Let the Games Begin!

32 REASONS YOU’LL LOVE THE TOKYO OLYMPICS

SIMONE BILES

NYJAH HUSTON

NOAH LYLES

KATIE Ledecky

APRIL ROSS

MEGAN RAPINOE

Plus:

SPACE JAM IS BACK!
P. 4

© PARADE Publications 2021. All rights reserved.
“Now I use bladder protection that cares for my skin too”.

New Always Discreet for Sensitive Skin
Up to 100% protection
Made without fragrances and parabens

Find liners and pads at

Walgreens

Buy at Walgreens.com

©2021 P&G
CONNIE BRITTON

The Friday Night Lights and Nashville star, 54, says “aloha” in the six-episode satire The White Lotus (July 11 on HBO). She plays Nicole, a successful type-A exec on vacation at an exclusive Hawaiian resort. But during her stay, the picture-perfect trip takes on a darker tone as truths are revealed.

What attracted you to The White Lotus? I have been a huge fan of [creator] Mike White for a long time. He wrote Beartiz at Dinner, which I did a few years ago. He called in the middle of the pandemic and said, “We’re doing this really cool show in Maui.” At that point, it had been nine months in isolation. It was a wonderful opportunity to work with him again.

How did you relate to your character, Nicole? There’s so much about her that I understand. From the outside, it seems as though her life should be perfect, but she’s flawed and trying to figure out her values. She’s from a different generation, but she’s defied a lot of the odds of that generation. She’s an interesting portrait of some of the struggles of what it is to be a “woke” feminist woman.

Playing Tami Taylor in Friday Night Lights was a turning point in your career. What was your takeaway from that show? It was an incredible creative experience that felt very empowered and free. It was very intimate, very immediate. I think audiences were thrilled by that and appreciated that.

You grew up mostly in Virginia. How does being from the South affect the characters you play? It impacts the way I’m able to play them. Every character is different, and yet—especially with Rayna [Nashville] and Tami—I was able to infuse [them with] many of the women I grew up around, who inspired and influenced me.

What award came as a total surprise? Go to Parade.com/britton to find out.

MORE MAGNOLIA MAKEOVERS

DIY media moguls Chip, 46, and Joanna Gaines, 43, are launching their own network, first on a mobile Magnolia app (July 15) and later (2022) on cable, taking over the DIY cable channel. Fan favorite Fixer Upper will be back along with these new shows:

VAN GO Chewy Design Co. owner Brett Lewis turns vans into tiny houses.

RANCH TO TABLE Seventh-generation cattle rancher Elizabeth Poett cooks up regional dishes using ingredients from her family’s 14,000-acre ranch in Santa Barbara.

HOMEGROWN Atlanta-based farmer Jamila Norman, who operates Patchwork City Farms, helps families transform outdoor spaces into beautiful backyard farms.
Welcome to the Jam!

LeBron James, 36, joins Bugs, Daffy, Tweety and the rest of the Looney Tunes gang in the animation-live-action hybrid *Space Jam: A New Legacy* (July 16 in theaters and on HBO Max), a stand-alone follow-up to the beloved '90s flick. When James and his son are sucked into the Warner 3000 entertainment “server-verse” by a nefarious A.I. humanoid played by Don Cheadle, the Tune Squad will need to defeat the powered-up pros of the Goon Squad to save themselves and get James and his son home safe. Here’s what else you need to know about what’s sure to be a summer slam dunk. —Megan O’Neill Melle

**PLAY THE GAME** Conquer the Space Jam universe outside the theater with this new edition of *Monopoly*, where players recruit Looney Tunes characters and launch shots at a plastic basket. $25, target.com

**IN THE ARCHIVES** Be on the lookout for cinematic masterpieces like *Casablanca*, *Mad Max* and *The Matrix* as LeBron travels throughout the Warner Bros. film vault in search of the Tune Squad.

**GET ON THE TEAM** Wear the official Tune Squad Uniform and the space-age-style Nike LeBron 19, a basketball-specific Air Max. $50 and $200, nike.com

**25 YEARS AGO...**
The 1996 Michael Jordan–starring *Space Jam* became one of the highest-grossing sports films ever and a cultural and nostalgic phenomenon. Did you know these facts about the original?

1. **GOOD LUCK CHARM** Before Jordan laced up for the Tune Squad, he asked Bugs and Daffy to get his lucky North Carolina blue practice shorts from his house. (“Your shorts...from college?!” gasped Daffy.) The superstition wasn’t just in the script—Jordan actually wore them underneath his uniform during every NBA game.

2. **THAT KILLER SOUNDTRACK** The *Space Jam* soundtrack gave the world R. Kelly’s three-time Grammy-winning song “I Believe I Can Fly,” Seal’s remake of Steve Miller’s “Fly Like an Eagle” and, of course, the Space Jam theme song by Quad City DJ’s, the trio responsible for the catchy ‘90s bop “C’mon N’ Ride It (The Train).”

3. **THE JORDAN DOME** One of the hottest tickets in Hollywood during the summer of 1995 was an invite to a pickup game at the Jordan Dome, an NBA-grade basketball court that Warner Bros. built so Jordan could train throughout filming.

4. **BET THEY’RE SORRY NOW** Michael J. Fox, Chevy Chase and Jason Alexander all turned down the role of Stan Podolak, MJ’s goofy publicist, played by *Seinfeld* actor Wayne Knight.

**LOLA BUNNY IS BACK!** And this time, the no-nonsense rabbit is voiced by *Euphoria* star Zendaya and reimagined as a more athletic, coming-in-clutch teammate. "Everyone knows this is Lola’s team," she says in a teaser.

**GOON SQUAD** Boasting impressive talent and digitized power, new on-court villains include NBA stars Damian Lillard, Anthony Davis and Klay Thompson and the WNBA’s Nneka Ogwumike and Diana Taurasi.

---

© PARADE Publications 2021. All rights reserved.
WORKS FAST

DIGESTIVE RESULTS YOU CAN FEEL IN AS LITTLE AS 7 DAYS*

Helps soothe occasional:
1 Abdominal Discomfort  2 Gas  3 Bloating

FROM THE #1 DOCTOR RECOMMENDED PROBIOTIC BRAND*

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

*AMONG DOCTORS WHO RECOMMENDED A BRAND OF PROBIOTIC IN PROVOCHE 2013-2020 SURVEYS.
**YOGURT SOUP WITH CHICKPEAS, DILL, MINT, GOLDEN RAISINS, CORIANDER AND SUMAC**

In a large bowl, whisk 3 cups whole milk plain yogurt, 3 cups vegetable broth, 1½ tsp ground coriander, 1 tsp sea salt, 1 tsp ground cumin, ½ tsp ground sumac (or grated lemon zest), ½ tsp freshly ground black pepper and ¼ tsp cayenne pepper. Stir in 1 (15.5-oz) can chickpeas, drained and rinsed, ½ cup chopped red onion, ½ cup golden raisins, ¼ cup finely chopped fresh mint and ¼ cup finely chopped fresh dill. Ladle into 4 bowls. Top each with a generous drizzle of extra-virgin olive oil; sprinkle with mint sprigs, dill sprigs and sumac (or grated lemon zest). Serves 4–6.

Go to Parade.com/cool for Seder’s spin on Spanish gazpacho.
HIGH PROTEIN. LESS SUGAR.*

30g PROTEIN
1g SUGAR

ENSURE® MAX PROTEIN USERS REPORTED FEELING MORE ENERGY IN JUST 2 WEEKS‡

Now available in 5 delicious flavors:
• Milk Chocolate
• French Vanilla
• Café Mocha§
• NEW Milk Chocolate with Caffeine§
• NEW Creamy Strawberry

$3 INSTANT COUPON! ensure.com/instantcoupon

‡Survey among 1038 consumers 50+; those who drank 1 Ensure Max Protein shake per day for 14 days and reported feeling more energy vs control group. Ensure Max Protein has 150 calories, 30g protein, and 8 B vitamins for energy metabolism.
* 90% less sugar than Ensure® Original. Ensure Original 8 fl oz = 10g sugar vs Ensure Max Protein 11 fl oz - 1g sugar.
† Vitamins C and E.
§ Contains 100 mg caffeine. Use as part of a healthy diet.

©2021 Abbott 20218092/June 2021 LITHO IN USA
I'm getting a new bike for my 16th birthday. My sister thinks I should get a girls' bike, but I like the way boys' bikes look. The bar across the top won't bother me. What do you think?

—Kayla R., Lima, Ohio

I think you should focus on fit, for safe riding. Aside from the top tube, women's and men's bikes differ in ways that tend to suit each sex's body type. Women usually have shorter torsos and longer legs than men of the same height, so their bikes are a bit shorter, and they adjust the seat higher. (And the seats themselves differ for comfort.) Their bikes also have shorter handlebar stems and narrower handlebars. But if a boys' bike fits you just right, you're in luck!
If you love jewelry, you’ll love us!

Dazzle with Brilliance
The brilliant sparkle of this dazzling diamond-look ring is sure to get you noticed, so enjoy the attention.

$34
Plus Free Standard Shipping
4.03ctw* cubic zirconia ring with band in platinum over sterling silver.
Available in full sizes 6-12.

*Diamond equivalent weight (DEW) is 2.44ctw. Enlarged to show detail.

JTV Item: DOB250
To receive this special offer, use code RINGBLING4
800.913.0767 or visit jtv.com/notice
Visit jtv.com/tv to find JTV in your area.

jtv.com • #JTVjewelrylove
One coupon code per customer; one coupon code per order.
Valid through August 11, 2021 at 11:59p ET. While supplies last.
32 Reasons to Watch the Olympics

GET READY FOR THE 32ND SUMMER OLYMPICS, JULY 23–AUG. 8 ON NBC, WITH OUR PACKED PREVIEW OF ALL THE FUN AND GAMES.

By Nicole Pajer

NEW SPORTS WATCH!

3X3 There’s a new basketball event in Tokyo: the 3x3, a half-court game played by two teams of three players. While the U.S. men’s team didn’t qualify, the female team—Stefanie Dolson, 29, Kelsey Plum, 26, Allisha Gray, 26, and Katie Lou Samuelson, 34—did. Watch: July 24–28

KARATE Two karate events—kumite (sparring) and kata (a solo practice)—will debut in Tokyo. “Karate is not just about competition,” says kata athlete Ariel Torres, 23. “It’s about character building and becoming a better contributing member to society.” Watch: Aug. 5–7

SPORT CLIMBING Fifty feet (three stories tall!) is about the height of the 95-degree climbing wall competitors will race up in the Olympics’ new speed climbing event. The other events in the sport climbing debut are lead climbing, featuring a differently angled 15- to 20-meter wall, and bouldering, a competition that uses a lower wall covered with tricky climbing challenges. The U.S., Japan and France are the only countries sending a full team—two women and two men. Watch: qualifiers, Aug. 3–4; finals, Aug. 5–6

SURFING Surfers will take to the water for the first time in Olympic history at Tsurigasaki Beach. Located on Japan’s Pacific coastline, conditions here should be great for “a lot of aerial maneuvers, which should score high and be fun to watch,” says U.S. surfer Kolohe Andino, 27. Watch: July 25–Aug. 1 (timing depends on waves and wind)

SKATEBOARDING Competitors will be judged on the difficulty, height and speed of their mid-air tricks, jumps and body rotations in the debut of skateboarding in Tokyo. They’ll compete on “street” courses (urban stair sets, handrails, ledges and banks) or “park” courses (smooth bowls).

33 That’s how many sports will be played this summer, 24 more than the first Olympics in 1896. There are 339 total events.

57 That’s how many years ago Japan hosted its first Summer Olympics.

What They’ll Be Wearing

★ Team USA will sport preppy Ralph Lauren uniforms at the closing ceremony, including this “tie” belt.

★ The internet had unkind things to say about Team Canada’s Tokyo-bound “graffiti” jean jacket designed by Hudson Bay.

★ Japanese athletes who make it to the podium will wear Asics’ “sunrise red” uniforms, including these snazzy shoes.

69 GAMES That was the winning streak for the U.S. national women’s water polo team (the longest ever). Ranked first in the world, they’ll head to Tokyo defending their 2012 and 2016 gold medals.

continued on page 11
That’s the number of Olympic medals Allyson Felix, 35, needs to become the most decorated U.S. Olympic track-and-field athlete of all time. She already has nine going into these games.

CLOCKWISE FROM TOP LEFT: KYODO VIA AP IMAGES; KYODO NEWS VIA GETTY IMAGES; HARRY HOW/GETTY IMAGES; PATRICK SMITH/GETTY IMAGES; ISTOCK

SIMONE BILES: GYMNASTIC GOAT

It’s hard to believe Simone Biles, lauded as the greatest gymnast of all time, only made her Olympic debut in Rio in 2016. The 24-year-old 25-time world medalist has four skills named after her—including a triple-twisting double backflip on the floor, the “Biles II” (shown on page 10)—and is back on the Olympic stage.

A lot has changed since taking home four golds and a bronze in 2016: She’s moved into her own house, made two French bulldogs (Lilo and Rambo) part of her family and found her voice advocating for survivors of sexual abuse and children in foster care. After being placed in the foster care system herself, she and her younger sister were adopted by her grandparents, whom she refers to as “Mom and Dad.”

“Without them,” she says, “I wouldn’t be who I am. I wouldn’t have done gymnastics.”

Biles is projected to do big things in Tokyo, like whip out her arguably most impressive and daredevil move to date, the Yurchenko double pike (she became the first woman to land the vault maneuver back in May), but she’s keeping what she calls her “high goals” close to the chest. She’s currently training six and a half hours a day, sometimes seven, with Sundays off. And yes, the Olympic postponement due to the coronavirus pandemic was tough. “I felt all the emotions,” she says. “It was strange. It was weird. It was annoying. It was scary. It wasn’t easy, but I’m glad I kept up with it.”

And rightfully so. The Olympics, says Biles, is “everything. It’s one of the most rewarding, exciting moments, being able to stand on top of the podium and hear your national anthem. It’s a feeling you can’t really describe.”

As for the question we’ve all been asking: Is Tokyo her last? “I definitely feel like with age I’ve gotten better, which most of the time you don’t see in our sport,” she says. (In 1980, the average age of an Olympic gymnast was 16½). So while her current focus is Tokyo, she may not be hanging up the leotard just yet, noting that her coaches are from France and it might be fun to go to the 2024 Paris games.

In the meantime, feel her passion and joy for the sport as you watch one of the greatest athletes of all time compete.

continued on page 12
STARS TO WATCH

- Defending their gold medals from Rio are American swimming favorites Lilly King, 24 (100-meter breaststroke), and Ryan Murphy, 26 (100- and 200-meter backstroke—two events that have been won by Americans since 1996). And look for 2016 gold medalist Caeleb Dressel, 24 (deemed “the next Michael Phelps”), in the 50- and 100-meter freestyle and 100-meter butterfly events.
- Volleyballer April Ross, 39 (the former teammate of Kerri Walsh Jennings), made some adjustments to her Olympic training regimen during the pandemic: She hung a net from her roof and leaned plywood against palm trees to mimic an opposing team. She and teammate Alix Klineman, 31, are No. 2 in the world.
- At 22, U.S. track star Noah Lyles, now 23, was already running faster than Usain Bolt did at that age.
- Alexander Massialas, 27, heads to his third Olympic games to try to win the gold in fencing. (Italy, France and Hungary usually dominate the sport.) No American has ever won.
- U.S. sprinter Dalilah Muhammad, 31, is the reigning 400-meter hurdles champion in the Olympics—and the world. But watch out. She’s projected to take on her own teammate, Sydney McLaughlin, 21, who has the second-fastest 400-meter time in history.
- Track star Sha’Carri Richardson, 21, clinched a spot on Team USA for her first Olympic Games, dominating the 100-meter sprint during trials just days after her biological mother passed away.
- Archery superstar Brady Ellison, 32, had a brush with a potentially career-ending injury to his right arm—the same one he uses to pull back the tension of his bow. You won’t want to miss Ellison, fresh off his recovery, as he aims to land his first gold.
- Nineteen-year-old canoe sprinter Nevin Harrison took up the sport at 13 when her hip dysplasia forced her to quit track and field. Four years later, she won the 2019 world championship (making her the first American to do so). This is her first Olympics.

80,000+ That’s how many eBay listings there are for Olympic pins. Avid pin collectors—folks who love to collect the games’ commemorative pin souvenirs in person—are as sad as the host country (which made 600 different officially licensed pins for the occasion) about the games’ COVID restrictions limiting travel to the event.
Japanese Mushroom Shown to Sharpen Memory, Focus & Clarity In Clinical Trials

Lion’s Mane mushroom protects against cognitive decline by enhancing memory...promoting neuron growth...boosting brain power...and treating anxiety, say researchers

It's a national health crisis that nobody is talking about. The number of Americans over age 65 is at an all-time high.

Sadly, over 42 million people are fighting the devastating effects of cognitive decline and memory loss.

In the scramble for a remedy, researchers have developed a brand-new weapon that gives hope to millions of seniors.

It's a tiny pill that contains a powerful medicinal mushroom from Japan. Called Lion's Mane, it's a large shaggy fungi that gets its name for resembling a lion's mane.

Sold under the brand name, Focus, Lion's Mane has shown in clinical trials to have remarkable beneficial properties that may enhance focus so it's easier to soak up more information, support mental clarity, crank up energy and creativity while helping to balance mood.

PROMOTES GROWTH OF NEURONS

As one researcher explained, your brain works like a telephone line. As you age, it's more difficult to communicate to the rest of the body — just like static on a phone.

The magic of Lion's Mane is that it contains two important health-supporting compounds: hericenones and erinacines. Together, they induce Nerve Growth Factors (NGFs) which promote the growth of neurons and are essential for the survival and differentiation of nerve cells (1).

There's less "static" so neural communication improves. The result is higher cognitive function like problem-solving and reasoning, as well as increased energy levels and decreased anxiety so you feel happier.

PROTECTS AGAINST BRAIN PLAQUE DAMAGE

According to a study published in Phytotherapy Research in 2009, researchers assigned 30 older adults with mild cognitive impairment to take either Lion's Mane extract or a placebo every day for 16 weeks.

In cognitive tests given at 8, 12 and 16 weeks, members of the Lion’s Mane group showed significantly greater improvements compared to the participants in the placebo group (2).

Scientists have long known that amyloid plaque, the mis-folded protein that forms in the space between nerve cells, play a central role in memory decline. The good news is that in a recent study published in Biomedical Research in 2011, scientists examined the effects of Lion’s Mane on brain function.

The results revealed that it helped protect against memory problems caused by the buildup of amyloid beta. Studies have also shown a possible neuro-protective effect.

HELPS BRAIN RECOVER FROM INJURY

For those recovering from brain injuries, Lion's Mane has proven to be game-changer. That's largely due to its ability to help regenerate the peripheral nerve, which is vitally important to those who have undergone trauma (3).

Researchers noted that integral to healing the body is the necessity for strong mental health which is needed to overcome the frustration after an injury. Focus with Lion’s Mane improves overall cognitive function and helps prevent further mental decline. It also seems to have a potential role in helping people get back on their feet faster.

REDUCES INFLAMMATION

The health-generating benefits of Lion’s Mane continue to astound researchers. Several studies have found that Lion's Mane extract reduced the markers of inflammation and oxidative stress which may help lower the risk of illnesses such as heart problems and strokes (4).

TESTED AND TRUSTED

The makers of Focus stress that it’s important to fuel your brain and body the healthy way. So while you can buy other products with Lion’s Mane, the similarity ends there.

Focus contains only organic Lion's Mane mushrooms that have been scientifically-studied and guaranteed to be loaded in nutritional power.

What's more, it's non-GMO, safe, sustainably harvested, and contains no added sugar, preservatives or additives. The quality is unparalleled.

WHY FOCUS IS NOT SOLD IN STORES

Keep in mind that Focus with Lion’s Mane is not sold in any store at any price. To ensure the highest quality and potency, Focus is manufactured in extremely small batches so the beneficial ingredients are never compromised.

Focus is manufactured in compliance with the pharmaceutical industry’s Good Manufacturing Practices (GMP). So you can take it with confidence.

HOW TO GET FOCUS

This is the official nationwide release of Focus with Lion’s Mane. The manufacturers have set up a special hotline and an exclusive offer for readers of this publication only.

Call toll-free 1-888-451-0239 within the next 48 hours to find out how to get a FREE bottle of Focus. Please be aware that supply is limited. All orders will be handled on a first-come, first-served basis.

Don't miss out on this unique opportunity to experience the brain-boosting power of Focus. To make sure you get your supply of Focus before it runs out, call:

1-888-451-0239

8:00 am - 11:00 pm EST (Mon - Fri)

MONEY BACK GUARANTEE


(2) Published in Phytotherapy Research, 2011


© PARADE Publications 2021. All rights reserved.
That's the number of Olympic gold medal wins (out of the past six Olympics) for the U.S. women's national soccer team. After winning their second consecutive World Cup title in 2019, Megan Rapinoe, 35, Alex Morgan, 32, Rose Lavelle, 26, and company will bring both the fun and soccer dominance to Tokyo.

Ryan Murphy, Simone Biles and Caeleb Dressel are just a few of the athletes who sport a tattoo of the distinctive five-ring logo (one ring for each continent).
Omaha Steaks are carefully hand-selected for quality and consistency, then aged for tenderness and delivered flawlessly. You will taste the difference in every single bite.

**Butcher’s Summer Bundle**
- 4 Butcher’s Cut Filet Mignons (5 oz.)
- 4 Boneless Chicken Breasts (1 lb. total)
- 4 Boneless Pork Chops (6 oz.)
- 4 Omaha Steaks Burgers (5 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 1 pkg. All-Beef Meatballs (12 oz. pkg.)
- 1 pkg. Omaha Steakhouse Fries (16 oz. pkg.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 jar Signature Seasoning (1 oz. jar)
- **FREE** Boneless Chicken Breasts (1 lb. total)
- **FREE** Omaha Steaks Burgers (5 oz.)

65542KTA separately $302.92

**SPECIAL INTRODUCTORY PRICE** $129.99

Order Now! » OmahaSteaks.com/everytime614 | 1.800.811.7832
Ask for free burgers & chicken breasts with offer 65542KTA

*Savings shown over aggregated single item base price. Photos exemplary of product advertised. Limit 2. 4 free (5 oz.) burgers and 4 free chicken breasts (1 lb. total) will be sent to each shipping address that includes (65542). Free product(s) may be substituted. Standard S&H added per address. Offer available while supplies last. Items may be substituted due to inventory limitations. Cannot be combined with other offers. Other restrictions may apply. All purchases acknowledge acceptance of Terms of Use. Visit omahasteaks.com/termsof-useOSI or call 1-800-228-9872 for a copy. Expires 9/30/21. ©2021 OCG | Omaha Steaks, Inc. | SRC0608
COVID means this will be an Olympics like no other: Athletes will be given daily COVID-19 tests during their time in Tokyo. With 11,091 athletes expected to partake, that’s a whole lot of swabs. For safety’s sake, only spectators from Japan will be allowed. That’s the number of new mixed events in archery, judo, shooting, swimming, table tennis, track and field and triathlon, where men and women will team up. This is the most gender-balanced Olympics in history, with every sport offering both men’s and women’s events.

9

That’s the number of new mixed events in archery, judo, shooting, swimming, table tennis, track and field and triathlon, where men and women will team up. This is the most gender-balanced Olympics in history, with every sport offering both men’s and women’s events.

493 km/hour

That’s how fast a badminton birdie (shuttlecock) travels, making it the fastest moving object in sports. Badminton became an official Olympic sport in 1992.
Landmark Study Reveals: New CBD Sleep Alternative Slashes Sleepless Nights 67% in One Month

If you are one of the more than 32 million sleep-deprived Americans, a doctor-developed, all-natural sleep solution can improve your sleep by almost 70% in a single night.

This breakthrough formula features a CBD alternative called CBN.

Unlike CBD, which doesn’t directly bind to cannabinoid receptors, CBN attaches directly to special “sedation” receptors in the brain.

This provides a sleep-inducing effect that is four times more powerful than CBD alone, according to a study published in the journal, British Pharmacological Society.

First-person accounts of CBN users report that as little as 5 mg of CBN can relax your body into falling asleep – but without the groggy side effects of other well-known products.

That was the recent experience of Anais M. She tried the CBD alternative on the advice of her physician, Dr. Al Sears, MD, of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Florida.

“I had never heard of CBN,” she said. “But I was willing to try anything – as long as it was natural.”

Within 15 minutes, I was drowsy. Instead of taking over an hour to fall asleep, I was out almost immediately.”

Even Better Than Falling Asleep? STAYING Asleep

But users say that the best part of using CBN is that it doesn’t just help you fall asleep. It helps you stay asleep.

A recent animal study proves it. The study, published in Psychology Today, found that CBN prolongs sleep cycles to keep you asleep longer.

And in a second lab-conducted animal test, subjects fell asleep 300% faster while taking a CBN-based formula.

And human clinical studies also show dramatic results.

In one recent study, over 80 percent of people taking a CBN-based formula fell asleep quickly and stayed asleep through the night…

Anais M. agrees that this was her experience.

“That night was the first night in months that I slept all night long,” she reports. “I didn’t even wake up when my husband got up for work at 4 a.m.”

More Powerful than CBD for Sleep

The new formula – called CBDreams – was a collaboration between a CBD research-and-development company called The Green Gardener and Dr. Sears.

“I’ve recommended CBD products from The Green Gardener to my patients at the Sears Institute for years. In fact, their products are the only ones I do recommend,” said Dr. Sears.

“But I’ve discovered that, while CBD works exceptionally well for many of my patients, it doesn’t work for everyone. That’s why I was excited to work with researchers at The Green Gardener to develop a new sleep-aid product that combines CBN with CBD. Then we combined it with other natural sleep supplements I’ve used successfully with patients for decades.”

The first ingredient to be added was a unique kind of CBD that is water-soluble. That allows it to be more easily absorbed by the body.

“Your cells are 90% water,” according to Dr. Sears. “So, an oil-based CBD formula can’t penetrate your cell membrane, which means it’s much less effective.”

The water-soluble CBD in CBDreams means cells can absorb it 450% faster. This allows it to go to work much more quickly.

And years of research show that this CBD works to help patients fall asleep.

The Center for Applied Health Sciences recently reported the results of a placebo-controlled study of CBD. They found that otherwise healthy adults who took CBD experienced a 22% improvement in sleep quality and a 21% improvement in sleep quantity.

In another study, researchers at the University of Colorado and Colorado State University followed 72 patients with sleep and anxiety-related disorders.

After using CBD for one month, 79% of those participating reported experiencing less anxiety, while 67% reported improved sleep.

What People Are Saying

Patients at the Sears Institute were given early access to the same formula in CBDreams. Dr. Sears says his patients call it a “game changer.”

“The first night I tried it, I was so surprised at how effective it was, I thought I must have just been extremely tired or there had been another reason I slept so well,” said Cody G., from Royal Palm Beach, Florida.

“The second night,” Cody continues, “I experienced the same great sleep from the night before. I’ve been waking up in the night since and haven’t noticed any decrease in effectiveness.”

Kirby B. said the formula has already changed his life. “I’ve been struggling to get a good night’s sleep. I was constantly waking up in the night then wouldn’t want to get out of bed in the morning. I can’t believe how fast it works!”

Not Available In Stores

To introduce CBDreams, The Green Gardener is offering a special discount to anyone who calls in the next 48 hours.

An Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try CBDreams.

Starting at 7:00 AM today, the discount offer will be available for 48 hours. All you have to do is call TOLL FREE 1-866-898-9817 right now. Then, provide the operator with the special discount approval code: PARACBD1. The company will do the rest.

Important: Due to recent media exposure of CBDreams, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

100% Money-Back Guarantee

A large percentage of men and women who have tried CBDreams report truly amazing results. That’s why it’s now being sold with a guarantee that goes beyond industry standard. Here’s how it works: Take CBDreams as directed. If you are not 100% thrilled with the results, simply return the bottles and any unused portion within 90 days of purchase for a full refund.
Edema Open Toe Slippers

Only $14.99 pair
SAVE $5.00

Ladies’

Adjustable Memory
Foam Comfort That Changes With You!
Opens Wide For Step-In / Step-Out Ease!

Only pair $2.99 Add $2.95 Handling (No Matter How Many Ordered)

FREE SHIPPING when buying 2 or more pairs

Order Now 1-800-530-2689
M-F 6am-1am CST, S-S 6am-9pm CST
*Add Applicable State/Local Sales Tax

Seamless Slimming
Front To Back

Made With COOLING YARN FIBERS

• Sore, Sensitive, Swollen Feet
• Bunions, Gout & Heel Spurs
• Tired Aching Feet!

Perfect Adjustable Comfort For:

COOLING YARN FIBERS

Made with a polyester, cotton upper.
and slip-resistant sole. Machine washable
import

Body Feel Better!
Helps Make Your Entire City
Smaller

Seamless Slimming & Bulges While Keeping

Body Feel Better!
Helps Make Your Entire City
Smaller

Cooling Zip-Up Shaper

TRIMS & SMOOTHs
Tummy, Sides & Back!

PLAy BALL!

After a 13-year hiatus, softball
and baseball are returning to the
mound. “I’m so excited to show-
case the incredible amount of
growth this sport has made over
the last decade,” says pitcher
Monica Abbott, 35, who joins Cat
Osterman, 38, as the only two former
Olympians on the softball team.

OUT OF THIS WORLD

Did you know the unlit Olympic
torch has been taken to space
three times?

Visit Parade.com/uniforms to
see Team USA’s uniforms through
the years, from 1896 to 2021.

© PARADE Publications 2021. All rights reserved.
Texas Grandmother with Leg and Feet Problems Goes from Near Cripple to Walking Her Dog Daily

You don’t have to suffer anymore. Doctors never tell you about these 7 natural herbs, yet millions of people in China have used them for relief of leg and feet problems for 3,000 years. In fact, they are guaranteed to relieve your problems and provide soothing comfort - or you pay nothing.

Mary Lentz of Plano, Texas suffered for over twenty years from leg and feet problems. Doctors prescribed one prescription drug after another. Then electrical stimulation. Then surgery. But after all these treatments – her legs and feet actually felt worse.

Mary was fed up with suffering. She took matters into her own hands. At wit’s end, she discovered the best herbs for natural relief. She took them, and within just days, her leg and feet problems began to disappear. Now she walks her Golden Retriever Max every day (which she actually felt worse.

If I kept listening to my doctors, I’d be a cripple today. I’d be in a wheelchair or in a nursing home. I am so thankful for these remarkable herbs.”

Leg and feet problems could have been almost like a death sentence for Mary – and a shame for her suffering family. It is a terrible way to live out what should be the best year of your life.

Neuropathy is like a wildfire. It starts with a small flame, but then quickly turns into a raging fire in your feet that never stops. Left alone or treated in a way that doesn’t work, it can lead to constant suffering – or even one of the 86,000 Americans who need a limb amputated each year according to the National Institutes of Health.

At Last – You Don’t Have To Suffer Anymore

Here’s why you have these problems: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The 7 herbs in the pill NeuroFlo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine all these herbs into one pill without losing their full potency, but finally, they have succeeded.

Dr. Ryan Shelton, M.D. says “This is new and different. It works for people who’ve tried many other things before. It is natural with no side effects. Don’t give up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them.” From word-of-mouth, over 30,000 doses of this Chinese miracle have already been sold in America.

Instead of letting their doctors control their health with no real relief, people are taking this natural approach. They are staying active and independent as they age – and creating a bright future they are excited about, instead of fearing. Now you too can enjoy your best years yet.

Conventional Treatments All Wrong

In America, drugs and other OTC formulas try to superficially suppress the symptoms. This may be going after the problem completely wrong. Traditional Chinese Medicine (TCM) believes nerve problems are largely caused by stagnant blood circulation. This causes your legs and feet NOT to get enough oxygen-rich, nutrient-rich blood they need to heal. The ingredients in NeuroFlo get this crucial blood flowing to your legs and feet like a fast-running river stream so they can feel better fast.

Want proof? To show how important oxygenated blood flow is, hold your breath. Hold it too long and you’ll pass out. This is what’s happening to your feet and legs now -- they are not getting the oxygenated blood flow they need to feel healthy.

Now you can get a good night’s sleep - peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work great for you – or you PAY NOTHING with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of Neuroflo in the state. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am Sunday, July 11th and only for the next 10 days.

All you have to do is CALL TOLL-FREE 1-888-964-6189 and provide the operator with the special 50% OFF discount approval code: NEF158.

Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.

“I had so much pain from burning nerves in my feet I could barely move...but this makes it calm down so I can walk and sleep. I really love this stuff! Other pills didn’t work. It stops the nerves from hurting so bad. It’s amazing. NeuroFlo lets me move and sleep pain-free. It is wonderful.”

- Katerina King-Mccausland, Murrieta, CA

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. Models are used in all photos to protect privacy.
Your upgrade from couch to first class has been approved.

Whether you want to sleep, read or watch TV the perfect sleep chair is... Just perfect

You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our Perfect Sleep Chair® does all that and more. More than a chair or recliner, it’s designed to provide total comfort. Choose your preferred heat and massage settings, for hours of soothing relaxation. Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. It even has a battery backup in case of a power outage.

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Genuine Italian leather, stain and water repellent custom-manufactured DuraLux™ with the classic leather look or plush MicroLux™ microfiber in a variety of colors to fit any decor. New Chestnut color only available in Genuine Italian Leather. Call now!

The Perfect Sleep Chair®

1-888-566-1233

Please mention code 115305 when ordering.

Genuine Italian Leather
classic beauty & durability

Long Lasting DuraLux™
stain & water repellent

MicroLux™ Microfiber
breathable & amazingly soft

Footrest may vary by model

NOW also available in
Genuine Italian Leather
(and new Chestnut color)

Three Chairs in One
Sleep/Recline/Lift

REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION

“To you, it’s the perfect lift chair. To me, it’s the best sleep chair I’ve ever had.”
— J. Fitzgerald, VA

Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it.

© 2021 firstSTREET for Boomers and Beyond, Inc.