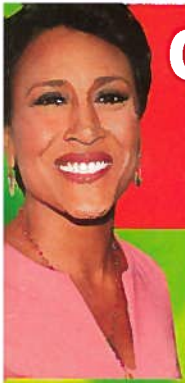


March 18, 2013

OVERCOME EVERY OBSTACLE

Robin Roberts' inspirational secrets to prevailing over tough times



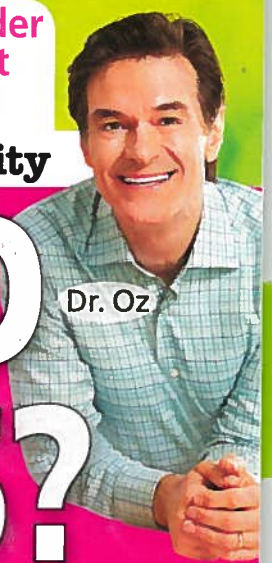
First for women

The cream that tightens away a double chin!

STRESS SOLUTION

How to do much less and accomplish much more

FIRST reader Tarrah lost **93 lbs!**



Dr. Oz

News from Georgetown University

MORE ENERGY HAPPIER YOU

0% of American women suffer from a GI problem that's making them tired, fat, irritable. Easy fix!

ST PATRICK'S TREATS!



ADDICTED TO CARBS?

LOSE 30% OF YOUR BELLY FAT IN 12 WEEKS

DISCOVERED! This fruit extract ends hunger and blocks carbs from converting into fat

YOU, SO BEAUTIFUL

Pro tricks will deliver your most polished look ever!



5-INGREDIENT DELICIOUS!



3/18/13 Issue 1311

Addicted to carbs?

Serotonin shortfalls trigger tiredness and carb cravings that make weight loss impossible for up to 75 percent of women. To the rescue: America's favorite doctor and the science that backs him up

Dr. Oz's healthy strategies rev energy, mood and more!

Fresh-baked bread—fragrant, crusty and still warm from the oven so the butter melts right in... If you're like us, you've found yourself thinking about (and reaching for) comforting carbs like this a little more often as February turns to March. Those foods seem to provide a much-needed lift when you look out the window at another gray, dreary sky and find yourself feeling a little less enthused about tackling your to-do's—and a little more tired, foggy or downright bored when you do dive into your day.

And your body does know best: We crave carbohydrates because they actually *are* an antidote for what ails us—that dulled-and-drained feeling that experts estimate affects as many as three out of four women as winter drags on. "When you take carbohydrates and put them in your mouth, you actually are turning on chemicals in your brain," Mehmet Oz, M.D., director of the Cardiovascular Institute and Complementary Medicine Program at New York-Presbyterian Hospital, has explained on *The Dr. Oz Show*. "[The carbs] give you satisfaction."

Carbohydrates generate this pleasant feeling by speeding the transport of *tryptophan* to the brain. This amino acid is used to make serotonin (aka "the happy hormone"). When levels of serotonin are high—as they tend to be in the summer months since sunlight

Dr. Oz has the cure

spurs the production of the hormone—we feel upbeat. But when serotonin levels are low—as they are for many women right now, after weeks of chilly, overcast days have depleted levels—we feel down and crave carbs.

Of course, we all know that when we turn to comfort carbs for a quick feel-good fix, we face the unfortunate downside that Dr. Oz recently highlighted to members of his audience: “When you take carbohydrates in, you make the brain feel good... but you add the weight.”

The good news: America’s most trusted physician has dedicated several episodes of his show to various supplements that can boost serotonin levels so you feel clearheaded, energized and upbeat *without* having to rely on a calorie-loaded carb fix. And many fans of the show who have tried supplementing have reported fantastic results—they’ve gone online to spread the word about reductions in cravings, improvements in mood and fast weight loss.

That said, other Dr. Oz fans report feeling disappointed with their results—they followed the advice without noticing much of a change. So FIRST dug deeper, studying the science and talking to natural-health experts to learn more about each of Dr. Oz’s top-rated serotonin boosters. The goal: to help you choose the product that’s best suited to your individual needs. (As always, you should consult with your doctor before starting a new diet or supplement program.)

Read on to discover *your* key to sunny moods, sharp focus and a slimmer waistline—plus bonus benefits (including lower cholesterol levels, freedom from PMS and a reduced risk of disease) that can help you feel your all-time best!

FATIGUED AND FOGGY?

TRY SAFFRON

Dr. Oz has deemed saffron extract a “miracle” appetite suppressant. And no wonder: In a study in the journal *Nutrition Research*, women experienced marked reductions in cravings for sweets and cut their snacking by 55 percent after taking the spice extract. Plus, as Dr. Oz pointed out, “[The subjects] lost body weight even though they were allowed to eat *whatever* they want. When I hear that, that’s a wake-up call for me.”

While that evidence is strong, Dr. Oz wanted more proof, so he had two fans test saffron. The result: Both reported reductions in the frequency and intensity of hunger and cravings, and one lost 5 pounds in 3 days.

Studies indicate that saffron works by inhibiting a mechanism (called *serotonin reuptake*) that renders serotonin stores unavailable to brain cells. As James Smoliga, Ph.D., an associate professor of physiology at High Point University in North Carolina, explains, “When this action is inhibited, serotonin remains in the brain longer, enhancing its positive effects.”



Those effects extend beyond slimming. In animal research, saffron’s compounds were shown to improve learning and memory. And in a human trial, saffron helped 75 percent of women reduce monthly cramps, bloat, fatigue and irritability by 50 percent or more within 8 weeks.

Dr. Oz’s slimming Rx

Take 88 mg of Satiereal saffron extract two times a day. You can find that dose in Re-Body Hunger Caps Appetite Control Formula (\$25 for 60 capsules, at Vitacost.com).

Saffron slashes cancer risk

The cancer-fighting properties of *crocin*, a chemical compound found in saffron, so wowed Dr. Oz that he named the herb as one of his top health picks for women over 40. On a recent episode of his show, he said crocin triggers *apoptosis*—a form of “cell suicide” that he believes may be the way we’ll cure cancer in the future. He went on to explain that crocin penetrates cancer cells, then “literally explodes, devastating the inside of the cancer cell” and causing it to self-destruct.

Studies conducted in China and elsewhere indicate that saffron’s active compounds work to destroy colon, lung and pancreatic cancer cells. Discussing the findings, Dr. Oz marveled, “The fact that a simple herb...has been found effective at doing this in laboratories is stunning to me.”

Turn for more serotonin boosters