

August 20, 2007

for women on the go

# First

**\$1.99**



**245 EASY TREATS**

**COOL DOWN Mmm**

**TIRED RIGHT NOW?**

**80% of women need more of THIS mineral when it's hot out**

***BELLY BUSTER!** The food that tones a mushy middle better than sit-ups*



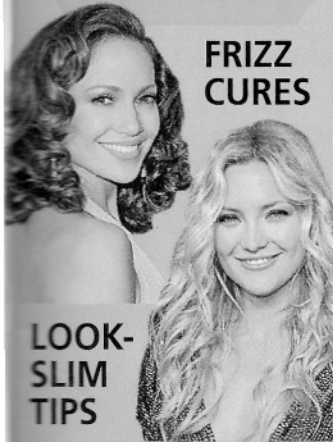
Denise & Alan Jackson

**WHY SHE FORGAVE AFTER HE STRAYED**

**EXCLUSIVE**

**INSTANT BEAUTY**

**FRIZZ CURES**



**LOOK-SLIM TIPS**

# METABOLISM DISCOVERY

**DROP 30 LBS BY LABOR DAY**

***WAIT!** The color of tomato that's 200x better for you*

**STRESS SOS**

**Steal Ellen's secret for no-fail confidence**

***\$\$\$!** Make this switch for an extra \$537 by Christmas*

**101 QUICK FIXES**

**Smart summer solutions that make everything easier**

**THE WATER CURE!**

**IN 30 MINUTES**

Your body starts to burn stored fat

**IN 24 HOURS**

Energy increases by 89%

**IN 72 HOURS**

Sleep deepens, mood improves

Display until 8/20/07



3 little secrets to  
keeping up  
with them!

Summer may be a vacation for kids, but it's not always a day at the beach for moms. "Keeping tireless tykes entertained can leave parents no time to recharge," says psychologist Fran Walfish, Psy.D. "And this strain may sap energy parents need to enjoy family fun." To the rescue: three tricks guaranteed to nix summer bummers and keep you refreshed and revitalized!

Evaporate STRESS  
with a rosy hue

Between swim-practice pickup and the big project at work, you forgot to make a potluck dish for the Little League awards banquet. To relax instantly, gaze at a rose-colored object for a few minutes.

**Why it works:** Managing a packed schedule raises levels of the stress hormone *cortisol*, which can cause fatigue. But looking at pink hues triggers the release of *serotonin*," explains Leatrice Eiseman, author of *More Alive With Color* (Capital Books, 2006). "This brain chemical reduces cortisol levels while producing invigorating feelings of joy."

Shake off IRRITABILITY  
with silliness

You've become so adept at disciplining your children that when you stop yet another fight, they recite your "be kind to each other" lecture in unison. Before

you lose your cool, do the Hokey Pokey. Start by shaking your right arm, then the left, moving on to each leg until you're wiggling your whole body.

**Why it works:** "Doing something silly will get the kids giggling and shift their attention away from the conflict," says Walfish. And studies show that hearing others laugh prompts giggles from the listener, which means you'll be laughing in no time, too. This reduces levels of the stress hormone adrenaline and results in deeper breathing, which delivers more oxygen-rich blood to brain and muscle cells, boosting energy levels.

Nix "watch me" FATIGUE  
with bare feet

After observing your little one's twenty-seventh cartwheel, you find your eyes glazing over. The fix? Slip off your shoes (and socks) and walk around the yard, working your bare feet into the grass.

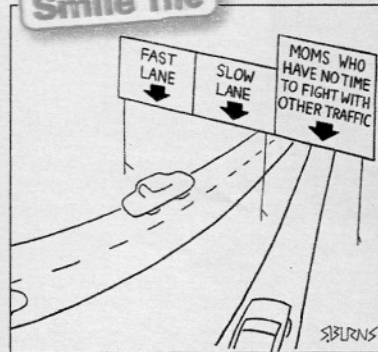
**Why it works:** "Treading on a soft cool surface stimulates reflex points along the arches of the feet," explains Barbara Kunz, author of the upcoming book *Reflexology for Life* (DK, 2007). "The pressure sends a signal through the *peripheral nervous system* [a network of nerves in the body] that triggers the release of *endorphins*. As the compounds enter the bloodstream, they instill an energizing sense of well-being."

The best way to teach  
teens about money

Thanks to online shopping accounts and other virtual forms of money, teens have a hard time grasping the value of a dollar, which can keep them from practicing skills like budgeting. To instill money smarts, send your teen on an errand (like food shopping) with a list and a spending limit, then let him pocket any cash he saves through discounts or coupons. The promise of a reward motivates kids to comparison-shop.

SOURCE: Laura Rowley, author, *Money & Happiness* (Wiley, 2005)

Smile file



Say "wait" instead of  
"no" to avert a crisis

When your toddler is heading for the wall with crayons, exclaim "wait!" to get him to pause. While young kids instinctively resist the word "no," a specific action like "wait" or "stop" encourages them to halt and process the command. This gives you a chance to step in before real trouble starts.

SOURCE: Susan Ashley, Ph.D., clinical psychologist and director, Ashley Children's Psychology Center, Northridge, CA



From top: Elyse Lewin/Getty Images; Larry Williams/Corbis. Cartoon: Shannon Burns. Text: Jennifer Joseph.