

Do *you* have back pain?

Nearly 90% of American adults do at some point in their lives, and Nancy Woollard was one of the worst sufferers. Even after surgery, she was in agony. Then she found a surprisingly simple—and all-natural!—cure . . .

It was just the slightest move, an almost imperceptible shift as she began to push her arm through her shirt sleeve. But suddenly, Nancy Woollard was gasping in pain.

Walking past her parents' room, eight-year-old Cheyanne heard her mom cry out. "It's okay," she said. "I'll help, Mommy." And gently, she slipped Nancy's shirt on.

"Thank you, sweetie," the Spring, Texas, mom managed to smile. But inside, her heart was breaking. What kind of life is this when I need my little girl to help me get dressed?

From a tall family and nearly six foot herself by junior high, Nancy was a natural at basketball. On the court, her height was a blessing. But during one game, as Nancy when to jump up, an aggressive opponent slammed her knee into Nancy's back.

With rest and painkillers, the intense throbbing in her back dulled. But as years passed, the pain never disappeared—not as Nancy graduated, not even as she walked down the aisle to marry Robert.

But it was when Nancy was expecting her second daughter that the pain became truly unbearable.

There were so many times Nancy had told herself: It isn't worth the pain you'll feel later. So many times she'd just popped in a video instead of playing "Monkey in the Middle." Yet now, seeing the excitement in Samantha's eyes . . . How can I say no? Nancy thought.

So she climbed to the top and they were off. They bounced their way down, laughing the whole ride—until, at the bottom, Nancy landed with a thud and could not, for the life of her, stand up.

It took two grown men to help Nancy to her feet. At the ride's exit, Robert just handed her her pill case.

Not long after, Nancy was driving when she sneezed . . . and then screamed.

"You not only have nerve damage, but you herniated the L4-L5 disks of your lumbar spine," a specialist determined, prescribing more medications. Soon, Nancy was relying on Cheyanne to get dressed. And Robert had to take over cooking and cleaning.

"What would I do without you guys?" Nancy thanked them. Yet, feeling utterly hopeless, she despaired: I can't go on like this!



"I feel like the person I was meant to be again!" says Nancy, here with her other "baby girl," Lacey.

Miracle in a bottle

So Nancy opted to have surgery to try and fix the discs in her back. And after arduous weeks of recovery, she did feel some relief.

All too soon, however, the pain was back—so bad that she needed a cane to get around.

Then, one day while shopping in a health-food store, the owner looked at Nancy—stooped over, pain etched on her face—and handed her a bottle.

"What's this?" Nancy frowned.

"It's an all-natural pain reliever," the woman said, explaining that it contained turmeric and boswellia—two herbs used in India to treat pain for thousands of years—and amino acids, which have been proven in studies to have anti-inflammatory properties.

"Try it," she added. "If it doesn't work, I promise—I'll refund your money."

I don't know, Nancy thought skeptically. But what do I have to lose?

Hobbling to her car, Nancy swallowed the recommended dosage of Curamin right there in the parking lot. Then, once back home, she went to get a drink in the kitchen . . . and

when she returned to the living room, she noticed Robert was just staring at her.

"How'd you do that?" he asked.

"Do what?" Nancy asked.

And suddenly it dawned on her that, for the first time in months, she was standing upright without her cane—and that her pain level had gone from a 10 all the way down to zero in just an hour!

This is . . . amazing, she marveled.

Soon, Nancy was able to not only dress herself again, but she was leaning over to make beds and even going roller-skating with the girls! And today, with the help of taking Curamin each morning, it's been more than two years since she's suffered from back pain.

"I called the lady at the store and gushed, 'I owe you forever for this!' I never thought I'd be able to not have to take prescription meds again, and it really tore at my heartstrings, needing my family to help me. But now I can garden, I can swim—I can do whatever I need or want to by myself," Nancy beams. "Being able to live without pain is such a miracle to me. I can finally say I have my life back!"

—Kristin Higson-Hughes

"Life is 10% what happens to you, and 90% how you respond to it."

—UNKNOWN

"Many women experience back discomfort while pregnant," her doctor said.

When her discomfort only magnified after Samantha was born, Nancy tried to manage. She had to work; they had bills to pay and two little mouths to feed now.

So, wincing, Nancy took a muscle relaxant and anti-inflammatory each day, and fought through the pain as she got the girls to daycare and herself to work.

Then, at a carnival, the girls saw a slide. "Take me, Mommy?" Samantha begged.

"I don't know, Hon," Robert said, concerned. "I'll go."

One of these simple "cures" might be just what you need to be pain-free!

3 ways to get all-natural relief from back pain

✔ **What worked for Nancy:** Curamin (Curamin.com) contains curcumin, a compound in the spice turmeric, proven in studies to provide pain-relief benefits without negative side effects.

✔ **Sock it to the pain.** Fill a tube sock with uncooked rice (not instant), knot closed and pop it in the microwave for two minutes. Place it on your back for long-lasting, warm relief for your achy muscles!

✔ **Try an anti-inflammatory.** Research suggests 2 g. to 4 g. daily of devil's claw erases back pain due to its active ingredient, harpagoside, which soothes inflammation. (As always, consult your doctor first.)