ON TURNING 50
AND FEELING
STRONGER
EACH YEAR

TERI HATCHER

Be Your
Best Every Day

A simple trick to beat stress
Superfoods for the super-busy
Younger-looking skin on a budget
Brain Reboot

Is a stress-filled life the “new normal”? Most Americans seem to have accepted it as so, but it needn’t be, argues Don Joseph Goewey in his new book The End of Stress: Four Steps to Rewire Your Brain. The neuroscience researcher offers a detailed plan with weekly exercises to help you get a handle on your own anxiety. Step one is appealingly simple: “Start the morning with quiet.” Set your alarm for 15 minutes earlier, or use the time it takes for the coffee to brew, to close your eyes and reflect on the day ahead with gratitude, positivity and peace. “Feel the power of your attitude seizing hold of the day and shaping it into a great one,” he writes.
Sometimes hepatitis C (Hep C) can feel forgotten. After all, it’s slow moving, with symptoms that may not appear for years. No wonder why you push it to the back of your mind and forget it. But there’s something that shouldn’t be forgotten. Hep C is a serious disease that affects over three million people. And left untreated, it can lead to liver damage and potentially even liver cancer.

The good news is, you haven’t been forgotten. In fact, there’s actually never been a better time to rethink your Hep C and talk to your doctor. Because people like you may benefit from scientific advances in Hep C. Advances that could help you move on from Hep C.

Visit [HepcHope.com](http://HepcHope.com) or call 844-4-HepcHope to find out more about Hep C and your treatment options. And register for your personalized guide to help prepare you for a conversation with your gastroenterologist.
With 40 percent of Americans predicted to develop type 2 diabetes in their lifetime, according to the Centers for Disease Control and Prevention’s latest findings, it’s no wonder scientists are working around the clock to treat, manage and possibly even reverse the condition. Here’s a roundup of the latest breakthroughs.

No more needles! This summer, the U.S. Food and Drug Administration (FDA) approved Afrezza, a rapid-acting inhaled insulin for adults with type 1 and type 2 diabetes, which is expected to hit the market in early 2015. The whistle-sized inhaler is used about 20 minutes prior to eating. Peak insulin levels are achieved within 15 minutes of the puff, compared to about an hour with traditional injected insulin. “This new delivery system is absorbed through the lungs, so it begins to work very quickly,” says Robert Ratner, MD, the American Diabetes Association’s (ADA) chief medical officer. “You can literally take it with the first bite of the meal. It’s also out of the system faster, so there is less risk of low blood sugar.”

Stem cell advances. Just as a college freshman may go on to become anything from an astronaut to a zoologist, stem cells have the unique ability to become any type of cell in the body. One type, called an IPS cell, has been studied extensively for insulin resistance, a key driver of type 2 diabetes. Up until now, researchers have studied insulin-resistant IPS cells only from lab animals. Then in July, researchers announced that for the first time, they created that particular type of stem cells from humans. “Now we can more accurately study how insulin acts when it’s released to other cell types, and what is causing those cells to react abnormally,” says Corinne Silva, program director, Division of Diabetes, Endocrinology and Metabolic Diseases, National Institute of Diabetes and Digestive and Kidney Diseases.

Whole-grain heroes. According to research findings presented at the ADA’s annual Scientific Sessions, eating whole grains improved glucose tolerance, insulin resistance, carbohydrate metabolism and beta cell function (an indicator of how well the pancreas works). “Whole grains are very slow to come apart and release glucose into your bloodstream,” says Neal D. Barnard, MD, adjunct associate professor of medicine at George Washington University School of Medicine. His own research has persuaded him that a vegetarian diet rich in legumes and whole grains (see page 12 for examples) could repair insulin function and potentially even reverse type 2 diabetes.

Man or machine? Cue the Six Million Dollar Man music: Boston University and Massachusetts General Hospital researchers have developed a “bionic pancreas” for people with type 1 diabetes—a device that uses a smartphone to automatically monitor blood glucose levels and administer insulin as needed. The New England Journal of Medicine reports that study participants who used the bionic pancreas instead of fingerstick tests and a manual pump to maintain blood glucose were more likely to have consistently normal levels, with fewer extreme lows or highs. Blood glucose levels were especially improved at night, when they can drop dangerously. “The performance of our system in both adults and adolescents exceeded our expectations under very challenging real-world conditions,” says lead study author Ed Damiano, associate professor of biomedical engineering at Boston University, whose research was inspired by his son’s battle with type 1 diabetes. His goal is to have the device FDA-approved by 2017.
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EVERYONE HAS A DIFFERENT APPROACH TO MAJOR BIRTHDAYS. For Teri Hatcher, who turns 50 next month, it was motivation to take on a new challenge: The New York City Marathon. The Desperate Housewives star, who completed a triathlon in 2009, trained for the 26.2-mile event with the help of her daughter, Emerson, 17. She hit the course in November in support of The J/P Haitian Relief Organization, which supports reconstruction efforts in Haiti following the 2010 earthquake.

We chatted with the California native, who will appear in the film Sundown with Camilla Belle next year, about fitness at (nearly) 50, raising an independent teenage daughter, and preparing for the next adventure.

How do you approach fitness differently as you near 50?
I’m not sure I’ve ever been as conscientious about exercise as I am now. I find the endorphins post-workout give me a pleasant, healthy outlook for the day, and I enjoy having muscles and the knowledge that I can run a good distance. Being in good physical shape gives me confidence heading into my 50s (and into a bathing suit). It’s never easy, but it’s worth it.

What kind of workouts do you do?
I mix up my workouts with cardio, weights and stretching. It ranges from cycling or running to CrossFit, power yoga and swimming. I believe swimming is a core exercise I will use forever. When I add strength conditioning to it, it becomes a great way to be in shape without injuries.

What advice would you give women your age with “bucket-list” fitness goals like a marathon?
I’m not an expert, but I think you can’t push beyond your level too quickly or you risk injury. Be competitive with yourself, not anyone else. And having a charity that you believe in helps with motivation. Knowing that I am trying to accomplish something on behalf of people who need help is important, but in the end it is my body that has to do that work, so I’ve tried to not procrastinate and to build endurance. I’m not trying to win, I’m not trying to beat anyone, I’m just trying to finish and do my best—whatever that is on that given day.

What’s your philosophy on nutrition—is it about weight or overall health?
I believe in eating healthy real food. I don’t believe in weight as a measure of success or health. I think it’s more complicated than that. I do think exercise, eating well and sleeping well help you have balance in your life that will leave you energized to conquer the things you are passionate about.

Any tips for raising teenage daughters?
Relationships between parents and children are not built overnight, and if you’ve arrived at the teen years without respect and trust in place, there aren’t many easy fixes. I made many sacrifices over the years to be there to build that relationship. And I am beyond sure I made the right choice for me and my family. We’ve
“TV Ears saved our marriage!”
- Darlene and Jack B., CA

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Cheddar Scones with Green Onions

These biscuit-like pastries from Lorraine Pascale’s A Lighter Way to Bake will complement any holiday meal—even brunch.

1. Preheat oven to 400°F. Line a baking sheet with parchment and set aside. Heat a frying pan over medium heat and spray with oil. Gently sauté the onions for 4–5 minutes until softened but not colored.

2. Put both flours, butter, cream cheese, baking powder, paprika and salt into a food processor and pulse to form fine crumbs. Add milk and cooked onions and pulse again briefly until the mixture comes together into a soft dough ball.

3. Dust a clean surface with flour and roll the dough out to about ¼-inches thick. Use a 2½-inch fluted cutter to stamp out rounds. (Don’t twist the cutter, as this will result in the scones not rising straight up.) Reroll to yield eight scones in total. Brush tops with egg, avoiding letting any drip down the sides, which could prevent a good rise. Sprinkle cheese over tops.

5 green onions, finely chopped
1 ¾ cups self-rising flour, plus extra for dusting
¾ cup whole-wheat flour
1 tsp. baking powder
2 tsp. paprika
Big pinch of salt
¼ cup low-fat milk
1 small egg, lightly beaten
2 oz. (¼ cup) low-fat cream cheese
1 tsp. baking powder
1 oz. Cheddar cheese, grated
4. Bake for 10–12 minutes or until the scones are cooked through, nicely risen and are golden brown. Serves 8.

**Per serving:** 206 cal, 7.9g fat, 4.6g saturated fat, 6.2g protein, 1.6g sugar


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**Smart Cart**

**Mediterranean Made Easy**

The evidence is mounting: A diet that emphasizes heart-healthy fats, whole grains and omega-3-rich fish is your best all-around nutritional strategy. Now it’s simpler than ever to eat like the Greeks with these new grocery offerings.

**Good fats to go**

Olives are a staple in any healthy fridge, but the new **Pearls Olives to Go!** make it easy to get your heart-healthy fats any time of day. The single-sized packs contain no liquid, so you can toss them into a lunch bag or desk drawer without worrying about a spill. The Kalamata variety makes a decadent mid-day nosh for just 112 calories per pack.

**Sweet swap**

For a dose of immune-boosting probiotics, trade your favorite frozen after-dinner treat for half a cup of new **Oikos Frozen Greek Yogurt.** At 150 calories, 2.5g of fat and 6g of protein—and 20 percent of your daily calcium needs—it’s a rich, satisfying dessert, especially topped with fruit. We liked Black Cherry and the authentic, not-too-tart Vanilla.

**No-fuss fish**

It’s easy to fit in the recommended 2 servings of seafood a week with **Sea Cuisine’s** new line of frozen fish. The fillets cook in under 30 minutes, no thawing required. We loved the zesty, crunchy coating on the Tortilla-Crusted Tilapia, and a generous 5-ounce serving has only 250 calories, 10g fat and delivers 25g of protein.

**Great grains**

Bored with plain brown rice? With the new **Betty Crocker Suddenly Grain Salad** line, you can mix up a super-healthy multi-grain salad in one pot, perfect for topping leafy greens or playing sidekick to a lean protein. The Tuscan variety also includes almonds—another Mediterranean staple—and clocks in at just 210 calories per ⅔ cup serving.

*All products available in major grocery stores and mass-market retailers.*
You May Spend a Small Fortune on Anti-Aging products for your face, but what about your hands? “They can reveal your age or even make you look older,” explains Francesca Fusco, MD, an assistant clinical professor of dermatology at Mount Sinai School of Medicine. Hands are constantly exposed to the elements—like sun, which causes collagen breakdown and brown spots, and wind, which leads to dryness. Luckily, it only takes a little extra TLC—and a few cost-efficient products—to turn back the hands of time. Here’s how:

**SMOOTH DRY SKIN.** Chapped, parched skin highlights age-related imperfections like wrinkles and brown spots. Moisturize daily—especially after washing. “Overuse of hand sanitizers also dries skin,” says Fusco. Look for alcohol-free sanitizer and slather lotion on afterwards. Also, protect skin with gloves when cleaning and outdoors in cold weather.

Try:
- **CeraVe Therapeutic Hand Cream** ($4.48)

**SPRUCE UP SHABBY NAILS.** Remove polish when chipped and hydrate cuticles with a cuticle oil or olive oil daily. File nails so they have a slightly rounded tip, a more youthful-looking shape than square. “Then opt for an opaque polish that matches your skin tone to elongate fingers,” suggests Fusco. Try:
- **Essie Apricot Cuticle Oil** ($8.50)
- **Sonia Kashuk Nail Colour in Nudist** ($4.79)

**BANISH BROWN SPOTS.** The same UV rays that age your face can affect your hands—one of the most oft-forgotten spots for sunscreen. (Apply a broad spectrum formula of at least SPF 30 365 days a year to help fade existing spots and prevent new ones.) The sun stimulates pigment in the skin, causing brown spots, which occurs more commonly as you age. Over-the-counter products that fade facial discoloration also can be used on your hands. Look for ingredients like vitamin C, retinoids, glycolic and ellagic acids, soy or licorice. For faster fading, your dermatologist can prescribe a skin lightener, do peels or perform laser treatments. Try:
- **YES to Grapefruit Dark Spot Correcting Body Crème** ($9.97)

*Michele Bender

All products available at major drugstores and mass-market retailers, except Sonia Kashuk, exclusive to Target.
Sparkling with all the color, joy and value of a beloved family, the “Forever in a Mother’s Heart Personalized Birthstone Bracelet” lets a mother honor each one of her children with not only their individual birthstones, but their names as well.

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Mrs. Mr. Ms. 
Name (Please Print Clearly)

Address
City State Zip

E-Mail (Optional)
Q. What should I keep in my pantry or freezer to make healthy meals easier to put together in a hurry?

A. Dietitians recommend stocking your kitchen with fresh produce and lean proteins from the outer aisles of the grocery store. But not everything in the middle aisles or freezer case is a diet disaster—and some key items can help you stay on the healthy-eating track. Fill your cart with these staples.

- **Dried or canned beans.** A great source of protein, fiber and B vitamins, beans are versatile for cooking. And canning may make beans easier to digest and even increase their protein and fiber content.
- **Frozen fruits and vegetables.** When frozen at peak ripeness, produce maintains its vitamins and minerals. Stick to plain (vs. sauced) options.
- **Vegetable oils.** They’re handy for sautéing, roasting, grilling and baking, as well as salad dressings and dips. Olive oil is an essential component of the Mediterranean diet, proven to reduce the risk of heart disease.
- **Whole grains.** Unlike their refined counterparts, whole grains can decrease your risk of stroke, Type 2 diabetes, heart disease and obesity. Choose 100 percent (that’s important) whole grain bread or rolls, brown
or wild rice, quinoa or plain (no-sugar-added) oatmeal. Dried herbs and spices. On top of flavor, spice-rack options offer health benefits, such as the protective antioxidants found in mint and thyme. Nuts and nut butters. Keep walnuts, peanuts, cashews, almonds and pistachios on hand for a quick snack. Nut butters are great on fruits and veggies—not just sandwiches.

— Kristin Kirkpatrick, MS, RD, LD, registered dietitian and wellness manager for the Cleveland Clinic Wellness Institute

Q. What could be causing me to get “the shakes”? Are they a sign of Parkinson’s?

A. A fear of public speaking. Too much coffee. A plunge in your blood sugar: All of these can cause “the shakes,” aka tremors, involuntary shaking movements that can affect any part of your body. But while Parkinson’s disease is what people often think of when they have tremors, the most common form is called “essential tremor” and has no clear cause.

It’s easiest to figure out what’s behind your tremors by gradually eliminating possibilities. It could be too much caffeine—try cutting back on the amount you drink. It could be the result of a new medication, or a stressful situation. Or it could coincide with times when you have skipped meals.

Visit your doctor if you’ve made these adjustments and tremors still persist. Treatment can include medications that either calm the muscles causing the tremors or treat the part of the brain that’s the culprit.

If you’re still concerned about Parkinson’s, understand that essential tremors tend to come on quickly, particularly when caused by anxiety and depression. In essential tremor, we see tremor with activity. As a chronic and neurodegenerative illness, Parkinson’s is difficult to treat.

(Continued on page 14)

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