

Tap Into Hundreds Of Healthy Ways To GET MORE OUT OF EVERY DAY!

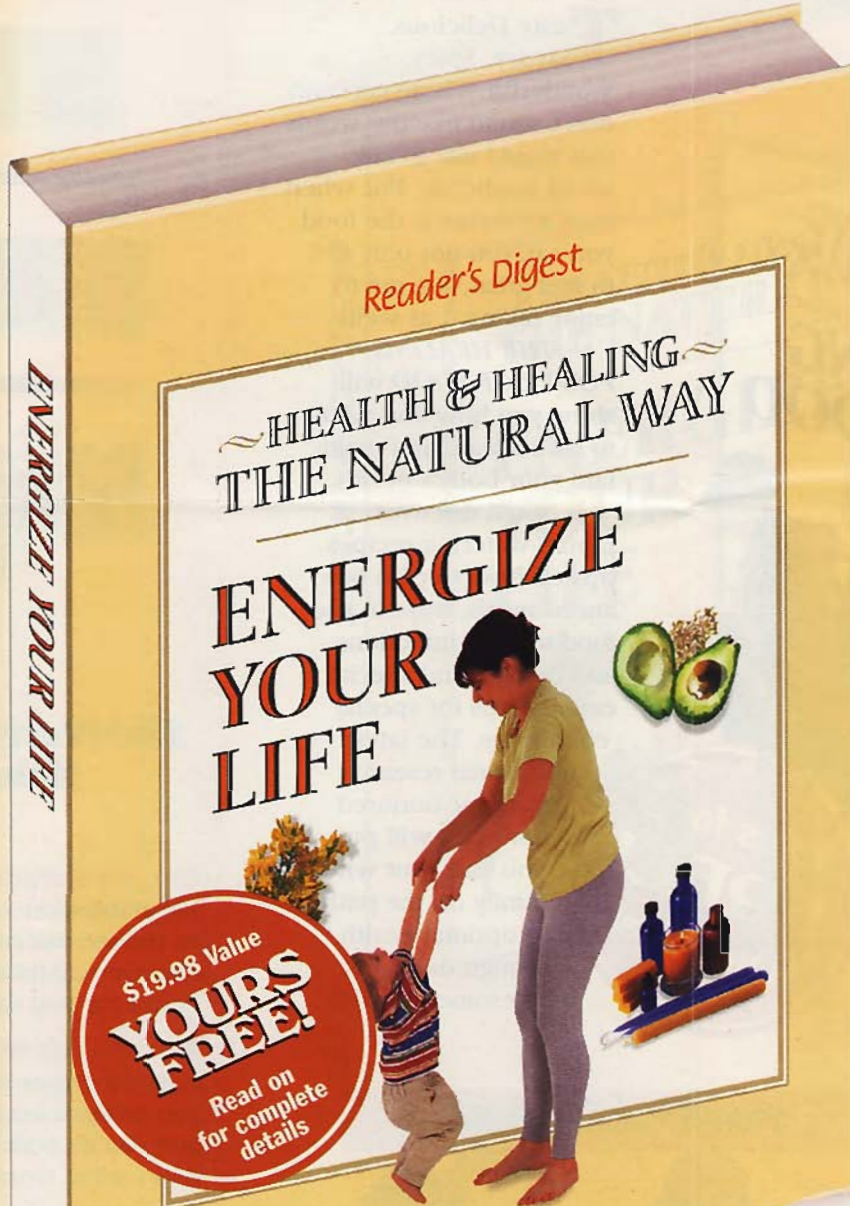
Absolutely Free!

Did you know that acupressure can be highly effective in eliminating headaches? Or that cayenne pepper could help reduce the risk of heart and artery disease? Or that the colors you paint the rooms in your home could have a big impact on your energy level?

More and more of us are attracted to the idea of staying well and making the most of life through natural methods. But how do you know where to begin?

Begin with **HEALTH & HEALING THE NATURAL WAY**, the complete family guide to health alternatives from Reader's Digest!

AND START WITH *ENERGIZE YOUR LIFE* - YOURS FREE! This visually stunning, easy-to-read guide to self-care is the perfect natural health reference for your entire family. *And it's FREE when you reply today!*



**\$19.98 Value
YOURS FREE!**
Read on for complete details

Methods to Counter

Daytime Drowsiness

Drowsiness during the day can be disruptive to work and even dangerous for people who are driving vehicles or operating heavy machinery. There are a number of ways to avoid or curb daytime drowsiness.



HAVE SOME FUN
Boredom leads to lack of attention. Taking on a variety of assignments rather than a single, lengthy task adds a new motivational spark.

Feelings of drowsiness can affect people in different ways; some feel drained or find it difficult to concentrate, whereas others drop into a light sleep after a meal. However, it affects your ability to get on with a normal life. Many factors can cause daytime drowsiness, including poor sleep or an inadequate diet, or a more serious condition or illness. It is

important initially to try to locate the cause of the drowsiness. In this chapter and Chapter 6, some of the common problems and conditions associated with fatigue are described and explained. If you think that you may be suffering from a more serious illness, you should see your doctor. You should also seek the advice of a doctor if your drowsiness continues after you have tried the suggestions below and opposite.

DRINKS AND YOUR ENERGY LEVELS

Many people ignores the health aspects of beverages, although they can play a major part in providing energy—good examples are milk, shakes and juices.

is in reducing its—sodas and alcoholic drinks are culprits. The adult body needs about 2 liters (2 quarts) of fluid every day to keep the body energized.

DROWSY FEELINGS
Water is the best for maintaining fluid levels, although other liquids can boost your energy.



Milk provides it the best in providing energy for cellular activity and metabolism.



Alcohol may seem to boost energy for a while, but it actually induces drowsiness.

Coffee, which contains caffeine, sugar and other ingredients, gives a quick boost of energy but the effects

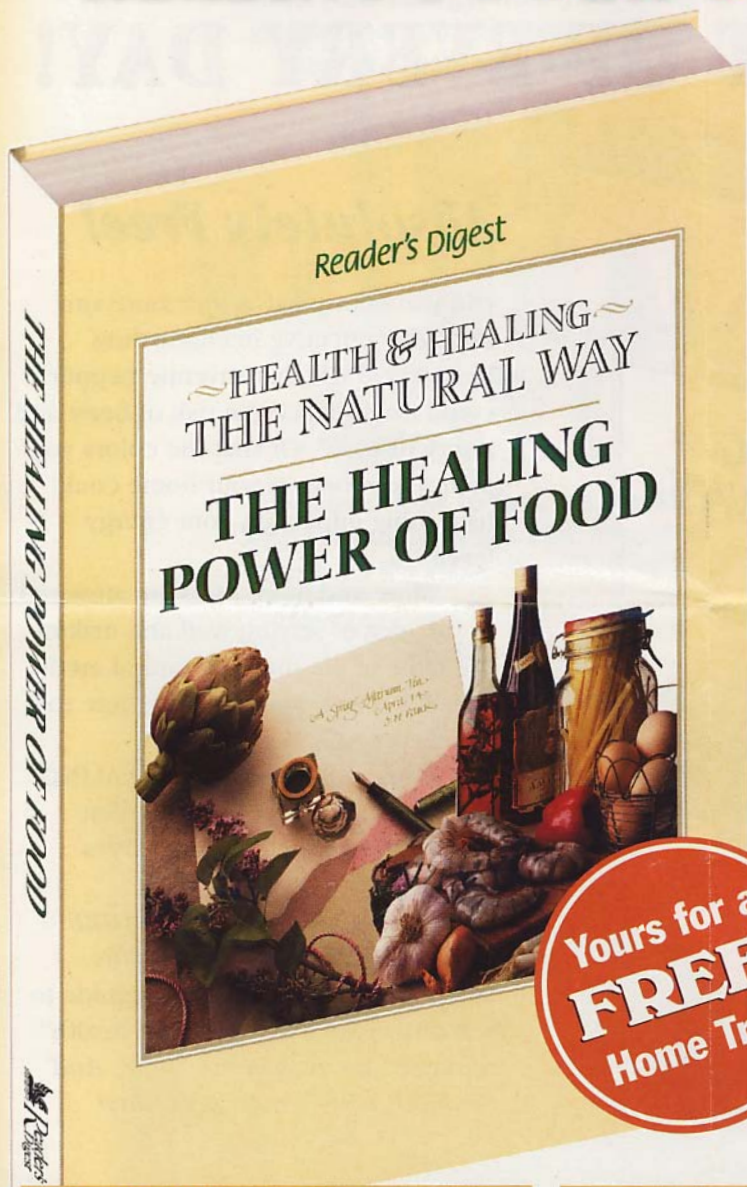
DIETARY ADVICE

Keeping your diet healthy and well balanced will help you tackle daytime drowsiness. Make a note of times during the day when you feel tired or sluggish, then plan to counteract the energy-providing

ENERGY SNACKS
You can boost your energy throughout the day by eating nourishing snacks. However, you should avoid snacks that contain refined sugar and fat and focus on those high in complex carbohydrates, such as fiber.

Low-fat cottage cheese can provide a quick boost of energy.

HEALING POWER OF FOOD



Tasty. Delicious. Savory. Spicy. Wonderful. These certainly don't sound like the words you would use to talk about medicine. But when your medicine is the food you eat, you not only get to feel great, you get to enjoy taking it as well!

THE HEALING POWER OF FOOD will show you how and what to eat to build and maintain your body's health.

You'll discover mouth-watering recipes, tips on how to plan balanced meals, ways to use food to fight infections and disease, and special eating plans for special conditions. The latest nutritional research plus time-honored remedies will put you and your whole family on the path to optimal health through delicious, wholesome foods!

Juice Up Your Immune System



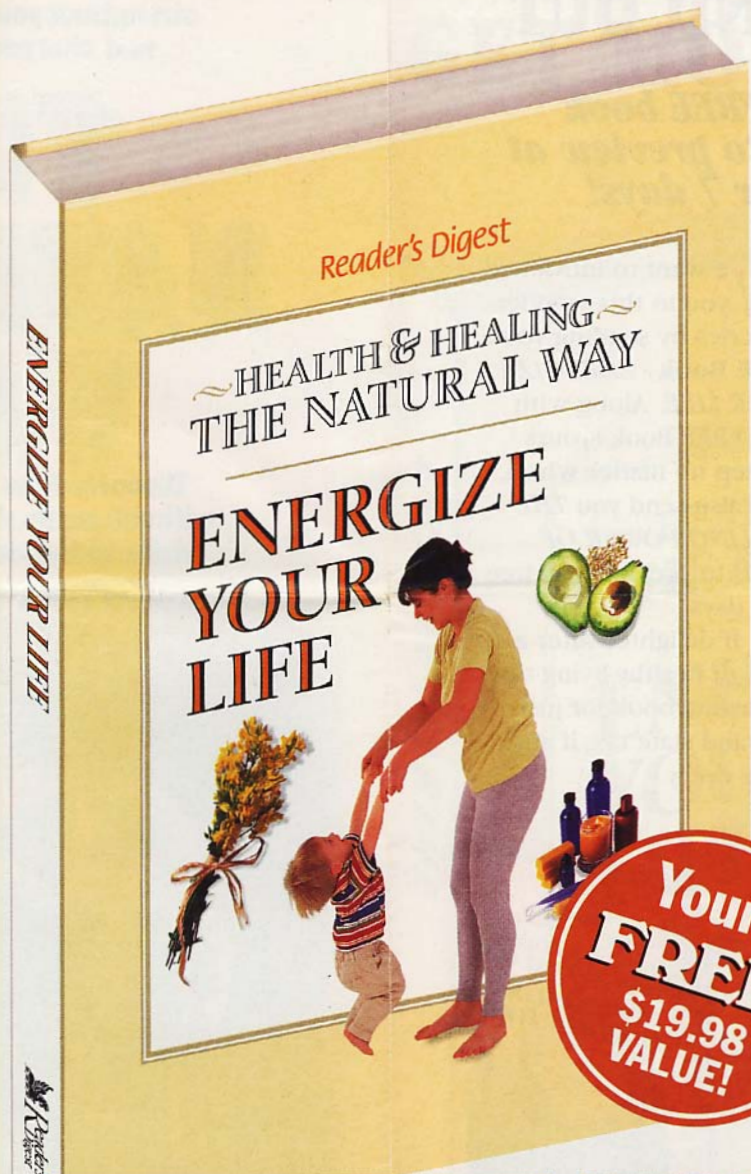
Homemade juices are tasty and vitamin-rich! Delicious combos include apple and pear or tomato, carrot and lemon. (Be sure to drink them right away - vitamin C breaks down when exposed to air!)

Plan A "Memory" Menu



Keep your mind agile with good brain food such as potatoes for *niacin* and *B6*, and dairy and nuts for *riboflavin*.

ENERGIZE YOUR LIFE



Would you like to have enough energy to charge through your days without having to slow down? Would you like to feel strong and alert from the minute you wake up until you go to sleep at night?

Then you will love *Energize Your Life!* This smart new book investigates current, as well as, time-honored ways to boost your zest for life, give you more get-up-and-go, strengthen your immune system, and develop an overall healthier lifestyle.

Through discussions of diet, exercise, and emotional trigger-points, this book helps you do MORE for yourself and your family by energizing your life!

**Yours
FREE!
\$19.98
VALUE!**

Natural Pain Killers



Special pressure points can help you ease discomfort. Control nausea by pressing 3 finger-widths above the wrist. Promote calm by applying pressure in the V between your thumb and index finger.

Exercise for Energy and More!



A half-hour of exercise improves your mental attitude and enhances creativity by 25%! It can also help to improve blood circulation, increase the energy content of every cell in the body, and reduce stress.

Make The Natural Choice

— WITH —
HEALTH
— & —
HEALING
— THE —
NATURAL
WAY

*The Place To Go For Questions
About Your Health!*

Can your diet help prevent disease? YES!

Vegetables like carrots have *beta carotene*, found to reduce risk of lung cancer as well as vision disorders. (And did you know cooked carrots are better for you than raw carrots?)

Are there side effects to pain pills? YES!

Aspirin causes stomach problems, *ibuprofen* gives you indigestion, and *codeine* causes constipation and can be addictive. (Sometimes the side effects don't seem worth the cure!)

Is there a connection between your food and your mood? YES! What you eat affects how you feel... too much *caffeine* reduces the body's absorption of energy-increasing minerals leaving you fatigued. But *tryptophan* (found in lean meats, dairy and fish) can raise your spirits high!

When is it too late to begin a healthy lifestyle?

NEVER! And the *Health & Healing The Natural Way* series is the perfect way for you and your family to start!

Say "YES"
to better health the natural way!