

April 8, 2013
God Bless America

Woman's World

A great week made easy!

More for your money!
\$1.79

FIND ANYONE!
Private-eye tricks for locating lost friends!

The vitamin that
KEEPS WOMEN YOUNG!

- ✓ Stops middle-age spread!
- ✓ Prevents cellular aging!

Energy boost!

Fatigue-fighting juice makes working out seem effortless!

The stockings that
CURE INSOMNIA!

SPRING ALLERGIES?

Stop them with tea and frozen peaches!

MY MONEY-MAKING SECRET! New! Real women share proven get-rich strategies!

Japanese organizing tricks for
LESS CLUTTER! MORE CALM!

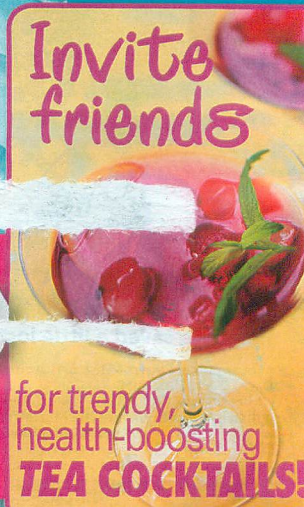
The **HAPPINESS SPICE** that

CURES EMOTIONAL EATING!

- ✿ Soothes anxiety!
- ✿ Stops obsessive snacking!
- ✿ Reduces stress hormones!
- ✿ **MELTS OFF 7 LBS A WEEK!**



Oreo fun!



Invite friends

for trendy, health-boosting
TEA COCKTAILS!

The happiness CURES EM

- ❖ Soothes anxiety! ❖ Stops obsessive snacking!
- ❖ Reduces stress hormones
- ❖ Melts off 7 lbs a week!

On sand-swept farms halfway around the globe, fields teem with brilliant purple crocus flowers. Each bloom hides exactly three delicate red saffron "threads" among its petals; it will take villagers 15 hours and 50,000 flowers to hand-harvest a single pound of the world's most expensive spice. Is saffron worth it? Chefs sure think so. And they're no longer alone. Exciting new saffron research recently prompted Dr. Oz to declare the spice a natural miracle, one that can simultaneously lift our spirits and "annihilate our urge to overeat." Top neuroscientist Daniel Amen, M.D., now prescribes saffron as a highly effective treatment for stress eating. And Jacksonville University's Heather Hausenblas, Ph.D., notes that "in a clinical study, women given saffron supplements improved their mood, increased their energy and lost considerable weight *without* dieting. We've found no negatives—only positives." So if you're looking for a brighter outlook, a smaller waistline or both, "saffron," adds Hausenblas, "is worth trying!"

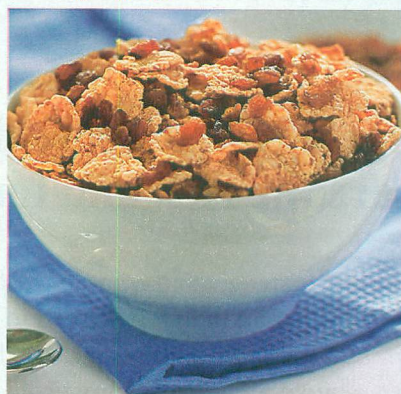
How to make saffron work for you

Though spice shops and supermarkets sell saffron for use in dishes like curry and paella, if you're looking to improve mood and weight, saffron extract supplements "are a much more concentrated

Harvested from crocus, saffron has countless benefits. It even helps lower stress hormones!

Menus for get-happy results!

The amount of weight you lose while taking saffron will depend largely on how much less the supplements help you eat. "In our super-size world, it's so easy to overeat even if you're *not* hungry," cautions Hausenblas. "That's why I recommend using the supplements in combination with a healthy portion-controlled eating plan." She even helped us create a great one for you to try! Though it weighs in at under 1,500 calories a day, if you're taking two 88-mg. doses of saffron extract daily, it should feel like you're eating much more. **Note:** Since saffron has been shown to reduce the urge to snack, the plan features three square meals and nothing in between. Drink all the water and other zero-cal beverages you'd like; also add other little extras (herbs, spices, mustard, vinegar) as desired. As always, get a doctor's okay to try any new plan.



Breakfast choose one daily

- 1 egg scrambled in 1 tsp. olive oil
- 1 oz. Canadian or turkey bacon
- 1 slice whole-grain toast
- 1 cup plain fat-free or lite yogurt, 3/4 cup berries

- 1 bowl protein-enriched whole-grain cereal, 1 cup fat-free milk, 2 tsp. sliced almonds
- 1 piece fruit

Lunch and Dinner

choose one meal for lunch and another meal for dinner

- 3 oz. grilled chicken or turkey burger, 3 sliced olives, 1 Tbs. hummus, veggies to taste on 1 whole-wheat bun
- 2 1/2 cups mixed salad, 1 tsp. olive oil, vinegar and herbs to taste

- 2 oz. shredded rotisserie chicken, 1 oz. shredded cheese, 1/4 cup beans, 20 crumbled baked tortilla chips, 3 cups mixed salad, 1/2 cup chunky salsa, 2 Tbs. plain yogurt, 1 tsp. olive oil and cilantro to taste



- 2 oz. lean deli meat, 1/2 oz. part-skim mozzarella cheese on 2 slices whole-grain bread pan-grilled in 1 1/2 tsp. olive oil
- 1 1/2 cups low-sodium vegetable soup with fresh herbs to taste

spice that OPTIONAL EATING!

source of saffron's beneficial compounds," notes Dr. Amen, author of *Unleash the Power of the Female Brain*. How much do you have to take? Most studies have been done using 88 mg. of saffron extract twice a day. Says Hausenblas: "You can even carry the supplements in your purse and take them when you feel most tempted."

Weight-loss wise, the beauty of saffron supplements is that they can make it easy to eat less. Here's why . . .

Cure emotional eating!

Turns out, saffron has a proven effect on a "happiness hormone" called serotonin. "Any time we raise serotonin levels, it helps calm the part of the brain that constantly worries, the part that obsesses over things," Dr. Amen explains. "It makes us feel instantly better. So, without even realizing it, we all seek out ways to



Fact!

There is an old Persian saying: "If you're very happy, then you must have had saffron for breakfast!" says Dr. Amen. "In some parts of the world, it's common knowledge that this spice helps mood."

increase serotonin." Which often means stuffing our faces with processed carbs. "Research at MIT shows that simple carbs like sugar and bread are a very effective way to boost serotonin. That's why we have carb cravings—especially when we're stressed. Because they really do make us feel better in the short term." Over the long term, of course, all those carbs tend to make us increasingly plump and miserable. "The idea behind saffron," says Dr. Amen, "is that it boosts serotonin without the excess calories." As a result, women given saffron supplements automatically want less food, consuming about 55% fewer high-carb snacks. That means saffron can help us lose at a slow-and-steady pace even if we keep eating our normal foods. What about faster results? Saffron can also help us stick to a healthy eating plan (like the one, *below*) better than ever before!

Saffron power!

Woman's World readers who've tried the saffron-spiked plan on these pages are thrilled. Wisconsin nurse Valerie Oja, 41, dropped five pounds in a week—even while caring for six kids and pulling midnight shifts. Meanwhile, Iowa grandma Diana Hallberg, 57, has used saffron supplements to "take away that always-hungry feeling. Now I can really stick to a diet—and I'm losing a pound a day!" As for Florida mom Tammy Williams, 42, she dropped 42 pounds that not even weight-loss surgery could budge: "Saffron ended my struggle with stress eating and snacking. I'm *finally* happy and healthy. I finally feel normal!"

Saffron fights PMS!

According to university researchers, women who take saffron supplements experience a 50% reduction in bloating, cramping, moodiness and fatigue related to their menstrual cycles.

Your saffron shopping guide!

Just to recap, experts recommend two 88-g. doses of saffron extract each day. Experiment with when you take your doses, finding times that seem to control your hunger and cravings best. Some brands to

try: ReBody Saffron Hunger Chews (30 chews for \$25 at GNC); Life Extension Optimized Saffron (60 caps for \$36 at Drugstore.com); and Fembody Nutrition Appetite Control (60 caps for \$50 at Amazon.com).

3 oz. extra-lean ground beef
sautéed with
1 minced garlic clove in 1
tsp. olive oil;
simmer with
1/2 cup marinara sauce
and toss with
1 cup cooked whole-wheat
pasta
1 cup steamed spinach,
lemon wedge



3 oz. roasted salmon, lemon wedge
and herbs to taste
2/3 cup brown rice with 1 tsp. fresh
grated ginger (optional)
2 cups broccoli or asparagus stir-fried
in 1 1/2 tsp. oil, soy sauce to taste



Dessert:

choose one daily;
enjoy after either
lunch or dinner
20 pistachios
4 oz. wine or 2 squares
dark chocolate

12 grapes
1 oz. cheese

1 cup lite yogurt or 1/2 cup
sugar-free pudding
1 piece fruit

Make your own menus!

Aim for about 1,500 calories a day divided between three hearty meals. To enhance saffron's hunger control even more, aim to get protein and fiber (from veggies and/or whole grains) at each sitting. Round out meals with fruit, dairy and a little good fat. That's all there is to it!



Before



After

Tammy lost 42 pounds!

As Tammy Williams' weight spiraled out of control, the Florida mom underwent a risky gastric bypass. "Most people lose over 100 pounds. I barely lost 70—and then the scale would not budge," she says. "Finally, I heard about saffron supplements on TV, and I tried them." Suddenly, her obsessive snacking and urges to binge vanished. "I dropped over forty pounds after that. It's easy when you don't have cravings!"

Tammy's best tip: No midday munchies!

"I find taking saffron at 3 p.m. is key for me, so I keep it in my desk and in my car!"