

January 20, 2014  
God Bless America

# Woman's World

More for your money!  
\$1.79

**COLD FIGHTING BROWNIES**  
Delicious health-boosting recipe stops sniffles!

Cheap, cheerful  
**WINTER MOOD BOOSTERS!**

Old-weather herbs that  
**ERASE STRESS!**  
**REVERSE AGING!**



## Make a mood-boosting smoothie!

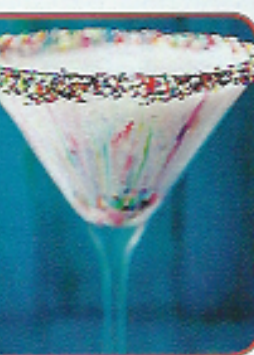
It's easy to whip up a feel-good treat with this recipe from certified nutritionist and personal trainer Franci Cohen—it's made with cocoa and yogurt, which prompt your brain to release the feel-good chemical dopamine for an almost immediate mood boost!

### Glorious sunrise smoothie:

- 1/2 cup 1% low-fat milk (or almond milk for a non-dairy option)
  - 1/2 cup crushed ice
  - 1 Tbs. honey
  - 1-2 Tbs. unsweetened cocoa powder
  - 1 ripe large banana
  - 1 cup plain Greek 2% yogurt
- Place all ingredients in a blender and blend until smooth, then pour into a glass and enjoy!



She lost 75 lbs—and canceled her surgery!  
**LOSE 25 LBS in 8 weeks!**  
Ultra-simple diet gets you slim eating *cheeseburgers and pizza!*



## Winter cocktail yum!

- "Dessert-in-a-glass" cake cocktails!
- Hot toddies perfect for parties!

**BEAT BIG-BELLY DISEASE**  
with cocktails and leisurely baths!

This breakfast cereal  
**CURES PMS!**

Best part-time job ever!  
**GET PAID to go to the movies!**

## Sweet snow-day fun!

Cutest-ever snowman cupcakes, Oreo pops and cookies!

They're melting!

