

Nov. 2, 2009
God Bless America

Woman's World

A great week made easy!

More for your money!
\$1.79

BROWNIE BLISS!

Gourmet goodies as easy as boxed!



PERFECT HAIR

4 simple steps to the hair you wish you'd been born with!

LOVE! CHOCOLATE!

Cardiologists reveal why eating more chocolate actually saves your life!



Karina Smirnov lost 10 lbs

DANCING WITH THE STARS WEIGHT-LOSS SECRETS!

Karina's Russian folk remedy melts 7 lbs a week—without dieting!

- ✓ Get a 60% metabolism boost!
- ✓ Enjoy more energy!
- ✓ Feel less hungry automatically!

Medically proven tricks to

BEAT STRESS & anxiety!

Take this herb to feel 11% calmer instantly!

The Starbucks CURE for OBESITY!

Breakthrough University of Illinois research: This coffee drink slows fat storage and stops hunger!

CUT CLEANING TIME!

10-minute tricks for a spotless house!



Real-life money victory

She baked her way out of foreclosure

TV CURES!

- Watch these shows to
- ✓ Boost concentration
 - ✓ Increase optimism
 - ✓ Prevent colds and flu

Your Home, Your Haven

Scent-your-home secrets to Feel happier this fall

Transform your home into a cozy haven of well-being and good spirits with these powerful autumn aromatherapy tricks!

Wake up with cinnamon!
Give yourself a jumpstart with a shake of cinnamon. Research has shown that just sniffing the spicy aroma makes us feel more ambitious and alert by stimulating the part of the brain that helps us reach our goals!

Spicy and stimulating!
Turn your table into a motivation booster—just put cinnamon sticks and candles together in pots and place down the center.

Just-baked joy!
Light up one of these candles, and the gang will look for the freshly baked buns! \$6.94 for 4 packs of 9 candles, Amazon.com.

Top it off!
Stir your hot drinks with a long cinnamon stick. Not only will it add flavor, but it will also aid digestion and help control blood sugar. Amazon.com.

Soothing scent
Sore muscles? Heated cinnamon-scented towels in the microwave, the the achy area for 20 minutes. For pain or swelling, place in the freezer. \$30.95, Wrapables.com.

Aromatic embrace!
Every flicker of this essential-oil candle infuses your home with the scent of cinnamon! \$9.99, Amazon.com.

Enjoy calm with apples!
We've all heard that eating "an apple a day keeps the doctor away," and it turns out just a whiff can benefit you: Research shows the aroma of green apples is so calming, it can ease stress and anxiety.

So simple!
Fill a tall vase with crisp green apples—chic in an instant.

Relax with Mother Nature!
Hot apple cider will not only fill your home with its soothing scent but also keep you healthy with its supply of immunity-boosting antioxidants.

Fall pick-me-up!
This three-wick candle gives off a warm glow and scents a whole room. \$18, PlanetBeauty.com.

Touch of elegance!
Plus arrives in a decorative tin.

Works.com.

Photos: Devo and Style/Henrich Bauer Canal KG; Redaction/Devo and Style/Monika B. Photo Press (2); A. F. Endress/Photo Press; Andrea Gomez/Getty Images; Rickard/Brandenburg; D. Hurs/Alamy; Foodpix/Getty Images; courtesy of Votopax; Text/Getty Images; courtesy of Votopax.