

February 20, 2017

God Bless America

Woman's World

A great week made easy!

The spice that **HEALS CHRONIC PAIN!**

How popcorn makes women 26% less tired!

TIREDNESS CURE!

Danish mood-boosters: Hygge your way to

COZY HAPPINESS!

LOSE 20 LBS THIS MONTH!

MDS' BEST DIET SECRETS!

Discover the incredibly simple trick that makes women 77 lbs slimmer — *without dieting!*

Financial pros reveal the tricks to

GET MORE MONEY FROM SOCIAL SECURITY!

HAVE A HEALTHIER HEART

with tomato soup!

Breakthrough! Maple syrup

PREVENTS DIABETES!

Use this surprising kitchen cure to **BLOCK HAIR LOSS!**

Melina Jampolis, M.D.



Melina Jampolis, M.D.

Red velvet yum!



\$1.00



Natural painkillers that really work!

Looking for safe, natural ways to chase away aches and pains, ones that have science on their side showing that they're as effective as prescription drugs? Read on!

1 KO inflammation with krill oil

This healing oil derived from tiny shrimp-like ocean creatures is packed with healthy fats that can quash even chronic inflammation in as little as one month. Try taking 900 mg. to 500 mg. of krill oil daily, and Canadian researchers say even chronic aches and pains could be cut in half within 90 days.

Important: Always check with your doctor before starting a new supplement.

If you have osteoarthritis... Ask your doctor about deer's claw. British research shows that this herb tamps down joint pain—and the more you're hurting, the better the results!

3 Heal joints with eggshell membrane

A daily 500-mg. dose of natural eggshell membrane (NEM) could cut your joint pain as much as 72%—and increase your flexibility and mobility 42%—in as little as two months, research in the journal *Clinical Interventions in Aging* reveals. Unlike garden-variety painkillers, eggshell membrane is chock-full of compounds that actually repair damaged cartilage, so your joints stay strong, healthy and shock-absorbent.

2 Nix nerve pain with curcumin

At least 12 recent studies prove that regular doses of this turmeric extract can reduce pain and stiffness more effectively—and for longer—than many prescription medications! "Curcumin heals damaged pain nerves, plus it helps nourish and strengthen muscles, preventing future injuries," says naturopath Michelle Schoffro Cook, Ph.D., author of *Arthritis-Proof Your Life: One Option: Puritan's Pride Turmeric Curcumin* (\$10 for 90 capsules, Puritan.com); check label for dosage.



4 Soothe back pain with boswellia

This natural compound, made from the sap of an Indian tree, reduces your body's production of pain-triggering compounds called leukotrienes, while boosting the flow of healing, nutrient-rich blood to damaged back tissues, says Jacob Teitelbaum, M.D., coauthor of *Real Cause, Real Cure*. The result? Taking 900 mg. to 1,200 mg. daily dampens back pain and improves flexibility as effectively as ibuprofen and other painkillers do—often in as little as one week, UCLA researchers say.



Do you need D-3?

Vitamin D-3 reduces inflammation, cutting chronic pain 30% or more. Cornell researchers say: If you spend 20 minutes in sunshine each day (without sunscreen), your skin is making all the D-3 you need. If not, taking 3,000 IU daily will do the trick.

—Brenda Koarnis

Stay Young with WTV

Dig in to the delicious younger-skin diet!

Eat your way to younger-looking skin? Yes! "Your diet really does affect your complexion," says Lisa Drayer, R.D., author of *The Beauty Diet*. And that means you can:

1 Fend off sun damage with marinara sauce! UV rays reflecting off of snow and ice can contribute to wrinkles and sunspots! The fix: marinara sauce! In one study, women who ate several weekly servings of cooked tomato products were 25% less likely to suffer sun damage—and their skin had more firming collagen in 90 days!

2 Smooth fine lines with hot chocolate! Really! In a new study, women who drank a cup of antioxidant-rich hot cocoa every day for three months had noticeably smoother,

plumper skin! Even easier: Eat one ounce of dark chocolate; it contains roughly the same amount of age-defying compounds.

3 Prevent wrinkles with kiwis! Like citrus and bell peppers, kiwis are bursting with vitamin C, which helps ward off crow's-feet and other wrinkles, reports the *American Journal of Clinical Nutrition*. "Research also shows that consuming vitamin C may make topical products with antioxidants more effective," says Santa Monica, California, dermatologist Christine Choi Kim, M.D.

4 Keep skin dewy with walnuts! Walnuts contain more skin-lubricating alpha-linolenic acid (ALA) than any other nut, says Drayer. They're also loaded with antioxidants that protect your skin from the wrinkling effects of pollution!

The European secret to younger skin!

It's the pine bark extract Pycnogenol! In a recent study, women who took 75 mg. of the nutrient-packed extract for three months had softer, more radiant skin and fewer wrinkles! Bonus: Pycnogenol acts like an internal sunscreen to block skin-harming UV rays! With your M.D.'s okay, take 50 mg.-100 mg. daily. One option: NOW Foods Pycnogenol, \$14. Jet.com.

—C.P. Pagan



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