

Nothing holds me back.
Not my age. Not my
Bladder. Nothing.



When bladder control started to become a problem for me, I took action. I was tired of waking up several times a night to use the bathroom. I was tired of worrying about embarrassing situations. That's when I heard about **BetterWOMAN**. BetterWOMAN is all natural — not an expensive medication with side effects. And BetterWOMAN helped me get back in control. Whether your problem is frequency, a lack of warning, or leakage, BetterWOMAN can help.

No one likes to talk about it, but the consultants at BetterWOMAN took the time to listen and to explain how BetterWOMAN works. And with BetterWOMAN, I found more energy and far better concentration because I was finally sleeping through the night. Best of all, BetterWOMAN works! So you have nothing to lose — and only freedom to gain.



ALL NATURAL

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- Reduces Urinary Frequency
- Increases Energy Levels
- **Sleep Better Through the Night**

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These problems
do not go away by waiting.



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your **Self** [FITNESS]

Run for Your Life

Frequent, vigorous exercises seem
to give a survival advantage.

WANT TO LIVE LONGER? PUT ON YOUR RUNNING SHOES. In a new long-term study, runners were twice as likely to survive after 21 years than non-runners. Disability was lower among the runners, too.

The runners exercised vigorously for as much as 200 minutes a week, while the non-runners exercised as little as 20 minutes weekly. Both groups were healthy at the start, with an average age of 58.

Researcher Eliza F. Chakravarty, MD, of the Stanford University School of Medicine in Palo Alto, Calif., says, "They weren't couch potatoes. But by 21 years, the disability rate had doubled in the non-running group."

Throughout the study, health was scored through questionnaires assessing eight daily activities: rising, dressing, grooming, reach, grip, hygiene, eating and walking. Dr. Chakravarty was surprised at the outcome.

"We had figured the main difference would be in things we knew were correlated with exercise, such as cardiovascular health, but the runners had 50 percent less death due to fewer heart problems, cancers, neurologic diseases and infections," Dr. Chakravarty says. "We think running gives a survival advantage which can be extended to any similar exercise."

Dr. Chakravarty feels the results dovetail with the new 2008 Physical Activity Guidelines for Americans recommended by the U.S. Department of Health and Human Services.

"It's never too late to incorporate regular exercise into your lifestyle," she says. "People shouldn't be deterred by age." Any activity that keeps your heart rate up – such as cycling, swimming, or vigorous walking – is beneficial.

– ELLEN FIX

