

November 8, 2010

God Bless America

More for your money!
\$1.79

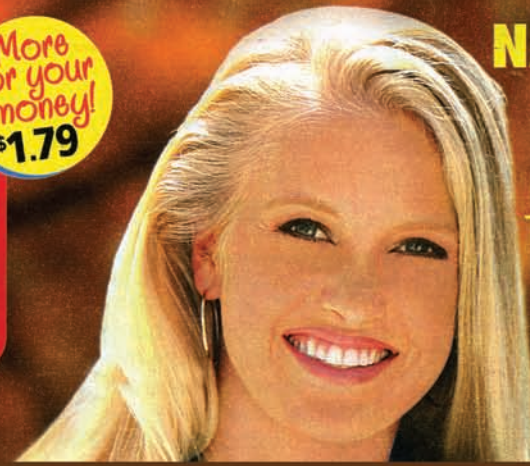
Woman's World

A great week made easy!

Brighten

NATURAL PAIN RELIEF!

Breakthrough! The cream that repairs joints and heals arthritis!



● Natural Health

Pain-free... naturally!

At least 90% of women regularly struggle with aches and pains—and 25 million of us suffer on a weekly or even daily basis! The great news? Brand-new research shows that today's natural remedies can outperform over-the-counter pain meds like aspirin, ibuprofen (Advil) or acetaminophen (Tylenol)—and they're easy on your tummy, too! Try . . .

1 Rubbing away joint pain with a cream

Topricin—an odorless, non-greasy blend of 11 homeopathic remedies that together boost blood flow to damaged joints—is study-proven to speed healing and reduce pain in as little as one week, without causing negative side effects, says Mark Young, M.D., director of Maryland's Oasis Center for Natural Pain Management. Topricin is sold at Whole Foods, Wegmans, Vitamin World and numerous other locations.

Time to see a doctor? Studies show most painful injuries heal within four weeks, so if yours hasn't—or if the ache is hindering your daily life—see your doctor.

2 Healing sore muscles with ginger

Taking 1,500 mg. of ginger daily dampens the pain of tight, sore, overused or injured muscles within one week—and taking 500 mg. daily after exercising keeps aches at bay, University of Miami research suggests. "Credit goes to gingerols, potent plant compounds that shut down inflammation the same way prescription anti-inflammatories do, but without their risk of side effects," says herbal researcher Thomas M. Newmark, coauthor of *Beyond Aspirin*.

3 Relieving head pain with video games

It's true! Playing video games can ease headache pain in as little as 15 minutes, reveals a recent study. Not only are these games distracting—a real boon when your head is throbbing—their virtual reality also alters how your brain responds to incoming signals, elevating your pain tolerance and helping to relax tight muscles, say the study authors.

4 Soothing breast pain with this tea

Drinking 2 cups daily of uva ursi tea, a natural diuretic, during your premenstrual week can prevent breast pain! Already suffering? It can ease the ache within 48 hours. The tea works by flushing out excess fluid and inflammatory compounds, key triggers of monthly breast discomfort. Find uva ursi tea (also known as bearberry) in health-food stores. **To make:** Steep for three minutes if using tea bags; steep 30 minutes if using the dried herb.



Drinking uva ursi tea is study-proven to ease—and even prevent—PMS-related breast pain!

Give your back a break!

When you're anxious, your brain sends messages to your muscles, telling them to tighten up in case of emergency—and your back muscles are 20 times more sensitive to those pain-triggering signals than the rest of your body, say UCLA researchers. To stop stress-triggered back pain: Once a day, relax in a comfortable spot and breathe slowly and evenly for 20 minutes, letting your back muscles relax a little bit more with each breath. Studies show this daily break can heal a stressed-out, achy back in as little as eight weeks.

—Brenda Kearns



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www.topricin.com