

YOU
AT YOUR
BEST

SELF

SPECIAL WEEKEND ISSUE

Easy 2-Day Makeovers

- **Sculpt Sexy Curves**
Tone Your Abs, Butt and Thighs
- **Shop Once, Eat Healthy
All Week** And Slim Down, Too!
- **Look Naturally Radiant**
(Even When You're Exhausted)
- **Fight Less, Kiss More**
Relationship Help for Everyone

**The Hidden
Health Crisis
That Threatens
All Women** P. 190

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Eat to beat jet lag

For many, Thanksgiving means turkey, trimmings and travel. But flying to the family can leave you tired and cranky for days. These food fixes are the ticket to relief!

Before you go

Give your stomach a head start. To avoid travel-induced malaise, shift your mealtimes each day for several days before you leave until you're on schedule with your destination. Carbs and protein help your digestive system adjust more quickly than fats do, experts from the University of Virginia in Charlottesville say. Try lean dishes like high-fiber cereal and fruit with skim milk.

After you arrive

Munch melatonin-rich foods. Insomnia often plagues travelers, but a few nocturnal bites could help you sleep. Eating a handful of walnuts or tart cherries—foods high in melatonin, a hormone that promotes sleep—a half hour before hitting the sack may encourage sleep, says Russel J. Reiter, Ph.D., of the University of Texas Health Science Center in San Antonio. Cherry pie, anyone?

If you need a nap

Preload with caffeine. A quick "caffeine nap" can recharge your batteries. Drinking a cup of coffee immediately before taking a 15- to 30-minute catnap left dozers alert and rested after waking up, say researchers at The Sleep Research Centre, Loughborough University in Leicestershire, England. Caffeine takes a half hour to kick in, so it will rouse you after a short snooze. —*Catherine Ryan*