

August 15, 2022

God Bless America

# Woman's World

Make it a great week!

## SAVE BIG ON GROCERIES & GAS

Discount store tricks almost too good to be true!



## DROP 2 LBS A DAY

Ob-gyn's discovery: Getting more of 4 nutrients jump-starts a 'menopause metabolism' to burn 32 times more fat!

**"It worked for me when nothing else did!"**

*—Mary Switala lost 7 sizes + cured her chronic tiredness at age 58*

News! This \$16 at-home tool delivers

## LIFE-CHANGING PAIN RELIEF

Study! The candy chew that works

## BETTER THAN MIGRAINE MEDS

## BYE BYE HAY FEVER!

Delicious tea works wonders



# Dinner? DONE!

Food Network star Melissa d'Arabian's easy favorites

## Treats too!





# Drop 2 lbs a day\*

University of Texas ob-gyn's breakthrough: Getting more of these 4 everyday nutrients jump-starts a 'menopause metabolism' to **burn 32 times more fat**

A University of Texas ob-gyn has come up with such an ingenious and easy way to make age-related flab disappear, she's racking up millions upon millions of hits on social media. "I call it the 'Fabulous Four Challenge,'" shares Mary Claire Haver, M.D., who has made it her mission to help women find better ways to beat menopausal weight gain. "I love challenges, and this one is so simple. Just use a free phone app to track your intake of four nutrients: fiber, magnesium, omega-3 fatty acids and vitamin D." You don't count calories or carbs. And there's no special food. "The idea is to tweak what you're already eating until you get at least 100% of the RDA of all four nutrients." That's all it takes to transform health and trigger automatic weight loss. Some even report losses of up to 2 pounds a day. Adds Dr. Haver: "The benefits will blow you away!"

For a long while, Dr. Haver gave the same "eat less, move more" advice as most docs. Then she went through menopause herself, gaining unbudgetable pounds. "I restricted calories, doubled down at the gym, kept pushing," she recalls. "It was so frustrating. Finally, my husband said, 'If something's not working, you find new tools.'" After consulting colleagues who specialize in nutrition, she enrolled in Tulane University's culinary medicine program. Dr. Haver graduated

20 pounds leaner—and ready to pay it forward. First came her award-winning online program called the Galveston Diet. Fab Four is an offshoot of that. "An idea I had to help people see that the *quality* of calories can be more important than the quantity of calories," she says. "We can stop counting calories and have better luck reaching our goals. I posted about it, and the feedback has been amazing."

**How the Fab Four slim**  
Dr. Haver chose the Fab Four because they're found in foods

also loaded with other compounds crucial to postmenopausal weight loss and health improvements. That said, the individual nutrients have a lot going for them...

**• Nature's fat blocker**

As we age, nearly 85% of women become deficient in vitamin D, a nutrient that plays a powerful role in blocking fat accumulation and keeping our thyroids humming. The effect is so huge, one study found women getting extra D were able to lose 32 times more weight in six weeks than a low-D group. Top sources of the vitamin: enriched milk, mushrooms and salmon.

**• Magnesium magic**

"This mineral has over 600 functions in the body, but a big one is helping turn food into energy," says Dr. Haver. She adds that magnesium also helps

soothe the chronic inflammation that's a common problem as our hormones shift. One study found magnesium can eliminate up to 100% of this weight-loss-stalling inflammation! Yet 72% of us don't get enough.

Magnesium-rich options:

almonds, pumpkin seeds, spinach and dark chocolate.

**• Fiber miracle**

Studies show the less fiber we get, the more weight we gain in menopause.

A big reason? Fiber feeds

bacteria in the gut linked to effortless weight control (not to mention better digestion, mood, immunity and more). While these bacteria can struggle as we age, fiber keeps them "youthful." A new study on folks up to age 76 found that getting more fiber causes microbes linked to trim waists to surge by up to 2,847%! "And fiber-rich food keeps you full longer too," adds the doc. Great fiber sources: veggies, berries, beans and nuts.

**Yes!**  
A new study found upping omega-3s and vitamin D enhances the benefits of both, leading to significantly less stress and better sleep in 8 weeks

**• Triple-metabolism fat**

If you feel like your metabolism has become sluggish, omega-3 fatty acids can fire it up. Studies show they *triple* the speed at which postmenopausal women build metabolism-boosting muscle. Bonus: Omega-3s are incredibly anti-inflammatory and shrink appetite! Top sources: walnuts, flax, omega-3 eggs and fatty fish.

Supplements can help fill in gaps if you have allergies or dislike certain foods. "But try to do it with food alone," urges Dr. Haver. "These foods deliver an optimal mix of nutrients and make you too full for junk. Nutrients from food are best!"

**Real-world wow**

"It was a relief when a female ob-gyn told me I wasn't crazy, that she'd had menopausal issues like mine," shares Julia Gouin, 51, who found Dr. Haver on TikTok. Julia dove into the doc's plan, filling up on smoothies and sheet-pan dinners rich in the Fab Four. Down a quick 14 pounds, she

also got relief from joint pain, hot flashes, insomnia, fatigue and depression. "I suddenly felt phenomenal," says the Michigan retiree. "There are still times I eat cake, but then I shift back to the easy framework Dr. Haver gave me. The healthy fats in particular keep my hunger down. I dropped 75 pounds and now walk 5 miles a day with the same hips and knees that once barely got me up a few steps. It's so important to get the right advice at this time in a woman's life. This time is ours and we deserve to be happy and healthy!"

Find more at [GalvestonDiet.com](http://GalvestonDiet.com) or in Dr. Haver's Galveston Diet group on Facebook



**Fab 4 pancakes!**

These easy treats make get-slim eating absolutely delicious

- 1/4 cups almond flour
- 2 omega-3 eggs
- 1/3 cup vitamin D-enriched milk
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 1 1/2 cups fiber-rich fruit
- Garnishes: whipped heavy cream, stevia-sweetened syrup

In blender, blitz first 5 ingredients. Per pancake, ladle 1/4 cup batter on hot griddle with cooking spray. Flip when bubbly and set, about 2 min. Cook 30 sec. longer. Enjoy with fruit and desired garnishes. Serves 3

**IT WORKS!**

**Mary lost 7 sizes!**



**BEFORE**

As pounds crept on faster and go-to diets failed to help, "my doctor told me if I didn't lose weight, I'd become diabetic," recalls New Jersey nurse practitioner Mary Switala, 58. She started poking around the internet. Drawn to Dr. Haver's research-based approach, she was soon experimenting with "Fab Four"—loaded ingredients like almond flour, flaxseed, mushrooms and seafood. "After a week, my feeling of always being ravenous ceased," Mary recalls. "After a month, my constant fatigue and insomnia were gone." She also found herself shrinking by an astonishing seven sizes in just 16 weeks. Mary is still amazed. "This worked wonders for me when nothing else did!"

The Fab Four challenge is easy: Use a free app (Dr. Haver likes the one at [Cronometer.com](http://Cronometer.com)) to track what you eat for at least two weeks. Aim for 100% of the RDA of fiber, magnesium, omega-3s and vitamin D. Don't count supplements. No need to worry about calories/carbs. To enhance results, you can opt to skip processed foods, which contain inflammatory compounds that slow weight loss.

**Slimming with supernutrients is easy & delish!**



**FAB FOUR OMELET**

Prepare an omelet with spinach, mushrooms and olive oil; if you'd like, add cheese, extra vegetables and herbs of your choice.



**TACO-CRUNCH TOPPING**

Toss 1 cup raw pumpkin seeds, 1 Tbs. olive oil and 1 Tbs. taco seasoning. Roast at 375°F until golden, 25 min. Enjoy on salad.



**AIR-FRYER SALMON**

Rub salmon fillets and vegetable with olive oil and seasonings. Air-fry at 390°F for 7 min.

\* Weight loss in this story is based on reports from individuals. Results will vary. Dr. Haver's emphasis is on steady progress and overall health. As always, get your doctor's okay to try any new weight-loss strategy.