

July 22, 2013

CLEAN GUT= SLIM BELLY

This 21-day plan leaves you 25 lbs slimmer—and resistant to new belly-fat formation

First for women



Fast! Easy! Yum!

101

MAKE-N-TAKE TREATS

HOT & TIRED?

News! A by-product from grilling is making 80% of women tired all summer. Easy, inexpensive fix!

SUMMER CUTS THAT FLATTER



What's best for YOUR face shape

STRESS STOPPERS

Amy Grant reveals her surprising fixes

In 1 hour: **faster metabolism**

In 1 day: **89% more all-day energy**

In 1 week: **relief from chronic pain**

THE WATER CURE

New study: 90% of American women are clinically dehydrated no matter how much water they drink!

\$2.49

Why: **Most water is too acidic to be fully absorbed by cells**

The solution: **simple alkalinizing drops!**

Happy is within reach!



Display until 7/22/13

FAT-BURN MIRACLE

How Tristia lost 104 lbs without dieting, going hungry or breaking a sweat

TURN CLUTTER TO CASH FAST

7 instant money generators!

CAMPFIRE GOURMET

Delicious grill-pack recipes



top stress busters

MENTALLY FRIED?

Put hands in motion

"If I'm overwhelmed by the pile of papers on my desk, I just need to get up and do something physical," says Amy. "So I'll go to the grocery store and buy ingredients for a big meal like pot roast. I find if I start cooking—especially if I cook big quantities—somewhere in the process I'll remember somebody who is going through a hard time. Cooking several things in large quantities does something for me. It engages me in a task I love and it allows me to engage in somebody else's stressful situation. I'll package up food and take it to other people or say, 'Come by my house.'"



FRUSTRATED? Invite God into dark places

"For [my parents'] lives to end [with dementia], it didn't make any sense to me," says Amy, whose father is now battling Alzheimer's. "I was angry and heartbroken. But one night I poured my heart out to a friend who said, 'Amy, this is the last great lesson your parents are going to teach you. It's going to require you to trust God.'"

"On some deep cellular level, I truly believe that nothing is a surprise to God and that he is able to make the worst situation better. The Bible calls it the peace that surpasses understanding, and that is a very real thing. When we invite God into our stress, our torment, something changes."

FEELING ANGRY?

Turn it up and wipe things down

"If I'm really frustrated by something and have that kind of grinding on the inside—it could be anger or that kind of frustration that really puts me on edge—I'll put on loud music and pour that energy into something like cleaning. It's amazing how much you can get done in an angry clean," Amy says with a laugh. "By the time all that emotion dissipates you go, *Oh my gosh! My closet looks better. The beds are made and three loads of laundry have been washed and folded!*"



BATTLING SOMETHING BIGGER? Balance your brain waves

"In the spring of 2010, I did a non-invasive therapy called [brain-wave optimization]," Amy shares. "It was recommended by someone in my family who was having a really tough time, and I just saw a remarkable change in this person."

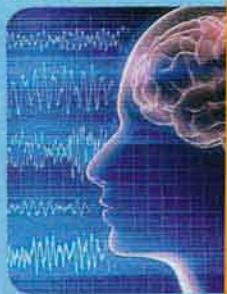
The therapy, which uses sound to recalibrate out-of-balance brain waves, has been shown to be up to 80 percent effective at treating conditions like insomnia, anxiety

and pain. Confirms Amy, "From the time I was in college, I've experienced a certain amount of seasonal depression. That all but disappeared after I did the brain training."

Amy was so impressed with the therapy, she gave it as a gift to a disabled veteran experiencing post-traumatic stress disorder. After a few sessions, the man was able to sleep through the night for the first time since a bomb destroyed the tank he

was in a year earlier. "I've contacted the Red Cross and said, 'Please use this noninvasive therapy.' I think it's incredibly helpful," Amy says.

For details on the therapy, which often involves ten 90-minute sessions and costs \$700 to \$6,000, visit BrainStateTech.com.



light the way

Amy Grant's

Does Christian singer Amy Grant ever feel stressed? You bet! Here, she opens up to FIRST about the practical advice that helps her get back to her peaceful place

Grammy- and Dove-Award-winning singer Amy Grant has been given a lot of advice over the course of her 36-year music career. But it's the wisdom she heard in February of 2011 that she kept firmly in mind while recording her new album, *How Mercy Looks From Here*: "Do me a favor," said her mother, who was suffering from dementia and had no memory of her daughter's singing career. "When you get on stage, sing something that matters."

Amy's mother died that April, but her words have become a touchstone for how Amy strives to live each day. "Some things really matter and some things don't," Amy reflects. "Living matters. Celebrating life matters. Seeing the value in hard times matters. Enjoying relationships and people matter. I feel like that's where my head has been. It's so life-affirming for me, and aside from being sleep-deprived, I'm loving life."

Here, exclusively for FIRST, the busy wife and mother of four (Matt, 25; Millie, 24; Sarah, 21, and Corrina, 12) shares the ways in which she tries to stay tuned in to life's true purpose—and not sweat the small stuff.

SUPER BUSY? Create a Scripture planetarium—in your head!

"I put different passages of the Bible to music and sing those," reveals Amy of the new way she's taking Scripture to heart. "That's been life-changing. I'm always looking to memorize, and if you put [the words] to music, it changes your experience of the text. I describe it to people as being in a planetarium—it's like you're in the middle of the solar system and the words wrap around you."



Instant energy!



"If I can drink two big glasses of water, I find that that's almost the same thing as taking a nap," Amy says, noting that hydration energizes