

# Health and Fitness News

## Soothing Sore Muscles And Aches During Cold Weather

(NAPSA)—It's not your imagination that aches, pains, general soreness and arthritis feel worse during colder months.

Frigid temperatures inhibit circulation to the body's extremities and pain receptors are more sensitive during cold weather. A drop in barometric pressure, such as before a rain- or snowstorm, can cause inflamed tissues to expand and become more painful.

With one in five Americans diagnosed with some form of arthritis, a change in weather can prompt the search for some relief.

Here are a few tips to help ease your aching body:

- **Get enough D.** Yes, it's cold, but you should still step out in the sun when you can. Studies suggest that vitamin D, which you can get from sun exposure, helps slow down the progress of arthritis.

- **Massage in some mint.** Apply peppermint oil directly to the sore area and rub it in. Massage can improve circulation.

- **Stretch, stretch, stretch.** Muscles near inflamed areas can tighten, making things worse, so be sure to slowly stretch tight muscles several times a day.

- **Soak it up.** Take a warm bath with Epsom salts. Formulas such as REV. Trainer's Epsom Formula are made of magnesium and sulfate, both natural components of the body. Magnesium is essential to producing serotonin, the mood-elevating



**Soaking in a bath with Epsom salts, like REV., is an effective way to introduce magnesium into the body to combat joint, muscle and arthritis pain.**

ating brain chemical that creates a relaxing feeling and has a natural calming effect.

Studies have shown that magnesium reduces inflammation and relieves pain. Although magnesium can be absorbed through the digestive tract, many foods, drugs and medical conditions can interfere with the effectiveness of this delivery method. Therefore, soaking in a bath with this mineral is one of the most effective ways of absorbing it into your body.

The formula also blends geranium, rosemary, spearmint and eucalyptus, each chosen for optimum stimulating and healing properties.

Soaking in this formula can help joint pain sufferers and athletes stay active longer and recover quicker after especially hard workouts. Such pain relief can make it possible to keep up your workouts during the colder weather when they might result in more muscle aches.

For more information, visit [www.rev-life.com](http://www.rev-life.com) or buy it at CVS or CVS.com.

