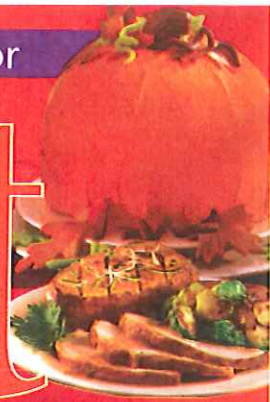
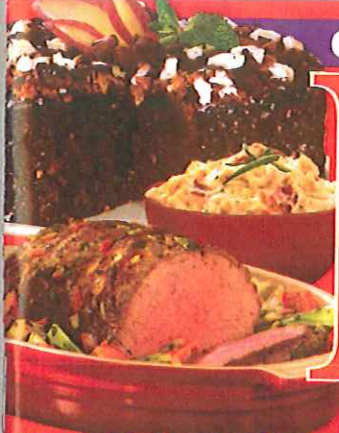


**QUICK SUPPERS:** Half the work—twice the flavor

October 26, 2009

# First

for women



## MORE ENERGY EVERY DAY

**TIRED?** The simple cream that will revitalize your thyroid in 72 hours

## STRESS CURES

**Alicia Silverstone's** home remedies

## YOU, SO BEAUTIFUL

Slimming looks, the best cuts, flattering accessories & more

## NO FLU FOR YOU

7 ways to keep safe from the bug

## STOP A CYBER BULLY

We poll pros to find out what really works

## METABOLISM DISCOVERY

Heal a body damaged by dieting and lose 16 lbs the first week

Issue 0943 10/26/09

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# “Tiredness no longer

Elle Garfield's three kids and their two friends were buzzing as Elle prepared to drive them to a school play. *What enthusiasm!* she marveled, wishing she could muster even a fraction of their energy. But by the time Elle got all five buckled into the car, she blanked out on where they were heading.

“They told me, ‘You’re a mom of three—what do you expect?’”

—Elle Garfield, 49, Detroit

“**B**outs of brain fog, fatigue and sadness hit me so hard and so often that getting out of bed and facing each day became almost impossible,” Elle recalls. “I used whatever strength I had to be there for my kids. I made sure I did not miss a school play or trip to the park. But as much as I love my children and husband, and as painful as it is to admit, I was just a shell putting on a show. I was numb and felt no joy in any area of my life, including with my family.

## Fearing the worst

“Even as a child, if I was in a photo, there was a good chance it showed me wiping away tears. Kindergarten on up meant chronic tummy aches and feelings of hopelessness. But tests over the years found nothing wrong. Doctors chalked up my sadness, fatigue and anxiety to ‘being sensitive.’ They told me things like ‘You’ve started your period...get used to it,’ or ‘You’re a mom of three—what do you expect?’

“Though I had no name for it, I was afraid there was something terribly wrong with me. And whatever was wrong just kept intensifying. It got to the point where I couldn’t sleep and felt debilitating fatigue daily. My husband, Donald, would come home from work to find me still in my pj’s, lying in the same spot in

### One-minute QUIZ

## WHEN IT'S MORE THAN A BLUE MOOD

People who are clinically depressed generally have one or more of the signs from each of the categories below.

- Feelings:** hopelessness, guilt, pessimism, worthlessness
- Mood:** persistent sadness, mild to severe daily cycling between happy and sad moods, an unusually “flat” mood
- Behavior:** being argumentative, increased impulsivity, increased avoidance of family, friends or activities that used to bring joy
- Sleep:** insomnia, early A.M. awakening, exhaustion despite sleep, oversleeping
- Energy:** chronic fatigue, cycles of hyperactivity and lethargy
- Appetite:** overeating/weight gain, loss of appetite/weight loss, carb/sugar cravings
- Body:** persistent headaches, body-wide pain, GI distress

# and sadness rule my life!”

bed as when he'd left the house 10 hours earlier. It could almost have taken a comical turn, except I would see Donald painstakingly processing anything he said because, as he'd learned, I would cry at the drop of a hat. Eventually I stopped eating and had such mental fog that I couldn't remember things like whether I'd given my youngest her ear-infection medication just moments earlier.

"I secretly feared that I was becoming incapable of caring for my kids, so I relented to the use of antidepressants. That helped somewhat, but despite the pills and trying to rally myself with diet and exercise, I'd inevitably hit periods when I felt like I was slipping back into a black hole. I became resigned to the thought that I would always have to live with a level of depression and anxiety.

"I didn't give up completely, though. I did some research that led me to a variety of books on meditation. Skeptical but intrigued, I began meditating a few minutes each day. I started out with candles, incense and a cross-legged lotus position held with such intensity that I wouldn't

scratch if I was itchy. But there was no real change in my outlook.

## Happy and alert

"I was ready to abandon meditation, but a friend suggested I try Transcendental Meditation (TM). I halfheartedly took a five-day training workshop, and my first impression was that TM was too easy to offer any real benefit. I simply had to sit comfortably, close my eyes, breathe deeply and think of my mantra for 20 minutes twice a day. But incredibly, and almost immediately, it was as if a thin veil was removed from my eyes. The world looked better to me. I felt alert, energetic and more content.

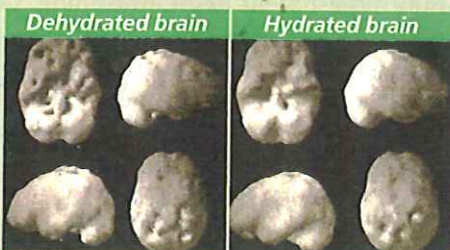
"With my doctor's support, I got off the meds, and my energy and mood continued to thrive. Today I feel the joy of being with my family, rewarding work, eating, sleeping and doing at least one compassionate thing for myself each day. With the help of something as effortless as TM, I have a happier life than I ever imagined possible."

—as told to Hallie Potocki

## Dehydration can lead to depression

Water helps optimize blood flow to the brain, making hydration key to the transport of oxygen and nutrients that provide fuel, improve cell-to-cell communication and assist in the production of mood-boosting neurotransmitters, says Daniel G. Amen, M.D., author of *Magnificent Mind at Any Age* (Harmony Books, 2008). Without enough water, blue moods can set in. The Rx: Calculate half your body weight and drink this number in ounces of water daily. (For example, a 160 pound woman should drink 80 oz. of water a day.) Start the day with two glasses to

rehydrate the brain after sleep, then drink a glass every one to two hours to reach your daily dose.



Dark indentations (left) show brain areas that are low functioning due to poor blood flow. After hydration (right), blood flow and brain function are restored.

## Meditation more effective than meds

! **Antidepressant prescriptions now top 170 million annually**, according to a government report. "Many doctors treat even mild symptoms of depression with antidepressants, unaware that the medications don't address the condition's complex causes," says Nancy Liebler, Ph.D., coauthor (with Sandra Moss) of *Healing Depression the Mind-Body Way* (Wiley, 2009).

! **These drugs are no better than sugar pills for almost 80 percent of patients**—the group that experiences mild to mid-level depression, according to a recent analysis. Even those who have severe depression get little relief from antidepressants.

## WHAT CAN HELP

▶ **Meditation and prayer** can restore a balanced mood by reducing respiratory and heart rates to calm the body and by lowering the production of stress hormones by up to 32 percent. These spiritual practices also increase activity in brain regions that put the brakes on nagging negative thoughts. And they decrease activity in the brain's parietal lobe, which makes people feel more connected to God. "This lessens loneliness and increases feelings of contentment and self-worth," says Andrew Newberg, M.D., coauthor of *How God Changes Your Brain* (Ballantine, 2009).

**To get started with TM:** Sit comfortably with your eyes closed, palms turned up on your knees. Relax your jaw and touch your tongue to the roof of your mouth behind your teeth. Inhale and exhale at a comfortable pace. Take mental note of how your body rises and falls, relaxing more deeply with each breath. Do this for 5 minutes, working up to 20 minutes. For information on Transcendental Meditation, read Dr. Liebler's book or log on to [TM.org](http://TM.org).