

God Bless America

# Woman's World

THE WOMAN'S

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## 2 Rub on the right cream.

Ask about Celadrin, a unique blend of concentrated fatty acids that decreases inflammation and lubricates cell membranes throughout the body, easing arthritis pain without side effects.

- **The proof:** In a University of Connecticut study, patients with osteoarthritis of the knee were told to apply either Celadrin or a placebo cream twice a day, morning and evening. Result: 100% of the group using Celadrin reported reduced pain and stiffness, improved balance and strength, than many more patients on the placebo.

- **Find it:** Look for Celadrin (often under the brand name ReVivex) at major retailers, including Wal-Mart, GNC and Walgreens.

**Tip** For burning, shooting nerve pain, try a capsaicin cream, like Zostrix, instead. Almost 80% of patients with nerve pain feel better after rubbing in this hot-pepper extract, studies show. It short-circuits pain signals before they reach the brain.

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ENERGY DIET!**



# The best—and safest!—ways to Beat pain

Pain—especially chronic pain—used to be something many patients simply had to learn to live with. Not anymore!



Solicit a loved one to rub your aches—and your cares—away!

## 1 Eat the better protein.

It's fish, which contains the powerful omega-3 fatty acids proven to reduce all sorts of pain in recent studies. Not a huge fish fan? Take an omega-3 supplement, instead. This simple step is shown to bring relief to more than 60% of people with back, neck and chronic head pain within three months, plus cut joint stiffness and aches by 50%.

• **How it works:** "Omega-3s are powerful, natural, side effect-free anti-inflammatories," explains James Nicolai, M.D., medical director of integrative health at Indiana's St. Francis Hospital.  
• **The study-proven dose:** four 4-ounce servings of fish or seafood weekly, or 2 to 3 grams of fish oil supplements daily.

### Menstrual cramps dragging you down?

Try pine extract. In a recent study, taking 60 mg. of pycnogenol—a mix of 40 antioxidants extracted from the bark of French pine trees—each day relieved menstrual pain in two cycles.

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## 3 Take in more vitamin D.

Boston University research long ago showed that almost every person struggling with stubborn, tough-to-treat bone or muscle pain is deficient in vitamin D. Now follow-up studies show taking 800 IUs of vitamin D can dampen those aches in four months.

• **How it works:** Vitamin D is essential for the proper function and repair of every muscle, nerve, joint and bone cell in your body, explains Jacob Teitelbaum, M.D., author of *Pain-Free 1-2-3*. "That means just upping your daily dose can ease persistent, even severe fibromyalgia—like aches and pains!"

**Bonus** Vitamin D also helps keep joint cartilage healthy, cutting your risk of developing osteoarthritis in half—or slowing its progression by 67% if you've already been diagnosed, studies show.

## 4 Spice up your menu.

With ginger, that is. Packed with 477 different active ingredients—including eugenol, melatonin and gingerols—ginger boosts your body's production of painkilling endorphins, plus blocks the formation of inflammation-triggering prostaglandin hormones.

• **The proof:** In one study, 63% of patients eased their aches and pains just by taking 500 mg. (1/4 tsp.) of powdered ginger daily for six weeks. And several Danish studies show that taking

1,500 mg. (3/4 tsp.) daily helps 75% of arthritis sufferers control their swelling and stiffness in as little as two weeks. Bonus: It works for migraine pain, too!

• **Rx:** "If you don't like the flavor of ginger, supplements can give you the same great results," says Lydia S. Segal, M.D., chief of integrative medicine for Kaiser Permanente, Mid-Atlantic States. Follow label directions for the best dosage.

**Tip** Struggling with a pulled or injured muscle? Opt for the pineapple extract bromelain instead. A British study suggests taking 540 mg. daily reduces swelling, bruising and pain as effectively as aspirin.

—Brenda Kearns

## The "bad habit" that lowers your risk of injury

At least 50% of Americans plunge into their exercise routines without stretching first, and European researchers say that's smart. The reason? Stretching vigorously before exercising increases the

risk of injuring muscles and joints that are still cool. Instead, take a five-minute walk to boost blood flow to your muscles, ligaments and joints, then do your stretching followed by your workout.

### Where we hurt

|           |     |
|-----------|-----|
| Back      | 25% |
| Knees     | 12% |
| Head      | 9%  |
| Shoulders | 7%  |
| Legs      | 7%  |
| Feet      | 5%  |
| Hands     | 4%  |
| Stomach   | 4%  |

Our expert: Stanford University Medical Center.