

**HAPPY 4TH!**

*25 easy creamy treats!*

*Grill up a good time!*

# THYROID BOOSTER

**NEWS:** Women getting only 50% of the iodine their thyroid needs to **SPEED METABOLISM**  
At-home test + fix!

# STRESS ENDERS

**JENNIFER ANISTON**  
One-stop solution to looking and feeling 15 years younger  
**AGE IN REVERSE**

# QUICK CURES

- ✓ HOT FLASHES
- ✓ BACK PAIN
- ✓ HEADACHES
- ✓ BRAIN FOG
- ✓ AGE SPOTS

**ARE YOU TOO HARD ON YOURSELF?**  
*See pg 48*

# BETTER THAN A TUMMY TUCK

Discover the fruit enzymes that **RELEASE TRAPPED FAT**

Dr. Woodson Merrell's healthy plan speeds weight loss by 511%

**Drop 10 lbs in 72 hrs**

# INSTANT BODY BEAUTY

- ✓ ARM FLAB
- ✓ CELLULITE
- ✓ SAGGY BUST
- ✓ JIGGLY FAT
- ✓ BELLY ROLLS

**PLUS, THE NEW BATHING SUITS & COVER-UPS THAT SLIM AND HIDE TROUBLE SPOTS**

**JUST I TIME**



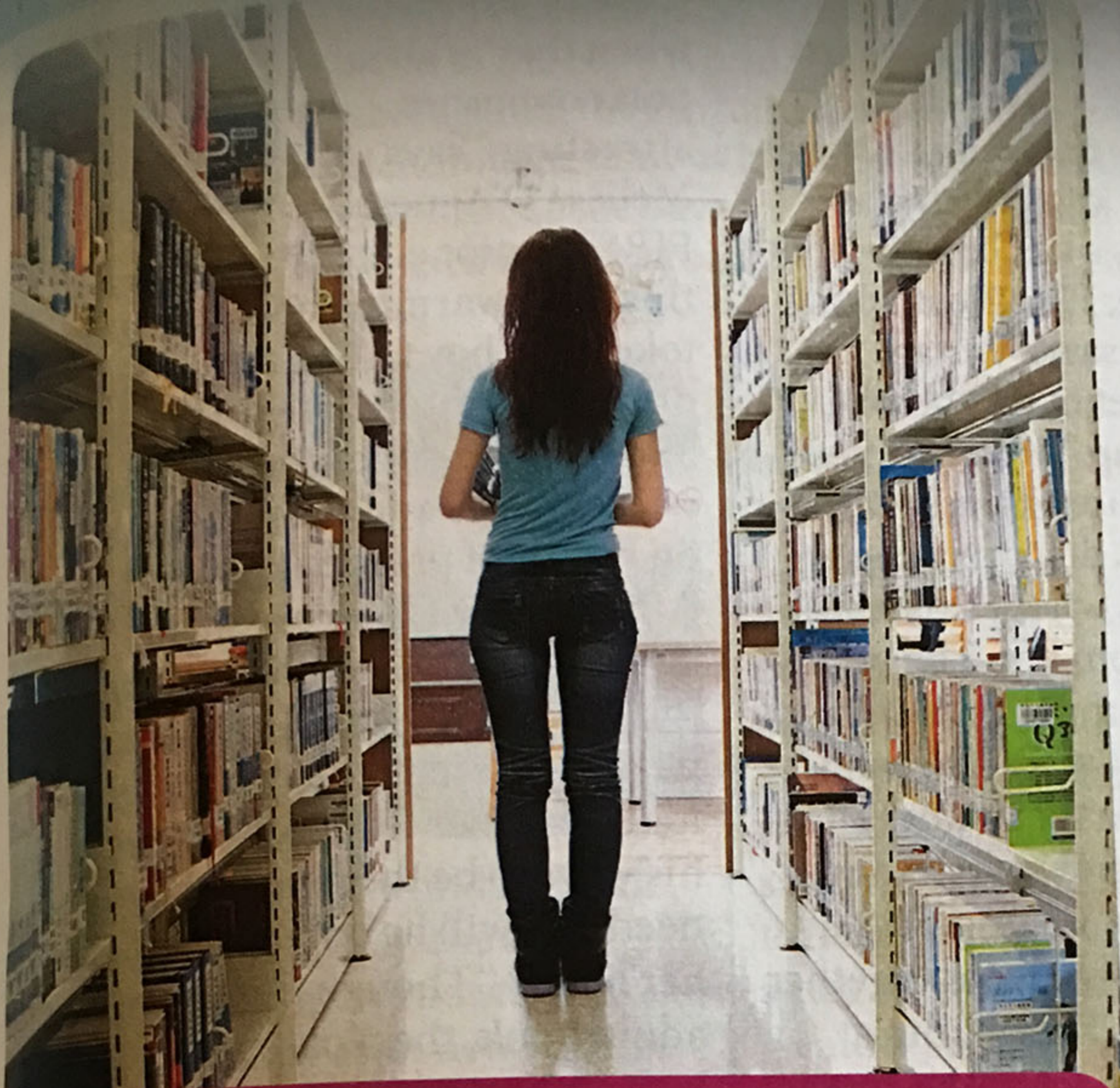
\$2.49



## “I keep seeing my ex”

**DREAM:** “I am very happy in my marriage, but I still dream of my ex. I have no desire to get back together with my ‘wuzband,’ but are my dreams telling me another story?” —*Martha Matthews, Champaign, IL*

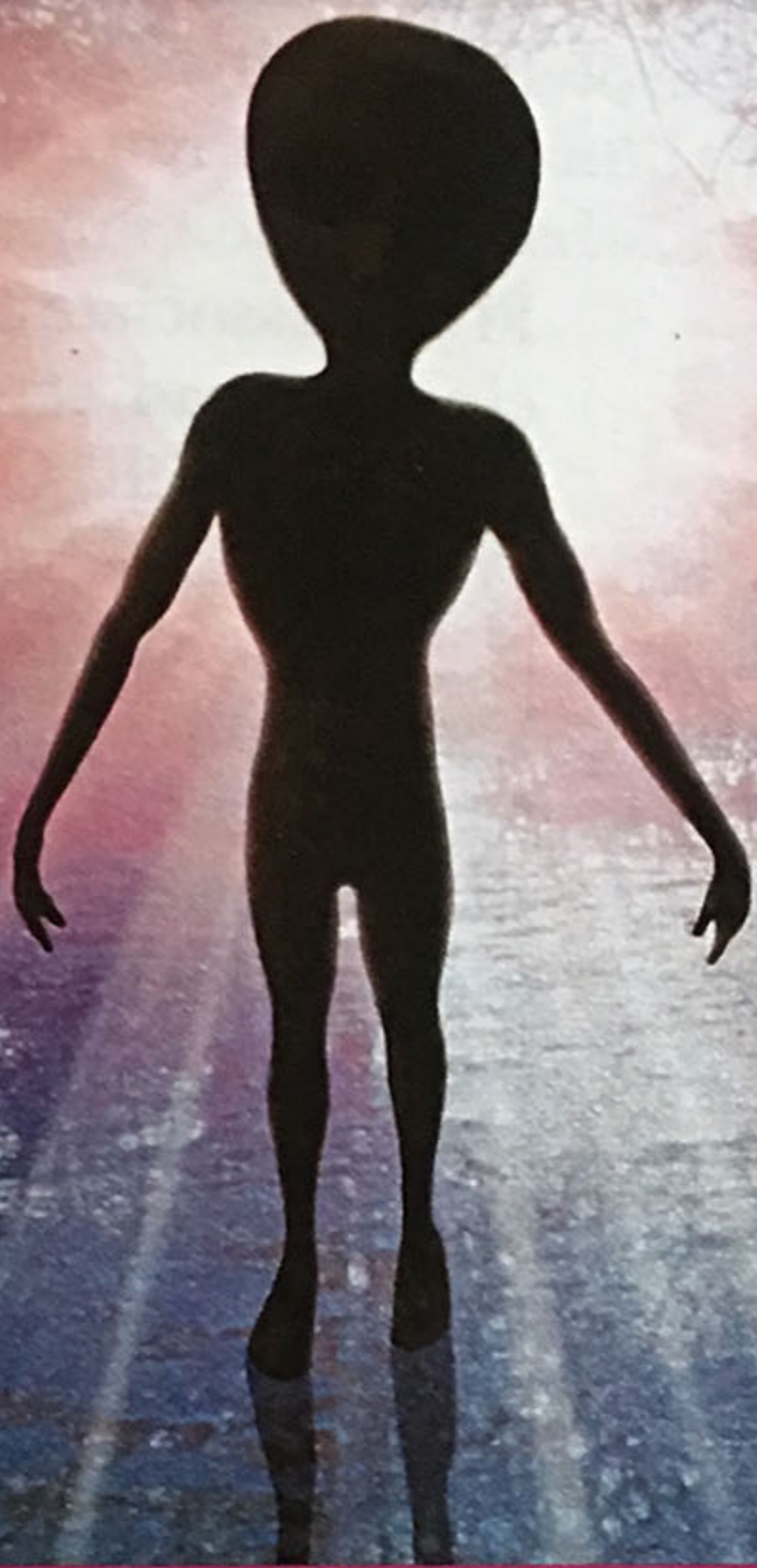
**WHAT IT'S TELLING YOU:** “Dreaming of an ex is extremely common. Allow me to reassure you that because dreams are symbolic, they do not necessarily mean you want to get back with your ex. Often, these types of dreams can help you come to peace with the past. They may also help you keep the best parts of you that were thriving back then alive so you can bring a fuller sense of self to your current love life. Ask yourself, ‘*What does my ex represent to me?*’ Is it strength, confidence, excitement? When you resurrect these buried aspects of yourself and bring them into your present life, you realize this vital energy belongs to you, not your ex.”



## "I'm late to class"

**DREAM:** "I keep having a dream in which I'm back in college. But there's all this anxiety because I can't keep track of my schedule. I have a sense that somewhere there's a paper stating when and where my class is but I can't find it!" —*Carol Ryan, Montclair, NJ*

**WHAT IT'S TELLING YOU:** School dreams are common among driven, success-oriented women, and can often be about the pressure to get a high score on a current life lesson or project. You may also be in a learning phase and attempting to graduate to a more powerful version of yourself. To access this wiser part of your mind that can help you achieve your goals with ease, take a quiet moment to think about your dream and journal your response to these questions: *What behavior or pattern do I need to change in order to feel in control? If I could redirect this dream to a preferred conclusion, what would be different?* Your answers should give you an inner shift that reminds you that you're already a class act.



## **"I'm surrounded by aliens!"**

**DREAM:** "I'm at work, sitting with my colleagues, who are actually aliens. They're trying to fit in but they clearly don't! When one notices me looking, it gives me a scary snarl. What does this mean?"

—Anna Benevides, Baltimore

**WHAT IT'S TELLING YOU:** "A dream of aliens may mean you are tapping into a fear of being 'alienated' if you were to reveal or expose your true self. I understand the fear—so many of us just want to fit in and do our job so as not to get noticed or make waves. But it's time to let your inner beauty shine! And the truth is, if you let your one-of-a-kind brilliance out of the bag, you *will* stand out, be recognized and get attention. This dream may be telling you to relax, knowing that you are on this planet because your uniqueness is important and valuable. With this awareness, know that it is ultimately safe to come out of hiding and celebrate your differences and special talents!"

## "I think I can tell the future"

**DREAM:** "In my dream I was talking to an old friend, and the next day, I got a call from her. It's not the first time my dreams have come true. Once in a dream, I got a sense of sadness about a friend, then found out she was sick. It scares me a little." —Adele Rios, Miami

**WHAT IT'S TELLING YOU:** "These are called *precognitive dreams*, and they're incredibly powerful. They're a gift, even if they present you with an unpleasant situation, because they help you prepare for events to come. And you may be having these dreams more often than you realize. To enhance your chances of "catching" more of them, write down your dreams every morning and look for a theme (a recurring location, feeling or person). Like a friendship develops the more you pay attention to it, your relationship with these dreams will deepen with your added interest, and your life will bear the fruit."



August 21, 2017

First for women

Happy summer!



Cool, easy, creamy suppers

# YOU, EVEN SMARTER

MORE THAN 50% OF US AREN'T GETTING ENOUGH OXYGEN TO OUR BRAINS. INSTANT NATURAL CURE!

# AGE IN REVERSE

THE HAIR CUT AND COLOR THAT WILL MAKE YOU LOOK 15 YEARS YOUNGER

# SLIM QUICK

JENNIFER LOST 190 LBS DOING THESE SIMPLE POOL MOVES



# SWEET RELIEF

LORI LOUGHLIN SHARES HER BEST STRESS STOPPERS

Drop 21 lbs in 20 days

# BLISS NOW

LISTEN TO THIS FOR 60 SECONDS TO FEEL 157% HAPPIER ALL DAY



4 easy ice cream cakes

24 hours: Energy soars

72 hours: Bad bugs die out

96 hours: Metabolism speeds by 129%

Doctor-approved plan heals the GI woes that pack on fat

HAPPY IS WITHIN REACH



\$2.49 Display until 8/21/17

## "I'm in another world"

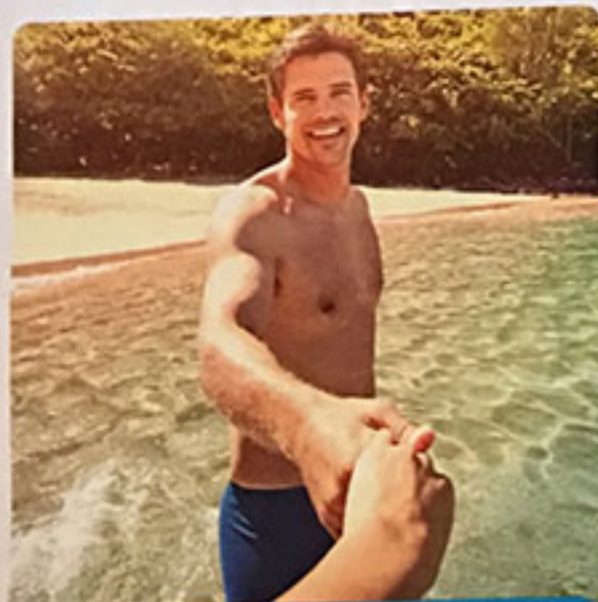
**DREAM:** "I dreamed I'm on another planet, where I meet people that look human but they're more advanced and happier. I see the harmonious way they live, their energy-efficient cars and clean air and how they love their jobs. Being there is so exciting!"

—Nadya Abrams, Alpharetta, GA

**WHAT IT'S TELLING YOU:** This dream may be helping you adapt to a change in your life and pointing you toward your own ideal future. You've been blessed with a glimpse into an optimum way to maneuver through life. Imagine the impact you could have on the world if you lived this way! You might just play a role in creating a world that looks the way you dreamed. And the cars you saw hint that you're going places. Your dream is showing you how to manage your fuel (your time and attention) so you can create the most sustainable way of living.



# Unlock the power



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## "The elevator is out of control!"

**DREAM:** "I'm in an elevator. I keep pressing buttons but nothing happens. When the elevator finally starts moving up, it goes faster and faster and I'm afraid it will break through the ceiling!"

—Mariena Temple, San Diego

**WHAT IT'S TELLING YOU:** "Elevator dreams often signify ambition to elevate your career status or spiritual awareness. They may also be telling you that before you gain too much momentum, you should take a moment to notice what's going on around you so you're prepared to handle the success you're about to achieve."

"I'm sure you've heard that most people are more afraid of success than they are of failure. Is this true for you? If so, keep this affirmation in mind: 'As I am lifted, all are lifted!' This will help you release any tendency you may have for self-sabotage as you figure out all the right buttons to press—through trial and error—that will help you achieve what you most desire."



# of your dreams

Find the dream that rings a bell for you, then read on to tap into the transformative power of your subconscious



## "I'm the toast of the party"

**DREAM:** "I'm in a crowd of happy people and I'm having a great time. It feels like this gathering is in my honor. When I wake up, I feel like it's my birthday, but it's not." —Wendi Maddox, Stowe, VT

**WHAT IT'S TELLING YOU:** "Dreams of a party signify the many aspects of yourself coming together in celebration. This dream is telling you that something you've done is worth popping a cork of champagne for, and reminding you that you have legions of people toasting you and doing a victory dance for you. You are walking through a rite of passage, elevating from one level to another, and your hard work is paying off."

"But you may already be fixated on where you think you should be 10 steps from now. Instead of rushing into a new project, ask yourself, 'What have I done lately that's worth celebrating?' Make a list of the accomplishments you've made, big and small, this year. And even though your to-do list is a mile long and some of the goals that you set are still ahead of you, make a promise to treat yourself to something lovely."

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## “I’m in my childhood home”

**DREAM:** “Most of the dreams I remember take place in the house I grew up in. I haven’t been there in years. Why do I keep going back?” —*Liza Dean, Miami*

**WHAT IT’S TELLING YOU:** “Regardless of what it was like for you growing up, your childhood home is a container for your innocence, vulnerability, gifts and magic. So when a dream takes place there, it may be attempting to reconnect you with your most childlike and authentic self. To make this connection, simply think of a favorite memory from your childhood home. Notice the way this moment makes you feel, then infuse this positive feeling into your present waking life. Remember, no matter how busy and stressful your day may be, you can always find the feeling of ‘home sweet home’ wherever you roam.”

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Healthy & so good!

for women

October 2, 2017



Dinner? Done!

# BYE BYE TIREDNESS

Sneaky chemical is making 93% of us allergic to other things. Antidote? This BATH

# BEAT STRESS

**KRISTIN CHENOWETH** shares her genius tension tamers

# YOUR BEST CUT + COLOR

Amazing makeovers: One will make YOU 10 years younger!

At-home hair color made easy!



# WALK OFF 200+ LBS

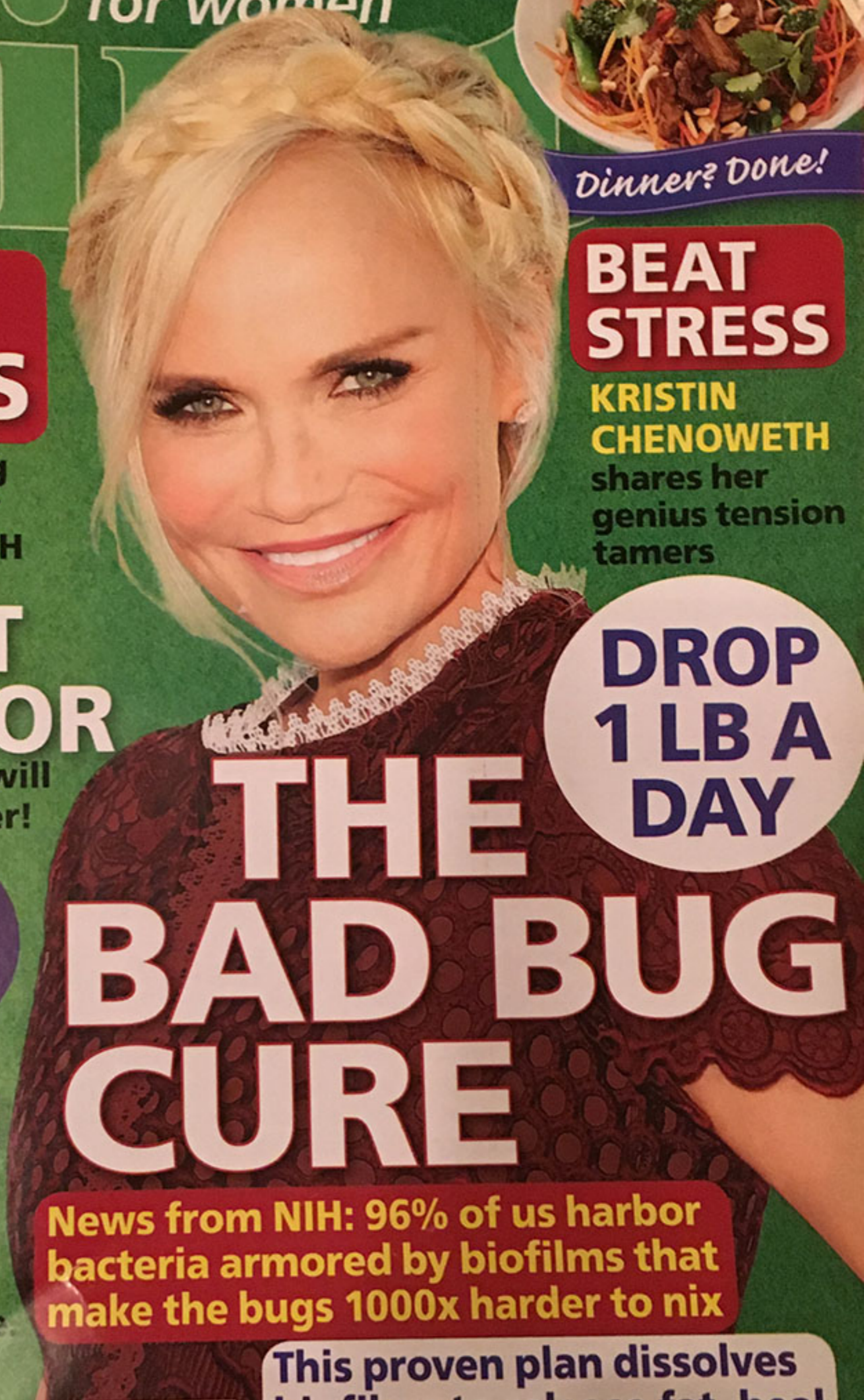
Laura did! Just by walking right for her metabolic type. Discover YOUR miracle!

**DROP 1 LB A DAY**

# THE BAD BUG CURE

News from NIH: 96% of us harbor bacteria armored by biofilms that make the bugs 1000x harder to nix

This proven plan dissolves biofilms to release fat, heal



October 23, 2017

for women



Halloween delish!



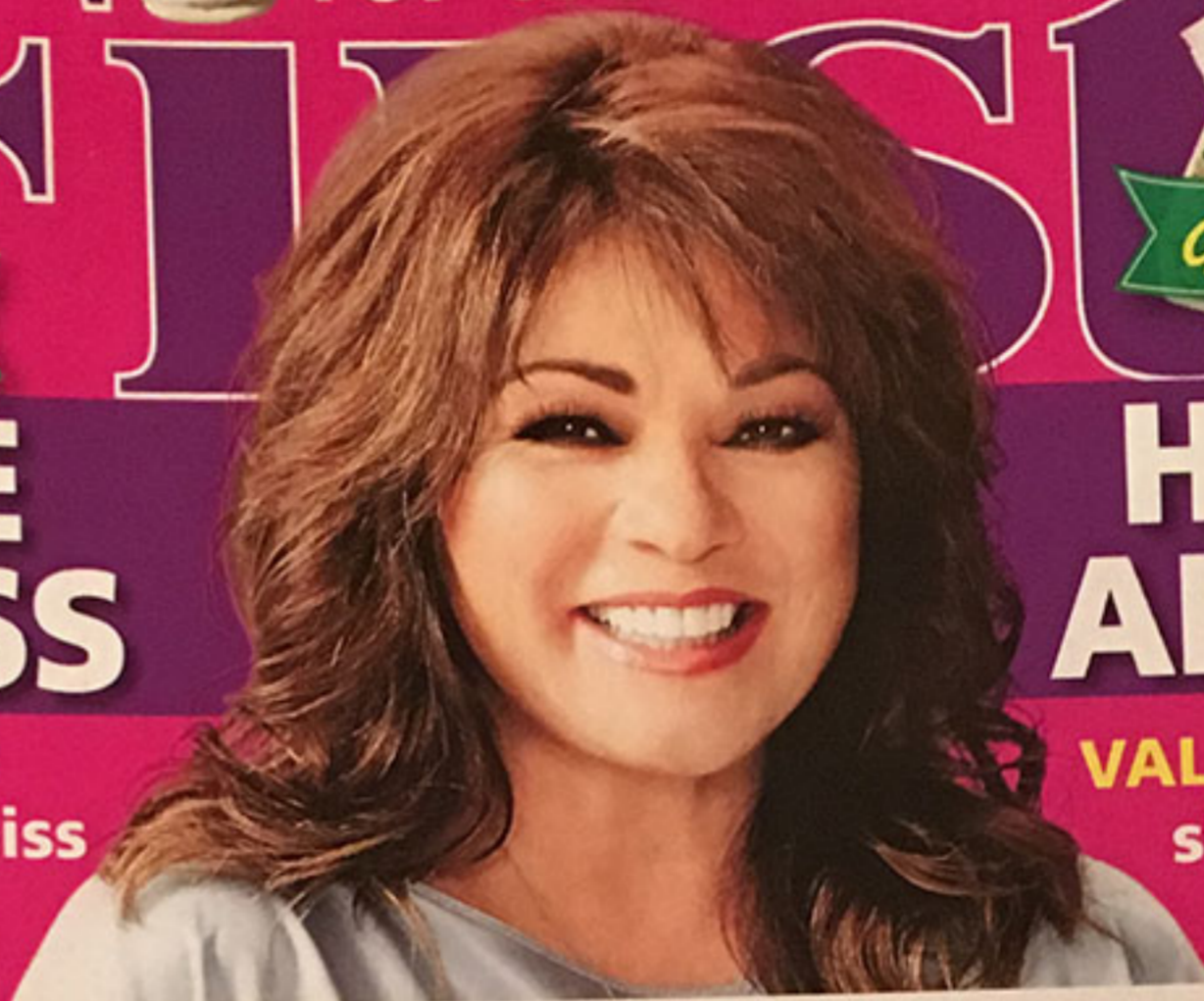
Game day wow!

# NO MORE TIREDNESS

The silent gum disease that 95% of dentists miss & the **easy toothpaste swap** that cures it

# HAPPY ALL DAY

**VALERIE BERTINELLI** shares her tips to staying jazzed



▶ **THE BRACELET THAT TURNS OFF STRESS!**

# YOU BEAUTY, YOU!

- AT-HOME FIXES**
- ✓ Saggy breasts
  - ✓ Varicose veins
  - ✓ Tired eyes
  - ✓ Double chin
  - ✓ Thinning hair

▶ **THIS MINERAL BOOSTS THYROID BY 54%**

# DROP 1.5 LBS EVERY DAY

**NEWS: Yale MD discovers that GMOs now pervading the food supply are packing on fat**

**THE COOKING TWEAKS & EASY FOOD SWAPS THAT WILL...**

- TURN OFF HUNGER
- END ACHES & PAINS
- BURN STORED FAT

**Are YOU too hard on YOU?**  
See pg 42


**KISSES OF BLISS—FOR LESS!**

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## "I kissed my boss!"

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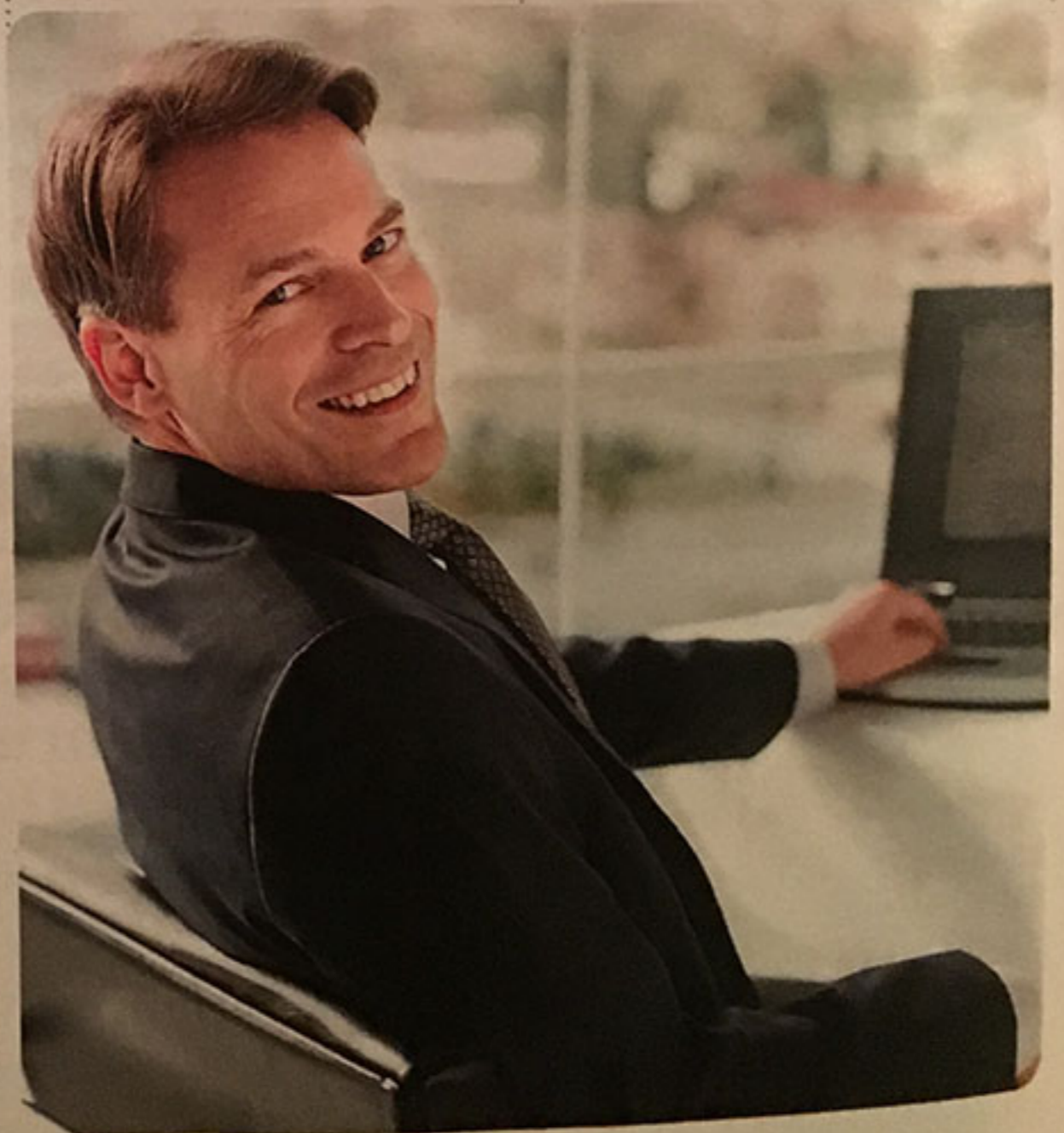
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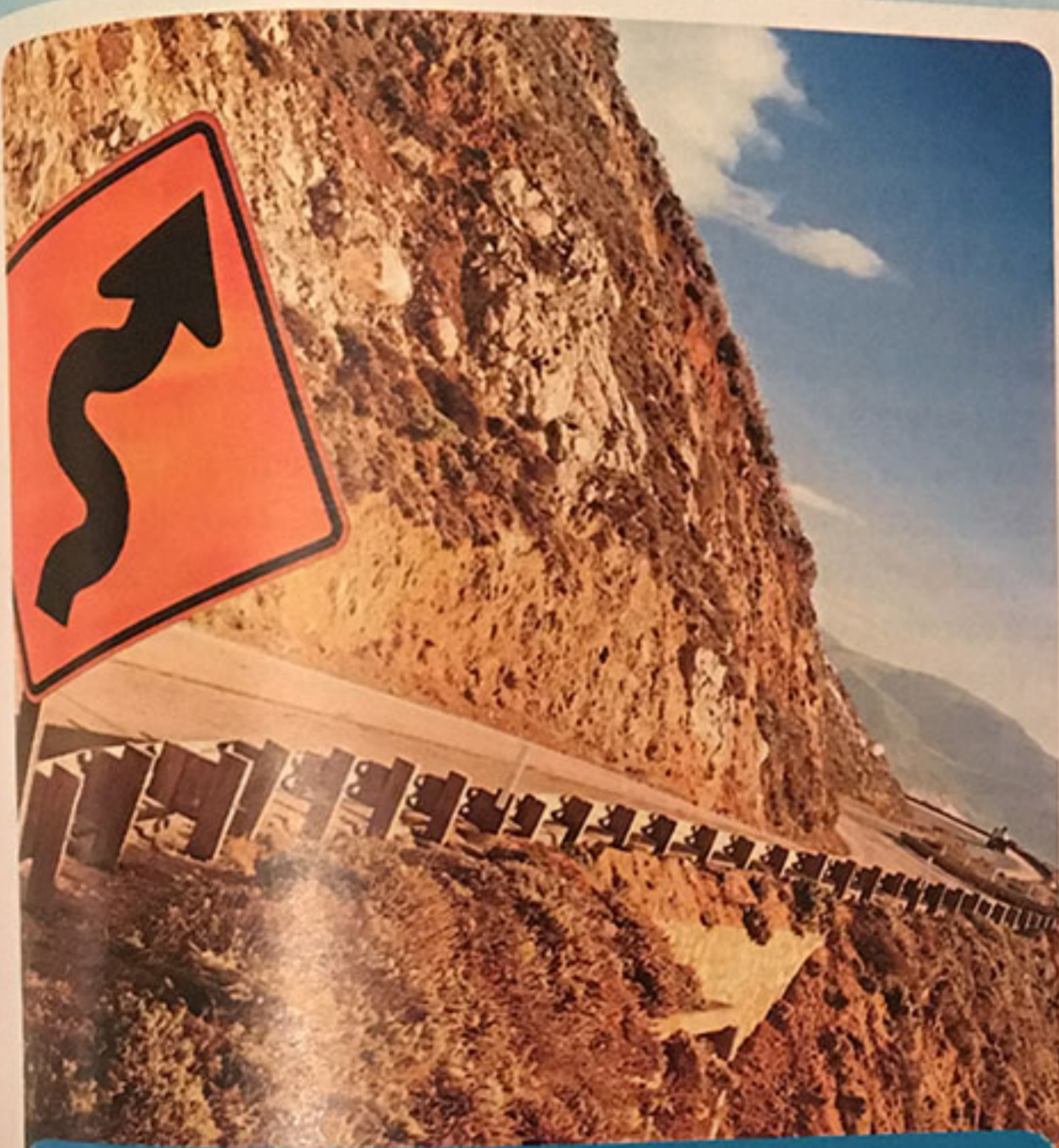
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## "I'm driving off a cliff!"

**DREAM:** "I'm driving fast uphill on a steep and rocky mountain road that becomes increasingly narrow and perilous—and then my car flies off the cliff! Just before I hit the ground, I jolt awake in a cold sweat."

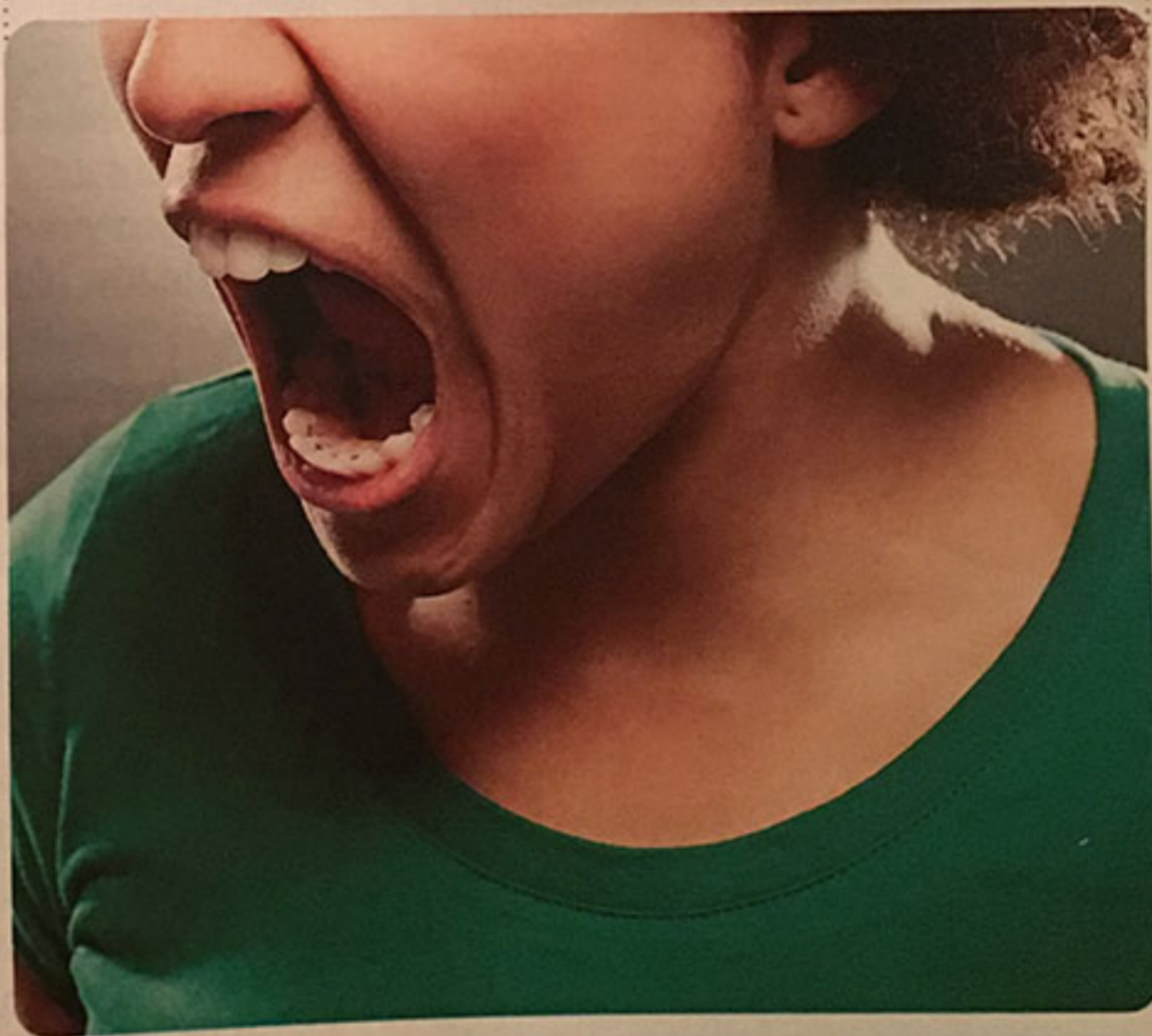
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**DREAM:** In my waking life, people comment on what a kind and loving person I am. But in my dreams I have an out-of-control temper and I scream at people all the time. What gives?" —Ruth Brack, Austin, TX

**WHAT IT'S TELLING YOU:** "Our dreams often exaggerate and intensify our emotions in order to get our attention so we'll take action to correct the situation in our waking lives. This dream may be a nudge to embrace the fact that, yes, you are nice—but you are also entitled to be heard and have boundaries, which you can renegotiate when you need to. I suggest asking yourself, *Where are my boundaries being crossed? What is this prompting me to change about myself?* Then use the answers to identify your unmet needs, which will help you give yourself the respect you deserve and allow you to transform your circumstances."



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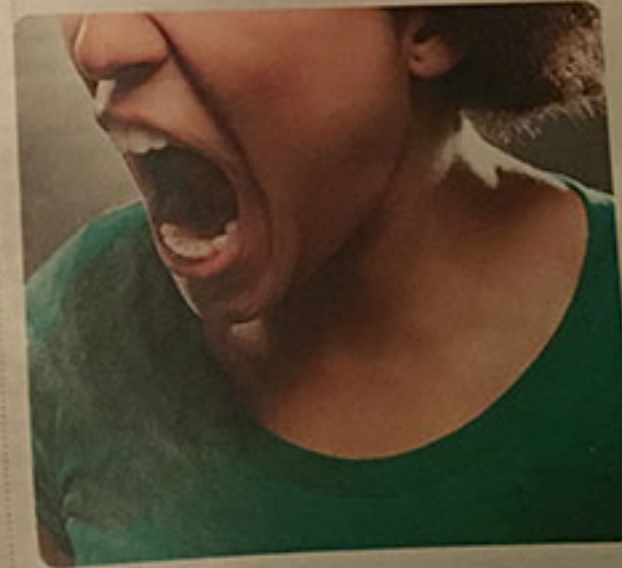
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*Thanksgiving made easy!*

*Leftovers they'll love!*

# BYE BYE STRESS!

85% of women who are tense and tired from Lyme disease don't know they have it. \$28 natural cure!

# HELLO BLISS!

**JANE SEYMOUR** confides her best secrets to looking and feeling great at 66!

## Heal your pancreas &

# FAT JUST FALLS OFF

**NEWS!** Oolong tea works better than ANY diet pill

## QUICK RELIEF

- ✓ Thinning hair
- ✓ Nightly snoring
- ✓ Chronic pain
- ✓ Trouble hearing
- ✓ High blood pressure

**PROOF!** You're better than you think you are! See pg 48

**DR IAN SMITH** reveals the gland damage that's making women over 40 heavy & tired

**THE SEASONING** that helped Terry **LOSE 145 LBS**

and get off all diabetes medications

**Drop 9 lbs in 7 days**

**YES!** Earn \$300 an hour from home



# Unlock the power of

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## "My cell phone won't work!"

**DREAM:** "I'm trying to call and text my family and friends but I can't. The numbers on my phone keep moving around. I wake up feeling so frustrated!"

—Noelle White, Whittier, CA

**WHAT IT'S TELLING YOU:** "I can't help but think this dream is highlighting your yearning to express yourself and be heard by those around you. Cell phones are also symbolic of a telepathic connection between you and the person you're calling, so perhaps you've had a breakdown in communication with a loved one and this dream is helping you discover another way to get your point across. And dreaming of a glitch might be a wake-up call to upgrade your communication 'software,' say, by improving the way you listen. This can ensure you're receiving the messages loved ones are sending. I suggest jotting down the dialogue from your dream that you didn't get a chance to express. What would you most like to say and hear from the people you're reaching out to? This exercise can help you feel heard and understood by you, which will improve your connection with others."

## "I can breathe underwater"

**DREAM:** "I often dream that I'm swimming down to the bottom of the ocean, but I can breathe. I'm carrying someone on my shoulders saying, 'I've got this.' What does it mean?" —Robin Smith, Keene, NH

**WHAT IT'S TELLING YOU:** "Dreams of water often indicate that you're exploring the depth of your emotions. Because the ocean is in constant motion, it's symbolic of the ebb and flow of your feminine energy. And carrying someone in a dream signifies that you're most likely the person who picks up the slack for others in waking life. Perhaps this dream is urging you to recognize your value. Try taking a moment to think of all the ways you support others. This will help you realize that, like water, you are essential to those around you."

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# er of your dreams

fun

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## "I'm with a whole new family"

**DREAM:** "I'm at a happy family meal, but instead of being with my real family, I'm with a family I only know in my dreams. When I wake up, I remember every detail: what they look like, our conversation and the meal we shared." —Barb Rodgers, Paris, TX

**WHAT IT'S TELLING YOU:** "I believe this dream is saying that you are loved and protected, beyond your scope of understanding. It might be hinting that there's more to your family than you know, so try approaching the upcoming holiday season with curiosity, as if your loved ones are people you're meeting for the first time. On a more spiritual level, these people could be actual family members you've never met who have passed on. Because you're gifted with sensitivity—as indicated by your detailed dream memory—family members on the other side may see you as a bridge to connect them for a virtual family reunion. Either way you look at it, this shows you are loved and supported more than you know."

## "My credit card is missing!"

**DREAM:** "I'm shopping for Thanksgiving and my cart is piled high with food, but when I get to the register, my credit card is gone! I'm distraught because everyone's counting on me!" —Lori Brewer, Fairmont, MN

**WHAT IT'S TELLING YOU:** "For women, Thanksgiving is a time when our internal shopping carts are piled high with to-do's. Dreaming of a missing credit card is a wake-up call to prevent you from 'buying' into perfectionism and to give yourself more 'credit.' To do this, write down 10 things about yourself that you're thankful for. For example, you're hardworking, kind and able to nourish your family—body and soul. So what if you drop a ball sometimes? We all do. As you become grateful for the amazing woman you are, you'll be better positioned to identify new ways to 'spend' your time and energy that nurture you and all those who feed off your energy."



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December 4, 2017

Slow cooker and Instant Pot options



Quick-prep crowd-pleasers

# First for women

**YOU, STRESS FREE!**

**SARA EVANS** on the tension tamers that will transform YOUR life

## RECLAIM YOUR BRAIN *Bye-bye tired!*

The heavy metal making women feel slow and tired & the natural compound that sweeps it away. **Feel the fog lift in 24 hours!**

*No more holiday hangry!*

## BODY CLOCK CURES

INSOMNIA  
ANXIETY

# THYROID DETOX

- ✓ SLOW METABOLISM
- ✓ WINTER SADNESS
- ✓ HEADACHES
- ✓ CRAVINGS

**Drop 10 lbs in 7 days**

**NEWS FROM HARVARD**  
Replacing breakfast 2x a week with *this* homemade drink reboots your gland to...

**INCREASE ENERGY by 180%**  
**DECREASE HUNGER by 79%**  
**BOOST IMMUNITY by 56%**

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# Unlock the power of



## "A handsome man saves me"

**DREAM:** "I'm in a bad neighborhood when a handsome man takes my hand and says, 'It's too dangerous for you to go alone.' When gunfire breaks out, he creates a force field around us and says, 'You're safe now. I'll see you in the morning.'" —Eliza Katz, Atlanta

**WHAT IT'S TELLING YOU:** "If you're ever going through a tough time, this dream is reassuring you that a higher energy will help you navigate. The man saying, 'I'll see you in the morning' symbolizes two things to me: Morning can be wordplay for 'mourning,' as in, 'I'll be there for you when you mourn.' Are you grieving something or someone? But morning is also when the sun comes out, and he's saying, 'I'm with you in dark times and in the light.' Rest assured this dream is meant to be comforting, especially when life gets rocky."

## Don't remember your dreams?

Take a moment to notice which photo you're drawn to the most—the one you choose resonates the strongest with your subconscious. Then read the analysis of the dream that goes with that image to reveal useful insight.

Bestselling author and renowned dream expert **Kelly Sullivan Walden** decodes the dreams of four FIRST readers.

## "I'm stuck in a theme park!"

**DREAM:** "I'm at an amusement park with my granddaughters and they don't want to leave. When I finally convince them it's time to go, we can't find the exit. We search for hours but can't get out."

—Connie Eilers, Napa, CA

**WHAT IT'S TELLING YOU:** "Dreams that take place in an amusement park tend to reflect our relationship with joy, diversion and our playful spirit. And your dream also touches your 'insatiability' button: Your granddaughters can't get enough fun, and you can't please them as much as you'd like. This has roots in the lie we tell ourselves that we are not enough. I suggest using this dream as an invitation to exit your inner emotional roller coaster with regards to areas of your life where you feel lacking, whether that's at work or with loved ones. When you know where the stop button is on self-criticism, you can find true amusement that elevates you and everyone else in an upward spiral of joy."



Find the dream that resonates with you, then read the analysis to unlock the power of your dream.

## "A"

**DREAM:** "I'm up behind a counter and I'm moving around. I'm surrounded by toothy people."

**WHAT IT'S TELLING YOU:** "This dream is telling you that we are all a little bit of a monster. We're all up to something. We're all a little bit of a dream. We're all unbranded. We're all passing your grins. We're all centered. That's the beauty of it."

GETTY IMAGES

# Power of your dreams

fun

owned dream  
then decodes the  
power of your subconscious

Find the dream that rings a bell for you,  
then read on to tap into the transformative  
power of your subconscious

## "I'm always late!"

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## "A stallion smiles at me"

**DREAM:** "I hear the clapping of something coming up behind me, getting closer and closer, and I try to move out of the way. Suddenly the noise stops, I turn around and there's a giant horse giving me a huge toothy grin." —Nancy Smith, Columbus, OH

**WHAT IT'S TELLING YOU:** "In many dreams involving the dreamer trying to evade an 'enemy,' the thing we are avoiding frequently turns out to be an ally in disguise. Have you been having a hard time saddling up to how amazing, capable, talented and strong you are lately? Have you been hiding your light? If so, this dream is telling you it's time to harness your wild, unbridled strength and connect with your personal passion and appetite for freedom. This horse could be your 'power' animal, and by giving you a huge toothy grin, he is trying to remind you of your own magnificence and motivating you to seize all opportunities that come your way."

## "I'm always late!"

**DREAM:** "I'm very punctual, yet in my dreams, I'm the one running late...for everything! I wake up feeling extremely anxious." —Celia Cook, Seattle

**WHAT IT'S TELLING YOU:** "Dreams of being late can reflect your fear of being ill-equipped for a task. As stressful as they can be, they're actually a blessing because they keep you bringing your A-game. But this dream can also be about being 'late' in another way. Is there a place in your life where you feel like a late bloomer? Do you drag your feet when making decisions? Maybe you're just late in realizing that you're perfect as you are? I suggest reviewing your dreams for *why* you're late: Do you get distracted? Derailed by someone? Then imagine you take action so you stay on track. Notice how good you feel, then take a deep breath to release any pressure that may be slowing you down in your waking life."



## Put FIRST to work for you!



Kelly Sullivan Walden is the author of seven dream books, including *Chicken Soup for the Soul: Dreams and the Unexplainable*. If you'd like Kelly to decode your dream, send an email to her at [Kelly@KellySullivanWalden.com](mailto:Kelly@KellySullivanWalden.com). For details on her upcoming Costa Rica Dream Journey and to get a FIRST discount, visit [KellySullivanWalden.com/CostaRica-ffw](http://KellySullivanWalden.com/CostaRica-ffw).

