

for women First

December 9, 2015

for women

Holiday delicious in minutes!

Cookie-swap winners

STRESS SOLVED! Only \$2.99

ALL-DAY HAPPY! Kristin Chenoweth spills her secrets to overcoming ANYTHING!

DISCOVERED! The 4 'chronotypes' that impact sleep, anxiety & energy—and the tricks that are right for YOUR type

FAST CURES

- ✓ GI upset
- ✓ Colds
- ✓ 'Gotta go'
- ✓ Blue mood
- ✓ Migraines

Speed-heal your thyroid

LOSE 38 LBS BY CHRISTMAS

NEWS: Nearly 100% of American women aren't getting enough of a trace mineral absolutely critical to thyroid health

SOLUTION: Supplement this way to lose up to 1 lb a day + 90% more belly fat—without dieting!

VERY MERRY MADE EASY!

- ✓ Make-ahead meals
- ✓ Impressive tablescapes
- ✓ Genius hostess helpers
- ✓ Lovely edible presents
- ✓ Social burnout remedies

HOLIDAY BEAUTIFUL!

- ✓ Spider veins
- ✓ Jiggly arms
- ✓ Neck bloat
- ✓ Droopy bust
- ✓ Belly bulge
- ✓ Age spots

Discover YOUR inner Superwoman! See pg 48

Christina lost 110 lbs and went off her thyroid meds

The \$30 BRA that ends back pain

Only \$2.99

love *family health*

Immunity boosters MDs swear by

To keep your little one sniffle-free all winter, reach for these natural remedies that top doctors rely on to help ward off colds and flu in their own families

STAY-HEALTHY Rx

↳ **A double dose of vitamin C**

"When a cold seems imminent, I like to give my three kids good old vitamin C," says Hal Weitzbuch, M.D., medical director of Calabasas Dermatology Center in California. "It's a natural immunity booster that gives them the best chance to ward off infection." Dr. Weitzbuch serves up C-rich orange juice at breakfast and gives them a vitamin C supplement (he says 125 mg. is a good daily dose for children over age 4). "When we do this—and especially when people around us are sick—the kids are less likely to get a cold," he says. A supplement to consider: Nature Made Kids First Vitamin C Gummies (Walmart).

STAY-HEALTHY Rx

↳ **This fizzy drink**

"Kombucha is fantastic for remaining healthy all season long," says neurologist Tracy A. Parath, M.D., a mother of three in Greenfield, Wisconsin, whose kids love the flavor of the fizzy, fermented tea. "Its probiotics and antioxidants support gut health, and that affects all aspects of immunity, including susceptibility to colds," she explains. And a little bit goes a long way: Dr. Parath serves nonalcoholic kombucha once a week, matching her kids' age to the ounces served. For example, a 5-year-old gets 5-oz. a week. Dr. Parath suggests consulting with your physician before serving the unpasteurized, lightly caffeinated drink to young children. One to try: GT's Living Foods Kombucha (Target).

STAY-HEALTHY Rx

↳ **A sweet syrup**

"I use elderberry syrup every winter to prevent colds," says Heather Bartos, M.D., medical director at the Women's Health & Wellness in Cross Roads, Texas, and a mother of two. A study in the *Journal of Functional Foods* found that elderberry blocks the flu virus from entering the body's cells. "I give it before bed every few days or twice daily if others around us are ill," says Dr. Bartos. The recommended dose: ½ tsp. for kids weighing 20 to 30 pounds and 1 tsp. for bigger kids. "It tastes good and my kids don't get sick much," says Dr. Bartos. One we like: Nature's Way Elderberry Syrup for Kids (Walmart).

quick take

What moms look for when filling kids' lunch boxes

- 88% Nutrition
- 69% Taste
- 65% Price
- 62% Convenience

96

STAY-HEALTHY Rx

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