bringing in a red color palette, then sprinkling in fun accents like diner-style signs and a metal cake carrier. "Thrift stores are brimming with vintage linens and sweet decorative items—for pennies a pop!"

BOOST STORAGE

"Most kitchens just don't have the desired amount of storage space," notes Pelletier. Her fast fix? "It's a cinch to slip a simple shelving unit into a bare corner—and this 'open' style allows your items to double as decor!"

WW Picks: Little hits of happy!



Inspire smiles

This retro-chic enameled box cheers up a countertop and keeps bread fresh! (\$20, Home Basics Bread Box, Boscovs.com)

Pour out instant joy

A pretty polka-dot pitcher adds a stylish touch to sips. (\$10, 22 oz. Red and White Dots Ceramic Pitcher, HomeDepot.com)



Layer on fun

Add happy pops of pattern to plates with vintage-inspired napkins. (\$10 for 8, The Pioneer Woman Fiona Napkins, Walmart.com)

Serve stylishly

Make dinner extra special by dishing up salads or side dishes in a wow-worthy, ruby-hued bowl. (\$20, Godinger Red Serving Bowl, BedBathAndBeyond.com)



WW DIY: Transform an old soup pot into a so-pretty planter!

Liven up a bare windowsill or tabletop in seconds with a cheery floral display—made out of a stockpot! Here's the easy how-to:

What you'll need:

- ☐ Soup pot
- ☐ Red spray paint
- ☐ Adhesive white circle labels
- ☐ 3 small pansy plants

1 Paint the pot

Apply two coats of spray paint to the outside of pot; let dry. Stick 14 circular labels on the front of pot, one at a time, to form pattern as shown.

2 Pop in the plants

Fill pot halfway with soil. Remove pansies from their plastic pots; nestle plants into soil. Add decorative moss to top of soil if desired.



No time to craft? No problem! Try nestling plants into the Tramontina Everyday 5-Quart Red Dutch Oven, \$20, Walmart.com

Easy hacks for the most Googled cleaning Q's!

A new survey reveals the most searched-for online cleaning conundrums. No need to boot up your computer—just read on for our expert-approved answers!

Erase suede stains with stale bread

Removing stains from delicate suede shoes leads 27,000 of us to search online for the fix every month. The answer? Stale bread, says Jennifer Rodriguez of ProHousekeepers.com. In a circular motion, gently rub suede with bread that's been left out for two days or toasted for five minutes at 350°F until brittle. "The bread works like fine sandpaper to remove dirt without damaging the material."



Wash makeup brushes with a dab of olive oil

If you're like the 27,100 folks per month Googling the best way to clean makeup brushes, the answer is in your kitchen: Pour 2 Tbs. of olive oil on a washcloth and rub the bristles back and forth to loosen any caked-on powder. Then "swish" the brushes in a bowl of castile soap and warm water to remove any remaining oil. Rinse, then air-dry and *voilà*—a makeup brush makeover!

Rinse your dishwasher with a vinegar cycle

More than 33,000 folks go online every month to learn how to clean their dishwasher. Just place a plastic bowl filled with white vinegar in the top rack of your empty dishwasher, then run a cycle. Next, run a second cycle with a bowl of baking soda on the bottom rack to remove any lingering grime.



De-grime a Keurig with a citrus brew

Every month, 60,100 of us search how to banish lime-scale in the popular coffee maker. To do: Add 2 Tbs. of citric acid powder (found in the baking aisle) to the reservoir, then fill it with water and run a brew cycle without K-Cups, says appliance pro Jeff Campbell. "The acidity breaks down limescale." Refill with water and run a few more cycles to remove any citrus taste.



Revive a cast-iron skillet with a kosher salt paste

How to clean a skillet without losing the oils that season it? Almost 30,000 of us are curious every month. "Make a paste with kosher salt and water," says Wendy O'Neal of AroundMyFamilyTable.com. "It's abrasive enough to scrub without leaving flavor behind (like soap can), while gentle enough to preserve the oils."

Pain or Discomfort?



Just Ask Christina.

Christina Walker
Chief Science Researcher

SCIATICA BACK PAIN?

Are radiating pains down the back of your leg, or pain in your lower back or buttocks making it uncomfortable to sit, walk or sleep? Millions are suffering unnecessarily because they are not aware of this proven treatment.

MagniLife® Leg & Back Pain Relief combines four active ingredients, such as Colocynthis to relieve burning pains and tingling sensations. Although this product is not intended to treat sciatica, it can help with the painful symptoms. *"I am absolutely amazed at how it works and how fast it works."* - T Martin. Tablets dissolve under the tongue and do not interfere with other medications.

MagniLife® Leg & Back Pain Relief is **sold at Walgreens, CVS, Rite Aid, Walmart and Amazon**. Order risk free for \$19.99 +\$5.95 S&H for 125 tablets per bottle. **Get a FREE bottle** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife S-WW1, PO Box 6789, McKinney, TX 75071 or call 1-800-515-6471. Money back guarantee. Order now at **www.LegBackPain.com**

STABBING FOOT PAIN?

Do you suffer from burning, tingling, or stabbing foot pain? You should know help is available. 20 million Americans suffer from these symptoms and put up with the pain, because they are not aware of this proven treatment.

MagniLife® Pain Relieving Foot Cream contains Gnaphalium to relieve pain, while natural moisturizers restore cracked, damaged, and itchy skin. *"It's the ONLY product that helps relieve the burning, and tingling feeling in my feet!"* - Mable NY.

MagniLife® Pain Relieving Foot Cream is **available at Walgreens, CVS, Rite Aid, Target, Walmart and Amazon**, located in the footcare and diabetes sections. Order risk free for \$19.99 +\$5.95 S&H for a 4 oz jar. **Get a FREE jar** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife NC-WW1, PO Box 6789, McKinney, TX 75071 or call 1-800-515-6471. Money back guarantee. Order now at **www.MDFootCream.com**.

Also find MagniLife® Antifungal Foot Cream and Diabetics' Dry Skin Relief in the diabetes section at Walgreens and Rite Aid.

ARTHRITIS PAIN?

Are muscle and joint pains in your back, neck, shoulders or knees keeping you from enjoying daily activities? You should know of a new topical pain reliever that targets the source of the pain – inflammation, instead of masking it with artificial cooling or warming.

MagniLife® Arnica Pain Relief Gel with emu oil and eucalyptus relieves pain from sore muscles, joint discomfort, strains and arthritis. Concentrated, topical gel absorbs quickly leaving no lasting smell. *"I happened upon the Arnica Pain Relief Gel and it truly was a godsend. It was a bit like taking a Tylenol but with immediate pain-relieving effects. And because it's an all-natural product, I wasn't worried about exceeding any recommended dose. I just used it whenever I felt pain, and I always got relief in return."* - Nicole.

MagniLife® Arnica Pain Relief Gel is **sold at Walgreens and Amazon**. Order risk-free for \$19.99 +\$5.95 S&H for a 4 oz jar. **Get a FREE jar** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife GC-WW1, PO Box 6789, McKinney, TX 75071 or call 1-800-515-6471. Money back guarantee. Order now at **www.ArnicaPainGel.com**

FIBROMYALGIA PAIN?

Are you one of 16 million people suffering from deep muscle pain and tenderness, joint stiffness, difficulty sleeping, or the feeling of little or no energy? You should know relief is available.

MagniLife® Pain & Fatigue Relief combines 11 active ingredients to relieve deep muscle pain and soreness, arthritis pain, aching joints, and back and neck pain. Although this product is not intended to treat fibromyalgia, it can help with the pain and fatigue caused by fibromyalgia. *"These tablets have just been WONDERFUL. I'd recommend them to anyone and everyone!"* - Debra, WV.

MagniLife® Pain & Fatigue Relief is sold at **CVS, Rite Aid Pharmacy and Amazon**. Order risk free for \$19.99 +\$5.95 S&H for 125 tablets per bottle. **Get a FREE bottle** when you order two for \$39.98 +\$5.95 S&H. Send payment to: MagniLife F-WW1, PO Box 6789, McKinney, TX 75071 or call 1-800-515-6471. Satisfaction guaranteed. Order now at **www.PainFatigue.com**

MAGNILIFE®

Restless Legs?

NEW LOOK! Homeopathic

MAGNILIFE® RELAXING LEG CREAM

Pain Reliever
Nighttime Sleep Aid

- ✓ Unpleasant Sensations
- ✓ Difficulty Falling Asleep
- ✓ Restlessness
- ✓ Pain
- ✓ Discomfort

NET WT 4 OZ (113 g)

Relief without a prescription

Relieves:

- ✓ Unpleasant sensations
- ✓ Difficulty falling asleep
- ✓ Restlessness
- ✓ Discomfort

Burning Leg Pain?

NEW! Homeopathic
FDA Est. # 3006056835

MAGNILIFE® LEG & BACK PAIN RELIEF CREAM

For pain in the lower back, buttocks & legs

- ✓ Burning
- ✓ Tingling
- ✓ Stabbing
- ✓ Aching

NET WT 4 OZ (113 g)

Available without a prescription

Targets:

- ✓ Burning
- ✓ Tingling
- ✓ Shooting
- ✓ Stabbing Pains

Order Now: 1-800-515-6471
www.MagniLife.com



Walgreens

Available at:

CVS pharmacy



DUANEreade

Walmart
Save money. Live better.

amazon

\$\$\$ Cash in this week!



Joanne McIntyre,
45, Bangor, ME

“I make up to \$300 a week helping the visually impaired ‘see’!”

Joanne McIntyre discovered a fulfilling way to help others and earn some extra cash. Read on to see how she did it

“As a single mom with two kids (one going off to college) and a full-time job, I was in search of a way to bring in some extra income. I saw an ad for Aira (Aira.io), a company that hires ‘visual interpreters’ to help the blind, or visually impaired, navigate life. It seemed like a rewarding and flexible way to make money, so I applied.

“I took a test to show that I could find accurate information quickly. Then I had a virtual interview where I had to navigate the interviewer through a

mock scenario. Once hired, I did six weeks of online training.

“My clients have special glasses or a smartphone app which is synced with my dashboard. It allows me to see what’s in their environment and gives me access to GPS. When they call in, they can ask me for help with different types of tasks. For example, when they arrive at the gym, I can help them find the nearest empty treadmill, find the start button and a specific workout program. I’m an extra set of eyes to help them navigate

as they explore unfamiliar areas while they’re walking outdoors. Some people have me read nutrition labels, search for recipes and help them cook meals. I even read bedtime stories to their kids or help with homework!

“I love this job because it’s so interesting, and it’s given me a new perspective on life! It’s also flexible, and I can pick my own hours. I make \$15 an hour and work between 8 and 20 hours a week. The money I make pays for extras like vacations with my kids!”

Win big at WomansWorld.com!



Win Bowflex Kettlebells!

Gain newfound strength with five chances to win a SelectTech 840 Kettlebell from Bowflex! This adjustable, space-efficient design includes six different kettlebells in one, ranging from 8 to 40 pounds, so you can perform a variety of workouts without having to store multiple weights. *U.S. only. Ends 11:59 PM ET, 2/27/20*



Win \$1,000!

Start that home renovation or treat yourself to a mini splurge—when you’re the lucky winner of \$1,000, how you spend the cash is up to you.

Simply enter for one chance to win! *U.S. only. Ends 11:59 PM ET, 1/31/20*

Win a trip to Cancún!

Dreaming of sunshine? You’re in luck! You have one chance to win a three-night stay for two at the Grand Fiesta Americana Coral Beach Cancún! The prize includes a Junior Suite Ocean Front room, daily breakfast buffet and daily hydrotherapy at the resort’s Gem Spa! *U.S. only. Ends 11:59 PM ET, 2/27/20*



Win a \$100 Walmart Gift Certificate from Saffron Road!

Craving snack and meal options that are healthy yet delicious? Then enter for six chances to win a \$100 Walmart gift card courtesy of Saffron Road foods! Perfect for adventurous eaters who are curious about trying new cuisine, winners can use the gift card to stock up on an assortment of Saffron Road’s tasty options, including Crunchy Chickpeas or frozen Chicken Tikka Masala and Chicken Biryani. *U.S. only. Ends 11:59 PM ET, 2/27/20*



Woman’s World is not responsible for savings and sale claims or prize values referenced in these offers, which are representations solely of the offering retailers, manufacturers and/or sponsors. All inquiries regarding Official Rules and other sweepstakes questions should be directed to the respective sweepstakes sponsor. Except where specifically indicated, Woman’s World is not the sponsor of or responsible for any of the coupon savings offers or sweepstakes published here. See WomansWorld.com for sweepstakes rules.

Bonus benefit to helping others? One study found it lowers stress and reduces mortality



Turn good deeds into cash!

Sure, you do selfless acts (for others and for the environment) because they warm your heart. Well, companies want to reward you for it—giving you twice as many reasons to do them! Here, how to get gift cards, cash and more when you...

Share job openings

When a friend is looking for a job, you probably tell her about positions you come across so she can apply. Now you can help other folks find their next job and earn gift cards for doing it! Just download the Job Spotter app, then use it to snap a photo of a “help wanted” sign whenever you see one around town or at a store or a restaurant. The job posting goes straight to Indeed.com where it’s shared with job seekers—and you get points added to your account for your kind act. Once you accumulate enough points, you can redeem them for an Amazon.com gift card!

Keep items out of landfills

If you pride yourself on putting paper, plastic and cans into recycling bins, here’s great news: You can earn cash for recycling other items so they don’t end up in landfills too! For example: Drop off your old car battery at Advance Auto Parts, and you’ll get a \$10 store gift card in return. Bring empty printer ink cartridges to Staples, and if you’re a rewards member, you’ll get \$2 per cartridge to apply toward a purchase of \$30 or more in ink or toner. Trade in unused electronics like tablets, smartphones or game consoles for gift cards at Amazon, Apple, Best Buy, Microsoft Store or Target!

Donate your used clothes

Do you give away clothes you no longer wear? Several major retailers have teamed up with non-profit organizations to recycle any brand of clothing you bring into their stores—for a big discount in return: American Eagle Outfitters (\$5 off a pair of AEO jeans), H&M (15% off your entire in-store purchase), Levi’s (20% off a single regularly priced Levi’s item in-store), Madewell (\$20 off Madewell jeans when you bring in any brand jeans) and The North Face (\$10 off a purchase of \$100 or more). You’ll ensure donations make it into the hands of folks who need them and save on new purchases!

Accept others’ parcels

Do you help out neighbors and friends who aren’t home during the day or go away on vacation by offering to accept deliveries on their behalf? eNeighbor.com wants to pay you for ensuring the safe arrival of other people’s parcels! To start earning cash: Register for free at the website and select the days you’re home to receive packages. When someone in your area needs a secure location to send their shipments, they’ll pick your address—and you’ll be paid \$3.50 (per delivery) simply for accepting it, then handing it to her when she comes by to pick it up!

YOUR GUIDE TO THE WORLD’S HOTTEST DIET!

ON SALE NOW!



Brought to you by the publishers of *Woman's World* and *First for Women*, our new 99-page special issue *Keto Over 50* is packed with information, inspiration and delicious recipes.

Pick up a copy everywhere magazines are sold or order online to be delivered right to your door at [Amazon.com/dp/B081WHR6GR](https://www.amazon.com/dp/B081WHR6GR)

Relax with Brain Games

CROSSWORD

Justice League

Use the letters highlighted in the finished puzzle to spell a female superhero

ACROSS

- 1 Dance movement
- 5 Doily material
- 9 Blender button
- 13 "Cut it out!"
- 17 Word-of-mouth
- 18 Clickable image
- 19 Designed for flying
- 20 Tortoise racer
- 21 Phoenix neighbor
- 22 Let the cat out of the bag
- 23 Nutritionist's plan
- 24 The yoke's on them
- 25 Appraises
- 26 Movie promo
- 28 Director's cry
- 30 Partner of now
- 32 Nancy Drew's boyfriend
- 33 "Now ___ theater near you!" (2 wds.)
- 34 More sore
- 37 Insurance co. employee
- 38 Hoof sound
- 39 Boardroom bigwig
- 42 It's a piece of cake
- 43 TV spots
- 44 Attempts
- 45 Tide competitor
- 46 Sits in (for)
- 47 Flower starter
- 48 Many ___ (a long time)
- 49 Englishman, for short
- 50 Simple top
- 51 ___ Newton (cookie)
- 52 Crowded
- 53 Wrist timer
- 54 Harness part
- 56 Board game insert
- 57 Poet Angelou

- 58 Submarine detector
- 60 Exams
- 61 X in Roman numerals
- 62 Retiree's acct.
- 65 "Come again?"
- 66 Mother's sisters
- 67 Crayola color
- 68 Falling flakes
- 69 Insect in a colony
- 70 *Downton* ___
- 71 Dowel
- 72 Southern beauty
- 73 Edgar Allan ___
- 74 "Got it!"
- 75 "Dear old" guy
- 76 Hoped beyond hope
- 77 Hairstyles
- 78 "___ the fields we go"
- 79 Crowd noise
- 80 Monkey holder?
- 84 Gwyneth of Hollywood

- 86 Seafood choice
- 90 Buckeye State
- 91 Operates
- 93 Back of the neck
- 94 Sledding spot
- 95 Touch down at the airport
- 96 Bangkok native
- 97 By any chance
- 98 Blunted blade
- 99 Sounds of disapproval
- 100 Snakelike fish
- 101 Many wines
- 102 Home paper

DOWN

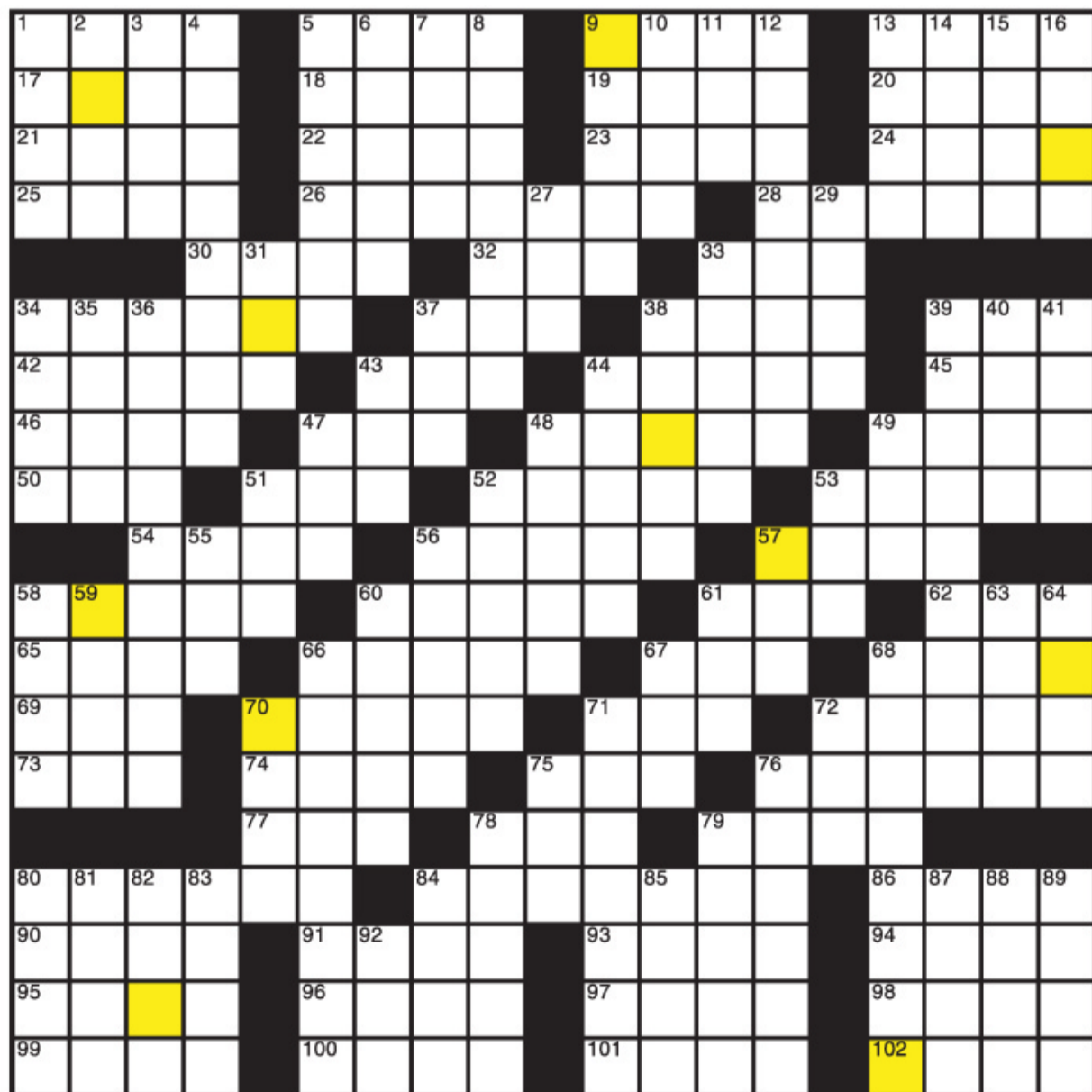
- 1 ___ *Like It Hot*
- 2 Deuce topper
- 3 "___ on Down the Road"
- 4 Some packaging supplies
- 5 Group of kittens
- 6 Squirreled-away item

35 Hint

- 36 What bears do in winter
- 37 Make sense, with "up"
- 38 Grouchy
- 39 "Of course"
- 40 Clapton who sang "Layla"
- 41 Word of honor
- 43 Calendar abbr.
- 44 Color wheel display
- 47 Big storage item
- 48 Cheesy sandwiches
- 49 San Francisco/Oakland separator
- 51 Evergreen
- 52 Like many attics
- 53 Pale
- 55 "Have some"
- 56 Actress Zellweger
- 57 Fellows
- 58 Cashless deal
- 59 "___ you don't!" (2 wds.)
- 60 Toothpaste containers

5 down

- 61 What "it" plays
- 63 Part in a play
- 64 Blown away
- 66 Total
- 67 Danson of *The Good Place*
- 68 Looked high and low
- 70 Gofer
- 71 Sidekick
- 72 Maidenform product
- 75 Pa. neighbor
- 76 Superheroes have them
- 78 Desert sight
- 79 Enticed, with "in"
- 80 Lock part
- 81 Cries of discovery
- 82 Place to skate
- 83 Fishing equipment
- 84 Ring, as bells
- 85 Gush
- 87 Ready for plucking
- 88 Safe, on board
- 89 Ran, as colors
- 92 That girl



- 7 Pepsi, e.g.
- 8 Bad things to give away
- 9 Got wet up to the ankles
- 10 ___ to the throne
- 11 Anger
- 12 Shepherd's pie ingredients
- 13 Attempt
- 14 Checker, perhaps
- 15 Creme-filled cookie
- 16 Actor Sean
- 27 Allow
- 29 Bottle tops
- 31 Part of a giggle
- 33 Dress style
- 34 Aide: Abbr.

Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

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

Getty (3)

SOLVE-IT-YOURSELF Mystery

An untimely heist

Detective Karen Valentine dragged her partner, Richard Cole, to the gala jewelry show—and dragged was the right word.

“But it’s *jewelry!*” Cole squirmed. “I don’t know anything about jewelry.”

Valentine smiled sweetly. “But you *do* know jewel thieves. The mayor wanted this event to go well, and it still can...if we make an arrest.”

The mayor’s wife had planned the gala’s fund-raiser and had even arranged to display the famous Halsten diamond necklace.

She’d planned for everything, except the professional jewel thief.

“It looks like a Sadie Smith job,” Valentine told Cole as they drove to the site. “And we may well have her in custody.”

Cole was suddenly a lot more interested in jewelry. Sadie Smith had been mocking the police for years. She was listed as “Smith” because the police had no idea of her real last name. They weren’t even sure Sadie was her first name, but

they were more than willing to find out, if they could nab her long enough for questions.

“It’s her M.O., all right,” Valentine said. “Lights out at 10:15, exactly; back on three minutes later with the necklace suddenly gone.”

“Didn’t they safeguard it?”

“They tried,” Valentine said. “Guards were instructed to lock the doors if the lights went out, so everyone is still there. They even got the necklace back—a kid hauling out trash told them a ‘Mrs. Murray’ offered him twenty dollars to help her play a prank on a friend. All he had to do was gather the trash at a spot near the display at 10:18 and haul it out the back. Of course, there is no ‘Mrs. Murray.’”

“That’s her method. No partners, use some bystander.”



Cole thought a moment. “How many suspects do we have?”

“Three, we hope. Everyone else can be accounted for. It was invitation only, though some didn’t show. But they had name tags for everyone. The officers figure Sadie arrived late, grabbed an unused name tag, and waltzed right in. There were only three late arrivals.”

When they reached the gala, officers passed them through to the room where the suspects were being held.

“It’s about time,” a large, gruff man grumbled. “I’ve already called my attorney. You can’t hold us like this!”

Valentine glanced at the notes provided. “Mr. Preston? It should only be a few minutes while your wife assists us with some inquiries.”

Ruth Preston scoffed. “How can I possibly assist? One minute, I’m looking at some necklace and the next it’s lights out and I’m dragged in here. Believe me, the mayor’s wife will hear about this.”

“Of course,” Valentine said. “We certainly won’t inconvenience you any longer than necessary. You three ladies were near the necklace when the lights went out. Did you notice anything, Mrs. Preston?”

“Don’t be absurd, young woman. How could I see anything? It was pitch black!”

“How about you, Mrs. Durst? You’re alone tonight?”

“My husband is home with the flu. Is this going on much longer? I promised him I’d be home at 11.” She glanced at Cole. “I’m not wearing a watch, what time is it now?”

The third suspect, Tilly Holland, looked down at her watch, gave her the time and said, “It’s been forty-five minutes. Will it be much longer?”

“It shouldn’t be,” Valentine said, feeling suddenly confident. “Mrs. Holland, if you could answer just one question...”

She posed the question, one only the real Mrs. Holland would know the answer to. Suddenly, the intruder’s face was red with anger.

“And don’t worry about the time...Sadie.” Valentine gestured to the woman’s watch. “I can tell it for you—it’s time for us to make an arrest.”

Cole blinked. “Okay, I give up,” he said, as officers led Holland away. “What made you settle on her?” —Gary Delafield

Q: What gave Mrs. Holland away?

A: Turn to pg 49

Order Up!

Can you guess which happened first, second and third?



- **A.** Sheryl Crow wins the Grammy for Best New Artist
- **B.** CBS premieres *Two and a Half Men*
- **C.** California bans smoking in all bars

Person, Place or Thing?

Can you guess what I am?

- | | |
|---|---|
| <input type="checkbox"/> I know a famous Mr. | <input type="checkbox"/> I like franks |
| <input type="checkbox"/> I come in an array of colors | <input type="checkbox"/> One of my varieties shares its name with a horse |
| <input type="checkbox"/> Some types like to count me | <input type="checkbox"/> In Spanish, I am frijoles |
| <input type="checkbox"/> A Tiffany & Co. classic is based on my shape | <input type="checkbox"/> In the Navy, I’m served as soup |
| <input type="checkbox"/> Coffee is made from me | <input type="checkbox"/> My string is sometimes steamed |



My Guardian Angel

Readers share their stories of divine intervention

7 Days of Inspiration

Take one a day and feel great all week!

Day 1

You make a difference. Always have. Always will!

Day 2

Hope has staying power!

Day 3

You bring something wonderful to every day: you!

Day 4

There is so much more to give yourself credit for!

Day 5

Positivity is a superpower that works real-life wonders!

Day 6

It's always a good time to let yourself shine!

Day 7

Angels are always with you!

Comfort from Heaven

When *Woman's World* reader Renata Busch was feeling guilty for not having been by her mom's side in her final moments, she received two signs that gave her peace. She writes:

My mom called, saying she and my dad were coming to visit for a few days. I didn't catch it at the time, but I now believe she knew that her cancer treatments and medications had taken their toll, and this would be the last time for her to travel or ever see us again.



The Friday morning of their visit, Mom was wrapped in my robe, sitting comfortably in the recliner. She kissed her grandsons and wished them a good day at school. I got to the door to leave for work and rushed back to give her a hug and kiss, and told her I loved her.

That afternoon, I got a call from my aunt. She and my uncle had been having lunch with my parents when Mom suffered an aneurysm or stroke of some sort.

I rushed to the hospital to find Mom unresponsive and hooked up to all sorts of machines and tubes. I stayed by her side and that Sunday, the decision was made to take her off life support. I told her

goodbye but was too frightened to be in the room when she finally passed.

That decision haunted me. I felt as if I had totally let my

"The strangest sensation came over me, and I literally felt a hand holding mine!"

mom down. That night, lying in bed, I prayed to God and asked him to please tell Mom that I had been scared and to let her know that I was so sorry I wasn't there to comfort her and hold her hand when she passed. Just then, the strangest sensation came over me and I literally felt a hand holding mine! A wave of calm overcame me, and I knew it was Mom holding my hand.

We spread Mom's ashes atop a beloved mountain. One day, I wanted to visit but the snow was too deep. Getting as far up as I could, I released some balloons and watched in awe as they hovered right above mom's resting place. It as if she was holding onto them. Once again, overwhelmed by a peaceful presence, I could feel her with me.



Those moments not only relieved my feelings of guilt but reminded me that Mom will always be with me and that has given me great comfort.



ANGEL EXPERT KYLE GRAY SAYS...

"I believe that often when the end is near, we are given a deeper awareness that God is calling us home. It feels to me that Renata's mother knew deep down that she would return home soon. I believe that the love that binds us to our loved ones is unbreakable and there is no place that love cannot go. When we are feeling the loss of a loved one, their spirit draws close, and if we are open enough, we will often feel their presence and even their hand in ours or on our shoulder, just like Renata experienced. These experiences were indeed messages from Renata's mom, sent to give her daughter comfort."

If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at 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 reused. Kyle Gray (KyleGray.co.uk and [Instagram.com/KyleGrayUK](https://www.instagram.com/KyleGrayUK)) is an internationally known angel expert. He is the author of six books, including *Angel Prayers*, *Wings of Forgiveness* and *Raise Your Vibration*, as well as two bestselling card decks and the host of "Angel Club" at HayHouseRadio.com.

**We pay
\$100**



Circle of kindness

Readers share little reminders of how much goodness there is in the world



“IT GIVES HER JOY TO HELP OTHERS!”

My 88-year-old mom, Carmelinda Bellizia, lives in a senior apartment complex with residents of all abilities. Currently, there is

a 99-year-old woman who has trouble walking.

Every day, my mom goes to her apartment, which is on another floor, to retrieve her mailbox key, then goes downstairs to get her mail and bring it back up to her. She sometimes even takes the woman's garbage out. Mom has some vision issues, but this doesn't stop her. She never expects anything in return. She says it gives her much joy to help others! She is a true role model to me and others around her.

—Linda Bellizia Hagen, Yardley, PA

“IT MADE ME SMILE TO MAKE HER WISH COME TRUE!”

My Aunt Gloria lives in Florida. On her recent visit to New York, she treated me, her daughter and two nieces to tickets to see *The Cher Show* on Broadway. Not only did we have a memorable day, but her generous act inspired me to pay it forward! A few weeks later, my friend Bea told me she wished she could see the musical, *Beautiful*. When I heard that *Beautiful* was soon going to have their last show, I splurged and purchased two tickets. When I called Bea and told her, she was so surprised and delighted. It made me smile to make her wish come true!

—Gina Milazzo, Staten Island, NY



“IT WARMED OUR HEARTS THAT THEY WERE WILLING TO SHARE!”

My husband and I recently walked the Via Francigena trail on a pilgrimage to Rome.

In the town of Monteriggioni, we had forgotten to buy groceries for the next day's breakfast. In the morning, while searching for an open café, we met two German pilgrims and asked if they knew of a place. As if to clarify our English, one asked if we were looking for something to eat. When we nodded, she gave us some of their food. It warmed our hearts that they were willing to share with complete strangers!

—Donna Connolly, Parksville, BC, Canada

Do you have an act of kindness to share? We thought so!

Please email 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. Please be aware that submissions may be edited for style.

We pay \$50!

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You

***Miracles
will unfold
today!***

Today, burdens will be lifted, and faith will be discovered or restored. Love will be found, and forever friends will be made. Obstacles will be overcome, and challenges will be met. Fresh starts will be started, fairy-tale endings will begin and dreams just like yours will be lived!

WWF

***Miracles
will unfold
today!***

Today, burdens will be lifted, and faith will be discovered or restored. Love will be found, and forever friends will be made. Obstacles will be overcome, and challenges will be met. Fresh starts will be started, fairy-tale endings will begin and dreams just like yours will be lived!

A magical sleigh ride

When the town hill becomes a winter wonderland, Joanie rediscovers the thrill of sledding...and the promise of new romance

“Yes, Jared, she’s definitely an artist who paints with sugar—your favorite medium,” the man declared, with a wink.

Joanie introduced herself and soon found herself sharing memories about Moffet Hill and stories about her family.

“She felt a catch in her chest, as pleasurable as swirling snowflakes”

Turn upside down for Brain

STEP	LACE	WHIP	STOP	HARE	OXEN	ION	THE	NE	ED	ATA	CE	ACHIE	ER	AGT	LOP	CEO	SLICE	ADS	TRIS	ES	ERA	SUBS	BUD	MONS	BRIT	TEE	FIG	DENSE	WAT	CH	REIN	RULES	MAY	IRA	SONAR	TESTS	TEN	IR	WHAT	AUNTS	TAN	SNOW	ANT	ABBEY	PEG	BELLE	POE	ISEE	DAD	PRA	VED	DOS	OE	R	AR	EL	PAL	TROW	CRAB	ILL	EE	ED	TASKS	LAND	THAI	EVER	ED	DE
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Getty (2)



Stan was a retired professor who lived 50 miles north. He was widowed like Joanie and thrilled to have his daughter nearby. Both admitted to feeling lonely at times.

“I’m sure I’ll become a regular at the museum,” Stan said, gazing directly into her eyes. “Say, Joanie...do you ever visit the museum on foot? Or just on sled?”

Joanie laughed and felt her face flush. Thank goodness, her cheeks were already pink from the cold.

Was this charming man flirting with her? She felt a catch in her chest, as pleasurable as swirling snowflakes.

“I’m here on foot for every new exhibit opening,” she said. “But I must confess that I haven’t been down Moffet Hill on a sled in at least 20 years.”

His eyebrows shot up. “I’m shocked! Of course, I haven’t been on a sled in years, either. Jared found his mom’s old sled when we were unpacking and insisted we try it.”

Jared had been tugging at Stan’s sleeve during their conversation. Reluctantly, Stan told Joanie that he’d report back if he survived the trek back up the hill.

“You’ll both need a cup of hot chocolate after your ride. My treat!” Joanie declared. Stan winked at her.

What was happening to her? *It must be Moffet Hill working its magic*, Joanie thought. She wanted to tell Stan the history of sledding here—how in 1905, museum workers were so enchanted by the snow blanketing the hillside that they dragged out wooden folding chairs and *whee...* a sledding tradition had begun.

Wooden chairs had been replaced by sleds and tubes, but the thrill remained. Joanie smiled as she caught sight of Stan dragging the sled in one hand and Jared by the other as they made their way back uphill.

“Next passenger?” Stan asked, looking at Joanie and holding out his hand. “I bet your friend would keep an eye on Jared.” Of course, Carolyn agreed.

Joanie joked about the pair of them testing the weight limit on the old wooden sled, but then climbed on, scrunching forward. Stan sat behind and wrapped her in his strong warm arms. He gave her a squeeze and whispered in her ear.

“This could be one wild ride, Joanie,” he said. “We may end up head over heels.”

Leaning against his chest, she tipped back her head so she could see into his eyes.

“I’m ready,” she whispered, feeling the timeless magic of Moffet Hill as they whooshed down the snowy slope.

—Marti Attoun

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Games Answer Key

Brain Games on page 44

Since the theft depended on perfect timing, not having a watch eliminated Durst. When Tilly couldn’t answer the question she asked, Valentine knew she had the thief. Valentine’s question: What is your maiden name? This was something Sadie couldn’t answer because only Holland’s married name was on the name tag.

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

This week’s Sudoku solution

Looking at the suspects, it was easy for Detective Valentine to find the thief. Sadie always worked alone, which eliminated the Preston’s as a possibility.

by Maressa Brown

For the week of Sunday, January 26, to Saturday, February 1

AQUARIUS Jan 20–Feb 18

Pitch a creative idea on the 27th, when a Venus-Neptune meet-up lights up your money zone. A payoff is on the way! On the 1st, you may feel torn between time with loved ones and caring for yourself. Trust your gut.

Your lucky days: Jan. 29, 30, 31

Your lucky numbers: 2, 8, 12



PISCES Feb 19–March 20

You'll be able to connect with loved ones in a new way on the 27th, when Venus and Neptune meet in your sign. Be open with your emotions. On the 30th, assert yourself with higher-ups. It could earn you recognition!

Your lucky days: Jan. 27, 28, Feb. 1

Your lucky numbers: 3, 6, 7



ARIES March 21–April 19

Don't be afraid to try a new approach to your wellness plan on the 30th. You're prepared to aim for new heights. On the 1st, break out of a professional rut by trying a new approach. Rewards will be yours!

Your lucky days: Jan. 29, 30, Feb. 1

Your lucky numbers: 2, 9, 11



TAURUS April 20–May 20

Pair up with colleagues to take on a project on the 27th. Teamwork leads to a win. Then you'll be feeling inspired to switch things up to tackle your main wellness goal on the 1st. Embrace a new plan, and you'll soar!

Your lucky days: Jan. 27, 28, Feb. 1

Your lucky numbers: 1, 6, 11



GEMINI May 21–June 20

You might be confused by an interaction with a colleague on the 28th. Hit pause on a major move until you have clarity. On the 30th, spending quality time enjoying a fun pastime with loved ones boosts your bonds.

Your lucky days: Jan. 29, 30, 31

Your lucky numbers: 5, 7, 11



CANCER June 21–July 22

Getting out of your comfort zone with those closest to you is thrilling on the 27th. Consider going on a day trip you've been dreaming about. On the 1st, try a bold new direction on a project. Higher-ups will take note.

Your lucky days: Jan. 26, 27, 28

Your lucky numbers: 2, 4, 9



LEO July 23–Aug 22

A burst of confidence makes it easy to try an unusual workout on the 30th. Follow your heart. On the 1st, a moon-Uranus meet-up in your career zone inspires you to strike out on your own on the job. Go for it!

Your lucky days: Jan. 29, 30, 31

Your lucky numbers: 5, 9, 10



VIRGO Aug 23–Sept 22

Working with a close friend or colleague on a project feels fulfilling on the 27th. Let your imagination run wild! On the 1st, research new stress-relieving practices. An out-of-the-ordinary experience boosts well-being.

Your lucky days: Jan. 26, 31, Feb. 1

Your lucky numbers: 7, 14, 18



LIBRA Sept 23–Oct 22

Infuse your current workout with a spiritual element during a Venus-Neptune meet-up in your health zone on the 27th. You'll feel restored! On the 30th, a heart-to-heart with a loved one strengthens your bond.

Your lucky days: Jan. 27, 29, 30

Your lucky numbers: 6, 7, 9



SCORPIO Oct 23–Nov 21

Lead the charge on a brainstorming session on the 27th. What you land on points to a win! On the 30th, you'll get a burst of energy to put toward your fitness routine. It boosts your confidence and desire to go even further.

Your lucky days: Jan. 26, 27, 28

Your lucky numbers: 2, 5, 6



SAGITTARIUS Nov 22–Dec 21

You'll be inspired to decorate a space that will support self-care on the 27th. Use your sharp eye for beauty! Reflect on daily habits that could improve your work-life balance on the 1st. Even a small shift has you feeling amazing!

Your lucky days: Jan. 29, 30, 31

Your lucky numbers: 4, 15, 18



CAPRICORN Dec 22–Jan 19

You may be torn between opening up to a loved one or simply carving out solo time on the 26th. Tune into your intuition: You'll know how to proceed. On the 1st, spontaneous plans with loved ones bolster bonds all around.

Your lucky days: Jan. 27, 28, Feb. 1

Your lucky numbers: 3, 5, 12



Minnie Driver,
January 31, 1970



Happy Birthday! Year-ahead forecast for those born this week

Aquarius, everything's coming up roses in the year ahead. Green-light a new moneymaking project before Mercury is retrograde in your money zone from mid-February to March. During that time, focusing on tying up loose ends on efforts from the

past serves you well. Then, from mid-May to early June, communicator Mercury moves through your creativity zone, giving you a burst of imaginative energy that you can apply to your workout plan and social calendar. Let your heart lead the way, and

you'll feel fulfilled. From mid-July to early August, Mercury will be retrograde in your wellness zone, so honing certain skills related to your wellness plan or revisiting a workout you used to love can prove exceptionally rewarding!

BETTER POSTURE INSTANTLY!

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shoulder straps for
A perfect fit

WITH



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WW YOU DESERVE
A GETAWAY!

Bask in the sun in Santa Fe!

Tucked away in the foothills of the Sangre de Cristo Mountains lies the quaint city of Santa Fe, New Mexico. Offering picturesque landscapes, unique shopping markets, a plethora of museums and sunny blue skies, it's the perfect place for a midwinter warm-up!



Take a trip back in time as you explore the rich, cultural city of Santa Fe. Founded in 1610 as America's first capital city, the Southwestern center continues to be revered for its fine arts, flavorful food, adobe architecture and timeless charm.

Begin your day by marveling at the many scenic views in the Santa Fe National Forest, which boasts 1,000 miles of trails, lush meadows, conifer trees, mountains and a 15-mile-wide crater!

Next, visit El Rancho de las Golondrinas, a living-history museum that re-creates an 18th-century ranch. Tour the property dotted with unique adobe buildings as guides dressed in period clothing describe how the ranchers lived and worked.

As the day draws to a close, head over to Coyote Cafe & Cantina to enjoy flavorful chimichangas, jalapeño poppers and fresh salt-rimmed margaritas as you gaze out at the vibrant desert sunset—*gorgeous!*

Getty (3); Shutterstock (2);
Text: Shay Trotter





Find unique textiles, paintings, jewelry and more at the El Museo Cultural Winter Market, held every weekend through May



Head an hour outside the city to Ghost Ranch in Abiquiú. The 21,000-acre property offers hiking tours and horseback trail rides between the stunning cliffs, red hills and mesas



Visit the beautiful El Santuario de Chimayó, a 19th-century Spanish Colonial church that attracts more than 300,000 religious pilgrims to the holy site each year

NO TIME FOR A TRIP?

Perk up with a sweet and salty prickly pear margarita!

Inspired by a similar frozen beverage from Plaza Cafe Southside—one of Santa Fe's top-ranked restaurants—this fruity cocktail is sure to please!

- ☐ 4 red prickly pears, peeled, chopped
- ☐ $\frac{3}{4}$ cup reposado tequila
- ☐ $\frac{1}{2}$ cup Cointreau
- ☐ $\frac{1}{4}$ cup + 1 Tbs. lime juice, fresh
- ☐ 2 cups ice as needed

● Blend prickly pears in a blender on low speed for 60 seconds. Then blend on high speed for 30 seconds. Strain. Set liquid aside. Pour tequila, Cointreau, lime juice and prickly pear juice into empty blender. Add ice and blend on high speed. Pour into two salt-rimmed glasses. *Serves 2*



You deserve
Good things!

*Your
dreams
are so
close!*

It's natural to feel defeated when things don't go as expected or happen the way you've hoped. But your efforts have not been in vain! Often, success really is two steps forward and one step back—and that means progress! Every successful person knows: One more try can be all it takes!



Everyday Hero

Proof that it only takes one person to make a difference

“Never give up hope, no matter what!”

When Angela Ray Rodgers shared a video of her young daughter, Grace Anna—who has a rare type of dwarfism—singing despite her pain, it quickly went viral, spreading joy and hope to millions!

Angela Ray Rodgers smiled from ear to ear as she pressed the record button on her phone to capture her 3-year-old daughter, Grace Anna, singing “The Star Spangled Banner” after bath time.

“You go, girl!” the Kentucky native cheered as Grace Anna belted out the words, smiling happily as she did.

Born with a rare genetic dwarfism disorder known as Conradi Hünemann syndrome, Grace Anna had been in and out of hospitals undergoing surgeries since the day she was born—but before she could even fully talk, Grace Anna had expressed herself with a sweet song and a smile.

She sings with such joy despite everything, Angela thought as

she smiled down at her baby girl, deciding in that moment to share the video on social media. *Maybe Grace Anna could touch other hearts just like she has mine.*

Before Angela knew it, the video had racked up over half a million views. Messages flooded Angela's inbox, exclaiming how her daughter's joy had encouraged other kids with illnesses and disabilities to never give up.

Over the next few years, Angela continued to post videos and could see the hope Grace Anna was spreading. One woman with stage 4 cancer reached out asking for prayers, and Grace Anna decided to talk to her personally, singing and praying with her. “This means the world to me,” the woman told the little girl over the phone. “I was scared because my future is so unknown. But because of your joy, I'm not afraid anymore.”

Feeling motivated to make a difference with more hands-on projects, Grace Anna and her family started a project called Graciebug Bundles of Love, where they deliver goody baskets to children in the hospital. Each care package has brought hope to sick kids, and



“I want people with disabilities to know they're not alone,” says Grace Anna

one family says the bundle gave them comfort during their hospital stay after a tragic fire.

Angela and Grace Anna have also partnered with schools in their area to advocate for handicap accessible playgrounds, so kids with disabilities can play alongside other kids.

Today, 9-year-old Grace Anna shares songs with her 1.5 million Facebook followers to celebrate our differences and find joy every day. Grace and Angela's hope is that all kids will see just how special they are, which inspired the duo to write their children's book, *Who Do You See When You Look at Me?*

“Life is about bringing light to people's lives,” Angela says beaming with pride. “That's just what Grace has done through her singing and sharing love!”

“I never give up because I have hope,” Grace Anna says. “God wants us not to give up on anything—whatever you're facing, you can do it!”

—Maggie Dillard



Angela Ray is so proud of Grace Anna's heart

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! Email your story with your name and phone number to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World*, 270 Sylvan Ave., Englewood Cliffs, NJ 07632.

**We pay
\$250!**

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Love & Laughter

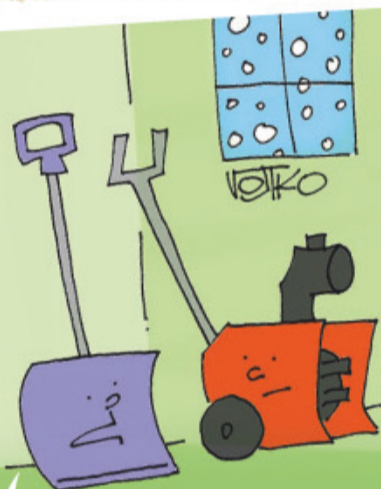
Cute and cozy!

Kaylee, 3, submitted by Great-Grandfather William Wohlleber, NY

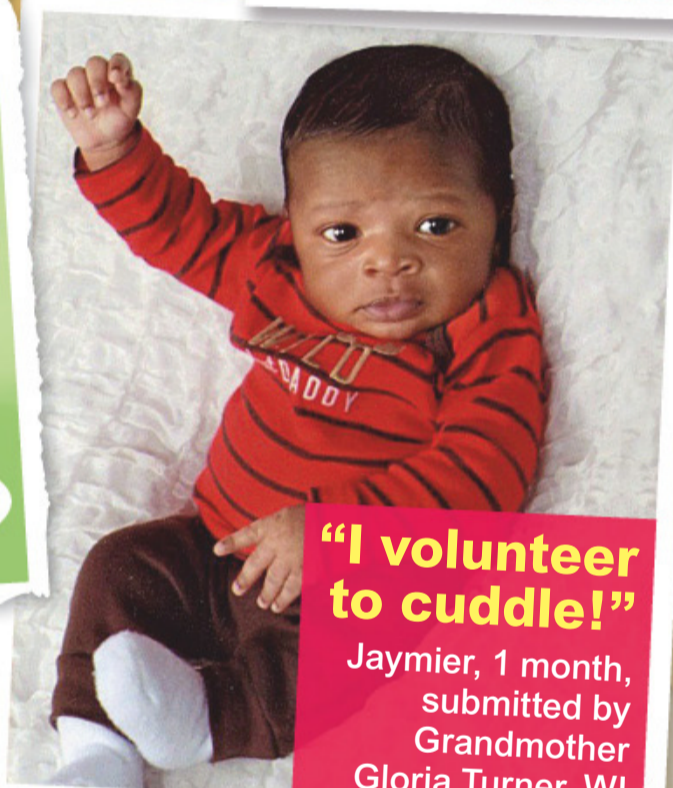


"Let's hit the slopes!"

Samuel, 15 months, submitted by Grandmother Martha Shurtleff, MA



"I've always been pretty much of a 'do-it-yourselfer'"



"I volunteer to cuddle!"

Jaymier, 1 month, submitted by Grandmother Gloria Turner, WI

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile"

—Franklin P. Jones

"Has anyone seen my cowgirl boots?"

Sofia, 1 week, submitted by Great-Grandmother Mary Lou Candelaria, NM



"Let's make snow angels!"

Submitted by Cherrie Morgan, MI



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