

March 29, 2021

God Bless America

# Woman's World

Make it  
a great  
week!

**REVERSE  
VISION  
LOSS**

with an  
easy  
light bulb  
swap!

**SAVE  
60%**

All-new  
Spring  
Black  
Friday  
saves  
you big

More  
for your  
money!  
**\$2.49**

Alert! 1/4 tsp of *this* balances blood sugar for

## 65% LESS RISK OF SEVERE COVID-19

MD's ultra-fast fix for spring allergy woes

### SINUS RELIEF IN SECONDS!

## Dr. Oz's

# BEST DIET EVER

Herbal cure the NFL uses!

### GOODBYE JOINT PAIN!

Drape a towel *this* way for

### NO MORE SNORING

## DROP 14 lbs each week

Discover the new System 21 plan  
that burns fat fast + dramatically  
improves heart health!

Jana Howard, 59, lost 74 lbs  
+ healed after a heart attack

*"This plan saved  
my life!"*



\$2.49

### Fast, easy spring treats



Quick Tex-Mex!

Creamy, dreamy fresh!





# "I'm finally free of chronic pain!"

For years, Beverly Williams suffered with severe pain and stiffness from osteoarthritis. After conventional remedies didn't help, she thought she'd never find relief, until a friend led her to an herbal 'miracle' cream

**S**ettling onto her sofa, Beverly Williams groaned as she rubbed her sore knees. The Maplewood, New Jersey, then-66-year-old had been suffering with severe pain and stiffness in her knees for several years.

Beverly had inherited her father's flat-footedness, which caused stress on her joints, and over the years, she'd undergone three surgeries to repair the cartilage in her knees. But while she recovered quickly after each procedure, they hadn't erased the pain completely.

About five years ago, Beverly was diagnosed with osteoarthritis, and the pain and stiffness became intense. "Icing doesn't bring relief; neither do the anti-inflammatories," Beverly told a girlfriend, frustration filling her heart. "And my doctors are saying there are no other solutions."

That's when her friend

told Beverly she'd heard that arnica cream can help with inflammation. Beverly had no idea what arnica cream was, but desperate for relief, she replied, "It's worth a try. I'll look into it—thank you!"

*"By using arnica in topical and pill form, you tackle pain locally and systemically for faster healing"*

—Vincent Pedre, M.D.

## Relief at last

Doing research online, Beverly learned arnica is an herb that grows mainly in Siberia and central Europe. The flowers of the plant are said to have powerful anti-inflammatory properties and have long been used in medicine.

Hopeful, Beverly started comparing different arnica products online and found one called MaxRelief Arnica Pain Relief Cream (MaxRelief.com; 4 oz., which lasts about a month when used twice a day) that has 23% arnica, three times that of other leading products. Beverly ordered a jar, and as soon as it arrived, she rubbed a dab into her knees. To her amazement, she felt relief right away.

*I can't believe this really works!* she beamed. The cream had a slight menthol



aroma, but it quickly dissipated, so Beverly was able to apply some every morning and go about her day without feeling self-conscious about a lingering medicinal smell.

The cream was instantly life-changing. Running her own business as a career counselor (YourEmploymentMatters.com), Beverly was able to attend seminars and stand for long periods giving presentations without experiencing excruciating pain—something she hadn't been able to do before. At night, she'd rub more cream on her knees to help prevent them from stiffening up as she slept. Beverly continued using the cream morning and night, and with each passing week, her pain and stiffness lessened until they were virtually gone.

Today, the 71-year-old uses the cream only if she begins to feel her knees tightening up, and is thrilled to live a very active life. She starts each morning with exercise, then puts in a full day running her business and will soon publish her second career advice book, *Your GPS to Employment Success*. "Arnica cream gave me my life back," Beverly marvels. "It feels wonderful to finally be pain-free!" —Cynthia McVey

C. Nelson/Getty



## The powerful healing benefits of...ancient arnica

Used in homeopathic salves since the Middle Ages, arnica is a prized herb rich in compounds (*thymol* and *sesquiterpene lactones*) that Swiss scientists found tame pain as effectively as ibuprofen; and other studies have confirmed

its ability to ease inflammation, stop swelling and heal bruising. "An ointment or cream is awesome against soft tissue damage like a sprain," says Stephen Sinatra, M.D. "Even the NFL uses it." One to try: MagniLife Arnica Pain Relief Gel (RiteAid.com).

In fact, arnica's benefits are so effective that holistic practitioner Vincent Pedre, M.D., says he uses both topical and tablet forms. "By double-dosing, you tackle the pain locally and systemically for faster healing." Tablets to try: Boiron Arnica (Walmart.com).

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