

July 13, 2020  
*God Bless America*  
**Woman's  
World**

More  
for your  
money!  
**\$2.49**

**29 YEARS  
LATER!**  
We catch up  
with cover  
model Kathy  
Jacobs, 56.  
Her best tips!

**DROP 19 LBS  
IN 5 DAYS**

Dr. Joel Fuhrman's mini detox is so powerful, women are paying \$5,000 for it—but you can do it for \$5 a day!  
**Just ask Gaylynn Brenoel: She used it to jump-start losing 83 lbs at 72!**



The amino acid that works better than Ambien  
**DEEPER SLEEP +  
MORE HAPPINESS**

Research! Eating 'dessert for breakfast' is  
**BEST WAY TO LOSE  
4X MORE WEIGHT**

Revealed! Money pro's easiest-ever secret  
**\$SCORE FREEBIES  
IN YOUR MAILBOX**



*Relax & enjoy!*

← Fresh & fruity  
summer treats

→ Fast & easy  
suppers



# This week in a Woman's World

VOLUME XLI, NUMBER 28, JULY 13, 2020

## Enjoy!



30

- 4 Fill your week with smiles!
- 6 Relax and have fun this week
- 8 Woman's World book club
- 30 Delight with a s'mores night
- 32 No-mess, no-stress dinners
- 36 Lime-kissed bliss
- 37 Dinner made easy!
- 46 Brain games
- 47 Solve-it-yourself mystery
- 50 5-minute romance
- 52 Your horoscope
- 55 Love & laughter

## ON THE COVER

- 28 Kathy Jacobs—29 years later!
- 22 Drop 19 lbs in 5 days
- 18 Deeper sleep + more happiness
- 20 Best way to lose 4x more weight
- 45 Score freebies in your mailbox
- 36 Fresh Lime Layer Cake
- 5 Strawberry and Mint Jell-O
- 32 Fast & easy suppers
- 37 Zesty Grilled Corn
- 37 Chili-Rubbed Steaks

## Feel great!



21

- 16 The little secret to 100% healthy
- 17 Add-in cures for your summer headache
- 17 Happy ways to lower blood pressure
- 18 Stress cures that work better than meds
- 20 Weight-loss tricks you want to try
- 22 Powerful mini detox for \$5 a day
- 26 Ask America's ultimate experts
- 28 Kathy Jacobs proves it's never too late to follow your dreams
- 40 Spark joy with hanging accents
- 42 Easy home tweaks for sounder sleep

## Be inspired!



10

When Megan's former police partner, Stanley, needed her the most, she stepped in to save his life!

- 24 A natural oil cured Pearl's asthma after years of suffering
- 48 7 days of inspiration
- 48 My guardian angel
- 49 Circle of kindness
- 50 A moment for you
- 54 You deserve good things
- 54 Everyday hero: Jess has made and donated 50,000 masks to healthcare workers

## Look good!



14

- 12 Luxe for less in lightweight linen
- 14 Summer fun at your fingertips
- 18 Sweet key to aging in reverse

## Save big!



45

- 44 Deb makes up to \$500 a month selling macramé
- 45 Fill your mailbox with savings

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# \$\$\$ Cash in this week!



Deb Mellema, 56,  
Arlington, NE

## “I make up to \$500 a month selling macramé!”

Deb Mellema couldn't have guessed the craft she loved doing as a teen would provide a creative outlet and cash in her 50s! Here's how she did it

“When my 30-year-old daughter said she was excited about this cool new thing she'd seen on Pinterest called 'macramé' (a crafting technique that uses knots to create various textiles), it made me laugh because I'd grown up doing it! I'd never mentioned it before, and she was shocked to learn I knew how.

“At her urging, I made a wall hanging for her family's home. Her friends loved it and started asking if they could buy one

from me. I had longed to do something creative that gave me flexibility to spend time with my grandkids, so I quit my job and started MacrameNest (Etsy.com/Shop/MacrameNest).

“I set up a craft room in my house, reacquainted my hands with the knots I once knew, learned new ones watching YouTube videos and pored over my old books and patterns. I set up PayPal and Square (a phone attachment that enables credit card transactions), designed

business cards and found organic, soft cord I love on Amazon. My daughters helped me with social media and setting up on Etsy.

“I work 6–8 hours a day making plant hangers and wall hangings that I sell for \$10–\$110 on Etsy, at craft fairs and through Roots to Wings, a nonprofit store that employs kids with disabilities. I earn around \$500 a month, money I'm saving for a full kitchen renovation and to help support nonprofits I love.”

## Win big at WomansWorld.com!

### Win an indoor garden and Farm Rich snacks prize pack!

**Attention, healthy food lovers:** You have five chances to win an indoor herb garden and try new Garden Inspirations by Farm Rich plant-based bites. This wholesome line includes appetizers, snacks and healthy meal solutions, including Meatless Meatballs, Plant-



Based BBQ Sliders and (coming soon) Breaded Cauliflower Bites and Breaded Zucchini Sticks, all at Kroger and on Instacart. And you can top each of these tasty items off with fresh herbs from your new garden! U.S. only. Ends 11:59 PM ET, 8/13/2020



### Win \$1,000!

It'll be your lucky day if you're the winner of \$1,000 cash! Plan a mini getaway! Give your yard a makeover! Boost your savings account! The cash is yours to spend (or save!) however you desire! Simply enter for one chance to win big. U.S. only. Ends 11:59 PM ET, 7/31/2020

### Win a Samsung Galaxy Z Flip!

Upgrade your smartphone with two

chances to win a Samsung Galaxy Z Flip from Sprint.com! This groundbreaking full-screen phone folds in half to easily store in your purse or pocket, and also features a revolutionary flexible display screen, built-in camera stand, high-definition camera and dual all-day battery!

U.S. only. Ends 11:59 PM ET, 8/13/2020



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