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- ✓ Hot flashes
- ✓ Blue moods
- ✓ Sleeplessness
- ✓ Stress
- ✓ Headache

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EDITOR'S NOTE

## It's the Simple Things

**WHEN MY CHILDREN WERE SMALL**, we had a dinner ritual of sharing something that happened to each of us that made "our hearts feel good." Steve, my husband, might mention a funny thing our dog, Milo, did. Sophia might share a compliment she received from her teacher. Her twin, Liv, usually told us about a frog or snake found by the creek. I would invariably say that the meal we were sharing was

it for me (story of my life—just happy to be here!).

I edited *Parents* magazine at the time. The ritual was meant to get the kids talking (healthy family dynamics!), flip the switch on struggles (math is hard, but when it finally clicks, what a feeling!) and realize how much fun can be found if we just look (gratitude is a life skill!).

Just for fun, I'm in the habit of secretly deciding what photo delights me the most in each issue. This week, my favorite surprised me. It's not cutie-pie Valerie Bertinelli twirling pasta on page 21, or the lineup of lilac dresses on page 12 because purple is my favorite color. It's actually the snapshot shared by reader Mimi Walsh, who sent us a picture of her grandsons fishing on a long-wished-for day when the whole family gathered. It appears on page 6 as part of our new **Simple Joys** column, where we hope to remind ourselves that the simple things in life often bring the most delight: an easy laugh, a cherished object, our beloved pets, our time with loved ones.

We report, write and publish most of what's in *First for Women* magazine to make your life easier, your health better and your heart happier. Because if we can do that—and save you a little time and money along the way—then you have time for the uncomplicated and pure things that matter.

I invite you to join our chorus of reader stories. See prompts throughout the magazine, from real-life health journeys in every issue to the final words on the back page. Please email me about anything that comes to mind at [liz@firstforwomen.com](mailto:liz@firstforwomen.com).

Thank you for reading another week!



LIZ VACCARIELLO,  
EDITOR-IN-CHIEF

@ Find me on Instagram @lizvaccariello

## WE LOVE HEARING FROM YOU! This week's top shares, snail mail & messages



### In our inbox!

"I just love FIRST! From the helpful tips to tasty recipes, the magazine is fantastic and has a little bit of everything."

—VERONICA CORBETT



### On Facebook!

"So doing this. I'm a huge fan of olive oil for health benefits."

—MICHELLE BUTLER

See our story on FirstForWomen.com:  
"Olive Oil Coffee: The Delicious New Trend Nutrition Pros Say Is Actually Good for You"



# BIG NEWS

# for women First

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# SIMPLE JOYS!

Kick off your week with a little love, laughter and fun



*"I got you the same thing!"*



**MY FAMILY MOMENT**

"This is one of my favorite recent family photos. Every time I see it, I smile. It captures what appears to be a simple moment, but sometimes these moments are the ones that mean the most. I was watching my two grandsons, Tommy and Teddy, learn to fish. It was the first time our whole family had been together in a while, and we all had a fun time talking and fishing—my grandson Tommy even caught a snapper!" —**Mimi Walsh, Palm Coast, FL**



## MY TREASURE

### A BOOK THAT CHANGES WITH ME

"I can't bring myself to let go of *The Alchemist*, a book I've had for decades. I've reread it many times, and it rings a bit different depending on

the season of my life. I first read it when I was 18, and then again while traveling after college during a breakup. Recently, I read it through the lens of a mom with two kids. I love seeing the parts I underlined and the "doggy ear" bookmarks and trying

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to remember where I was in my life at the time. This special book is like a time machine that makes me proud of how much wisdom I've gained. I'll give my kids this book, and I hope it inspires them like it inspired me." —**Gina Shimon, Kailua-Kona, HI**



## THIS WEEK'S DELIGHTS



### TUNE IN!

Music fans will rejoice over Jon Bon Jovi's new docuseries, *Thank you, Goodnight*, airing on Hulu on April 26. The fun four-part series looks at the band's origins, trials and tribulations and even Bon Jovi's recent vocal surgery.

### WATCH THIS SHOW

Escape to 1969 Palm Beach in the new comedy series *Palm Royale* starring Kristen Wiig, Laura Dern, Allison Janney and more. The show follows Maxine Simmons (Wiig) as she breaks into high society. Start streaming it now on AppleTV+.



### FUNNY PETS



**Zen Kitty** "Okay, first take a deep, relaxing breath. Then slowly bend down and stretch your paws forward—I've renamed this pose Downward Cat."

**TELL US!** Do *you* have a funny pet photo or picture of a happy moment, or a story of a treasured item? We'll send a \$25 Walmart or Visa gift card for each photo and a \$50 gift card for each "my treasure" story we print. Send to [joy@firstforwomen.com](mailto:joy@firstforwomen.com)

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# 10 BRILLIANT USES FOR Orange Peels

Genius ways to recycle the throwaways

## 1 EASE STRESS IN A FLASH

Soaking in a steamy bath is your favorite way to unwind at the end of a long day. To make it even more relaxing, tear up the peels from an orange or two and toss them into the water. The scent of citrus triggers the release of calming brain chemicals that amp up the *ahh*.

## 2 Easily trap fruit flies

What better way to catch the pesky critters than with the thing they love most! To make your own trap: Grab a large yogurt container, an orange peel, a hammer and a nail. Poke holes in the lid of the yogurt container using the nail and hammer. Place the orange peel inside and snap on the lid; leave it where the flies tend to gather. The orange's sweet smell will attract them inside the container, but they won't be able to fly back out. Dispose of the trap after a day or once full.

## 3 Get a fire started fast

You love curling up next to a fire on chilly spring nights—if only it didn't take so long to get the flames going. Next time, try this: Let the peels from a few oranges dry out for several hours, toss them into the fireplace and carefully light them. The oils in citrus peels are flammable, and they'll catch faster than a newspaper. You'll be enjoying your fire in no time.



## 4 KEEP BROWN SUGAR CLUMP-FREE

No matter how well you seal the box of brown sugar in your pantry, it always ends up hardening into one big clump. To prevent this from happening, place an orange peel inside the container with the sugar. Natural oils in the peel slowly release moisture to keep the sugar soft and lump-free without affecting the flavor. Note: Replace the peel monthly.





## 5 Lift ink stains from skin

Thanks to an exploded pen, your hands are now covered in ink—and soap and water aren't doing the trick. To the rescue: orange peels! Rub the white side of the peels onto the discolored areas and watch the stains disappear. The natural oils in the peel will attract the oils in the ink, weakening the pigment's bond with the skin for easy removal. Problem solved!

## 6 NIX SOAP SCUM ON GLASSWARE

You're setting the table for a dinner party when you notice that your wineglasses are looking cloudy. The save: Fill the sink with warm water and a few orange peels. Let glasses soak for 5 minutes, then rinse with warm water. The peels of oranges contain citric acid that cuts through soap scum and mineral deposits. The result? Clear wineglasses that are sparkling!



## 7 UNCOVER RADIANT, GLOWING SKIN

Skin looking dull? Try this DIY face mask: Grate the peel of an orange and mix it with  $\frac{1}{4}$  cup of canola oil. Rub the mixture onto your face, let it sit on skin for 1 minute; rinse. The peel bits gently scrub away dead skin, and the oil adds moisture for a healthy glow.

## 8 REMOVE A SPLINTER EFFORTLESSLY

Ouch! While sweeping the deck, you got a splinter in your foot. Make removal of the tiny wood sliver a cinch with this trick: Tape a piece of an orange peel, white side down, over the splinter and leave it on for 30 minutes. The enzymes in the peel will seep into the skin and encourage the splinter to move toward the surface for easy plucking.

## 9 Soothe an itchy bug bite

That hike in the woods was great! But now you have a couple of mosquito bites to show for it and the itchiness is driving you crazy. The save: Reach for an orange peel! Simply rub the inside of the peel against the inflamed area. The peel is full of citric acid, which is known to reduce itching, plus polysaccharides, which seep into skin cells to halt swelling.

## 10 Protect plants from cats

If your cat loves digging in your potted greenery, stop her antics by sprinkling a few orange peels on top of the soil once a week. The scent of citrus is too intense for a cat's sense of smell, so your kitten will quickly stay clear.



# SIMPLE YOU SOLUTIONS

## THIS CREATES A 'NEW' LIPSTICK

As the weather warms up, richly pigmented lipsticks can feel heavy and look too dark. To lighten up your favorite shade for spring, layer a coat of gloss over your lips *before* applying lipstick. The gloss' sheer base transforms lipstick into a lighter texture and shade that's perfect for the season.



### SO EASY

## THWART A PAINFUL HEADACHE NATURALLY

*Argh!* While getting ready for a much-needed afternoon or evening out, a twinge of head pain starts to set in. Fortunately, there's no need to cancel your plans or reach for NSAIDs, thanks to this headache-curbing sip! Simply stir  $\frac{1}{8}$  tsp. of powdered ginger into a glass of iced tea or sparkling water and sip. Studies show that the small amount of powdered ginger eases head pain and inflammation as effectively as pain-relieving NSAIDs, without the risk of rebound headaches.



### QUICK POLL

## HOW DO YOU DEODORIZE SHOES?

Wet weather and repeated use have caused your now-damp sneakers to smell a little less than fresh. Here, *FIRST* readers share their favorite tricks for nixing the odor fast!



**79%**  
♥ THIS IDEA!

Pop a dryer sheet in each shoe and let sit overnight, says Ann Simpson. It neutralizes the stink and sops up excess moisture.

**21%**  
♥ THIS IDEA!

Add lemon peels to shoes and let sit for a few hours, says Kayla Lowe. The peels' spongy white pith absorbs odor.

## KEY TO A FLAWLESS AT-HOME MANI

You love saving money by doing your own manicures at home. But often, the coats of dried polish on your nails are riddled with air bubbles. For a smoother look, try this manicurist trick *before* applying the polish: Hold the bottle of polish between your palms, then roll it instead of shaking it. The rolling motion mixes the paint without creating air bubbles inside, so the polish goes on flawlessly.



### WHO KNEW?

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# Stunning in

## Sarah Jessica Parker

A bright lilac dress with corset-like boning down the bodice visually elongates the torso and showcases the waist.

## Jenna Dewan

Layering a darker lilac trench over a light lilac dress creates the illusion of a statuesque silhouette.

## Reese Witherspoon

The combination of a dress with a tailored fit, self-belt and eye-catching color works together to carve out curves.

## Oprah Winfrey

A light lilac jumpsuit covered in sequins makes a stunning statement and reflects light onto skin for a youthful glow.





# Lilac Hues

*8 ways to  
wow in the  
soft shade*

## Julianne Moore

Pairing lilac pieces in different textures like a knit top and smooth pants creates pretty pizzazz.



## Jennifer Lopez

The flowy skirt of an A-line dress that's also embellished with sparkly lilac lace cleverly conceals trouble spots.



## Priyanka Chopra Jonas

A lilac fit-and-flare skirt shows off an hourglass figure, and when paired with white accessories it stays the star of the ensemble.



## Garcelle Beauvais

A matching suit and top looks chic and polished—plus the monochrome style pulls the eye vertically for a lean look.



# COLOR YOURSELF LILAC

## 7 WAYS TO ADD THE PRETTY PASTEL TO YOUR STYLE

PURPLE LOVERS REJOICE! Lilac is everywhere this season, from sundresses to jewelry to readers—and there's a shade fit for everyone. Here, pretty light purple pieces that will brighten your look and day!



**Airy dress can be worn alone or topped off with a cardigan**

\$100, Abercrombie & Fitch (Abercrombie.com, "Linen-Blend Button-Through Maxi Dress")



**Purple purse totes all of your on-the-go essentials without adding visual bulk to the body**

\$69, Charles & Keith (CharlesKeith.com, "Koa Square Push-Lock Shoulder Bag")



**Cardigan keeps you warm on chilly spring days**

\$30, Nanette Lepore (NordstromRack.com, "Pointelle Colorblock Short Sleeve Sweater")



**Ombre readers are not only oh-so stylish, they draw attention to gorgeous eyes**

\$29, Peepers (Peepers.com, "Dahlia")



**Lilac rhinestones bounce light onto the face for a youthful glow**

\$13, KELMALL (Amazon.com, "Crystal Rectangle Geometric Earrings")



**Beaded necklace adds shades-of-purple dazzle to the neck and face**

\$40, Eye Candy LA (Gilt.com, "Hazel Necklace")



**Sandals' cushioned soles make them as comfortable as they are chic** \$45, Anne Klein (DSW.com, "Juliana Sandal")



# Beautiful Expressions of Your Trust in God

Actual Size of Bag  
is 13" Wide (at Bottom)  
x 9" High with a 5" Drop



Top-zip Closure  
with Interior Pockets



Detachable, Adjustable  
Shoulder Strap



Gold-tone Cross  
with Crystal Hangs  
from Belt-Style Accent



Wallet is  
8" W x 4" H x 1" D

## With God All Things Are Possible Fashion Handbag and Wallet

Matthew 19:26 reminds us that nothing is impossible if you trust in God. Now you can express your faith in elegant style with the "With God All Things Are Possible" Fashion Handbag and Wallet. Both feature a spiritual design that includes a lavender cross with delicate scrollwork and the phrase, "With God all things are possible." The fashion handbag is hand-crafted from soft, pebbled faux leather with bold color block combinations of black and purple. The encouraging phrase appears in a beautiful script on the front, surrounded by a pattern of the sacred words *Faith*, *Hope*, and *Love*. Other design details include double faux leather handles, a 60" adjustable, removable cross-body strap, 2 interior slip pockets and 1 exterior zippered pocket and a top zip closure. A gold-tone cross set with a sparkling crystal suspends from the coordinating belt-style accent.

The black faux leather wallet features 6 credit card slots, 3 open compartments, 3 slip pockets and a center nylon zip pocket on the inside. The top zip-around closure keeps items secured, with enough room to comfortably fit most smart phones. The removable wristlet strap makes it easy to carry.

### Not Available in Stores, So Order Yours Now!

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# VIRAL SKIN-CARE TRICKS TO YOUNGER

Discover how easily they can transform you!

By LORRAINE SULLIVAN

**A QUICK SCROLL THROUGH THE BEAUTY FEEDS** of TikTok, Instagram and YouTube and you'll find hundreds of skin-care hack videos that seem as though they're geared solely toward the complexions of women in their 20s and 30s. But, surprise!—many can actually work wonders for you too! So we asked top dermatologists to identify which ones best address the aging skin concerns of women 45 and older and how you can add them to your routine to look more rejuvenated, refreshed and radiant. Find the one that works for you...

## DRY SKIN? TRY A MOISTURE 'SANDWICH'

With age, our skin loses its ability to retain hydration and plumpness. To the rescue: moisture sandwiching. "Mature, dry skin can benefit the most from this technique, which is layering on three skin-care products from thinnest to thickest," says New York City dermatologist Dendy Engelman, M.D. "That way, the molecules in the thinner formulas are able to penetrate skin deeper, enhancing skin hydration." And in the middle of the "sandwich," she advises using a hyaluronic acid serum since it can bind up to 1,000 times its weight in water to make skin look extra bouncy and supple.

◆ **TO DO:** Begin with a water-based facial mist, like Avene Thermal Spring Water Mist (Amazon.com). Next, apply layer two, a serum, like The INKEY List Hyaluronic Acid Serum (Sephora.com), and close the sandwich with your favorite moisturizer. Dr. Engelman advises using a thicker one, like Cetaphil Deep Hydration Healthy Glow Daily Cream (CVS.com), to lock in the layers.







## SENSITIVE SKIN? TRY SKIN CYCLING

With each birthday, our skin becomes thinner and more sensitive to the products we use, which is why it responds well to a four-night skin cycling routine, says New York City dermatologist Whitney Bowe, M.D., who created the viral regimen. Skin cycling consists of rotating through products like using an exfoliating serum (to remove dead cells) one night, a retinol treatment (to firm skin and aid in cell renewal) the next night and just moisturizer the other two nights. This ensures the skin barrier stays intact to avoid irritation on sensitive skin.

◆ **TO DO:** On night one, apply a glycolic acid serum, like Pixi Skintreats Overnight Glow Serum (Target.com); top with moisturizer. Night two, apply a retinol product, like RoC Retinol Correxion Line Smoothing Night Serum Capsules (Walmart.com); top with moisturizer. And on nights three and four, just use moisturizer to give your skin a break.



## SAGGY SKIN? TRY PEPTIDE PAIRING

To fight the aging effects of gravity, beauty influencers are singing the praises of a new peptide combo. “Peptides, or short chains of amino acids, are one of the best anti-aging ingredients to combat sagginess, as they’re the building blocks of [skin-firming] collagen,” says Dr. Engelman. “The peptide Matrixyl helps target skin elasticity and improves firmness, while Argireline [another

peptide] minimizes wrinkles.” Dr. Engelman says using both on the face as well as the neck is a smart strategy since peptides rejuvenate and repair delicate, crepey skin too.

◆ **TO DO:** First apply a Matrixyl peptide-infused serum, like The Ordinary Matrixyl 10% + HA (Ulta.com), then immediately top with an Argireline peptide treatment, like The Ordinary Argireline Solution 10% (Ulta.com). Repeat twice a day after cleansing your face and seal in the peptides with your favorite moisturizer.



## OILY SKIN? TRY DOUBLE CLEANSING

Washing our face before bed is key—and in our 50s, *double* cleansing is even better. That's because during menopause, estrogen levels decrease, causing sebaceous glands to overproduce oil, so skin looks overly shiny. "Cleansing skin twice consecutively, first with an oil-based cleanser then with a water-based one, removes excess oil without stripping skin,"

says Kellie E. Reed, M.D., a dermatologist at Westlake Dermatology in Austin, Texas. The reason: The oil-based cleanser breaks down oil, while the water-based one removes leftover impurities. Bonus: This allows follow-up products to absorb into skin better.

◆ **TO DO:** First, wash your face with an oil-based cleanser, like La Roche-Posay Lipikar AP+ Gentle Foaming Cleansing Oil (CVS.com), and rinse. Then use a water-based cleanser, like Neutrogena Hydro Boost Hydrating Gel Cleanser (Target.com); rinse.



## Safeguard skin with SPF-infused makeup

There's no doubt how important it is to wear sunscreen daily, but reapplying can be a hassle once you've already done your makeup. To the rescue: Makeup that has SPF in it—genius!

### A TINTED SPF EVENS OUT SKIN TONE

From discoloration to redness and dark circles, it's easy to conceal facial flaws and ward off sun damage with a tinted sunscreen, like Tower 28 SunnyDays SPF 30 Tinted Sunscreen (Sephora.com). The formula also contains white sage extract that brightens skin and soothes any irritation.



### AN SPF PRESSED POWDER BANISHES OIL + SHINE

A mineral-based powder that's made with SPF 30, like Physicians Formula Mineral Wear Talc-Free Mineral Airbrushing Pressed Powder (Ulta.com), instantly nixes excess oil that makes the T-zone look shiny. And it's infused with astringent ginseng extract that thwarts excess oil production to matify skin long-term.



### AN SPF SETTING SPRAY LOCKS IN MAKEUP

If it seems like your makeup melts shortly after stepping outside, try a setting spray formulated with antioxidants and SPF 30, like Milani Make It Last Sunscreen Setting Spray (Target.com), to help makeup last longer. What's more, the spray is easy to toss in your bag so you can reapply throughout the day.







Q

## What are bronzing drops and can using them make my complexion look less pale?

These drops are concentrated liquid bronzing formulas designed to make skin look radiant and sun-kissed—no sun needed! It's best to mix the drops into your foundation, moisturizer or even your sunscreen—a good rule of thumb is one part drops to two parts foundation/moisturizer. And once mixed, either apply all over your body, or just focus on specific areas you want to add a hit of brightness or color to, like your face, neck, shoulders and décolletage. I like Indeed Labs Nanobronze Bronzing Drops (Ulta.com), which contain hyaluronic acid to give your skin extra moisture, adding to your glow.

## Q: Can I apply foundation with my fingers?

For mature skin, I prefer a dampened sponge for small areas with fine lines, like around your eyes and lips—it gives you control over the amount of foundation deposited, preventing any extra from collecting in the creases or looking cakey. Simply tap the sponge to apply a light veil of coverage. On your smoother cheeks and forehead, where there's less chance makeup will settle in wrinkles, your fingers work great. Just make sure they're clean before using!



### MEET THE EXPERT

Dani Kimiko Vincent is a makeup artist and eyebrow expert, who works with celebrities like Sandra Oh. She loves sharing her passion for makeup and brows on her social media platforms and is the founder of the Japanese beauty brand Kimiko Beauty (KimikoBeauty.com). To ask her a beauty question, send an email to [beauty@firstforwomen.com](mailto:beauty@firstforwomen.com).



## Q: How can I make my lashes look thicker?

I recommend using a nourishing lash primer before mascara, like L'Oréal Paris Voluminous Conditioning Primer (Target.com), to keep hairs strong and protected. Then follow it up with a long-wear mascara, like L'Oréal Paris Age Perfect Lash Magnifying Mascara (Walmart.com), which won't flake or transfer. And to apply, wiggle the wand from side to side, starting at the base of lashes, and move to the tips to completely cover each lash so they look fuller. Note: It's best to avoid daily use of waterproof mascara, which can be difficult to remove and can strip thin hairs. You'll also want to gently remove all eye makeup before bed, as any residue can slow lash growth.



# Treat YOURSELF!

Valerie Bertinelli's latest cookbook encourages us all to indulge—in the kitchen and beyond!

Say goodbye to food restrictions and start treating every meal as a celebration! In her new cookbook, *Indulge*, actress, chef and author Valerie Bertinelli shares the secrets to indulging in yourself through food. The book includes 100 decadent recipes, from Filet Mignon with Béarnaise Sauce to Lazy No-Bake Lasagna, that nourish the body and soul.

"I think every food can be indulgent," says Valerie. To her, this book is all about "creating something that you'll love and creating something that hopefully other people will love." Here, 3 delicious recipes to enjoy and share. And check out page 44 for our interview with Valerie and how she's finding more joy in life.



#### BOOK BASICS

**TITLE:** *Indulge: Delicious and Decadent Dishes to Enjoy and Share*

#### AUTHOR:

Valerie Bertinelli

#### PUBLISHER:

HarperCollins Publishers

#### ON SALE:

April 2, 2024

## Spaghetti al Limone

**ACTIVE TIME:** 10 MIN.

**TOTAL TIME:** 25 MIN.

**SERVINGS:** 6

Spaghetti and lemon might seem like an odd couple, but as far as I'm concerned, lemons go with everything. This recipe is a slight variation on the classic, and it still has all the amazing flavor of the butter, cheese and lemon, making for a very special and easy meal.

#### INGREDIENTS

- 1 lb. spaghetti**
- 6 Tbs. unsalted butter, cut into cubes**
- 2 garlic cloves, minced**
- 1 Tbs. lemon zest**
- Kosher salt and pepper**
- 2 Tbs. freshly squeezed lemon juice**
- ⅓ cup grated Parmesan, plus more for serving**

#### METHOD

- 1.** Boil a pot of salted water. Cook pasta until al dente according to package directions. Reserve 1 cup of pasta water; drain.
- 2.** Meanwhile, melt butter in a large straight-sided skillet over medium-low heat. Add garlic, lemon zest and ¾ tsp. salt. Cook for 1–2 minutes.
- 3.** Add ½ cup of pasta water and lemon juice to butter mixture; stir to combine. Add pasta and increase heat to medium. Stir in a circular motion until sauce slightly thickens, 2–3 minutes. Add Parmesan and remaining ½ cup pasta water. Stir again until cheese melts. Divide into bowls; spoon any remaining sauce on top. Add pepper and Parmesan.





## Banana Cottage Cheese Pancakes

ACTIVE: 10 MIN. / TOTAL TIME: 25 MIN. / SERVINGS: 2-4

You don't need much syrup with these pancakes unless that's your preference; the vitamin-rich bananas are a sweet topping by themselves. The cottage cheese amps up the protein for those who care, like me.

### INGREDIENTS

- 1 medium banana
- $\frac{1}{2}$  cup cottage cheese
- $\frac{3}{4}$  cup old-fashioned rolled oats
- 1 large egg
- 1 tsp. baking powder
- $\frac{1}{2}$  tsp. ground cinnamon

- 2 tsp. vanilla extract
- 1 Tbs. sugar
- $\frac{1}{3}$  cup whole milk
- Unsalted butter, for greasing
- Sliced bananas, for serving
- Maple syrup, for serving

### METHOD

1. Combine the banana, cottage cheese, oats, egg, baking powder, cinnamon, vanilla, sugar and milk in a high-powered blender. Start blending on low speed, gradually increasing the speed to high, until mostly smooth. It's okay if the batter has a little texture.
2. Melt about 1 Tbs. of butter in a large nonstick skillet or griddle over medium heat. Once the butter is melted, scoop the

- batter into the pan in  $\frac{1}{4}$  cup portions. Cook until small bubbles start to form and then pop on the pancakes, 1 to 2 minutes. Flip and continue to cook for an additional 2 to 3 minutes. Transfer to a plate and repeat with the remaining batter. You may need to wipe the pan clean with a paper towel and add more butter between batches.
3. To serve, top with sliced bananas and maple syrup.



## California Cobb

ACTIVE TIME: 25 MIN.  
TOTAL TIME: 25 MIN.  
SERVINGS: 4-6

I love a one-dish meal, and this recipe is exactly that. This delicious salad can be made in one bowl, or for an especially stunning presentation, I recommend arranging all the ingredients on a platter. It's the picture of freshness and good health.

### INGREDIENTS

- 4 cups roughly chopped romaine heart (1 heart)
- $\frac{3}{4}$  cup cooked red quinoa
- Blue cheese dressing
- 5 slices cooked bacon, cut into 1" pieces
- 2 hard-boiled eggs, quartered
- 1 cup small heirloom cherry tomatoes, halved (about 8 oz.)
- 1 small avocado, cut into 1" chunks
- 1 small watermelon radish, thinly sliced and quartered

### METHOD

1. Toss the romaine and quinoa with 2 Tbs. of blue cheese dressing in a serving bowl. Arrange the bacon, eggs, tomatoes, avocado and radish in even sections over the top. Drizzle with more dressing and serve immediately.

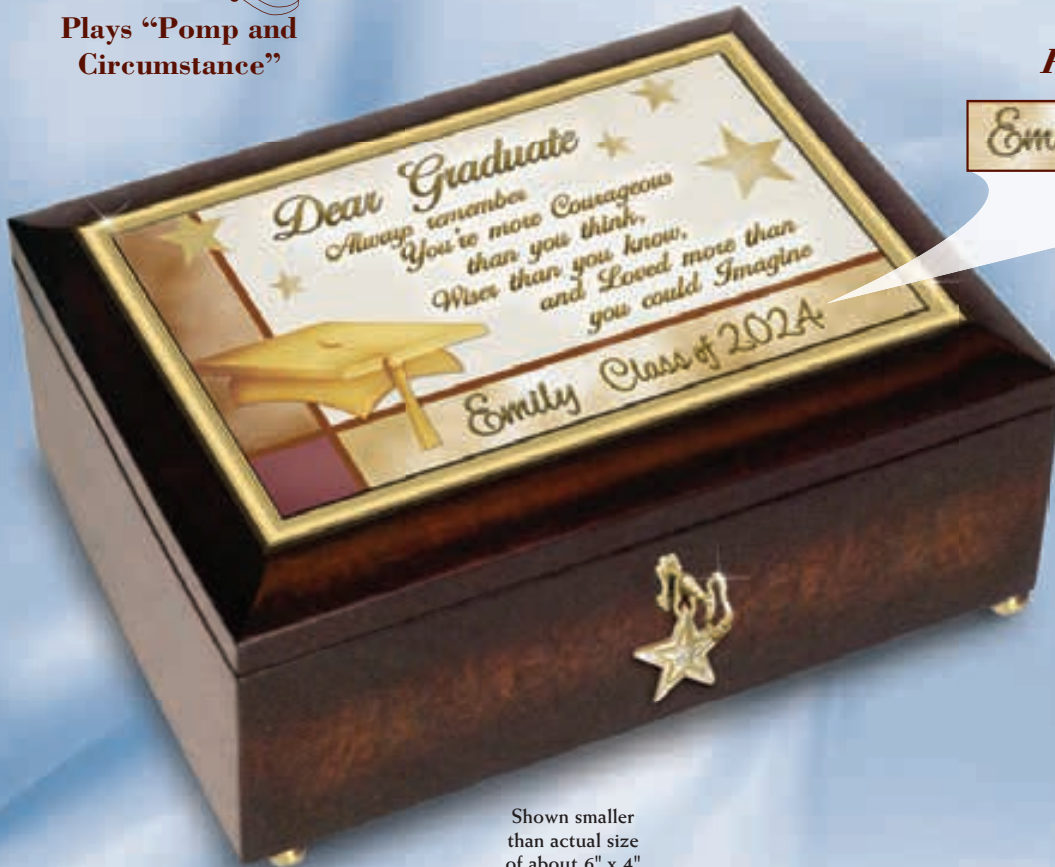


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## SIMPLE WELLNESS SOLUTIONS

### THE KEY TO DEEP SLEEP

Swap a nightly tippie for tea and you'll snooze soundly, plus function better overall. Scientists in the journal *Sleep* found that drinking alcohol before bed disrupts your ability to fall into rapid eye movement (REM) sleep, which helps you feel emotionally regulated and focused and have better recall the next day. While a cocktail may help you drift off faster, research shows the quality in la-la land seriously suffers.



# 77%

PEOPLE WHO  
NEED 2 CUPS  
OF COFFEE  
TO FEEL  
PRODUCTIVE

Flavia

### Another win for walnuts

For heart health, they're superstars, according to research in *Nutrients*. The nuts increase levels of the bacteria *Gordonibacter*, a gut bug that breaks down food into metabolites that slash cholesterol and triglycerides, two heart-harming risk factors. The study found it takes about 14 walnuts daily for notable improvement.



### BEAUTY TIP

### SURPRISING SECRET TO HEALTHY SKIN

Avocado and fish, two foods high in omega-7 fatty acids, can nourish your skin, say scientists in *Nutrients*. Collagen production, which improves elasticity and reduces wrinkles, was boosted when study subjects took 500 mg. of the fatty acid as a supplement twice daily.

### DIET BOOSTER

### HEALTHY WAY TO SLIM

A Mediterranean diet benefits your health, and with a couple of tweaks, it can help you trim down. In a *JAMA Network Open* study, subjects who ate the Mediterranean way, plus decreased calorie intake by 30% and walked for 45 minutes six days per week lost a significant amount of the dangerous type of belly fat—and increased lean muscle. Those following the diet without calorie restriction or exercise saw no notable changes.





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# 6 DELICIOUS BONE BUILDERS

---

Keep 'em strong and healthy for years to come with these tasty superfoods

---

## Almonds

### WARD OFF WEAK BONES

These crunchers can provide near-instant bone protection, say Canadian researchers. They tested blood drawn 4 hours after subjects ate a handful of almonds and found that phytonutrients in the nuts led to a 65% increase in the release of bone-boosting calcium and prevented the formation of excess osteoclasts, cells that dissolve bone tissue.







## Soy milk SAFEGUARDS AGAINST OSTEOPOROSIS

Women who drink soy milk daily are 56% less likely to develop osteoporosis compared to those who don't, according to research in the *Journal of Obesity & Metabolic Syndrome*. The reason? Proteins in soy milk boost insulin-like growth factor 1, a hormone that plays a crucial role in keeping bones strong throughout a woman's lifetime.



## Cherry juice **BLOCKS BONE BREAKDOWN**

You can stop age-related bone loss in three months by sipping 8 oz. of cherry juice daily. Scientists at Oklahoma State University found that cherries' antioxidants reduce bone resorption, a process by which the body breaks down and absorbs bone tissue. Tip: Mixed with sparkling water, tart cherry juice makes a refreshing spritzer!



## Prunes **PREVENT BRITTLE BONES AFTER MENOPAUSE**

Enjoying five prunes daily triggers new bone formation, reducing the risk of postmenopausal weak bones by 50%, say Penn State researchers. Credit goes to the fruit's boron and potassium, which protect bone density, and antioxidants that fight bone-destroying inflammation.

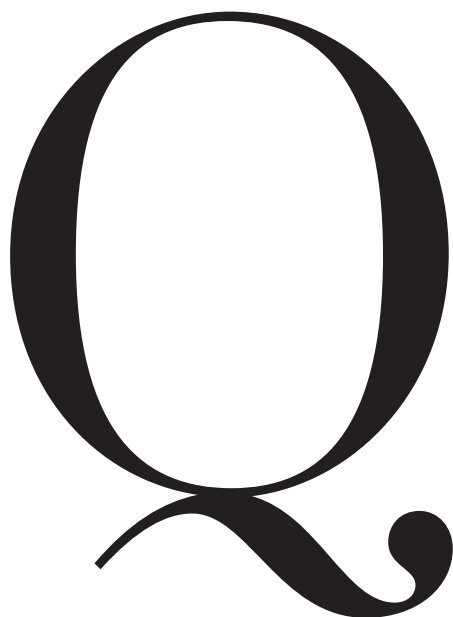
## Spinach **REDUCES FRACTURE RISK**

Older women who eat 1 cup of spinach or other leafy greens daily can lower their risk of fractures by more than 30%, plus reduce their chances of being hospitalized with a hip fracture by nearly 50%, say Australian researchers. That's because the greens are rich in vitamin K-1, which plays a role in the formation of osteocalcin, a protein that strengthens bones so they're less vulnerable to fractures.



## Canned tuna **AIDS CALCIUM ABSORPTION**

Vitamin D is key to the body's ability to absorb bone-building calcium, and a single can of tuna contains more than 30% of your recommended daily dose of D. Tuna is also rich in omega-3 fatty acids, which Yale scientists say significantly boost bone density.



## Do I have to cut out cheese to safeguard my heart?

Absolutely not! Unlike other foods containing saturated fat (like red meat), which increase your risk of heart disease, cheese may actually lower it. A French review of 31 studies found that eating 2 oz. (about two 1" cubes) of cheese every day was linked to a nearly 20% reduction in heart disease risk. And a study in the journal *Nutrients* showed a link between regular cheese consumption and a lower risk of heart disease, stroke, high blood pressure and type 2 diabetes. Credit cheese's conjugated linoleic acid, an essential fatty acid that reduces heart-damaging inflammation. Just remember that moderation is key for these heart perks.

## Q: How can I stop overeating at meals?

Great news! Harvard researchers have found that simply sipping savory chicken broth before a meal helps control the impulse to overeat. That's because chicken broth is rich in umami (savory) flavor that triggers the brain to take a more active role in choosing foods. That allows us to focus on healthier options and smaller portions, the scientists say. Sipping broth before a meal also helps us feel more satisfied. In a study conducted at Penn State University, people who ate soup instead of a snack like chips lost 50% more weight, even though both contained the same amount of calories.



### MEET THE EXPERTS

Nutrition experts Mira Calton, CN, and Jayson Calton, Ph.D., are leading authorities on nutrition and micronutrient deficiencies. They are also the bestselling authors of *Rebuild Your Bones: The 12-Week Osteoporosis Protocol* (available at Amazon.com). To ask them a question, send an email to [health@firstforwomen.com](mailto:health@firstforwomen.com).



## Q: I have prediabetes. Can I eat fruit?

You sure can—in fact, we recommend it! A study of more than 500,000 people in the journal *PLOS Medicine* found that those who ate fruit daily were significantly less likely to develop diabetes. And an Australian study revealed that enjoying two servings of fruit a day helped subjects better manage blood sugar and prevent insulin resistance (a common precursor to diabetes), reducing their risk of developing diabetes by 36%. That makes sense since most fruits are low on the glycemic index, so they don't cause spikes in blood sugar. Plus, fruits contain fiber and antioxidants linked to diabetes prevention.





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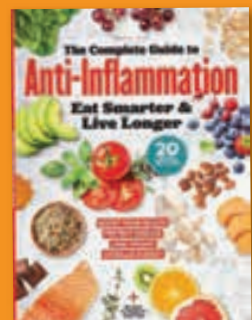


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# Walk Off (Even More!) Weight

**FOUND:** The simple, affordable tweak to your walking routine that burns more fat and calories, boosts mood, strengthens bones and restores balance. Read to learn how...

By LISA MAXBAUER





There's a saying that women hold up the sky. And in truth, we do our fair share of holding: everything from heavy purses on our shoulders to toddlers on our hips. But now a growing number of women are putting their stellar carrying skills to work to solve their lifelong weight-loss struggles. It all centers on the trendy activity known as "rucking," or weighted walking.

Rucking originated as a military activity. We can all picture soldiers who train by carrying heavy rucksacks filled with gear up a hill. But now civilians everywhere are giving this move a try because of its amazing health and weight-loss benefits.

Fun fact: In England, the activity is referred to with the slang "tabbing," which stands for Tactical Advance to Battle. And any of us who have wrestled with unwanted pounds for years or even decades likely feel ready to advance and defeat this particular foe. But what do the health pros say about it?

"Rucking has a lot of positives," says Charlie Seltzer, M.D., the only physician in the country to specialize in all three certifications of obesity medicine, internal medicine and strength/conditioning. He

explains, "It definitely burns calories. It's good for cardiovascular health and core strength. And the added weight is going to help with bone density for menopausal women."

Indeed, rucking is believed to burn around three times more calories than regular walking. University of Nevada, Las Vegas professor Michael Easter researched rucking extensively for his book *The Comfort Crisis*. He found that people weighing 170 pounds and carrying a 20-pound pack burned 572 calories walking on flat terrain and 761 walking hilly terrain across 3 miles for 1 hour. (Visit [GoRuck.com](http://GoRuck.com) to estimate your own stats on a calorie calculator.)

One reason for rucking's popularity is how easy it is to get started. Just grab an old backpack from the closet and add a few books before taking a stroll or walking the dog around the neighborhood. Health guru Melissa Urban, co-founder of Whole30, is a big fan. She says, "If you can walk, you can ruck!"

The exercise can be especially appealing for women who may feel judged in traditional exercise spaces. Easter says, "Rucking is weight training for people who don't like

the weight room." Plus, rucking outdoors delivers all the benefits we get from nature: fresh air, vitamin D—gifted sunlight, stress relief. In fact, the Global Wellness Summit just named "The Power of the Pilgrimage" as a top health trend for 2024, fueled by interest in trail hiking worldwide. And Dr. Seltzer reminds, "The most important exercise is the one you enjoy doing."

What's more: Rucking improves strength and balance to prevent injuries. In a University of Pittsburgh study, soldiers followed for a year were less likely to get injured from rucking compared to running or traditional weight lifting.

Experts also estimate that rucking is 167% more gentle on knee joints than running. And we know rucking is better at burning body fat and protecting lean muscle than running. In one study of rucking conducted by Easter, participants **lost 14% of their body fat (about 7 pounds) in just 12 days.** As a bonus: They also dropped their "bad" LDL cholesterol by 29%.

Rucking was a game changer for Lauren Key, 39, of Neptune Beach, Florida. She started rucking with 10 pounds on her back and built

## 5 best post-walk foods

Dr. Charlie Seltzer says, "The data is clear. You can't rely on exercise alone to lose weight. You need good nutrition." And getting adequate protein is key. Here, our top picks



**#1. Almased protein shake,** with 24 grams of protein, plus vitamins and minerals



**#2. Yoplait Protein yogurt cup,** with 15 grams of protein, and no artificial colors or corn syrup



**#3. Chomps beef stick,** with 10 grams of protein from a 100% grass-fed/finished, non-GMO source



**#4. Wonderful Pistachios,** with 6 grams of protein per ¼ cup, plus healthy fats



**#5. Once Again Organic Peanut Butter,** with 8 grams of protein per 2 Tbs. serving

up to 30 pounds. She says, “I’d never felt a ‘runners high’ before. Rucking was the first time exercise felt euphoric. It became addictive. It felt so good. I had a ton of energy.”

**Lauren lost 15 pounds in three months and 25 pounds total.** “My body was melting fat,” she recalls. Now Lauren has her 65-year-old mom rucking too.

In addition to weight loss, rucking taps into a host of feel-great health benefits that come from walking. It moderates blood-sugar levels and is proven to quiet cravings. Walking has also been shown to reduce breast cancer risk by 20% and slash feelings of fatigue by

65%—more than drinking a shot of espresso, according to University of Georgia research. Another recent study concluded that nearly 111,000 deaths per year could be prevented if people added just one 10-minute walk to their daily routine. Wowza!

And, of course, we’ve heard how exercise is good for our mood. But scientists continue to learn exactly why. One reason: Exercise triggers “good” gut bacteria to produce compounds called short-chain fatty acids that communicate directly with our brain, helping to calm inflammation, improve overall health and boost happiness. Harvard-trained Amy Shah, M.D.,

shares, “It’s kind of like anti-inflammatory magic fairy dust. And how do you get it? You exercise.”

Ready to try rucking for yourself? Follow these gentle, get-moving recommendations and always consult a doctor before starting a new exercise routine...

**1. Start small and slow.** General guidelines often state that people can comfortably ruck about 10% of their body weight to start. But Dr. Seltzer says women can get benefits from adding as little as 5 pounds to their initial walks. Ruck for 5 or 10 minutes a couple times a week, and gradually work up in duration and ruck weight.

#### IT WORKED FOR ME

## Women are successfully rucking—and slimming—all around the world!

Here, women tell **FIRST** how using this easy activity helped them reach their health and weight-loss goals.



✓ **Shelley Marmor** in Tulum, Mexico, lost 20+ pounds in three months and built core strength. “I could feel myself getting stronger each time. The weighted pack helped increase the intensity, while the slower pace made it more manageable in the climate. I ended up completely transforming my body composition in a way I never imagined possible from walking alone.”

#### READER STORIES

✓ **Lucia Polla** in southern Spain, lost 40+ pounds with weighted walking and saw her cardio fitness soar. “After struggling with my weight most of my adult life, rucking proved to be the perfect exercise for me,” she says. “It’s a peaceful, relaxing activity that also gives me a great workout. The natural setting and social aspects of hiking keep me motivated. I feel stronger, slimmer and healthier than I have in years!”





**2. Keep packs close.** The key is wearing added weight close to your frame, spread evenly and high across your back, rather than flopping loosely at your lower spine.

**3. Mind your posture.** Try to stand tall, without lurching (or straining) your neck forward. Dr. Seltzer says, “The backpack may press down on your shoulders, and you’ll get some spinal pressure, but that’s not necessarily a bad thing if you don’t have back pain, because that’s how bones get dense.”

**4. Get the gear.** Many ruckers start with makeshift bags but graduate to wanting equipment made specifically for the activity. Look

for quality backpacks or weighted vests. They evenly distribute added weight to reduce pain and strain. Our top picks: GoRuck Ruck Plate Carrier bag 3.0 (\$115) and the 10-lb. Ruck Plate insert for the bag (\$75) at GoRuck.com.

**5. Eat clean after a workout.** When rucking, Dr. Seltzer cautions against overworking yourself and eating back all the calories you just burned. When hungry, he suggests opting for lean protein, fruit and veggies to avoid triggering carb cravings and overeating. (See our satisfying snack list on page 31.)

**6. Stay hydrated.** When walking outdoors, it’s important to replace

“Rucking is weight training for people who don’t like the weight room.”

—Michael Easter, author

fluids and minerals lost from sweating. Try adding an electrolyte mix that contains magnesium, potassium and sodium, such as Liquid I.V., to water bottles.



✔ **Sara Rodriguez**, in Madrid, Spain, lost 30 pounds and improved her muscle tone. “I started for the scenery. Little did I know how that one spontaneous decision would completely transform my health and happiness. Once comfortable with the basic movement, I added strength exercises during my rucks like lunges, squats, push-ups and planks. Now, two years later, I feel stronger and more energetic than ever before!”



✔ **Michele Rice-Nelson**, 53, in New York lost 115 pounds wearing ankle and wrist weights on walks and eating Nutrisystem meals. She reversed her prediabetes and improved her chronic pain, balance and mobility. “This made my day-to-day life easier. Never in my wildest imagination would I have thought that I could accomplish such a fantastic feat, and at my age no less!”



✔ **Lauren Key** in Florida lost 25 pounds and boosted her energy and mood. “My body never really snapped back after having my first child. I was going to yoga, exercise classes, taking walks, and none of that moved my needle at all. But as soon as I started rucking, it was a pretty significant weight loss. I could throw on a 10-pound backpack and push my son in a stroller. It was this perfect way to exercise on my own schedule.”

# Color You HEALTHY!

Feel your best all spring with these  
cheerful hue-based strategies

## **BOOSTS WILLPOWER**

### **A blue view**

When you want to eat healthy fare but can't turn off the food noise or images of sugary treats, step outside and take in the beautiful blue sky. British researchers say this panoramic view quickly tamps down high levels of stress hormones, calming cravings and bolstering appetite control in just 2 minutes.





## PREVENTS UTIs

### A delicious red sip

The risk of developing a urinary tract infection (UTI) rises as the weather warms since even brief bouts of dehydration encourage bacterial growth in the bladder. But sipping 36 oz. of sweet, tart hibiscus tea daily (it's delicious iced) can prevent bladder troubles, suggests research in the journal *Cureus*. How?

Hibiscus compounds calm damaging urinary tract inflammation, plus they block the growth and spread of infection-causing bacteria.



## FIRES UP FOCUS

### A purple sniff

If brain fog is slowing you down, breathing in the rich aroma of hyacinths (or their essential oil) can sharpen your focus in 2 minutes. And University of Alabama research suggests enjoying this intoxicating scent a few times daily could help you stay sharp all season. Experts say aromatic oils in hyacinth energize a brain region that helps you stay clearheaded and on task.

## ENDS ACHINESS

### An orange-scented soak

When springtime activity triggers muscle and joint pain, add a few drops of orange essential oil to a warm bath and slip right in. The warm water relaxes spasming muscles, and scientists in the journal *Antioxidants* say inhaling the aroma of oranges can ease aches in 1 minute. Turns out aromatic compounds in oranges calm overactive pain nerves to help you feel better.



## DEEPENS SLEEP

### A glimpse of green

Brighter evenings and later sunsets make it hard to unwind at bedtime. But spending 30 minutes three times weekly strolling a tree-lined road or your favorite park could help you fall asleep faster and sleep for up to 2 hours longer, Hungarian research suggests. Green scenes activate the parasympathetic nervous system, relaxing muscles, calming brain waves, slowing heart rate and maximizing sleep quality.

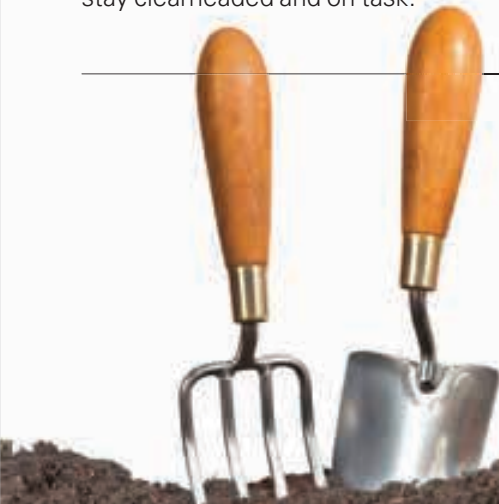


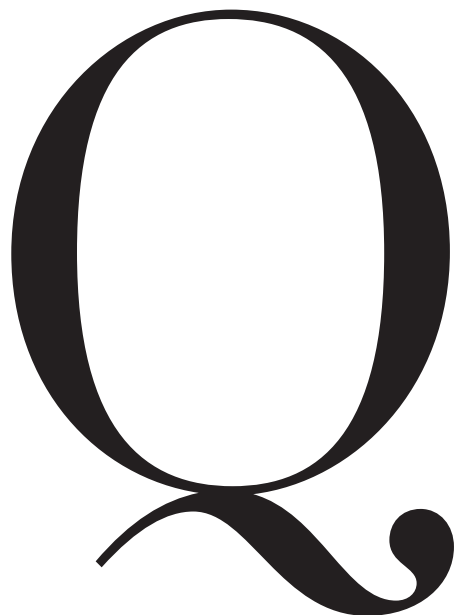
## HEIGHTENS HAPPINESS

### Digging in the dirt

Grabbing your gardening trowel can help you feel calmer and cheerier on busy days. That's the word from scientists at the University of Colorado, Boulder, who say regular exposure

to dirt improves mood faster and more effectively than prescription antidepressants. The reason? Soil is packed with gentle probiotic bacteria, and research shows that inhaling these health boosters activates brain cells that steady moods and restore cheer.





**Ever since I turned 50, my nose has been hypersensitive. What gives?**

Your heightened sensitivity to odors is likely related to perimenopause. Fluctuating estrogen and progesterone levels during this transition can affect a woman's sense of smell (just as they can during pregnancy), and up to 50% of women are affected. You may find yourself picking up on odors you never noticed before, while favorite scents may suddenly become unpleasant. Lower estrogen during the menopausal transition can also cause mucous membranes in the nose to dry out, further impacting your sense of smell. If strong scents are interfering with your quality of life, consider switching to fragrance-free products whenever possible.



**Q: Can allergy meds end hot flashes?**

I did see an article in *OB/GYN News* about a small study that found taking 10 mg. of the antihistamine Zyrtec daily for four weeks cut hot flashes by 40%. But I couldn't find any other research on this. So I'll continue to suggest science-backed remedies to my patients, like supplementing with magnesium oxide. Researchers at Virginia Commonwealth University found that women who took 400 mg. daily reduced hot flash frequency by 41% and severity by 50% in four weeks. The scientists say magnesium likely works by increasing serotonin in the brain, since a serotonin imbalance may trigger hot flashes.



**MEET THE EXPERT**

Felice Gersh, M.D., is a dual board-certified integrative gynecologist and founder of the Integrative Medical Group of Irvine (California). She combines conventional, naturopathic and holistic medicine (including Chinese medicine, acupuncture and massage) in her practice. Dr. Gersh also teaches and lectures, and is the author of *Menopause: 50 Things You Need to Know*. To ask her a question, send an email to [health@firstforwomen.com](mailto:health@firstforwomen.com).



**Q: Why do I get a sharp pain in my butt during my period?**

The medical term for the pain you're describing is proctalgia fugax (fleeting anal pain), and it's common for women to experience it during their period. Why? The same hormones (prostaglandins) that cause your uterus to contract in order to shed its menstrual lining can also trigger spasms in the muscles around the anal canal. These spasms come on suddenly and may be powerful (and painful) enough to wake you from sleep or disrupt daily activities. Thankfully, most attacks go away within seconds and rarely last more than 20 minutes. And the same ibuprofen, warm bath or heating pad used for menstrual cramps can also ease anal pain.



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# “I’m free of Lyme disease!” For eight years, Rebecca Powers Tibball, 49, fought fatigue, fog & pain caused by the disease. Then she found an unusual remedy that helped her heal.

“Another day, another thing stripped away from me,” Rebecca Powers Tibball, 49, recalls of the day she quit the job she’d loved for 14 years as an elementary school teacher due to the debilitating effects of chronic Lyme disease.

“Soon after spinal surgery in January of 2015, I developed constant dizziness and migraines, joint pain, neuropathy, nausea and light sensitivity. I also started losing weight and feeling depressed and tired all the time.

“I saw 14 doctors in 10 months, including a neurology specialist at Yale-New Haven, an ear, nose and throat doctor and a thyroid doctor. I developed anxiety because I felt like I was losing my mind. No one could tell me anything. They were very nice, but very dismissive. No one had any idea what was causing this.

“At one visit, a chiropractor said, ‘Everything you’re saying sounds like Lyme disease.’ I was thrilled to hear this: Could I finally have an answer? And when I looked it up to investigate further, the list of symptoms was everything I had.

## Searching for answers

“It took me four months to get an appointment with a physician specializing in the disease. He did extensive blood work that was analyzed at Stony Brook University’s Lyme Disease Laboratory. The results showed Lyme disease and other tick-borne illnesses, including babesiosis and Rocky Mountain spotted fever. I felt so validated that I wasn’t crazy.

### READER STORY



After magnet therapy helped her beat chronic Lyme, Rebecca got certified in the technique.



Now healthy and happy, Rebecca is helping others overcome chronic illnesses.



"The doctor started me on antibiotics, but they made me so sick. I had dizziness, I couldn't eat, the slightest sound overwhelmed me and my eyes and face swelled. I became bedridden. I felt worse than ever. I'd been on the antibiotics for two months when my husband said, 'Enough, no more antibiotics.'

"Then I tried natural strategies, from the homeopathic remedies a naturopath recommended to bee venom therapy and Rifting, or healing with sound frequency. It sounds kooky, but I slowly started to feel a little better. I was able to return to teaching in September of 2018. I still felt sick, but I had to go back.

"One day, a friend told me about a friend of hers with Lyme disease who went to a magnetic therapy practitioner in New Hampshire. She said, 'He's all better. He's exercising, he's working.' I was like, 'Oh my God, I need to go.' I thought it sounded wacky, but when you're as sick as I was, you'll do anything.

"There was a two-year wait for an appointment, but in a stroke of luck, the practitioner, Janelle Salzman, got me in within four months, and in June of 2022 I had my first visit.

"Janelle uses the Lyme Magnetic Protocol Therapy, which means putting magnets on different parts of the body. It's believed the magnets rebalance the body's pH levels, which helps the immune system fight the disease.

"I walked into her office with my mom and I broke down crying. Janelle was welcoming and warm and said, 'You're going to get better.' I immediately stopped all of the other treatments and went to Janelle twice a month. The \$200 treatments were an eligible expense for my insurance's flexible spending account, and they were worth every penny.

"I would go in with brain fog and over the next week or two, notice that my thinking was clear. My appetite came back, my energy was restored. When you live with vague symptoms like I had, you feel crazy. Many practitioners make you feel like you're nuts—that it's all in your head.

"After six months, I was healed. Today, my blood work shows zero tick-borne diseases. I don't want anyone to go through what I went through, so I became certified to perform this therapy on others. Now I see patients with Lyme disease and other ailments at my healing center in Berlin, Connecticut (Pathway2wellness11.com). I love helping others. I feel so blessed." —As told to *Diane Herbst*

## News: Lyme disease is on the rise

**"Lyme disease is an epidemic** that is well recognized on the East Coast and less recognized across the rest of the country," says Sunjya Schweig, M.D., a Lyme expert in California and an advisory board member of the Bay Area Lyme Foundation. Indeed, infections have been found in every state, with cases doubling from 1990 to 2020.

**Despite the growing threat, "less than half of people even know they had a tick bite,"** says Dr. Schweig. Symptoms to look out for include a rash, headache and stiff neck.

**Up to 20% of patients develop chronic Lyme,** with symptoms like fatigue and brain fog. "Once it's longer-term, it's very difficult to cure," says Dr. Schweig.

**If you suspect Lyme, find a doctor versed in treating it.** Experts advise getting the ELISA antibody test and the Western Blot. But the tests aren't perfect, says Dr. Schweig. If you have a rash and think you were bitten by a tick, he advises taking antibiotics for two to three weeks, even if you test negative. "You want to be very aggressive to eradicate that bug."

**Natural remedies can help.** Dr. Schweig's research in *Frontiers in Medicine*, done with Johns Hopkins School of Public Health, found the botanical medicines skullcap, *Cryptolepis sanguinolenta* and Japanese knotweed killed Lyme bacteria in test tubes. He advises talking to your practitioner before trying them.  
—Diane Herbst

## HOW MAGNETS SPEED HEALING

They've been used for decades to help ease pain, but experts who treat chronic Lyme disease use a different type of magnetic energy to help their patients. Biomagnetic therapy uses two magnets with opposite magnetic fields placed on body parts where some type of imbalance has been found, says Heather Tallman Ruhm, M.D., of the N.H. Health & Wellness Center in Nashua, New Hampshire. The technique hasn't been well-studied, but she says, "The magnets seem to balance and restore optimal pH levels, which supports the body's innate capacity to heal from pathogens, emotional imbalances and other conditions."



# Planking for Peak Health

By STACEY COLINO

When it comes to building core strength, crunches have fallen out of favor and the plank is now considered the gold standard. Indeed, the thinking on this issue has shifted so much that in 2023, the U.S. Marine Corps switched from crunches to planks in its physical fitness test, noting that the move builds more overall core strength and stability.

“The plank is such a powerhouse of an exercise—people think of it as a

core exercise, but it’s really a full-body exercise,” says fitness expert Chris Freytag. “You’re using your core and your back extensors to hold you in place, and you’re engaging your quads and glutes and testing your upper-body strength.”

Doing the exercise three times a week has even been found to enhance the function of key immune cells, respiratory capacity and physical fitness in older adults, according to a

study in a 2023 issue of the *Journal of Exercise Rehabilitation*.

You can gauge your core strength, stability and endurance at home by testing how long you can hold a plank.



**CHRIS FREYTAG, CPT,** is a fitness expert based in Minneapolis and founder of GetHealthyUtv.com.

ILLUSTRATION: PAUL OAKLEY



#### THE MOVE

# Can you hold a plank for 30 seconds?

This test is based on the standard plank (forearms on the floor), as opposed to a high plank (palms on the floor), which can be hard on your wrists.

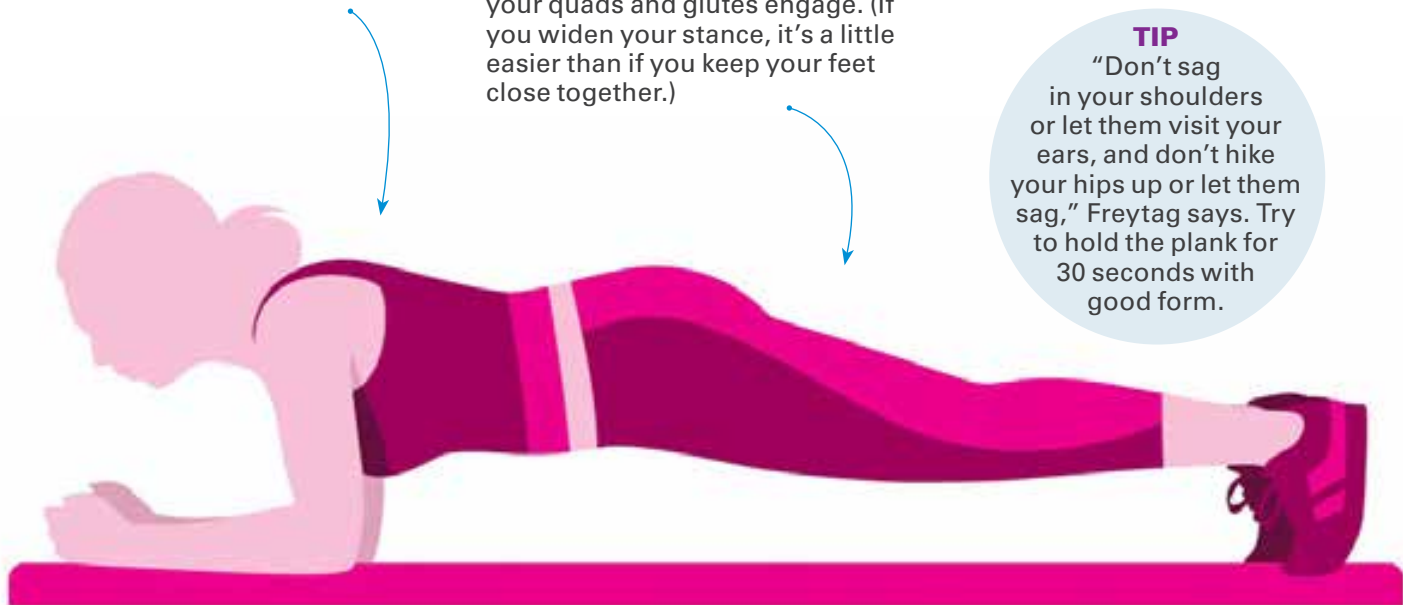
**1.** Get down into a kneeling position on the floor and place your forearms flat on the floor (with your palms on the floor or your hands in fists), positioning your elbows under your shoulders.

**2.** As you press up onto your toes, raising your body off the floor, pull your kneecaps up and feel your quads and glutes engage. (If you widen your stance, it's a little easier than if you keep your feet close together.)

**3.** Your body should be in a long, straight line (like a plank of wood!) from your head to your raised heels. Keep your gaze toward the floor ahead of you.

#### TIP

"Don't sag in your shoulders or let them visit your ears, and don't hike your hips up or let them sag," Freytag says. Try to hold the plank for 30 seconds with good form.



#### If it was easy for you...

Give yourself a pat on the back. Your next step? Gradually increase your plank time, working up to holding it for a minute, with proper form. "There's nothing better than working toward improvement," Freytag says.

#### To make it harder...

Once you can hold a plank with good form for a full minute, try holding it for even longer or doing alternating leg lifts (raising one leg at a time). Another option: Lift your leg and tap your toes to one side, then the other. Repeat for 1 minute.

#### If it was too challenging...

Don't beat yourself up. "Start with what you *can* do," Freytag says, like holding the plank for 10 to 15 seconds. Or try a modified plank with your forearms on a stable coffee table or dropping your knees and shins to the floor.

#### To build your strength...

Another option: Work up to doing planks by practicing the bird dog exercise. Start on your hands and knees on the floor, hands directly under your shoulders and knees under your hips. Gaze toward the floor, head in line with your spine, and extend your right

arm straight out in front of you and your left leg straight behind you. Hold for a count of five, then return to starting position; repeat with the opposite arm and leg extended. Do five on each side.

After doing these moves for a few weeks, try the plank again.

#### The bottom line

It's a good idea to do planks regularly. They not only strengthen the core, shoulders and back, they promote good posture, Freytag says. "By keeping your abdomen pulled in for a significant amount of time, you are training yourself to do it throughout the day."

## SIMPLE HEALTH SOLUTIONS



### A.M. habit with brain benefits

The simple act of taking a multivitamin each morning can reduce cognitive decline by nearly 60% and help prevent memory loss. That's the word from researchers in *The American Journal of Clinical Nutrition* in studies of more than 5,000 subjects age 60 and up. The investigators estimate that daily multivitamin use slowed brain aging by the equivalent of two years compared to those taking a placebo. The brand used in the study: Centrum Silver, available at drugstores.

### SWIMMING MAY BE THE KEY TO A SUNNIER MOOD

But you need to take your dip in cold water, say researchers in *Post Reproductive Health*. In the study of 1,114 women, subjects said cold-water swimming improved menstrual and perimenopausal symptoms like anxiety, irritability and mood swings. And those who swam for more than 15 minutes in the winter and 30 minutes in the summer got the most benefit. Other research suggests the need for a wet suit for long swims if the water temperature is below 65°F.



### NATURAL WAY TO WARD OFF A UTI

Doctors often prescribe antibiotics for urinary tract infections (UTIs), but many women would rather not take the medications. Now, research in *Clinical Infectious Diseases* finds that taking a probiotic, either orally, vaginally or both, significantly decreased recurrent infections. A brand doctors say can be used vaginally and orally: Culturelle Women's 4-in-1 Daily Probiotic.

### EASE THE OUCH!

### FOUND: THE BEST REMEDY FOR BACK PAIN

Seeing a chiropractor or physical therapist (PT) instead of a pain specialist will help you feel better faster *and* save you money, say University of Pittsburgh scientists. They found that people whose first visit was to a specialist were in pain twice as long as those who saw a chiropractor or PT. And those who went to the emergency room paid twice as much as others and were four times as likely to be prescribed pain meds, which often don't help.



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THEY CAN  
GROW AND  
CHANGE AND  
BECOME EVEN  
BETTER.”

—VALERIE  
BERTINELLI



TALKING ABOUT...

# REDEFINING JOY, SELF-WORTH AND INDULGING IN YOU

with award-winning actress, chef and author **VALERIE BERTINELLI**

Learning to love herself, exactly as she is *right now*, has changed Valerie Bertinelli's life. And the 63-year-old is on a mission to help other women see that they are perfect just as they are, and don't have to earn the right to feel joy. "As women, we've been taught we have to deprive ourselves, shortchange ourselves and put ourselves last," the Golden Globe and Daytime Emmy Award winner tells FIRST. "You don't have to be perfect to be loved, and you are worthy of indulgence. Everything in life, including food, should be a time to indulge. There's nothing selfish about it, because when we feel good, we spread joy to others." Here, Valerie's tips for staying happy and healthy, and loving 100% of you. —**BY DEBORAH EVANS PRICE**



## MY SELF-KINDNESS STRATEGY

### Eat for joy

"Healthy or unhealthy. This is good for you. This is bad for you. None of those labels work for me anymore," Valerie says. "I'm choosing to eat for nutrition, flavor and kindness to myself. My son, Wolfie, and his wife, Andraia, came over recently and we ordered pizzas, and I didn't feel guilty. I was eating with two people I adore. Obviously, food is there to nourish our bodies, but it's just as important to eat to add joy to your life."

## MY STRESS RELIEVER

### Nothing is permanent

"When something is stressful and you're going through it, finding gratitude is difficult," Valerie admits. "The gratitude comes after the stress has eased. And it will. Nothing is permanent. The stress that you are going through in this moment may feel like it's do or die, but it's not. Things will always get better. It's the sea of life that we're all floating on."



"Indulge in your life every single day," Valerie says. "Indulge in the people that you love. Indulge in making food that you love to share with the people that you love. Indulge in your God-blessed life because it's the only one you have."

"I love little joys: a good bubble bath, a good walk with my pup, Luna," Valerie shares. "I know I'm making her happy, so it's even double, right? Little things like that make me happy. It doesn't take much to make me happy."



#### MY CONFIDENCE BOOSTER

### Get your feelings out

"I squashed down my feelings for way too many decades," Valerie shares. "Denying my feelings got me to a really uncomfortable place in my life. Everything about my life was unmanageable, including my weight. People can talk about diets until the cows come home, but no diet will work if you don't work on yourself. Talk to a therapist. Or a good friend. Or journal. Do anything that helps you realize you're worthy and enough. Because we *all* are worthy and enough."

#### MY ENERGIZING SECRET

### Take time to slow down

"I work hard, and I rest just as hard. I cherish my moments of rest. Like in the lyrics of AC/DC, 'Doing nothing means a lot to me,'" she says quoting the rock band's song "Down Payment Blues." "I love doing nothing because when I am doing something, I'm full steam ahead, blinders on, getting things done. When that is done, I take time to slow down, and I don't feel guilty about it anymore. I'm actually resting myself up so I can go out and do even more later."



In *Indulge*, Valerie offers 100 recipes, including family favorites, to nourish the body and soul

## Valerie Shares Recipes For Life

IN HER NEW COOKBOOK

Along with the 100 easy recipes featured in *Indulge: Delicious and Decadent Dishes to Enjoy and Share* (see three tasty options on pages 20–22), Valerie also opens up about the changes she's made in her life that have made her happier and healthier. This

includes the fact that she no longer weighs herself. "That number was never going to be good enough to put me in a good mood... ever, so why start the day like that?" she says. "We all need to remember that we are beautiful right now. Don't let anybody tell you any differently."





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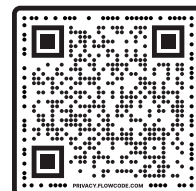


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# 3 TRUE & UPLIFTING TALES

## SIMPLE VALUES

## READER STORIES

### SEASHELL KEEPSAKES

"My 77-year-old Aunt Laura had always loved to travel and missed the trips she and my late Uncle Frank used to take every spring. To cheer her up, we decided to spend a few days at St. Pete Beach before the summer crowds.

"After our stay, it was rather sad to think of going back to reality. We so enjoyed the laughter, sunshine, dining out and our time together. On the last morning, I couldn't find Aunt Laura and texted to see where she had gone. *I'm getting souvenirs to bring home*, she responded.

"I walked to the souvenir shop across the street, but she was nowhere to be found. Quickly, I bought a few T-shirts to remember our time there, but then texted again saying I couldn't find her. *I'm on the beach*, she replied.

"When I finally caught up with her, I saw she was clutching a bucket of seashells, smooth stones and some white seagull feathers. 'As my mother always said, the most valuable keepsakes are those that don't cost a thing,' she beamed. In that moment, holding my bag of retail souvenirs, I longed to go shell hunting. 'You know what, Aunt Laura,' I said with a grin. 'I'm going to join you because I think yours are the best memories of all!'"

—ANN MERSER, 55, LAKE LAND, FL





## BLESSING IN DISGUISE

### LIFESAVING TEXT

“After a hectic shift at the hospital, I finally got home and was too tired to make dinner. Remembering the new jar of peanut butter in my pantry, I set it out along with the jelly to make a quick sandwich, but suddenly got a desperate text from my friend, Mandy.

“It read: *My car broke down in front of Save-A-Lot. They’re towing it now. Can you come and get me?* I seethed inside because her engine light had been on all week, but despite my nagging her to get it looked at, she kept pushing

her luck. My stomach growled as I sighed and grabbed my keys.

“After dropping her off, I listened to the radio on the way back home, and during the news, they alerted consumers about a mass peanut butter recall due to outbreaks of salmonella. It was the exact same brand I was about to open and eat before Mandy’s little emergency. That night, when she texted me another thank you, I couldn’t help but thank her right back!”

—RHODA GAINES, 59, HOBOKEN, NJ



## POWER OF LOVE

### NANA'S SPECIAL DRAWING

“When my daughter and her family moved to Ohio, it was especially hard not to be able to see my 6-year-old grandson, Andrew, regularly. Before leaving, he made a drawing of us—two stick figures holding hands and smiling wide with the words, *Nana & me 4-ever*, written in crayon. I hung it on my fridge so I could see it every day and think of Andrew.

“One night, I bolted awake when my smoke alarms went off. Dashing out of bed, I found the kitchen engulfed in flames. Thankfully, the fire department was able to contain the fire to the kitchen, but the room was destroyed. I was sobbing when a firefighter came up to me with something in his hands. ‘It’s miraculous, but this was the only thing left unscathed,’ he said, holding Andrew’s drawing. Tears welled in my eyes. ‘That’s because love survives everything,’ I said, knowing our bond was invincible.”

—SHELLY MILES, 63, AUSTIN, TX

“

THE BEST THINGS IN LIFE ARE FREE. AND IT IS IMPORTANT TO NEVER LOSE SIGHT OF THAT. SO LOOK AROUND YOU. WHEREVER YOU SEE FRIENDSHIP, LOYALTY, LAUGHTER AND LOVE... THERE IS YOUR TREASURE.”

—NEALE DONALD WALSCH (author of the *Conversations with God* series)



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## SIMPLE LIFE SOLUTIONS



### BOLD SCENTS THAT BOOST MOOD

A beloved perfume, favorite fruit, coffee grounds—familiar fragrances like these can give you a lift. Such aromas directly engage the amygdala in the brain, explain researchers, which helps with recall of fond experiences and leads to a brighter outlook. In their study, published in *JAMA Network Open*, sniffing scents with personal meaning helped depressed individuals flash back to positive memories—something those with depression tend to struggle with.

#### GAIN MASTERY



### Secret to learning a new skill

The trick is doing moderate exercise for about 30 minutes before and after practicing the skill, finds research at the University of Copenhagen, which showed that an elevated heart rate releases neurotransmitters that increase the brain's ability to absorb and remember, especially when it comes to mastering activities involving fine motor skills.

### DRAW PEOPLE TO YOU

If you're looking to attract a partner for the long haul, lower the pitch of your voice, suggests new research published in the journal *Psychological Science*. When surveyed, over 3,000 women and men around the world preferred deep tones for potential lasting-love partners.

#### YOU GOT THIS!

### Shortcut to self-control

When it comes to staying the course on a new eating or exercise plan, self-compassion is a much stronger motivator than criticism, says science from Drexel University. For 140 people working to lose weight, replacing belittling thoughts like, "You have no willpower," with a kinder statement, such as "You're trying your best," led to gaining back more control and discipline after a setback. Another big plus: Such self-talk leads to a better mood, increasing resilience and consistency—two things that keep you on track to achieve your goals.



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# RISE ABOVE

## ANY CHALLENGE TO FEEL UNSHAKABLE JOY

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Christian author and Bible teacher **Joyce Meyer** shares inspiring stories of how she's triumphed over fear, doubt and pain...and how you can too. — BY MAGGIE DILLARD

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Over the past 45 years, Joyce Meyer has become one of the most beloved leaders in the Christian community. Through her show *Enjoying Everyday Life* (which airs in more than 100 different languages), her annual conferences and 130 practical tell-it-like-it-is books, Joyce uses her sassy, straight-shooting sermons to help millions of people find more peace and joy, and to grow closer to God.

Indeed, she has come a long way from teaching a Bible study to 25 of her co-workers in a cafeteria in 1976, to founding Joyce Meyer Ministries, which now reaches and supports souls worldwide. But the feisty 80-year-old is the first person to tell you that her journey has not been one for the faint of heart.

Through the years, Joyce has had to rise above the trauma of childhood abuse from her father, grappled with uncertainty in her faith, survived breast cancer and walked through heartbreak and rejection.

“Many people have the misconception that if they are Christian or are faithful, that they will no longer have any difficulties or heartache. It would be so nice if this were true, but in this world, we will surely face trials and tribulations,” Joyce tells *FIRST*. “Sadly, no one can promise you a problem-free life, but God promises He can enable you to rise above the problems you’ll face.” And once you get through them, she insists, you’ll be stronger than you were before.

Joyce has learned that key lesson firsthand: “No matter what has caused your pain or how deep the wounds may be, I can assure you that God can and will heal you,” she says. “He healed my wounded soul completely. With God, you can overcome anything.”

Here, we sat down with Joyce to gain more insight into the challenges she’s faced and to get her faith-filled advice on rising above everything from fear to emotional pain to uncertainty. And how we too can be overcomers.



**WITH GOD, YOU  
CAN OVERCOME  
ANYTHING.”**

**—JOYCE MEYER**

## OFFER UP YOUR FEAR

“About 27 years ago, I went to the doctor for a checkup, and two days later I found out that I had breast cancer. That was the last thing in the world that I was expecting to hear, and I was absolutely terrified,” Joyce recalls to *FIRST*.

“I had been teaching other women about trusting in God’s healing,

but after hearing a report like that, I realized it was easier said than done. I was so full of fear and wondering what’s going to happen in the future. But true to His word, God brought me through that in an amazing way.

“I remember it was about 2 or 3 o’clock one morning, and I wasn’t sleeping very well; my mind was reeling with anxiety. Suddenly, I just heard the Lord whisper in my heart, ‘I will take care of you.’ And I felt this incredible peace wash over me.

“We don’t always know how God will take care of us—in my particular situation, although I did have to have a mastectomy on one side, I didn’t have to have any further treatment. They got everything with the surgery and it hadn’t gone into my lymph nodes yet, so that was a blessing.

“But when you’re fearful for any reason, remember that multiple times in the Bible, God tells us that we don’t have to be afraid because He is with us (Joshua 1:9;

Matthew 1:23, 28:20; Hebrews 13:5). Offer your fear up to Him. We don’t have to know exactly how God plans to help us; all we need to know is that He is there.”

Joyce adds that a silver lining of such a scary diagnosis was that it brought her closer to God. “The only way you come to the point of saying, ‘I trust God’ is by *needing* to trust Him in hard situations. Those times drive us toward Him. So welcome Him in. He is already there waiting to get you through it.”

'STEP OUT' OF **UNCERTAINTY**

"We all have uncertainty and doubt about the choices we have to make in life, and I certainly go through my fair share of questioning. 'Is this going to be okay? Is God going to come through? Is He here? Does He hear my prayers?'" Joyce admits to *FIRST*.

"But when it comes to rising above uncertainty or when I am worried about making a mistake, I have learned to just tell myself, 'Step out and find out!' If you mess it up, you'll learn from it and move on.

"I remember one particular day when I was trying to make a big decision about moving forward in a certain area. I believed the Lord was leading me to 'step out,' but I still had my doubts. And I didn't want to take that step unless I was 100% certain it was God guiding me to it.

"As I was praying about the decision, I said, 'But God, what if I step out and it's the wrong thing? What if I miss Your will?'

"I'll never forget what He spoke to my heart that day. He

said, 'Joyce, if you miss Me, I can always find you!'

"That was so liberating for me! I realized I didn't have to be perfect all of the time. God just wanted me to trust Him and do my best. And that's all we have to do.

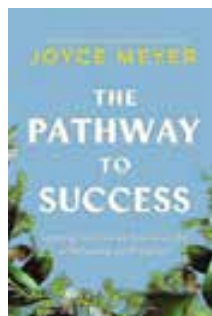
"Remember that God is greater than your mistakes. He doesn't want you to live in uncertainty and doubt, always afraid to make a decision or move forward. God wants you to be confident that He has your back, then boldly step out in faith."

CALL OUT YOUR **HEARTACHE**

"Sometimes healing emotional pain comes quickly, and sometimes it is a long process, but I know that God heals in His timing," Joyce says. "There was a time in my life when I was attending church, saying prayers, doing everything I knew to do, but I just didn't really have any victory over my emotional pain. I had no peace, no joy and I was frustrated and angry all the time. My husband and I argued a lot and I just felt lost.

"Despite trying to overcome it for years, I realized that I still had a lot of heartache from being sexually abused by my dad, and it still affected me and my relationship. Desperate, I finally broke down and called out to God, 'You have to do something!' I didn't care what He did, as long as He just did *something*. Right then, I heard God speak to me for the first time. He suddenly became very real and just filled me so full of His love.

"Now I say to call out your heartache. Say, 'God I feel this way, do something!' and with just those words you'll be amazed at what can happen."



For more of Joyce's wisdom for discovering God's plans for your life, don't miss her latest book, *The Pathway to Success: Letting God Lead You to a Life of Meaning and Purpose*.

**TRANSFORM REJECTION INTO GRACE**

"We were created for acceptance and community, so rejection and loneliness are particularly painful. I often come under attack from different people who don't like me because I'm strong in my beliefs and I tend to just say it like it is," Joyce admits. "I've been doing this a long time, but it can still be very hurtful. You end up feeling like you are doing everything you can to help people and then people who don't even know you turn around and judge and criticize you. It stings."

To rise above that heart-deep hurt, Joyce has come to see that rejection is actually a form of grace. "If someone rejects you, or you don't get something you've desperately wanted, it's God's way of saying, 'This is not the best thing for you, I will give you something better.' Whether it's a relationship, friendship, job opportunity, acceptance from a group—you name it—just remind yourself it's His way of guiding you onto your most joyful path."

Joyce also advises letting go of trying to gain others' approval. "I've discovered that it's so much more important that I become a God-pleaser than a people-pleaser," she smiles. "If we don't please people, they may reject us—but God won't ever do that!"



## Leading Cardiologist:

# I Can Reverse Heart Disease in 90 Days or Less!

Dr. Chauncey Crandall reveals his '**Simple Heart Cure**' that's helped tens of thousands to stop and reverse heart disease naturally — and without drugs!

Here's the truth. If you suffer cardiac arrest outside of a hospital, you have just a 7 percent chance of survival.

It's no surprise that heart disease kills more people than any other medical condition.

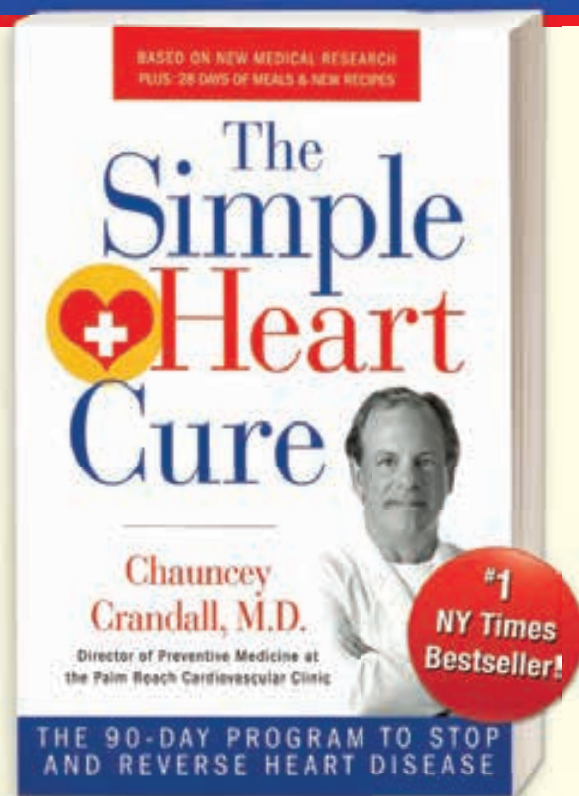
And no one is more aware of this than top cardiologist Dr. Chauncey Crandall, who has performed over 40,000 heart procedures during his career.

A Yale-trained medical doctor, Dr. Crandall is chief of the Cardiac Transplant Program at the world-renowned Palm Beach Cardiovascular Clinic.

In his #1 best-seller *The Simple Heart Cure*, you'll find this top heart doctor's groundbreaking three-pronged approach to preventing and reversing heart disease — in his 90-day week-by-week plan to help you start taking action immediately.

Here are just a few of the potentially life-saving gems you'll discover in *The Simple Heart Cure*:

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risk of a deadly heart attack by 61% . . .

- How you can safeguard against stroke risk . . .
- And much, much more . . .

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Protect yourself and your loved ones. Get your Risk-Free copy of *The Simple Heart Cure* today!

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Get your **FREE** copy of *The Simple Heart Cure* with our special offer — pay just \$4.95 for shipping and handling — that's a saving of \$25!

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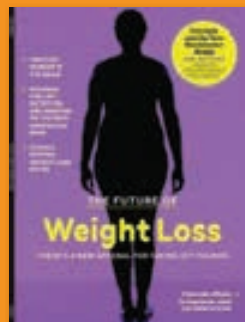


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## IN FOCUS

# ASPARAGUS

*This versatile vegetable shines in many dishes*

**BUYING:** Look for spears with tips that are closed and compact and stalks that do not bend easily.

**FYI:** The veggie serves as a natural diuretic to help flush fluid and salt from the body.

**STORAGE:** Trim bottoms and stand upright in a jar filled with water. Cover top with bag and chill for up to 1 week.

### EASY IDEAS

**>> Shave 'em**  
With a veggie peeler, make ribbons from an 8 oz. bunch. Toss with vinaigrette dressing and your go-to salad fixings.

**>> Spoonable**  
Sauté 2 lbs. spears (cut into 1" pieces) in 3 Tbs. butter with 1 clove minced garlic 3 min. Add 2 cups broth and ½ tsp. salt; cook 15 min. Puree; whirl in ½ cup cream.

**>> Wrap it up**  
Steam 1 lb. of the veggie 2–3 min. Roll each spear in ½ piece sliced prosciutto. Serve with creamy red pepper sauce for dipping.

# Dinner? Done!

Simple and satisfying meals to get you through the week

## IDEA #1

### Swedish Chicken Meatballs

Active time: 25 min.

Total time: 45 min.±

Serves: 4

**We simmered pre-cooked meatballs in rich from-scratch sauce for this quick-dish**

- 1½ lbs. white potatoes, peeled, cut into 1½" pieces**
- ½ cup milk**
- 6 Tbs. butter**
- 1 small onion, finely chopped**
- 2 Tbs. all-purpose flour**
- 1 (14.5 oz.) can lower-sodium chicken broth**
- ½ cup light cream**
- 2 Tbs. Worcestershire**
- 1 (12 oz.) pkg. refrigerated fully cooked chicken meatballs**


**1** In pot of salted boiling water, cook potatoes until tender, 15–20 min. Drain; return to pot. Add milk, 4 Tbs. butter, ¼ tsp. salt and ¼ tsp. pepper; mash. Keep warm.

**2** In skillet, melt remaining butter over medium-low; add onion. Cook, stirring, until softened, 5–7 min. Add flour; cook 1 min. Stir in broth, then cream and Worcestershire; add meatballs. Bring to a boil; reduce heat to medium-low. Cover; cook until hot, 15–20 min. Serve meatballs and sauce over potatoes.

Per serving: 470 cal. 22g pro. 41g carb. 3g fiber. 4g sug. 110mg chol. 720mg sod. 26g total fat. 15g sat. fat

**Serve with...**  
Green beans and cranberry or lingonberry sauce





*Serve with...*  
Watercress  
salad  
and tzatziki  
sauce

## IDEA #2

### Zesty Crab Cakes

Active time: 45 min.  
Total time: 1 hr., 45 min.  
Serves: 6

**Potato flakes are the secret that helps these moist and tender patties hold their shape**

**1 cup instant mashed potato flakes**

**1 cup boiling water**  
**2 (6 oz.) cans lump crabmeat, drained**  
**1½ cups seasoned panko breadcrumbs**  
**3 eggs**  
**1 scallion, chopped**  
**1½ tsp. grated lemon zest**  
**¼ cup oil**

**1** In bowl, mix potato flakes and boiling water; cool. Stir in crabmeat, ½ cup panko, 1 egg, scallion and lemon zest; divide into

12 portions. Shape into 2½" cakes. In bowl, beat remaining eggs. Dip cakes in egg, then remaining panko. Cover; chill 1 hr.

**2** In nonstick skillet, heat 2 Tbs. oil over medium. In batches, add cakes. Cook, flipping once, until golden, 3–4 min. per side, adding remaining oil as needed.

Per serving: 260 cal. 15g pro. 23g carb. 1g fiber. 1g sug. 140mg chol. 640mg sod. 12g total fat. 2g sat. fat



## IDEA #3

## Chili-Topped Potatoes

Active time: 25 min.

Total time: 40 min.

Serves: 6

**Turkey stands in for beef in this lighter take on a crowd favorite**

**6 (8 oz.) sweet potatoes**

**1 Tbs. oil**

**1 onion, chopped**

- 1 lb. ground turkey**
- 1 Tbs. chili powder**
- 1 (14.5 oz.) can diced tomatoes with green chilies (don't drain)**
- 1 (15.5 oz.) can kidney beans, rinsed, drained**
- 1½ cups grated pepper jack cheese**

**1** Prick potatoes, then microwave until tender, 8–10 min. In non-stick skillet, heat oil over medium. Add onion; cook, stirring, until

softened, 7–8 min. Add turkey and chili powder; cook, stirring, until no longer pink, 7–8 min.


**2** Stir in tomatoes with juice and beans. Bring to boil; reduce to medium-low. Partially cover; cook, stirring occasionally, until flavors blend, 15 min. Split potatoes; top with cheese and chili.

**Per serving: 460 cal. 25g pro. 48g carb. 8g fiber. 10g sug. 85mg chol. 700mg sod. 20g total fat. 8g sat. fat**

**Serve with...**

Sautéed  
peppers and  
sliced  
avocado





*Serve with...*  
Steamed  
vegetable  
dumplings

#### IDEA #4

### Shrimp Stir-Fry

Active time: 25 min.

Total time: 30 min.

Serves: 4

**Honey and lime juice add sweet zing to succulent shrimp in this skillet supper**

- 1 cup uncooked rice**
- ¼ cup honey**
- 3 Tbs. lime juice**
- 1 lb. peeled, deveined extra-large shrimp**
- 2 Tbs. sesame oil**
- 3 cups thinly sliced napa cabbage**
- 1 cup shredded carrots**
- 2 scallions, thinly sliced**
- 1 tsp. sesame seeds**
- Cilantro leaves (optional)**

**1** Cook rice per package directions. In bowl, mix honey and juice. Coat nonstick skillet with cooking spray. Heat over medium-high. Add shrimp; cook, flipping once, until opaque, about 2 min. per side. Transfer to plate.

**2** In same skillet, heat oil over medium-high. Add cabbage and carrots; cook, stirring, until crisp tender, 4–5 min. Add shrimp and honey mixture. Cook until hot, 1–2 min. Divide rice and shrimp mixture among bowls. Add scallions, sesame seeds and, if desired, cilantro.

Per serving: 440 cal. 25g pro. 64g carb. 2g fiber 17g sug. 170mg chol. 390mg sod. 9g total fat. 1g sat. fat



*Serve with...*  
Fruit salad  
and hash brown  
potatoes

**IDEA #5**

## Asparagus Frittata

Active time: 20 min.

Total time: 30 min.

Serves: 6

**Take advantage of in-season asparagus and whip up this 5-ingredient classic**

- 12 oz. asparagus, trimmed**
- 9 eggs**
- 1 cup shredded Gouda (4 oz.)**
- 1 Tbs. olive oil**
- 2 shallots, thinly sliced**
- Fresh dill and parsley (optional)**

**1** In large pot of boiling water, cook asparagus until crisp tender, 2 min. Drain. Cut 6 spears into  $\frac{1}{2}$ " slices. Reserve whole and sliced asparagus.

**2** Heat oven to 350°F. In bowl, beat eggs with  $\frac{1}{4}$  tsp. salt and  $\frac{1}{4}$  tsp. pepper; stir in cheese and sliced asparagus. In ovenproof skillet, heat oil over medium. Add shallots; cook, stirring, until tender, 5–7 min. Add egg mixture. Cook until edges set, 2–3 min. Transfer to oven. Bake until almost set in center, 8–10 min., topping with remaining asparagus during last 5 min. of cooking time. If desired, top with herbs.

Per serving: 210 cal. 15g pro. 5g carb. 1g fiber. 2g sug. 295mg chol. 330mg sod. 15g total fat. 6g sat. fat





# Finally!

*A prescription with side effects you want.*

*Blueberries* and *red beans*,

just a few of the many foods rich in antioxidants, are powerful allies in the fight against cancer. Research shows that fruits, vegetables, and other low-fat vegetarian foods may help prevent cancer and even improve survival rates. A healthy plant-based diet can lower your cholesterol, increase your energy, and help with weight loss and diabetes. Fill this prescription at your local market and don't forget—you have unlimited refills!

Find information and resources for fighting cancer with nutrition at [www.CancerProject.org](http://www.CancerProject.org).

**PhysiciansCommittee**  
for Responsible Medicine

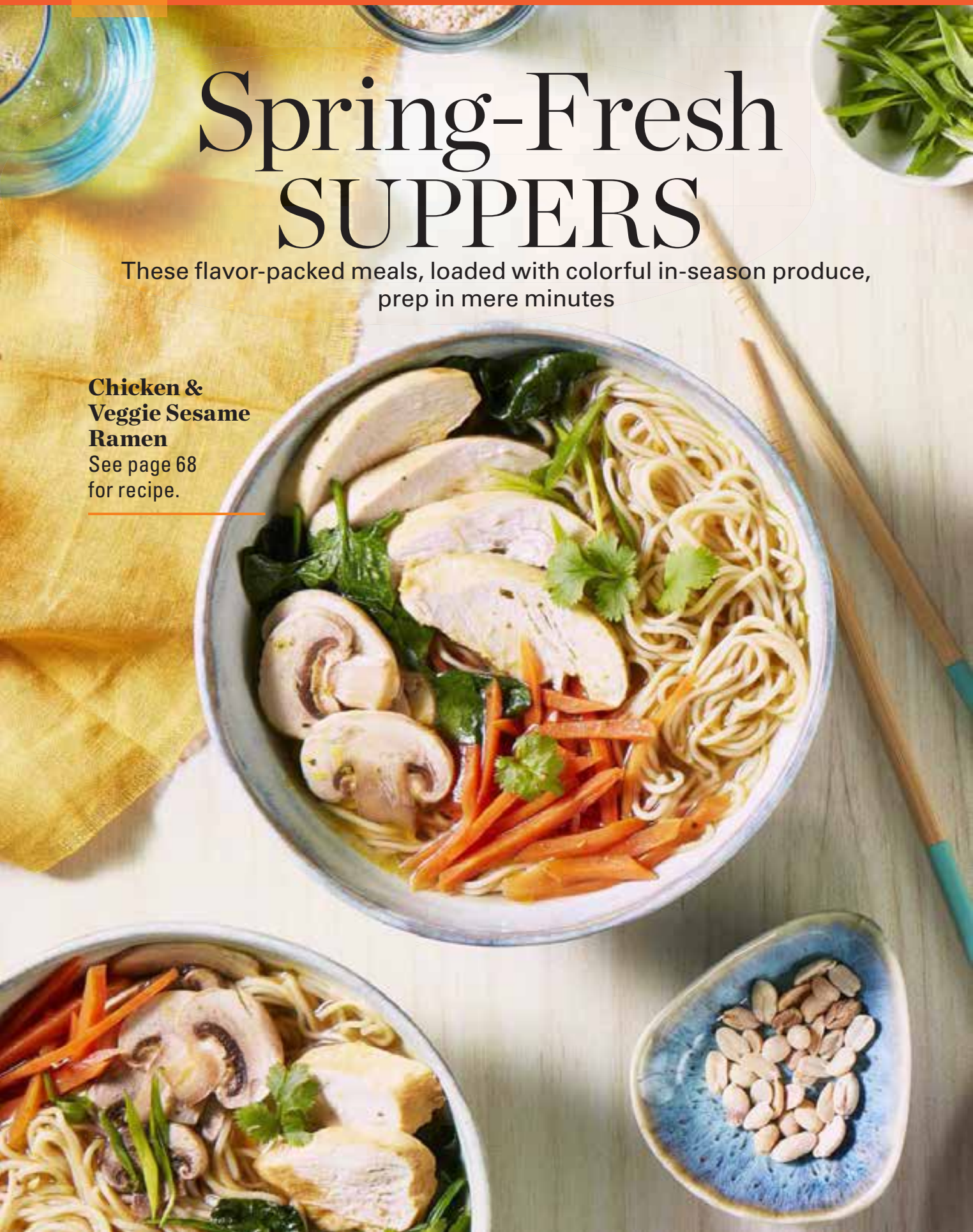


# Spring-Fresh SUPPERS

These flavor-packed meals, loaded with colorful in-season produce, prep in mere minutes

## **Chicken & Veggie Sesame Ramen**

See page 68  
for recipe.



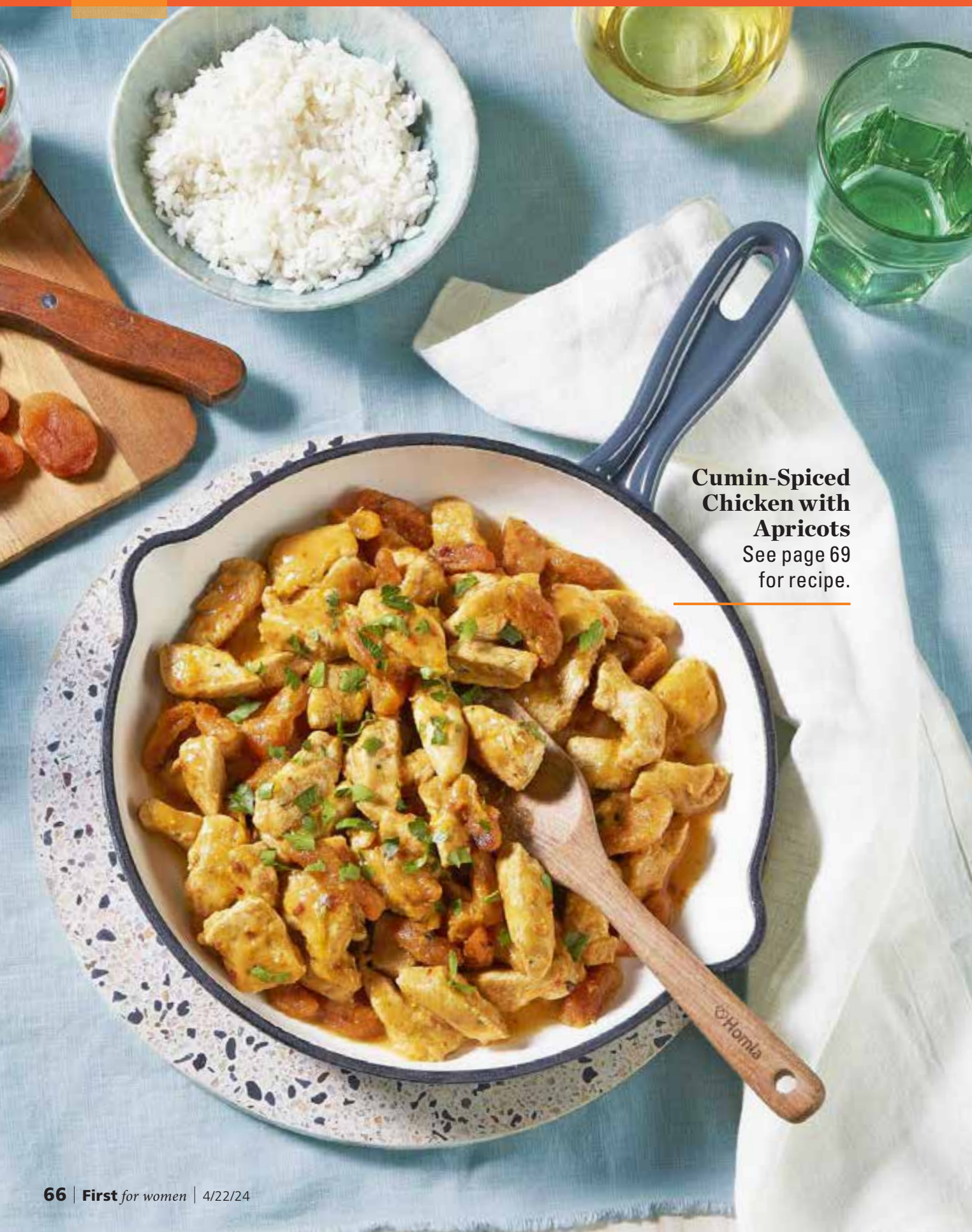




**Tuna, Broccoli  
and Pita Salad**  
See pages 68–69  
for recipe.

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**Cumin-Spiced  
Chicken with  
Apricots**

See page 69  
for recipe.





**TIP** To get the most flavor out of citrus zest, first freeze the fruit for 15 minutes. That way, the zest retains more natural oils.

**Zucchini  
Ribbon Pasta  
with Bacon**

See page 69  
for recipe.



from page 64

## Chicken & Veggie Sesame Ramen

Active time: 10 min.

Total time: 40 min.

Serves: 4

**Fresh ginger and mushrooms give our version of a classic soup extra umami flavor and immunity-revving nutrients**

**2 Tbs. sesame oil**

**1 carrot, peeled and chopped**

**1 cup mushrooms, sliced**

- 1 (2") piece fresh ginger, peeled and finely chopped**
- 1 Tbs. low-sodium soy sauce**
- 2 qts. lower-sodium chicken broth**
- 1 lb. small boneless skinless chicken breast halves**
- 8 oz. ramen or rice noodles**
- 4 scallions, diagonally sliced**
- ½ cup chopped cilantro**
- ¼ cup chopped peanuts**

**1** In large pot, heat sesame oil over medium heat. Add carrots, mushrooms, ginger and soy sauce; cook, stirring occasionally, until vegetables start to soften, about 5 min. Add chicken broth and chicken. Over medium-high heat, bring to a boil; reduce heat to medium-low. Let simmer until flavors blend, about 15 min.

**2** Add noodles; cook, stirring occasionally, until noodles are tender and chicken is cooked through, 10 min. Remove chicken and slice.

**3** Divide mixture among 4 serving bowls; top with chicken and garnish with scallions, cilantro and peanuts.

Per serving: 490 cal. 38g pro. 47g carb. 3g fiber. 7g sug. 85mg chol. 1,730mg sod. 16g total fat. 2g sat. fat

## Tuna, Broccoli and Pita Salad

Active time: 15 min.

Total time: 25 min.

Serves: 4

**The oil from canned tuna jump-starts our zesty vinaigrette**

**1 lemon**

**2 whole-wheat pita bread pockets**

**12 oz. broccoli florets or trimmed broccolini**

**2 (5 oz.) cans chunk light tuna packed in oil**

**1 (19 oz.) can cannellini beans, rinsed, drained**

## 3 GENIUS WAYS TO REPURPOSE PRODUCE SCRAPS

Instead of throwing them out, use these flavorful bits to your benefit



### Radish greens

Believe it or not, the greens that sprout from radishes have just as much flavor as the veggie itself! Whenever you bring a bunch home, remove the leaves and pulse into pesto with basil, Parmesan cheese, pine nuts, lemon juice, olive oil and salt.



### Garlic peel

When chopping fresh garlic, we often discard the paper-like peels instead of utilizing all the natural flavor they bring. Next time, place them in a plastic bag, store in the freezer and simmer them into your homemade broth for an extra layer of aromatic flavor.



### Scallion whites

Most recipes recommend not cooking with the white part of scallions since the flavor is so strong, but did you know you can use them to grow even more scallions? Submerge the white parts, root side down, in a jar of water, place by a window and watch 'em sprout.



- 1½ cups cherry tomatoes, halved**
- 3 radishes, thinly sliced**
- 2 scallions, thinly sliced**
- Fresh mint (optional)**

**1** Heat oven to 350°F. Grate 1 tsp. zest and squeeze 2 Tbs. juice from lemon. Place pita pockets on baking sheet. Bake until lightly toasted, 6–7 min. Let cool; tear into pieces.

**2** Bring large pot of salted water to a boil. Add broccoli; cook until just tender, 2 min. Drain; rinse under cold water until cool. Drain well.

**3** Drain tuna, reserving ¼ cup oil from cans. In large bowl, whisk together reserved oil, lemon juice, zest and ¼ tsp. salt. Add broccoli, beans, tomatoes, radishes and scallions; toss until coated. Place pita along edges of platter. Top with broccoli mixture and tuna. If desired, garnish with mint.

Per serving: 444 cal. 26g pro. 49g carb. 16g fiber. 5g sug. 20mg chol. 707mg sod. 17g total fat. 2g sat. fat

## Cumin-Spiced Chicken with Apricots

Active time: 15 min.  
Total time: 25 min.  
Serves: 4

**This fragrant dish will fill your home with enticing aromas, thanks to its citrusy pan sauce**

- 1 tsp. ground cumin**
- ½ tsp. ground cinnamon**
- ⅛ tsp. crushed red pepper flakes, or more to taste**
- 1 lb. boneless, skinless chicken breast halves, cut into 1¼"x¾" pieces**
- 1 large orange**
- ⅓ cup lower-sodium chicken broth**
- 1 tsp. cornstarch**

*from page 66*



- 3 tsp. olive oil**
- 2 fresh apricots, pitted and cut in wedges or ½ cup dried apricots, halved crosswise**
- 1 clove garlic, minced**
- 3 scallions, sliced**
- Chopped cilantro (optional)**

**1** Combine cumin, cinnamon, ¼ tsp. salt and pepper flakes; sprinkle over chicken and toss to coat. Grate ½ tsp. zest and squeeze ⅓ cup juice from orange into bowl; whisk in broth and cornstarch.

**2** In 12" nonstick skillet, heat 1 tsp. oil over medium-high heat; add apricots. Cook, stirring occasionally, until browned in spots, 2–3 min.; transfer to plate. In same skillet, heat remaining 2 tsp. oil over high heat; add chicken. Cook, stirring, until browned and no longer pink, 5–6 min. Reduce heat to medium-low. Add garlic; cook, stirring, 30 sec. Add apricots and orange juice mixture; cook, stirring occasionally, until thickened slightly, 1–2 min. Stir in scallions. If desired, sprinkle with cilantro.

Per serving: 333 cal. 28g pro. 37g carb. 3g fiber. 8g sug. 83mg chol. 238mg sod. 7g total fat. 1g sat. fat

## Zucchini Ribbon Pasta with Bacon

Active time: 30 min.  
Total time: 30 min.  
Serves: 4

**Our lighter take on carbonara is brightened up with a pop of lemon and a sprinkling of parsley**

- 2 medium zucchini, about 1 lb.**
- 6 slices bacon**
- 2 cloves garlic, minced**
- 8 oz. spaghetti**
- 1 cup parsley leaves**
- ⅓ cup shaved Parmesan**
- 1 tsp. grated lemon zest**

**1** Using vegetable peeler, cut enough thin long ribbons of zucchini to equal 6 cups. Dice remaining zucchini. In 12" nonstick skillet, cook bacon over medium-high heat until crisp, 6–7 min.; remove from skillet. Reserve 2 Tbs. bacon drippings in skillet. Add diced zucchini; over medium heat, cook, stirring occasionally, until just tender, 3–5 min., adding garlic during last 30 sec. of cooking. Turn off heat.

**2** Cook pasta according to package directions; reserve ¾ cup cooking liquid; drain pasta. Add pasta, reserved cooking liquid, zucchini ribbons, ¼ tsp. salt and ¼ tsp. pepper to skillet; stir to wilt zucchini ribbons slightly. Break bacon into pieces; add to skillet. Stir in parsley, Parmesan and zest.

Per serving: 397 cal. 16g pro. 49g carb. 4g fiber. 3g sug. 25mg chol. 499mg sod. 15g total fat. 6g sat. fat

*from page 67*



# SIMPLE FOOD SOLUTIONS



## Peel kiwi like a pro...

Juicy-ripe kiwis are often so soft that it can be tough to peel the skin. To get a cleaner cut in one fell swoop, trim both ends, leaving behind a cylinder, then slide a spoon between the flesh and the peel and turn the kiwi, pressing the back of the spoon against the peel as you do so. The whole fruit will slide right out!

### TRENDING

# 36%

INCREASE IN PLANT-BASED MILK SALES FROM 2019 TO 2022 (FROM \$2B TO \$2.8B)

GOOD FOOD INSTITUTE



### ON THE SHELF

## HALLOUMI CHEESE

You've seen this semi-soft cheese in the dairy section of your local market, but what exactly is Halloumi? Also known as frying cheese, it's made from a blend of cow, goat and sheep's milk and tastes like a cross between feta and mozzarella. Try it pan-seared and added to salads or baked on top of a sheet pan supper. We like Kynthos Halloumi Cheese, \$9-\$12 for 8.8-oz. pkg.; in stores and on Amazon.com.

## KEEP SALMON PERFECTLY PINK



You love salmon's flavor and heart-healthy benefits, but wish you could prevent the unappetizing white film that forms on cooked fillets. The fix: Soak the fish in a brine (1 Tbs. of salt per cup of water) for 10 minutes, pat dry and cook. The salt partially dissolves muscle fibers on the surface so they release less albumin protein (the white film) as they cook.



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# Sweet Treats

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Deliciously easy indulgences, guaranteed to please

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## Key Lime Bars

See page 74  
for recipe.





## Coconut Cake

Active time: 30 min.  
Total time: 2 hrs., 30 min.  
Serves: 16

**Get ready for oohs and ahhs when you serve this delight**

- 3 cups all-purpose flour**
- 1 Tbs. baking powder**
- 2 cups butter, at room temp.**
- 1¾ cups granulated sugar**
- 6 egg whites (about ¾ cup)**
- ½ cup sour cream**
- 1 cup unsweetened coconut milk**

- 1 tsp. vanilla extract**
- 1 (8 oz.) pkg. cream cheese, at room temp.**
- 4 cups confectioners' sugar**
- 2 cups coconut flakes**

**1** Heat oven to 350°F. Coat two 9" round pans with cooking spray; line bottoms with parchment. In bowl, whisk flour, baking powder and 1 tsp. salt; reserve. On medium speed, beat 1 cup butter and granulated sugar until light and fluffy, 2–3 min. Gradually add egg whites, beating between each addition. Beat in sour cream, then half of flour mixture. Beat in coconut milk and

vanilla, then remaining flour mixture. Divide between pans. Bake until dry to touch, 30–35 min. Run knife around edge of cakes; transfer to racks. Cool. Remove parchment.

**2** On medium, beat remaining 1 cup butter and cream cheese until fluffy, 1–2 min. Gradually beat in confectioners' sugar. Place layer on platter. Spread with 2 cups frosting. Place remaining layer on top; cover with remaining frosting. Press coconut over frosting. Chill 30 min.

Per serving: 660 cal. 65g pro. 87g carb. 6g fiber  
63g sug. 80mg chol. 310mg sod. 33g total fat  
22g sat. fat



## Jumbo Chocolate Chip Cookies

Active time: 25 min.  
Total time: 1 hr., 20 min.  
Serves 24

**Made even more delicious with browned butter in the batter and studded with walnuts, this take on a classic is bound to become a new family favorite**

- 2½ cups all-purpose flour**
- 1 tsp. baking soda**
- 1 cup butter**
- 1¼ cups granulated sugar**
- 1¼ cups packed dark brown sugar**
- 2 eggs**
- 1 egg yolk**
- 1 (11.5 oz.) pkg. semisweet chocolate chips or chocolate chunks, roughly chopped**
- 1½ cups walnut halves, roughly chopped**

**1** Heat oven to 400°F. Line two baking sheets with parchment. In small bowl, whisk flour, 1½ tsp. salt and baking soda; reserve. In small pot, melt butter over low heat; cook until golden brown bits start to form at bottom of pot, 6–7 min. Remove from heat; let cool 10 min.

**2** In bowl, mix sugars. Stir in browned butter. Whisk in eggs and egg yolk. Stir in flour mixture. Reserve 1 cup chocolate chips. Fold remaining chocolate and walnuts into dough. Let rest 10 min. Scoop out 3 Tbs.-sized balls of dough and place at least 3" apart on baking sheets. Top with reserved chocolate, pressing in lightly. Bake until golden on edges but centers are soft, 10–12 min. Let cool 2–3 min.; transfer to racks. Let cool. Repeat with remaining dough to make 24 cookies.

Per serving: 310 cal. 4g pro. 21g carb. 2g fiber  
28g sug. 45mg chol. 210mg sod. 18g total fat  
8g sat. fat



## Key Lime Bars

Active time: 45 min.  
Total time: 6 hrs.  
Serves: 16

**Sweetened condensed milk is the secret to the rich filling in these citrusy squares**

- 1¾ cups graham cracker crumbs**
- 5 Tbs. sugar**
- ½ cup butter, melted**
- 1 (14 oz.) can sweetened condensed milk**
- 4 egg yolks**
- ⅔ cup key lime juice**
- 1⅓ cups heavy cream**
- ⅓ cup sour cream**
- ½ tsp. vanilla extract**
- Grated lime zest (optional)**

**1** Heat oven to 350°F. Line 9" square baking pan with enough foil to overhang sides by 2"; grease. In bowl, mix crumbs, 3 Tbs. sugar and butter. Press in bottom and ½" up side of pan. Bake until set, 8 min. Let cool. In bowl, whisk condensed milk, yolks, juice, ⅓ cup cream and sour cream until smooth. Transfer to pan. Bake until set, 20 min. Transfer to rack; let cool. Chill 2 hrs.

**2** On medium-high speed, beat remaining cream, sugar and vanilla to soft peaks. Using foil, lift bar from pan; transfer to cutting board. Cut into 16 squares. Dollop with half of whipped cream. If desired, garnish with lime zest. Serve with remaining whipped cream.

Per serving: 290 cal. 4g pro. 28g carb. 0g fiber  
20g sug. 95mg chol. 115mg sod. 18g total fat  
10g sat. fat



# Shopping List

## DINNER? DONE!

### Swedish Chicken Meatballs

- ☐ 1 (5 oz.) btl. Worcestershire sauce
- ☐ 1 (2 lb.) pkg. all-purpose flour
- ☐ 1 (14.5 oz.) can lower-sodium chicken broth
- ☐ 1½ lbs. white potatoes
- ☐ 1 small onion
- ☐ 1 (12 oz.) pkg. refrigerated fully cooked chicken meatballs
- ☐ 1 (16 oz.) carton light cream
- ☐ 1 (32 oz.) carton whole milk
- ☐ 1 (1 lb.) pkg. butter

### Zesty Crab Cakes

- ☐ 1 (13.75 oz.) pkg. Idahoan instant mashed potatoes
- ☐ 1 (8 oz.) cont. seasoned panko breadcrumbs
- ☐ 1 bunch scallions
- ☐ 1 lemon
- ☐ 2 (6 oz.) cans lump crabmeat
- ☐ 1 (dozen) carton eggs

### Chili-Topped Potatoes

- ☐ 1 (2.3 oz.) cont. chili powder
- ☐ 1 (14.5 oz.) can diced tomatoes with green chilies
- ☐ 1 (15.5 oz.) can kidney beans
- ☐ 6 (8 oz.) sweet potatoes
- ☐ 1 onion
- ☐ 1 lb. ground turkey
- ☐ 1 (8 oz.) pkg. shredded pepper jack

### Shrimp Stir-Fry

- ☐ 1 (16 oz.) pkg. rice
- ☐ 1 (12 oz.) cont. honey
- ☐ 1 (5 oz.) btl. sesame oil
- ☐ 1 (3.75 oz.) cont. sesame seeds
- ☐ 1 lime

- ☐ 1 head Napa cabbage
- ☐ 1 (10 oz.) shredded carrots
- ☐ 1 bunch scallions
- ☐ 1 lb. peeled, deveined extra-large shrimp



### Asparagus Frittata

- ☐ 12 oz. asparagus
- ☐ 2 shallots
- ☐ 1 (dozen) carton eggs
- ☐ 1 (4 oz.) pkg. Gouda cheese

**Kitchen staples:** salt, pepper, oil, cooking spray

## SPRING-FRESH SUPPERS

### Zucchini Ribbon Pasta

- ☐ 1 (16 oz.) pkg. spaghetti
- ☐ 1 (8 oz.) cont. grated Parmesan
- ☐ 2 medium zucchini
- ☐ 1 head garlic
- ☐ 2 bunches fresh parsley
- ☐ 1 lemon
- ☐ 1 (16 oz.) pkg. bacon

### Cumin-Spiced Chicken with Apricots

- ☐ 1 (.75 oz.) cont. ground cumin
- ☐ 1 (2.37 oz.) cont. ground cinnamon
- ☐ 1 (1.5 oz.) cont. crushed red pepper flakes
- ☐ 1 (32 oz.) cont. less-sodium chicken broth
- ☐ 1 (16 oz.) cont. cornstarch
- ☐ 1 (16 oz.) btl. olive oil
- ☐ 1 large orange

- ☐ 2 fresh apricots
- ☐ 1 head garlic
- ☐ 1 bunch scallions
- ☐ 1 lb. boneless, skinless chicken breast halves

### Chicken & Veggie Sesame Ramen

- ☐ 1 (5 oz.) btl. sesame oil
- ☐ 1 (8.5 oz.) btl. gluten-free soy sauce
- ☐ 2 (32 oz.) conts. lower-sodium chicken broth
- ☐ 1 (16 oz.) cont. dry roasted peanuts
- ☐ 1 (8 oz.) pkg. ramen noodles
- ☐ 1 carrot
- ☐ 1 (8 oz.) pkg. mushrooms
- ☐ 2" piece fresh ginger
- ☐ 1 bunch scallions
- ☐ 1 bunch fresh cilantro
- ☐ 1 lb. boneless, skinless chicken breast halves

### Tuna, Broccoli and Pita Salad

- ☐ 1 (12 oz.) pkg. whole-wheat pita bread pockets
- ☐ 2 (5 oz.) cans chunk light tuna packed in oil
- ☐ 1 (19 oz.) can cannellini beans
- ☐ 1 lemon
- ☐ 12 oz. broccoli
- ☐ 1 (10 oz.) cont. cherry tomatoes
- ☐ 1 bunch radishes
- ☐ 1 bunch scallions

**Kitchen staples:** salt, pepper

## SWEET TREATS

### Coconut Cake

- ☐ 1 (2 lb.) pkg. all-purpose flour
- ☐ 1 (8.1 oz.) cont. baking powder
- ☐ 1 (32 oz.) pkg. confectioners' sugar
- ☐ 1 (7 oz.) pkg. sweetened flaked coconut



- ☐ 1 (1 lb.) pkg. granulated sugar
- ☐ 1 (2 oz.) btl. vanilla extract
- ☐ 1 (1 lb.) pkg. butter
- ☐ 1 (dozen) carton eggs
- ☐ 1 (8 oz.) cont. sour cream
- ☐ 1 (64 oz.) carton unsweetened coconut milk
- ☐ 1 (8 oz.) pkg. cream cheese

### Jumbo Chocolate Chip Cookies

- ☐ 1 (2 lb.) pkg. all-purpose flour
- ☐ 1 (8 oz.) cont. baking soda
- ☐ 1 (1 lb.) pkg. granulated sugar
- ☐ 1 (16 oz.) pkg. dark brown sugar
- ☐ 1 (11.5 oz.) pkg. semisweet chocolate chips
- ☐ 1 (8 oz.) pkg. walnut pieces
- ☐ 1 (1 lb.) pkg. butter
- ☐ 1 (dozen) carton eggs

### Key Lime Bars

- ☐ 1 (13.5 oz.) pkg. graham cracker crumbs
- ☐ 1 (1 lb.) pkg. granulated sugar
- ☐ 1 (14 oz.) can sweetened condensed milk
- ☐ 1 (16 oz.) btl. key lime juice
- ☐ 1 (2 oz.) btl. vanilla extract
- ☐ 1 (16 oz.) carton heavy cream
- ☐ 1 (8 oz.) cont. sour cream
- ☐ 1 (1 lb.) pkg. butter
- ☐ 1 (dozen) carton eggs

**Kitchen staples:** salt, cooking spray

# ESCAPE to a backyard ‘oasis’

Thinking of turning  
a spare storage shed or porch  
corner into a happy hideaway? It’s  
surprisingly simple with a few easy how-to’s

By LAUREN BLUM

## Transform any space into a serene retreat

“A ‘she shed’ is a place all your own—it instills feelings of calm and joy and sparks creativity,” says Erika Kotite, co-founder of SheShedLiving.com. Whether you’re prettying up a backyard shed or carving out a corner on a sun porch, you can create your own little oasis *anywhere*, she assures. “Simple things like room dividers or curtains create a cozy sense of enclosure.” If you’re transforming a shed, Kotite suggests making the exterior more welcoming by mounting flower-filled window boxes and placing potted plants around the perimeter.



## Unwind with a cozy seating area

Whether you prefer to read a book or take a nap on a chair or sofa inside your hideaway, cozy seating nooks are key to being comfortable in your space, says Sabrina Contreras, co-founder of SheShedLiving.com. Make yours even comfier by piling on plush pillows and throws in pretty colors that spark joy.



## Enliven any corner with a simple centerpiece

Transform a watering can into a focal point with a bit of spray paint and moss. To do: Apply two coats of matte white spray paint to can; let dry. Gently buff with sandpaper for a distressed look. Fill can with dry floral foam, then hot-glue craft-store moss on top of foam until covered. Tie jute around can; display.



## Boost the beauty with a festive wreath

“Our favorite way to embellish a she shed is with an eye-catching wreath,” says Kotite. For a spring-themed cirlet, simply tuck craft-store dried florals, grasses, paper flowers and a bird figurine into a grapevine wreath; hang on the door.



## Spark creativity with an art corner

“Any creative pursuit like painting or crafting calls for a bit of dedicated, secluded space—and she sheds provide this perfectly,” notes Kotite. To turn any corner into a serene art studio, set up a table in front of a sunny window so you can be inspired by nature’s beauty outside. Then, simply top the table with an easel and essential art supplies like paintbrush-filled canisters, canvases, paints and more.



For more tips: Check out Kotite's book *She Sheds*, \$19, [Amazon.com](https://www.amazon.com), or follow @sheshedliving on Instagram





# A spring bunch to brighten the day!



## What's hot now

This week, florists are styling fuchsia garden blooms in pretty pottery to create artful arrangements that wow. "Here, fluffy peonies in a range of pink hues combine for a lush, lively bouquet that's full of eye-catching texture," says Cathy Herrold, owner of Graci's Flowers and Gifts in Pennsylvania. "And the simple vase allows the vibrant blooms to shine. It's sure to delight on any table!"

## Our take on the trend

Start by filling a 6"-tall cream-colored ceramic vase halfway with water. Then snip about 16 light pink and fuchsia peonies to 10" to 12". Next, remove any leaves from stems that will fall below your vase's waterline (this will prevent bacteria growth). Insert peonies into the vase one at a time on an angle, alternating colors to form a soft mound. Display the finished bouquet on a tabletop.

## Pro tips to keep 'em perky

Whether you're harvesting peonies from the garden or purchasing them at the supermarket, check that the buds feel like a firm marshmallow when squeezed. If the bud feels like a hard marble, it's too tight and might not open up in the vase. Also smart: For the longest-lasting arrangement, place peonies in a cool spot since warm environments can cause the cut blooms to wilt faster.



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## SIMPLE HOME SOLUTIONS



### EASILY LIGHT A CANDLE WITH A LOW WICK

Has your candle melted too far down into its jar or container to relight? If you can't get a match to the wick without risking a burn (or don't have a lighter with a long neck), the solution is inside your pantry. Grab an uncooked spaghetti noodle, light the end and use it to light the wick. The pasta ignites easily and burns slowly enough to light the candle without risking any burned fingers!



#### WHO KNEW?

WRAPPING RUBBER BANDS AROUND THE ENDS OF A CUTTING BOARD MAKES IT SLIP-PROOF.

### SOS FOR A WINDOW-SCREEN TEAR

Find a small tear in your window or door screen? No need to replace the entire thing; instead, try this easy hack: Take a bit of clear nail polish and swipe it over the tear. After two to three coats, the hole will be secured!

#### QUICK POLL

### HOW DO YOU SPEED UP DRYING TIME?

If you're pressed for time when doing laundry and need to get your clothing dried stat, try these reader secrets:

**59%**  
♥ THIS IDEA!

Add a dry towel or two to the load with your wet clothing, says Andrea Carr. It will absorb excess water in the machine so garments don't take as long to dry.

**41%**  
♥ THIS IDEA!

Tuck a tennis ball into a tube sock, then add it in with your clothes, says Tina Bass. As it bounces around, it will create air pockets to better circulate the hot air.

#### PROBLEM SOLVED!

### Make replanting a breeze

Moving a growing houseplant into a bigger pot can become a messy hassle when you're trying to get it to stay put before adding in the new soil. A better way: Place the plant with its current pot inside the new pot and add soil around it. Note: Wet the soil if dry to create a mold. Then remove the plant while still in its pot. (There will be a hole left in the soil of the new one.) Lift the greenery from its current pot; add it to its new home. You'll have the perfect-sized hole for the roots ready to go!





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# SIMPLE PET SOLUTIONS



## TASTY FIX FOR BAD BREATH

Yuck! Daisy's breath has been extra stinky lately, but she hates getting her teeth brushed. The hands-off fix that can be mixed right into her food: parsley. This fresh herb adds a boost of flavor to any meal and contains a natural compound called chlorophyll that's known to combat smelly dog breath.

### QUICK POLL

## HOW DO YOU MAKE A NEW BED APPEALING?

You bought Fido a larger bed, but he doesn't seem to be taking to it. These clever reader solutions can help:

**53%**  
♥ THIS IDEA!

Toss an old towel in the dryer, then onto the bed, says Carol Perez, and he'll be drawn to the cozy warmth.

**47%**  
♥ THIS IDEA!

Put a few treats in his bed, says Laurie Beck. He'll sniff them out and settle down after snacking.

## ENTICE YOUR PET TO DRINK MORE

If your cat or dog isn't sipping water as much as she should be, give her an ice cube! Many pets enjoy having the cube in their water bowl, as it adds a touch of novelty to the otherwise boring water-drinking experience. They can lick it, nuzzle it, touch it with their paws—and get hydrated in the process.



## KEEP MITTENS BUSY—FOR LESS

Next time you notice your furry friend getting a little restless, no need to splurge on a new toy. Instead, just grab an empty paper towel roll. Simply attach a small- or medium-sized binder clip to one end of the empty cardboard tube and thread a few pieces of gift ribbon through the opening in the binder clip. Tie the ribbon into a knot to secure. When Mittens wants to play, wave the wand above her head, using the tube as a handle. Not only will she get some exercise but she'll be entertained at no expense!

## Cut down on litter scatter

Your frisky feline Tiger is quite messy whenever he uses his litter box, and you end up with pieces of litter all over the floor. What can help: Cut a yoga mat in half and place it under the box so the end of the mat is sticking out from under the box. The spongy textured mat will trap litter pieces so they don't track all over the house, plus it's nonslip, so Tiger won't be bothered by the texture.







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# 3 EASY home repair HACKS!

From a broken bulb to a stripped screw, top pros share the clever repairs for three common household uh-ohs. —By LINDSAY BOSSLETT

## UNSCREW A BROKEN LIGHT BULB...with a potato

**1** You reached to unscrew a light bulb, turned it the wrong way and the glass ended up breaking in the socket. No worries! The light apparatus hasn't been ruined *and* you can still get the bulb out.

► **SIMPLE FIX:** "Pull on rubber gloves to protect your hands," says home remodeler Davin Eberhardt, founder of Nature of Home. "Turn off the socket's power (or unplug the lamp) so you don't risk getting zapped." Now, cut a raw potato in half; gently push it, cut side down, over the broken bulb as far as it will go; turn to unscrew the bulb. The spud is soft enough to absorb the broken bulb, yet firm enough to pull it out. Once it's out, wipe the socket using a dry cloth before adding a new bulb.

## REMOVE A STRIPPED SCREW...with a rubber band

**2** Nothing puts a damper on a repair project faster than a stripped screw. The work-around that won't require special tools or a pro? "Place part of a rubber band over the screw's head; insert the screwdriver and try again," advises home repair expert Michael Branover of Branover Contractors Inc. "This creates friction and fills in gaps in the stripped screw, so the screwdriver can twist it with ease."

► **ALSO SMART:** No rubber band? Steel wool, a piece of duct tape or even the finger of a rubber glove works the same way—just place over the stripped screw, then insert the screwdriver into it and twist!

## OPEN A STUCK WINDOW... with a bar of soap

**3** Not only are stuck windows annoying, they can be dangerous in case of a fire. With that in mind, it's not a repair you'll want to ignore. Luckily, it's not one you should dread either. "In most cases, just running a bar of soap over the window seam to lubricate it will do the trick," says Branover. "You can also spray WD-40 into the track if you're having a hard time working the soap in." Once that's done, gently tap around the edge of the window—on the trim, not the glass—using a rubber mallet. This will help loosen its bond with the wall. Last, check to make sure the window is level and adjust if it's a bit askew, which can sometimes happen with models that slide up and down. Now the window should open with ease. Once reopened, further inspect the window track and clean out dirt, debris or dust buildup so it doesn't stick again when you close it.

► **ALSO SMART:** If a window still won't budge, try checking the entire border of it to see if it was accidentally painted shut the last time someone touched up the trim. If that's the case, simply grab a utility knife, then gently and slowly cut along the painted seam. Be sure to slice deeply enough to fully remove any paint that's adhering it to the wall, then repeat the mallet taps around the edge and the window should open with ease.







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# WHAT BECAME OF THE CAST FROM One Day at a Time

An insider's look at the lives of Valerie Bertinelli, Bonnie Franklin, Mackenzie Phillips and Pat Harrington Jr. —By ED GROSS

The 1970s were a time of change in all sorts of ways, and thanks to producer Norman Lear, that was particularly true in television. His shows took on racism (*All in the Family*), put Black families at the center of things (*Sanford and Son*, *The Jeffersons*) and explored the challenges facing a single mother (*One Day at a Time*).

Running for nine seasons between 1975 and 1984, for a total of 209 episodes, *One Day at a Time* focused on divorced mom

Ann Romano, who moves her two teenage daughters—rebellious Julie and sweet but wisecracking Barbara—from Logansport, Indiana to Indianapolis. There, Ann tries to remain the authority figure, while attempting to give her girls the sort of freedom she never had. Throw quirky superintendent, Dwayne, into the mix and you have a show with a lot of laughs and even more heart. Here, a look back at the cast who became beloved by millions.



'75



'79

## VALERIE BERTINELLI

### BARBARA COOPER

Valerie Bertinelli was born on April 23, 1960, in Wilmington, Delaware, and studied acting at the Tami Lyn School of Artists. At age 15, she was cast in an episode of the drama *Apple's Way*, which was being produced by Norman Lear, who immediately brought her aboard *One Day at a Time*.

Following the series, Valerie appeared in a few

films, nine TV movies and two miniseries. She co-starred with Matthew Perry in *Sydney* (1990), and was in *Café Americain* (1993–1994), 46 episodes of *Touched by an Angel* (2001–2003) and *Hot in Cleveland* (2010–2015).

With a true love for cooking, Valerie went on to host Food Network's *Valerie's Home Cooking* (for which she won a Daytime Emmy) and *Kids Baking Championship*. She has also penned multiple bestselling

cookbooks, including her newest, *Indulge: Delicious and Decadent Dishes to Enjoy and Share* (page 20).

In 1981, she married rocker Eddie Van Halen, with whom she had son, Wolfgang, in 1991. The couple separated in 2001, and divorced six years later. They remained friends, and he died of throat cancer in 2020, with Valerie by his side.

Don't miss Valerie's inspiring insights in our interview on page 44.



'23



PAT HARRINGTON JR.

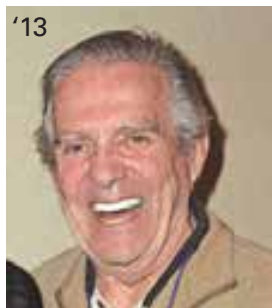
## DWAYNE F. SCHNEIDER

The role of superintendent Dwayne Schneider was meant to be a small part, but the brilliant performance of Pat Harrington Jr. quickly made him a fan-favorite.

During the Korean War, Pat served as an intelligence officer with the U.S. Air Force, achieving the rank of first lieutenant. Like his father—a song and dance man from vaudeville and Broadway—he decided to pursue a career in entertainment.

In 1959, he scored a recurring role on *The Danny Thomas Show* before being cast on *One Day at a Time*.

He was married twice and has four children. Sadly, Pat suffered from Alzheimer's disease and passed in 2016 at age 86.



BONNIE FRANKLIN

## ANN ROMANO

Bonnie Franklin graduated from UCLA with a Bachelor's Degree in English in 1966. She had already begun making inroads in the world of acting, appearing on *The Colgate Comedy Hour* at age 9, and, two years later, in a non-credited role in the 1956 Alfred Hitchcock film *The Wrong Man*. She made her mark in 1970 with her Tony-nominated performance in the Broadway musical *Applause*. But it was Bonnie's role as the strong, caring mom Ann

Romano that opened her up to her widest audience.

During the course of *One Day at a Time*, Bonnie also traveled with a cabaret act. When the show was over, she appeared in a few TV movies, but spent the majority of her time on stage performing in comedies, musicals or cabarets.

Bonnie was married to playwright Ronald Sossi from 1967 to 1970 and film producer Marvin Minoff from 1980 until his death in 2009. She passed away in 2013 after a battle with pancreatic cancer.

MACKENZIE PHILLIPS

## JULIE COOPER

The daughter of The Mamas & The Papas' John Phillips and his first wife, Susan Stuart Adams, Mackenzie was only 12 years old when director George Lucas cast her as Carol Morrison in his 1973 film *American Graffiti*. This would lead to 15 more films between 1975's *Rafferty and the Gold Dust Twins* and 2018's *North Blvd.*

Following her role as Julie Cooper on *One Day at a Time*, Mackenzie had many TV guest appearances, a starring role in *So Weird* (1999–2001)

and recurring roles in the reboot of *One Day at a Time* (2017) and *Orange is the New Black* (2018).

Mackenzie has been open about her long battle with drug abuse. She revealed that while on *One Day at a Time*, she was fired for drug use in '80, invited back in '81 and then relapsed and fired for good in '83.

Mackenzie, who has one child, finally got clean and turned her life around. In 2016, she began working as a drug rehab counselor at West Hollywood's Breathe Life Healing Center.



# 7 Books We're Loving Now



## MAGICAL REALISM

### **Shark Heart** *by Emily Habeck*

"I was skeptical when a friend told me I just had to read this book about new-

lyweds who find out the husband is turning into an actual shark, but I figured I'd give it a shot," says Patty Bontekoe, FIRST Executive Editor. "And I'm so glad I did!" The story of Wren and Lewis' doomed relationship is told in alternating time lines, laying out the couple's love story, Wren's childhood and her future, as well as the grief, anger and struggles of caring for her husband, who received a rare diagnosis: he is rapidly (and dangerously) transforming into a great white shark. Says Patty, "This charmingly unusual book left me pondering love, loss and our ability to cope with—and grow from—change." (S&S/Marysue Rucci, 2023)



## HISTORICAL NONFICTION

### **Dead Wake: The Last Crossing of the Lusitania** *by Erik Larson*

"I usually gravitate to thrillers,"

says Rachel Cosma, FIRST Health Director. "So when my book club opted for a nonfiction pick, I took the chance to try something new." The Lusitania was the ship that was sunk by a German U-boat, which launched America into WWI. But there's even more to it than that. With Captain William Thomas Turner at the helm, we dip into the world of the wealthy aboard, discover a bookseller carrying priceless pieces and get a glimpse of a groundbreaking female architect. Says Rachel, "Learning more about the ship, the crew and its enthralling passengers gave me a new perspective on this key event in world history." (Crown, 2015)



## SELF-HELP

### **Maybe You Should Talk to Someone** *by Lori Gottlieb*

"Throughout my life, I've always struggled with bouts of

worry and anxiety," says Emily Boyette, FIRST Associate Food Editor. "Then recently I confided in a friend who recommended this wonderfully introspective read." Professional therapist Lori Gottlieb works out of a Los Angeles office where she sees patients battling issues like terminal illness, narcissistic personality disorder, childhood trauma and even depressive disorder. As she dives deep into her patients' worlds, it makes her take a closer look at her own, and causes her to bring very similar questions to her own therapist. After coming to several revelations, Gottlieb cracked the code on the relationship between the mind and the heart—and the meaning behind different emotions. "Not only did this warm and witty book help me appreciate how beautiful it is to be human," says Emily, "it gave me a backstage tour of the mind and informed me on *why* we think the way we do." (HarperCollins, 2019)

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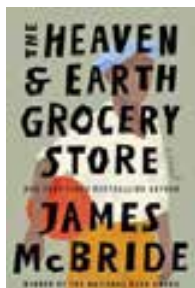
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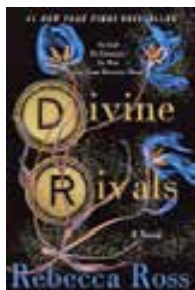


## HISTORICAL FICTION

### The Heaven & Earth Grocery Store

by James McBride

"I've lived in another state for years, but I still miss my hometown in Pennsylvania," confesses Nancy Heller, FIRST Copy Editor. "So when I heard this novel by James McBride takes place in Pottstown, PA, I had to dive in!" A body is discovered in a well in the 1970s, then readers are taken to the 1930s following different characters. All their stories overlap as they work together to protect a young deaf boy. Says Nancy, "This captivating tale provided a dose of 'home!'" (Riverhead, 2023)



## FANTASY

### Divine Rivals

by Rebecca Ross

"After a hectic week, I cracked open this saga to whisk away my tiredness," says Carey Ostergard, FIRST Executive Editor. "It took me to another world!" When Iris Winnow's life is falling apart, she finds solace in writing letters to her brother who's away at war. But when the letters magically vanish and wind up in the hands of Roman Kitt, her handsome newspaper rival, the duo form a connection that changes their world. Says Carey, "I was enthralled by the unique magic and beautiful writing." (Wednesday, 2023)



## LITERARY FICTION

### Pineapple Street

by Jenny Jackson

"I've had this book, with its beautiful cover, sitting on my nightstand for too long," says Melissa D'Agnese, FIRST Senior Editor. "I finally sat down to read it last week—and the family drama drew me in." The plot follows sisters Darley and Georgiana Stockton and Sasha, who has married into their well-connected Brooklyn family. What follows is a series of juicy crises, observations about New York's upper class and sharply funny moments. "This read was such a fun escape." (Pamela Dorman, 2023)



## ROMANCE

### At First Spite

by Olivia Dade

"This month I was caught in a bit of a reading slump," says Carissa Mosness, FIRST Assistant Digital Editor. "And this book pulled me right out of it!" Fresh off of her failed engagement, Athena Greydon has no choice but to move into the Spite House that she bought for her and her ex. Little does she know that her ex's older brother Dr. Matthew Vine's home is attached to hers. Now, the two must figure out not only how to live next door to each other but also if their feelings go beyond hate and into something even scarier—love. Says Carissa, "This one had me laughing out loud and eagerly turning the pages." (Avon, 2024)



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# RELAX AND RENEW IN NAPLES!

## A SERENE SEASIDE TOWN

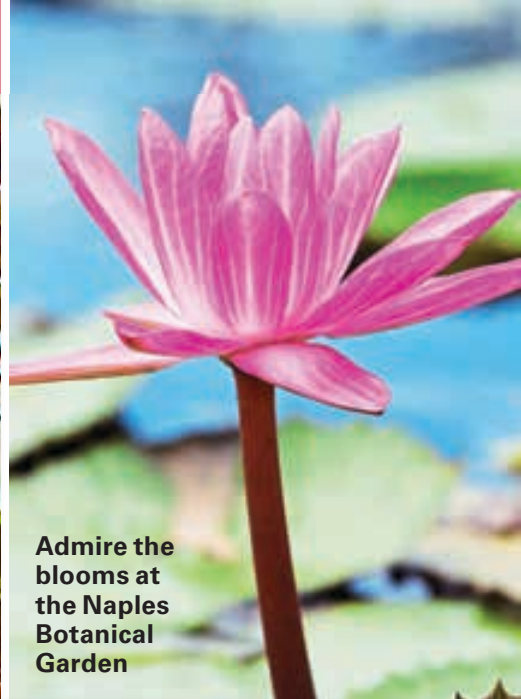
Located along the Gulf of Mexico on Florida's southwestern coast is the city of Naples. This picturesque spot boasts waterfront restaurants, nearly 10 miles of sun-kissed beaches, welcoming locals and spectacular sunsets.

Start your day immersed in nature with a kayak tour through the mangroves hosted by Adventure Paddle Tours. Says a reviewer from Maine, "We were treated to manatees swimming around us!"

Next, stop by Captain & Krewe for a tasty lunch. *Cyndi C* on TripAdvisor.com raves, "Best king crab legs we have ever had!"







**Admire the  
blooms at  
the Naples  
Botanical  
Garden**



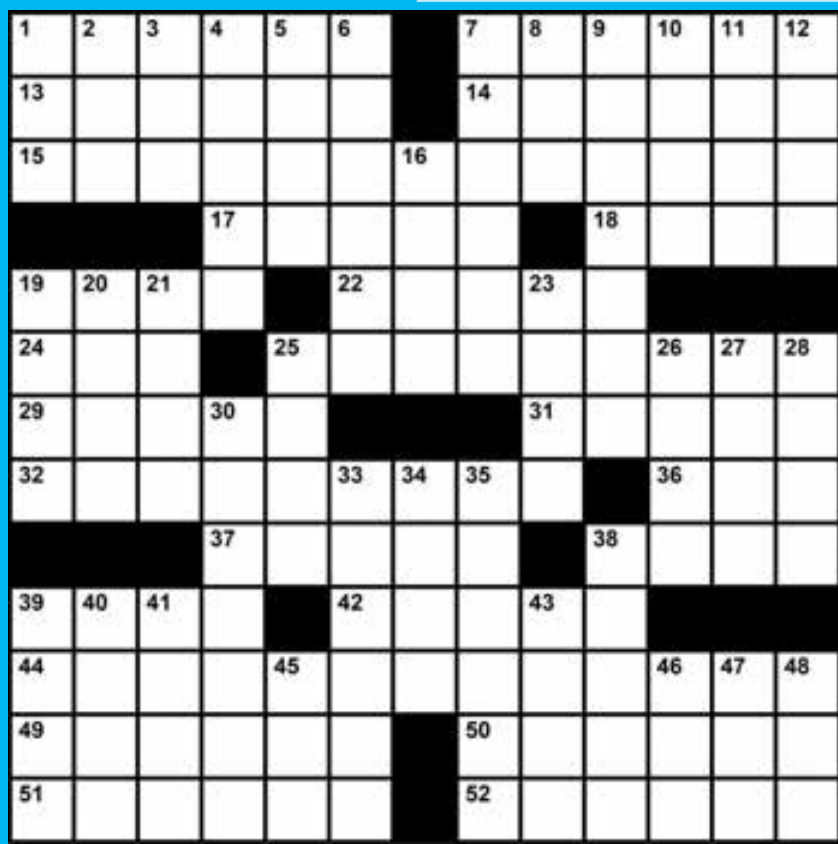
**Interact  
with the  
parrots at  
the Bird  
Gardens  
of Naples**



**Rent a  
bicycle to  
visit the  
shops**



## CROSSWORD

15  
across29  
across44  
across

## ACROSS

- 1 Passage in an opera  
 7 Where it's at  
 13 Chocolate-covered Nestlé item  
 14 Stirred from sleep  
 15 She played the title role in 2023's *Nyad*  
 17 Shave, as sheep  
 18 Artist Warhol  
 19 Cathedral nook  
 22 Minute metric measures  
 24 On the \_\_\_\_ (fleeing)  
 25 Fritter away the hours  
 29 With 31 ACROSS, she played Michael Jordan's mother in 2023's *Air*  
 31 See 29 ACROSS  
 32 Buenos Aires resident  
 36 Flat \_\_\_\_ pancake  
 37 Suit material  
 38 Member of the opposition  
 39 Health clubs  
 42 Give permission for  
 44 She played Felicia Monteleone in *Maestro*  
 49 Experiencing REM, maybe  
 50 Put a match to  
 51 Fowl poles  
 52 Young raptor

## DOWN

- 1 Turkish title  
 2 Director Howard  
 3 It carries a charge  
 4 Having a lot to lose  
 5 Meyers of late-night TV  
 6 Mexican food brand  
 7 Maze runner  
 8 Have outstanding debts  
 9 Rummy game  
 10 Like, with "to"  
 11 Allow to use  
 12 Nervously irritable  
 16 Pairs with drums  
 19 Thomas \_\_\_\_ Edison  
 20 Sock set  
 21 Urban haze  
 23 Ancient Persian  
 25 Drop off  
 26 Lendl of tennis  
 27 Use an atomizer  
 28 Morales in movies  
 30 Flat livers  
 33 Slogs along  
 34 It has cold walls (var.)  
 35 *South Pacific* heroine  
 38 Causing wonder  
 39 Traumatize  
 40 El \_\_\_\_, Texas  
 41 Alice's Restaurant patron  
 43 Russian saint  
 45 Up to this point  
 46 Baseball's Hodges  
 47 Cleaned the plate  
 48 Take home after taxes



## SPOT THE DIFFERENCE



There are 6 differences between the two photos above of **Kimberley Walsh**, a member of the pop girl group Girls Aloud, hanging out with Mickey and Minnie Mouse at a Disney Make-A-Wish event. See if you can find them all!

## WORD SEARCH

J	E	W	E	E	N	Y	A	E	L	A	E	S	L	I	Z
F	E	R	G	I	R	I	K	A	H	S	F	E	R	O	N
O	M	K	U	S	H	E	R	Y	I	M	E	M	R	N	G
N	I	F	E	R	G	I	E	K	N	I	P	A	O	L	N
O	N	K	E	S	G	O	T	Y	M	E	H	D	T	E	I
B	E	H	S	U	H	D	C	W	E	C	A	H	C	N	T
R	E	I	Z	O	H	A	H	E	N	M	O	N	N	C	S
N	N	I	T	S	T	M	A	J	I	Z	O	E	J	N	F
E	S	I	A	S	O	R	S	D	M	Y	C	I	E	O	E
L	P	L	E	H	H	M	P	T	E	N	V	Y	W	Y	I
L	R	U	A	D	O	A	P	B	I	L	G	Y	E	E	Z
Y	I	B	L	Z	R	D	K	R	E	O	E	O	L	B	O
H	H	T	Z	O	A	O	P	I	T	B	U	L	L	O	H
C	N	I	R	P	R	N	L	Y	R	I	H	A	N	N	A
H	L	P	T	O	G	N	E	D	A	A	R	E	H	C	C
E	E	L	V	I	S	A	U	S	H	R	I	H	A	N	N

### Single-name singers

Adele	Kesha	Prince
Beyoncé	Lizzo	Rihanna
Bono	Lorde	Seal
Charo	Madonna	Shakira
Cher	Nelly	Sia
Elvis	Pink	Sting
Eminem	Pitbull	Usher
Enya		
Fergie		
Gotye		
Hozier		
Jewel		



Words and phrases can appear horizontally, vertically, diagonally, backward or forward and can overlap.

For solutions, turn to page 96

# SUDOKU

	6	2			4		8	3
				7		9	6	
			8				7	1
		8						6
	1		2		7		5	
5						3		
2	7				8			
	3	6		5				
8	5		1			4	3	

Complete the grid so that every row, column and 3 x 3 box contains the digits 1 through 9. Digits cannot repeat within the same row, column or box.

For solution, turn to page 96

# WORDPLAY

Each puzzle below represents a common phrase or expression. See if you can solve all 3!

PUZZLE #1

# JOB IN JOB

PUZZLE #2

S	S	S	S
B	B	B	B
A	A	A	A
R	R	R	R
G	G	G	G

PUZZLE #3

ci → ii

For solutions, turn to page 96

# SMILE FILE

★  
Funny caption



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### ARIES

(Mar. 21–Apr. 19)

Around April 23, when the full moon is in your eighth house of emotional bonds, wear your heart on your sleeve. Connecting with a loved one boosts understanding. From April 25 on, research and brainstorm game plans related to passion projects.



### LEO

(July 23–Aug. 22)

Around April 23, when the full moon is in your fourth house of home life, set aside time to tune into your heart. Work through an emotional wound to promote healing. If you've been itching to broaden your horizons, from April 25 on you have a clear runway to do so.



### SAGITTARIUS

(Nov. 22–Dec. 21)

You'll be inspired to get the ball rolling on an artistic endeavor from April 25 on, when messenger Mercury ends its retrograde and moves forward in your fifth house of self-expression. On April 27, you'll have a joyful opportunity to have a fun time with loved ones.



### TAURUS

(Apr. 20–May 20)

On April 21, put your nose to the grindstone on a big-picture endeavor, and allow friends or co-workers to weigh in. On the same day, when the full moon is in your seventh house of partnership, pour your energy into nurturing your closest one-on-one connections.



### VIRGO

(Aug. 23–Sept. 22)

Your social calendar is packed around April 23. Take a time-out to recharge so you can keep firing on all cylinders. You'll connect better with loved ones from April 25 on, once communicator Mercury moves forward in your eighth house of emotional bonds.



### CAPRICORN

(Dec. 22–Jan. 19)

Around April 23, when the full moon falls in your eleventh house of networking, you'll cross the finish line on a group project. Celebrate your achievements with friends. Then, from April 25 on, making plans with loved ones sets the stage for bonding and bolsters your emotional well-being.



### GEMINI

(May 21–June 20)

Around April 21, when the full moon is in your sixth house of wellness, you'll have an epiphany related to your self-care routine. Experiment with a new approach to feel more centered. From April 25 on, you'll hit the ground running on a team undertaking.



### LIBRA

(Sept. 23–Oct. 22)

On April 22, check in with your heart before expressing yourself to a friend or loved one. Around April 23, when the full moon falls in your second house of income, you reach the culmination point of a moneymaking project. Reflect on lessons learned before proceeding.



### AQUARIUS

(Jan. 20–Feb. 18)

You might be asked to take the reins on a large-scale project around April 23. Trust that you have what it takes to make it a success! On April 27, catching up with your social circle allows you to unwind. You'll feel appreciated for what you bring to a lively conversation.



### CANCER

(June 21–July 22)

Hit pause on deadlines and embrace lighthearted, playful moments around the full moon in your fifth house of self-expression and romance on April 23. Look forward to smoother sailing on professional endeavors from April 25 on. You might earn recognition!



### SCORPIO

(Oct. 23–Nov. 21)

Around April 23, when the full moon is in your sign, you may feel your emotional needs are not being met. Pour energy into self-love and share your feelings. From April 25 on, kick off a healthy new daily routine (like morning walks or using a meditation app).



### PISCES

(Feb. 19–Mar. 20)

Around April 23, when the full moon is in your ninth house of adventure, you'll find you crave—and can pursue—an eye-opening experience. From April 25 on, you'll encounter fewer roadblocks than you have recently while pursuing a moneymaking endeavor. Shoot for the moon!

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## SOLUTIONS

## Games pages 92-94

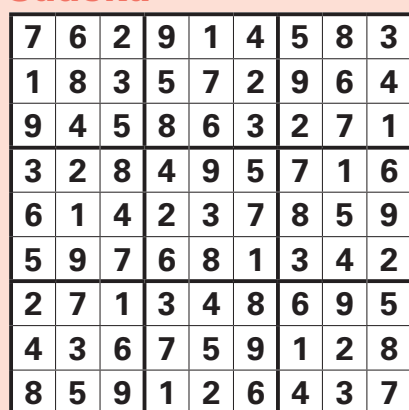
### Crossword



### Word search



### Sudoku



### Spot the difference



### Wordplay

Puzzle #1: In between jobs. Puzzle #2: Up for grabs. Puzzle #3: See eye to eye.

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# Weird Herb Shocks Doctors With Relief of Leg and Feet Pain, Burning, Tingling, Numbness

*6 clinical studies show it is effective. Lost but now re-discovered. Thousands of new users report amazing relief from leg and feet problems in just 30 to 90 days – with no side effects. Available in all 50 states without a prescription.*

**By Michael Plane –  
National Health Press**

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the “horse herb”. Then somehow with Europe’s ongoing wars, this herbal secret got lost in time.

“It works for people who’ve tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement” says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

## WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today’s treatments don’t work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

Already popular in Europe, this natural

herb is taking America by storm since it was announced last week.

## HOW IT WORKS

Here’s why you have pain now: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine these herbs into one pill without losing their full potency, but finally, they have succeeded.

Katerina King from Murrieta, California says, “I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn’t even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away.”

## WHAT DOCTORS ARE SAYING

“Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I’m delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects” says Dr. Eric Wood, N.D.



**Dr. Ryan Shelton, M.D.** says “This is new and different. It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it.”



## RE-DISCOVERED LEG AND FEET PROBLEM

**SOLUTION:** In Greece in the 1600s, this herb was originally called “horse herb” because it was fed to horses with ailing legs. It has now been re-discovered and is giving soothing comfort to Americans who have leg and feet pain, burning, tingling and numbness.

“Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief,” said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night’s sleep – peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

## 50% OFF FOR THE NEXT 10 DAYS

This is the official release of NeuroFlo for First For Women readers. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL-FREE **1-877-468-4917** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

# My controversial food opinion is...

“Walnuts don’t belong in baked goods.”

PATTY HOFFMAN BRAHE  
PORT WASHINGTON, NY

“Peanut-butter toast is meant to be dipped in hot coffee.”

CASSIE EDUARDOS,  
CLEVELAND, OH

“I HAVE A DIABOLICAL HATRED OF WAFFLES. WOULD NEVER EAT THEM.”

MICHELLE BUTLER  
CINCINNATI, OH

“If you are making chili with ground meat, you are doing it wrong.”

LINDA ARCEO  
OCEAN CITY, NJ

“I don’t like Nutella.”

CHRISTINE CLOUTIER

“THERE IS NO WAY I COULD PUT SHRIMP IN MY MOUTH AND THINK, ‘THIS TASTES GOOD.’”

ANNE HUNTER  
NASHVILLE, TN

“Raised in the South, and I don’t like gravy or watermelon.”

BECKI MC  
DALLAS, TX

“NEVER HAVE A PARTY WITH MORE THAN TWO 20% FOODS [FOODS THAT ONLY 20% OF PEOPLE EAT] LIKE MUSHROOMS, BEETS, OYSTERS, GOAT CHEESE, ETC.”

LISA LAJAM WARREN  
BELLMORE, NY

“Pineapple on pizza is the devil’s work. (And I LOVE pineapple!)”

JONNA GALLO WEPPLER  
CITY ISLAND, NY

“Blue cheese is moldy...and blue! Who would want to eat it?”

JESS MACKTA  
WESTFIELD, NJ

“PUMPKIN SPICE ONLY BELONGS IN PUMPKIN PIE.”

LISA DEJORIS COLLIN  
GURNEE, IL

“Dill pickles ruin everything they are on or adjacent to. EVERYTHING.”

KIMBERLY ANN SHEA THOMAS  
GREENWICH, CT



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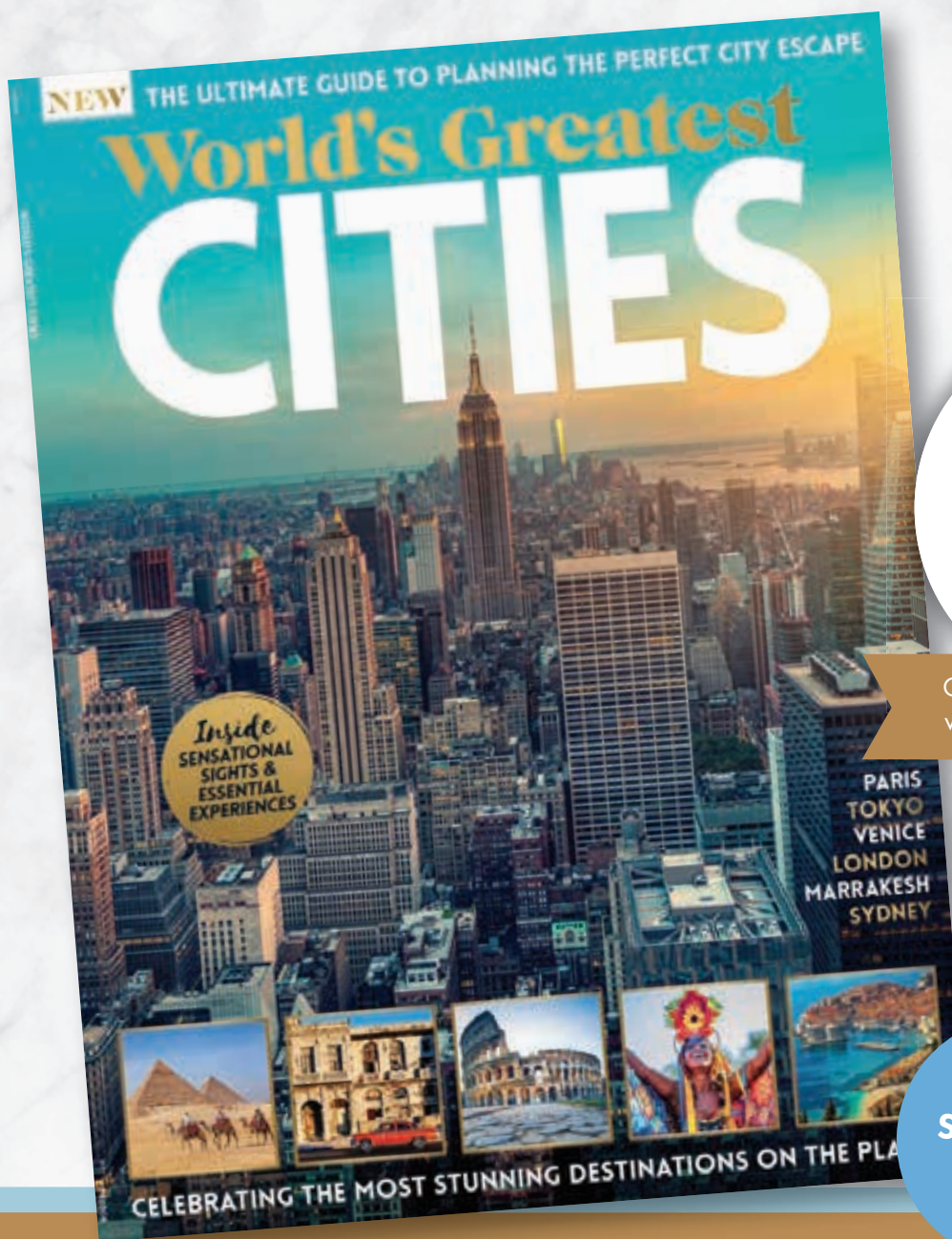
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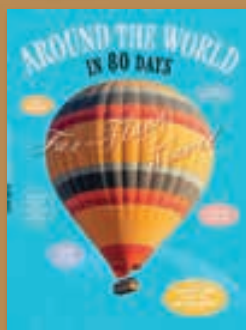


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