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Health.com  
December 2008





# Molly Shannon's stress-busting tricks

• How does the star of the new NBC sitcom *Kath & Kim* and mom of Stella, 4, and Nolan, 3, stay sane despite a work schedule even she calls "kooky"? Here, she gives us an inside look.

BY JENNIFER GRAHAM KIZER

"I'd exercise and eat right even if I didn't work in front of a camera. Growing up, I always liked playing soccer and running around. Now I run for 20 to 30 minutes a day. It helps me sleep. It de-stresses me. I love it, love it, love it!"

**>>> Breakfast isn't optional.**

"I usually eat something light, like a smoothie and fruit. And I take 2 tablespoons of flaxseed oil mixed with yogurt and a little granola."



**>>> Her holiday secret?**

**Cut corners.** "I'm not good at cookies, so we do Pillsbury slice-and-bake. If I made them from scratch, I'd do something like not put in enough baking soda—or worse."

**>>> Family fun matters.**

"We have this game where my kids give me something spicy, and I jump up and act like my mouth is on fire. We were at a hotel once, and I was running down the hallways while they were chasing me to give me water!"

**>>> How she unwinds.**

"Right now I'm reading *Oh The Glory of It All*, a memoir by Sean Wilsey."



**>>> Feel-good regimen:**

**Acupuncture.** "I started when I was trying to get pregnant. Now I go every two weeks for general well-being. I don't love needles, but really it's just little tiny pinpricks. I feel so much better afterward."

**>>> Favorite holiday ritual.**

"Before the kids go to bed [on Christmas Eve], I say, 'Did you know that Santa might put a candy cane under your hand while you're sleeping?' Then I slip one under each of their hands, and they wake up and see it. They love that!"



**More from Molly!**

Find out how she balances work and family at [Health.com/molly](http://Health.com/molly). [Health.com](http://Health.com)

Photos—Molly Shannon: Danielle Levitt/Corbis Outlines; Smoothie: 212 Images/Alna Cao/Getty Images; Candy Cane: Todd Huffman