

FOREVER YOUNG

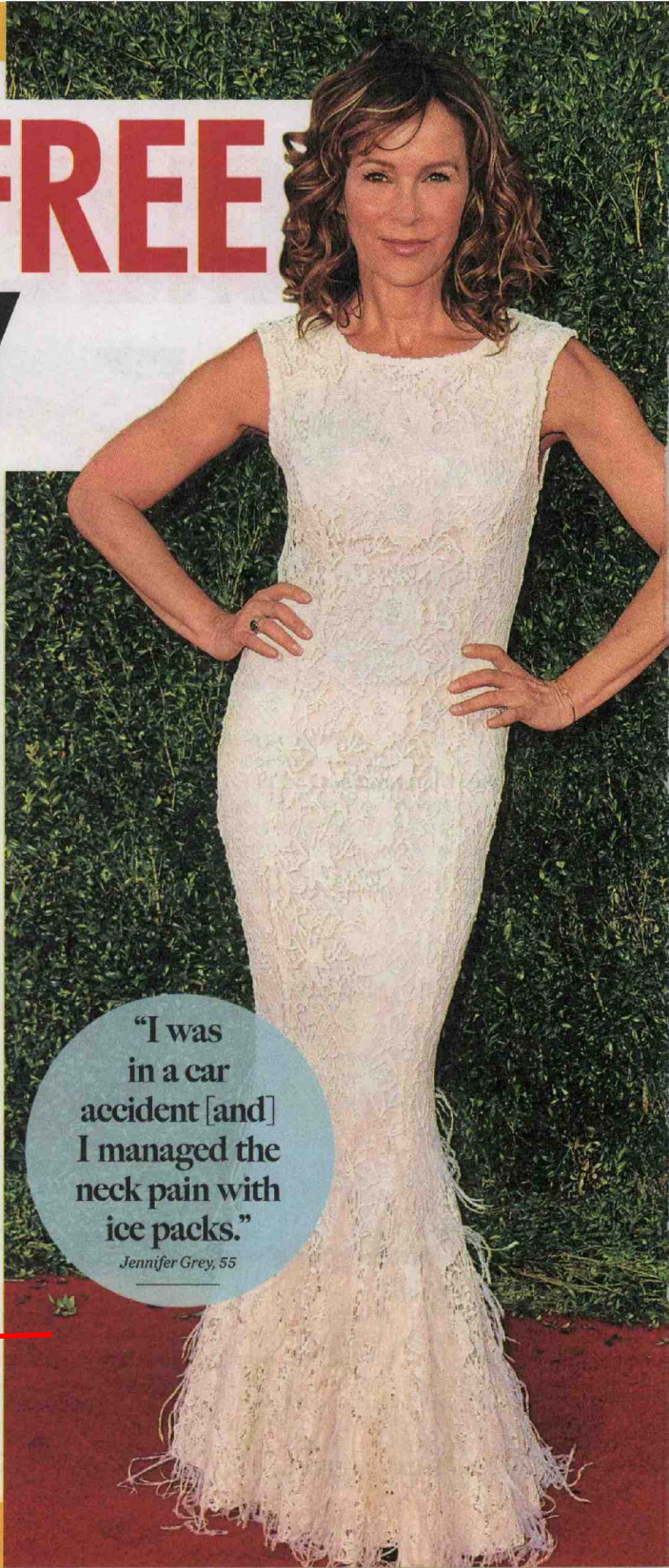
PAIN-FREE TODAY

Discover the “cool” new way stars are outsmarting the aches that sap vitality – and how it can work for you, too!

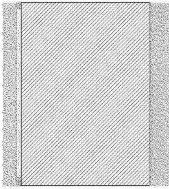
Hollywood A-listers always seem to have the inside track on the latest and greatest natural strategies for looking and feeling young and vibrant.

Causing a buzz now: whole-body cryotherapy to beat pain. The treatment, which is said to be used by Jennifer Aniston and Demi Moore, involves stepping into a chamber that’s been cooled by nitrogen gas and shivering in temperatures of -200°F to -260°F for four minutes. The research-backed benefits include reduction of pain-triggering inflammation, speedier tissue repair and bonuses like a boost in feel-good endorphins that lasts up to two weeks. And that’s without the GI woes, liver damage and other risks associated with many pain-relieving drugs. But whole-body cryotherapy comes with a hefty price tag – a single session runs anywhere from \$50 to \$100.

The good news: You can follow the lead of actress Jennifer Grey and harness the healing power of cold for pennies. “Less extreme forms of cold therapy are powerful pain reducers,” says Jacob Teitelbaum, M.D., author of *Pain Free 1-2-3*. “And unlike whole-body cryotherapy, which requires medical supervision, you can implement targeted strategies at home for little or no money.” Read on for easy ways to put the freeze on *your* pain.



“I was in a car accident [and] I managed the neck pain with ice packs.”
Jennifer Grey, 55



Relax!



HEALTHY LIVING
News
You Can Use

VITAMIN D EASES IBS

So say U.K. scientists. In their study, 82 percent of people with irritable bowel syndrome were deficient in vitamin D, and the lower their levels, the worse their symptoms. The authors say that D improves GI tract function. The daily dose shown to ease symptoms for 70 percent of patients in another study: 3,000 IU. One to try: Natrol Vitamin D₃ 1,000 IU (\$9, natrol.com).

BONUS PERK OF COFFEE

When scientists reporting in the *International Journal of Sport Nutrition and Exercise Metabolism* analyzed data from 600 studies, they found that drinking 200 mg of caffeine (the amount in 12 oz. of strong coffee) 45 minutes before exercise made the workout feel easier and increased endurance by 24 percent. The study authors say caffeine works within muscle and nerve cells to enhance energy and muscle function.

KEY TO STRONGER MEMORY

A good night's sleep boosts recall abilities, report scientists at Brigham and Women's Hospital in Boston. They gave people photos of strangers and told them to memorize the associated names. When tested after 8 hours of sleep, people recalled significantly more than they did at the end of a long day. The researchers explain that the brain works to consolidate information during sleep. That makes it easier to call up content learned the day before after a night's rest.

TO SOOTHE SORE JOINTS

When achy knees, elbows or hips threaten to slow you down, applying a tingy cool topical ointment like Tiger Balm can ease pain by up to 28 percent — and Dr. Teitelbaum says you can double that healing power if you store the ointment in the fridge. “Pain signals and cold signals run on the same nerve fibers, kind of like a telephone line,” he explains. “An ointment that creates a sensation of coolness due to ingredients such as menthol will tie up the line, so pain gets the busy signal.”

Apply Tiger Balm 2 to 3 times daily, and for long-term joint health, Dr. Teitelbaum recommends following each application with a layer of plant-derived comfrey cream. “In addition to numbing the area, comfrey speeds the healing of tendons and cartilage.” In a 2013 study, patients over 50 with knee osteoarthritis saw symptoms lessen by 41 percent in 3 weeks. One to try: Terry Naturally TraumaPlant Comfrey Cream (\$20, vitacost.com).

TO EASE MUSCLE ACHEs

If you've ever pulled a muscle in your neck or suffered a knot in your calf, you likely tried massage and winced at the pressure. A better strategy: Massage with ice, which numbs the area so you can perform a deeper, more healing massage, advises Dr.

Teitelbaum. To do: Freeze water in a paper cup, then use the frozen block to firmly rub the sore spot in small circular motions for 5 to 10 minutes before gently flexing and stretching the muscle. “I've had patients who have suffered for 20 years with severe muscle discomfort, going to major pain centers,” says Dr. Teitelbaum. “Then in one day I'm able to release their pain with simple massage and cold.”

TO QUELL MIGRAINE PAIN

For women who are prone to migraines, the frequency of attacks increases by 60 percent during menopause, according to a study at the University of Cincinnati. But cold therapy can help: When researchers at the University of Hawaii at Manoa had migraine sufferers place an ice pack across their throat for 30 minutes, 77 percent reported that their pain levels plummeted. Cold packs seem to work by chilling blood flow to the brain through the arteries that run along the sides of the neck. “We understand the effects better than the mechanism,” admits lead study author Adam Sprouse-Blum, M.D., now a headache fellow at The University of Vermont Medical Center. “What we do know is that unlike some drug remedies, cold therapy offers a durable benefit with no side effects. It's a no-brainer.”

3 Ways to Use Heat to Heal



TO FIGHT VIRUSES

Viruses are heat-sensitive, so raising body temperature by taking a 20-minute bath each day you're sick speeds the destruction of the bugs, helping you recover up to 4 days faster.



TO BOOST STRENGTH

To stay strong when rainy days make it hard to be active, sip cocoa. Its amino acids and calcium promote muscle growth, and its heat helps release more energizing antioxidants.



TO BANISH BLOAT

Placing a heating pad on a bloated belly can bring fast relief. Heat stimulates circulation to help flush away the fluids and waste that cause water retention and the discomfort it brings.