

7 BARGAIN RECIPES! + FIND CHEAP CREDIT!

Food Housekeeping's

quick & simple

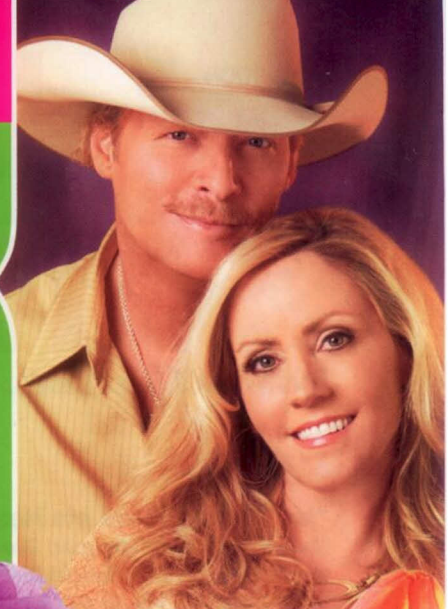
June 24, 2008

Weekly

**Bargain
Buy!**

**Alan &
Denise
Jackson**

**'It's Never
Too Late for a
Better Life!'**



Curb Clutter & SAVE \$1,000!

**One-Dish, No-Mess
Barbecue!**

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DRAMA!**

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stay well

The latest news on diet, fitness and health



Instant Pick-Me-Up

Grab that mop and bucket! Just 20 minutes a week of any kind of physical activity, including housework, can slash your risk of depression by 24 percent, reveals a new study in the *British Journal of Sports Medicine*. Physical activity boosts mood-regulating chemicals in the brain, explains Kate Hays, Ph.D., exercise psychologist and author of *Move Your Body, Tone Your Mood*.

Perfect Timing

Smokers trying to quit should consider their menstrual cycles. Women who stopped smoking before ovulation were more likely to start again, reveals a study in the journal *Addiction*. Estrogen levels, which tend to be high during ovulation, trigger the release of a feel-good chemical called dopamine, which enhances nicotine's effects — making it harder to quit, says study author Sharon Allen, M.D.

Diet Damage Control

Too much fun in the sun? Many pantry staples can ease summertime mishaps, says Jackie Keller, a nutritionist who's worked with Reese Witherspoon and Angelina Jolie. Some A-list faves:

Seasonal woe:

Postbarbecue bloat

Fast fix: Enjoy this depuffing salad: Slice half of a cucumber, then top with 1 Tbsp. of lemon juice.

Why it works:

Salty party foods can cause your body to retain water, but these natural diuretics can help you shed fluid fast.

Seasonal woe:

Sunburned skin

Fast fix: Apply 1 Tbsp. of olive oil to the affected area.

Why it works:

Olive oil contains powerful antioxidants called polyphenols that zap inflammation and counteract skin damage.

Seasonal woe:

Heat exhaustion

Fast fix: Munch on a cup of melon.

Why it works:

This hydrating fruit contains potassium, a nutrient that helps maintain the energizing minerals that get lost when you've been sweating.

know your

"You can get a whole range of benefits from working out based on when, how and even the type of activity you do," says Tim Church M.D., co-author of *Move Yourself*

To Thwart Aging: Lift Weights

Maintain your muscles — and fend off the deterioration that comes with aging — by lifting light weights, like 3-lb. dumbbells, at least once a week, suggests Dr. Church.