**Woman's World**

**Quickly Heal a Slow Thyroid**

Dr. Mark Hyman's 10-DAY PLAN works better than Gastric Bypass

![Image of Dr. Mark Hyman]

Survey of 1,000 participants: 62% drop in symptoms from ALL DISEASES in 10 days!

Cindy lost 72 lbs at age 64

Roast once, feast all week! Leftovers never tasted so good!

Easy, creamy!

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**Everyday Hero**

"When it comes to giving hope, one size does fit all!"

When Dana Marlowe discovered that homeless women desperately need bras, she transformed into "The Bra Fairy" and has helped hundreds of thousands of women find comfort and dignity!

Dana Marlowe held her arms as a sales associate at a local store measured her for a new bra. "Ever since I lost weight, none of my bras fit anymore," the Silver Spring, Maryland, mom of two explained. And then a thought popped into Dana's head and she asked the clerk, "Would you know if there's something I could do with my older bras? I have a drawer full, all in good condition."

"Well, you could donate them," the clerk replied. "Homeless women need bras."

Dana's mind spun as she walked out with her new purchases. She didn't know that homeless women needed bras, she thought. Once home, Dana hopped on her computer and researched homeless shelters. Finding one in nearby Washington, D.C., she picked up the phone.

"I have 16 nice, gently-used bras and was wondering if you would..." Dana began. And before she had even finished her question, the shelter worker enthusiastically blurted, "Yes! How soon can you get them here?"

"Right away," Dana replied, and asked if there was anything else they needed. "Feminine products!" the man responded readily.

By the end of the day, Dana had a box of bras and hygiene products to deliver. When she thought of anyone else who could benefit, Dana took to her Facebook page to explain what she was doing and asked if anyone else had donations to bring to the shelter.

To her surprise, her message was flooded with offers to help and spread the word to friends and co-workers. And it didn't stop there. Within two months, Dana had created a Facebook page for donations, and her 16 bras multiplied into more than 1,000, with 7,000 hygiene products to boot. But after donating them to the local shelter, Dana still had hundreds of people messaging her, asking if they could contribute or do similar work in their own community.

So Dana decided to start a nonprofit called I Support the Girls (ISupportTheGirls.org), and over the past four years, it has grown from Dana collecting bras in her basement to having 50 affiliates across the United States, along with six international affiliates and numerous companies all committed to helping women in need—whether they are homeless, breast cancer patients or survivors of disasters.

Today, in addition to working a full-time job, Dana—now affectionately known as "The Bra Fairy"—has helped more than 325,000 girls and women by collecting 500,000 bras and 2,500,000 hygiene products. And the 43-year-old's mission to help women is only continuing to expand.

"It's easy to underestimate how much dignity wearing a bra that fits provides," Dana smiles. "The women I've met tell me how good that one small thing makes them feel, and how it will help them get a job or just stand up straighter. It's made me realize that sometimes, the little things are the big things. I'm not a fairy—I'm just a normal woman, helping other women maintain health and dignity...one bra at a time!"

—Alexandra Pellek