

8 STORIES THAT MAKE YOU PROUD TO BE AMERICAN

JOHNNY CASH
ALL THE DETAILS
NIECE MURDERED!
Gruesome stabbing over drugs!

Yesterday's talk show hosts
WHERE ARE THEY NOW?
Phil Donahue: **TEACHER'S BIRD WATCHING**
Pete Dinklage: **WEIGHT-LOSS SURGERY**
Buckley: **BAD DIVORCE**
Sally Jessy Raphael: **FARM LIFE**

WIN \$5,025
In puzzles & giveaways

NATIONAL Examiner April 14, 2014

BREAKING NEWS!
85-lb DOLLY COLLAPSES!
She's KILLING herself!
FRIENDS FEAR

STUDY: RELIGION MAKES YOU HEALTHIER!

WHY THIS PUPPY SOLD FOR \$2 MILLION!

OLKS HIER
ke days!

NEED SLEEP? TAKE FISH OIL
FISH OIL, packed with omega-3 fatty acids can help you get your Zs, says a Journal Of Sleep Research study. Children with sleep problems who took fish oil sleep about an hour longer and have seven fewer waking episodes per night, researchers discovered. They say the omega-3s known as DHA, a long-chain fatty acid found in algae and seafood, are very helpful at getting sleep. The kids were given 600 mg of fish oil supplements for 16 weeks. "Various substances made within the body from omega-3 and omega-6 fatty acids have long been known to play key roles in the regulation of sleep," says study leader Dr. Paul Montgomery.

DISEASE - CHECK PRESSURE IN BOTH ARMS
a difference of 10 points is an indicator the patient is at a higher risk of heart attack or stroke. On the Harvard Health Blog, Massachusetts General Hospital researchers found that volunteers 40 years and older with no signs of heart disease had an average difference of five points in systolic pressure in arteries when blood is pumped away from the heart. But they found that participants who had a difference of 10 scientists suggest the artery supplying the arm with the higher pressure is clogged, an early sign of artery disease — and a warning that arteries in the heart and brain are also partially clogged. That makes a stroke or coronary more likely. Says study leader and Mass General cardiologist Dr. Christopher O'Donnell: "Our study suggests that a baseline blood pressure measurement in both arms by primary care clinicians

NATIONAL Examiner GIVEAWAY

MEDICAL ID BRACELETS HAVE STYLE!
Be stylish and smart with this lifesaving Hope Paige Medical ID. We have five FREE bracelets created exclusively by The Big Bang Theory's Mayim Bialik. Each of the leather and charm ID bracelets is valued at \$39.95. Wearing this gorgeous accessory alerts others about conditions that need special attention, like allergies or heart conditions. Simply have the charm custom engraved with emergency contact or medical information. For a chance to win, see page 58. The Hope Paige collection can be found at www.hopepaige.com.

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