
Mademoiselle
DECEMBER 2000
THE MAGAZINE FOR YOUR ME YEARS
FREE! Xmas cards for you
SPECIAL PARTY ISSUE!
243 rule-the-night looks
7 nights on the town with Milla Jovovich
HAPPY HORNI-DAYS
50 ways to make Xmas really jingle
CONFESSIONS OF A PARTY SNOOP
Be the Star of the party without being hated
Can't-Resist Gifts for people you love (and those you just like)
Snag Your Prince!
Our have-no-shame guide to the world's most eligible royals
"Now I can celebrate!"
How a 20-something woman beat the disease we all fear
U.S.A. $2.99
Canada $3.95
Foreign $3.95
12
08440
0 753304 6

MILLIEGETSHEALTHY

# Va-va vitamins

**You know how a Harvey Wallbanger puts a little whoopee in your walk after a wearying day? Imagine what a vitamin cocktail could do.** By Heidi Henneman

You probably pop a few vitamin C capsules when some scuzzball with a hacking cough wheezes all over you on the elevator, but did you know that a whole range of health problems come with swallowable solutions? According to nutritionist Dr. Howard L. Pallay, the perfect combo of vitamins, minerals and herbs can cure what ails you sans the two-hour time kill in a doctor's office. Just toss back these good-for-you vitamin cocktails and get results in less than a week. (To be safe, phone your M.D. to check that they're right for you and won't clash with any medication, e.g., birth control.) Cheers!

## Pesky health blah: feeling pepless

You're sapped of energy. It's ridiculously hard for you to get out of bed, and once you're up, you're constantly yawning and find it impossible to focus on work—or play.

**VITA-COCKTAIL CURE**

- 600 mg vitamin C three times a day
- 100 mg pantothenic acid twice a day
- 30 mg zinc twice a day
- 500 mg adrenal glandular concentrate at breakfast and lunch



A vita-cocktail a day can keep those crappy mood swings away!

**Why it works:** "Your constant tiredness could result from adrenaline fatigue," says Dr. Pallay. If you're zonked in the middle of the day, your adrenal glands may be missing a beat. These glands, located above your kidneys, control your short-term energy and can be knocked for a loop if you're enduring extreme stress or have been sick recently. This mix of C, pantothenic acid, zinc and adrenal glandular concentrate will give your glands a get-well boost (read labels for the best time of day to take each). If you've been chronically ill or your fatigue is accompanied by diarrhea and stomach pain, you may have a weak immune system or malabsorption syndrome and should see a doctor as soon as possible.

## Pesky health blah: mood swings

You feel like you're riding a perpetual emotional roller coaster. One minute you're flying high, the next you're in tears—even your cat is giving you the cold shoulder. Your life is relatively trauma-free, so why are you flipping out?

**VITA-COCKTAIL CURE**

- 10 mcg vitamin B complex three times a day
- 125 mcg chromium three times a day

**Why it works:** "Mood swings are almost always caused by a blood-sugar imbalance or a thyroid problem," says Dr. Pallay. So how can you tell which could be the culprit? Take your armpit temperature before you get out of bed in the morning for ten days in a row. If your armpit temp is consistently below 96.6 degrees, chances are you have a thyroid problem—and should visit your doctor. Otherwise, you're most likely battling a blood-sugar imbalance. Vitamin B complex and chromium taken together at breakfast, lunch and dinner will stabilize your blood sugar. Try to eat frequent small meals, and swear off foods packed with sugar.

## Pesky health blah: bedtime anxiety

You're dog-tired, but your constantly on-edge nerves keep you from sleeping. Then just as you're finally about to doze off, ping! Those spiteful little worry pixies have you completely wide-awake again.

**VITA-COCKTAIL CURE**

- 200 mg valerian root
- 150 mg passiflora
- 300 mg white willow
- 60 mg magnesium

**Why it works:** "Your metabolism and your mind need to slow themselves down before you can fall asleep," says Dr. Pallay. Taking one to four doses of this mind-and-body-calming combo (available in most health food stores) one hour before bed, for no more than five subsequent nights, will put—and keep—you asleep until dawn, with no groggy side effects. After five days, you will have regulated your sleeping pattern so that your body automatically behaves at bedtime.

ZANE WHITE