

October 10, 2011
God Bless America

Woman's World

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with the mood-boosting Danish clutter fix!

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The juice that will lower your anxiety 20%!

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Real people making a difference!



BEAUTY MIRACLES! DIY recipes for:
✿ Younger-looking skin! ✿ Faster-growing hair! ✿ Cellulite-free thighs!

Secrets of The world's healthiest people

If you haven't already heard about the Kuna people—who live on the beautiful Blas Islands off Panama—you will soon! A 20-year Harvard University investigation found they have the lowest known rates of heart attack, stroke, high blood pressure and cancer of any population on the planet, says ethnobotanist Chris Kilham, author of *Hot Plants*. And you don't have to live in a tropical paradise to enjoy many of the same benefits. Simply try . . .

Helping yourself to coconut!

"The Kunas drink coconut water, eat the meat fresh, use the meat and milk in cooking and bathe with coconut soap!" says Naomi Whittel (KunaInstitute.org). Not only does coconut contain compounds that improve sleep and help prevent wrinkles, the fats in coconut milk and oil have been shown to accelerate weight loss!

◆ Live the Kuna way!

Add the unsweetened canned milk (from your supermarket's Asian aisle) to fish or vegetable dishes, or sauté your food in pure virgin coconut oil.



Brightening things up!

Though their colorful appliquéd fabrics—known as *molas*—take up to a week to make and are prized around the world, the Kuna don't reserve them for tourists, Whittel points out: "They're part of their everyday wear." And by surrounding themselves with vibrant color, they're improving their overall well-being, says color researcher Dewey Sadka (DeweyColorSystem.com): Intense colors enhance our vitality and sense of the beauty of life, his studies show.

◆ **Live the Kuna way!** The next time you need a pick-me-up, choose that bright red scarf or turquoise blouse—or be bold and put on both! With every vibrant touch, he says, you'll be giving yourself—and everyone you meet—an extra, mood-brightening lift!

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Taking your cocoa!

The Kuna consume about 6 cups of pure cocoa a day—which is a key factor behind their low heart disease rates. A Harvard Medical School analysis reveals that cocoa lowers bad cholesterol, increases good cholesterol, lowers blood pressure and improves insulin sensitivity (which lowers your risk of diabetes), says team leader Eric Ding, Ph.D.

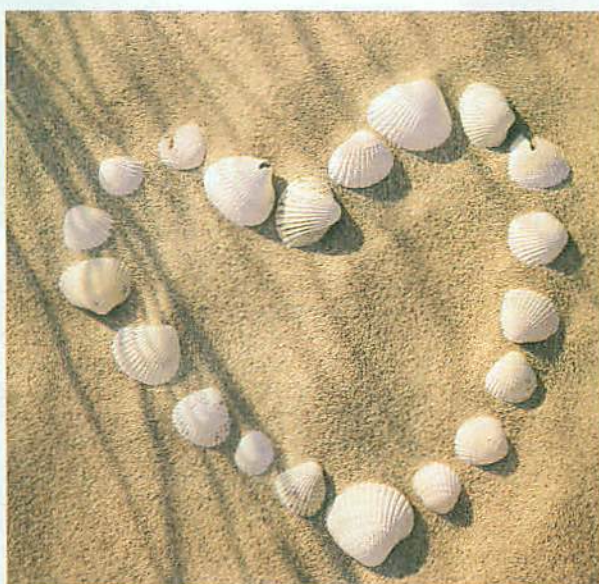
◆ **Live the Kuna way!** To get the study-proven dose of cocoa, you'd have to drink 5-6 cups of unsweetened cocoa every day, so Ding advises a supplement instead. His pick: Reserveage Organics' CocoaWell Maximum Potency Organic Cocoa; \$22.39 at SwansonVitamins.com.



▲ Making something beautiful!

From multi-hued beaded bands and gold jewelry to skillfully woven bowls, the Kuna are known for creating beautiful crafts. "Kuna women spend up to 40% of their day on crafts," notes Whittel. And studies show channeling your creativity through crafting reduces stress and anxiety, a big factor in keeping heart problems at bay!

◆ **Live the Kuna way!** While you probably don't have the time to craft as much as the Kuna do, engaging in repetitive activities—like knitting or pasting items in a scrapbook—can be as effective as meditation at reducing stress, several studies show.



◀ Embracing tradition!

Kuna children take "culture classes" that teach everything from the tribe's spiritual values to the traditional uses of local plants. That cultural focus has helped them retain a strong identity, and because traditions are linked to lower stress levels, it's also kept them healthy!

◆ **Live the Kuna way!** Traditions like a regular family pizza night "act as a buffer against stress, ensuring that life will feel structured no matter what," says Gary Fiore, M.D., of New York's Montefiore Medical Center.

Bouncing to health!

Lively Kuna dances celebrate special occasions and act as a form of prayer, says Whittel. And apart from dancing's aerobic benefits, the unique bouncing motion in Kuna dances "stimulates every cell in your body, promoting circulation and cellular repair and helping to eliminate toxins," reports neurosurgeon Norman Shealy, M.D., Ph.D., author of *Energy Medicine*.

◆ **Live the Kuna way!** Just gently jump or bounce in place for about three minutes. "Your feet don't even have to leave the ground," Dr. Shealy says. Then see if you don't instantly feel happier and more energetic!

