

Win a Trip to Meet  
Britney Spears!

# Women's Health

**YOUR BODY'S  
BEST  
YEAR  
EVER!**

**Fat Burners,  
Butt Toners,  
Skin Savers...**  
OMG, Just  
Turn To  
Page 130!

**+  
HAPPY  
IN 2015**  
Sneaky Ways  
To Get What  
You Want

**50  
SHADES  
OF GREAT  
SEX!**  
So *Whoa*  
We Almost  
Didn't  
Go There

**INSANE ABS**

All It Takes Is One  
Simple Move

**Hottest Shape  
Of Her Life**  
*Without a Trainer*

**"YOU LOOK TIRED"**

Never Hear  
That Again—  
3 Easy Tricks

# BRITNEY!

January/February 2015  
\$4.99 US/DISPLAY UNTIL FEB 10, 2015



0 71486 01251 1  
WomensHealthMag.com

## Healthy Dose

A medical merge may be the secret to true wellness.

Peanut butter and bacon. Lady Gaga and Tony Bennett. Flannel and lace. Unlikely pairings can yield amazing results. Such is the case with alternative and traditional health care. The result is integrative medicine (IM)—a blend of Eastern therapies (think herbs and acupuncture) and Western remedies (prescription meds, shots)—now a cultural mainstay. Bona fide M.D.'s have taken note, as the percentage of U.S. hospitals that incorporate IM into their treatment plans grew from 15 percent to 42 percent between 2000 and 2010.

Nearly 40 percent of all adults now swear by some form of IM, and they're clearly on to something: "The goal is to treat the whole patient, not just the disease," says Frank Lipman, M.D., founder of the Eleven Eleven Wellness Center in New York City. For example, if you show up at Lipman's office bleary-eyed from insomnia, he might prescribe a typical short-term sleep aid—but he'd also analyze your diet for sleep-disrupting ingredients, track your technology use for snooze-crushing screen glare, and quiz you about your social life (yes, how and when you hang with pals could affect your shut-eye). It's the difference, he says, between slapping tape over a car's "check engine" light and finding out what's up underneath the hood.

Working a little preventive IM magic into your life can keep your body and mind in top shape. Case in point: These five guidelines—borrowed from Lipman's forthcoming book, *The New Health Rules*—can help you fight fatigue, feel happier, and score loads of extra energy.

## Just "IM" Me

The message is clear: For peak health, you have to go beyond the specific problem and treat the whole you.

That's the beauty of integrative medicine. One of its pioneers, Frank Lipman, M.D., breaks down his East-meets-West tips to soothe body and mind at once.

## Healthy Dose

### Rule 1: Rein in Your Hormones

Whenever you're in danger, real or imagined, your adrenals—two small glands near your kidneys—flood your body with hormones to help it tackle the sitch at hand. Problem is, living in a state of constant low-grade stress can have the same effect and may exhaust the adrenals. That means weight gain, a wonky metabolism, or an all-over spent state, says Lipman.

Pills can help balance out hormones but do little to address the source of your tension. You already know the basics to a calm(er) life: seven to eight hours of sleep per night, a diet rich in whole foods, and plenty of exercise. Lipman's secret weapons are called adaptogens, herbs that may regulate hormones and help your body better adapt to stress. Talk to your doc about trying 500 milligrams of Asian ginseng and a 200-milligram combo of ashwagandha and Rhodiola rosea every day.

### Rule 2: Say No Like You Mean It—Really

"Some people think they have to be busy to be successful; others jam-pack their schedules to avoid being still," says Lipman. But odds are, the yes-to-everything woman is eroding her health. Per one study, overworkers are up to 40 percent more likely to suffer from heart disease than those who aren't as crazy busy.

Don't wait until exhaustion drives you to the doctor. Start now by cutting optional commitments in half. The right words can help. Recent research suggests replacing the word *can't* with the more definitive *don't* (for example, *I don't accept every invite versus I can't make it tonight* may help you stick to your guns).

### Rule 3: Pencil in What Matters

Like we said, being busier-than-thou leaves you frayed. But saying yes to one

meaningful endeavor is a new must. People who feel a sense of purpose can cut their risk for premature death by up to 15 percent, per a recent study. What's more, participating in something emotionally satisfying can pump up your mood and energy levels because it shifts your focus and priorities, minimizing the stuff that stresses you out, says Lipman. Not sure what will work for you? Quiz like-minded pals about their feel-good activities.

### Rule 4: Request the Right Tests

Even IM devotees know that you can't tap your mind, mood, or soul for *everything*. Sometimes, you gotta go by the numbers. Conventional blood tests—you know, the ones that measure your

## How to Find a Legit IM Doc

Here's the rub: Not all fully trained IM practitioners are M.D.'s. Nor are all M.D.'s (some of whom claim to be well versed in integrative medicine) licensed in IM. To know you're getting a doctor who can do both—prescribe you medicine and advise you on dietary and lifestyle changes—search for a pro who's been certified by the Institute for Functional Medicine ([functionalmedicine.org](http://functionalmedicine.org)).

iron levels or take stock of your thyroid—are important, but they're not necessarily all-inclusive, says Lipman. He tacks on the tests below for a more complete measure of his patients' well-being.

- **25-Hydroxy vitamin D**  
It can spot whether or not you need more of the nutrient, too little of which could leave you sluggish and achy or at higher risk for heart disease.

- **Hemoglobin A1C**  
It measures blood sugar levels over two or three months—and can tell you if you're noshing too many refined sugars and carbs (enter energy crashes or worse, prediabetes).
- **Fasting blood glucose**  
Another prediabetes scan, it assesses blood sugar levels after you've gone sans food for at least eight hours, and can detect whether you have trouble digesting carbohydrates (if so, you'll need to switch up your diet).

### Rule 5: Make Lunch a Big Deal

Do you graze during the day and then go nuts at night? We're all sometimes guilty, even though stuffing yourself in the evenings—healthy grub included—can zap vitality. No need to totally invert your habits, but it's time to focus on lunch. The midday meal should be your largest and most important, says Lipman, since this is when he believes your digestion functions best and you absorb the most nutrients from your food. According to his theory, it's also when your metabolism is at its fat-burning peak. Bonus: Making lunch count may enhance fertility and improve insulin sensitivity (which can lower your diabetes risk). Pack your plate with protein, good fats, and veggies. Lipman's fave lunch is an organic chicken breast and green salad with avocado and olive oil. ■



Dripping in stress? Certain herbs can help balance both body and mind.

Adapted from *The New Health Rules*, by Frank Lipman, M.D., and Danielle Claro (Artisan, January 2015). Available wherever books are sold.



JOHN LAMB/GETTY IMAGES (IV BAG); BRIAN HAGIWARA (ECHINACEA); NO CREDIT (BOOK)