

January 21, 2013
God Bless America

Woman's World

More for your money!
\$1.79

**ANXIOUS?
CAN'T SLEEP?**
Drink the tea that relaxes away insomnia!

STOP A MIGRAINE
with ordinary H2O!

DR. OZ reveals the supplement that will make you
SLIMMER!
HAPPIER!
LESS TIRED!

MELTS OFF 8 LBS a week!
✓ Converts fat into ENERGY! ✓ Reduces APPETITE!
✓ Boosts HAPPINESS hormones!

The pill that makes women
LIVE LONGER!



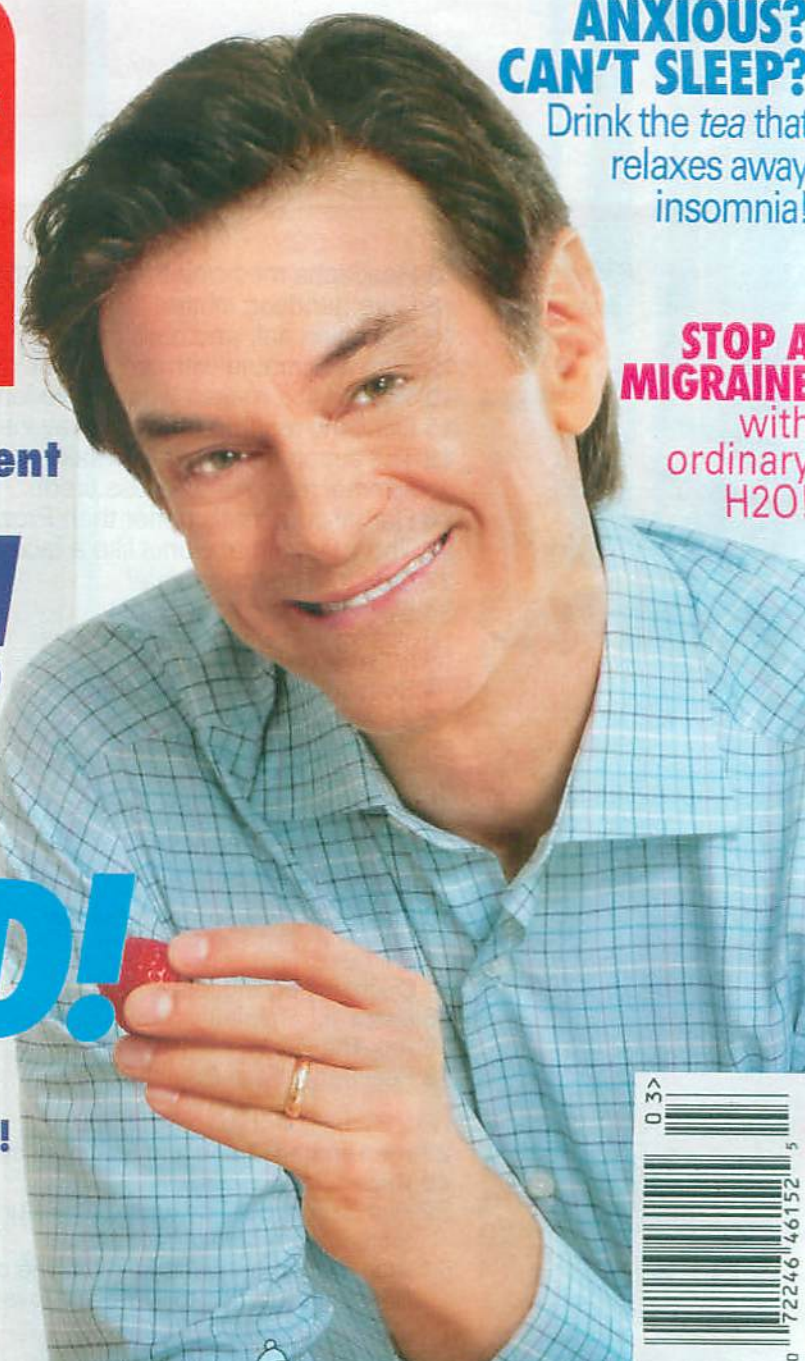
SAVE TIME! Get salon hair and nails *instantly!*

Feel blue sometimes?

- Herbal cure that's BETTER THAN PROZAC!
- OTC headache medicine that HEALS EMOTIONAL PAIN!

Easy tricks that
Cure handbag clutter!

Anti-aging breakthrough! The vitamin that
WORKS LIKE A FACELIFT!



Snow-day fun!



Gourmet hot chocolate!
Cocktails that fight colds!

Snow-Day Hot Chocolate
Mix the contents of jar with 2 cups milk and 2 cups water over plate-size heat. All chocolate is melted and drink is smooth and hot. Serves 4.

Ouch, my aching feet!

A whopping 78% of us will struggle with painful foot problems at some point in our lives. In fact, more than half of all women already say their feet often get so achy, they sap the fun out of their day! Fortunately, relief is at hand. Experts recommend:

1 Curing heel cracks with lemon and aspirin

Recent surveys suggest that as many as 33% of us regularly struggle with deep, painful, even debilitating, heel cracks. Thankfully, treating your feet with a mix of gentle acids two or three times weekly can have your heels smooth and pain-free within two weeks, Stanford University researchers say.

■ **To do:** Mix five crushed aspirins with 1/2 tsp. each lemon juice and water; spread the paste on the rough patches on your feet. Wait 10 minutes, then gently buff your skin with a pumice stone, then rub in your favorite moisturizer.

Dieting?
Great news: Slimming down takes so much pressure off your feet, it cuts your risk of painful foot problems 83%!

3 Taming big-toe pain by going shoeless

As many as 55 million women already have painful bunions—enlarged and inflamed big toe joints that can make finding comfy (and pretty) shoes a nightmare, according to the American Academy of Orthopaedic Surgeons.

■ **Rx:** “Whenever possible, walk around barefoot or in socks or slippers,” suggests Carol Frey, M.D., an orthopedic foot and ankle surgeon in Manhattan Beach, California. “It’s a great way to quickly reduce the inflammation and pain of a bunion.” And avoid very high heels! “The pressure on your big toe joint skyrockets,” she says. Stick to shoes with a 2 1/2 inch-high heel or lower.

2 Erasing burning and tingling with B’s

Almost half of all women become deficient in at least one of the nerve-strengthening B vitamins at some time. The reason? These essential nutrients are found in surprisingly tiny amounts in food, plus your ability to absorb them drops steadily as you get older. And here’s the kicker: If your levels plunge, you can develop burning, tingling and even stabbing pains in your feet, reveals Jacob Teitelbaum, M.D., author of *Pain-Free 1-2-3*.

■ **Rx:** Simply take a B-50 complex supplement daily to help heal foot nerves and improve their function—even persistent foot pain should ease in as little as three months, says Dr. Teitelbaum.

4 Curing corns with petroleum jelly

These unsightly tightly-packed mounds of skin cause pain for up to 14 million of us daily!

■ **Rx:** At bedtime, coat your corns with petroleum jelly and cover with Band-Aids, then, in the morning, use a pumice stone to buff away loosened skin. You’ll flatten your corns—and erase the pain—in as little as two weeks, say UCLA researchers.

■ **Tip:** Use a foot lotion containing urea—proven to penetrate thickened patches of skin. German research suggests applying a urea-based lotion twice daily helps soften corns within 10 days! Brands to try: Eucerin and Dermal Therapy.



Surprise! Simply going barefoot at home helps prevent foot pain!

5 Pampering your soles with stretches

Feel a needle-like pain shooting through your heel when you stand? As many as one in three of us do, thanks to plantar fasciitis—inflammation of the ligament that runs from the heel to the ball of the foot. Why is it so common? Because one of the leading causes is wearing comfy worn-down shoes that don’t provide any shock absorption!

■ **Rx:** “Each time you’re about to stand up, reach down and gently pull your toes toward you to first stretch

your foot ligaments,” advises Christopher E. Hubbard, M.D., a foot and ankle surgeon at Boston’s Beth Israel Medical Center. “Hold that stretch for 10 seconds and then repeat three times before standing, to relax your plantar fascia and speed healing.”

■ **Tip:** To prevent heel pain in the first place: Slip soft, silicone heel cushions into shoes. And stretch your muscles (which pull on—and irritate—your heels) by standing on the edge of a stair and letting your heels hang over the edge for a minute daily, advise UCLA experts. —Brenda Keane



When to get a foot exam

Experts agree: If your feet are pain-free, it’s safe to leave well enough alone—with one exception: “If you notice any physical changes, like your big toe crowding toward the other ones, or your arch falling, it’s smart to see a foot specialist,” says Dr. Frey. “You can often prevent foot pain entirely just by catching—and treating—these physical changes early.”

Find comfier shoe

- ✓ Go shoe shopping at the end of the day—when your feet have swollen to their largest size.
- ✓ Choose footwear with a roomy toe box—a rounded toe trumps a pointy one.