HAND OVER THE ARNICA FOR ARTHRITIS

Homeopathic arnica gel is best known for easing pain and inflammation from sprains and strains, but a new study shows this potent remedy can also help treat hand osteoarthritis. Researchers, who published their findings in Rheumatology International, tested both topical ibuprofen and arnica gel (A. Vogel Arnica Gel) on patients with osteoarthritis of the hand. While both therapies reduced subjects' arthritis pain, arnica was slightly more effective and should be considered a viable alternative to ibuprofen, say the researchers.

According to a recent survey by the AC Nielsen Group, one in three people polled in 46 countries spend more money on skin-care products than any other beauty item. And while today's innovative peels, scrubs and serums promise a smoother, brighter complexion, what you put inside your body matters, too. In her new book, Food Cures, Joy Bauer of NBC's Today Show says upping your intake of the following vitamins can make a big difference in your skin's appearance.

Vitamin C
Good sources: Most fruits and vegetables, particularly bell peppers, orange juice and oranges, hot chip peppers, cabbage, strawberries, pineapple, lemons and broccoli.

Vitamin E
Good sources: Wheat germ oil, fortified whole-grain cereals, sunflower seeds, peanut butter, avocado and tomato paste.

Selenium
Good sources: Brazil nuts, tuna, crab, oysters, tilapia, whole-wheat pasta, lean beef, cod and shrimp.

Beta-Carotene
Good sources: Sweet potatoes, carrots, kale, butternut squash, turnip greens, pumpkin, mustard greens and cantaloupe.

Zinc
Good sources: Oysters, lean beef, crab, ostrich, pork tenderloin, peanut butter, wheat germ, turkey, pumpkin seeds, chicken and chickpeas.