OVERCOME EVERY OBSTACLE
Robin Roberts' inspirational secrets to prevailing over tough times

MORE ENERGY, HAPPIER YOU
80% of American women suffer from a GI problem that's making them tired, fat, irritable. Easy fix!

ST PATRICK'S TREATS!

ADDICTED TO CARBS?
LOSE 30% OF YOUR BELLY FAT IN 12 WEEKS
DISCOVERED! This fruit extract ends hunger and blocks carbs from converting into fat

YOU, SO BEAUTIFUL
Pro tricks will deliver your most polished look ever!

5-INGREDIENT DELICIOUS!

The cream that tightens away a double chin!

STRESS SOLUTION
How to do much less and accomplish much more
FIRST reader Tarrah lost 93 lbs!

News from Georgetown University

Dr. Oz
Addicted to carbs?

Serotonin shortfalls trigger tiredness and carb cravings that make weight loss impossible for up to 75 percent of women. To the rescue: America’s favorite doctor and the science that backs him up.

Fresh-baked bread—fragrant, crusty and still warm from the oven so the butter melts right in... If you’re like us, you’ve found yourself thinking about (and reaching for) comforting carbs like this a little more often as February turns to March. Those foods seem to provide a much-needed lift when you look out the window at another gray, dreary sky and find yourself feeling a little less enthused about tackling your to-do’s—and a little more tired, foggy or downright bored when you do dive into your day.

And your body does know best: We crave carbohydrates because they actually are an antidote for what ails us—that dulled-and-dranked feeling that experts estimate affects as many as three out of four women as winter drags on. “When you take carbohydrates and put them in your mouth, you actually are turning on chemicals in your brain,” Mehmet Oz, M.D., director of the Cardiovascular Institute and Complementary Medicine Program at New York–Presbyterian Hospital, has explained on The Dr. Oz Show. “[The carbs] give you satisfaction.”

Carbohydrates generate this pleasant feeling by speeding the transport of tryptophan to the brain. This amino acid is used to make serotonin (aka “the happy hormone”). When levels of serotonin are high—as they tend to be in the summer months since sunlight...
Dr. Oz has the cure

spurs the production of the hormone—
we feel upbeat. But when serotonin
levels are low—as they are for many
women right now, after weeks of
chilly, overcast days have depleted
levels—we feel down and crave carbs.

Of course, we all know that when
we turn to comfort carbs for a quick
feel-good fix, we face the unfortu-
nate downside that Dr. Oz recently
highlighted to members of his audi-
ence: “When you take carbohydrates
in, you make the brain feel good…
but you add the weight.”

The good news: America’s most
trusted physician has dedicated sev-
eral episodes of his show to various
supplements that can boost serotonin
levels so you feel clear-headed, en-
gerized and upbeat without having
to rely on a calorie-loaded carb fix.
And many fans of the show who have
tried supplementing have reported
fantastic results—they’ve gone online
to spread the word about reductions
in cravings, improvements in mood
and fast weight loss.

That said, other Dr. Oz fans report
feeling disappointed with their
results—they followed the advice
without noticing much of a change.
So FIRST dug deeper, studying the
science and talking to natural-health
experts to learn more about each of
Dr. Oz’s top-rated serotonin boosters.

The goal: to help you choose the pro-
duct that’s best suited to your individual
needs. (As always, you should consult
with your doctor before starting a new
diet or supplement program.)

Read on to discover your key to
sunny moods, sharp focus and a slim-
mer waistline—plus bonus benefits
(including lower cholesterol levels,
freedom from PMS and a reduced
risk of disease) that can help you feel
your all-time best!

FATIGUED AND FOGGY?

TRY SAFFRON

Dr. Oz has deemed saffron extract a
“miracle” appetite suppressant. And
no wonder: In a study in the journal
Nutrition Research, women experi-
enced marked reductions in cravings
for sweets and cut their snacking
by 55 percent after taking the spice
extract. Plus, as Dr. Oz pointed out,
“[The subjects] lost body weight even
though they were allowed to eat what-
ever they want. When I hear that,
that’s a wake-up call for me.”

While that evidence is strong,
Dr. Oz wanted more proof, so he had
two fans test saffron. The result: Both
reported reductions in the frequency
and intensity of hunger and crav-
ings, and one lost 5 pounds in 3 days.

Studies indicate that saffron works
by inhibiting a mechanism (called
serotonin reuptake) that renders sero-
tonin stores unavailable to brain cells.

As James Smoliga, Ph.D., an associ-
ate professor of physiology at High
Point University in North Carolina,
explains, “When this action is inhib-
ited, serotonin remains in the brain
longer, enhancing its positive effects.”

Those effects extend beyond slim-
ming. In animal research, saffron’s
compounds were shown to improve
learning and memory. And in a
human trial, saffron helped 75 percent
of women reduce monthly cramps,
bloat, fatigue and irritability by
50 percent or more within 8 weeks.

Dr. Oz’s slimming Rx

Take 88 mg of Satireal saffron
extract two times a day. You can find
that dose in Re-Body Hunger Caps
Appetite Control Formula ($25 for
60 capsules, at Vitacost.com).

Saffron slashes cancer risk

The cancer-fighting properties of crocin, a chemical compound found in saffron,
so wowed Dr. Oz that he named the herb as one of his top health picks for women
over 40. On a recent episode of his show, he said crocin triggers apoptosis—a
form of “cell suicide” that he believes may be the way we’ll cure cancer in the
future. He went on to explain that crocin penetrates cancer cells, then “literally
explodes, devastating the inside of the cancer cell” and causing it to self-destruct.

Studies conducted in China and elsewhere indicate that saffron’s active
compounds work to destroy colon, lung and pancreatic cancer cells. Discussing
the findings, Dr. Oz marveled, “The fact that a simple herb…has been found
effective at doing this in laboratories is stunning to me.”

Turn for more serotonin boosters