

March 21, 2016

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Woman's World

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plus! Ree's favorite family traditions and kid-pleasing ideas!



ANTI-AGING BREAKTHROUGH!

Shave years off your appearance!

Once a trade secret in the modeling industry, dermaplaning—a skin-resurfacing technique that quickly, safely and painlessly removes dead skin cells and increases cell turnover—is becoming widely available. In fact, there's now even a DIY version! "It's far gentler than laser skin resurfacing or dermabrasion, yet it still produces an immediate and dramatic glow," reveals Chicago plastic surgeon Julius Few, M.D.

How does it work?

With traditional dermaplaning, a dermatologist, plastic surgeon or aesthetician uses a specialized blade at a 45-degree angle to painlessly scrape away dead skin cells (and the facial hair that can crop up with time) from your forehead, cheeks, jawline and chin. "Mechanically



removing the top layers of skin also stimulates the fibroblast cells underneath to make more collagen," the protein that keeps skin elastic and youthful, Dr. Few says. And the procedure has still another benefit: Removing your skin's uppermost layers allows topical products, such as serums and moisturizers, to be absorbed more deeply, making them more effective!

How long does it take?

The whole procedure takes 30 to 45 minutes, after which your skin will be smoother and brighter, and any mild scars, fine wrinkles and age spots will be far less visible. "You get an immediate glow because dermaplaning improves blood flow to the skin," Dr. Few says. "And your skin tone is evened out when dead, dull surface cells are removed."



Any downtime?

Dermaplaning isn't painful, so it doesn't require a numbing lotion. Your skin may be red and feel hot (like razor burn) the next day, but you can minimize that by applying a rich moisturizer that re-creates the skin barrier right after treatment, Dr. Few says. Some doctors also use a cooling mask to reduce any redness.

Who is the best candidate?

Dermaplaning is not for everyone. "It can't be used on or around acne or other active skin lesions," says Michelle Henry, M.D., a clinical instructor in dermatology at New York-Presbyterian/Weill Cornell

Medical Center. "You also want to be careful around moles or skin tags."

How much does it cost?

One session is about \$100 to \$150, and four to six treatments, four to eight weeks apart, yields the best results, Dr. Henry says. Additionally, a gentle, at-home dermaplaning-like device, DERMAFlash (\$189), is available at Sephora stores and on Sephora.com. It uses sonic vibration and a blade to sweep away dead skin and facial hair—all in 10 minutes. The kit contains a six-week supply of skin-prepping solution, blades and soothing lotion.

—Denise Mann

Can't lose weight? This may be why!



Counting calories and exercising are a great start—but for more than 66% of us, those steps aren't enough to get us to our goal weight, a review of 31 previous studies shows. The reason: Subtle undiagnosed hormone imbalances (so small they often don't show up in tests) could be spiking your hunger, slowing your metabolism and blocking weight loss in other ways! To reset your hormones and slim down for good, experts advise:

Increasing serotonin output with poppy extract

The ability to produce serotonin gradually dwindles over the years—and this hormone doesn't just prevent blue moods, it also quells hunger pangs and cravings, and helps you get the deep, restorative sleep that speeds weight loss.

Your slimming Rx: 400 mg. of California poppy extract nightly before bed can boost serotonin production in as little as seven days, according to Stanford University researchers.

Important: Always check with your doctor before starting a new supplement.

Increasing leptin absorption with leafy greens

"Leptin helps keep your metabolism high, so if your cells can't absorb this hormone, your metabolic rate will drop and losing weight will turn into a real struggle," says Wendy Bazilian, Dr.Ph., coauthor of *The SuperFoodsRx Diet*.

Your slimming Rx: one cup of dark leafy greens daily. Spinach, kale, cabbage, broccoli, collards, Swiss chard and various lettuces are all rich in carotenoids, compounds that increase leptin absorption, fueling

Too tired to exercise?

An estrogen shortfall could be making your muscles—and brain—sluggish. Try sipping 8 oz. of Panax ginseng tea daily. This energizing brew can cut hormone-triggered fatigue 50% within three days, Korean researchers say.

fat burn so effectively that it can help you shed up to 12 pounds a year, UCLA researchers say.

Reducing neuropeptide Y with almonds and walnuts

This troubling hormone (which is produced by belly fat!) prods your body to make even more unwanted belly fat.

Your slimming Rx: 1/3 cup of nuts (any kind) daily. Healthy fats in nuts block the release of neuropeptide Y within 10 minutes of eating them. Snack on nuts daily and you'll lose 62% more belly fat in 90 days than if you stayed nut-free, reports the *International Journal of Obesity and Related Metabolic Disorders*.

—Brenda Kearns

Good-Health News!

Pregnancy safe right after miscarriage

Forget the old advice about waiting at least six months after a miscarriage to try again. Women who try to conceive within three months of miscarriage are just as likely to get pregnant and give birth as those who wait longer, shows a new National Institutes of Health study.

Heartburn med caution

A new Johns Hopkins University study links Prilosec, Nexium, Prevacid and other heartburn meds called proton pump inhibitors to a 20% to 50% higher risk of chronic kidney disease. Why is not yet clear, but the research suggests that the higher the dose, the higher the risk.



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