

all you

Enjoy life for less!

ISSUE 7, JULY 2015

BIG SAVINGS
INSIDE

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SIMPLE
SUMMER
RECIPES

FIND FREE STUFF EVERYWHERE

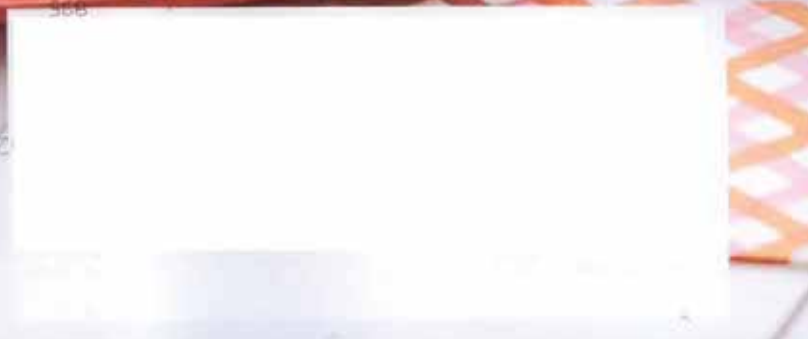
Downsize Your Life: You'll Be Happier

Shop Your Closet for All-New Looks

Send Kids to Camp in Your Own Backyard

MORE DELICIOUS DRINKS
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chill out!
68 WAYS TO HAVE FUN WITH THE FAMILY



*your health

BREAKING NEWS, FITNESS KNOW-HOW AND SMART STRATEGIES TO BOOST WELLNESS

GOOD MOVE

One study on the Mediterranean diet was concluded early because the diet's perks were so evident, the researchers thought it would be unethical to deny access to the group not on the diet.

Why You Should Eat Like a GREEK

We've been hearing about the Mediterranean diet for years, but new research proves it's even better for you (and your waistline!) than you might have realized. Here's what it can do

WHAT IS THE MEDITERRANEAN DIET?

Based on the traditional diets of Greece, Italy and other Mediterranean countries, the eating style emphasizes fresh, wholesome foods and healthy fats. It also allows for drinking wine in moderation (no more than a glass a day for women).
EAT MORE fruits, vegetables, nuts, legumes, fish, whole grains, olive oil, herbs and spices
EAT LESS red meat, sweets, processed foods

GO MED TO:

Trim your waistline

What a tasty way to slim down! A German study found that people on a modified Mediterranean diet (which allowed for two portion-controlled sweets per day) lost 11 pounds, on average, after 12 weeks and kept it off for a year. And you won't go hungry. All those veggies, fruits and legumes keep you feeling full.

GO MED TO:

Add years to your life

A diet rich in olive oil, fish and plant foods that also permits wine with meals could lead to a moderately longer life span, research published in *The BMJ* shows. People who followed the diet most closely had longer telomeres, which protect the ends of chromosomes; shorter telomeres are linked to lower life expectancy.

GO MED TO:

Show your heart some love

Those who followed a Mediterranean diet closely were 47 percent less likely to develop heart disease than those who didn't stick with it, according to a recent study presented at an American College of Cardiology meeting. Many of the diet's staples, like nuts, fish and olive oil, are known heart helpers.

GO MED TO:

Give your brain a boost

A Mediterranean diet might help people with mild cognitive impairment avoid developing dementia, a review in *The American Journal of Psychiatry* found. Other studies show a diet rich in omega-3 fatty acids (found in fish and certain nuts and seeds) might help prevent Alzheimer's disease.

Source: Kate Geagan, RD, nutritionist in Park City, Utah

I TRIED IT! "I've started eating Greek yogurt with fresh fruit for breakfast, a salad with olive oil and vinegar for lunch and a veggie-and-fish dish for dinner, along with a glass of red wine at least a few times a week. I couldn't feel any more energized, and I've lost weight, too!" —Betsy Vincenza, 63, Torrance, Calif.