

November 7, 2016  
God Bless America

# Woman's World

More for your money!  
\$1.89

**GET A GREAT NEW JOB**  
— at any age!

**ERASE WRINKLES**  
with orange juice!

**LONGEVITY HERB**  
cures hypertension!

## SHE LOST 283 LBS

and no longer needs a wheelchair!

## STOP WINTER HAIR LOSS

with Listerine!



The cocktail that **CALMS JOINT PAIN!**

Eat this to boost your **HOLIDAY HAPPINESS!**

## SAFE 'HORMONE REPLACEMENT' TEA!

Fights PMS, hot flashes!



Delicious homemade holiday gifts!

## Dr. Oz's Metabolism-Boosting

# DETOX DIET SOUP!

## LOSE 30 LBS in weeks!

## Made with love!





## Take a Break!

# Pamper away joint pain!

Sore, stiff joints? "Pain is stressful, and when you're stressed, your muscles tighten and pull on the tendons around your joints, worsening joint pain," reveals Jacob Teitelbaum, M.D., author of *The Fatigue and Fibromyalgia Solution*. Luckily, you can break the cycle by indulging in a hot cider cocktail to quell arthritis flareups, a lavender salt soak to relax muscles or a minty massage oil to target trouble spots for instant relief!



## Calm an arthritis flareup

with a Mulled Cider Cocktail!



Soothe arthritis pain with a warming fall cocktail? Yes! Apples are a top source of pectin, a compound that keeps joints lubricated and flexible. Cinnamon, allspice and nutmeg are packed with natural anti-inflammatories that relieve aches. And combined, they

deliver relief in the most delicious way!

- ❑ 1 cup apple cider
- ❑ 1 oz. rum
- ❑ 2 tsp. brown sugar
- ❑ 1/4 tsp. ground cinnamon
- ❑ 1/4 tsp. ground allspice
- ❑ Pinch nutmeg

✦ Add all ingredients to large, heat-safe mug; microwave on High 1 to 2 minutes until hot. Stir well. Top with a drizzle of caramel sauce or a dollop of whipped cream, if desired.



## Relax achy muscles with a Lavender Salt Soak!

Before reaching for pain meds next time you're feeling sore, treat yourself to this relaxing soak!

Warm water boosts circulation to nix swelling, fragrant lavender tames inflammation and, most important, "Epsom salts serve as a powerful muscle relaxant, thanks to high levels of magnesium that soothe away tension," Dr. Teitelbaum says.

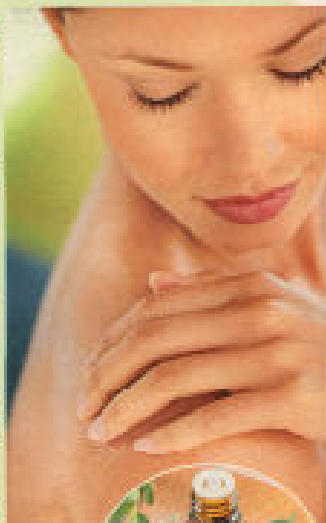


- ❑ 2 cups Epsom salts
- ❑ 10-20 drops lavender essential oil

✦ Mix all ingredients in bowl. Transfer to lidded glass jar. Draw a comfortably warm bath, pouring 1/4 cup of the salt mixture under the running water. Relax in the tub for 20 minutes.

## Heal sore spots with Eucalyptus-Mint Massage Oil

Sore knee? Cramped muscle? Tender wrist? Rub away the pain with a mini massage! This spa-inspired blended oil takes advantage of natural compounds in eucalyptus to reduce inflammation, along with the cooling menthol in mint, "which confuses the nerves that carry pain signals to your brain, stopping the ache," Dr. Teitelbaum says.



- ❑ 2 oz. sweet almond oil
- ❑ 8 drops peppermint essential oil
- ❑ 8 drops eucalyptus essential oil

✦ Combine all ingredients in small, amber-colored glass bottle. Close lid tightly, then shake well. Pour about 1 Tbs. of the oil into your palm and gently knead into sore area using slow, circular motions. Store remaining oil in cool, dark place up to one month.

## S-t-r-e-t-c-h away back pain!

One of the places aches most often flare? Our backs! Prevent the pain in the first place—or send it packing if you're already hurting—with this calming yoga stretch.

✦ Begin by kneeling on a rug or comfortable mat. Keep your knees to hip-width apart and bring your toes together (as if to form a "V" on the ground). Inhale deeply, then exhale slowly as you gently lower yourself to the ground while reaching your arms forward in front of you, palms and head down. Inhale deeply for 30 seconds, then exhale slowly while returning to the starting position.

