

April 25, 2016

# First for women



Fast & easy

Double your energy!

Delicious spring detox

## BELLY FAT CURE

STUBBORN FAT? Weak circulation is to blame. The walking tricks that helped Clara blast off a 200-lb belly in record time

10 YRS YOUNGER IN MINUTES!

## BYE-BYE TIREDNESS

The inexpensive superfood that tells your liver to burn fat for energy



DR OZ'S KEY TO BURNING 92% MORE FAT

# EAT MORE TO LOSE MORE



DOUBLE CHIN? Shrink it on your lunch hour with new approach

## NATURAL PAINKILLERS

6 healthy ways to find fast relief

## YOUR BEST HIGHLIGHTS

Salon-beautiful, at-home affordable



News! Research at Cal State reveals that eating at these times supercharges fat loss



The more stressed you are, the BETTER this works!

- ✓ Easier digestion
- ✓ Deeper sleep
- ✓ Happier mood

\$2.49

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# "I finally have my life back!"

**Teresa Pfaff, 56, was plagued by exhaustion, GI woes and mood swings—until she discovered the sneaky culprit and easy fixes that restored her energy**

"Honey, wake up, it's 11 o'clock!" Teresa's husband, Kerry, pled. "I don't see how you can sleep this long. Why are you so tired?" Teresa dragged herself out of bed, feeling bad about wasting the morning. "Kerry and I had always woken up early on Saturdays to hike, see a movie or grab a cup of coffee," Teresa shares. "But no matter how much I tried to stick to our dates, I couldn't. At first, he was understanding. But soon he started to get frustrated. I felt bad we couldn't spend time together, but I felt even worse that I didn't know why I was so tired."

## Utterly depleted

"For three years, fatigue was a way of life. And it wasn't just my relationship with Kerry that suffered but with my grandchildren too. Since my grandson started playing sports, I had attended all his games. But then fatigue won out, and I missed one because I was out cold on the couch. 'I'm sorry I wasn't there, but I was thinking about you the whole time,' I told him when he asked why I hadn't come. The sad look on his face broke my heart.

"My tiredness also took a toll on my job. I own a cleaning service with my husband, and for months I was finding it impossible to be on time for a VIP client of more than 20 years. Then one day, she made an appointment to have her home cleaned before a big event, and I just couldn't drag myself to her house. It sounded lame to say I was tired, so I just apologized

profusely. It didn't go well and I lost her as a client.

"Despite how tired I was, I wasn't sleeping well. Two years earlier, my primary care provider had prescribed hormone replacement therapy (HRT) to ease my menopause symptoms, which she said were disrupting my sleep and causing my fatigue. Although the prescription helped with my hot flashes and mood swings, it was becoming clear that it wasn't helping with the fatigue. Concerned about the long-term risks of the meds, I stopped taking them. But I began to feel worse as new symptoms like GI problems, brain fog, anxiety and pain set in. I started to worry something was really wrong. One thing was for sure: I needed answers.

## Energy restored!

"I decided to see my primary care provider again. She said stress and depression were likely to blame and prescribed an antidepressant. While



Teresa Pfaff, Coeur d'Alene, ID

PHOTO: SHANE YOUNG, H & M; TONI HERRICK

it initially improved my mood, it did nothing for my other symptoms.

"Instead of seeing another doctor, I decided to work on my diet. I read Ann Louise Gittleman's book, *The Fat Flush Plan*, and started her program. I lost 20 pounds right away but I was still exhausted and none of my symptoms went away. When my weight loss stalled after 6 weeks, I made an appointment with Ann Louise.

"That turned out to be the best decision. Ann Louise asked about my symptoms, my diet and my bathroom habits, then told me I had a condition known as bile deficiency. A major clue that led her to suspect it: my prior use of HRT. She explained that when there's too much estrogen in the body, bile—a substance produced by the liver that breaks down fat and absorbs nutrients—gets congested. So even though I had added nutrients and healthy fats to my diet, my body couldn't process them. And without proper bile flow, my body couldn't break down fat or flush out toxins. The combination of nutrient shortfalls and toxin overload was making my liver sluggish and causing my symptoms.

"One of the first things Ann Louise suggested that I do was start to heal my liver by drinking a cup of hot water and lemon each morning. She also told me to down 1 Tbs. of

apple cider vinegar before meals to improve bile flow.

"To really transform my health, I eliminated all processed foods and sugar and added green leafy veggies and beets, which contain *betaine*, a compound that builds bile. I ate only organic meat and limited myself to two servings a day of low-glycemic fruit like blueberries and raspberries. And I cooked with a lot of herbs, like cayenne, turmeric and cumin, to detox the liver.

"Another tip from Ann Louise: She told me to chew my food thoroughly and eat slowly to make it easier for my body to break down and absorb nutrients. I also took supplements including ox bile and choline to help my liver produce bile, as well as lecithin to break down fats.

"Within 3 weeks, my energy was up. By 6 weeks, I woke up and said, 'Wow, I feel like me again!' Plus, I lost another 9 pounds.

"Today, instead of trying to pull myself out of bed, I'm watching my grandson's games and planning a second honeymoon with my husband. I can't wait to go hiking, take tours and go out to dinner. I never would have had the energy to do that before. And I became a personal chef to help others eat healthy. I have my life back!" —as told to Julie Revelant

## News!

### This nutrient heals a fatty liver

**Up to 90 percent of women over 40 don't get enough choline—and that shortfall has been linked to bile deficiencies and fatty liver disease.** "This vitamin is key for regenerating the part of your liver that makes bile," says Ann Louise Gittleman, Ph.D. "Choline functions as a powerful emulsifying agent, making fats easier to digest. And it's a most outstanding nutrient to remedy a fatty liver." Indeed, in a study at the University of North Carolina at Chapel Hill, 80 percent of women with fatty liver who took choline had a 100 percent reversal of the condition, often within 30 days. Experts suggest a daily dose of 500 mg. Try: Nature's Way Choline 500 mg, \$7 for 100 tablets, Vitacost.com.

**99% OF DOCTORS miss energy-draining bile deficiencies**

! "Up to 80 percent of women suffer from insufficient and poor-quality bile production," asserts holistic health expert Ann Louise Gittleman, Ph.D., author of *Eat Fat, Lose Weight*. Why that's a problem: Bile, an emulsifying substance produced by the liver and released by the gallbladder, is needed to break down fats and absorb nutrients key to energy, memory and more; it also helps flush toxins, says gastroenterologist Patrick Tempera, M.D. When bile isn't able to do its jobs, fatigue, indigestion and weight gain set in.

! **The top culprit of a bile shortfall: excess estrogen.** The hormone, present in everything from contraceptives to HRT and *xenoestrogens* (synthetic compounds in pesticides and food additives that mimic estrogen), raises cholesterol levels in bile, making it thick, congested and unable to function optimally. Complicating matters: When we're stressed, cortisol hinders bile production. Autoimmune disorders are another risk factor since they are linked to a 75 percent drop in bile production.

✓ **A doctor can track bile flow with an imaging test called a hepatobiliary scan.** But Gittleman says bile shortfalls are almost always missed since only about 10 percent of doctors think to test for it. So if you suspect a bile deficiency, try the steps below. If you feel better within 8 weeks, you're likely deficient.

😊 **Supplementing with ox bile replaces bile to restore energy,** says Gittleman. A formula she created: Bile Builder (\$35 for 120 capsules, UniKeyHealth.com; *FIRST* readers get a 15% discount with code BILE15).

😊 **Also smart: eating beets, which contain *betaine*, a compound that rebuilds bile.** And chewing food slowly gives the body time to produce more bile.

## IS A SNEAKY DIGESTIVE SLOWDOWN MAKING YOU TIRED?

If you have fatigue and two or more symptoms below, impaired bile flow may be to blame:

- ✓ Nausea
- ✓ Brain fog
- ✓ Constipation
- ✓ Dizziness/vertigo
- ✓ Headaches or migraine
- ✓ Hemorrhoids
- ✓ Dry skin and hair
- ✓ Persistent abdominal pain
- ✓ Inability to lose weight