

June 12, 2023

God Bless America

# Woman's World

Make it a great week!

## SLASH your VET BILLS!

Money pro's #1 secret cuts pet healthcare costs in half

## THYROID MIRACLE!

Study: Relax at *this* time to boost it 139%

Paula Briner, 68, tossed her cane after

# She lost 207 lbs REVERSE dieting

Steal the NASA superfood secret

## KEEPS YOUR BRAIN YOUNG

MDs call this fast fix a 'game changer'!

## TOTAL CURE FOR INSOMNIA

News! Natural help for 'down there'

## ITCHY NO MORE

Johns Hopkins nutrition pros love the easy trend that's at 46,000,000 TikTok views

## You could lose 11 lbs this week!

*"I've been given my life back!"*

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## Speedy good!

← Shortcut to delicious!

→ Extra-easy berry treats!



# “This tape cured insomnia—for good!”



“I sleep better than I ever have, and I feel well-rested in the morning!” says Stacey

**After years of tossing and turning, Stacey Shapiro was surprised to find that the secret to a good night’s sleep was as simple as redirecting her breathing**

Stacey Shapiro lay awake, staring at the ceiling, as the hours ticked by. For years, she had struggled with insomnia, which made it hard for her to fall asleep and stay asleep for a full night’s rest.

Slogging through her days, Stacey struggled with severe fatigue, which made everything from work to home life much harder. *I can’t keep doing this*, she thought, deciding to look for an effective natural cure, as she was wary of prescription options.

Stacey had heard melatonin and valerian root could help soothe sleep troubles, so she gave those a try...but still, her insomnia persisted. *Will I have to spend the rest of my life feeling exhausted?* she despaired.

## A surprising fix

One day, while discussing her sleep troubles with her cousin, Stacey learned about something she had never heard of before: mouth tape.

“That sounds...bizarre!” she laughed as her cousin explained more. Stacey learned how taping your mouth shut forces you to breathe through your nose, increasing nitric oxide, a substance produced in the nasal passages that revs oxygen delivery to the lungs. This in turn boosts

circulation while decreasing stress and anxiety...all keys to better sleep. “It makes sense,” she mused as her cousin encouraged her to try it. “I’m just changing the path my breathing takes—from my mouth to my nose.”

With nothing to lose, Stacey bought a gentle tape (Hostage Mouth Tape, \$25 for 30 strips), which was less like sticky tape and more like a breathable piece of fabric that was safe for her skin—almost like a sleep mask for the mouth.

Though wearing it felt odd at first, soon, Stacey was drifting off. And the next morning, she was shocked: Instead of waking several times throughout the night, she’d only woken once.

“The tape itself wasn’t uncomfortable, though the sensation of not breathing through my mouth as I fell asleep felt a little unnatural at first,” she describes. “But once I realized that I already knew how to breathe through my nose, it became completely normal. Now, I wear my tape every night, and I sleep better than I ever have! I feel well-rested in the morning, have more energy throughout the day and also have less anxiety about sleep—I know that when I go to sleep at night, I’m actually going to sleep well!”

—Erin Flynn Jay

“Mouth taping can be a game changer for enhancing sleep”

—Ron Cinha, M.D.

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## More amazing health benefits of nose-breathing

✓ **Improves digestion:** Taking a few seconds for a simple premeal breathing exercise activates the parasympathetic nervous system, enhancing digestion and nutrient absorption, asserts Steven Lin, D.D.S., author of *The Dental Diet*. To do: Before eating, take five deep breaths through your nose, slowly inhaling for three counts and exhaling for two.

✓ **Wards off illness:** Canadian scientists say breathing through your nose triggers sinuses to release nitric oxide, a compound that travels deep into your lungs. There, it blocks growth of viruses and bacteria, opens airways and improves blood circulation to the lungs, boosting oxygen absorption by 20%. Ear, nose and throat specialist Len Zhang, M.D., says inhaling this way makes breathing easier, whether you have allergies, bronchitis or a lung infection.

✓ **Boosts brainpower:** Stanford University researchers say nasal breathing boosts oxygen flow to the brain by 20%, triggering instant calm. What's more, the scientists found that breathing through your nose synchronizes electrical activity in the amygdala and hippocampus parts of the brain to supercharge brain function, including focus and the ability to learn new information.

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-Aleae\*

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