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At last...

a solution for shoulder pain!

A revolutionary blend of reflexology and stretching has been proven to relieve life-disrupting discomfort

Petra Hudson winced as she maneuvered her arms behind her back and attempted to fasten her bra. Letting out a sigh of relief after finally clasp it, she glanced at the pullover sweater she had hoped to wear that day. *I guess a button-down will have to do*, she thought as she massaged her aching shoulders.

An overzealous workout two years prior had left Petra with severe shoulder pain and stiffness. After consulting numerous specialists, she was diagnosed with "frozen shoulder," a condition that causes the joint to seize, making even minimal movement excruciating. Petra tried everything her doctors suggested: chiropractic care, physical therapy, muscle relaxants, cortisone shots...even injections of distilled water! But her condition only intensified. "I couldn't work, sleep or drive," Petra says. "I became isolated because I constantly complained about the pain and no one wanted to hear about it anymore."

Fortunately, while researching frozen-shoulder therapies online, Petra came across the Neil-Asher Technique. "It sounded new, different and—from what I learned in a frozen-shoulder chat room—promising," she recalls.

A method that optimizes the healing power within

Pain and stiffness, including such ailments as frozen shoulder (*adhesive capsulitis*) and *rotator cuff tendinitis*, can start quickly after an injury or develop



Petra Hudson, 45, Newton, MA

gradually without any obvious trigger. But Simeon Neil-Asher, a UK osteopath (dubbed Dr. Defrost by patients), has developed a method for tapping into the body's own healing powers by applying pressure to trigger points in soft tissues, along with doing muscle-stimulating stretches. "People often fall into a vicious pain cycle because the body compensates for discomfort by minimizing the use of muscles and tendons in the affected area, instead relying on other, *incorrect* muscles and tendons," says joint-pain specialist Richard Bachrach, D.O. "But these manipulations teach the body to *treat* the pain rather than compensate for it."

The Neil-Asher Technique increases shoulder movement by 300% and reduces pain by 80%.

The proof: A study in the *British Journal of Rheumatology* revealed that the Neil-Asher Technique increased range of shoulder movement threefold and reduced pain by 80 percent. It also brought about more significant strength gains than physical therapy. Relief often begins with just one treatment, and the cost of \$120 to \$150 per session is usually covered by insurance.

"I found an answer to my prayers!"

After Petra's first treatment, the range of motion in her shoulders improved. "I could feel my deadened shoulders coming back to life," she says. "Soon my prayers were answered—I could sleep soundly, move without pain...I was able to start living again!"

Conquer any ache

Osteopath Simeon Neil-Asher suggests doing these exercises to ease joint pain.

Stiff knees?

Sit on a desk and swing legs in a pendulum motion for 5 minutes. This works the joint in a passive range of motion (rather than providing resistance, as with weight-bearing exercises). "That's key to stimulating the production of the lubricating fluids that surround joints, which helps increase flexibility and minimizes pain," says Neil-Asher.

Sore shoulders?

Raise the affected arm, palm up, behind your back as far as possible (without leaning forward). Pause for a few breaths; bring up the other arm so you feel a stretch in the front of the shoulder and across the chest. Hold for 30 seconds; rest and repeat. This stretches the joint, its fluid capsule and the biceps (a common source of inflammation).

Strained ankles?

Sit with an orange or a tennis ball under your foot arch, then rotate your ankle as you balance your foot on the ball. Continue for 5 minutes. Articulation of the ankle (taking the joint through its range of motion) increases flexibility.

EXCLUSIVE OFFER JUST FOR FIRST READERS

For more on Neil-Asher's method, read his DIY manual, *Treat Your Own Frozen Shoulder* (2002). Log on to frozenshoulder.com/first by February 7, 2006, to receive 15% off the regular price of \$45. To find a Neil-Asher Technique practitioner, visit frozenshoulder.com.

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