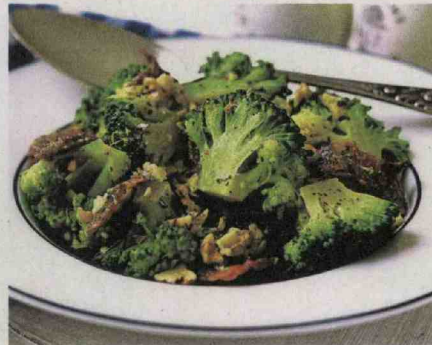


LIVE BETTER

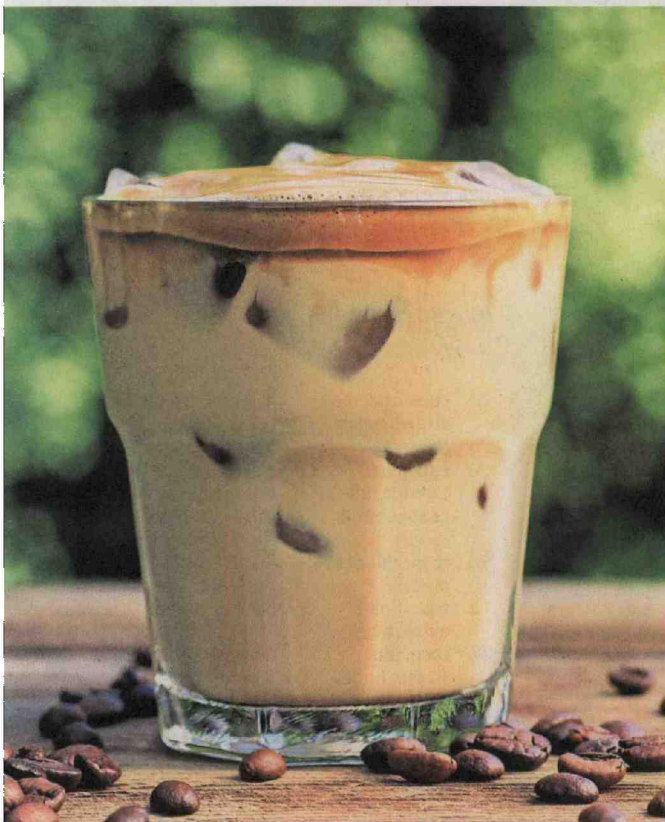
# Delicious Ways to Feel ENERGIZED AND

They say you're only as old as you feel — and by enjoying these wellness-boosting superfoods, you can feel half your age today!



## 2 BROCCOLI POWERS UP THE BRAIN

To keep your spirits high even when the heat has you feeling cranky, dig in to broccoli. The veggie is a rich source of *inositol*, a B vitamin that increases the production of GABA, the brain chemical that promotes happy energy, say Stanford University researchers. Their studies suggest that enjoying just 1 cup of broccoli four times a week lifts low moods and eases irritability.



## 1 COFFEE INCREASES FEEL-GOOD BRAIN WAVES

The rich flavor and aroma of a cup of joe ramps up the production of bliss-inducing alpha brain waves within three minutes, say scientists at the Smell & Taste Treatment and Research Foundation in Chicago. Hint: Take three slow, deep breaths before taking your first sip. This allows coffee's aromatic oils to activate the brain's emotional control center for a quick mood boost.



## 4 SWEET POTATOES ACTIVATE FAT BURN

These tasty spuds are packed with beta-carotene — a nutrient that Yale University researchers say fires up mitochondria (the energy engines within cells) so they burn more body fat for fuel. The effect is so powerful that eating just a 2/3 cup serving of baked sweet potato fries can bolster feelings of youthful energy and alertness by 55 percent for four hours straight.



# SUNNY



**3 SALMON SWITCHES ON ENERGY GENES**  
 Enjoying 6 oz. of salmon, shrimp or other seafood three times weekly can cut your risk of draggy daytime fatigue in half. Seafood is rich in essential fatty acids, iodine and chromium — a nutrient trio that Stanford University scientists say switches on the liver genes needed to convert food into ATP, the body's main source of energizing cellular fuel.



**5 CHOCOLATE REVS THE HAPPY HORMONE**  
 Here's a heavenly way to beat the blahs: Treat yourself to a gooey brownie, a slice of cake or other chocolate treat. According to scientists at the University of Pittsburgh, cocoa's rich supply of plant-based nutrients kick-starts the production of serotonin — a hormone that helps you feel more upbeat and optimistic for three-plus hours straight.

*My Skinny Secret*



"A favorite indulgence of mine is a slice of apple pie topped with ice cream. If I say no to that dessert, then I'll reach for other sweets, so why not enjoy my favorite?"

—Famke Janssen, 52

Relax!

GOOD BOOK

**SPEED SLIMMING WITH HERBS!**

There's no need to sacrifice scrumptious meals for optimal health. In *Recipes from the Herbalist's Kitchen* (Storey, 2017; Hardcover \$25), herbalist Brittany Wood Nickerson reveals the healing properties of common herbs along with 110 original recipes for healthy, flavorful dishes.

NEW & NOTABLE



Instead Of:  
 8 oz. of strawberry ice cream for **350 CAL.**



**SAVVY SWAP**  
 YOU SAVE **264 CALORIES**



Choose:  
 8 oz. of strawberries plus 2 oz. of whipped cream for **86 CAL.**

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