

December 7, 2009



Choco-mint dream!



First for women

HAPPY ENERGY EVERY DAY

TIRED? CRANKY? The quick fix for the 85% who suffer from a deficiency of CoQ10

STRESS STOPPED!

Food Network star **Melissa d'Arabian** reveals her 4 keys to joy & success

YOU, BODY BEAUTIFUL

- * Fast fix for arm jiggles
- * The best new shapers
- * Body-type style tricks
- * Quick weight-loss plan

HOLIDAY WORRIES SOLVED!

- ✓ Affordable gifts
- ✓ Mood swings
- ✓ Household fix-its
- ✓ Overcooked roasts



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energy nutrient?

caught fire because he didn't know you were supposed to remove the lint between loads!

"I also experienced mental brown-outs, poor sleep, a 30-pound weight gain and mood swings that would prompt José to ask if I was having my period. After hearing this so many times, I admonished: 'Honey, you do know that women only get it once a month, right?' He asked if perhaps I was an exception!

"Diagnoses only brought dead ends. One doctor advised me to cut back on work and family and to sleep more. I asked the doc, 'If I quit my job and got rid of my husband and kids, wouldn't I then be *really* depressed?' But the doctors responded by simply giving me a variety of prescriptions, from sleep aids to antiseizure drugs—even though I'd never had a seizure in my life! The diagnoses just didn't fit, so I refused to fill the prescriptions.

"My breaking point came when a panic attack and hyperventilation sent me to the ER. That's when I realized I had gone from Superwoman to not very super at all. I began to seriously doubt myself and worried that since depression ran in my family, maybe I was 'doomed.' That was my low point, but it also led to my turning point. I finally said to myself, *Stop crying, big baby, and do something. You've given birth to three children. You can do this!*

Energized and excited

"I tried eating better, even though I was already a pretty healthy eater. And I attempted to exercise more. Things improved a bit, but not much.

"Then I went to see Liz Wacker, N.D., a holistic practitioner in St. Paul. After conducting a lengthy health history and a battery of tests, she concluded that the underlying problem in my body's shutdown was a deficiency of coenzyme Q10 (CoQ10), a naturally occurring vitamin-like substance that produces energy in bodily cells. That made sense to me—it was a breath of fresh air.

"I started taking a 100 mg CoQ10 capsule each morning, along with magnesium, a mineral that helps with anxiety and muscle tension, and GABA, an amino acid that aids sleep.

"It was amazing: Within a month I had perked up on every level and was back to being me! I could handle my old routine and then some. The silver lining: José can now whip up a great breakfast better than I can, knows that the dryer has a lint trap and realizes that being a mom is tough, tough work.

"This season my family and I have been back to the Wirth Recreation Area often. In fact, I've become a cross-country skiing fanatic. As I pass my husband and sons on a fresh trail, I smile and say, 'It's okay, guys. You rest for a while.'"

—as told to Hallie Potocki

Alert! Common meds deplete CoQ10—even years after use

Beta-blockers for high blood pressure, cholesterol-lowering statins, oral contraceptives...all these medications can interfere with the body's stores of coenzyme Q10 (CoQ10). Women who are on these medications should consult their doctor about taking 200 mg of CoQ10 daily to offset the energy drain, advises Jacob Teitelbaum, M.D. (Caution: Use CoQ10 under a doctor's supervision if you are on blood thinners.)

What's more, holistic medical specialist Liz Wacker, N.D., notes that even women who are not currently taking these medications can feel the draining effects. That's because a deficiency can endure for years after discontinuing use. A CoQ10 blood test at your doctor's office can expose a deficiency, and Dr. Wacker assures that supplementing with the nutrient can help restore energy and health.

CoQ10 shortfall leads to exhaustion

! Fully 60 percent of women over 30 are deficient in coenzyme Q10 (CoQ10). This nutrient helps cellular mitochondria turn food into energy, says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007). Without enough CoQ10, fatigue, brain fog, reduced resilience to stress and weight gain can result.

! Even healthy eaters consume 72 percent less CoQ10 today than people did in the 1960s. Due to food processing and over-toiled soil, less CoQ10 gets into the food supply. Top dietary sources include peanuts (.8 mg per 1 oz.) and broiled broccoli (.5 mg per ½ cup)—at such low levels, achieving optimal CoQ10 intake through food is difficult. Complicating matters: Stress and extreme mental and physical energy demands also deplete the body's CoQ10 stores.

WHAT CAN HELP

▶ **A megadose of CoQ10**
Many experts advise getting 30 to 60 mg daily, but this is too low for chronically stressed and tired women, contends Dr. Teitelbaum. His advice: Up the dose to 100 to 200 mg daily for four months. Then reduce intake to 30 to 60 mg daily. A brand that passed quality testing by ConsumerLab.com: Nature Made CoQ10 200 mg (\$23 for 30 softgels, at amazon.com and drugstores).

▶ **Magnesium-rich foods**
This mineral works synergistically with CoQ10 to enhance energy production, yet 80 percent of women are deficient in it. Top sources include dark leafy greens, pumpkin and sunflower seeds, black beans and almonds. Or supplement with magnesium citrate (the best-absorbed form), aiming for a daily dose of 250 to 600 mg. Try: Solgar Magnesium Citrate 400 mg (\$16 for 120 tablets, at VitaminShope.com and health-food stores).