

255 SLIMMING TREATS

February 4, 2008

healthy living made easy



Wow a crowd!  
Daytona 500  
Super Bowl

## FEELING TIRED? CRAVING CARBS?

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## THE HOME REMEDIES

- TIREDNESS
- LARYNGITIS
- BAD COLD
- HEARTBURN
- BOREDOM
- DRY SKIN
- INSOMNIA
- ACHINESS

**ALERT!** THIS COMMON FOOD ADDITIVE WORSENS WORRY

### Winter work-around: Get the right kind of light

Studies at the National Institutes of Health show that 20 minutes of exposure to sunlight for two consecutive mornings can restore proper melatonin production. But since it's not always possible to get sunshine during winter, consider installing a full-spectrum bulb in at least one of your home's lighting fixtures (ideally in a room where you spend most of your morning time). A cumulative two hours of daily exposure to this type of illumination (which most closely mimics natural sunlight) has been shown to improve the body's melatonin balance in as little as two weeks. A bulb that works *and* keeps energy costs in check: BlueMax fluorescent (\$9 and up, at [FullSpectrumSolutions.com](http://FullSpectrumSolutions.com) or call 888-574-7014). These full-spectrum bulbs emit a clear, bright (not blue) light and are compatible with standard household lighting fixtures.



Clinically  
Proven

ick formula that made Genevieve

# LBS WINNER

OP 86 LBS BY EASTER

Burn 25% more belly fat

Circulation:  
1,438,672

## HAPPY EVERY DAY!

Jennifer Nettles  
of SUGARLAND  
reveals her  
3 keys to BLISS



She was  
570 lbs!

\$2.49

Display until 2/4/08

