

April 9, 2012
God Bless America

Woman's World

More for your money!
\$1.79

Lower risk 37%!
PREVENT STROKE
with a *Bloody Mary!*

BRITISH UNIVERSITY HOSPITAL BREAKTHROUGH!

LOSE 9 LBS in 2 days!

Eat what you want Thursday through Monday—and get *slimmer* than full-time dieters!

GROW THICKER HAIR!

Natural supplement "regrows" thinning hair!

Good moods GUARANTEED!

from Harvard: Happier brain chemistry in your coffee cup!

Heal with CHOCOLATE!

Chocolate Rx" for tiredness, hot flashes, wrinkles and headaches!



Lollipop Critters!

Happy Easter!



Basket Cupcakes!



Bunny Bonnet Cake!

Prevents breast cancer!

LOOK SLIMMER NOW!

Pounds-off hair and makeup tricks!



"Can friends make you fat?"

Q I read that overeating can be contagious among friends! True?

A Friends won't directly make you overweight, but it is true that we subconsciously adapt to alter our eating habits when we dine with them. In fact, our study found that when two women eat together, they adjust the timing of their bites to almost mimic each other rather than eating at their own pace. So if your dining companion is a hearty eater, you very well might eat more than usual. Knowing that your eating pattern can be influenced this way can help you prevent it from derailing your diet.

—Roel C. J. Hermans, M.Sc., Behavioural Science Institute, Radboud University Nijmegen, The Netherlands

"Texting is causing a pain in her neck!"

Q My daughter, who texts her friends 24/7, recently began having neck pain. Could there be a connection?

A The texting revolution has definitely increased complaints of neck pain, particularly among young people. We observed that 91% of people text with their necks bent forward, a risk factor for neck pain. Varying the way she holds her phone when texting and alternating texts with old-fashioned phone calls would help.

—Judith E. Gold, Ph.D., assistant professor of epidemiology, Temple University, Philadelphia



End joint pain fast!

At any given moment, a whopping 63% of us say that we're feeling stiff and sore. Does that describe you, too? If so, here's how to get relief from common joint aches safely and quickly!

Ease aches with a supplement combo

Combining a joint-lubricating healthy oil (cetyl myristoleate) with a sulfur compound that works like a natural anti-inflammatory (MSM) reduces pain and stiffness by 63% in just six weeks. Find both products in health-food stores. (Concentrations vary, so follow package directions for dosage.)

■ **Tip:** After six weeks, just taking 1,500 mg. of MSM daily can keep pain at bay.

■ **Important:** Always check with your doctor before taking a new supplement.

Take the pressure off by leaning

If your back or hip joints are hurting, here's a cost-free fix: Adjust both the office and home chairs you sit in regularly so you're leaning back a little, rather than sitting ramrod straight! That's all it takes to align your spine and reduce the pressure on your neck, back and hip joints, say UCLA researchers.

■ **Tip:** Chair not adjustable? Use a lumbar pillow (sold in home stores) to provide support.



Got rheumatoid arthritis?
A daily 3,000-mg. dose of fish oil, a powerful anti-inflammatory, could cut your pain and stiffness in half.

Banish back pain by stretching your thighs

Over time, your hamstrings—the muscles on the back of your thighs—tighten, straining your lower back. Relax those muscles by stretching, and you could reduce your back pain by 67%, say researchers at Conway's University of Central Arkansas. The easiest way to loosen your hamstrings: Sit on the floor with legs extended, grab your shins and gently pull your torso forward. Hold the stretch for a count of 30, relax for a count of five and repeat three times. Aim to do twice a day.

Pain-proof your body with sleep

Women who get at least seven hours of sleep every night are half as likely to struggle with joint pain compared to their groggy colleagues, say Cornell researchers. Are you often shortchanged on sleep?

Twenty minutes of sun exposure daily can also do the trick. Both sun and sleep trigger the release of pain-soothing serotonin, explains Jacob Teitelbaum, M.D., author of *Pain-Free 1-2-3*.



Enjoying some relaxing "me time" on weekends eases pain!

Weekends can help!

Relax on the weekends, and you'll experience far less pain than if you spend that time tackling your to-do list, a new study shows. Giving your mind and body a rest naturally slows your body's production of cortisol, a hormone that amps up joint inflammation and slows recovery from injuries.

Foil flareups by mixing up activities

Instead of doing the same workout every day, alternate between different aerobic exercises, such as walking, dancing and cycling, suggests Julie Dodds, M.D., an orthopedic surgeon in East Lansing, Michigan. You'll avoid the joint stiffness and pain that often flares when people do the same workout day after day, she says.

—Brenda Kearns

Feel better Fast!

Sensitive teeth?

To tame the pain if your teeth hurt when you eat or drink . . .



1 Pop a painkiller!

Extra-strength ibuprofen can quell inflammation in your teeth's nerves and nearby tissues, says Dallas-based dentist Phillip M. Allison, D.D.S.

2 Avoid triggers!

Very acidic, sweet, cold or hot foods can irritate sensitive teeth, so limit culprits like tomatoes, oranges, ice cream, candy and hot coffee.

3 Swap toothpastes!

Regular toothpastes, especially whitening ones, tend to be abrasive and increase sensitivity. A desensitizing toothpaste (like Sensodyne) helps seal enamel so irritants don't reach the nerves.

4 Rinse right!

After brushing and flossing at night, swish with an alcohol-free rinse that contains fluoride, like ACT. "Fluoride rebuilds tooth enamel, making teeth less sensitive and less likely to decay," says Dr. Allison.

5 Guard against grinding!

Grinding your teeth during sleep weakens enamel, exposing tiny holes in teeth that lead to nerves. If you know you grind (or often awaken with a headache or sore jaw) wear a night guard.

Prevent the pain by . . .

■ Using a toothbrush with extra-soft bristles to avoid wearing away gum tissue and enamel, exposing sensitive nerves.

■ Drinking water after soda and citrus to wash away any lingering acid.

■ Not over-whitening your teeth. Chemicals in whitening strips and similar treatments increase the risk of sensitive teeth.

—Camille Pagan

Photos: ONOKY/Alamy; snowwhiteimages/Fotolia.com; Helen Sessions/Alamy; M. Unal Ozmen/Fotolia.com; courtesy of vendors (2)