

July 18, 2006

Solve problems while you sleep!

Woman's World

God Bless America

THE WOMAN'S WEEKLY

ONLY \$1.49

BREAKTHROUGH!

FAT-LOSS VITAMIN!

95% of us don't get enough. Safely boost your intake and:

- Lose 5 lbs a week!
- Burn 30% more fat every day!

The scent that Cures migraines!

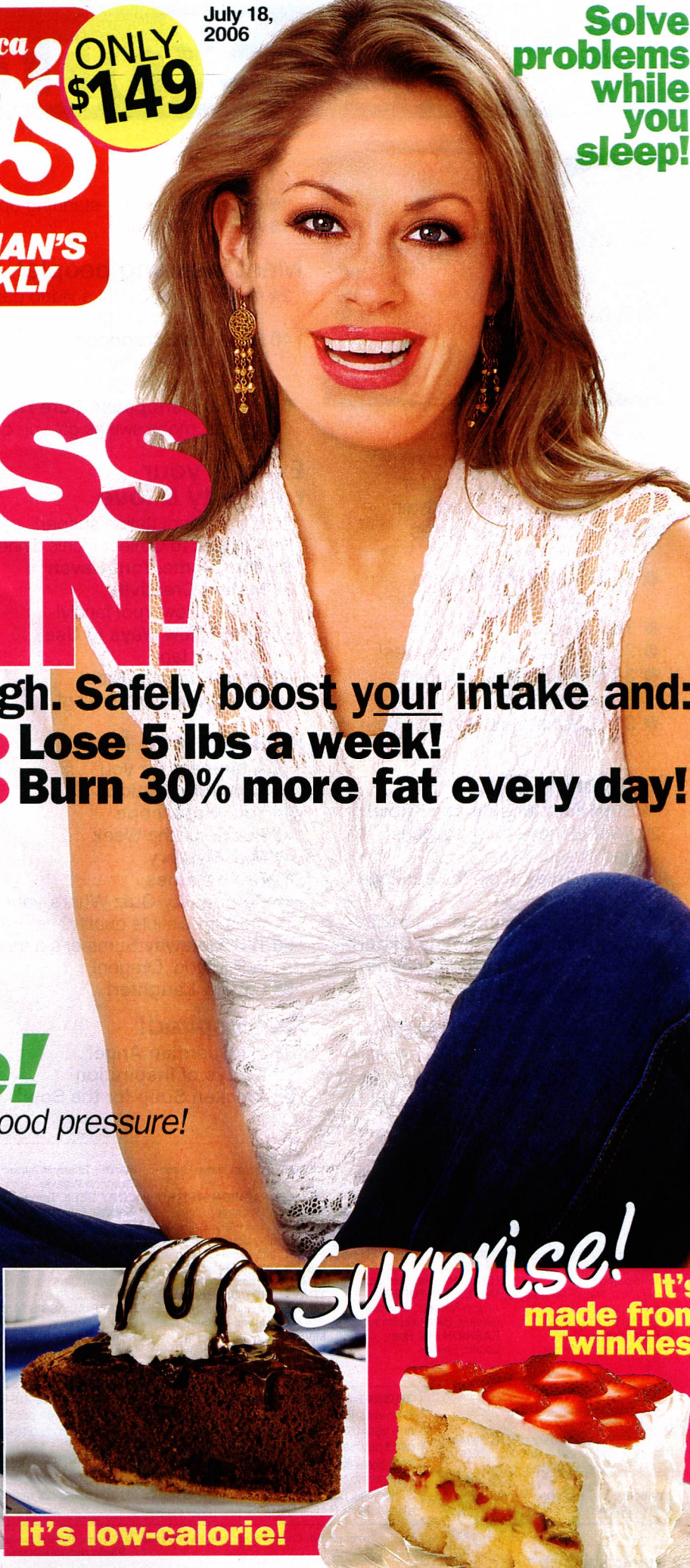
Why you need more **Chocolate!**

Prevent diabetes, headaches, high blood pressure!

Summer solutions for **Beautiful skin and hair**

Hot new **ENERGY DRINK**

- ✓ Beats fatigue!
- ✓ Controls appetite!
- ✓ Slows aging!



It's low-calorie!

Surprise! It's made from Twinkies



Give your cholesterol a makeover!

Increasing your "good" HDL cholesterol can slash your heart disease risk as much as 60%! Best of all, you can send your levels upward just by:

1 Avoiding these fast foods.

Foods fried in restaurants are usually cooked in hydrogenated oils (trans fats), which can increase LDL "bad cholesterol" levels and lower HDL "healthy" ones. Hydrogenated fats are also found in many processed foods including some margarines, doughnuts, chips, pastries, cookies, crackers, cake mixes, whipped toppings, cereal and energy bars and frozen entrees. So check labels at the grocery store, too.

Bonus: Avoiding deep-fried meals just twice each week could help you shed 27 pounds this year—enough to cut your risk of heart disease 34% or more.

2 Asking about niacin.

Already have heart problems, or a family history of heart disease? Ask your doctor if Niaspan is right for you, suggests Nieca Goldberg, M.D., head of the Women's Heart Program at New York's Lenox Hill

Hospital. Studies show that this prescription version of the B vitamin niacin can raise HDL levels as much as 35% in six months, while lowering LDL cholesterol by 20% and cutting triglycerides (another type of unhealthy blood fat) in half! As little as 500 mg. daily will do the trick.

TIP Niacin supplements are powerful, so don't take them without your doctor's approval. But there's no reason not to eat more niacin-rich foods, such as white-meat chicken and salmon.

Soy is so good, too! Consuming about 14 grams of soy protein daily (the amount in one Boca Burger or two tall glasses of soy milk), increased HDL by 4% in a British study.

3 Getting juiced.

Research at Scranton University and elsewhere shows that drinking two tall glasses of cranberry or orange juice daily can raise your HDL production by at least 10%! Credit cranberry's polyphenols and OJ's flavonoids, which help boost your liver's production of HDL. This, in turn, improves your health by taking "bad" cholesterol back to the liver where it's removed from the body before it can clog arteries!



Simply downing OJ every day can give your HDL levels a big boost!

4 Taking the exercise short cut.

One of the easiest ways to help raise your HDL is to walk, cycle or do other aerobic activities seven days a week. Can't exercise that often? Don't despair! Take three aerobic step classes a week instead. In one study, women who did just that raised their HDL six points in two months. Or try lifting light weights for 30 minutes three times weekly. According to the *British Journal of Sports Medicine*, that'll raise your HDL levels as effectively as daily aerobics!

5 Cooling down with this brew.

Having a frosty mug of beer each day can raise your HDL by 10%, say government researchers. Prefer wine or spirits? They work just as well because alcohol is the key HDL-boosting ingredient. The study-proven dose: roughly 12 oz. of beer, 5 oz. of wine or 1-1/2 oz. of spirits each day.

Bonus: A daily drink can also cut your risk of blood clots, another heart hazard, by as much as 60%.

6 Snacking on pistachios.

Having a few handfuls of these tasty nuts in place of other snack foods may up your HDL levels 11%, reveals a surprising UCLA study. "Pistachios are rich in monounsaturated fats, a kind of fat that helps the liver naturally build more HDL molecules," explains cardiologist Stephen Sinatra, M.D., author of *Heart Sense For Women*.

TIP Don't like pistachios? Reach for almonds, peanuts, walnuts or avocados, instead.

—Brenda Kearns

The new supplement solution

In a recent study, taking HDL Booster—a combination of 20 vitamins, minerals, amino acids and antioxidants—increased levels of good cholesterol as much as 23% in six months. Find it

online at Amazon.com, or at www.vitaminlife.com.

Important: As always, be sure to check with your doctor before taking this, or any other, new supplement.

Are your HDLs healthy?

A simple blood test will give you the answer:

HDL level	Heart disease risk
40 mg/dL	High
40-59 mg/dL	Moderate
60 mg/dL or higher	Low

Our expert: National Cholesterol Education Program