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CONNECTION

**LOOK
YOUR
BEST**
AT ANY
AGE!
P.140

**ULTIMATE
CHEST
WORKOUT**
(NO BENCH?
NO PROBLEM!)

The Men's Health Guy

**Ryan
Phillippe**

*"I want my head clearer.
I want to feel capable and strong."
Ryan wears a Vince sweater and
7 for All Mankind jeans*

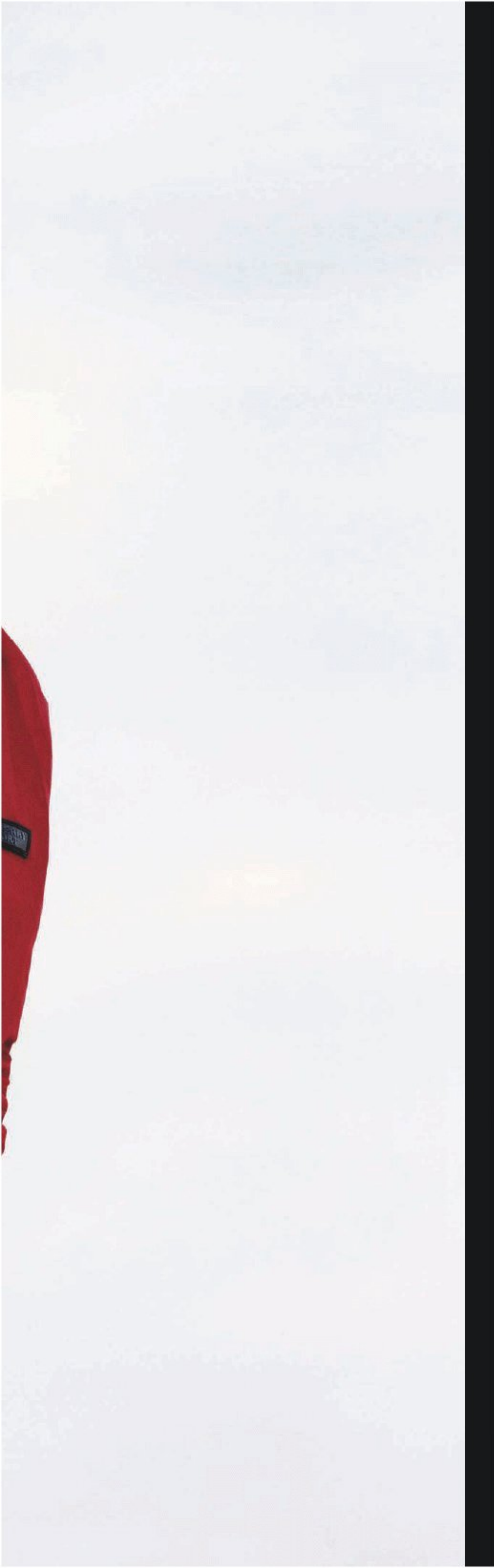
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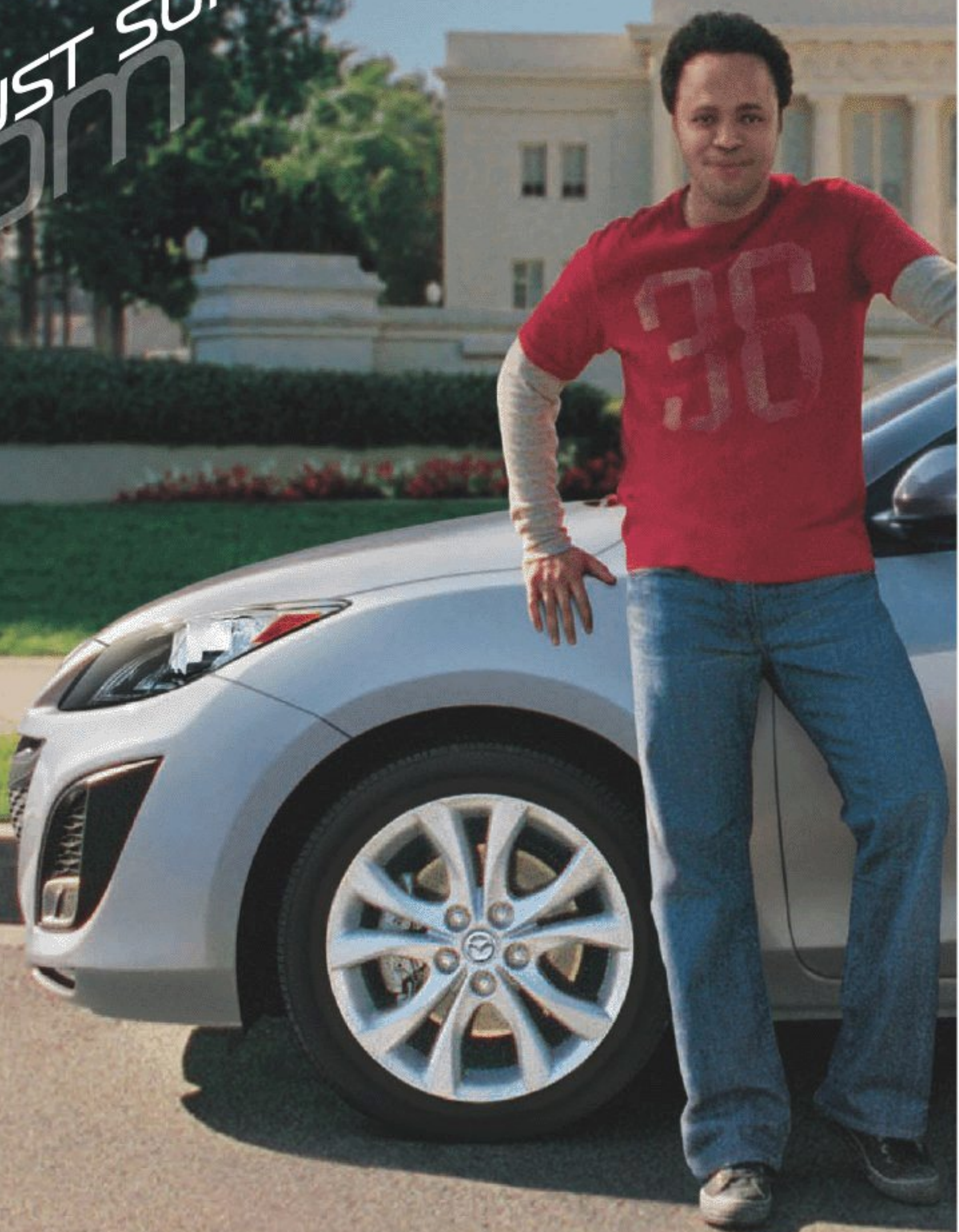
no choice but to raise a flag of its own.

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zoom-zoom





ALG's Highest Projected Resale Value
for the Mid-Compact Segment



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A black and white portrait of a man, likely Mehcad Brooks, with a hand covering his face. The image is overlaid with a large, red, geometric pattern that resembles a stylized 'X' or a series of overlapping planes. The pattern is semi-transparent, allowing the underlying image to be visible. The man's eyes are looking directly at the camera, and his hand is positioned over his mouth and nose. The background is a solid red color.

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SHERYL NIELDS (Noureen DeWulf), Body Wrap slip; CHARLES MASTERS (pasta); ADAM LEVEY (bandages); PETER YANG (Adam Eskin), John Varvatos USA T-shirt

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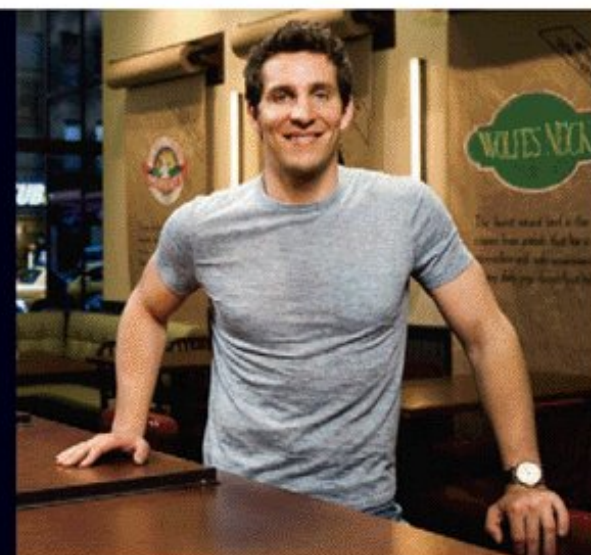
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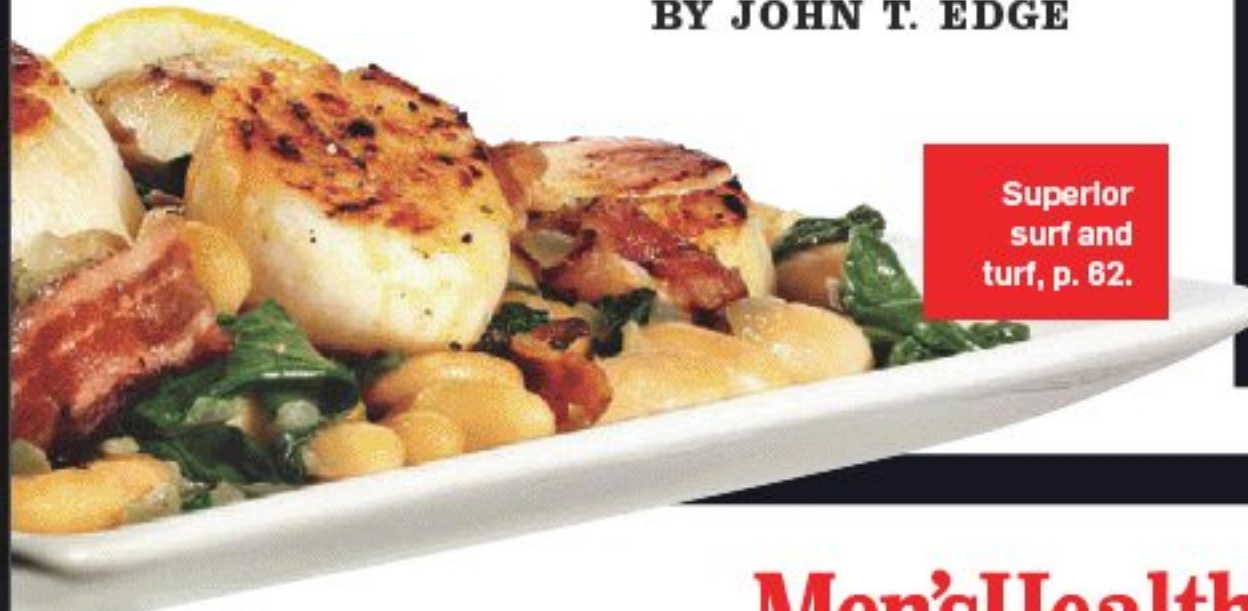
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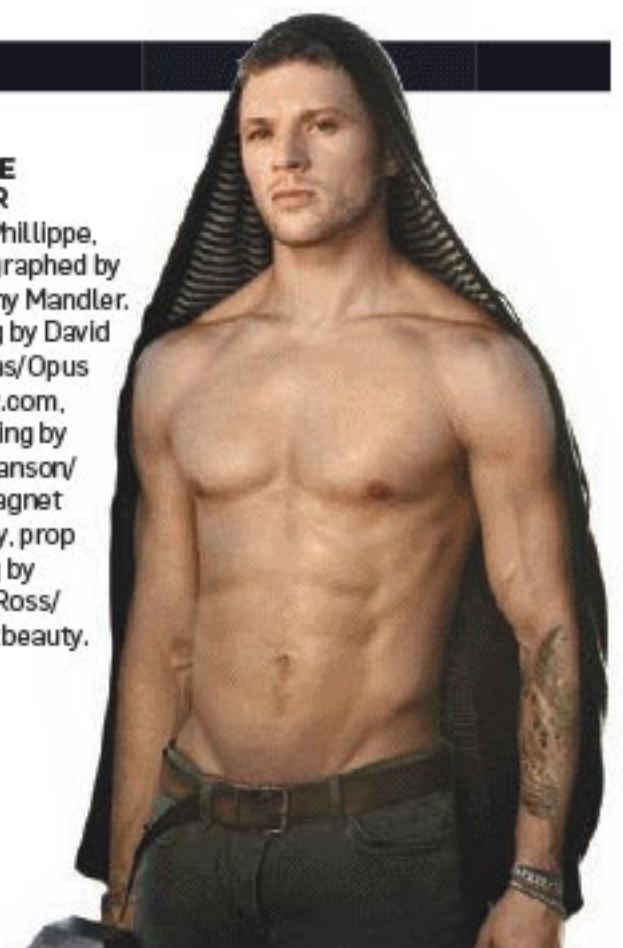
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Ryan Phillippe, photographed by Anthony Mandler. Styling by David Thomas/Opus beauty.com, grooming by Lina Hanson/The Magnet Agency, prop styling by David Ross/Artnixbeauty.com.



150
YEARS

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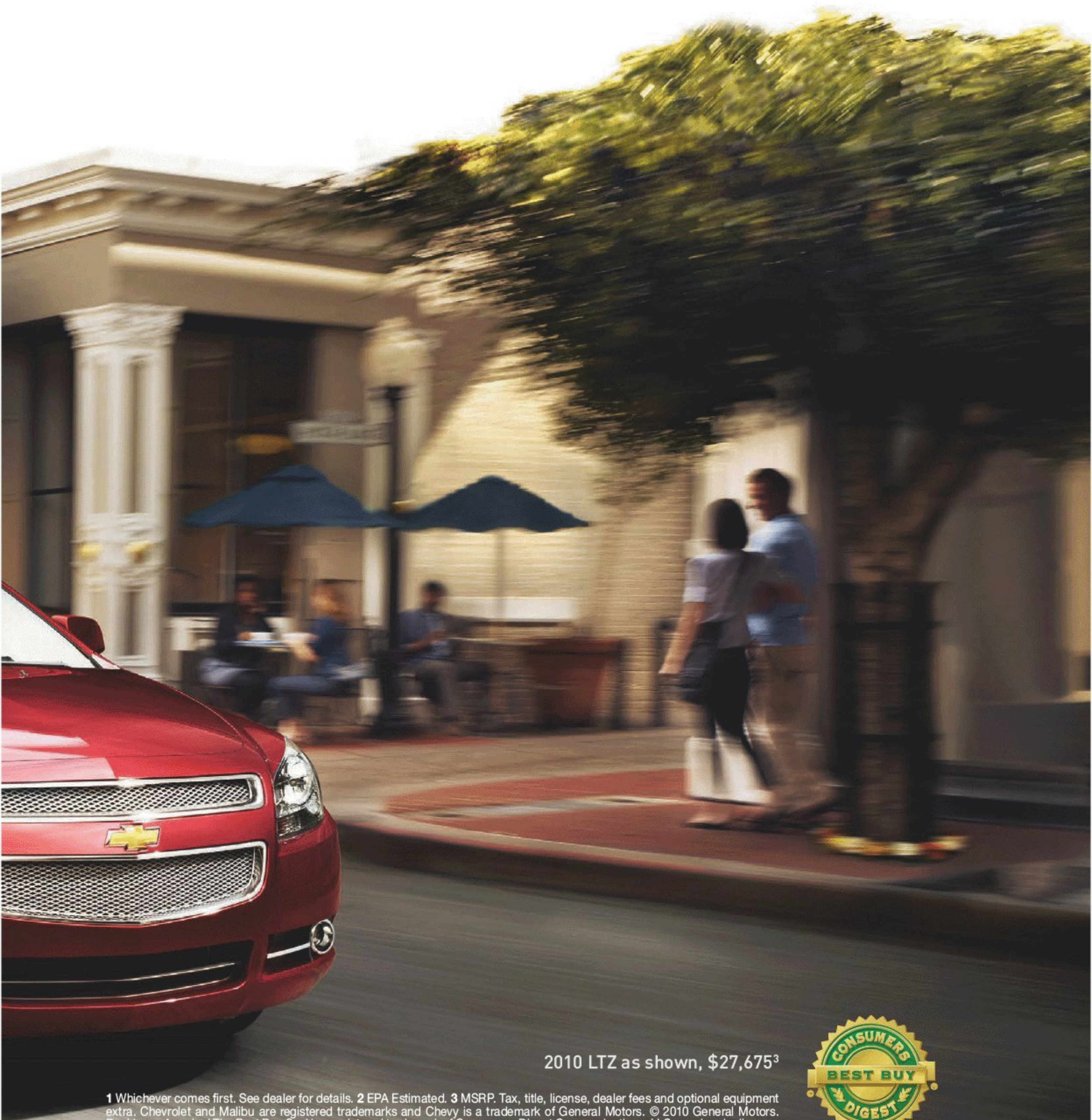
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LTZ shown, with 7-passenger seating, \$38,760²

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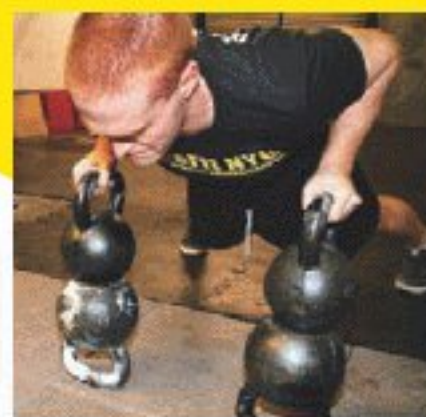


TELL HER THE TRUTH

"I think brutal honesty is extremely important," says Minka Kelly. (Hear that, Derek Jeter?) "I'd rather be an honest friend than a phony lover." Our *MH* women are all about good advice—and great looks. MensHealth.com/women

Build greater strength

Shake up your workout the way extreme personal trainer Kevin "Torch" Williams does. He'll start with double kettlebell pushups—and then he *really* mixes it up. MensHealth.com/torch



DON'T TRIM THE FAT? That's right. As Brooklyn butcher Bryan Mayer points out, leaving the fat on many cuts leads to more flavorful meals. And as *Men's Health* readers know, fat is unfairly maligned. Eat up! MensHealth.com/butcher

BUILD A BETTER BLT

Classics can be improved. Cut the mayo with lemon juice. Don't cook the bacon too crisp. And let some avocado join the lettuce and tomato. There's more where that came from. MensHealth.com/sandwiches



Andrew Macpherson (Minka Kelly), Kang Kim (sandwich)

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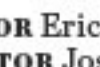
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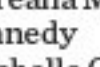
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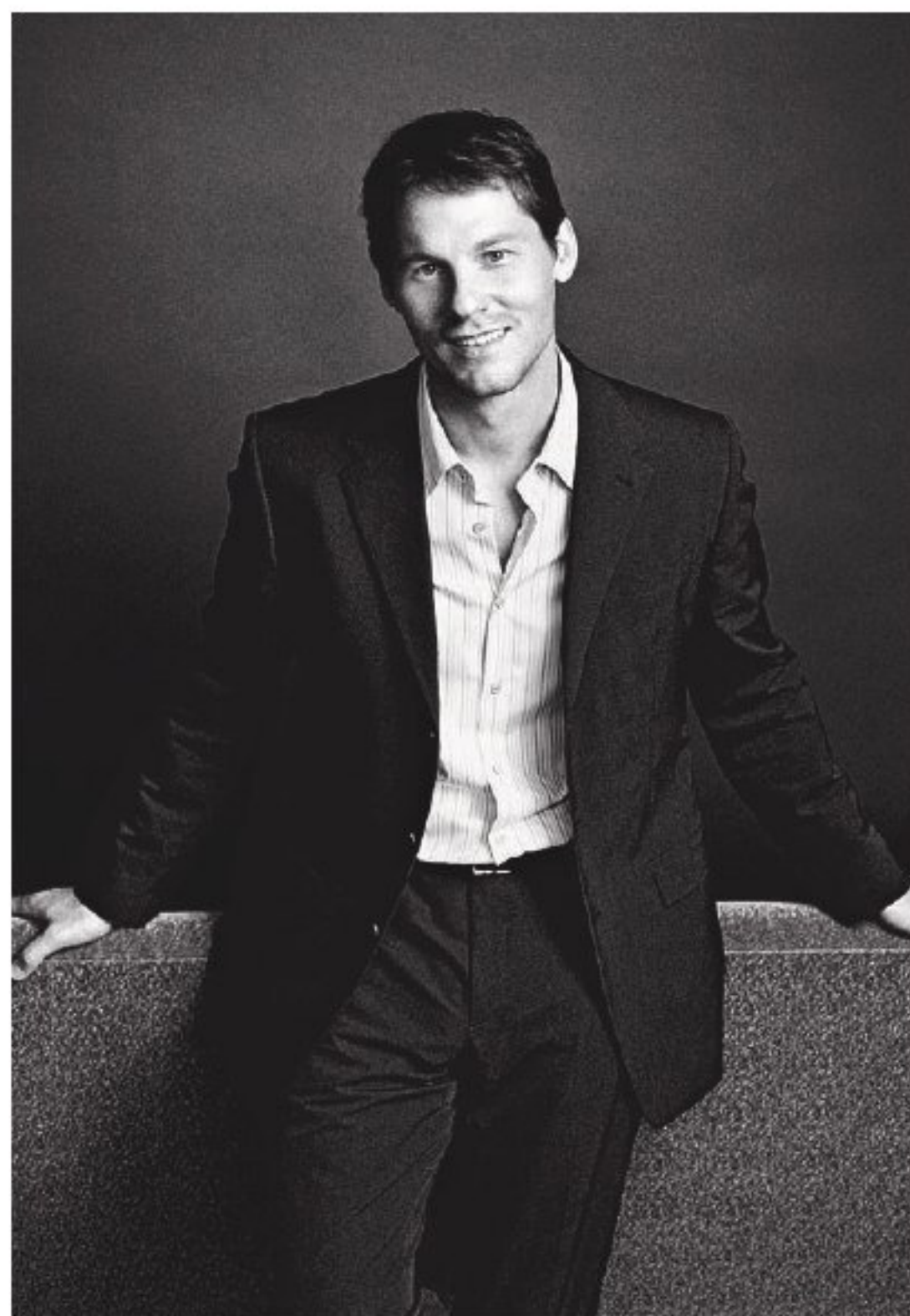
We're an ailing society, fighting against the cure

I AM A SICK, SICK HUMAN BEING.

Not sick in a Bernie Madoff/John Edwards/Octomom way, where someone should just take me out back and slap me around until I get over myself. But literally sick. As I write these words I'm in my apartment, wearing a bathrobe, drinking green tea, and trying to enjoy the gentle lulling effects of a Robitussin buzz.

I wish I could enjoy my buzz, but the thing is, I pride myself on not getting sick. And even when I do get sick, I pride myself on avoiding medicine. Maybe it's a macho thing, but I want my body to fight back on its own, and I don't like being under the influence of any drug that wasn't aged in an oak barrel and properly decanted—or at least tapped straight from the keg. So if I hit the medicine cabinet, you know I'm feeling pretty low.

On this wet, miserable day, medicine is on my mind. I'm nursing a cold while President Obama is nursing a last-gasp effort to save a national health-care bill, and Congress is acting like my sinuses—half of them are running, and half of them seem totally blocked. I wish each one of them would read Tom McGrath's feature "Why Our Health Care Is Hurting." It lays out some reasons why those wine-tipping, Gauloises-smoking, crêpe-snarfing, gym-avoiding folks in France live so much longer—and leaner—than we do. One big reason: When they feel sick, they see their doctors. It's easy, and the average medical bill comes to about \$9 per visit. You think I could call my doctor right now and just pop in for a visit? How about 3 weeks from Thursday? And that'll be a few hundred bucks, since I haven't been sick often enough to meet my deductible. (It's a unique perversity of the U.S. health-care system that we reward hypochondria more than we reward healthy, active, thoughtful living.)



Yet while many of us continue to fear changes in our health benefits, we also seem to fear something else even more: not having our meds. As T.E. Holt, M.D., writes in this month's *First Person* essay, "Say No to Drugs," "Few problems are so simple that they can be solved with a pill; few drugs are so simple they don't cause problems of their own." He points out that our desire for instant solutions to every bad feeling can lead us down a path to even bigger health issues. And so we're caught in a cycle of madness: We won't accept anything less than drugs on demand, but we also refuse to accept any innovative way of ensuring that drugs are dispensed reasonably and affordably. (After he was rushed to a hospital in December, Rush Limbaugh reported that the American health-care system worked perfectly fine. But Rush, when you can obtain prescriptions for so many painkillers that you wind up in rehab, that's not the health-care system working fine. That's a health-care system that's broken.)

Maybe it's just the Robitussin talking, but I'll say this: I hope that by the next time I'm sick, we have a medical system that's better equipped to deal with our needs. In the meantime, I recommend we all exercise and eat right—and keep our fingers crossed.

“

THE SMARTEST THINGS EVER SAID ABOUT ... QUICK FIXES

"If I'm in a buttload of pain, I need a buttload of pills."

Hugh Laurie as Dr. Gregory House, *House M.D.*

What you call the disease, I call the remedy. What you're callin' the cause, I call the cure.

The Mighty Mighty Bosstones, "Another Drinkin' Song"

"The best cure for hypochondria is to forget about your own body and get interested in someone else's."

Goodman Ace

"When it comes to your health, I recommend frequent doses of that rare commodity among Americans—common sense."

Dr. Vincent Askey

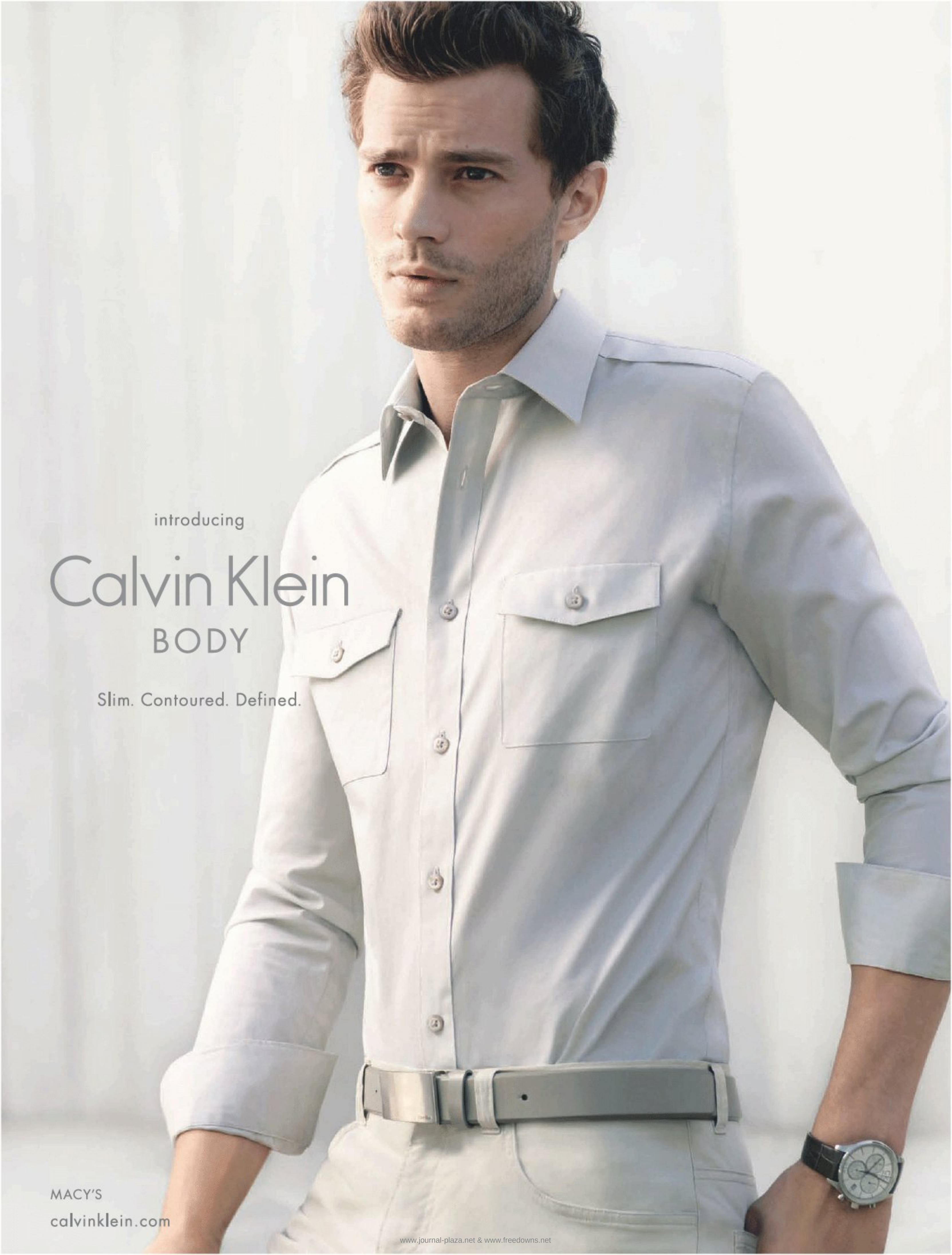
"This is my ninth sick day this semester. It's pretty tough coming up with new illnesses . . . so I better make this one count."

Matthew Broderick as Ferris Bueller, *Ferris Bueller's Day Off*

"Nobody can talk a junkie out of using . . . something to relieve the pressures of their everyday life, like having to tie their shoes."

Matt Dillon as Bob Hughes, *Drugstore Cowboy*

Photograph by NIGEL PARRY, styling: Sabrina Kurz/Susan Price, grooming: Jenna Menard/Jump Management



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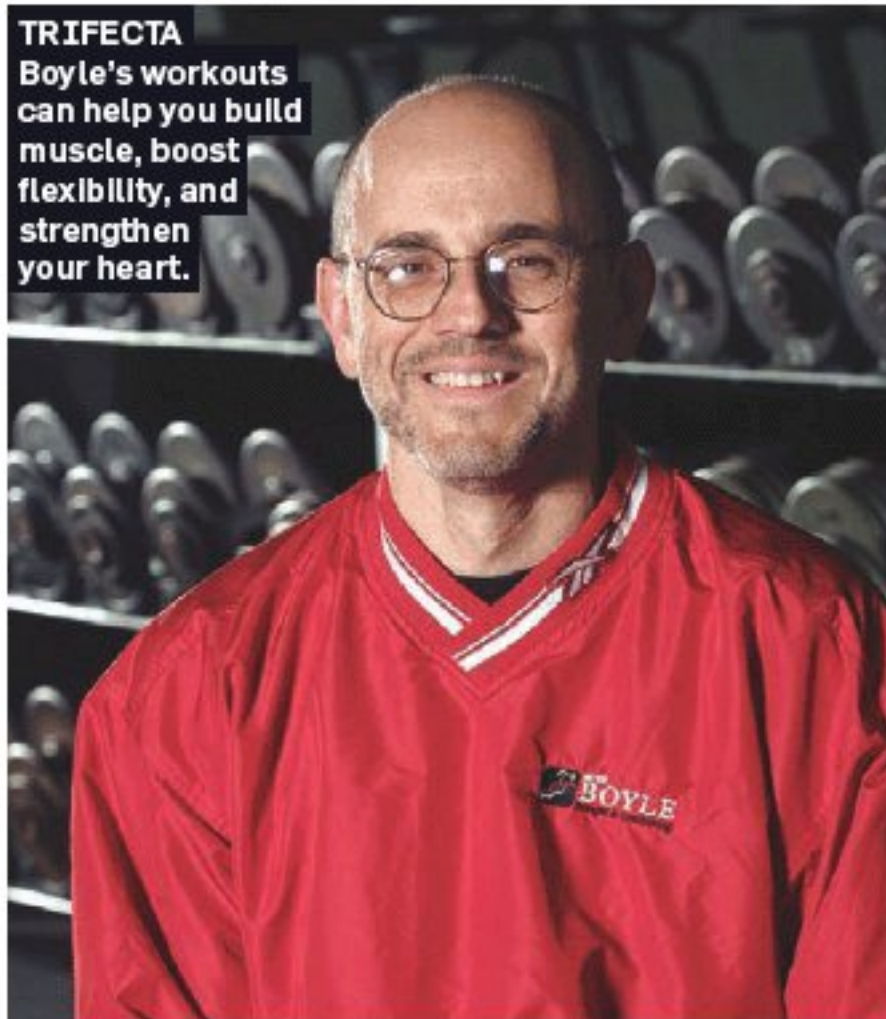
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On call this issue

The Body Sculptor

If you want to stay in great shape all your life, you have to do more than just exercise regularly. "You also must adjust your workout and diet to match your body's physiological changes," says **Mike Boyle, A.C.T.**, an elite trainer based in Boston. We scoured the latest research and interviewed top doctors and nutritionists to create a decade-by-decade master plan. **"Look Great at Any Age"** starts on page 140.



The Graceful Communicator

Men need to learn to empathize more when talking to women, says **Audrey Nelson, Ph.D.**, a gender communication expert. "Don't sugarcoat. Empathy is 'I feel what you feel.'" Flip to **"Talk Your Way Into Her Heart,"** on page 136, for tips on how to handle conversations that could sink your relationship.

The Cellphone-Cancer Sleuth

Your wake-up call: "Everyone, especially children and teens, should change the way they use their cell-phones to avoid potential cancers," says **Ronald Herberman, M.D.**, former director of the University of Pittsburgh Cancer Institute. Turn to *MH's Special Report*, on page 118, to learn how you can stay safe.



Ask the Docs on the *MH* Advisory Board

CARDIOLOGY

John Eleftheriades, M.D.

Dr. Eleftheriades is the chief of cardiac surgery at Yale University school of medicine. He is a past president of the International College of Angiology and serves on the editorial boards of seven journals, including the *American Journal of Cardiology*.

CARDIOLOGY

Prediman Krishan (P.K.) Shah, M.D.

Dr. Shah is the director of cardiology and atherosclerosis research at Cedars-Sinai Heart Institute and Medical Center, in Los Angeles, and a professor of medicine at the UCLA school of medicine.

CARDIOLOGY

Eric J. Topol, M.D.

Dr. Topol is a professor of genetics at the Scripps Research Institute, in San Diego. He is a member of the Institute of Medicine of the National Academy of Sciences.

COMPLEMENTARY MEDICINE

Marc Micozzi, M.D., Ph.D.

Dr. Micozzi, now in private practice, was the executive director of the Jefferson-Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital. He is the editor of *Fundamentals of Complementary and Alternative Medicine*.

HOW CAN I ERASE A ZIT FASTER?

"Spot-treat it with 10 percent benzoyl peroxide—the active ingredient in some Clearasil creams and ProActiv—and then put on a 'dot' Band-Aid overnight. This combo allows the medicine to penetrate better and ensures that it doesn't smear off. Remove the Band-Aid during the day."

DERMATOLOGY

ADNAN NASIR, M.D., PH.D.

Dr. Nasir is the director of dermatology at Wake Research Associates and an adjunct clinical assistant professor at the University of North Carolina.



WILL CONSUMING FOODS OR DRINKS THAT CONTAIN PROBIOTICS HELP MY DIGESTIVE SYSTEM?

"Probiotic beverages can provide relief from gassiness equivalent to the benefits from yogurt with or without added cultures. However, some relatively expensive products claim to have 'higher' concentrations of 'good' flora and are promoted for gastrointestinal health. The data behind these claims is not scientifically rigorous and does not support the added cost."

EXERCISE SCIENCE

Alexander Koch, Ph.D., C.S.C.S.

Koch is an associate professor of exercise science at Truman State University, in Missouri. He served on the USA Weightlifting sports science and collegiate committees.

FAMILY MEDICINE

Ted Epperly, M.D.

Dr. Epperly, a family doctor, is board chairman of the American Academy of Family Physicians. He is also program director and CEO of the Family Medicine Residency of Idaho, and a clinical professor of family medicine at the University of Washington school of medicine.

INTEGRATIVE MEDICINE

James N. Dillard, M.D., D.C., C.Ac.

Dr. Dillard is the medical director for the complementary and alternative medicine program at Oxford Health Plans. He was formerly the medical director of Columbia's Rosenthal Center for Complementary and Alternative Medicine.

MENTAL HEALTH

Thomas Joiner, Ph.D.

Joiner is the Bright-Burton Professor of Psychology at Florida State University. He has authored 330 publications on neurobiology and the treatment of depression and anxiety. He's also the author of *Why People Die by Suicide*.

MENTAL HEALTH

William Pollack, Ph.D.

Pollack is an associate clinical professor at Harvard medical school and director of the Center for Men at McLean Hospital.

NEUROLOGY

David S. Liebeskind, M.D.

Dr. Liebeskind is an associate professor of neurology at UCLA, where he researches strokes and new neuroimaging technologies.

GASTROENTEROLOGY

MARK WELTON, M.D.

Dr. Welton is chief of colorectal surgery at Stanford University school of medicine, and the author of numerous research articles on colorectal cancer and other gastroenterological diseases.



NUTRITION

Jonny Bowden, Ph.D., C.N.S.

Bowden holds a doctorate in holistic nutrition and a master's degree in psychology. He is the author of several nutrition books, including *The Most Effective Ways to Live Longer*.

NUTRITION

Mary Ellen Camire, Ph.D.

Camire is a professor of food science in the department of food science and human nutrition at the University of Maine.

OPHTHALMOLOGY

Kimberly Cockerham, M.D.

Dr. Cockerham teaches ophthalmology at Stanford University school of medicine and currently has a grant to investigate nanotechnology implants.

SLEEP MEDICINE

W. Christopher Winter, M.D.

Dr. Winter is the medical director of the sleep medicine center of Martha Jefferson Hospital, in Charlottesville, Virginia.

SPORTS MEDICINE

Andrew J. Feldman, M.D.

Dr. Feldman is the director of sports medicine at St. Vincent's Medical Center in New York. He is also the New York Rangers' physician.

SPORTS MEDICINE

Nicholas A. DiNubile, M.D.

Dr. DiNubile is an orthopedic surgeon in private practice and a clinical assistant professor of orthopedic surgery at the Hospital of the University of Pennsylvania.

UROLOGY

Larry Lipshultz, M.D.

Dr. Lipshultz is a professor of urology at Baylor College of Medicine. He also serves on the editorial boards of several medical journals.

UROLOGY

Judd W. Moul, M.D., FACS

Dr. Moul is chief of the division of urologic surgery at the Duke University medical center, in Durham, North Carolina. He is also director of the Duke Prostate Center.

WEIGHT LOSS

Louis Aronne, M.D., FACP

Dr. Aronne is a clinical associate professor of medicine at Cornell University's Weill Medical College and an adjunct clinical associate professor at Columbia University's college of physicians and surgeons.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACPM, FACP

Dr. Katz is the director of the prevention research center at Yale University. He is also the creator of the NuVal nutrition scoring system and the author of *The Way to Eat*.

I'M TOO BUSY TO WORK OUT. WHEN WILL MY MUSCLE LOSS BEGIN?

"You will notice some lack of muscle tone and strength after 3 to 4 weeks. To maintain muscle, you need to strength-train 3 days a week for 45 minutes. That said, a week off every 4 months can actually help your training efforts."

EXERCISE SCIENCE
DAVID PEARSON, PH.D., C.S.C.S.*D

Pearson is a professor of exercise physiology at Ball State University and a senior editor of the *Strength and Conditioning Journal of the National Strength and Conditioning Association*.



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2 BEST BAR WITH EXTRAS

Dagoba's Beaucoup Berries Bar (74% cacao)

Dried cranberries and dried cherries boost the sweetness, flavor, and antioxidant total. \$3 (2 oz), dagobachocolate.com

3 BEST BAR WITH A KICK

Vosges Creole Bar (70% cacao)
With crushed espresso beans, ground cocoa nibs (bean fragments), and chicory coffee, it's like a Nestlé Crunch with mocha. \$8 (3 oz), vosgeschocolate.com

4 BEST TOPPING

Askinosie Roasted Cocoa Nibs (100% cacao)

The nibs undergo minimal processing and are the most potent form of dark chocolate. Cut their bitterness by sprinkling them on yogurt, fruit salad, or ice cream. \$11 (6 oz), askinosie.com

5 BEST GOURMET BAR

Jacques Torres

Midnight Soul (80% cacao)
The intense citrus nut flavor is almost overpowering. First try it melted (in a microwave) and drizzled on fresh blueberries, cherries, and almonds. After your tongue has adjusted, savor the bar straight. \$5 (2.8 oz), mrchocolate.com

I feel lethargic after lunch every day. What gives?

KIM, VIA FACEBOOK.COM/MENSHEALTH

You're being drugged. Every day at about 2 p.m., your core body temperature drops, which triggers the release of a powerful knockout drug/hormone called melatonin. In fact this happens to everyone as their brains follow a schedule set by the brain's sleep software (known as circadian rhythms). So why isn't the entire world woozy by 2:30? "A slight variation in the duration of a person's circadian rhythm may mean they feel the effects more strongly," says Michael Breus, Ph.D., a clinical psychologist and sleep specialist in Scottsdale, Arizona. The solution: Give in. Australian research shows that taking a 10-minute nap is the best way to reboot. However, if there's no good siesta spot in your office, use that time for a brisk outdoor walk. The combination of sunlight and body-temperature-boosting exercise will help turn off melatonin production. Too swamped to stroll? Do a few body-weight lunges

Q

WHAT'S THE HEALTHIEST, BEST-TASTING CHOCOLATE?

FELIX, WOBURN, MA

Unfortunately, the "healthiest" type would also taste the worst, since the percentage of cacao in dark chocolate determines both the number of disease-fighting flavonols and the bitterness. For the best balance of flavor and flavonols, try chocolate with 70 percent cacao, says Jeffrey Blumberg, Ph.D., director of the antioxidants research lab at Tufts University. We tested dozens of dark chocolate brands and chose five favorites. Limit yourself to a 100-calorie serving daily (one 2-inch square) and you'll reap the health rewards without piling on the pounds, says Blumberg.



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ASK THE GIRL NEXT DOOR Carolyn Kylstra



and wall squats. And if that fails, Breus suggests buying a desktop blue light, such as the Dia2 (\$130, naturebright.com). After lunch, switch it on for 45 minutes; according to a 2009 study in *BMC Neuroscience*, that much blue light will keep the melatonin Mickey from kicking in too hard.

Should I have my CRP tested to gauge my risk for heart disease?

BILL, BRUNSWICK, GA

It depends on what else is in your cardiac crystal ball. "The C-reactive protein (CRP) test provides an additional coordinate to triangulate your risk of heart disease," says John Elefteriades, M.D., chief of cardiac surgery at the Yale University school of medicine. "It's useful for men who have normal cholesterol levels but are borderline for other reasons." Here's why: Elevated CRP levels in your body reflect inflammation, which can cause arterial plaques to rupture, triggering a heart attack—even if you don't have high cholesterol. Dr. Elefteriades says it's worthwhile to have your CRP tested if you have two or more of these risk factors for heart disease: family history, obesity, smoking, or prehypertension (systolic blood pressure 120 to 139 mm Hg, diastolic 80 to 89 mm Hg).

I want to quit smoking—again. How can I increase my odds of success?

DAVID, CHARLOTTE, NC

You and your doctor need to develop a mind-body strategy that combines counseling with nicotine-replacement treatment. This double-barreled

Q SHE'S NOT THAT INTO SEX FROM BEHIND. HOW CAN I MAKE IT BETTER FOR HER?

RICHARD, MOBILE, AL

Go easy, cowboy. If you thrust a little too hard, with not quite enough lubrication, this position turns into a real cervix pummeling. Just be generous with the lube, dip shallow, and forget what you've seen on YouPorn (or Animal Planet). Also, maintain the mindset that you're making love to her, not riding her tush like it's a mechanical bull. To further the intimacy, kiss her neck, gently tug on her hair, whisper dirty words into her ear, and toss in a gentlemanly reach-around. All these tweaks together ought to make doggy style more of a treat for both of you.

first date—and especially if he did the asking. Rest assured that if she truly wants to pay her fair share, she'll insist on going Dutch even after you've waved off her initial wallet dive.

The woman I'm secretly in love with just broke up with her long-term boyfriend. How long should I wait?

DERRICK, EASTON, PA

Beware the rebound. That means you should sit tight for multiple months rather

than go in for the kill at the first scent of bloody heart-break. I'm unfortunately speaking from personal experience when I say that a woman re-adjusting to the single life will likely blow hot and cold, act out of character, and possibly exhibit man-eating (man-discarding) tendencies. That's not exactly conducive to "happily ever after." Give her time to transition and heal so that you don't become the collateral damage of her failed relationship. So

think of it this way—you've already waited this long, so what's another few months?

She slept with another guy after our first date, but before we hooked up. Is this a sign that she's not a good long-term prospect?

KEVIN, WILMINGTON, DE

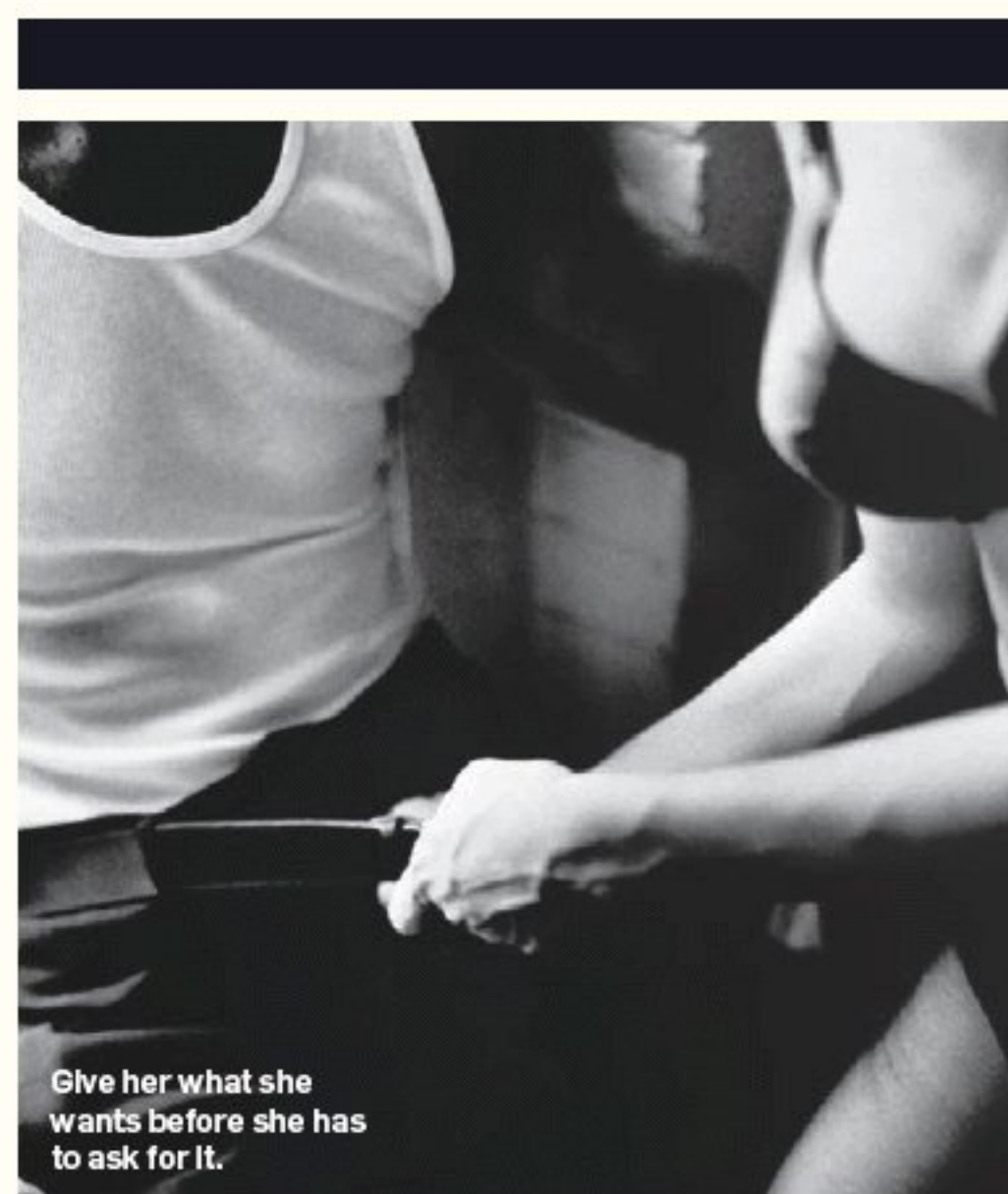
The only sign I'm noticing here is that she probably holds a progressive view of sex and relationships—that men and women should have equal opportunity to play the field, test out different partners, and enjoy sex, casual or otherwise. That doesn't qualify her for membership in the Bad Girls Club. If you want a long-term monogamous relationship, Kevin, you're going to have to ask for it. Otherwise, it's fair to expect competition. Women sure do.

Do women check out guys' packages the same way we check out their breasts?

ANDY, VIA TWITTER.COM

Not quite. See, every guy I know wishes he had x-ray vision. Most of my girlfriends, not so much. In fact, the only time I find myself ogling a random crotch is if it's particularly eye-catching. (I'm talking serious moose knuckles.) Otherwise, I'm much more likely to take mental note of strong hands, broad shoulders, or a tight butt, to be honest.

Ask Carolyn a question by e-mailing girlnextdoor@MensHealth.com.



Give her what she wants before she has to ask for it.

I read in an article that 51 percent of women say they like to be dominated in bed. What does that mean?

TYLER, REDMOND, WA

Probably not what you think, so put away the whip and handcuffs. For me, being dominated means he's so overcome with passion he can't keep his hands (or mouth) off me. It's sexy and exciting to be wanted so intensely. The problem is that in the moment, your girlfriend can't request that you go wild with lust. It has to happen naturally. To take the pressure off, show her the article in a nonsexual setting. If she's one of the 51 percent who dreams of domination, there's a 100 percent certainty you'll amp up the energy next time you're together in bed.

Inevitably, the new woman I'm dating will ask if I've ever been unfaithful in a relationship. (I have.) How should I answer?

JUSTIN, DURANGO, CO

What, you think she can't handle the truth? Tell her you're not proud of straying, that you've thought a lot about why you did it, and that you've promised yourself going forward that you'll address relationship problems head-on instead of taking the coward's way out. Because you have, right?

When women offer to split the bill on the first date, is it a test, or sincere?

RICH, SILVER SPRING, MD

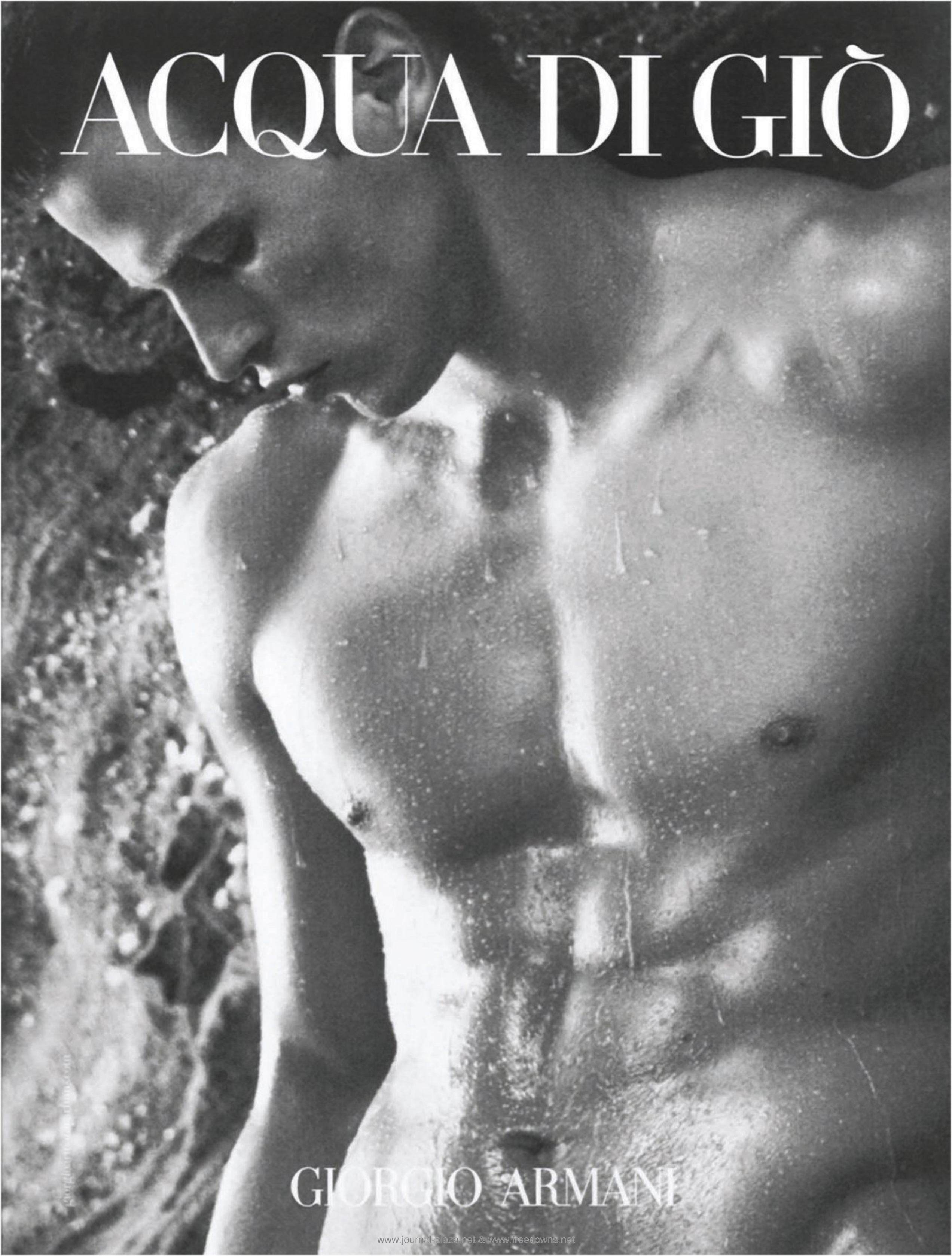
Just assume it's a test. Modern-day etiquette holds that women are fully capable of paying their way and should offer to do so. However, most of us still usually expect the guy to pony up, at least on a

ONE-WORD ANSWER

Which vitamin can help treat canker sores?

B₁₂

Taking 1,000 micrograms daily of vitamin B₁₂ reduces the frequency, pain, and duration of canker sores, according to a study in the *Journal of the American Board of Family Medicine*. While you can find B₁₂ in meat, dairy, and shellfish, the amounts in those foods are below those that were used in the study. So look for a B₁₂ supplement that contains methylcobalamin, says Jonny Bowden, Ph.D., C.N.S., a *Men's Health* nutrition advisor. "That's the absorbable form of B₁₂ the body uses."



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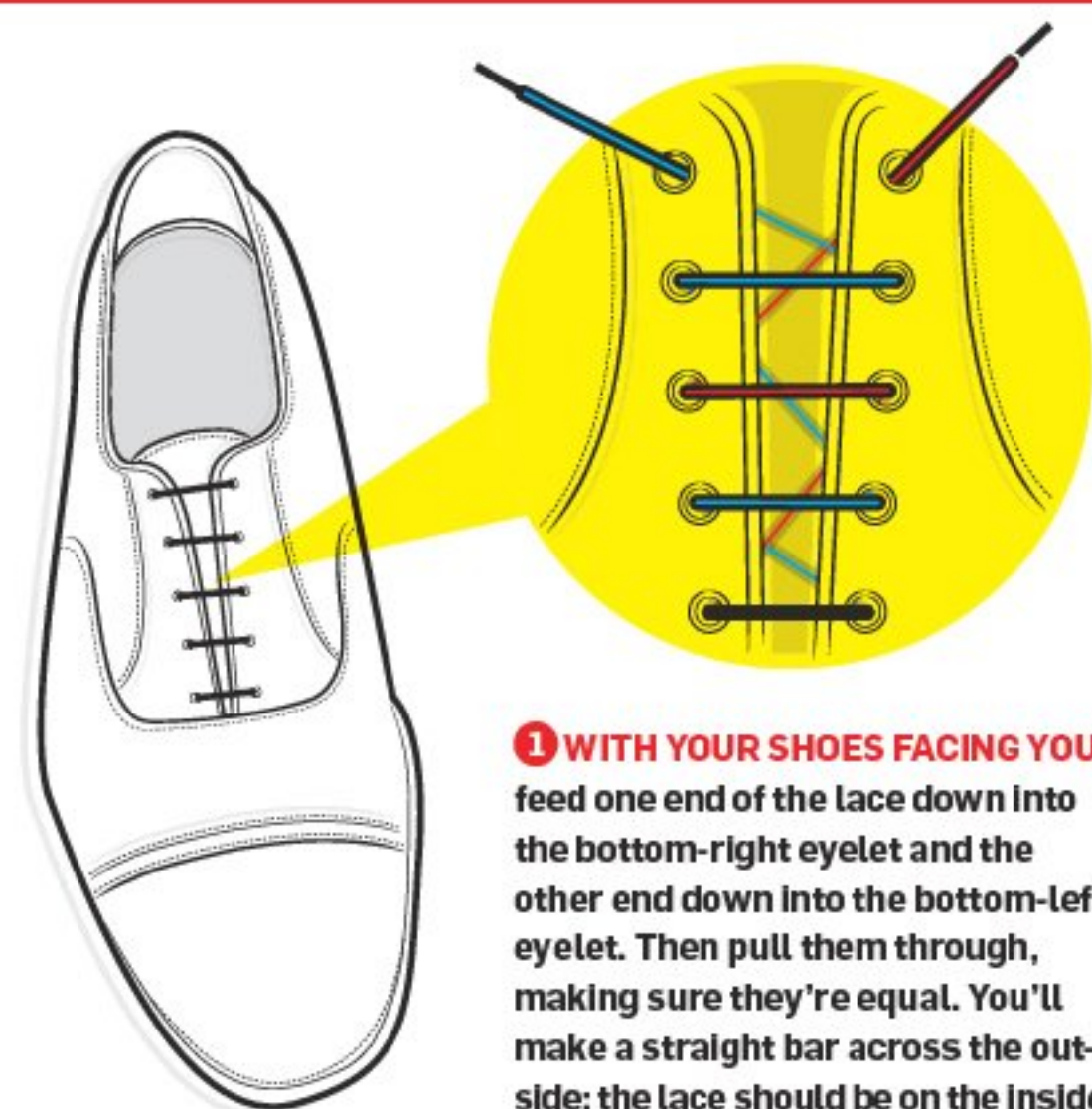
ASK MEN'S HEALTH

ESSENTIAL GUY SKILL

What's the best way to lace my dress shoes?

MIKE, OXFORD, MS

Take your cue from the style maestros of the Old World and run the laces horizontally rather than criss-crossing them. The European pattern looks elegant and it holds your foot securely on the inside, explains John Halton, Sc.D., a retired mathematician who has studied lacing techniques. Cap it off with a nonslip Cambridge knot, a variation of a surgeon's knot, and you'll never have to retie an unruly shoe again.



1 WITH YOUR SHOES FACING YOU, feed one end of the lace down into the bottom-right eyelet and the other end down into the bottom-left eyelet. Then pull them through, making sure they're equal. You'll make a straight bar across the outside; the lace should be on the inside.

2 THREAD THE RIGHT-SIDE lace up through the second-left eyelet, across the shoe, and down through the matching right-side eyelet. Do the same with the left-side lace in the third pair of eyelets, and then the right-side lace in the fourth pair.

3 FEED THE ENDS of the laces up through the remaining eyelets.

4 SECURE YOUR SHOE with a nonslip Cambridge knot. Make a half knot and then two bunny ears. Cross and pull the left loop through, but before you pull the two bunny ears tight, pass the left ear through the loop again and pull tight.

approach boosts your odds of success by 50 percent, says Michael Burke, Ed.D., treatment program coordinator at the Mayo Clinic's nicotine dependence center. "It's easier to fight a tank than a submarine." Through counseling, you can identify the hidden factors that drive you to spark up. Joining a reputable online support group like the American Legacy Foundation's Ex network (community.becomeanex.org) can also be helpful. To help wean your body off nicotine, try using two kinds of nicotine replacement. A recent University of Wisconsin study found that one of the most effective approaches was to combine a 24-hour nicotine patch (starting with 21 milligrams and working your way down to 7 milligrams) with nicotine lozenges (at the dose recommended by your doctor). You can also give your body a natural assist by exercising. British researchers found that just 15 minutes pedaling on a stationary bike can reduce your cravings by 29 percent, while a university of California study found that moderate to vigorous daily walking increases your odds of staying off cigarettes by 84 percent.

My jaw aches. I'm worried it means I'm grinding my teeth in my sleep. What are some other symptoms?

JOEL, BEAVERTON, OR

Do you have tooth sensitivity? Morning headaches? "Those are the typical early symptoms," says Tim Iafolla, D.M.D., a dentist with the National Institute of Dental and Craniofacial Research at the National Institutes of Health. "You may also be able to feel and see flat or chipped spots on the edges of your teeth." If you checked off "yes" to everything, try sleeping in a different position; side sleepers

clench their jaws less often than back sleepers do, studies show. Since stress is another common cause of bruxism (teeth grinding), clear your head before bed, even if it's with just 5 minutes of meditation. No improvement? Ask your dentist about wearing a mouth guard; this reduces grinding in about half the patients who try it. Worst case, you may want to consider Botox. Korean researchers found that a couple of shots of botulinum toxin can relax your jaw muscles enough to stop the nightly grind without making you look like a mannequin.

If I smell something—bacon, bathroom odors—am I ingesting it as well?

ALAN, MINNEAPOLIS, MN

Thanks for the nauseating thought, but fortunately, the answer is no. "When something emits an odor, it's giving off smell molecules that waft into your nostrils," says Scott Stringer, M.D., a professor of otolaryngology at the University of Mississippi medical center. "The molecules fit with receptors in your nose, and when they lock in, you register a smell. You breathe some in, you breathe some out, and that's it." So in other words, you aren't actually ingesting invisible particles of bacon but just the olfactory evidence of the bacon's presence. That said, there are some deadly exceptions to the rule. When you catch a whiff of certain chemicals, such as chlorine or formaldehyde, you're inhaling the actual substance in its gaseous state. Worse, these toxic molecules often don't stop at your schnozz—they can enter your blood and wreak all sorts of havoc on your nervous system and vital organs.

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Are you buff enough?

Men who work out have higher self-esteem than sedentary guys do, according to a new study review from the University of Florida. Do you strut your stuff at the beach, or bury your head in the sand?

[Based on poll results from 2,399 men]

1 Are you satisfied with the way you look shirtless?

Yes: 32%

No: 68%

2 Do you plan to whip yourself into shape before summer?

Yes: 98%

No: 2%

3 How many times do you expect to go to the beach this summer?

0: 9%

1 to 5: 50%

6 or more: 41%

4 Describe a time when you felt extremely self-conscious about the way you looked.

"I saw my wedding photo and thought it was someone else with my wife." Keith, 34

"South Beach." Jorge, 23

"Looking as pregnant as my wife as I held our newborn in the hospital." Chris, 31

"When I'm driving. It's like my gut is sitting there reminding me to get rid of it." Dwight, 22

5 When were you in the best shape of your life?

Right now: 43%

Less than 10 years ago: 47%

More than 10 years ago: 10%

6 Which is better for your self-confidence?

Lean physique: 67%

Large muscles: 18%

Good hair and skin: 15%

7 Would you rather have functional strength, like a construction worker, or a killer bod, like a lifeguard?

Functional strength: 32%

Killer bod: 68%

8 Which strategy would best transform the way you look?

Weights: 44%

Diet: 30%

Cardio: 26%

9 What's your best physical asset?

Eyes: 22%

Arms: 17%

Shoulders: 14%

Legs: 13%

Chest: 12%

Abs: 9%

Back: 7%

Hair: 6%

10 If you had a six-pack, would you go shirtless more often?

Yes: 78%

No: 22%

11 How often do you weigh yourself?

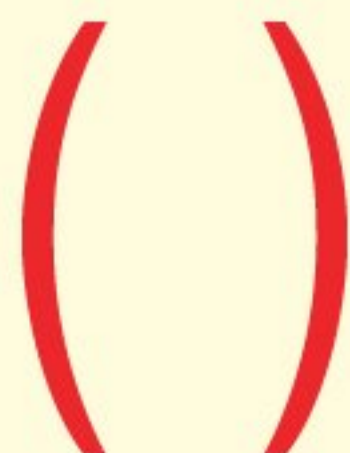
Daily: 20%

Weekly: 41%

Monthly: 21%

Rarely: 18%

What's your assessment of your physique?



Too heavy
38%



Too skinny
14%



About right
48%

12 Does your partner perceive your body differently than you do?

She likes it more than I do: 56%

She likes it less than I do: 12%

We like it the same: 32%

13 What's the best compliment a woman has ever given you about your looks?

"How are you always the best dressed man in the room?" Wade, 28

"I still find you attractive after all these years." Brandon, 35

"I'm going to nickname you *El Cuerpo*—The Body." Noel, 24

"If Brad Pitt and Hugh Jackman had a child, you'd be it." Randall, 41

14 Would you prefer to be taller or leaner?

Taller: 42%

Leaner: 58%

15 Which clothes do you feel most confident wearing?

Casual: 58%

Business: 42%

16 Does having a good scent improve your self-confidence?

Yes: 82%

No: 18%

17 Do most men who wear cologne overdo it?

Yes: 68%

No: 32%

18 What would you do if you had a lot of back hair?

Have it removed: 84%

Live with it: 16%

19 What's your opinion of barbershops versus salons?

"They're fine, if you're over 40. But not while you still have your hair." Andrew, 28

"A good barber is as important as a good bartender." David, 31

"I recently went back to one after years away, and it was like finding my favorite jacket." Stephen, 27

20 Would you rather go gray or go bald?

Gray: 92%

Bald: 8%

21 Do you groom "down there"?

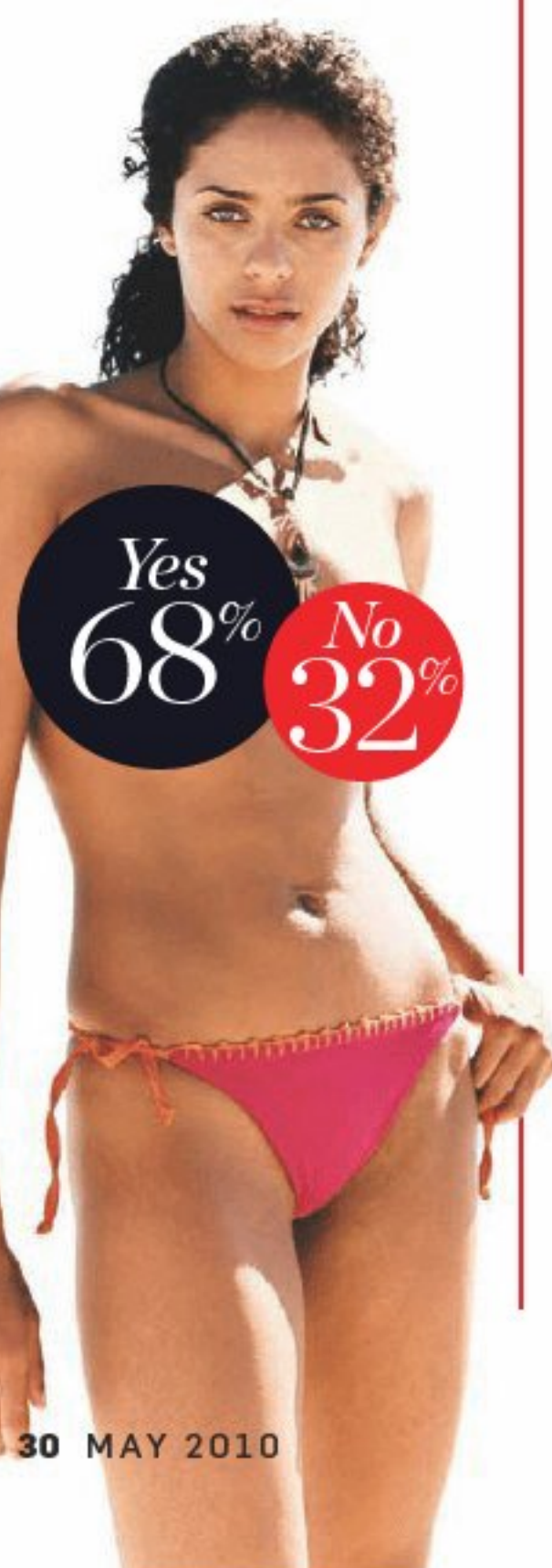
Yes: 84%

No: 16%

HAVE YOU EVER HAD SIX-PACK ABS?

Yes: 46% • No: 54%

If an attractive woman invited you to a nude beach, would you go?



Yes
68%

No
32%

Boost your appeal

Having a body you're proud of is only part of the equation. Flesh it out with these key image variables as well.

1 TONE IT DOWN

Playing it cool works. A 2009 study in *Ethology* found that when determining attractiveness, an image of a neutral facial expression impacted women as much as a silent video of the person.

2 DON'T STINK

How you smell may change the way you come across to women. A recent British study found that men who smelled fresher appeared more confident and attractive to women who were watching them.

3 EMBRACE YOUR HERITAGE

American accents recently rated tenth sexiest in a poll of 5,000 women, so if you have any French, Italian, or Irish in you (these ranked fourth, second, and first respectively), then let it fly.



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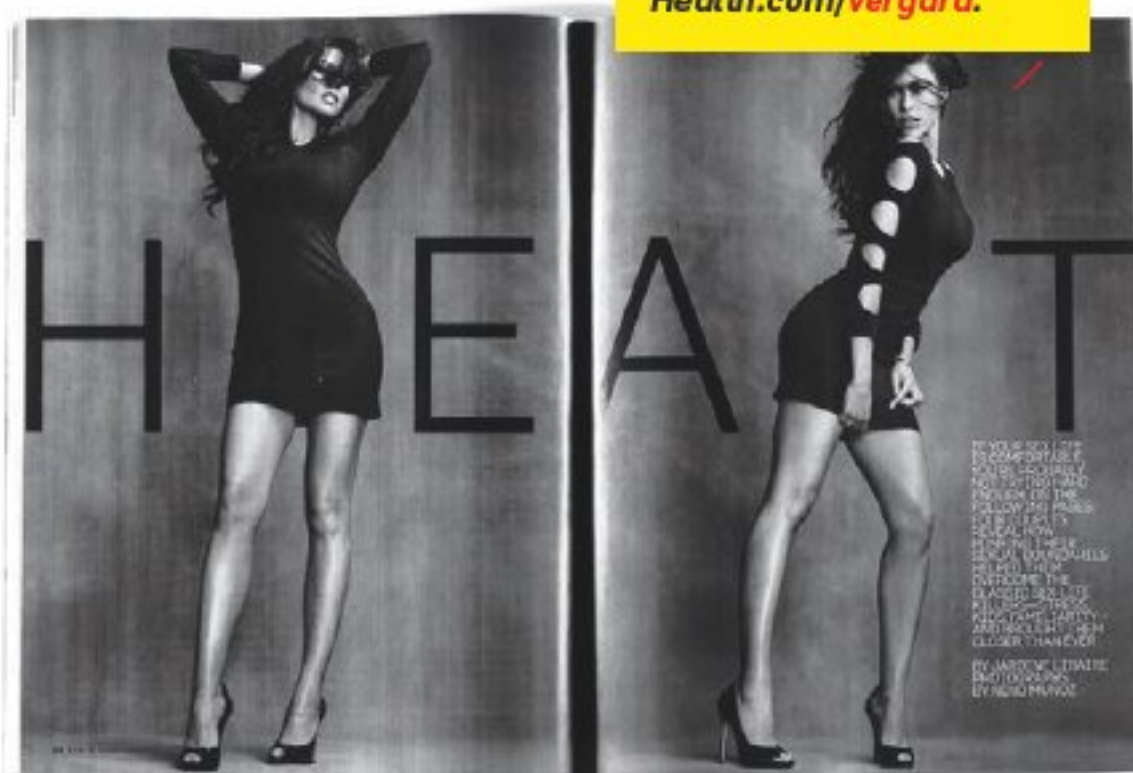
TELL MENS HEALTH

THE READERS FIRE BACK

AWESOME CURVES

How had I never heard of Sofia Vergara ["Heat," March]? You made me a fan of her show, *Modern Family*, even though I've never seen an episode. Thanks for sharing something special. (Oh, to have been at that photo shoot...)

ROGER, SEATTLE, WA



To read this article in its entirety, go to MensHealth.com/vergara.

PROSTATE PUZZLE

Unlike author Stains ["I Want My Prostate Back," March], I elected to research my alternatives to prostate surgery *before* the procedure instead of after. This is a cancer unlike any other, and the one thing we have is time—time to research, time to study, and time to reflect on the possible outcome of a life-changing surgery. Seek a second opinion and know that there are alternatives to the operating room.

JEFF, WAUSAU, WI

MIND GAMES

Mike Zimmerman's "Why Men Fail" [March] put my life into perspective. I've been called cynical before, but never fully appreciated how negatively cynicism has been affecting my life. Thanks, Mike. You've inspired me to work very hard to change my mindset.

JAMES, HOBOKEN, NJ

TEE UP SOME STYLE

I've been looking for a black short-sleeved shirt like the one Paul Walker is wearing on your March cover for a long time. The caption says Converse by John Varvatos, but I can't find the shirt anywhere. Help!

WILLIAM, JACKSON, TN

The black tee is clutch. Go to bloomingdales.com.—Eds.

HANDS OFF

The description of how to administer hands-only CPR ["Essential Guy Skill," March] is missing a crucial step: Check to see if the person is breathing and has a pulse! He could just be unconscious.

ART, DETROIT, MI

AIR BALL

The University of Tennessee's Tyler Smith is *not* the most watched basketball player in the SEC ["March's Must-Haves"]. He was dismissed from the team in January after he and three teammates were arrested with a handgun, marijuana, and an open container. Oh, and ever heard of John Wall? The University of Kentucky freshman is the most watched player not only in the SEC but in the nation.

JON, RICHMOND, VA

We'd shipped our March issue before Smith revised his résumé. You're right about Wall—by the time you read this, he'll be headed to the NBA... with or without a piece of Indianapolis net.—Eds.

HELP IS ON THE WAY

I enjoyed your article on Paul Walker and his founding of the Rapid Emergency Assistance Care Team ["Find Your Balance," March]. I've been in emergency medicine for 12 years, and in many instances I've wanted to volunteer my services to those in need. Now I know to contact Walker's organization.

JEFF, DES MOINES, IA

BARRIER TO TASTE

The photograph in your recipe for Dr Pepper Ribs ["Cook This, Not That," February] shows the membrane from the ribs still in place. That prevents the flavor of the marinade from fully penetrating, and results in tough ribs. A few slits of the knife and some pulling can remove the tissue.

RUSTY, RIDGELAND, MS

7 TIPS FROM 7 READERS



1 DRAFT PITCHERS BEFORE HITTERS for your fantasy-league baseball team.

2 TRYING TO CUT through cold butter in the morning? Warm the knife on top of your toaster oven while the bread's in there.

3 COORDINATE EVENT SCHEDULING at doodle.com, which allows you to poll guests for their preferences.

4 WHEN DOING A RESISTANCE EXERCISE, such as a wall sit, make time fly by playing the free iPhone app Arcade Hoops Basketball Lite for 45 seconds.

5 BUY CYCLING CLOTHES you can actually wear to work: outlier.cc.

6 TO EXTEND YOGURT'S SHELF LIFE, place clear plastic wrap on its surface, press down slightly, and reattach the lid.

7 FIGHT A CANKER SORE by holding a wet black tea bag against it.



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CLIP YOUR RISK

Poor grooming is more than just ugly—it's dangerous

Careful with those clippers: **Trimming your toenails the wrong way can expose you to MRSA**, a potentially deadly form of antibiotic-resistant staph bacteria. Over the past 2 years, members of the American College of Foot and Ankle Surgeons have seen an alarming increase in cases of MRSA contracted as a result of ingrown toenails. "When the nail grows into the skin, it causes a cut, which can then become infected," says spokesman Karl Collins, D.P.M. Trim your nails straight across; cutting on a curve increases the chances of the nail biting back. If you already have an ingrown nail, bandage it and see your doctor or a podiatrist.

PHOTOGRAPH BY JAMIE CHUNG

Always wear flip-flops in the locker room: Athlete's foot can cause tiny cuts in your feet, putting you at risk for a MRSA infection.



FAKEVIAGRA.COM

Men who buy ED drugs online could experience dangerous side effects, say U.K. researchers. Not only could these products contain more than twice the active ingredient of the real ones, but **counterfeit ED meds might also be tainted with drugs that could trigger a heart attack.** Impotent men are easy targets, since they may be too embarrassed to see a doctor. If you've been diagnosed with ED but want to buy your meds online, go to napb.net to find safe Internet pharmacies.

WHEEZY DOES IT

If you're one of the nearly 7 million American men who have asthma, check the label on your multivitamin:

A vitamin D deficiency can be hell on your lungs, according to researchers from National Jewish Health, in Denver. They found that asthma sufferers with the lowest blood levels of D had more difficulty breathing than those with the highest levels. It's possible that a shortage of the vitamin increases the activity of cytokines, compounds that cause lung inflammation, says study author E. Rand Sutherland, M.D. Have your doctor test your level of 25-hydroxy vitamin D; if it's under 30 nanograms per milliliter, ask about ways to work more of the nutrient into your diet.

AN INSIDE JOB

Vitamins are supposed to help *prevent* cancer, not put you at risk for it, right? But researchers in Norway say that's exactly what the synthetic form of the B vitamin folate may be doing. **Consuming too much folic acid might make you a target for tumors.** They discovered



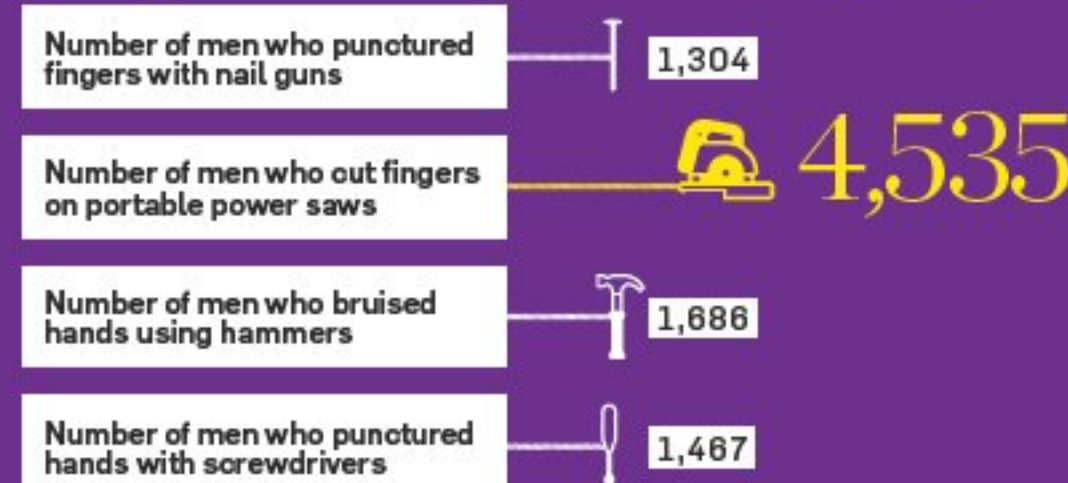
PERCENTAGE OF STROKE VICTIMS WHO ARE YOUNGER THAN 45 YEARS OF AGE

Source: Stroke

that people who supplemented their diets with 800 micrograms of folic acid a day were 21 percent more likely to develop cancer after 3 years than those who took none. (Both groups consumed folate in their regular diets, however.) A high dose of the nutrient may speed the growth of existing tumors, say the study authors. If you pop a multi containing folic acid and you also commonly eat foods fortified with it, talk to your doctor about cutting back.

SAW: THE HOME MOVIE

It's good to have a hobby. Especially one that doesn't leave you bleeding all over the garage. Take woodworking: Table saw injuries jumped 27 percent from 1990 to 2007, according to a study in the *Journal of Trauma*. (Overconfidence is one reason.) Here's the toll that tools took on men in just 1 year.



2008 injury estimates from the U.S. Consumer Product Safety Commission

ON OUR
RADAR

A new plan for scans Columbia University researchers recently discovered that a new type of imaging device, called a 320-detector row volume scanner, exposed patients to 91 percent less radiation than the current generation of CT scanners. Unlike the older devices, the new version can take a picture of your heart in a fraction of a second, decreasing the time any patient is exposed to potentially carcinogenic x-rays. Future clinical trials are needed to compare the accuracy of the scanners. To read more about other stealth sources of radiation in our lives, check out this month's *Special Report*, "Is Your Life on the Line?"

Photograph by JAMIE CHUNG, prop styling: Megan Caponetto



Ridiculously thick yogurt. Artfully low in fat.



20

PERCENTAGE OF CALORIES THAT COMES FROM THE OIL USED TO FRY THE FRENCH FRIES IN A TYPICAL FAST-FOOD MEAL

Source: Proceedings of the National Academy of Sciences

ADDICTED TO SALT

Don't pass the salt—pass on it. High-sodium foods may stimulate your brain's pleasure center, leading to an addiction to salty snacks, according to a study in *Medical Hypotheses*. Salty food may activate the release of opioids linked with reward, says James Cocores, M.D., coauthor of the study. As a result, your brain may need more and more sodium to produce the same pleasure, increasing your craving. Breaking the habit is easier than you think. Dr. Cocores says that people eating a high-sodium diet (more than 4,000 milligrams a day) will experience fewer cravings if they just reduce their daily sodium intake by 1,500 milligrams—a little more than ¼ teaspoon of salt.

ON OUR RADAR

What a drip: fish oil

Fish oil may speed recovery from sepsis, a dangerous reaction to bacterial infection. In a study published in *Critical Care*, European scientists added fish oil to the intravenous fluids given to infected patients. The patients breathed better, had more beneficial fatty acids in their blood, and showed lower levels of inflammatory markers—all of which led to shorter hospital stays. A larger study is called for, the authors say.

DRINK A BETTER BREW

Check the label on your bottle of green tea. Purdue researchers found that your body may absorb four times the antioxidants in green tea if the brew contains sucrose (sugar) and ascorbic acid (vitamin C). These ingredients may help break down structures in the intestines that block absorption of those antioxidants (known as catechins), according to the study. Try Honest Tea's Organic Honey Green Tea, which contains both sucrose and ascorbic acid, but doesn't taste overly sweet.

WHAT'S THAT PILL DO?

Supplement labels make big promises, most unfounded. Here, what science says.

THE OLD CLAIM

St. John's wort may ease irritable bowels

This herbal remedy may be less effective at treating irritable bowel syndrome than a placebo, according to a 2009 study by Mayo Clinic scientists.

Ginkgo biloba may prevent cognitive decline

Taking 120 milligrams of ginkgo twice a day does not reduce the incidence of Alzheimer's-related dementia or dementia overall in elderly patients, a 2009 study in the *Journal of the American Medical Association* reveals.

Vitamin E may reduce your risk of CVD

High-dose, long-term supplementation with vitamin E is not an effective strategy for preventing cardiovascular disease (CVD) and may be harmful to your health, according to a 2009 Israeli study.

THE NEW STRATEGY

Recalibrate

"Try fiber or Imodium A-D. Or ask your doctor about taking Lomotil," says Mark Welton, M.D., *Men's Health's* gastroenterology advisor.

Exercise

Moderate to strenuous physical activity may decrease your risk of cognitive impairment, a 2010 study published in the *Archives of Internal Medicine* found.

Beer!

One alcoholic beverage a day may help lower your risk of CVD by as much as 30 percent compared with not drinking at all, notes a 2009 study review published in *Alcoholism: Clinical & Experimental Research*.

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SEX

BULLETIN®

Edited by Carolyn Kylstra

THE CONDOM QUESTION

Let's talk more in bed—and the subject is condoms. A woman is likely to underestimate your desire to use a condom, which can lead to unprotected sex, warns a study in the *Journal of Sex Research*. Researchers from Murdoch University, in



Australia, asked young adult men and women to rate their own and their partners' desires to use condoms. Both men and women underestimated the other gender's willingness to wrap it up, but women were especially off base. Women

may be following a stereotypical script that says men hate rubbers, and might hesitate to ask for protection, the researchers suggest. The simplest, safest move: Tell her you're going to use one, and do so.

FACEBOOK AND THE TRUTH

When you meet a girl you want to know better, you naturally friend her on Facebook. That's a good instinct. Facebook profiles accurately reflect personality traits, according to research from the University of Texas at Austin. When independent observers used social-networking profiles to assess the personalities of 236 people, they accurately judged extroversion and openness, says study author Sam Gosling, Ph.D. Pay special attention to wall posts: People may attempt to project ideal personalities online, but friends keep them honest.

ON OUR RADAR

Mystery of the placebo'ner

Phony erectile-dysfunction pills worked for one-third of men in a study, even when the men knew the pills were bogus, the *Journal of Sexual Medicine* reports. Researchers told some of the ED patients the pills were real, told others the pills were placebos, and told a third group they could be either/or. For all, ED severity decreased by a third, and intercourse satisfaction increased.



Sharing chores is a sign of a happy marriage. So is creative attire.

HOME COOKIN'

Done the dishes lately? Roughly 25 percent of couples split household chores at least 60–40. And those couples report greater overall happiness and satisfaction than couples with a less balanced arrangement, research at the University of Western Ontario shows. The women enjoy carrying less of the burden of child care and housework, and the men feel happier being less dependent on their wives, says lead study author Roderic Beaujot, Ph.D.

8.8%

Increase in the risk of infidelity for each year of higher education

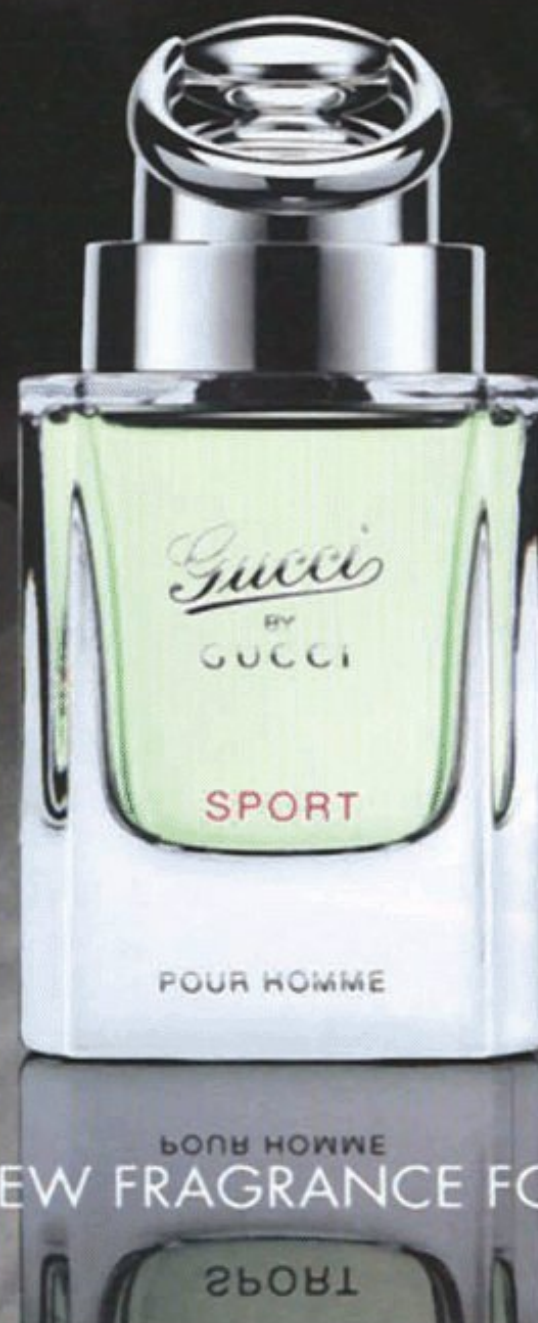
4%

Decrease in the risk of infidelity for every year of marriage

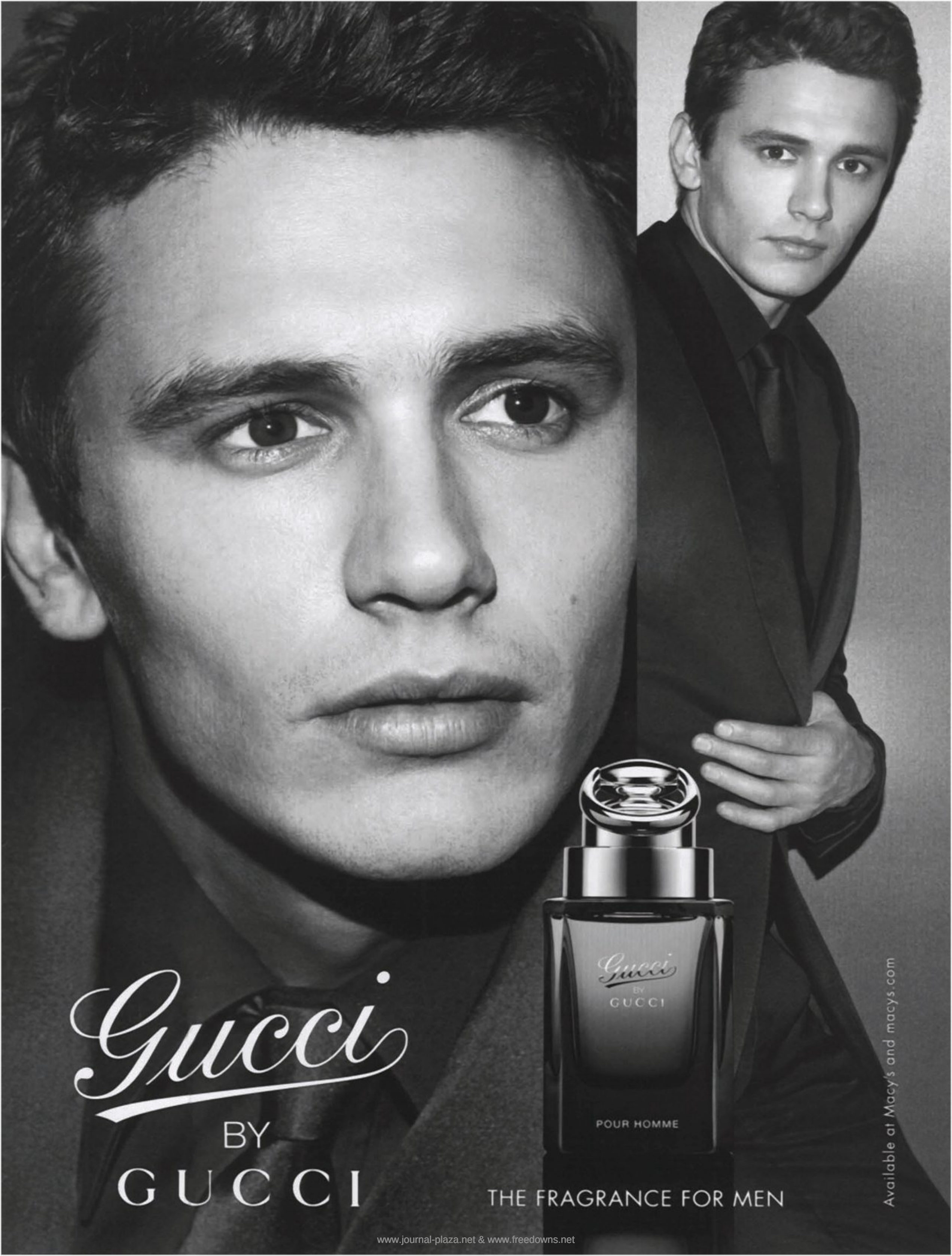
Source: *Journal of Sex Research*

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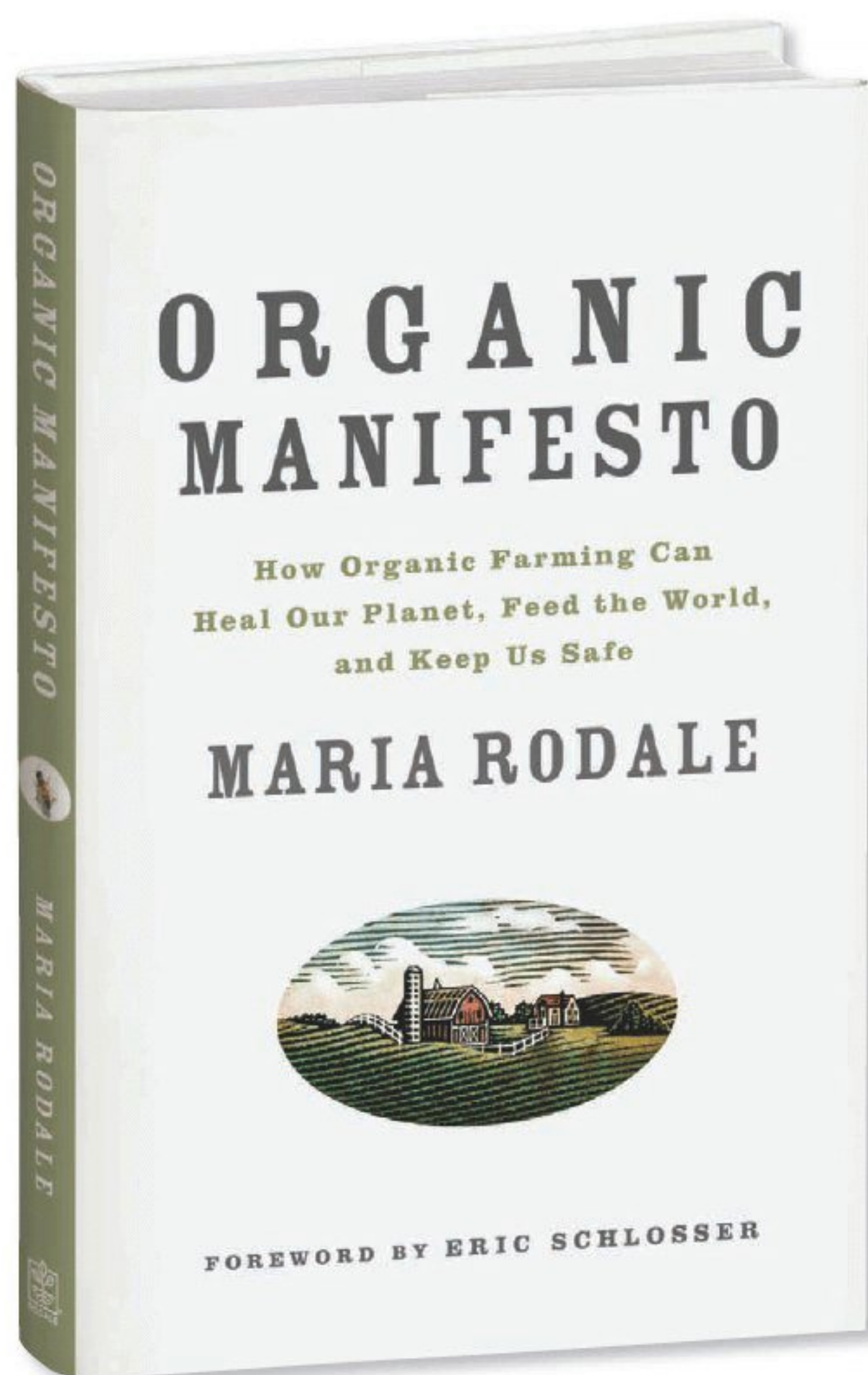
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WEIGHT LOSS

Edited by Maria Masters



A BIG FAT DIET PLAN

A worldwide consensus has formed: **Eating a diet that's low in carbs, not fats, is the best way to lose weight.** In a recent United Arab Emirates study, people who followed a low-carb diet had lower body weights, insulin levels, and triglyceride levels than those who went with a low-fat diet. And a European study that tracked nearly 90,000 people for several years found that participants with a low fat intake had the same risk of being overweight as those who ate higher amounts of fat. Still, if you boost your fat intake, make sure you adjust your calories and physical activity accordingly.



LOSE WEIGHT THE FUN WAY

It's your choice: Go for a trudging run, or play a game. **Playing soccer is just as effective as running for helping you lose weight,** say researchers in Switzerland. In the study, men who played in an hourlong soccer session two or three times a week were able to lose, on average, 4.5 pounds of fat and 1.3 inches from their waists in 3 months. That was just as good as the group that ran for the same time period. Playing soccer is similar to interval

training, say the scientists. Find a beginners' league, or (actively) coach kids.

DON'T FOOL YOURSELF

There's no such thing as a healthy coach potato: **A normal Body Mass Index (BMI) doesn't mean you're protected against heart disease.** Researchers from the United Kingdom found that inactive men were

74 percent more likely to die of heart disease than active guys, regardless of their BMI levels. One reason: The sedentary men typically had larger waists. And fat in your stomach puts you at a greater risk for heart disease, the scientists say. To burn fat just in time for beach weather, start with this month's poster, "The Fat-Loss Formula."

ON OUR RADAR

Digital nag

Good news for people with low willpower: In a yearlong British experiment, researchers found that **obese children and teens who followed a computer's instructions on how much food they should consume reduced their portion sizes by 14 percent** and significantly lowered their body-fat percentages. Still, they felt just as full. More research is needed to see whether the program can help adults.

ARE YOU IN DENIAL?

Two out of three Americans are overweight or obese. But three out of four believe they have healthy eating habits, according to a GlaxoSmithKline survey.

74%
think their eating habits are healthy

67%
admit that they eat when they're full, or skip meals at least once a week

People often overeat when they're stressed. If this describes you, snack on fruit, not junk.

73%
think most people have unhealthy eating habits

52%
believe a family member has an unhealthy diet

Suggest that your family member keep a food log; studies show it helps with weight loss.



FOOD COURT

The crime

2,130

Calories in TGIFriday's Jack Daniel's Ribs & Shrimp, with fries and coleslaw

The punishment

6

Approximate number of hours you'd have to spend spring-cleaning your garage to burn 2,130 calories

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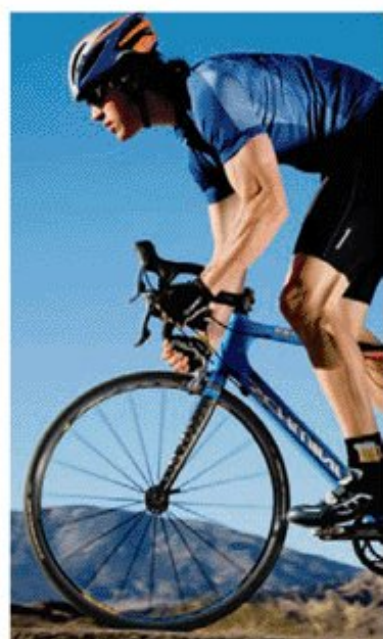


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A PILL FOR A STRONGER FINISH?

The antioxidant known as coenzyme Q10 (CoQ10) is sold as a booster of athletic performance. Now a study in Turkey shows that, indeed, **CoQ10 helps preserve power during high-intensity exercise**. In the study, cyclists increased their anaerobic capacity by 16 percent during the final round of a five-part workout after taking 100 milligrams of CoQ10 a day for 8 weeks. The supplement may help your body use oxygen more efficiently, which decreases muscular degradation caused by intense exercise, the researchers say. Want to try it? The supplement used in the study was GNC Preventive Nutrition CoQ10, 100 mg.

PAIN-PROOF YOUR STRIDE

Your running form affects your skeleton. **Shortening your stride can reduce your likelihood of a stress fracture**, according to a new Iowa State University study. When runners shortened their strides by 10 percent during a 3-mile run, the impact of their footfalls was lowered and their risk of bone damage dropped 33 percent. Smaller steps also reduce the force your muscles apply to the bone, says study author Brent Edwards, Ph.D. On a treadmill, count the number of steps you take for a specific time period. Then work on increasing that number by 10 percent to reduce step length, he says.

Your risk of stress fracture levels off after 40 days of training.

COMPRESSION CLOTHES CAN HELP YOU ...

Prevent soreness

Athletes who did sprints and plyometrics in a **lower-body compression garment** reported 43 percent less soreness after 24 hours than their unrestricted counterparts did.

Save your muscles

In a recent Australian study, athletes who wore a **full-body compression suit** for 24 hours after high-intensity exercise had up to 20 percent lower levels of a muscle-damage marker.

Run faster

Runners who wore **knee-high compression stockings** ran as much as 6.1 percent faster on a treadmill than those who wore regular running socks, a recent German study found.

Gain accuracy

The elasticity of a **long-sleeved compression top** gives you more control as you extend your arms, according to a 2009 Australian study. This may help your throwing.

Conserve energy

Athletes in **compression pants** covered up to 34 percent more distance at faster speeds in circuit training, another Australian study reveals. The pants may help you conserve energy.

15.2

PERCENTAGE BY WHICH THE BONE-MINERAL CONTENT IN THE TIBIAS OF MALE SPRINTERS EXCEEDS THAT OF SEDENTARY MEN

Source: Bone

PROTEIN FOR ENDURANCE

Consider dumping your all-carb sport drink. **A drink that replaces some carbohydrates with protein works as well as a traditional sport drink**, a University of Texas at Austin study found. Cyclists who drank a mixture of 3 percent carbs and 0.75 percent protein took in 38 percent fewer calories but had as much endurance as those who drank a typical drink with 6 percent carbs. The protein may help ration complex carbs stored in the muscles, allowing for sustained activity, says author John Ivy, Ph.D.

GREG BROOM (toothpick), prop styling: Yolande Gagnier, Michael Darter (cyclist)



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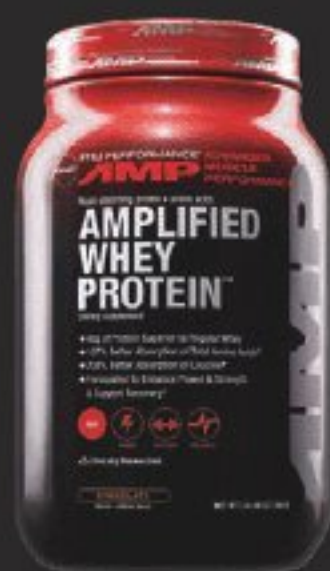
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Protein also has the added benefit of replenishing your body with amino acids necessary for muscle rebuilding and recovery.

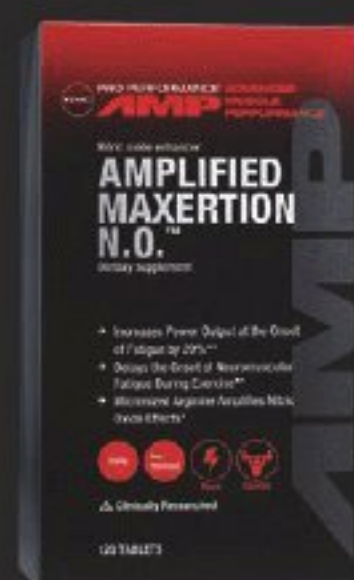
Pro Performance[®] AMP is a complete line of supplements that gives endurance athletes an edge. It was developed through rigorous clinical trials to bring you the highest quality ingredients for the greatest possible benefits. It includes several protein supplement options, as well as products that improve endurance and help sustain high energy levels. When training for your next competition, give yourself an advantage with Pro Performance[®] AMP.



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Get more bang for your buck with GNC's fast-acting Amplified Whey Protein[™]. It delivers 40 grams of technologically enhanced protein, which you need to build and repair muscle. And it's proven to get more key amino acids into your blood better and 142% faster than ordinary whey protein.¹ Because it's all about fast.

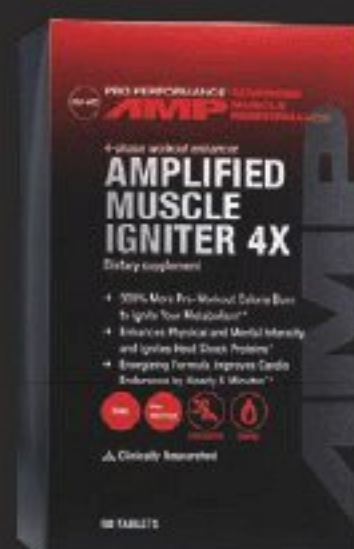
142%
FASTER
ABSORPTION



AMPLIFIED MAXERTION N.O.[™]

Nitric oxide helps blood sugar deliver more oxygen and nutrients to your muscles. Amplified Maxertion N.O.[™] is the first and only nitric oxide product clinically shown to delay muscle fatigue and boost intensity. In fact, it's been shown to improve physical performance by 20% so you can increase your power and stretch your distance.²

IMPROVES
PHYSICAL PERFORMANCE
BY 20%



AMPLIFIED MUSCLE IGNITER 4X

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IMPROVES
ENDURANCE BY
5 MINUTES

¹In a randomized, double-blind, cross-over study of 16 healthy male volunteers, subjects experienced significantly higher maximum concentrations of total amino acids, branched chain amino acids and leucine one hour post-ingestion of the protein blend in GNC Pro Performance[®] AMP Amplified Whey Protein[™] relative to amino acid concentrations measured post-ingestion of whey protein concentrate. Significant differences for the rate of change of BCAA and leucine absorption were also observed relative to the control group.
²In a randomized, double-blind, placebo-controlled study, 50 healthy, untrained male volunteers were given Amplified Maxertion N.O.[™] or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. Those subjects supplemented with Amplified Maxertion N.O.[™] had a 20% increase in PWCFT (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group.
³In a clinical study, a group of 25 participants exercised on the treadmill on two occasions. On one occasion they used the calorie burn blend in Amplified Muscle Igniter 4X 60 minutes before exercise and on the second occasion, they took a placebo. Results showed a 300% increase in calorie burning before exercise when subjects consumed the calorie burn blend compared to results observed on placebo.
⁴A study of 29 physically fit and healthy, young adult male subjects averaging about four hours of exercise a week cycling to exhaustion at 80% VO₂ max showed that these individuals were able to increase performance measured by time to exhaustion by nearly five minutes longer than when taking a placebo. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S.

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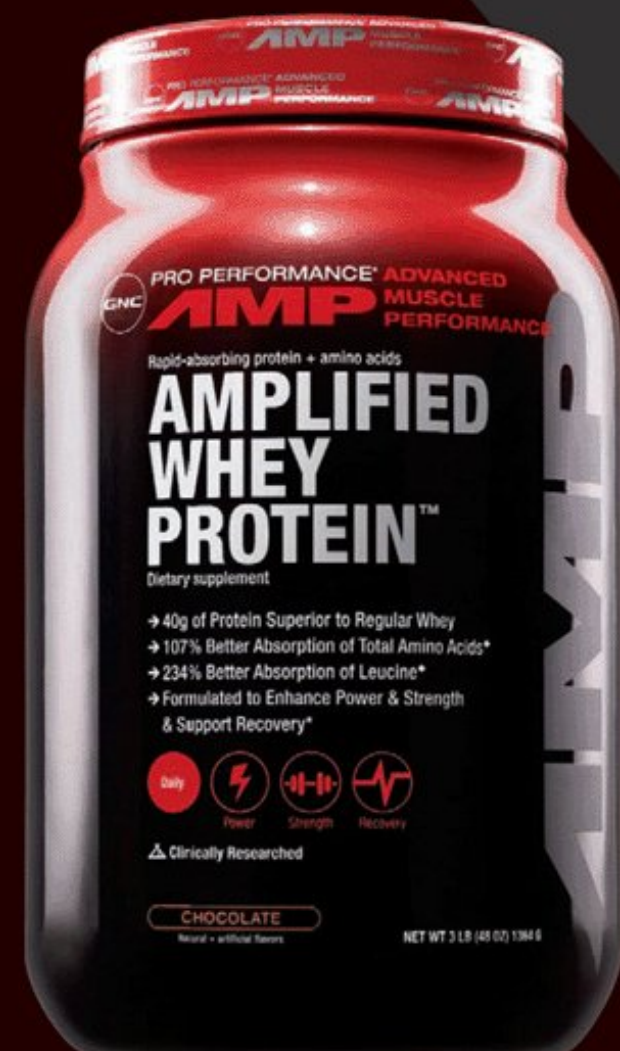
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SAVE YOUR KNEES!

Don't rely on a brace to protect you from a knee injury. According to Australian scientists, exercises that test your balance provide the most effective way of preventing ACL injuries during sports. Add skater hops to your exercise routine to build strength and improve your balance and lateral agility.

Don't lose your footing: Good balance is the best way to keep your knees injury-free.

How to do them

1 Stand on your right foot with your right knee slightly bent, and place your left foot just behind your right ankle.

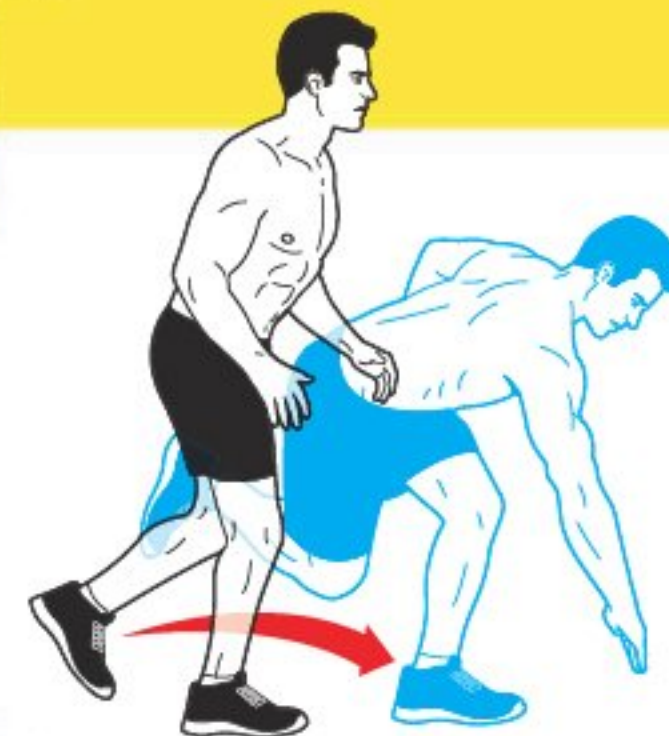
2 Bend your right knee and lower your body into a partial

squat. Then bound to the left by jumping off your right foot.

3 Land on your left foot and bring your right foot behind your left as you reach toward the outside of your

left foot with your right hand.

4 Repeat the move back toward the right, landing on your right foot. Complete 2 sets of 10 jumps per leg (40 jumps total).



65

PERCENTAGE OF ACL SURGERIES THAT RESULT FROM A SPORTS-RELATED INJURY

Source: *Journal of Science and Medicine in Sport*

EXTRA-STRENGTH FORMULA

Turns out, "Squeeze out another rep" is actually good advice. A tight grip activates more muscle fibers, say researchers at Marquette University. Think of it as a carryover effect, says William Ebben, Ph.D. That is, when your brain activates one muscle group, it may trigger other muscles to work harder. For a bigger bench, grip the bar tightly and clench your jaw while lifting.

RULES OF REST

New to lifting? Don't turn your gym time into social hour. That's because beginners can increase their strength with shorter rest periods, according to American and Brazilian scientists. "Beginners can't activate as many muscle fibers, and they often train with less exertion," says study author Jeff Willardson, Ph.D. Seasoned lifters need 3 minutes of rest to build strength, while beginners need only 1 to 2 minutes.

ON OUR RADAR

Born to fly?

If you can't dunk a basketball, don't blame your shoes. Blame your bone structure. The length of your lower legs influences how high you can jump, according to scientists from San Diego State University. Men who have long tibias relative to their height can't jump as high as those who have more proportionate measurements. The reason: Shorter bones can more easily perform the rotation needed to jump. Even if your genetics are trying to hold you back, there's still hope. To defy your DNA, use an exercise called the depth jump; find it at MensHealth.com/vertical.

From left: JAMIE CHUNG, prop styling: Megan Caponetto, Kogan McLennan

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THE BE

EVERYTHING THAT MATTERS TO MEN

Her Secret Sex Thoughts

SHE'S NOT ALWAYS THINKING ABOUT YOU DURING SEX. LEARN HOW TO ROLL WITH IT

BY CAROLYN KYLSTRA

High-heat passion can make a man's mind go blank. That's understandable—and a compliment to the woman. But sex is different for us women. When the clothes come off, our brains go into overdrive. For proof, have a peek at the next page—the secret thoughts of more than 1,000 *Women's Health* readers while they're having sex.

Guy Aroca/trunkarchive.com

STILLIFE

EDITED BY JASON FEIFER





HERE'S YOUR JOB: Read her mind. No pressure—only your sex life depends on it. Researchers find that in order to reach orgasm, women must quiet the parts of their brains linked to anxiety and fear. So if you know what all the chatter inside her head is about, you can react and help bring her to an awesome, cranium-calming climax. Our survey shows you where to start.

"I worry he won't think I'm any good, and that I'll kill any chance of building the relationship."

Meghan, 19

Fifty-seven percent of women said that during sex they're wondering if you're enjoying it—enjoying *her*, really. So consider that license to be loudly enthusiastic. "But be specific about

what you're enjoying," says Lou Paget, author of *How to Give Her Absolute Pleasure*. The more fully you describe something she's doing that you like, the more convincing you'll sound.

Worry not. Here's how many women are critical of your ...

Facial expressions: **11%**

Sounds: **12%**

Penis size: **4%**

"I wish he'd hurry up and finish already."

Laura, 22

Surprise: Sex ideally lasts between 3 and 13 minutes, a survey of sex therapists found. Read her breathing and body language. No highs and lows? She's probably had enough.

"Oh, crap—did I shave my legs?"

Carly, 26

More than half of women said they thought about their body hair nearly every time they had sex. So touch her as if you don't care, or you'll make her self-conscious—and that makes

sex worse for both of you, says Joy Davidson, Ph.D., creator of the online series *The Joy Spot*. Then go ahead and distract her by becoming really enthusiastic about a part of her body she's feeling good about.



"I think about threesomes during sex—but I'd never want to have one." Alexis, 28

Many women spice things up with far-fetched fantasies; they're exciting and not relationship-threatening. So go with it. During sex, whisper crazy fantasies (that involve her!). Tell her where in public you'd like to go down on her, say. Or give her those two men in bed—by being both of them, Paget says. "Be the wild guy, then switch and be the sensitive lover who lies on top and kisses gently."

"I fantasize that I'm completely uninhibited—taking control, and introducing toys."

Jen, 37

But she's often too shy to act. More than a third of the women we surveyed said that during sex they're thinking of dirty things they're embarrassed to talk about. One in four is imagining a position she's afraid to ask you to try.

"Often her hesitancy to speak up is related to other inhibitions, like worrying about how she looks or tastes," says Yvonne K. Fulbright, Ph.D., the author of *Sultry Sex Talk to Seduce Any Lover*. So to start, describe senses: how great she smells, how good she looks or feels. If she says something, respond. If she *hints* at something, go for it. The more you show your excitement—and the more you lead—the more comfortable she'll be.

"Sometimes I'm thinking, 'I still have laundry to do after this.'"

Jennifer, 22



It's a cliché, but a true one. More than one in four women said they thought about household chores during sex, and 20 percent thought about work. "It's just the way my mind oper-

ates," says Stephanie, 27. So bring her back. Our poll's top suggestion: Turn up the passion—and let her feel it. "When she's bored, it's because the sex is routine. So take charge. Move her around and be

more assertive," says Davidson. Hold her tighter, run your nails up her legs, pin her arms down (if she's comfortable with that). A lot of little things can make her take notice. What laundry?

There's no one way to gain her attention, women say.

Talk dirty

17%

Become more assertive

27%

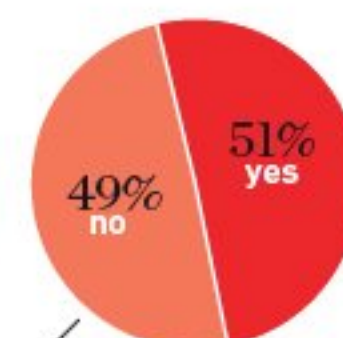
Pull her hair

7%

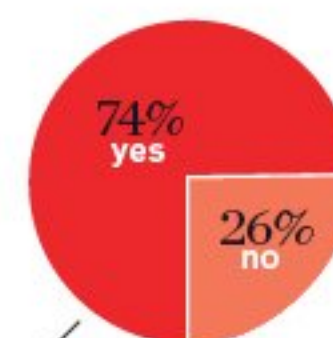
"I occasionally compare him to my ex. I can't help it!"

Jessie, 28

Yes, she thinks about other men during sex. Sometimes she even fantasizes about them. Ouch! But she's conflicted.

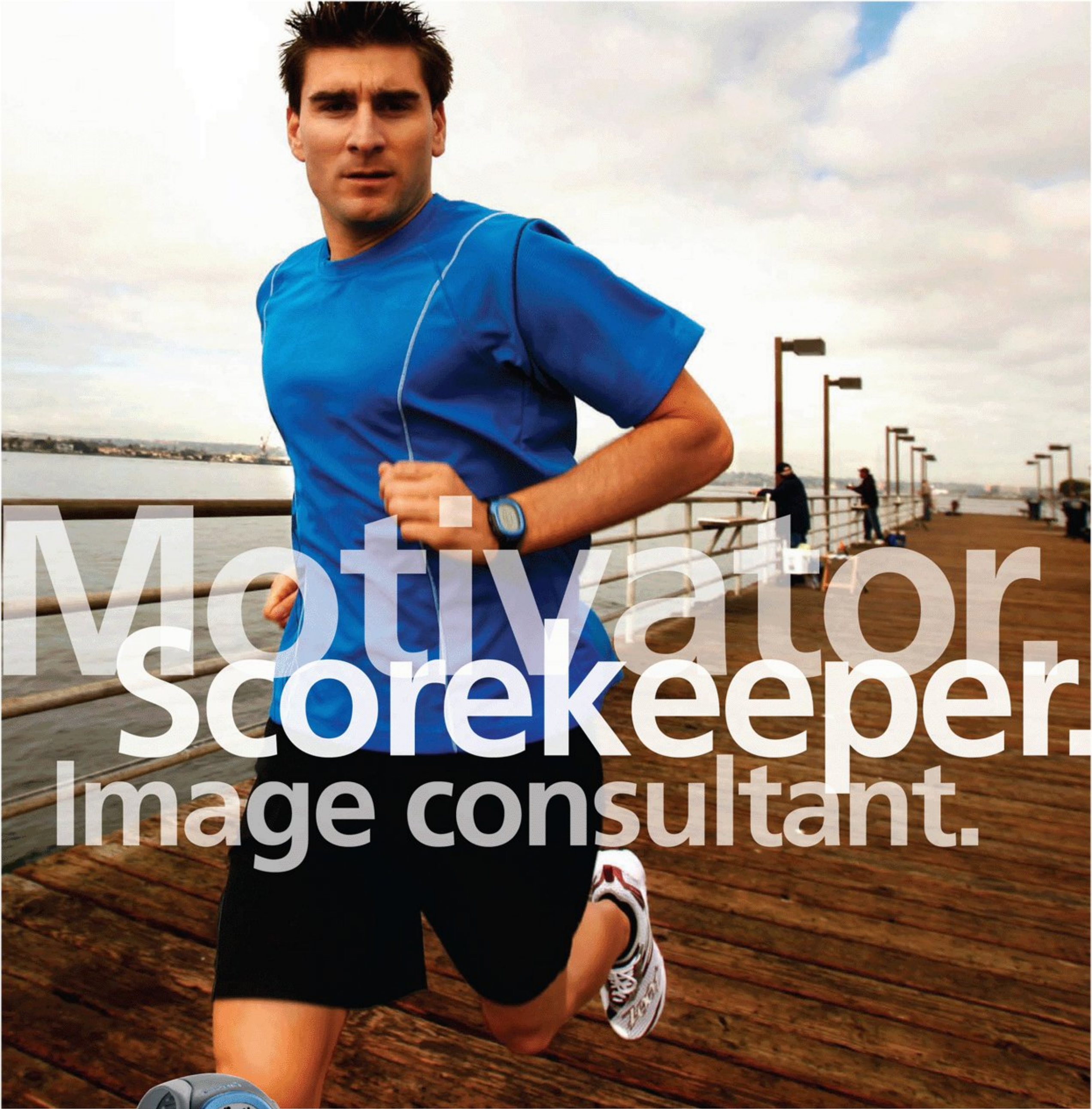


"Is it natural for you to fantasize about other men during sex?"



"Would you be hurt if your guy fantasized about other women?"

Focus her attention. Ask her, "What do you want me to beg for?" Fulbright says. "It gives her the sense that she's steering the action." And she'll know you're the one giving her what she wants.



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The Ride of Her Life

SALES OF SPECIALTY CONDOMS HAVE SPIKED. WE COMMISSIONED A STUDY TO SEE IF THEY'RE WORTH IT

Choosing the right condom is key, because so many have new designs, textures, and materials, says Debby Herbenick, Ph.D., a sexual-health educator at the Kinsey Institute. But how to pick? Her team had 30 couples test many condoms. Use their results to find the right one for you—and your partner.

Best all-around

Trojan Ultra Ribbed Ecstasy

More than a third of the guys rated it as their favorite. It's shaped like a baseball bat (to allow more movement inside), has two sets of ribs, and is lubricated inside and out. Testers said it flexed well and the lube lasted a long time, and the women loved the ribs.

Rated high for **comfort, fun**
Rated low for **natural feel**

Best for your pleasure

LifeStyles X2

It's lubed inside and out and contains L-arginine, a supplement the company says heightens sensation. Testers noticed a difference: "I felt a cool, tingly feeling," said one. Many liked that, but some said it felt too cold and made them too sensitive.

Rated high for **increased sensation, comfort**
Rated low for **lasting longer**

Best for her pleasure

Trojan Her Pleasure Ecstasy

Shaped like a slim lightbulb, it's ribbed at the base—a design that Trojan says enhances women's pleasure. The condom's roominess made some men worry that it had slipped off. But the women said it felt great. "I liked that she liked it," one guy wrote.

Rated high for **her pleasure**
Rated low for **natural feel**

Most natural feel

Durex Extra Sensitive

The company describes this condom as "super thin" and says it's shaped to be sleek and feel less like a condom. Our testers confirmed that: "It felt very close to sex without a condom," one wrote. Many men said it helped them maintain an erection.

Rated high for **comfort**
Rated low for **her pleasure**

Greatest comfort

LifeStyles Skyn

It's made from polyisoprene, marketed as being softer and stretchier than latex. Some guys thought it was too thick, but others loved that it didn't have a latex smell. "It seemed to be slick without really being lubed," a tester wrote.

Rated high for **comfort, natural feel**
Rated low for **increased pleasure, lasting longer**

Most surprising

Inspiral

Its large, spiral-shaped head twists during sex, creating friction. Testers said it's a "corkscrewlike sensation" that "felt like a completely different experience of sex." But like any novelty, it wears off: Only 7 percent of the men called it their favorite.

Rated high for **fun**
Rated low for **helping maintain an erection**



Sex, Experimentally

Jeff Kahn and Annabelle Gurwitch's sex life needed a jolt. We asked them to try specialty condoms.

When the package of condoms arrived, my wife, Annabelle, tore in like a rabid raccoon and declared, "Drop your pants right now, and let's get crackin'!" For a guy who's done his share of begging for action, this was already a success.

To me, a condom by any other name, specialty or not, is a condom—but to my shock, Annabelle morphed into a condom sommelier. One was like 10-buck chianti, she said: does the trick, but special? No. Another touted lubricating stimulating

gel, and she shrieked, "It feels like my vagina swallowed a breath mint!" The label on the third claimed the condom was "technologically advanced," which we hoped meant it would shoot off a couple of tweets while we were going at it. Alas, the "technology" is superstrong material, which felt like radioactive storage lining.

But I learned a great lesson that afternoon: Nothing, I mean nothing, turns Annabelle on more than when someone asks her opinion. Condoms? Whatever.

But judging condoms? Now that's fun. Sometimes sex needs to be an adventure. The next time I try to bed my sexy wife, I'm going to ask, "Hey, honey, *Men's Health* wants to know if silky thigh-high stockings do anything to kick things up a notch." Sure, it's a lie, but after 13 years, I've got to try *something*.

Kahn and Gurwitch's new book about their marriage, *You Say Tomato, I Say Shut Up*, is out now. Both are actors and writers and have worked on *The 40-Year-Old Virgin* and *The Ben Stiller Show* (Kahn), and *Seinfeld* and *TBS's Dinner and a Movie* (Gurwitch).

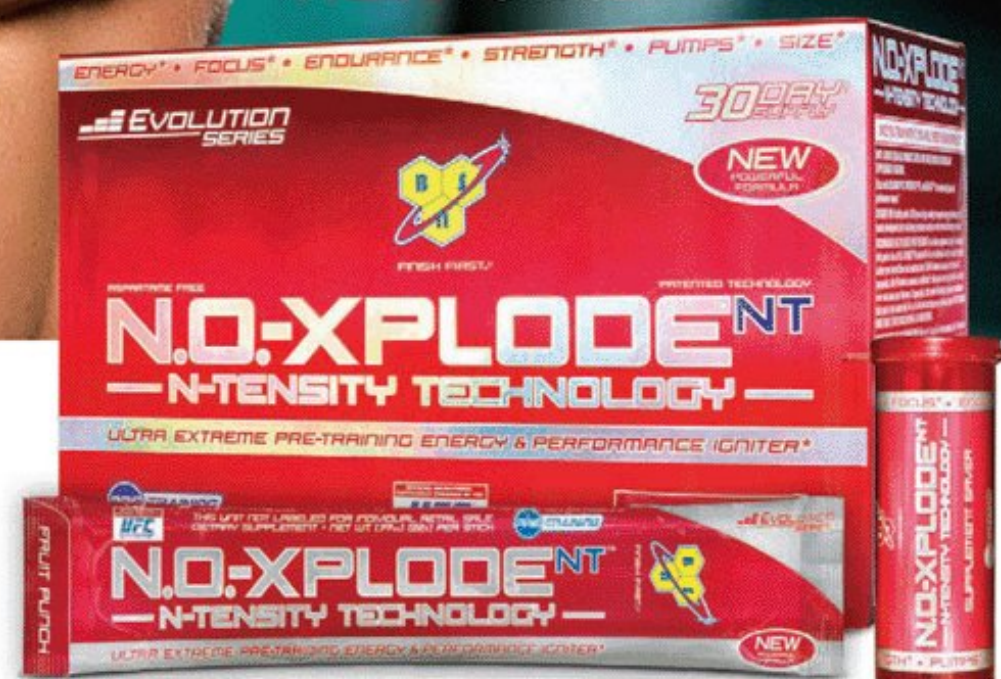


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3 Moves, 300 Muscles

YOUR FAST-ACTING, FULL-BODY, DO-IT-ANYWHERE SUMMER EXERCISE ROUTINE

Perform this routine as a circuit, says its creator, Martin Rooney, P.T., C.S.C.S., author of *Ultimate Warrior Workouts*. Do 10 reps of each exercise, and complete as many circuits as you can in 15 minutes. Rest briefly when you need to, and resume working until the time is up. As your conditioning improves, increase reps or decrease the amount of rest.



1 Body-weight squat
Stand with your feet shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor. Pause, and slowly stand back up.



2 Judo pushup
Begin in a pushup position but move your feet hip-width apart and forward, and raise your hips so your body almost forms an upside-down V. Lower the front of your body until your chin nears the floor. Then lower your hips as you raise your head and shoulders toward the ceiling. Now reverse the movement and return to the starting position.



3 Sprinter situp
Lie on your back with your legs straight and arms at your sides, keeping your elbows bent at 90 degrees. As you sit up, twist your upper body to the left and bring your left knee toward your right elbow while you swing your left arm back. Lower your body to the starting position, and repeat to your right. That's 1 rep.

INSTANT UPGRADE

Touch your toes



Flexibility is essential in strength training. Without it, you may be at risk of injury, says Tony Gentilcore, C.S.C.S. Here are two quick ways to loosen everything during your warmup.

Ball roll

Step on a tennis ball or lacrosse ball and roll it around each foot for 45 to 60 seconds. Doing this loosens up the tissue in and around your muscles. Like a domino effect, it helps trigger the same response up your back side, including your calves, hamstrings, and glutes. This should temporarily improve your range of motion.

Plate step

Activate your core so you can improve its stability, which will allow your body to be more flexible. Stand with your feet together, your knees slightly bent, and your toes on a weight plate. (Keep your heels on the ground.) Now put a towel between your knees and press them together. This relaxes any tight muscles in your lower back, hamstrings, and glutes. Reach to the ceiling with both hands, take a deep breath, and bend over while squeezing the towel. Do 8 to 10 reps. Then touch your toes.

Clockwise from top left: Patrick Girardino/Corbis, Steve Wiedner/Getty Images, Kogan McLeod (3)



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More Gain, No Pain

An injury doesn't have to cancel your workout. Physical therapy is crucial to recovery, but with certain exercises, you can work around sensitive spots and still make gains, says Nick Tumminello, C.P.T., owner of Performance University in Baltimore. Here's his guide.

1

ACHING SHOULDERS

AGGRAVATED BY
Bench press

Your solution
Floor press

Lie on your back and hold a barbell above your chest with your arms straight and knees bent. Lower the barbell until your upper arms touch the floor. Pause, and press the weight back up to the starting position.

WHY IT WORKS

The bench press is one of the best upper-body exercises, but its wide range of motion puts the small muscles in your shoulder in a vulnerable position. The floor press—essentially a bench press but done while you lie on the floor—limits how low you can bring the bar, and provides more stability so you can improve your form.

AGGRAVATED BY
Overhead press

Your solution
Angled shoulder press

Wedge one end of a barbell into a weight plate that's flat on the floor. Place another weight plate on the other end and face the barbell. Stand with your knees slightly bent, and hold the barbell with one hand in front of your shoulder so your elbow is bent 90 degrees. Push the bar diagonally up and away—it's like lifting a lever—until your arms are fully extended. Then bring it back.

WHY IT WORKS

Overhead pressing movements strain your shoulder joints. By shifting the angle of movement, you create less stress on your shoulder while still using heavy weights.

2

BACK PAIN

AGGRAVATED BY
Squat

Your solution
Bulgarian split squat

Hold a pair of dumbbells and stand facing away from a bench in a staggered stance, with the top of your rear foot resting on the bench. Lower your body as far as you can while keeping your torso upright, and then push back up.

WHY IT WORKS

In a conventional squat, extra weight can force your back to round, especially when you're using a barbell across your back. This exercise makes it easier for your body to remain upright. Also, as a single-leg exercise, it pushes your leg muscles harder without your having to add more weight.

AGGRAVATED BY
Deadlift

Your solution
Single-leg hip raise

Lie on your back with your left heel on a bench and your right leg straight up in the air. Raise your hips off the floor by pressing your left heel into the bench; your body should form a straight line from shoulders to knees. Then lower.

WHY IT WORKS

Deadlifts are great for your hamstrings and glutes, and this variation focuses on the same muscles—but without bending your spine. You'll also add core strength, which will help your deadlift performance once you're back to full strength.

3

BAD KNEES

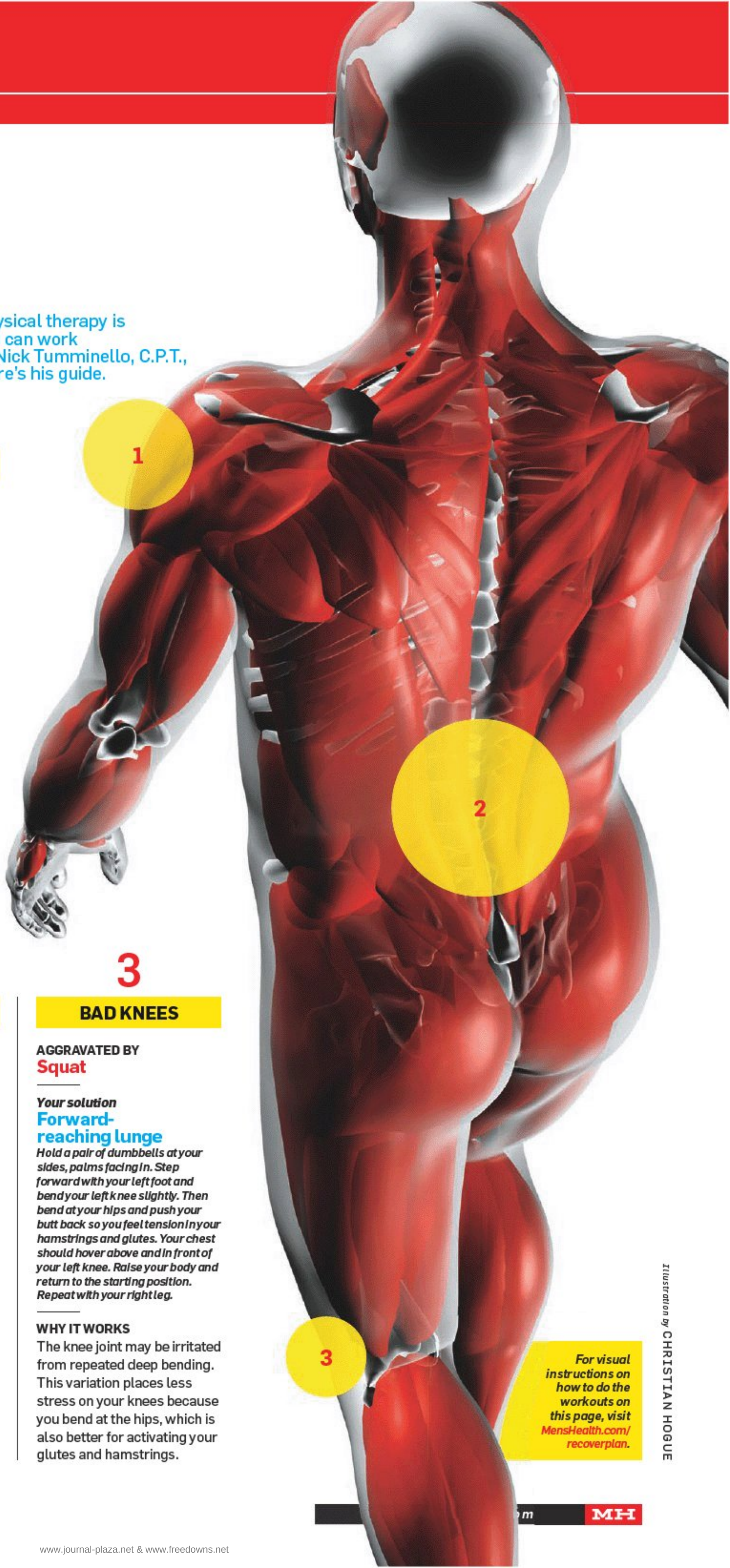
AGGRAVATED BY
Squat

Your solution
Forward-reaching lunge

Hold a pair of dumbbells at your sides, palms facing in. Step forward with your left foot and bend your left knee slightly. Then bend at your hips and push your butt back so you feel tension in your hamstrings and glutes. Your chest should hover above and in front of your left knee. Raise your body and return to the starting position. Repeat with your right leg.

WHY IT WORKS

The knee joint may be irritated from repeated deep bending. This variation places less stress on your knees because you bend at the hips, which is also better for activating your glutes and hamstrings.



For visual instructions on how to do the workouts on this page, visit MensHealth.com/recoverplan.

Illustration by CHRISTIAN HOGUE

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Seared Scallops with White Beans and Bacon

A FLAVORFUL PROTEIN HAUL FROM THE SEA (WITH A SMOKIN' ASSIST FROM THE BARNYARD)

YOU'LL NEED

- 2 strips bacon, chopped into small pieces
- 1/2 red onion, minced
- 1 clove garlic, minced
- 1 1/2 cans white beans (14 oz each), rinsed and drained
- 4 cups baby spinach
- 1 lb large sea scallops
- Salt and pepper to taste
- 1 Tbsp butter
- Juice of 1 lemon

HOW TO MAKE IT

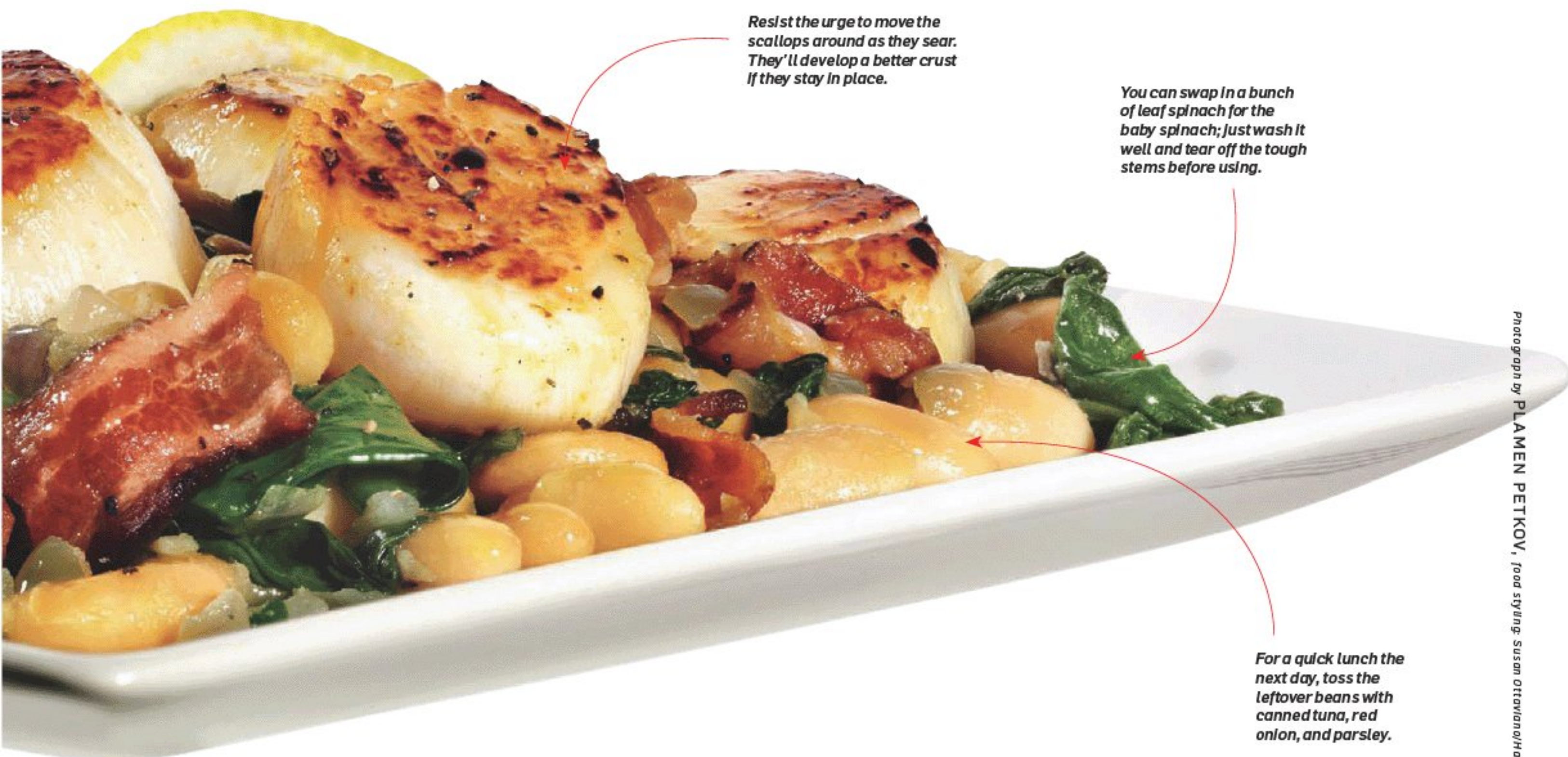
1 Heat a medium saucepan on low, and cook the bacon until it begins to crisp. Pour off some of the bacon fat and add the onion and garlic. Sauté them until the onion is soft and translucent, about 2 to 3 minutes. Add the white beans and spinach; cook until the beans are hot and the spinach is wilted. Keep warm.

2 Heat a large cast-iron skillet or sauté pan on medium high. Blot the scallops dry with a paper towel and season them on both sides with salt and pepper. Add the butter to the pan. After it melts, add the scallops. Sear them 2 to 3 minutes on each side until they're deeply caramelized.

3 Before serving, add the lemon juice to the beans, along with some salt and pepper. Divide the beans among four warm bowls or plates and top with scallops. Makes 4 servings

PER SERVING 283 calories, 28 grams (g) protein, 28 g carbohydrates (7 g fiber), 7 g fat, 361 milligrams sodium

Whip up quick meals based on what's in your fridge. See MensHealth.com/shortordercook.



Resist the urge to move the scallops around as they sear. They'll develop a better crust if they stay in place.

You can swap in a bunch of leaf spinach for the baby spinach; just wash it well and tear off the tough stems before using.

For a quick lunch the next day, toss the leftover beans with canned tuna, red onion, and parsley.

Score perfect scallops

Scallops deserve to be as popular as shrimp—they're just as tasty and are easy to cook. Learn the basics with these four rules for setting up a fast seafood meal.

RULE 1

Stick to the sea

Sea scallops are best for main dishes. They're big, meaty, and more affordable than bay scallops (which are sweeter and best in pastas and appetizers), says Sandra Shumway, Ph.D., a shellfish biology researcher at the University of Connecticut.

RULE 2

Skip the brine

If scallops at the fish counter are sitting in a pool of liquid, pass them by. They may have been soaked in a chemical brine, which prevents them from developing a good sear when you cook them. Instead, seek out dry-packed scallops, which are additive-free.

RULE 3

Check for freshness

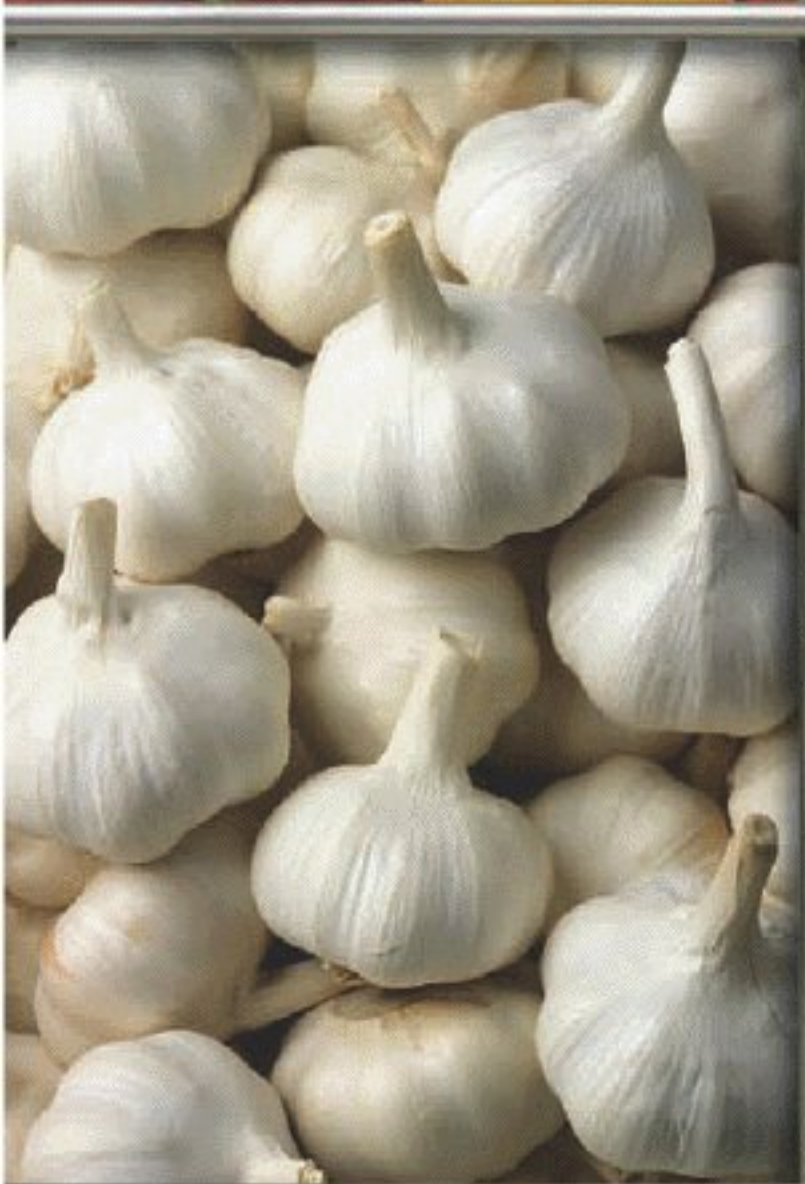
Make sure the scallops are translucent and glistening, without a milky gray tinge. And don't forget a (discreet) smell test. "Fresh scallops have a clean, salty, seawater aroma," says Shumway. "If they smell fishy, don't buy them."

RULE 4

Store them right

If you're not cooking scallops the day you buy them, unwrap them and dump them into a sealable container, which prevents them from drying out. They'll keep in the refrigerator for up to 2 days, says Shumway. After that, they lose flavor and texture.

Photograph by PLAMEN PETKOV, food styling: Susan Ottaviano/Haley Resources, prop styling: Jill Telesnicki/Haley Resources



OUR SECRET TO MORE FLAVORFUL SEASONINGS?

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Belly Off! Club.

MIKE WATTS THOUGHT HE'D BE BIG FOR THE REST OF HIS LIFE

THE SETBACK After graduating from college in 2004, I worked in marketing for the beverage industry—where eating out is part of the job description. I ravaged bread baskets and ate three-course meals loaded with carbs. In 18 months I gained 60 pounds. Although I was once a fit rugby player, I was daunted by what it would take to lose the weight. So I began talking myself into a new image: *Maybe I'll just always be the fat guy.* It wouldn't be so bad, right? I gave away all my size 34 pants and resigned myself to size 40s. Friends joked about my weight, and I didn't stop them.



WEIGHT BEFORE

230

WEIGHT AFTER

170

VITALS

Mike Watts, 28, Boston, Massachusetts

OCCUPATION

Marketing manager

HEIGHT

5'7"

TIME TAKEN TO REACH GOAL

8 months



THE WAKE-UP CALL

It's shocking, the trade-offs we make. I was willing to let my body balloon because I always had things I wanted to do instead of exercise, and I didn't want to change the way I ate. But as I gained more weight, those little freedoms stopped feeling so liberating. I was having trouble tying my shoes, and I felt awkward (and overdressed) at pool parties. Finally, watching from the sidelines as friends splashed around at one party, I decided I was wrong: My body was worth working for.

THE FOOD

A nearby takeout joint offers large pasta meals for two with rolls; I used to eat all that myself. I was having restaurant fare six or seven times a week. So for my first change, I started making meals at home and tracking my food intake on an online calorie counter so I could understand what I was eating. I discovered that I could create flavorful food with half the calories, and now I love meals with baked chicken, rice, cous-cous, and vegetables. And when I indulge, I do it in moderation: I still order that same pasta meal for two sometimes, but now I share it with my girlfriend—and there are leftovers.

THE FITNESS

My workouts began simply: I started walking around town after work. Soon I was running a mile and a half each day and forcing myself into the gym. I'd think, *Just make it in the door, do 20 minutes, and you can leave.* That seemed easy enough—and once I was there, I always stayed longer and pushed myself harder. How could I not? I'd come that far, and the gym was surprisingly satisfying once I was actually working out. Now I'm there 5 days a week, lifting weights for 35 to 45 minutes to work my entire body, and then doing cardio for the same amount of time. No matter how my day goes, I always feel better afterward.

THE REWARD

When you're heavy and in a rut, you lower your expectations: You look at things and think, *I can't accomplish that, so why try?* I know I did. But as I slimmed down, I started challenging those assumptions. I never thought I'd be able to run a marathon, so I ran one. Now I look for other races and think about which ones I can finish. I'm on a mission to push myself—to attack the things I once thought I couldn't do. It's how I know I'm never going to be "the fat guy" again.

JESSE BURKE (Watts after), MITCH MANDEL (food)

"I know I'm never going to be 'the fat guy' again."

EAT THIS NOT THAT!

Energy bar

Lärabar
Peanut Butter Cookie

220 calories
7 grams (g) protein
23 g carbohydrates
(4 g fiber)
12 g fat

45 milligrams (mg) sodium

Clif Bar Chocolate Chip
Peanut Crunch

260 calories
11 g protein
42 g carbohydrates
(5 g fiber)
6 g fat

200 mg sodium

The Lärabar not only has fewer calories than the Clif bar, but it also delivers a better balance of carbs and healthy fat, with just three ingredients: peanuts, dates, and salt.



AS SEEN ON
PEOPLE

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GRAVITY KILLERS"

"THE
TREE TRUNKS"

"THE
JACK HAMMERS"

"THE
MONEY MAKERS"

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TRUST

-WALK *the* WALK-
WITH

YOUR
QUADS

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AFTERBURNERS"

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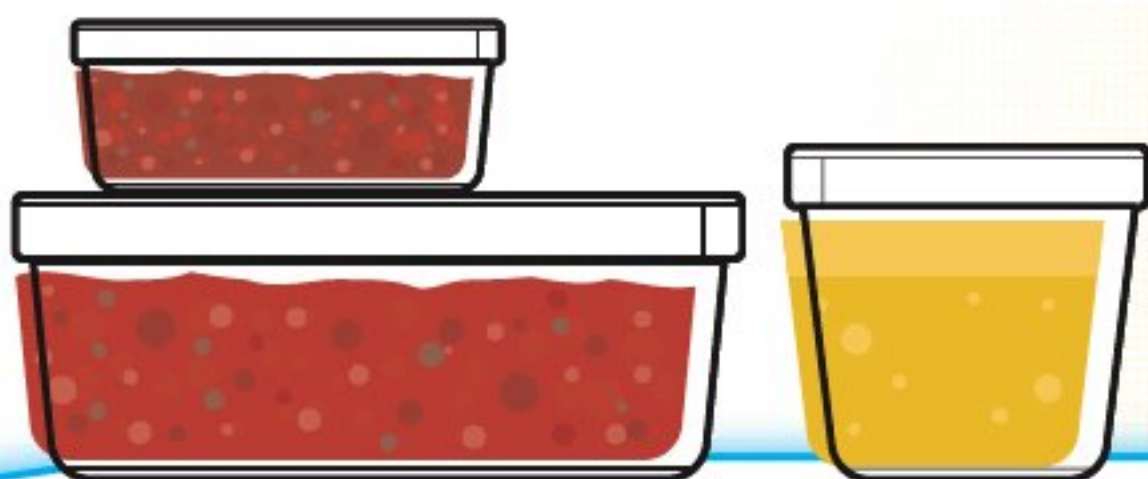
Sign up for the Abs Diet Newsletter to receive dozens of meal plans and abs-building exercise tips. Go to MensHealth.com/abschallenge.

Rethink Your Fridge

THE FIRST STEP TO CHANGING YOUR DIET IS REARRANGING YOUR REFRIGERATOR. HOW YOU POSITION YOUR GROCERIES MAY SHAPE THE WAY YOU EAT

Shelve strategically

Fill your eye-level shelf (or top shelf) with fruits, vegetables, and other nutritious snacks. You're 2.7 times more likely to eat healthy food if it's in your line of sight, a Cornell University study says. "That's also why manufacturers pay a premium to have their products at eye level in stores," says Kit Yarrow, Ph.D., a professor of psychology and marketing at Golden Gate University.



Pack smart

A variety of small leftover containers tempt you to eat more than you planned, says Brian Wansink, Ph.D., author of *Mindless Eating: Why We Eat More Than We Think*. Instead, combine leftover entrées and sides so that each container has one meal's worth.

Shop more, buy less

Instead of laying in supplies for the week, hit the supermarket more often and buy only for the next few meals. An overload of choices at home may deplete your willpower, a 2008 *Journal of Consumer Psychology* study found. "And people tend to reduce consumption when resources are scarce," Yarrow says.



Hide the junk

All stocked up on snacks? Now make sure you eat the good ones. In a 2009 Danish study, one in four participants who chose a healthy snack over an unhealthy one later reached for the junk anyway. So place the healthy stuff front and center, and stash small guilty pleasures out of sight.



Smarter storage

Food lasts longer when it's stored properly. Follow these tips from Nils Norén, vice president of culinary and pastry arts at the French Culinary Institute.

- 1 **Set your fridge temp at just above freezing**, around 34°F. That's cold enough to slow the growth of bacteria without freezing the food.
- 2 **Put items with short shelf lives in the back**. Milk, meat, fish, and eggs last longer in the back because that's where refrigerators are coldest—and that way they'll also be protected from a warm air blast every time you open the door, says Norén.
- 3 **Stash raw proteins on the lowest shelf** so no meat juices can drip on other shelves and season your food with pathogens like *E. coli* and *salmonella*, says Norén. And wipe down your fridge at least once a week with a disinfecting wipe or a clean cloth dipped in a solution of soap, water, and a little bleach.

Illustration by MCKIBILLO

WIN THIS!

Better sleep helps you control your waistline, so make sure you're comfortable. For a chance to win a queen-size Sleep Number p5 bed set—a \$2,000 value (it's adjustable for firmness and support)—visit MensHealth.com/sleepnumber.

No purchase necessary to enter or win. A purchase will not improve your chances of winning. Void where prohibited. Sweepstakes runs from April 15, 2010, to May 20, 2010. See MensHealth.com/sleepnumber for official rules. Rodale Inc., 33 East Minor Street, Emmaus, PA 18098-0099, is the operator of the Sweepstakes. Open only to legal residents of the 50 United States and District of Columbia (excluding residents of Guam, Puerto Rico, and all other U.S. territories and possessions), who are 18 years of age or older.





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WE
♥
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MEATS

1 Bloc de foie gras de canard

This duck-liver delicacy is smooth like velvet, with hints of cognac and spices. Spread it on whole-wheat crackers. \$40 for 6.5 oz; 3pigs.com (New York)

2 Surryano ham

It comes from a rare breed of hog. Eat it as is, or wrap slices, like prosciutto, around melon wedges. \$29 for 12 oz, sliced; surryfarms.com (Virginia)

3 Fennel salami

The fennel flavor melds with either brown sugar or orange zest during a slow-curing process that requires less salt. \$25 for two 8 oz sticks; boccalone.com (California)

4 Nduja For an appetizer, try this spicy, spreadable salami on toasted baguette rounds. \$24 for two 8 oz pieces; boccalone.com (California)

5 Snake River Farms American Wagyu beef

From a hybrid of Japanese Kobe cattle: same tenderness, but one-quarter the price. \$70 for four 6 oz top sirloin steaks; snakeriverfarms.com (Idaho)

6 Jamison Farm lamb

Many top restaurant chefs serve this same lamb. Rub it with spices and salt before cooking. \$55 for two 1.5 lb roasts; jamisonfarm.com (Pennsylvania)

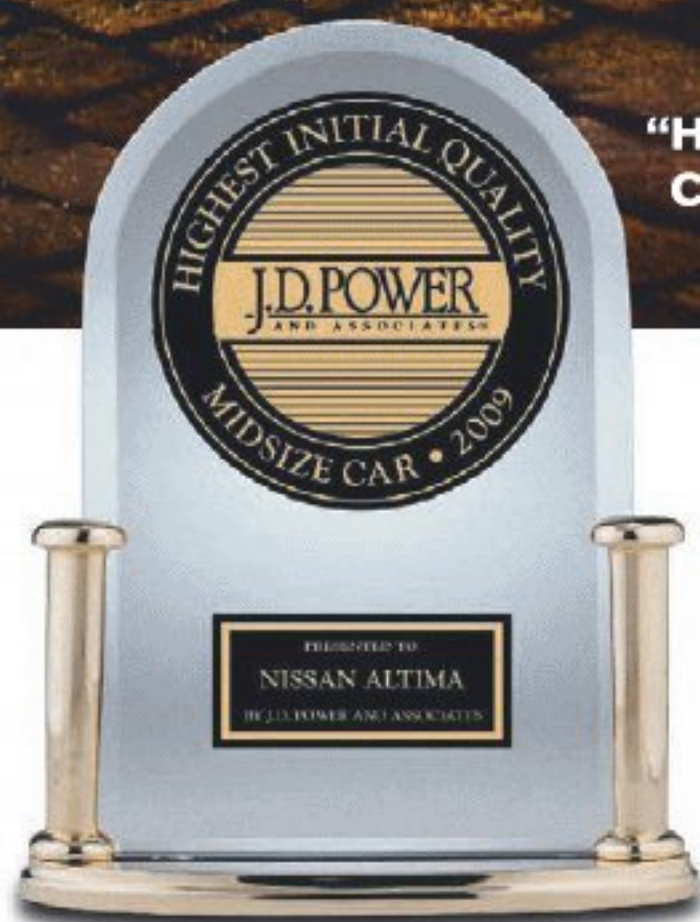
7 Liberty Ducks breast fillets

Before roasting, score them and melt off some of the fat by searing in oil, skin side down, for 10 minutes. \$12/lb; libertyducks.com (California)

Photograph by MARCUS NILSSON, food styling: Victoria Grand/Art Department, prop styling: Rachel Haas/Jed Root



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As shown, \$26,890, Altima 3.5 SR with Sport Package. Prices are MSRP excluding tax, title, license and destination charge. *2010 EPA fuel economy estimates, 23 mpg city/32 mpg hwy for Altima 2.5 Sedan. Mileage may vary depending on driving conditions—use for comparison only. The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 Initial Quality Study.SM Study based on responses from 80,930 new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. Always wear your seat belt, and please don't drink and drive. ©2009 Nissan North America, Inc.



Jimmy

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On women, work,
and other stuff
that screws up
men's lives

Q I BUSTED ON A BUDDY IN AN E-MAIL, AND SENT IT TO HIM ACCIDENTALLY. IS THERE A WAY OUT OF THIS?

THEO, REXBURG, ID

Yes, but a way out isn't what you need. You're already knee-deep in it. Now you have to go all the way. Call this guy, tell him you're deeply embarrassed, and then explain yourself—and I don't mean how you accidentally sent the e-mail. I mean why you wrote it in the first place. The worst is said: He already knows what you think of him. If you tell him *why*—maybe you're annoyed or jealous—he'll at least understand. Then be willing to work it out on his terms.

I dumped my girlfriend once. We're back together now and things are great, but she always mentions the breakup. Can I make her stop?

Jacob, Colorado Springs, CO

Sure, but are you willing to do what it takes? Think about it: You've made the big decisions—to split, and then to reunite—and she's feeling powerless. So "I love you" doesn't cut it anymore. She wants big-time reassurance, which means you need to talk about and plan your future together. Or let her move on. As long as you stay in the middle, she'll hold this over your head like a turbocharged blow-dryer—and you deserve it.

Last Friday I sent out a happy-hour e-mail and only one person showed. How do I encourage my coworkers to loosen up?

Juan, Plano, TX

What line of work are you in? I'm guessing it's not sales. E-mail invitations are like telemarketing pitches: They're easy to ignore, and easier to forget. So target a few folks and make them part of the plan. Then you can spread the word in person: "Hey, Geoff, I'm grabbing drinks with Paul and Rachel after work. Love for you to join." And they will.

I scored free Red Sox tickets and invited a woman I like. She's excited! But the seats are nosebleeds. Will this hurt my chances with her?

Jim, Boston, MA

First of all, there's no such thing as a bad seat at Fenway. Second, would you really want to be with a woman who judged you for being in right field? Don't overthink this or you'll be too busy to be the main attraction, which you are. She digs the game, sure, but she's there for you. So make it fun, and she'll have fun. It's that simple.



At my first big meeting at my new job, I spilled coffee on my lap. How can I recover?

Phillip, Altus, OK

A guy comes in here once, unaware a pigeon crapped in his hair. A couple of fellas laugh. So this guy orders a Sam, raises his glass, and toasts the pigeon. Brilliant. When we were kids, we hid when we were embarrassed. But adults need to own their mistakes. Next time, make a coffee run and ask your crew if they'd like a small, large, or directly on their pants. That'll show 'em you're the strongest kind of man: one who can laugh at himself.

I think a bar overcharged me last night. How do I bring it up to them?

Chris, Santa Ana, CA

You planning to show them a receipt and a blood-alcohol report to prove you drank three Jacks, not five? If you catch a mistake when it happens, that's one thing. But before you squabble over a few forgotten bucks—with a barkeep or a buddy—ask yourself this: Are you defending your wallet, or your pride? Because, pal, we trade small gains and losses all the time. You'll save yourself a lot of trouble by letting it all even out on its own.

TIP JAR

The Kentucky Derby is May 1—and if you host a party, don't serve the ladies a sickly-sweet mint julep, even if it is tradition. Here's a better, female-friendly Kentucky drink from Edward Winfield, 'tender at the Old Seelbach Bar in Louisville.



Seelbach Cocktail

WHAT YOU'LL NEED

- 1 oz bourbon
- 3/4 oz triple sec
- 7 dashes Angostura bitters
- 7 dashes Peychaud's bitters
- 4 oz champagne
- Orange peel twist

HOW TO MAKE IT

Pour the bourbon, bitters, and triple sec into a glass. Top it off with the champagne. Garnish with the orange. And root like hell for your horse.

Download Jimmy:
MensHealth.com/iphone-jimmy.

YOUR ATTORNEY ON CALL Dan Abrams



Dan Abrams is chief legal analyst for NBC. Write to him at MensHealth.com/experts.

Q I work at a big hospital, and security has taken to searching our personal lockers. I'm really annoyed. Isn't this an infringement of my rights?

Daryl, Hayward, CA

No, it's not. Generally, private employers can snoop in your work locker, check your computer, place hidden cameras in the office, and (in most states) even demand a urine sample. It's their office, and you just work in it. Your

constitutional rights—like the one that protects against "unreasonable" searches—were largely designed to protect against government actions. So if you work for Uncle Sam, you have far more protections.

AN OLD LADY TOLD MY KID HE CAN'T LEAVE A FLYER IN HER MAILBOX TO ADVERTISE HIS LAWN-CUTTING SERVICE. TRUE?

Cho, Fairfax, MN

As much as I hate cranky neighbors like her, technically she's right. It's against the law for anyone not working for the postal service to access a mailbox. And if your boy left the flier on her step, she could accuse him of trespassing. Have him hand flyers to people you know, and put them up in public places in town, too.

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WHIP YOURSELF INTO SHAPE AND SHE'LL NOTICE

Jillian Michaels pushes people to the limit on *The Biggest Loser*, and it's taught her something: "People are capable of anything when they have a 'why' to live for," she says. (Just look at what she's going to do for Texas, on our *MetroGrades* page.) So here's a "why" for your workout: "When you're feeling strong and confident, you also feel a lot sexier—and that'll boost your sex life," she says.

The personal trainer's new show, *Losing It with Jillian*, is coming soon to NBC. Here are her rules for mixing fitness and relationship goals.

KEEP YOUR FOCUS

How do you hit on women at the gym? "Honestly, don't," she says. "Go to work out, and work out hard. Be a badass." Michaels's theory: When a woman sees you busting your butt, she feels a primal tug—as long as she doesn't think you're swaggering. Focus on self-improvement, and your confidence will show. "If she looks at you, just smile," Michaels says. Invite her to make a move.

MOTIVATE WITH PRAISE

"Make a woman feel like she's the hottest, most feminine person in the world, and she'll love you," Michaels says. Compliments are especially great when they're not expected, so make use of her exercise time. Sure, she might be makeup-free before a run, or sweating buckets afterward—but she's exercising to look and feel fit, and she'll appreciate your noticing that it's working.

FORGET THE ROUTINE

"The best way to enhance a relationship is to lead a healthy lifestyle—as a couple," she says. But think outside the gym, and keep the mood about play, not work. Just add a fitness element to any activity you can, Michaels says. On vacation, hike instead of just lounging on the beach, or dance at a concert instead of sitting. "You don't need to run a marathon together," she says.

"When you're feeling strong and confident, you also feel a lot sexier—and that'll boost your sex life."

Photograph by ANDREW MACPHERSON, styling: Kote Moodle and Vivian Turner, hair: David Keough/Reckem Celestine Agency, makeup: Joanna Schlipf/Coutier Agency/ROK, Jen Koo dress



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You're Contagious!

YOU ARE YOUR OWN MAN, RIGHT? MAYBE NOT. NEW RESEARCH SHOWS THAT YOUR FRIENDS' TRAITS MAY BE RUBBING OFF ON YOU—AND VICE VERSA. HERE'S HOW TO CATCH THE GOOD STUFF AND AVOID THE BAD

Absorb happiness

Good feelings can jump three degrees of separation, according to a 2008 study in the *British Medical Journal*. Some guy you don't know could cheer up one of his friends, who would cheer up one of your friends, and then *that* would reach you—and improve your mood more than an extra \$10,000 in yearly income would, the study says.

YOUR MOVE Tell your most upbeat friends that you want to meet more of their friends. Then keep up with new people you meet. People at the core of social networks—who have the most friends of friends—are most likely to be happy, says the 2008 study's author, Nicholas Christakis, M.D., Ph.D., a professor of medicine and sociology at Harvard University and coauthor of *Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives*.

Ward off loneliness

People who feel disconnected often alienate their remaining friends, according to Dr. Christakis's 2009 study in the *Journal of Personality and Social Psychology*. It could start a domino effect: If you lose a friend, you may start to withdraw as well.

YOUR MOVE Don't blame yourself for losing touch with friends. We lose about half of our close friends every 7 years, a 2009 study by the Netherlands Organization for Scientific Research found. If you're feeling lonely, look



back on better days: Nostalgia bolsters feelings of social support by reminding you of what were, for the most part, happy times, notes a 2008 study in *Psychological Science*. It can also remind you of how you met friends in the past and motivate you to do it again.

Avoid obesity

If a guy gains weight, there's a good chance his friends will do the same, Dr. Christakis has found. "Men look to other men for clues about acceptable body sizes," he says.

YOUR MOVE You wouldn't ditch a buddy who ballooned, but you *can* control when and where you eat with him. People eat more if a nearby stranger is overeating, and Dr. Christakis says the urge may grow if that glutton is a pal. So steer your crew to restaurants that serve smaller portions.

Boost sex appeal

"Women judge men, in large part, by how other women see them," Dr. Christakis says. That explains the results of a 2007 study for the Royal Society of Edinburgh: Women find a man more attractive if all their girlfriends like him, too.

YOUR MOVE If you're on the hunt, bring your female friends and stay in the group for a while so that others in the bar see you all together. A guy surrounded by women looks better to other women than a guy standing alone, notes a 2008 study in *Personality and Social Psychology Bulletin*.

CHRIS WOOLSTON



Travis Stork, M.D., is an ER physician and host of *The Doctors*.

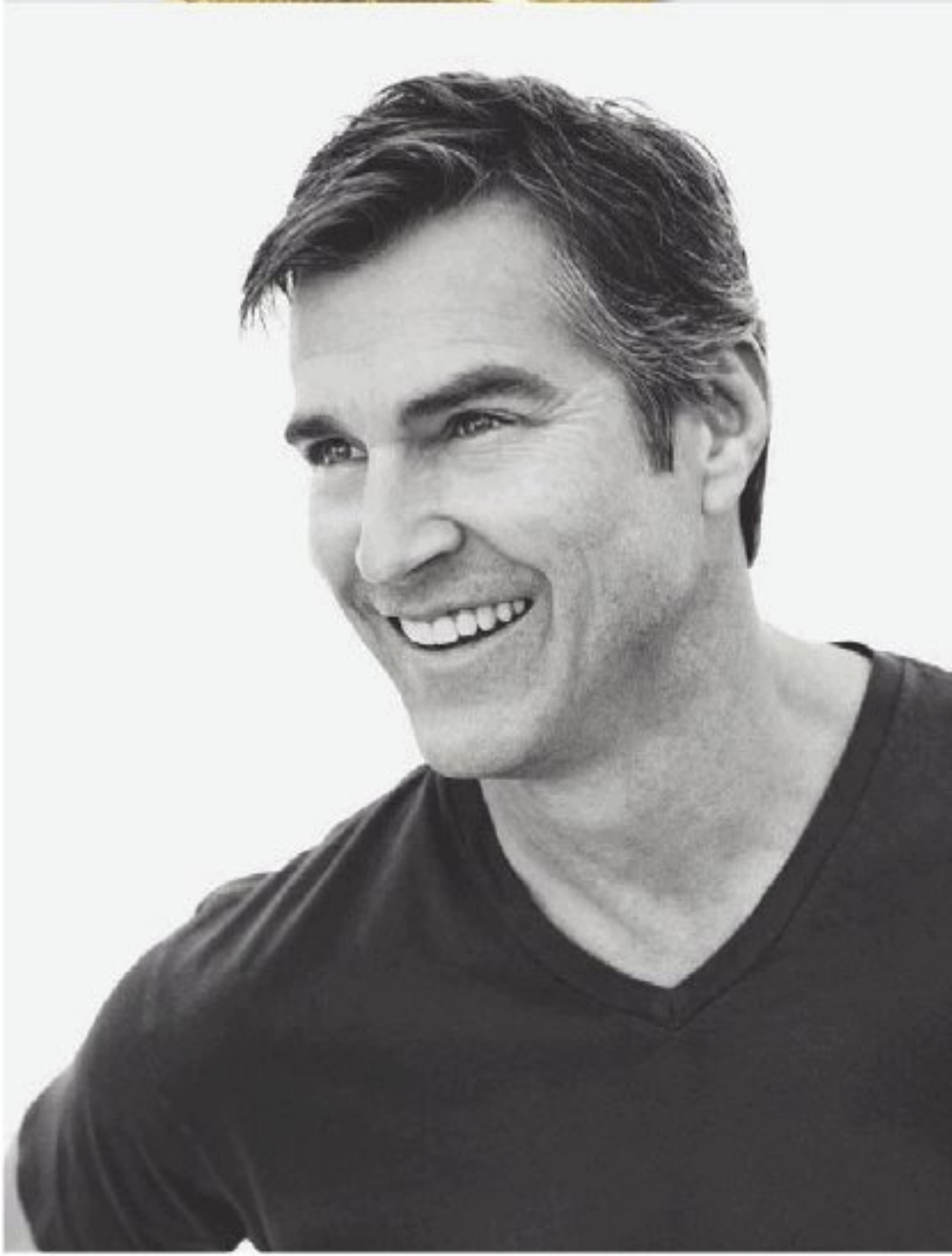
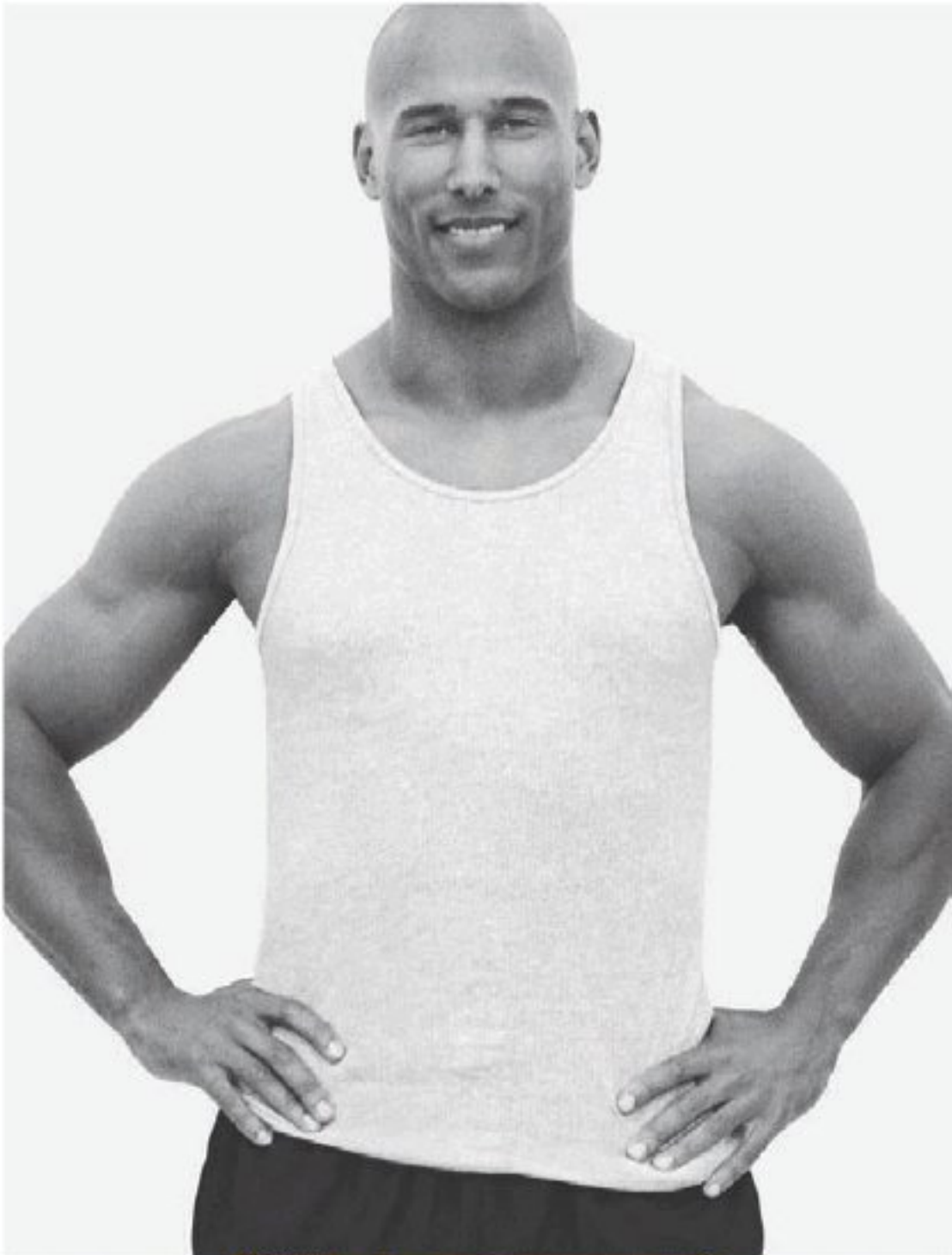
THE WORLD OF HURT by Travis Stork, M.D.

Q I want to help in an emergency, but what if the sight of blood paralyzes me? *Claude, Warwick, RI*

Detach and think of blood as what it really is: motor oil that keeps an engine running. If the bleeding is severe, simply wrapping the wound won't work. Locate where the blood is coming from and apply firm, direct pressure

with anything you can find (yes, sacrifice the shirt) until help arrives. Think about it: That bleeding vessel is much smaller in diameter than your pinkie finger. Hit the right spot and the flow should slow.

HOW CAN I REDUCE MY WAIT TIME IN THE EMERGENCY ROOM? *Dan, Bates, OR*
Assuming you're not at death's door, call ahead and see how busy they are. A lot of communities have multiple ERs, and one may be busier than another. You can also have your doctor call to let the ER know you're coming. Or if you can, go in the early morning: It's usually a slow time. (But do not hold off until morning for a necessary ER trip.)



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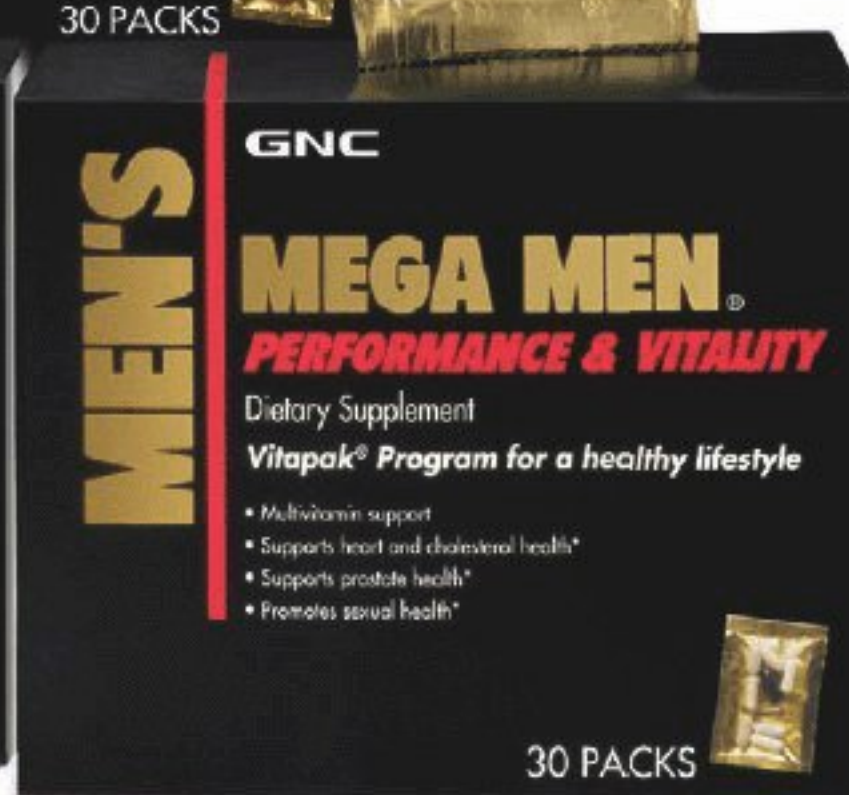
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Make the Most of May

THE PEOPLE, PLACES, AND BRAND-NEW STUFF TO SEEK OUT THIS MONTH

Guy Time



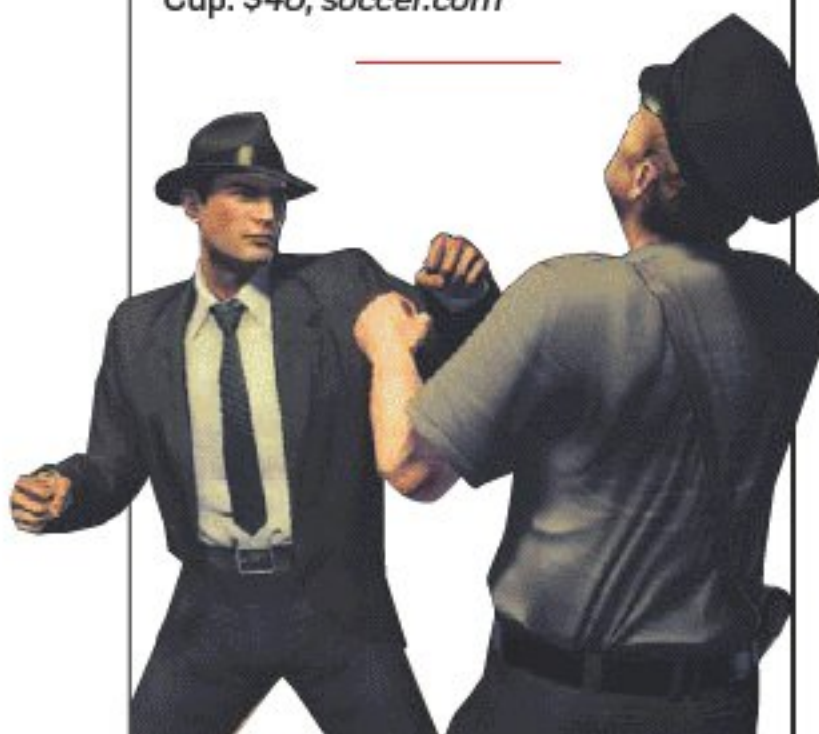
Watch this flick

When *Sex and the City 2* hits on May 28, expect to be girlfriendless for a night. So gather the guys for ***Survival of the Dead***, due out the same day. It's the latest George A. Romero living-dead horror, about survivors of the zombie war who escape to an island and find—you guessed it—more zombies, none wearing Prada.



Kick this around

Roll out an old black-and-white ball and you're just another soccer fan. But unveil the new all-weather **Jabulani ball from Adidas** and your neighborhood cool will soar. With better grip and aerodynamics, it's the official ball of the 2010 FIFA World Cup. \$40, soccer.com



Play this saga

Stop spamming your Facebook friends with Mafia Wars updates (it's annoying; no, seriously) and satisfy your urge to whack somebody with **Mafia II** (Xbox 360, PS3, due out May 17). You play Vito Scaletta, a Sicilian immigrant on his rise to power within the postwar American mobs. How's that for social networking?

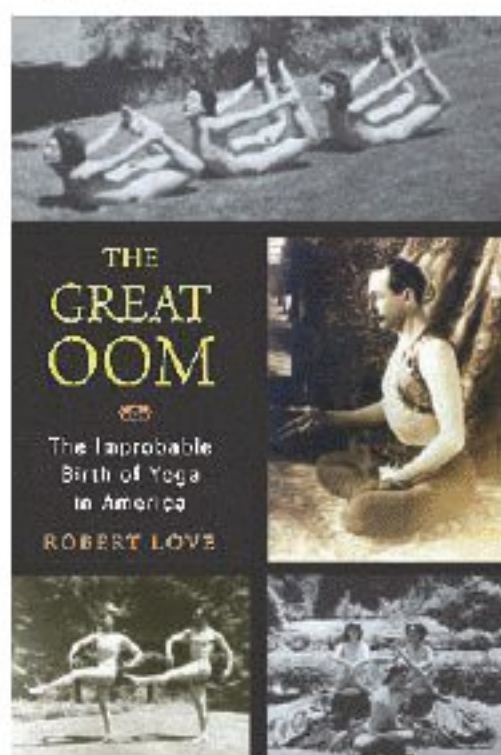
My Time

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You never write. So go to **lettersofnote.com**, an irresistible cache of correspondence: Hunter S. Thompson rips into a movie studio exec, Mark Twain slams a snake-oil salesman, *Ren & Stimpy*'s creator gives sketching advice, and more. Take it as inspiration to drop more than an occasional text message to your far-flung friends.

Meditate on this

Think yoga's for sissies? So did Robert Love, author of ***The Great Oom*** (out April 29). Then he began tracing the legacy of the founder of yoga in America, Pierre Bernard, a womanizing boxing fanatic who built one of the nation's first airports. Use his true story to give a lift to your personal nirvana.



Watch this series

Think Olbermann vs. O'Reilly is the nasty nadir of political discourse? Watch the History channel's ***America The Story of Us***. The series puts today's squabbles in context, with history like you've never seen it—wars re-created in CGI—and commentary by everyone from Donald Trump to Colin Powell. Starts April 25.



Date Time



Play her these albums

Summer's near. Set the mood for sunnier days with big, bright tracks.

"On Giving Up," **High Places** from *High Places vs. Mankind*

"Mama Don't Like My Man," **Sharon Jones and the Dap-Kings** from *I Learned the Hard Way*

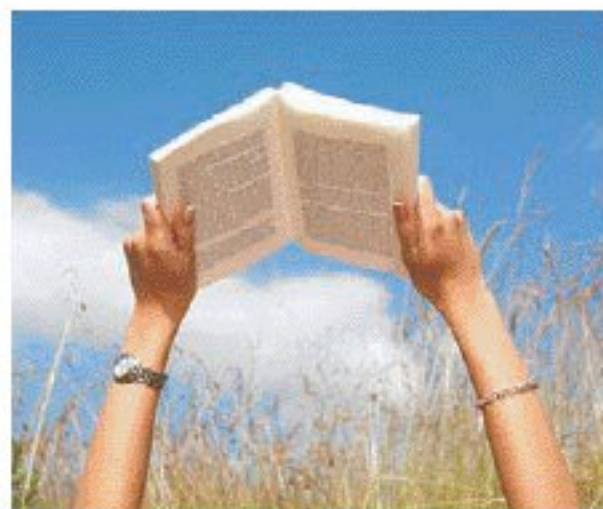
"Vaporize," **Broken Bells** from their eponymous album

"Kon Tiki," **Plants and Animals** from *La La Land*



Buy her this diary

It's a sign of a successful relationship: When you do so much together, you forget some of it. So grab a **Moleskine Passions Journal** and keep track of your joint pleasure: There are ones for wine, music, film, and more. Write notes, make lists, flag your favorites, and consult its themed charts, calendars, and glossaries. \$20, moleskine.com



Surprise her with this site

The next time she tells you she loves the book she's reading, type the title into **bookarmy.com**. The site is great at recommending other selections she might like, so you'll have her next read (and small gift) covered.

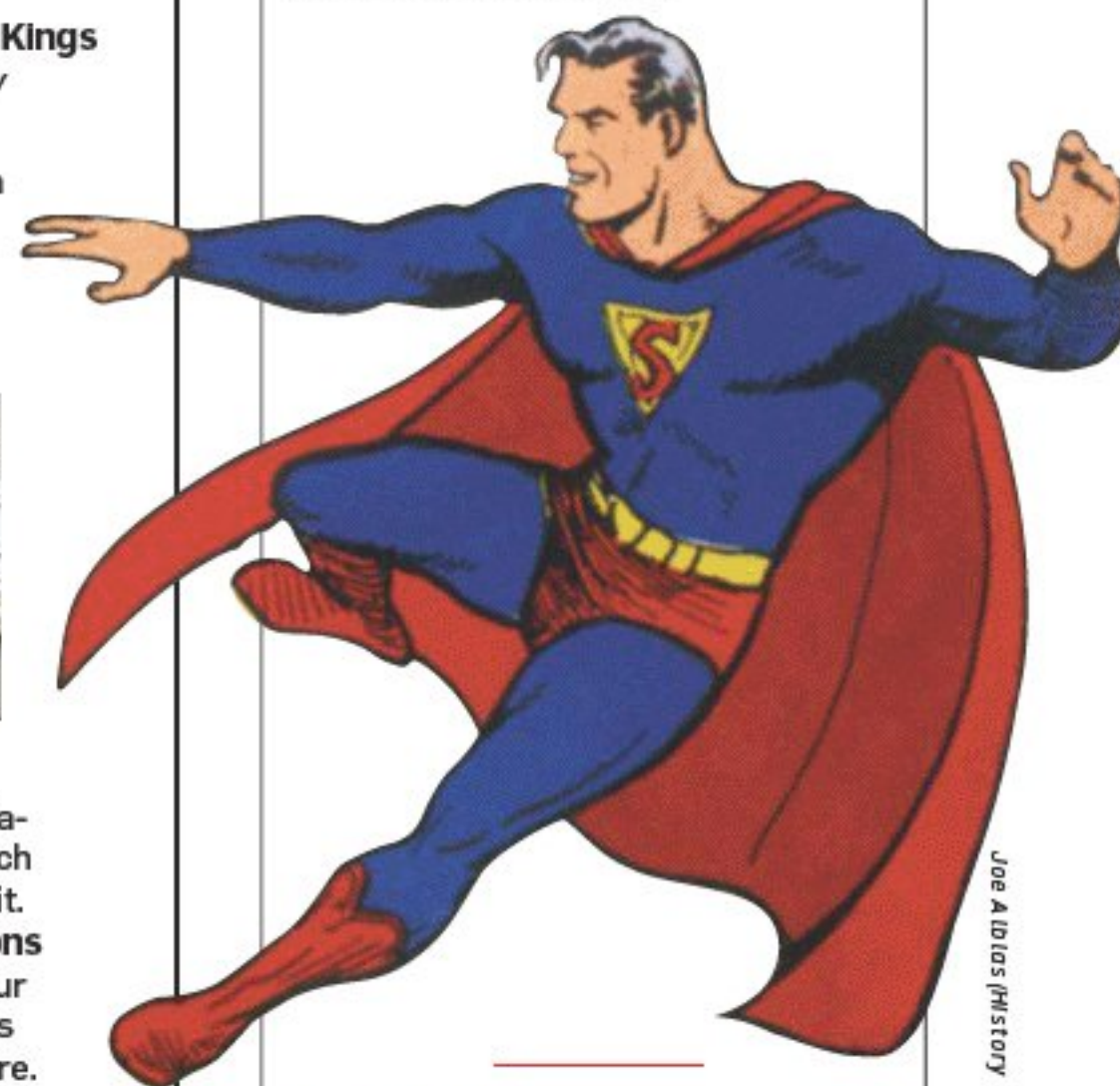
Family Time

Play this game

Mindflex (\$80) encourages you to move things—with your mind. Strap on the brainwave-reading headset and concentrate on lifting a ball through a series of obstacles. Carrie would have killed at it. How about your kids?

Celebrate this

May 1 is **Free Comic Book Day**. Load everybody into the Dadmobile, locate the nearest shop with your trusty sidekick, and stock up on Green Hornets, Iron Mans, and G.I. Joes. You'll prove that superheroes exist beyond the big screen. One of them is driving the car. freecomicbookday.com



Grill this book

Pick up the new primer, **BBQ 25**, due out May 11, and impress your family this summer. Best tip: Boost flavor with "board dressing": Mix 6 Tbsp olive oil, 2 Tbsp finely chopped fresh flat-leaf parsley, and some kosher salt and ground pepper. Spread it on a cutting board, and slice your meat on it.



Joe Aulias (History channel); Getty Images (book in field); DC Comics/PhotoFest (Superman); David LaFort (meat)



HOW TO SPOT A WEB SITE YOU CAN TRUST.

It's industry-leading encryption, so you can submit information online without fear of it being stolen. It's one-click authentication, so you can be sure a site is legitimate and not a fraud scheme. And, it's always anchored with the Check—the most recognized and trusted brand on the Internet. Learn more at TrustTheCheck.com.

TRUST THE



All the Rage

By Yann Martel

A FEW YEARS AGO MY ELDERLY AUNT HAD TO MOVE. She looked in the yellow pages and found what looked like a small, friendly, family-owned moving company. She called and booked them. They turned out to be neither friendly nor family-owned. They were a bunch of thuggish lowlives. They were rude, they didn't properly pack anything, they threatened to leave the job unfinished if she didn't give them more money right away, and then they left furniture on the sidewalk overnight. It rained and my aunt had to rush to cover her possessions. She called me the next morning, afraid and in tears. My aunt is the sweetest, kindest woman imaginable. I hurried over and found only one guy, the boss, sitting on my aunt's porch, sipping a beer. The other men had driven their truck to the new place, with my aunt following them in her car. I confronted the boss right away. He laughed.

That's when I lost it. I was wearing leather gloves on account of the cool weather, and they proved to be the perfect boxing gloves, hard on his face but soft on my knuckles. Soon the guy was on the floor, one arm twisted behind his back and pulled out of its socket, one swollen eye looking like a prune, and his mouth a mash of dangling teeth and shredded lips. Nothing like a few old karate lessons to make you efficient. I remember contemplating ripping off one of his ears and stuffing it in his mouth, but I didn't do that. The gurgling sound coming from his throat, the blood and spit bubbling up, was enough. He'd learned his lesson.

Welcome to the world of my anger fantasies. I actually just glared at the guy a bit. He was big. Then I called two friends and they came over. With the three of us around, the boss and his fellow thugs, when they returned, were tamer. They finished their lousy job and left. My aunt was relieved.

Ideally, anger arises in a comfortable, local situation and is vented right away. Voices are raised, sharp words are exchanged, and then some resolution is achieved; and with time the incident is forgotten. If remembered, it can be the subject of laughter. But we live in a complicated, overwhelming world that feels so out of control.

Read the paper, watch TV—there's a lot out there to make us angry.

What to do with all that anger? Yeah, yeah, we should turn the other cheek, but there's only so many times we can turn it before we want to stare straight ahead and shout, "I'm mad as hell and I'm not going to take this anymore."

Here's my argument for the positive effects of the *anger fantasy*. An anger fantasy is that process whereby I grow really angry about somebody and I work it out in my head by verbally lashing that person and then beating him to a pulp, all so that he might learn the important lesson: You Should Always Be Considerate. In my anger fantasies, I shout and I beat and I kick until I'm satisfied that the jerk who brought it on himself is deeply sorry and won't ever do it again.

Is this a terrible thing to imagine?

It strikes me as easier to manage than the more usual fantasy, the *sexual fantasy*. A recurring sexual fantasy often hides a nagging issue. If, for example, you persistently fantasize about sleeping with your neighbor's wife (or with the neighbor himself), then it's possible you'd be happier actually sleeping with your neighbor's wife (or with him), and your fantasy is a hollow reminder of how unhappy you are. All you can do is pathetically stew and be miserable.

An anger fantasy doesn't work that way. Some guy may have pissed me off today, and I was too inarticulate to put him in his place verbally and not psycho enough to get into a fight. But in contrast to the presumed genuine relief of sleeping with the aforementioned neighbor's wife, if I actually did upbraid and physically beat the crap out of the guy, I'd very probably *not* feel relief. Good sex is a real pleasure that makes many a man happy, but a violent encounter, in which fists are thrown and blood is poured and pain is felt, is deeply upsetting.

The essence of an anger fantasy, then, is that it remain a fantasy.

Let me suggest, from my own personal experience, these few guidelines for a healthy practice of anger fantasies.

Lesson number one: Anger fantasies should involve mostly strangers or people you're no longer close to or you barely know. It's fine to have an anger fantasy about the cop who gave you a ticket or some dictator in a foreign land or some religious freak who killed a doctor and so on, but if your anger fantasies persistently focus on someone you know, say your wife or girlfriend, your boss, or a colleague, then you're perhaps taking the first steps to going postal and should seek professional help.

Lesson number two: Anger fantasies should feature specific strangers. If you're consistently angry at entire groups—say, Jews or Arabs or blacks or women or cops—then you have a problem.

Lesson number three: At the end of an anger fantasy, you should feel *better*, not worse. The point is to release tension and deal with a perceived injustice over which you have no actual control. In an anger fantasy, you are your own

Go for it. Shout at, spit at, set fire to, bury alive to your heart's content. I've been doing it for years.

Captain America. You punish a bad guy in your head because he's not being punished in reality, and better a fictitious punishment than no punishment at all. So feel good about that.

Lesson number four: An anger fantasy should be strictly contained within your head. You don't want the anger churning inside your head to spill over onto the waitress who happens to interrupt you, or onto your mother who happens to call. An anger fantasy has no bearing on reality. You are doing in your head what you don't want to be doing in reality—and that's the point. So know what it is and keep it inside.

Other than that, go for it. Shout at, spit at, break with a bat, gouge out with a fork, hack at with a machete, dismember, set fire to, bury alive to your heart's content. I've been doing it for years. Yet you'd meet me and think, *What a nice guy. So friendly and genuine.* And I *am* a nice guy. I don't like guns, I've never swung a fist at anyone, I like Gandhi and Mandela as much as anyone, I'm a vegetarian, I'm a liberal. Hell, I'm even Canadian.

Just don't rub me the wrong way. If you do, you'll meet me again in my fantasy—and you'll be sorry about that, motherfucker.

Yann Martel is the author of *Life of Pi*. His new novel, *Beatrice and Virgil*, comes out April 13.

The upside of anger Having a temper can be healthy, research shows. Make it work for you

In sport

If a game turns chippy, channel your rage into your performance. Italian researchers found that rugby players who were angry but in control of their feelings reported that it helped them play better.

In marriage

Talk it out. In a 2008 study in *Journal of Family Communication*, a spouse's death was twice as likely to occur over a 17-year period if both spouses held in their anger—compared with when at least one let loose.

In negotiations

The next time customer service tries to screw you, let loose. People who express anger during a negotiation gain larger concessions, according to a 2009 study by University of California at Berkeley researchers.

At work

Speak up at the office. Men who hold back discontent with unfair treatment at their jobs are five times more likely to have a heart attack, reveals a 2009 study by Swedish researchers. PAUL KITA

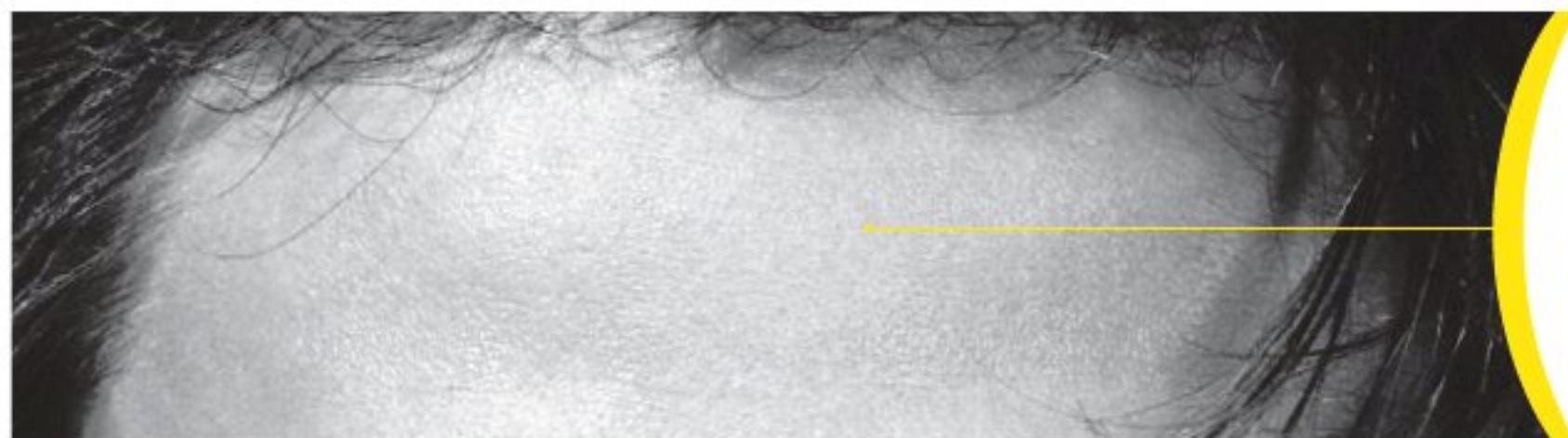


ANGRY FANTASY

Ralph STEADMAN 2010

Wake Up Looking Great

BLOODFLOW TO YOUR SKIN IS HIGHER WHILE YOU SLEEP. THE ADVANTAGE: ACTIVE INGREDIENTS IN GROOMING PRODUCTS CAN WORK MORE EFFECTIVELY. ADD THESE TO YOUR BEDTIME ROUTINE



DRYNESS

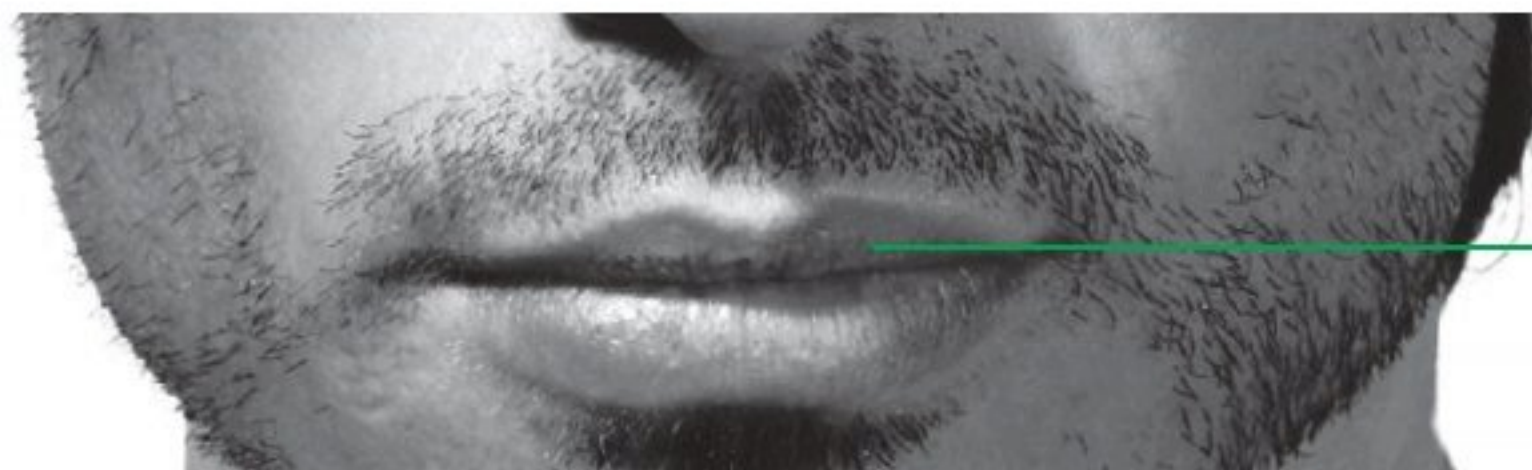
While you sleep, you're not exposed to daytime drying agents like wind or pollution, so it's a great time to let lotion soften wrinkles and reduce dryness, says dermatologist Ariel Ostad, M.D. Look for a product with hyaluronic acid, which bonds moisture to skin without leaving it feeling greasy.

Try: Mario Badescu Hydrating Moisturizer with Biocare & Hyaluronic Acid (\$20, mariobadescu.com)

SKIN DAMAGE

During the day, your skin brolls as it absorbs ultraviolet rays. For defense, it needs antioxidants. Many creams and tonics contain antioxidant-rich green tea or berry extracts. Applying them at night helps your skin replenish antioxidants for the day ahead, according to a 2009 study in *Skin & Aging*.

Try: Kiehl's Açaí Damage-Protecting Toning Mist (\$26, kiehls.com)



CRACKED LIPS

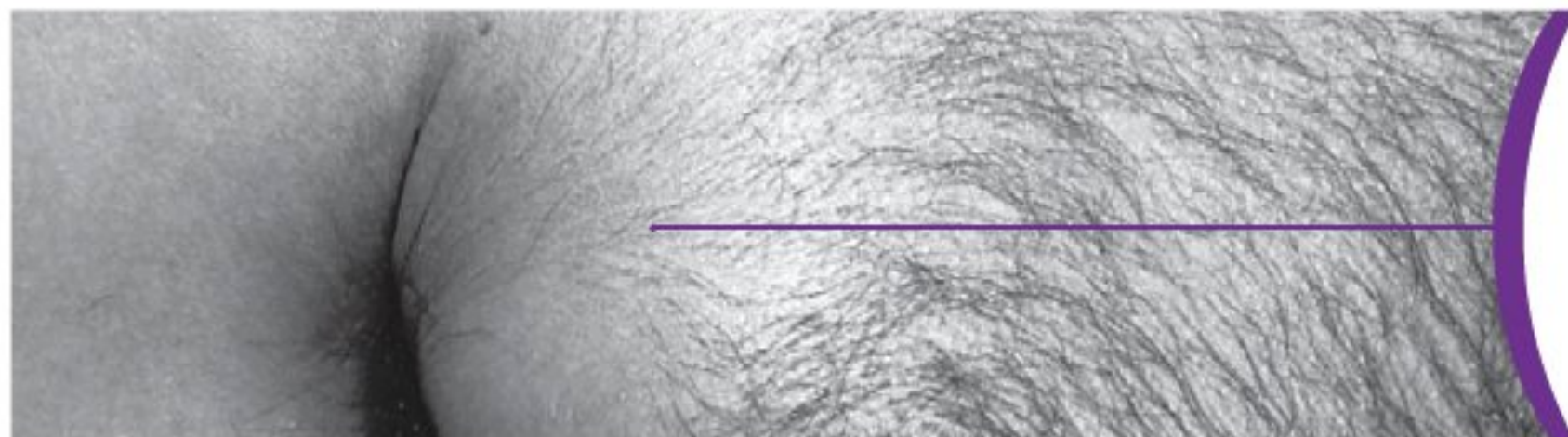
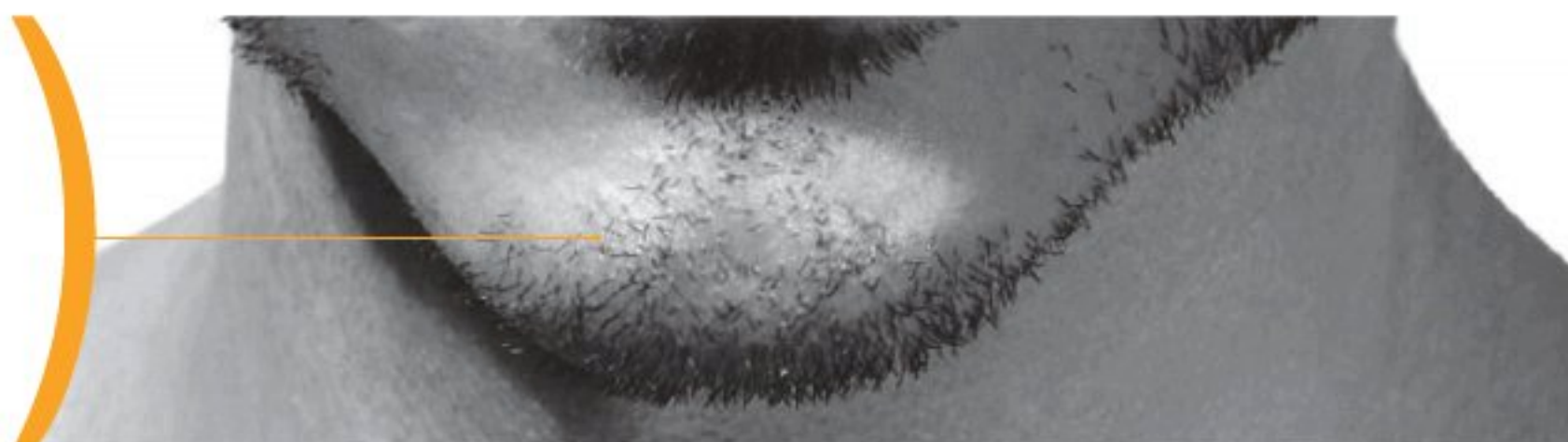
Even if you use lip balm during the day, all your talking and eating keeps cracks from healing. But at night, a coating of balm allows your skin to swell with moisture and fuse the cracked sides together, says Manhattan dermatologist Neal Schultz, M.D.

Try: Neosporin Overnight Renewal Therapy Lip protectant (\$5, drugstore.com)

RAZOR BUMPS

Scrubbing your skin just before scraping a razor blade across it can lead to ingrown hairs and razor bumps. Instead, exfoliate at night and then shave in the morning. Look for a product that contains 1 percent to 2 percent salicylic acid, says Dr. Schultz.

Try: Every Man Jack Face Scrub Skin Clearing (\$6, everymanjack.com)



EXCESSIVE SWEATING

If you apply an antiperspirant in the morning, you almost certainly begin to sweat before it has a chance to plug your pores—which makes it less effective. So swipe your pits at night instead; sweat glands respond by reducing perspiration for about 24 hours.

Try: Gillette Clinical Strength Anti-Perspirant Deodorant (\$8, drugstore.com)

Sleep with this

An extra pillow

As you sleep, fluid can pool around your eyes, leading to baggy skin in the morning. An extra pillow under your head can prevent fluid buildup, says dermatologist Neal Schultz, M.D. Also try sleeping on your back; side sleeping can create sleep lines from the stress of your skin pressed against a pillow.

A humidifier

Yes, it works. Even in the spring, this simple device (or just a bowl of water in the room) adds moisture to the air, which your skin then absorbs, Dr. Schultz says. Once summer arrives, though, put it away. Too much humidity can promote the growth of bacteria and mold allergens.

HEAT

ALCOHOL

AIR SICKNESS

TESTOSTERONE

ALTITUDE

VIBRATION

FEAR

LOUD NOISE

EXHAUST

AMERICAN
CREW
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DOES



CAUSE HAIR LOSS?

Ask AmericanCrew.com

HELP YOURSELF: YOUR 5-MINUTE WELLNESS BOOST

Eating well and working out can be overwhelming. So start small with just five minutes a day. Fitting exercise into your day along with nutritious snacks can help you get on the right track to being fit. Here to help you on your way are celebrity trainer Bob Harper and Mr. Peanut.



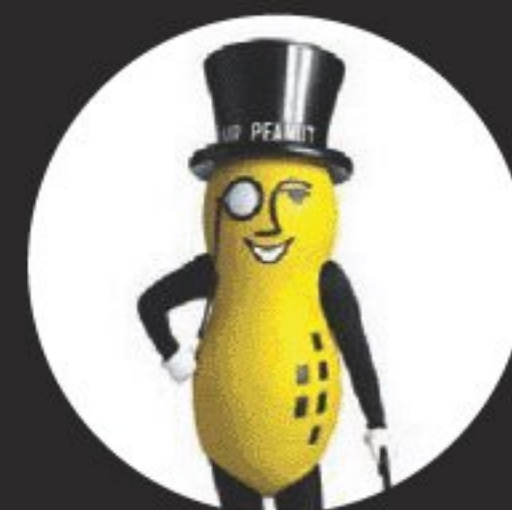
YOUR EXERCISE BOOST: LUNGE AND CURL ROTATION

This is a great and effective full-body exercise to work your biceps, core and legs.

- Stand with your feet together, then step your right leg forward and squat.
- Raise back up to the starting position while curling your arms up to your chest.
- Repeat the lunge, but this time rotate your torso to the left before coming back up.
- Do this exercise 15 times with the right leg, then 15 times with the left.
- Once you stop feeling the effects of this exercise, add in a set of dumbbells to increase the impact.

No celebrity endorsement implied.

YOUR NUTRITION BOOST



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—Mr. Peanut

The delicious Omega-3 Mix, a blend of walnuts, cranberries and dark chocolate-covered soy nuts, has been specially designed to give you an excellent source of ALA Omega-3*. This tasty snack is also a sodium-free and a cholesterol-free food. So, go ahead, help yourself.



*CONTAINS 960 MG OF ALA PER SERVING, WHICH IS 60% OF THE 1.6g DAILY VALUE FOR ALA. ALA IS A FATTY ACID FOUND IN WALNUTS. FOR INFORMATION ABOUT ALA'S RELATIONSHIP TO OTHER OMEGA-3 FATTY ACIDS, VISIT NUTRITION.COM/ALAOMEGA3.

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*Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts (such as almonds and peanuts), as part of a diet low in saturated fat & cholesterol and not resulting in increased caloric intake, may reduce the risk of coronary heart disease.



Fine-Tune Your Taste

A WINEMAKER IS A FARMER, SCIENTIST, AND SALESMAN. JAMES STEWART'S STYLE INVOLVES IT ALL

JAMES STEWART DIDN'T PLAN to work in his family's wine business. He preferred Hollywood, manning the sidelines of reality television shows. More glamour and independence: Who could argue? But after a few years of hustling in a fickle industry, the appeal wore thin. He wanted to do something where he could actually see the impact he made.

So he tucked away his pride and went home. Soon he was working in online sales at the winery, which his dad had bought in 2000.

"I kept calling for advice, and my father eventually just stopped returning my phone calls, letting me figure out the answers myself," Stewart says. It was a key lesson: Rely on

CONVERSE BY JOHN VARVATOS Officer's jacket (\$245), select John Varvatos boutiques; JOHN VARVATOS shirt (\$225), John Varvatos stores; 514 SLIM JEAN BY LEVI'S (\$60), levi.com

yourself. It's the difference between following the car ahead of you and mapping out the directions yourself. The first way may be faster, but you never really know where you are.

The strategy stuck with him as he expanded his role and started traveling the country to sell wine in person. The 30-year-old wasn't quite what people expected. Instead, he was new to the business and unguided by its traditions and boundaries.

So damn the expectations, Stewart said. He'd set his own rules, starting with his sales look: dark jeans, dress shirt, deconstructed casual jacket. "I've never been a suit-and-tie guy. I've come to realize that I can't sell wine when I'm uncomfortable in my clothes," he says. "I need to be able to go out into the market and look someone straight in the eye without feeling self-conscious about the way I look."

He explored the business, working through every aspect of it. He logged time in the fields and hit the road to meet the people behind his accounts. He became the cellar guy, the sales guy, and eventually the general manager. His apprentice status worked to his advantage: Where competitors might be stuck in "we've always done it that way" mode, Stewart didn't know what "that way" was.

And as he traveled, Stewart noticed an unmet demand for more low-price Napa vintages. It was an opening worth seizing, he decided. "I wanted to make something my friends could drink," he says.

That may sound like an obvious move, but for the wine business, it was a gamble. The Stewart family devotes a lot of resources to making their wines, which can go for \$60 a bottle. So going low-cost changes priorities as well as finances. "It's a huge long-term investment," he concedes. "You have to have a vision of what you want and stick to it. You fail by not having a plan."

The company bottled \$23 cabernets and \$16 sauvignon blancs, and when the recession hit, Stewart was perfectly positioned. Premium wine sales in the past few years have declined, but the 8,000 cases of Slingshot he's producing annually are being snapped up.

Success has only reinforced his independent streak. Go to the vineyard and you'll find him in dark jeans, Converse by John Varvatos sneakers, and a T-shirt. He wants comfort while looking clean. It's an ethos he takes on the road as he travels, 4 months a year, to promote the company.

It's his look, and it's his wine. And that's why they both work.

Here's what else Stewart uses to feel comfortable.

SANDRA NYGAARD

COLE HAAN SHOES

"With the Nike Air technology in the soles, I can do pourings all day long and my feet won't feel tired," Stewart says.



SLINGSHOT

Stewart's low-cost line carries a simple label that conveys quality but not excess. "I wanted to produce an attainable wine for the everyday drinker," he says.



BOND NO. 9 BROOKLYN

This scent's strong backbone appeals to Stewart. "Like wine, a great cologne needs to have something unique."

COLE HAAN Air Colton Wing Oxford (\$200), (800) 201-8001, colehaan.com; AMAZON KINDLE DX (\$490), amazon.com/kindle; ARMANI EXCHANGE Pima Crew Tee (\$25), armaniexchange.com; YAMAHA FS720S Folk Guitar (\$280), guitarcenter.com; BROOKS BROTHERS shirt (\$80), (800) 274-1815, brooksbrothers.com; BOND NO. 9 Brooklyn (\$220), (877) 273-3369, bondno9.com; SLINGSHOT Napa Valley cabernet sauvignon (\$23), slingshotwines.com

ARMANI EXCHANGE COTTON T-SHIRT

Napa is about bold flavors, not bold logos. Armani Exchange's plain cotton tees look sleek but don't draw too much attention.



KINDLE DX

The lightweight digital reader makes it easy for Stewart to bring along as many books as he wants on long sales trips. "Also, if I'm reading a giant book, I don't feel daunted by its size."



"I've never been a suit-and-tie guy. I've come to realize that I can't sell wine when I'm uncomfortable."

YAMAHA GUITAR

To blow off steam, Stewart keeps a guitar at his desk. "You don't need an expensive one, like people think."



BROOKS BROTHERS BUTTON-DOWN

Stewart likes Brooks Brothers because its clothing fits him well. "If I'm moving around a lot during the day and there's too much fabric, any other shirt can start to come untucked and look really sloppy."



We Don't Want to Hear It

15 CATCHPHRASES YOU SHOULD QUIT SAYING

1 *"I meant to..."*
Translation: "I thought of you, and then immediately thought of something better." It's not always the thought that counts.

2 *"I'm sorry you feel that way."*
An apology doesn't need to be long or repetitious. You just need to mean it, and to acknowledge that you were wrong—not that someone thought you were wrong.

3 *"I'm not here to make friends."*
Reality-TV contestants say that to each other all the time. (Seriously. Search the phrase on YouTube.) Know when that attitude helps in the real world? Never.

4 *"It's a win-win."*
Say that and other people hear, "I win and you lose, but you won't realize that for another 2 weeks when I'm nowhere to be found, so in the end, I win twice."

5 *"How much do I owe?"*
Long division is for the classroom, not the restaurant. Pick up the check once in a while and you won't feel guilty when your friends do it. It all evens out.

6 *"Here's what you should do."*
Girls are right: You don't have to fix every problem. Listening is its own form of help. So let her (or your buddy)

vent, and offer direction only if they ask, "What should I do?"

7 *"Anything you scream over live music."*
We're not sure why you're at the show if you're not listening, but rest assured everyone else paid \$100 to hear "Jungleland," not what you had for dinner. And when you scream into somebody's ear, it hurts.

8 *"Cheers!"* It's like a British car on U.S. roads: ill-fitting and dangerous.

9 *"Oh, I know. That's like when I..."*
When a person's telling a story, this is not an invitation to break in with your own anecdote. Your pal has the floor. When it's your turn, you'll appreciate his silence.

10 *"That's not what the rule says."*
Yeah, we know: Games are based on rules. But don't be the killjoy who busts your buddy for taking an extra half step before his layup. Give a little, and everyone has more fun.

11 *"Can you help me move?"*
It's fun to move friends into dorm rooms, not into real homes. If you have a job, come on: Pony up for movers. Then you can invite your friends over for a housewarming party. You'll be amazed how much beer they're happy to carry in themselves.

12 *"I'm a good multitasker."*
No, you're not. Nobody is. And as you peck at your BlackBerry under the

dinner table, everyone is silently offended. But at least whoever you're writing is enjoying a lousy e-mail.

13 *"When are you going to stop talking?"* Maybe you're not saying it out loud, but we can all see it on your unengaged face. If a conversation bores you, make it better by contributing.

14 *"You're wrong."*
Healthy disagreement makes you an interesting guy to talk to. Dismissing someone's idea entirely makes you a radio yakker.

15 *"Call you back later, okay?"*
Men have a hard enough time reaching out. When your friend says, "Hey, I need to talk," he isn't being casual. He's downplaying. And whatever else you're doing can wait.

STEVE CALECHMAN

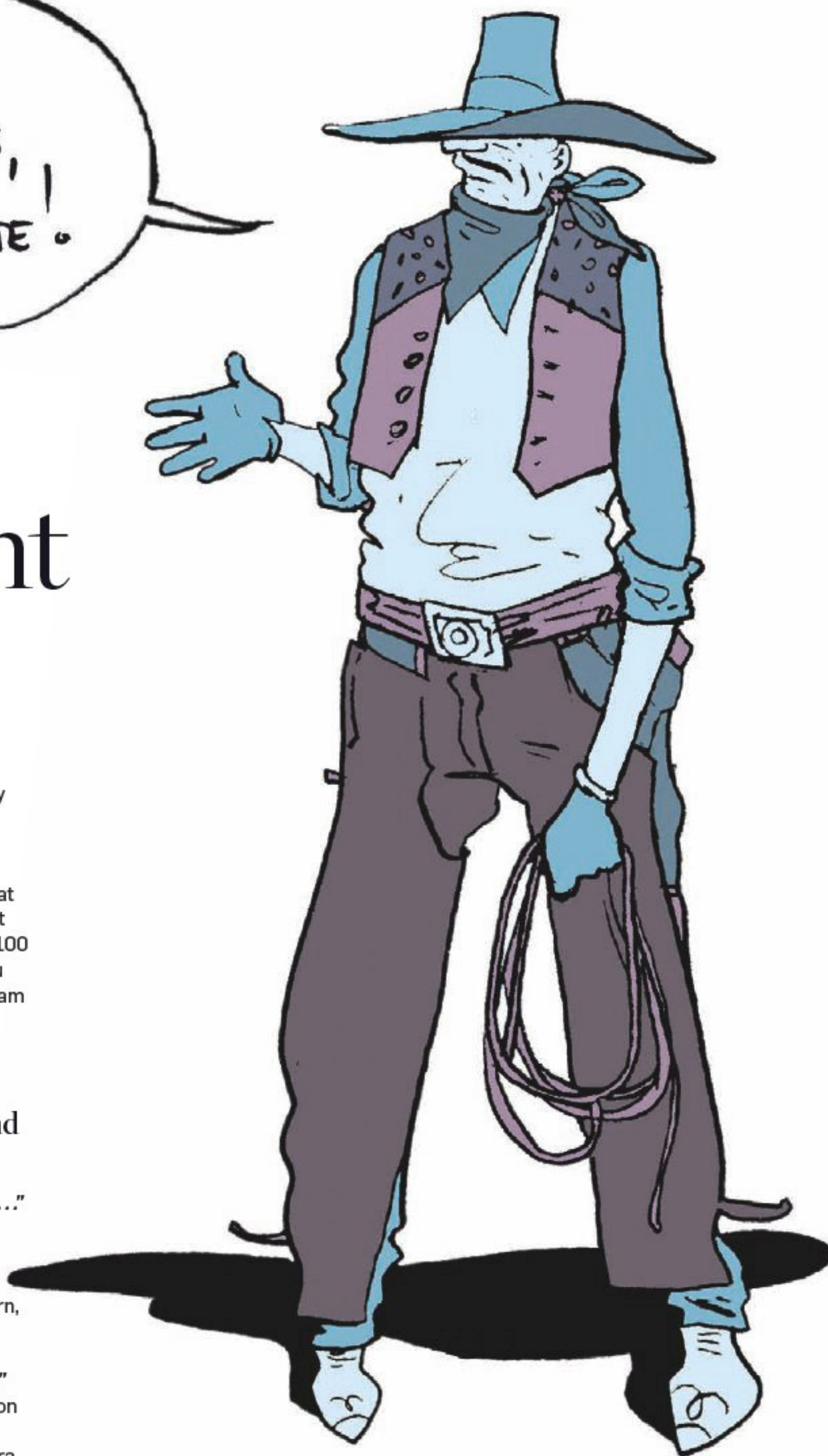


Illustration by ISTVAN BANYAI

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RANKING AMERICA'S CITIES

THE FATTEST CITIES

Go to Google Maps, type in "United States," and you'll be reminded of just how *big* Texas is. But what you can't see is the size of the state's citizenry: Five Lone Star cities are among the nation's fattest, with Corpulent Christi at the top.

To arrive at our rankings, we calculated the

percentage of people who are overweight, the percentage with type 2 diabetes, the percentage who haven't left the couch in a month (CDC Behavioral Risk Factor Surveillance System); the money spent on junk food (Bureau of Labor Statistics); and finally, the number of peo-

ple who ate fast food nine or more times in a month (Mediamark Research).

Now for the good news: The folks at *The Biggest Loser* have decided to help Texas lose its tonnage. Tune in and watch America's second-largest state shrink before your eyes.

RESEARCH BY JACLYN COLLETTI
AND MARIA MASTERS

Heaviest

1	Corpus Christi, TX	F
2	Charleston, WV	F
3	El Paso, TX	F
4	Dallas, TX	F
5	Memphis, TN	F
6	Kansas City, MO	F
7	San Antonio, TX	F
8	Baltimore, MD	F
9	Houston, TX	D-
10	Birmingham, AL	D-

11	Durham, NC	D-	31	Tulsa, OK	D+
12	Jacksonville, FL	D-	32	Orlando, FL	D+
13	Lubbock, TX	D-	33	Fargo, ND	C-
14	Buffalo, NY	D	34	Milwaukee, WI	C-
15	Philadelphia, PA	D	35	Anchorage, AK	C-
16	Riverside, CA	D	36	Tampa, FL	C-
17	Oklahoma City, OK	D	37	Jackson, MS	C-
18	New Orleans, LA	D	38	Columbia, SC	C-
19	Jersey City, NJ	D			
20	Las Vegas, NV	D			
21	Wichita, KS	D			
22	Chicago, IL	D+			
23	Fort Wayne, IN	D+			
24	Indianapolis, IN	D+			
25	Lexington, KY	D+			
26	Billings, MT	D+			
27	Detroit, MI	D+			
28	Montgomery, AL	D+			
29	Toledo, OH	D+			
30	Fresno, CA	D+			

PUT THE BRAKES ON INFLATION

You have to give Texas legislators credit: They're trying to fight the state's weight problem with a bill requiring chain restaurants to list nutrition information, including calorie counts, on their menus. Yale University researchers recently found that this dietary disclosure prompted people to order meals with nearly 15 percent fewer calories. "People may have ordered less because many of the numbers are shocking, with most appetizers containing half a day's worth of calories," says study author Christina Roberto, M.S. Go to menulabelling.org to see if your politicians are pushing for greater nutritional transparency.

39	Des Moines, IA	C-
40	Cheyenne, WY	C-
41	Madison, WI	C-
42	Newark, NJ	C-
43	Bakersfield, CA	C
44	Pittsburgh, PA	C
45	Richmond, VA	C
46	Los Angeles, CA	C
47	Raleigh, NC	C
48	Modesto, CA	C
49	St. Louis, MO	C
50	Sacramento, CA	C
51	Louisville, KY	C
52	Boston, MA	C
53	Virginia Beach, VA	C+
54	Arlington, TX	C+
55	Grand Rapids, MI	C+
56	Providence, RI	C+
57	Nashville, TN	C+
58	Spokane, WA	C+
59	Sioux Falls, SD	C+
60	Omaha, NE	C+
61	St. Petersburg, FL	C+
62	San Diego, CA	C+
63	Columbus, OH	C+
64	Tucson, AZ	C+
65	Little Rock, AR	B-
66	Fort Worth, TX	B-
67	Lincoln, NE	B-

68	Phoenix, AZ	B-
69	Miami, FL	B-
70	Greensboro, NC	B-
71	Manchester, NH	B-
72	Portland, ME	B-
73	Rochester, NY	B-
74	Charlotte, NC	B-
75	New York, NY	B-
76	Boise, ID	B
77	Cleveland, OH	B
78	Anaheim, CA	B
79	Yonkers, NY	B
80	San Jose, CA	B
81	Reno, NV	B
82	Atlanta, GA	B
83	Wilmington, DE	B
84	Hartford, CT	B+
85	Salt Lake City, UT	B+
86	Colorado Springs, CO	B+

TAKE STEPS

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87	St. Paul, MN	B+
88	Minneapolis, MN	B+
89	Oakland, CA	B+
90	Honolulu, HI	B+

Leanest

91	Aurora, CO	B+
92	Denver, CO	A-
93	Cincinnati, OH	A-
94	Portland, OR	A-
95	Albuquerque, NM	A-
96	Austin, TX	A
97	Seattle, WA	A
98	Washington, DC	A
99	Burlington, VT	A+
100	San Francisco, CA	A+

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TURN ON TOMORROW



Say No to Drugs

We're all reaching for the quick fix promised by pills, but the real remedy is often already within our grasp

BY T.E. HOLT, M.D. • PHOTO-ILLUSTRATIONS BY BARTHOLOMEW COOKE

A NEW PATIENT CAME TO SEE ME A FEW WEEKS AGO. He was a 43-year-old man with insomnia. I immediately suspected his medications: Along with one fairly innocuous drug for high blood pressure, he listed an antidepressant, three different sedatives, an over-the-counter "sleep aid," and a drug prescribed 10 years ago for his "nervous stomach" that he was still taking even though it made him fall asleep during the day. There were also about a half dozen vitamin supplements. I told him the number of medications he was taking had spiraled out of control. He nodded. Over the years, the

list had just grown, he said. No doctor had ever thought to manage it before.

I suggested we start by cutting down on the sedatives. If he was falling asleep on the job, it was no surprise that he was staying up all night. We also worked out a plan to taper him off the sleep aid and cut out the megavitamins and the stomach drug (which I suspected he needed only to treat irritation from all the vitamins).

A week later, he came back with his vital signs elevated. He was sweating and had a fine tremor in his hands. I think I made it about as far as "How are you?" before he was off, talking at about 120 words a minute, piling digression on top of digression. It took awhile to flag him down.

"What's going on?" I asked.

"I feel great!"

"Why?"

He blurted out the name of the antidepressant he was taking. "When you told me to cut down on all those other meds I figured I needed something so I just doubled up on the antidepressant."

"You *doubled* the dose?"

"That's right I know I should have called but I had them and it seemed like a good idea at the time and ever since I've been feeling *great*!"

What I was seeing, I realized, was a combination of withdrawal from the sedatives and an overdose of the antidepressant. I sent him to the hospital, where they watched him overnight and sent him home after his vitals had stabilized. A few days later he came back to see me, looking a little sheepish. But at least he was punctuating his sentences.

He held out a plastic grocery bag. It rattled when he put it down.

"These are *all* my meds."

The bag contained perhaps 20 pill bottles, some over 5 years old. There were six different antidepressants, as many varieties of sedatives and sleeping pills, a couple of muscle relaxants, and a few over-the-counter drugs that listed "sleepiness" as their primary side effect.

"You take *all* these?" I said.

"No, no," he said. "Not usually. Usually I just take the ones I told you about." He was having trouble returning my gaze. "But I keep these," he confessed. "I never know when I might ... need something."

"So you've been managing your meds on your own?"

Styling: Steila Park, prop styling: Bennett Zeile

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"No," he said. "Not usually. Hardly ever. . . . I didn't think I could end up in the hospital."

This might have been my cue to start reading him the riot act, but I started somewhere else instead. "Help me out with this," I said. I wanted to know just what made him wrap himself in this chemical security blanket. Unless I understood that, I didn't think he was going to get any better.

As long as he could remember, he'd been terrified of his own emotions. When he was 12, his father committed suicide. (This was the "accidental death" he'd mentioned when I took his family history the week before.) He lived in fear that his own emotions would someday do him in. Whenever he was tired or anxious or down, he took a pill and felt better. Never too many before now, and they had all been prescribed or he'd bought them at the drugstore. He thought they were safe.

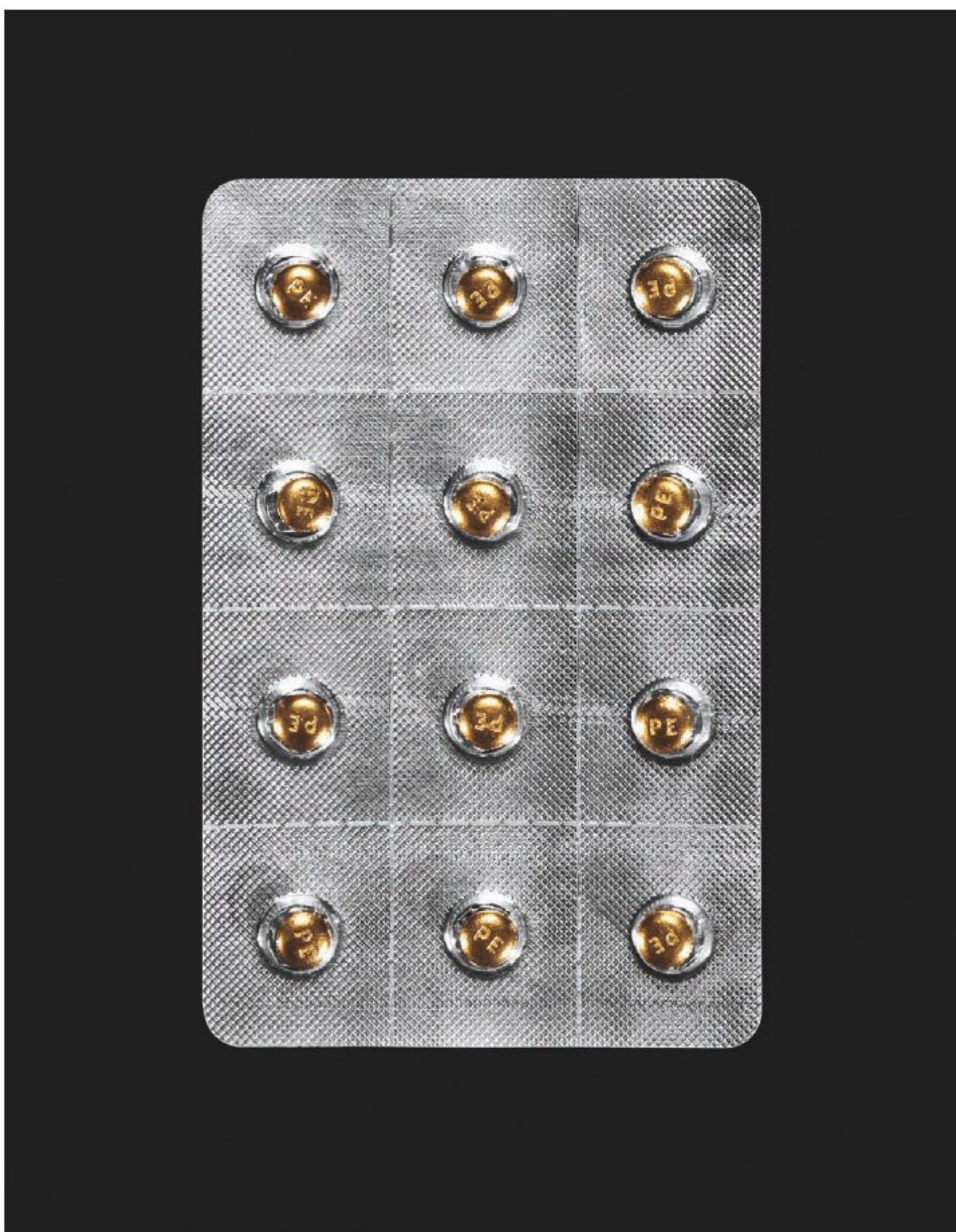
And until he wound up in the hospital, all those pills seemed to work. But the pills had other effects as well, one of which was to convince him that he was helpless without them.

He'd suspected what kind of trouble he was in, which was why he'd been willing to go along with my initial recommendations. (Most people dependent on pills wouldn't have been.) But he didn't have the resources to follow through. Except in the place where he'd learned to look for resources: his medicine cabinet.

What he needed wasn't in that cabinet at all, or in anything I could prescribe. What this patient needed wasn't a drug so much as a good psychotherapist. I found him one.

MAKE NO MISTAKE: Plenty of times, only a drug is going to help. Some people with diabetes can help themselves with diet and exercise, but many require medication for the rest of their lives. Cases of mild depression may resolve on their own, but without prompt and effective treatment, severe depression can lead to suicide. Hypertension sometimes improves with changes in lifestyle, but in the majority of cases, medications are the only thing between you and the stroke ward. This is what makes medicine and medications so tricky: There are no magic solutions, either in taking them or avoiding them. Using them appropriately requires a clear head, an open mind, and a sound knowledge of what they can and cannot do.

What drugs can do, often, is set physiology back in balance when it has gone awry. Common infectious diseases—a staphylococcal blister, a touch of pneumonia—used to be routinely fatal before antibiotics. Beta blockers for controlling heart rate and blood pressure; statins for controlling cholesterol; cheap, safe, and effective drugs for controlling blood sugar; and plain old aspirin—all can add years to the average life expectancy. Even for a problem as mundane as heartburn, a \$1 dose of a proton-pump inhibitor can



Drugs can only patch what's broken. But some things just don't patch very well.

make the difference between a good night's sleep and a nightly descent into hell. And, yes, there are drugs that, for some people, make it possible to have sex, grow hair on a bald head, and perform a few other small miracles that, while not a matter of life or death, just might make life worth living.

But there's a great deal that drugs won't ever do. You can sprinkle cholesterol-lowering drugs over that sausage pizza as freely as oregano, but if you plan on building your life around junk food, you're going to pay—in ways far worse, and far less remediable, than heartburn. Likewise, we have all sorts of drugs that seem to slow the growth of cancer cells, but

lung cancer is still pretty much a death sentence—and still largely the result of smoking tobacco. And no drug makes any kind of dent in alcohol dependency.

Drugs can only patch what's broken. Some do it better than others, but no matter how good the drug, there are things in life that just don't patch very well. Better to take the effort to keep those things whole than to count on some chemical to glue them back together.

Perhaps the most pernicious aspect of our exaggerated trust in drugs is our belief that *everything* can be effortlessly fixed: social embarrassment, toenail fungus, aging. All, we feel, should have a quick, pharmaceutical



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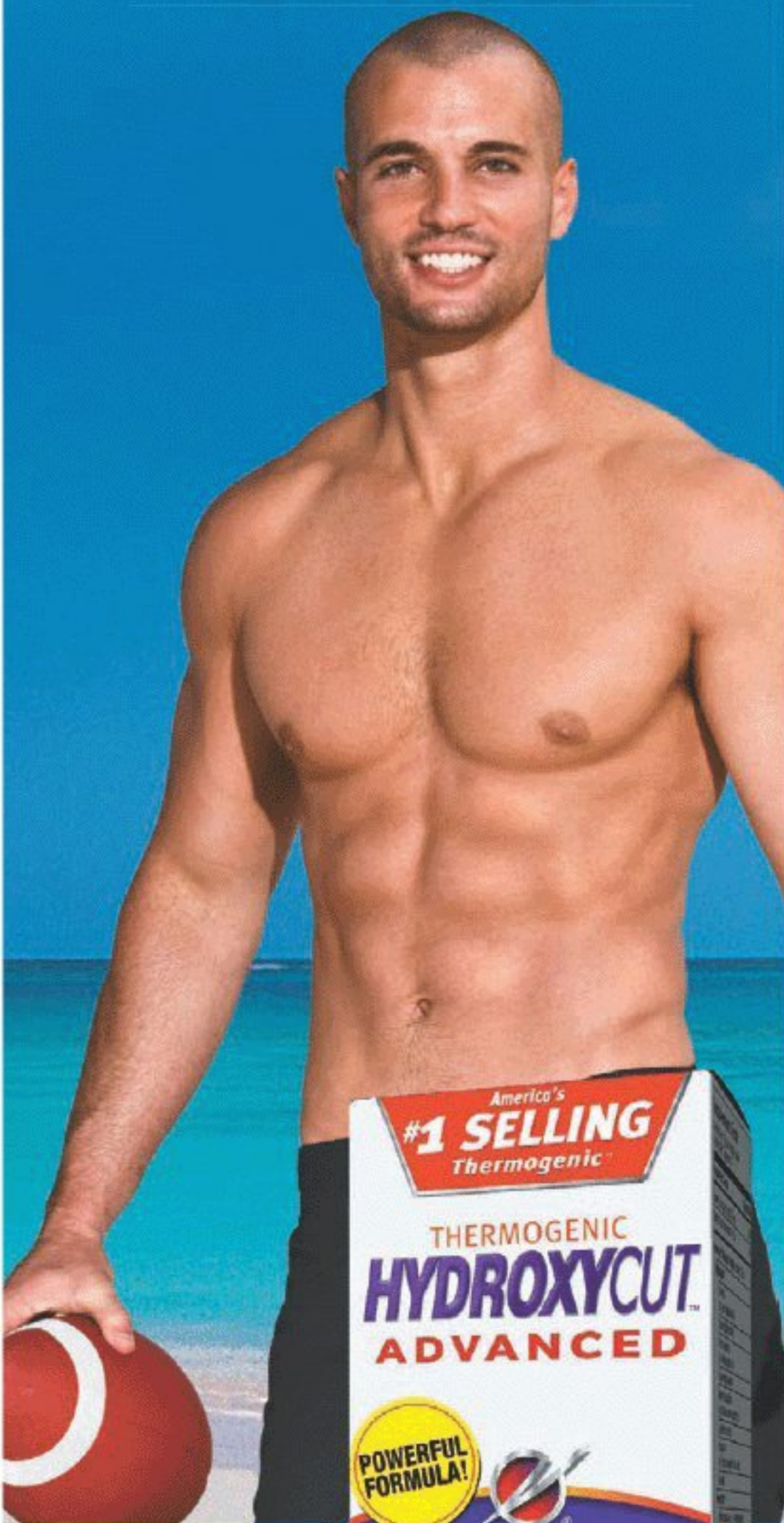
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First Person

Say No to Drugs

solution. In fact, few problems are so simple that they can be solved with a pill; few drugs are so simple they don't cause problems of their own. But here, too, if we focus on drugs, their risks and their inadequacies, we miss the point. The problem isn't our medicines: It's our assumption that every one of life's ills has a solution. When last I checked, the mortality rate on this planet was still pegged at 100 percent.

I KNEW AN OLD MAN—a very old man, who was in his 90s when I met him and nearing 100 when we said goodbye. He had been my patient at one time, and I would stop by whenever he wound up in the hospital, just to say hello. He was pretty much blind by the time I met him. His granddaughters, who came to see him every day (he had outlived his children), brought him books on tape that he played on a government-issued cassette deck. He listened avidly, hour after hour: Burton's *The Anatomy of Melancholy* one day, a John Grisham novel the next. When he talked about books, his face took on a shy radiance, and he had the sweetest smile I've ever seen on anyone over 6 years old.

The last time I saw him, he was back in the hospital because his heart rate had risen to around 140. It had taken almost a week of massive doses of beta- and calcium-channel-blockers to bring it down to normal. Then the physical therapists stood him up and tried to make him walk. At the least exertion, his heart took off again and he would gasp for breath until he sat down. Then he was fine again. As long as he was sitting down.

I poked my head in his door one morning. He was scheduled to be discharged to a nursing home later that day. He was out of bed, sitting up in a chair, fully dressed. For the first time I could remember, the tape

player at his side was silent. He was staring blankly at the window, which showed only a bush that had grown to block the view. I doubt he knew.

"I'm tired," he said, without turning toward me.

I said something sympathetic about the physical therapists being so relentless. He shook his head.

"I'm tired," he said again, and turned back to the window. After a long silence he added, very quietly, as if he'd forgotten I was there, "It's time to stop."

I ran into one of his granddaughters a few weeks later. "He'd made a decision," she told me. "He hated all those pills. 'Grandpa,' I said to him. 'You know what will happen if you stop taking them.' He just smiled at me. 'I know what will happen,' he said. 'I'll die.'" She stopped, brushed at one eye, and then gave me a dazzling echo of her grandfather's smile. "And that's what he did."

EVERY TIME I REACH for a prescription pad—even as I'm running through the side effects, the contraindications, the interactions, the alternatives—what I should be thinking about most isn't the drug at all. It's the human being whose name I'm writing on that prescription. That would be you: the ingredient missing from most of our prescriptions. Human physiology is complex, but the life of each individual is of a complexity no science will ever comprehend. That's the part you bring to the doctor's office, the one that only you can speak for, the life that only you will live. A prescription isn't a solution—it's a choice. Beyond that slip of paper lies a universe of other choices, for good or ill. Choose wisely. ■

Patients are composites of multiple cases, in which all identifying characteristics have been altered to protect their privacy.

Before you pop that pill

Sometimes the best medicine may be none at all. Here's one doctor's prescription.

JOINT PAIN

A long-term regimen of pain relievers comes with considerable risks, ranging from internal hemorrhage to kidney damage to liver failure and heart attack. Try a physical therapist first: A good one can help relieve the pain and teach you ways to avoid reinjury.

CHOLESTEROL

Statins lower elevated LDL cholesterol levels, but diet and exercise can do that, too, while also preserving your joints, strengthening your lungs, and improving your mood and mental acuity. And they can provide a boost in your self-esteem, which is something no pill can do.

SKIN INFECTIONS

Antibiotics can clear these up, but they can also put you at risk of allergic reactions, antibiotic-resistant bacteria, diarrhea, or secondary infections such as *C. difficile*. The drug-free alternative: Soak the infected area in warm water; heat often eliminates the infection.

INSOMNIA

Sometimes the reasons for sleeplessness go deeper than a drug can reach. And sometimes doctors overdiagnose (and overmedicate) the ordinary vicissitudes of life. Insomnia is often caused by caffeine, alcohol, or too much job stress.

HEADACHES

Brain pain can be miserable, yes, but it's often caused by withdrawal from the very drugs we use to treat it. Learning to identify and avoid hidden headache triggers, such as staying seated in one position for too long, can break the cycle once and for all. —T.H.

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Slimmer by Summer

Break your bad habits now—and start a smart eating plan today. Your goal: Strip the fat and reveal your summer muscles by Memorial Day

BY LISA JONES

Your abs won't show if they're hidden behind a layer of winter fat.

WE'RE NOT SUGGESTING "THE SITUATION" AS A ROLE MODEL. But there is one beach-body lesson you can take from MTV's *Jersey Shore* loud-mouth: The less body fat you carry, the better your abs will show. And it makes sense to start your summer beach-body program long before shirtless weather arrives. Your goal is to strip your winter flab so your core work can show through. Let the Memorial Day countdown begin.

Start by performing triage on your eating habits. "Target one or two behaviors that you can make the most difference by changing," says Jennifer McDaniel, R.D., of St. Louis University. Take a moment to think about your typical day, and pick your worst habit (weekend pig-outs? salty snacks and beer?). Then work for a week on eliminating that habit. The following week, move to your next-weakest link.

We have only so much willpower, a recent study in *Psychology and Health* shows. That's why trying to break several bad habits at once can be overwhelming: You drain your capacity for willpower—what researchers call "self-regulation," says study author Kathleen Martin Ginis, Ph.D., a professor of kinesiology at McMaster University, in Ontario. This is one time when being too ambitious can backfire.

On the next page we list six bad eating habits. Don't become discouraged—lots of men fall victim to these. See how many of them you recognize in yourself, and try the easy fixes we've gathered from experts. Then add a few good habits and attitude adjustments that just make sense. Soon you'll look tight enough to go creepin' at the shore . . . if that's your thing. Better yet, you'll also feel good with your shirt on.

Guy habit 1

Skipping meals or snacks

Not eating can mess with your body's ability to control your appetite. But it also destroys willpower, which is just as damaging. "Regulating yourself is a brain activity, and your brain runs on glucose," says Martin Ginis. If you skip breakfast or a healthy snack, your brain doesn't have the energy to say no to the inevitable chowfest.

So skipping a feed helps turn us into gluttons at night. Your starving brain "just doesn't have the fuel it needs to keep you on track, monitoring your diet."

Break it This one's easy. Spread your calories out into three meals of about 500 calories each, and two snacks of 100 to 200 calories each, says Liz Applegate, Ph.D., director of sports nutrition at the University of California at Davis. Most men who are trying to lose weight still need at least 1,800 to 2,200 calories a day, says Applegate. More important, change your mindset, she says. Think *I'm going to start a new routine*, not *I'm going to restrict myself*. Restriction leads to overeating.

Guy habit 2

Speed-eating

Use the nondiet approach: You're not denying yourself food, you're just eating it more slowly. Savoring it. Allowing your body some time so you don't keep eating when you're full.

In an experiment published in the *Journal of Clinical Endocrinology & Metabolism*, 17 healthy men ate 1¼ cups of ice cream. They either scarfed it in 5 minutes or took half an hour to savor it. According to study author Alexander Kokkinos, M.D., Ph.D., levels of fullness-causing hormones (called PYY and GLP-1), which signal the brain to stop eating, were higher among the 30-minute men. In real life, the scarfers wouldn't feel as full and could be moving on to another course.

Break it Your body is trying to tell you something, so give it a chance. Slow down and enjoy your food, says Dr. Kokkinos. Put away the newspaper and turn off the TV. Try this breathing trick from *The Yoga Body Diet* (Rodale): Inhale while counting slowly to five; exhale and count slowly to five; repeat three to five times before eating. A study in a 2009 issue of *Journal of the American Dietetic Association* shows that yoga increases mindful eating and results in less weight gain over time.

Guy habit 3

Pigging out on weekends

Weekend feasts can cause trouble beyond Sunday. In a recent study in the *Journal of Clinical Investigation*, researchers used rats to examine the effects of palmitic acid on leptin, a hormone that helps regulate appetite. Palmitic acid is found in saturated fat, an ingredient often featured in your favorite weekend grub.

"We found that within 3 days, the saturated fat blunts or blocks the ability of leptin to regulate food intake and body weight," says study author Deborah Clegg, Ph.D., of the University of Texas Southwestern medical center. So a Friday to Sunday of burgers, fries, and wings may prime your brain to overeat on Monday.

Break it You don't have to go cold turkey (though turkey on whole wheat is always smart). McDaniel suggests that your reward for a healthy week should be one cheat meal, not an entire weekend of them. After all, having an all-you-can-eat weekend is like eating poorly for nearly 30 percent of your week. That means you'd be eating well just 70 percent of the time. We call that a C minus. Do you really want below-average results?

Guy habit 4

Gorging on salty snacks

Sodium is insidious—it causes us to eat unconsciously. It adds up fast: popcorn at the movies, chips during the game, peanuts at the bar.

Break it Salt cravings go away after a couple of weeks on a reduced-salt diet, says Thomas Moore, M.D., an associate provost at Boston University medical center. Not many men can replace their favorite snacks with carrots or celery, but give them a try: The crunch may be what you crave. Otherwise, try small amounts of low-sodium chips and pretzels. As you're cooking a dish, skip the salt and, if you want, add just a dash at the table. "Salt added to the surface of a food item is far more noticeable than the same amount of salt cooked into a recipe," says Dr. Moore. A slow reduction of your salt habit pays off in fewer cravings, he says.

Guy habit 5

Drinking

Alcohol, that is. Here's an exercise to start tonight: Write down how much beer, wine, and other drinks you consume in a week. (Use that cocktail napkin.) You may surprise yourself. Calculate the calories and expect another

surprise. A reasonable-sounding two beers a night can mean more than 2,000 calories a week—almost an extra day's worth. It can take more than 2 hours of running to burn that off. You call that a weight-loss plan? Besides the empty calories, booze undermines your willpower, says Dawn Jackson Blatner, R.D., spokeswoman for the American Dietetic

To burn off a mere two beers a night, you'd need to run for 2 hours a week.

Association. Which leads to impulse orders of, say, Buffalo wings.

Break it Try quitting—for just a week. Check your weight and how your pants fit. See if you can live on less. When you do drink, switch to lower-carb dry red wine (about 4 grams of carbohydrates compared with almost 13 in a regular beer) or low-carb beer.

Guy habit 6

Eating in front of the TV, then dozing off

It's a double whammy with a twist. You ingest calories while burning none, and sabotage your secret weight-loss weapon: sleep. Research confirms that people who eat in front of the tube consume more calories (nearly 300, in one study) than those who don't, and that the more TV they watch, the less active they are. And University of Chicago researchers found that people who lost 3 hours of sleep ate about 200 more calories the next day in snacks than those who slept 8½ hours.

Break it Donald Hensrud, M.D., medical editor-in-chief of *The Mayo Clinic Diet*, says, "If you want to watch TV, be active at the same time or go work out and come back—then you can treat yourself with some TV." And make your DVR earn its keep so you can go to bed on a regular schedule. Sleep is a fine habit when done correctly. ■

The world's simplest eating plan

Spread your calories throughout the day to thwart overeating, says Liz Applegate, Ph.D.

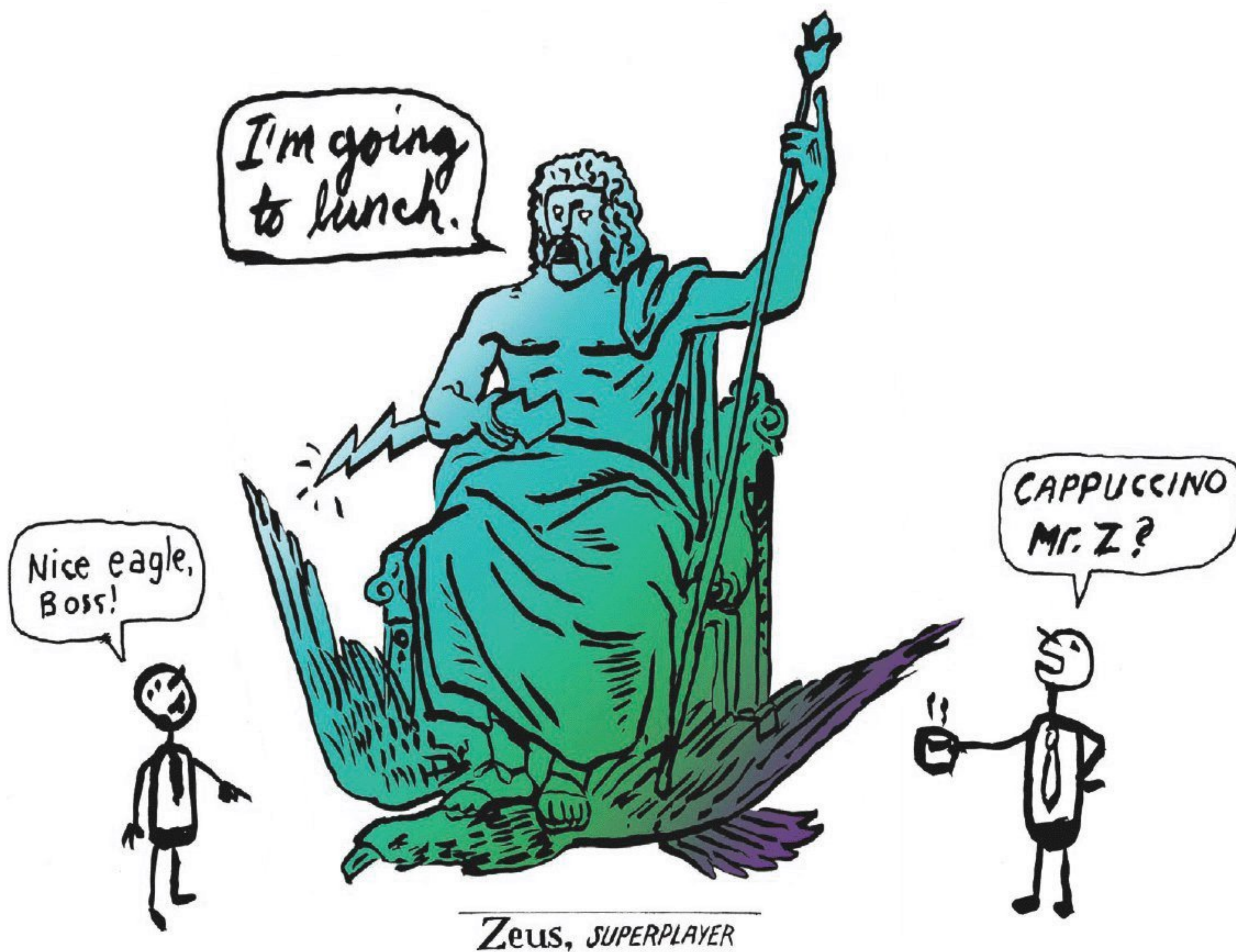
8 a.m.	10 a.m.	1 p.m.	4 p.m.	7 p.m.
BREAKFAST	MIDMORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER
Egg wrap	Protein drink or bar	Turkey on whole wheat	Piece of fruit or shake	Pizza and a huge salad
Wrap two scrambled eggs in a high-fiber tortilla along with salsa, a small handful of shredded Cheddar, and chopped tomato. Eat a banana, too.	Go for a controlled-calorie/high-protein option, like a Muscle Milk drink or a nutrition bar with at least 8 to 10 grams of protein.	Use any lean protein and keep the sandwich at 500 or fewer calories. Add a bit of low-fat spread and lots of vegetables.	Munch on a piece of fruit or drink a small smoothie. Keep it under 250 calories.	Have two slices, and make the salad half greens and half chopped vegetables, with a tablespoon of olive-oil-based dressing.



Steal the Thunder

Make the leap from pawn to player in five easy steps

ILLUSTRATION BY JAMES VICTORE



IT'S EASY TO BE A LITTLE DOWNBEAT THESE days. On one side of each of us lies a vast, empty, unattractive steppe of un- or underemployment. On the other, there's the noisy, headachy metropolis of overwork. I've seen both sides and don't like either one very much.

Consider my friend Ambrose. He used to work in a department of some 40 busy finance beavers. Now he's one of about four people trying to keep the fiduciary dam from bursting—for the same salary, no less. When he arrives at 7:30 a.m., he's already behind the eight ball. His face is a perpet-

ual red. His hair is vertical. That's no kind of life. Now consider Dexter, who works in one of the high aeries of the corporation. He works hard at the things he wants to do. He doesn't pay much attention to the crud he doesn't. He defines his existence. He has fun. And he's looking forward to a decent bonus this year, too, because he's in the small group of people who are considered essential by senior management. In short, the guy's more than just a player: He's a Superplayer.

Think about the concept: This is the kind of man who gets things done, enjoys life, and

views each new day as a vista of opportunities because he has the skills and the attitude to control it. Think George Clooney, Steve Jobs, Barack Obama. They're at the top of their game. They write their own tickets.

There's a room full of these guys. Buffett. Cameron. A-Rod. The real question is, how do we move from fascination and emulation to becoming a member of this very exclusive club? Frankly I'm still figuring it out myself. But here are some initial thoughts and guidelines on the whole process.

RULE 1

Do only what you want to

This means skipping the stuff you don't. How is that possible? By getting rid of, to the extent possible, the boring, time-wasting, frivolous, and stupid—the stuff that doesn't move the ball down the field. Of course, that's easier said than done. But like anything worth doing, this talent can be mastered over time.

Did you know that for every boring meeting you don't want to attend, there's some numbnuts who'd like to be at it? Find that person. Cultivate him (or her). Most likely, he's at the same level you are in the organization, and in the same general discipline. Then when a meeting comes along dealing with an upcoming meeting to ascertain the goals of another meeting yet to be scheduled, you can say, "Bob, there's a meeting up on 37 about next year's sales conference in Petaluma. I'm jammed here. Wanna go?" Bob will say yes, and you just bought yourself an hour or two to do what you should be doing.

RULE 2

Don't overdeliver

There are many tasks in the workplace that may be done with total adequacy and nothing more. People get mashed up by obsessively making sure every e-mail is explosively terrific, each spreadsheet is impeccable, every conference call is perfection itself. This is unnecessary. Of course, you don't want to be a sloppy bastard. But don't waste your time sweating the minuscule stuff while the Superplayers are defining the known limits of the universe.

Take my colleague Beringer, an attorney. Attorneys are the worst in this regard. In meetings, he'll make sure he has your total comprehension and acceptance on every single point. I'll say, "Look, Morty, I think I get it. Let's move forward on this. What are you having for lunch?" And he'll reply, "We're only up to bullet point 4 on this, man." And I'll look at the page, and sure enough, there are *eight* more bullets! Shoot me.

I'm all for excellence, but adequacy has its moments, too. I much prefer to deal with Beringer's boss. "You okay with the Kreeger thing?" he says to me the other day as we're both taking a leak in the 42nd-floor bathroom. "Sure," I tell him. "Good," he says. Then we wash our hands and leave. Now that's what I call multitasking.

RULE 3

Achieve maximum focus

The guys I know who consistently move the world—and, not coincidentally, make the most money—have this capacity. My friend Jim, for instance. At his company, he's in charge of all the financials. At the end of the year, when the books close, he puts on his cape, commanding a team of people who make sure everyone in the company has their checks in before the banks close on December 31. They don't take

no for an answer. And throughout the process, Jim sits in his office at headquarters making sure every VP, senior exec, and midlevel grunt plays along. And he does not go home until he's done. His chairman loves him.

By the way, a key aspect of your Superplayer strategy is to make sure all credit for what you do is logged in at the one place it counts: your boss's office. Not your boss's boss's office. Not the company newsletter. Your boss has to know what you do and appreciate it fully, that's all. You'd be amazed at the number of people who whine about the fact that their boss takes the credit with *his* boss for what they do. Or maybe you wouldn't be amazed. Maybe you gripe about that yourself. But you're wrong. Your job is to make your boss look good, and to make sure he knows he wouldn't look good without you. Establish a record of success and irreplaceability one victory at a time, and you will very slowly and irrevocably turn Super.

RULE 4

Forge your own style

Go on YouTube and search for "the best of Steve Ballmer." Steve is the CEO of Microsoft, and he's like nobody else in the world. On the video, in which Ballmer unleashes explosive, over-the-top pitches and rants in commercials and conferences, you will witness a man who in any other circumstance would probably be institutionalized. Instead, he's leading one of the most important companies in the world. He's so good at what he does that he can pretty much do it any way he wants to.

This is true of all Superplayers, and there's no reason, aside from your own timidity, why you can't start implementing this part of your program right now. Of course, you have to be sensitive to your corporation's culture. At IBM, for instance, a highly patterned necktie might be a declaration of utter insanity. At a Silicon Valley start-up, on the other hand, an

insufficiently torn T-shirt might raise an eyebrow. All great operators have their own way of doing things, one that develops over time and becomes their brand. That's right. Everything in this world of ours that's worth anything above scale is branded. Why not you?

RULE 5

Expand your turf

I started as an Associate of something. Very early on, I noticed our department had huge tracts of unoccupied land that I was interested in. I sort of oozed around the edges of them for a while, and then moved in and built tiny little yurts, domiciles I could use to camp in when the opportunity arose. Time went by. I knocked down the temporary housing and constructed condos. Pretty soon I was master of an entire landscape of duties, responsibilities, and excuses to use my company credit card.

One day a big chance arose. We had taken over a larger company, and there was no clear boss of my function. I figured, what the hell. I went to see the president. I said, "You have nobody occupying the top slot of your department here. Let me do it." He took a day to think about it, and then he said, "Okay. If you're crazy enough to want to do it, you can have it." And so I took it. Did I have the necessary experience and seasoning at that point to dare to make the grab for the ring? Not really. But nobody else was thinking about it, and more important, no one was anticipating my move. Let's just say it was a good thing I acted when I did.

IN THE END, BECOMING A SUPERPLAYER is not that hard. People achieve that status on a regular basis, or at least some people do—the ones eating \$30 cheeseburgers while you're munching a tuna melt at your desk. The ones who know where they're going and who they're going to take with them.

So where will you have lunch today? ■

To be the boss, be bossy

The inflated egos of corporate bigwigs may be a key part of their success, according to a recent *Journal of Applied Psychology* study. Cultivate these big-shot personality traits without the nasty side effects—like people hating you.

BIG-SHOT TRAIT		YOUR WAY	
Self-importance	Achievement exaggeration	Hoarding power	Rejection of criticism
A strong presence	Achievement emphasis	Channeling power	Clarification of criticism
Briefly pause before entering someone's office, and pause again just before you start to speak. "You're non-verbally announcing 'I'm here,'" says Debra Benton, the author of <i>CEO Material</i> . "That's not grandstanding. It's simply asking for a few additional seconds of the person's time to help focus his attention."	It's okay to self-promote as long as it helps your business, too. In fact, research shows some boasting may help you climb the corporate ladder. But don't dredge up old victories. "Your boss wants to see what's happening now," says Suzanne Bates, author of <i>Motivate Like a CEO</i> .	Don't wait for power to be handed to you. Instead, seize status by looking down the ladder. "Allow yourself to be pushed up from below," says Benton. "You can't move up if no one is there to fill your void." Build up your team to your boss and he'll pass along the praise—to you, as well.	Asking for feedback puts you—not the provider—in control. "If you open up the door for criticism, you're not in the hot seat," says Benton. Then ask for clarification several times. This shows you're serious about improving, and forces your boss to fess up to unfounded criticism.

LAURA ROBERSON

Real Tacos, Real Fast

Whip up the fast, tasty, *auténtica* staple of L.A.'s sidewalks. No truck required

BY JOHN T. EDGE • PHOTOGRAPH BY MARCUS NILSSON

YOU'VE PUT AWAY CHILDISH THINGS, like clip-on bow ties and brightly colored breakfast cereals. But when it comes to Mexican food, your run for the so-called border seems practically adolescent. • Why settle for bags of Americanized hard-shell tacos overstuffed with pebbled beef and iceberg lettuce when you can have the real deal? We're talking soft, warm corn tortillas topped with seared flank steak, a splash of *salsa roja*, and a shower of sharp onion and fresh cilantro. And the good news is you don't need to be a vet of the bodega circuit to make authentic tacos at home. Just follow

the Way of the Truck. • Think of taco trucks as traveling exhibits of simple Mexican cookery. These roving restaurants-on-wheels charge a pittance and showcase endless authentic combinations of meat, tortillas, and heat. You'll find them parked in Latino neighborhoods across the United States, but one of the biggest concentrations thrives in East Los Angeles, where competition is fierce and customers know their tacos. • Juan Torres works the night shift at Tacos El Galuzo, a white truck blazoned with a mural of his hometown, Arandas, in the Mexican state of Jalisco. Each evening,





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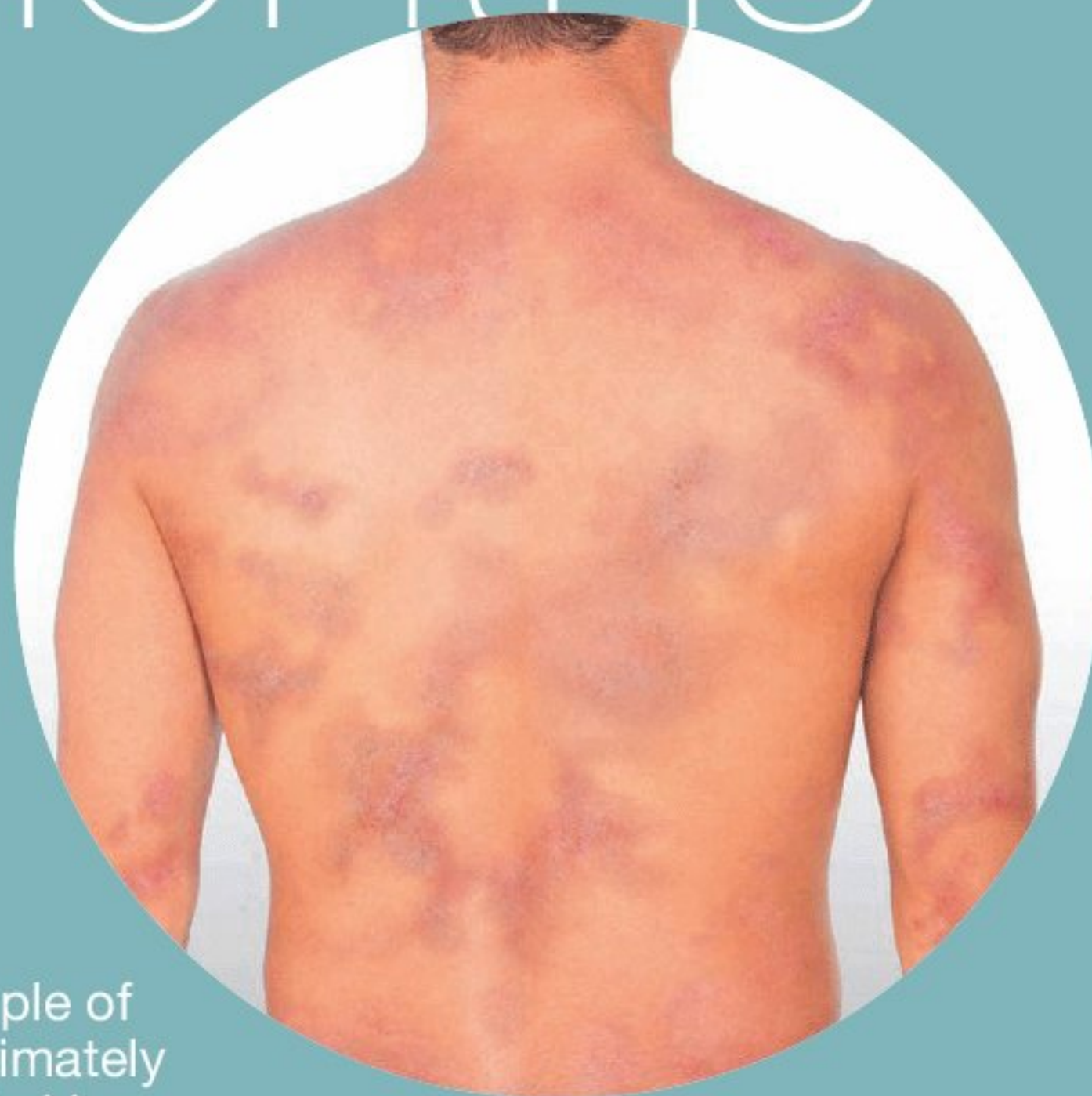
www.igourmet-plaza.net & www.igourmet.net

**For adults with chronic moderate
to severe plaque psoriasis**

Clearer skin in 3 months



Before **ENBREL**



After **ENBREL**

Example of
approximately
75% skin
clearance after
3 months.
For illustrative
purposes only.
Your results
may vary.

Prescription ENBREL is an injection that is clinically proven to provide clearer skin. In medical studies, nearly half of patients saw a significant improvement in their plaque psoriasis within 3 months of using ENBREL. Overall, 3 out of 4 patients saw improvement. Your results may vary.

If you and your doctor decide that ENBREL is right for you, ask about help with out-of-pocket costs through *ENBREL Support*[™].

ENBREL Support™ offers eligible patients*:

- 6 months at no out-of-pocket cost to you
- \$10 or less out-of-pocket cost per month thereafter†
- Support for your ENBREL co-pay or co-insurance, and prescription deductible

No out-of-pocket cost for 6 months for eligible patients*



Program provides up to \$4,000 of assistance per patient for each 6-month period.‡ Patient is responsible for costs above these amounts.

*Eligibility: Open to patients with commercial prescription insurance. Not open to uninsured patients or patients receiving prescription reimbursement under any federal, state, or government-funded insurance programs (for example, Medicare including Medicare Part D, Medicaid, etc.) or patients who live in Massachusetts (or where prohibited by law). Restrictions, including monthly maximums, may apply. Offer subject to change or discontinuation without notice.

†Each time you fill your ENBREL prescription, you will receive 50% off your out-of-pocket cost or pay no more than \$10 per month—whichever helps you more.

‡For patients with moderate to severe plaque psoriasis, who are first starting ENBREL and prescribed 50 mg twice-weekly dosing, program provides an additional \$2,000 per patient for the first 3 months of therapy only.

Ask your dermatologist if ENBREL is right for you. Learn more: visit enbrel.com or call 1-888-4ENBREL.

Who is ENBREL for?

ENBREL is indicated for the treatment of adult patients (18 years or older) with chronic moderate to severe plaque psoriasis who are candidates for systemic therapy or phototherapy.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the following page.

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Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See “What is the most important information I should know about ENBREL®?”)
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ Orencia® (abatacept) or Kineret® (anakinra). You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
 - ✓ Cyclophosphamide (Cytoxan®). You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine

- ✓ all vaccines should be brought up-to-date before starting ENBREL®
- ✓ people taking ENBREL® should not receive live vaccines
- ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
- ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
- ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breastmilk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section “What are the possible side effects of ENBREL®?” below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- moderately to severely active rheumatoid arthritis (RA). ENBREL® can be used alone or with a medicine called methotrexate.
- psoriatic arthritis. ENBREL® can be used alone or with methotrexate.
- ankylosing spondylitis (AS)
- chronic, moderate to severe plaque psoriasis in adults ages 18 years and older
- moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See “What is the most important information I should know about ENBREL®?” and “What are the possible side effects of ENBREL®?”

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed “Patient Instructions for Use” with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. Do not use ENBREL® more often than as directed by your doctor.
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See “What is the most important information I should know about ENBREL®?”

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See “Before starting ENBREL®, be sure to talk to your doctor” for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may

do a blood test before you start treatment with ENBREL® and while you use ENBREL®.

- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus. Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep ENBREL® in the original carton to protect from light.
- Keep ENBREL® and all medicines out of the reach of children.

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

v3

Issue Date: 11/2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN®

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Torres pulls to the curb alongside a Whittier Boulevard car-stereo dealer, across from a Target, in East L.A. Most nights his high-school-age son, Juan Jr., rides shotgun, ready to pinch-hit in the truck's cramped kitchen. Torres surveys his salsas and kicks his flattop grill into high gear. He's ready to serve textbook tacos with a minimalist's command of detail. The line snaking down the block proves it.

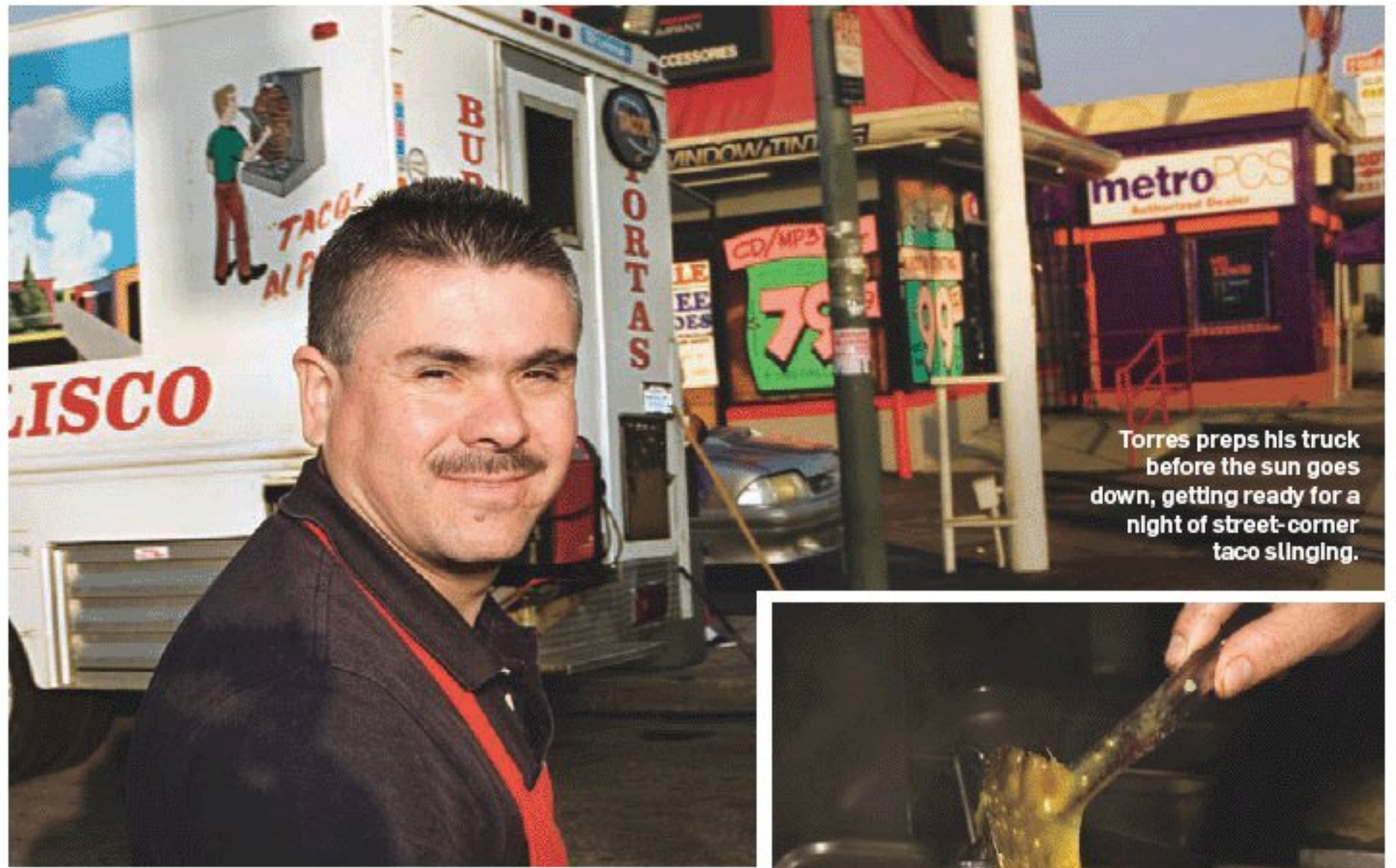
But Torres is more than just a taco guru. He's also president of the Asociación de Loncheros L.A. Familia Unida de California, a member alliance that lobbies and organizes on behalf of the city's taco-truck drivers. Some people (restaurant owners, maybe) still revile taco trucks as roach coaches, and the stigma affects the political scene: A couple of years back, the L.A. County supervisors wanted to enforce regulations that he says would have virtually criminalized the roving taco trucks. Torres, on behalf of vendors and consumers alike, fought the law. And he won. (He enjoyed a boost from a loose association of friends and smart-asses who printed "Carne Asada Is Not a Crime" T-shirts.)

Though *carne asada* (grilled meat) isn't a crime, it's tempting to have second thoughts about the gnarlier items on Tacos El Galuzo's menu: The truck stocks a feedlot's worth of variety meats. There's *lengua*—cow tongue—and *tripa*, the lining of a pig's stomach. And *buche*, the muscular part of that stomach. They're delicious simmered El Galuzo style in a broth with whole onions, and then crisped on the flattop. But there's no need for macho posturing, not when straightforward tacos like *carne asada* and chorizo are so good.

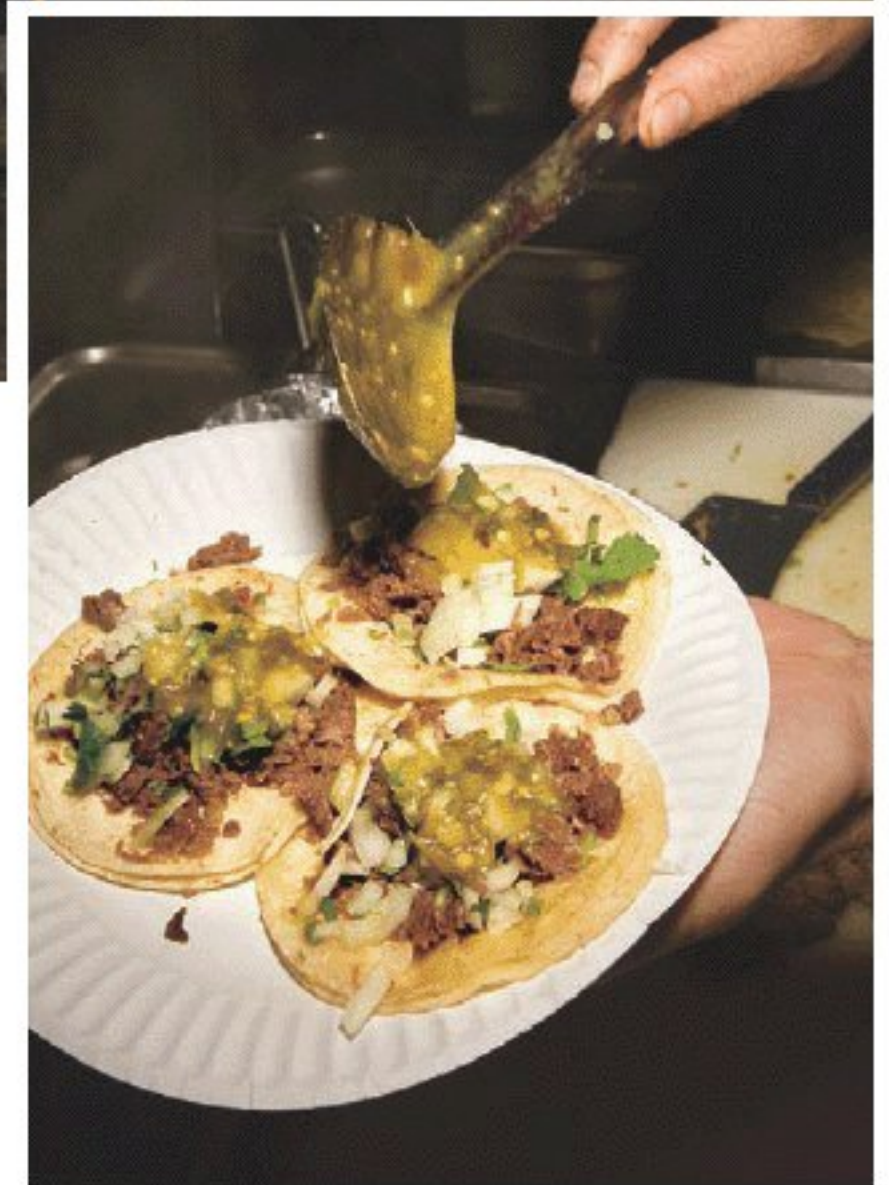
As a TV mounted over the condiment bar blares the news on Univision, Torres starts by dipping his soft corn tortillas (no bastardized flour tortillas here) in melted lard. It's just enough fat to wet the griddle and refresh the tortilla. Then he uses a tortilla to portion his filling. The process is simple: He clasps a tortilla in one hand and reaches for a pile of freshly chopped meat with the other. What Torres grabs is what stays in the tortilla; it won't be an overstuffed monstrosity. Then he drizzles on a homemade salsa, showers the taco with chopped onion and cilantro, and serves it open-faced, with a couple of lime wedges and a few radishes for crunch.

"For here or to go?" Torres asks. Uttered by a taco-truck cook, simple questions sound existential. Since these roving restaurants lack the space for seating and are ready to roll down the street in an instant, isn't every taco truck order "to go"? Actually, no. Turns out, a to-go order at El Galuzo means a brace of foil-wrapped tacos, stuffed in a paper sack, with plastic bullets of salsa thrown on top.

But tacos are all about immediacy. It's best to eat them on the stainless-steel ledge cantilevered off the truck. Even better, just make them at home and eat them, standing, right in your kitchen. Get your truck on.



Torres preps his truck before the sun goes down, getting ready for a night of street-corner taco slinging.



Taco night, reloaded

For an authentic Mexican spread, pick one filling and salsa to serve four, or cook up a variety to feed a crowd.

TORTILLAS

Soft Corn Tortillas

BUY THEM Most trucks, including Tacos El Galuzo, rely on commercially made soft corn tortillas. Look for them in the refrigerated section, next to the wraps. When you're ready to eat, brush them with olive oil and warm them in a heavy skillet until they're flexible.

MAKE THEM Can't find good-quality corn tortillas? Craft your own. Easily. Just add water to powdered *masa* mix (available in the Latin section of the supermarket), flatten the dough into disks, and cook the tortillas in a skillet for about a minute. (The instructions are on the package.) Two cups of *masa* yields enough dough for 12 tortillas.

FILLINGS

Carne Asada

Although it literally just means "grilled meat," *carne asada* is usually beef. Often the beef in question is *espaldilla* (boneless beef clod steak) or *diesmillo* (boneless beef chuck steak). At home, skirt steak or flank steak works just as well.

- 2 medium lemons, juiced
- 6 Tbsp water
- 1 tsp garlic powder
- 1 scant tsp salt
- 1 lb skirt steak or flank steak
- Vegetable oil for grilling

1 In a large resealable plastic bag, combine the first four ingredients and add the beef, massaging the marinade into the meat. Refrigerate for 1 to 3 hours.

2 Heat a grill or grill pan on medium high. (You should be able to hold your hand over it for no longer than 3 seconds.) Remove the

meat from the marinade and pat it dry with paper towels. Lightly oil the hot grill and add the beef. Cook until the meat is nicely charred and the interior is just cooked through, about 3 minutes a side. Let rest a few minutes. Slice the beef into ½-inch strips and then hack it into nubs. Makes enough for 12 tacos

Chorizo

A fresh and sweetly aromatic pork sausage that's colored and perfumed with paprika and other spices, chorizo is a nearly instant taco filling. Find it alongside other sausages in the meat case or at the butcher's. (Don't confuse it with Spanish chorizo, which is a firm slicing sausage.)

1 Remove the casings from 1 pound of Mexican chorizo links by cutting a slit along the length of each link with a small, sharp knife. Then fry the chorizo over medium-high heat, breaking up the meat with a wooden spoon, until it's cooked through and lightly browned, 5 to 8 minutes. Makes enough for 12 tacos

Carnitas

Usually made with pork, these "little meats" use a tough cut that turns amazingly tender as it simmers and then crisps up in its own fat. Although they aren't in the El Galuzo

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Food

Real Tacos, Real Fast

repertoire, carnitas are a fixture on the taco-truck circuit. To play off the natural sweetness of the pork, pair with salsa verde.

- 2 lb fatty pork butt (shoulder), cut into 1½-inch chunks
- 1 Tbsp lard or vegetable oil
- 1½ cups water
- ½ orange, cut into 2 pieces (skin on)
- ½ medium white onion, thinly sliced
- 4 garlic cloves, peeled
- 1 tsp dried oregano
- 1 tsp table salt (or 2 tsp coarse salt)
- 2 bay leaves

1 Combine all ingredients in a 4- to 5-quart heavy pot; don't worry if the pork isn't completely covered. Bring everything to a boil, skimming as necessary. Then simmer rapidly over medium heat, stirring occasionally, until the pork is tender and the liquid has evaporated, about 1½ hours. Discard the orange and the bay leaves.

2 Continue to cook the pork in the fat left in the pan, stirring frequently, until it's golden brown, 10 to 15 minutes more. Makes enough for 12 tacos, plus leftovers

Recipe courtesy of Chef Roberto Santibañez, a partner of The Taco Truck, in New Jersey.

No matter which meat you choose, all tacos need a sprinkle of finely diced white onion and chopped cilantro, plus a drizzle of salsa.

TOPPINGS

Salsa Verde

Tomatillos, which look like green tomatoes with papery husks, give a sour edge to this salsa, while jalapeños add a dose of heat. Use this salsa to cut the richness of carnitas or chorizo tacos. It's also great with eggs and black beans.

- 10 tomatillos, husks removed
- 1½ jalapeños, stemmed and seeded
- ½ cup cilantro (leaves and stems)
- ½ small onion, chopped
- 2 garlic cloves
- Salt to taste

1 In a medium pot of boiling water, combine all ingredients. Reduce to a simmer and cook until softened, about 10 minutes. Let cool. Reserve 1 cup liquid; next, drain the mixture and puree in a blender until mostly smooth. Season with salt and, if needed, thin with some reserved liquid. Makes about 2 cups

Salsa Roja

The key to this salsa's intense, smoky flavor is char-roasted tomatoes and onions. It's especially good with carne asada. Make extra for tortilla chips—it'll keep in the fridge for a week.

- 6 medium tomatoes, halved
- 1 medium onion, quartered
- 2 garlic cloves
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 whole dried red chili, stem removed, or 1 tsp red-pepper flakes
- Salt to taste

1 Heat the oven to 400°F. Roast the tomatoes and onions on a foil-lined sheet pan for 20 minutes. Then add the garlic and roast until the tomatoes collapse and begin to char, about 10 minutes more. (Watch the garlic; if it goes past blond, pull it.) Let cool.

2 In a dry skillet over medium heat, toast the oregano, cumin, and chili, stirring constantly, until fragrant, about 1 minute. Then puree all the ingredients in a blender until mostly smooth. Season with salt. Makes about 2 cups

The 5 best beers for taco night

No need to grab the same old six-pack of Dos Equis, says Joe Tucker, owner of ratebeer.com. These beers also have the cojones to work with authentic Mexican.



Bear Republic Hop Rod Rye Ale

Match this citrusy, hoppy beer with carne asada. The robustness of the rye can handle the hearty complexity of marinated steak.



Brasserie Dupont Saison Dupont

Wash down your carnitas with this creamy ale. The brew's fruity aromas meld well with the sweetness of the pork.



Jolly Pumpkin Bam Bière

This barrel aged beer with lemony and light barnyard aromas pairs well with fresh salsas and roasted red chilies, says Tucker.



Stone Pale Ale

This California ale has an aggressively hoppy flavor balanced by lightly toasted malts, which bring out the caramelized flavors of grilled meats.



Hoegaarden Belgian White

This Belgian brew has a sweet undertone of orange and coriander, which enhances the spices in chorizo.

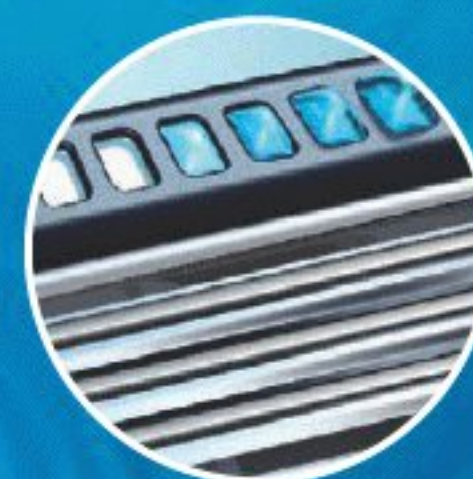
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Photographs by MITCH MANDEL

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Redesign your upper body using this cutting-edge muscle plan

BY TODD DURKIN, C.S.C.S. • PHOTOGRAPH BY SCOTT McDERMOTT

IT TAKES MORE THAN A BIG BENCH PRESS to build a big chest. That's because your chest muscles can do a lot more than push things away when you're flat on your back. They can also pull things toward you when you're standing up. In fact, your pectoral muscles perform more actions at more angles and in conjunction with more upper-body muscles than most of us ever consider. Sometimes they're the stars, but on other exercises they're

more like bench players. Because of that, they respond to low reps, high reps, and everything in between. • The best chest-building program takes advantage of that versatility by working your pecs and all their buddies, using every angle and rep range. You can end up with more beef in your back, shoulders, and arms, and in the process develop bigger chest muscles than you'd ever see with a steady diet of benches, benches, and more benches.

Grooming: Mia Soreen

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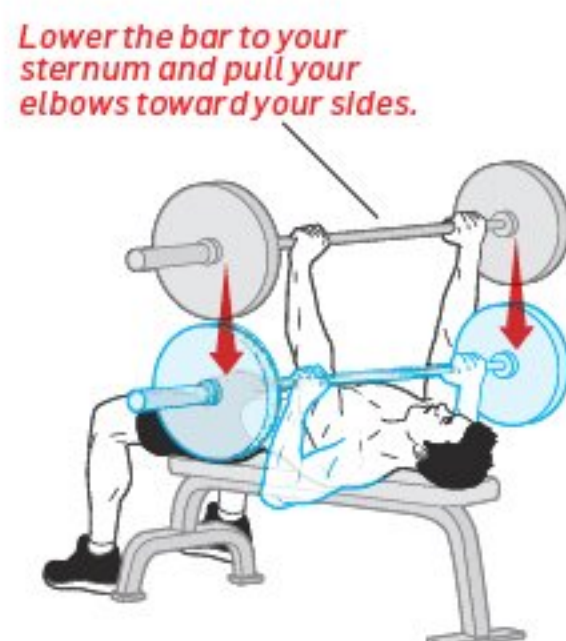
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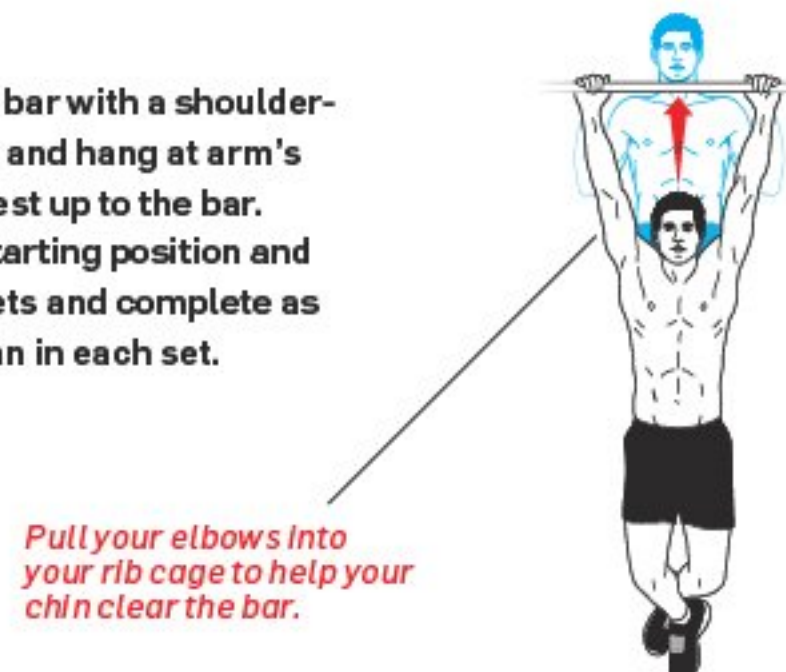
The workout

Do this workout twice a week, resting for at least 2 or 3 days in between. (Work your lower body on a separate day.) Alternate between exercises of the same number until you complete all the sets in that pairing. So you'll do 1 set of exercise 1A, rest for 45 seconds, do 1 set of exercise 1B, and rest 45 seconds again. Repeat until you complete all sets, and then rest 2 minutes before moving to the next pair.

- 1 A BARBELL BENCH PRESS**
Grab a barbell with an overhand grip that's just beyond shoulder width, and hold it above your sternum with arms straight. Lower the bar, pause, and then press it back to the starting position. Do 1 set each of 15 reps, 10 reps, and 8 reps, increasing the weight each time. Immediately after the 8-rep set, reduce the weight by 20 percent and complete as many reps as you can.



- B PULLUP**
Grab a pullup bar with a shoulder-width overhand grip and hang at arm's length. Pull your chest up to the bar. Lower back to the starting position and repeat. Perform 3 sets and complete as many reps as you can in each set.



- 2 A INCLINE DUMBBELL BENCH PRESS**
Lie faceup on an incline bench and hold a pair of dumbbells with your arms straight. Lower the dumbbells to your chest, and then press them back to the starting position. Do 1 set each of 15 reps, 10 reps, and 8 reps, increasing the weight each time. Immediately after the 8-rep set, reduce the weight by 20 percent and do as many reps as you can.



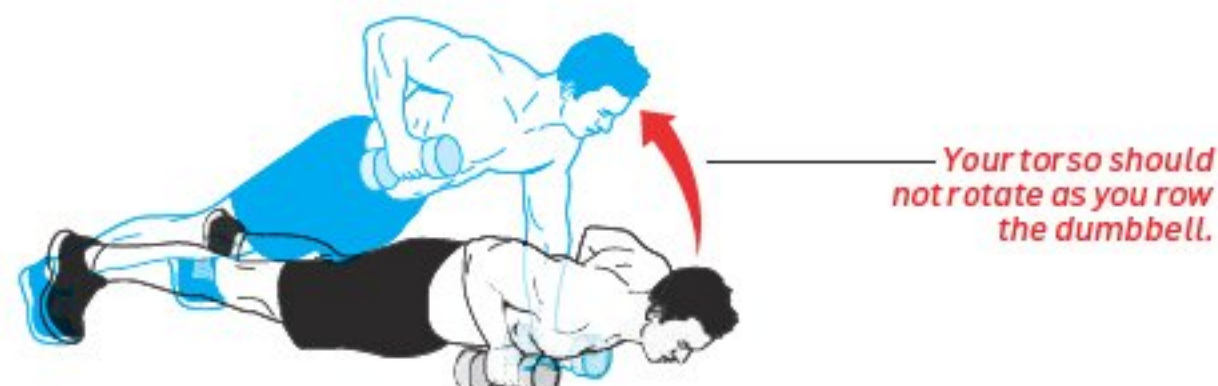
- B SINGLE-ARM DUMBBELL ROW**
Grab a dumbbell in your right hand, bend at your hips and knees, and lower your torso until it's almost parallel to the floor. Let the dumbbell hang from your shoulder. Pull the dumbbell to the side of your torso, keeping your elbow tucked close to your side. Perform 1 set of 15 reps with each arm, followed by 2 sets of 10 reps with each arm, increasing the weight each time. Immediately after the last 10-rep set, reduce the weight by 20 percent and complete as many reps as you can.



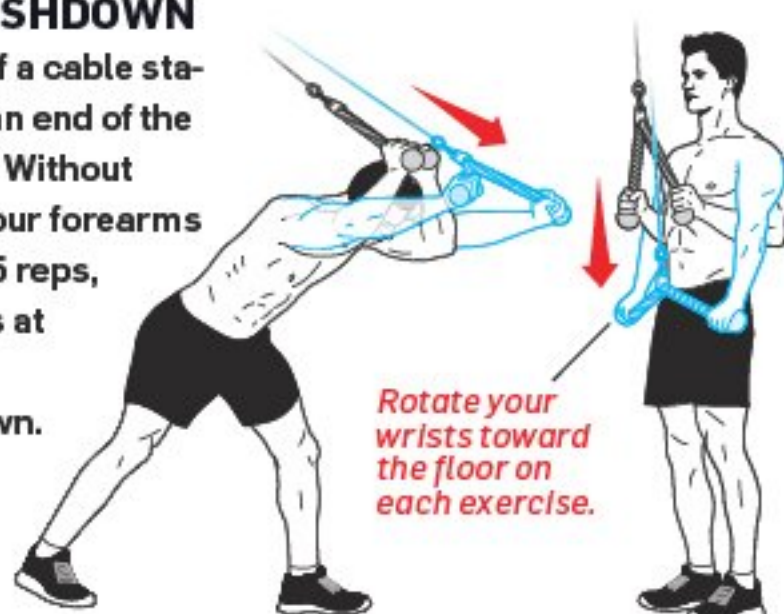
- 3 A DIP**
Grab the bars of a dip station and lift yourself until your arms are completely straight. Slowly lower yourself by bending your elbows until your upper arms dip just below your elbows. Pause, and then push back up to the starting position. Do 2 sets of as many reps as you can.



- B PUSHUP AND ROW**
Place a pair of hex dumbbells on the floor and grip them while you do a pushup. Once you're back in the starting position, row the dumbbell in your right hand to the side of your chest. Lower the weight and repeat on your left side. That's 1 rep. Do 2 sets of 10 reps.



- 4 A OVERHEAD TRICEPS EXTENSION AND PUSHDOWN**
Attach a rope to the high pulley of a cable station and face away from it. Grab an end of the rope in each hand and bend over. Without moving your upper arms, push your forearms forward, pause, and return. Do 15 reps, turn around, put your upper arms at your sides and your forearms at 90 degrees, and pull the rope down. Do 10 reps. That's 1 set. Perform 2 or 3 sets.



- B DUMBBELL BICEPS CURL**
Grab a pair of dumbbells and let them hang next to your sides. Turn your arms so that your palms face forward. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Pause, and slowly lower the weights back to the starting position. Do 2 or 3 sets of 10 reps.



Instead of your usual warmup, try the 10-minute warmup found at MensHealth.com/ironchest.

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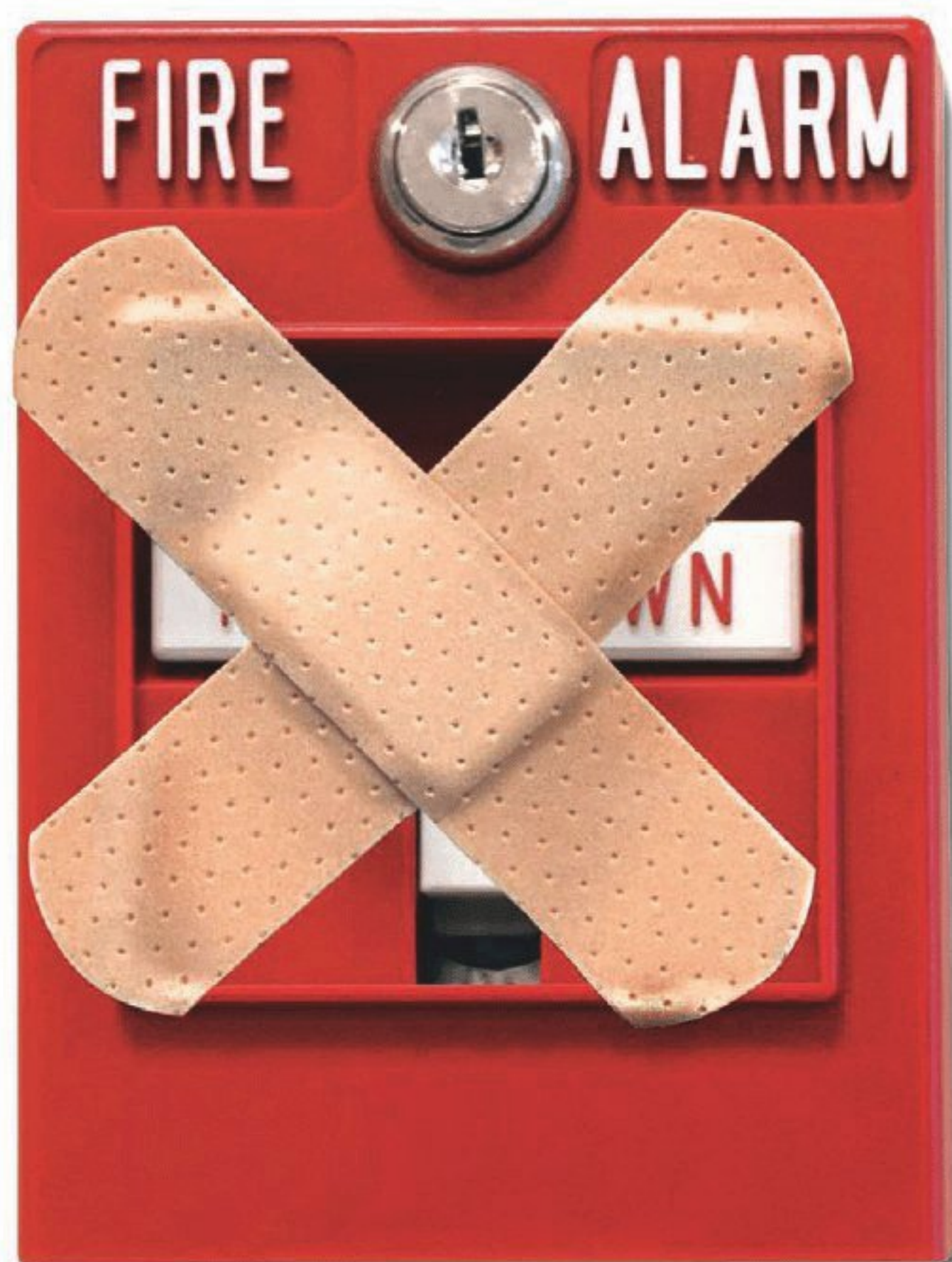
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Twitches, Glitches, Spasms, and . . . Blood

One moment these bodily pranks have you convinced you're a dead man. The next, they've disappeared. How seriously should you take your random health hiccups?

BY JIM GORMAN • PHOTO-ILLUSTRATION BY PAUL SAHRE

OCCASIONALLY YOUR BODY SHOOTS YOU the equivalent of a check-engine light—a weird spasm, say, or a sudden, piercing chest pain. Your brain races. Do you hustle to the doctor? Or just ignore it? • Doug Leawood of Kansas City defaulted straight to the doomsday scenario. His check-engine light: He saw red. In the toilet. “I was scared,” says Leawood, a 41-year-old insurance rep who was in great shape. “My mind went immediately to colon cancer. I thought I was a goner.” To Leawood’s immense relief, blood didn’t reappear in the following days, but he was sufficiently spooked to book an appointment right away with his doctor. Before he knew it, he found himself lying on his side in an outpatient

surgical facility, counting backward from 10 as a gastroenterologist readied a scope that would snoop around his colon. Leawood checked out fine. No cancer, no worries—just an anal fissure, or small tear up his kazoo. • But like the driver of the car that screamed “total engine meltdown,” Leawood hasn’t fully regained confidence in his machinery. Not that *any* of us have such confidence, given the strange and fleeting pains, spasms, gurgles, and clicks that surprise us at random moments. Are these signs of dangerous underlying conditions, or just harmless blips from a steady state? With help from frontline doctors who’ve seen it all before, you can sort out which quirks you should take seriously—and which ones you can ignore.

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†In one study on the key ingredient combination (Yerba maté, Guarana, Damiana), subjects lost, on average, 11.24 lbs. in 45 days versus an average of 0.66 lbs. for the placebo group. *Another ingredient (Caffeine anhydrous [1,3,7-trimethylxanthine]) boosts metabolism to burn more calories and increases energy. ‡Based on IRI F/D/MX dollar sales data 52-weeks ending September 6, 2009. Sensible diet and exercise are essential for healthy weight loss. Read entire label before use. © 2010.

Penetrating chest pain

Worst fear Heart attack

Likely culprit Muscle spasm or stitch

"This is every man's nightmare," says Reid Blackwelder, M.D., a professor of family medicine at East Tennessee State University. "But if the pain goes away relatively quickly, it's probably not a big worry." Sudden, intense chest pain by itself can simply be a muscle spasm or even a stitch. It might also be precordial catch syndrome—a very intense, sharp pain, typically in your left chest, that may feel like a heart attack to its unsuspecting victims. It's harmless, has no known cause, and can last for just a few seconds or up to several minutes. It's more common among children and teens but does occur occasionally in young men.

But combine intense chest pain with shortness of breath, nausea, dizziness, and/or sweating, and you might indeed be facing a heart attack. "As a general rule, when pain of any kind persists, you need to pay attention," Dr. Blackwelder says. Call 911, and chew two 81-milligram aspirin tablets to thin your blood and ease its flow to your heart.

Twitching eyelid

Worst fear ALS, a.k.a. Lou Gehrig's disease

Likely culprit Eyelid spasm

"I see this all the time," says Charles Cutler, M.D., an internist in Norristown, Pennsylvania, and chairman of the American College of Physicians board of governors. Patients frequently think a twitching eyelid is an early symptom of something horrible, he says—like ALS, a progressive, degenerative disease that affects nerve cells in the brain and the spinal cord. "But while it's uncontrollable and certainly annoying, the twitching is generally benign," Dr. Cutler says.

The medical term for this is blepharospasm. It's simply the result of uncoordinated muscle contractions in your eyelid. These spasms tend to come out of nowhere and occur every few seconds for a minute or two; episodes can occur for up to several weeks. Doctors aren't sure of the cause, although stress, fatigue, and caffeine may be culprits.

Buckling knee

Worst fear Major joint damage

Likely culprit Weak quads

A knee can buckle so swiftly you'll be looking for the sniper who shot you. But the pop or crunch you hear is due to a "reflex inhibition" of your quadriceps. "It's a protective reflex—the same one that occurs when you step on a tack," says Sherwin Ho, M.D., director of sports medicine fellowships at the University of Chicago medical center. "Your quad is looking to protect a painful knee by keeping weight off it."

The wobbliness is most likely a sign that the shock-absorbing cartilage under your kneecap has worn down—a condition that can lead to patellofemoral pain syndrome, says Dr. Ho. The fix: stronger quads, which take stress off your knee by acting as shock absorbers.

To build your quads, start with short-arc extensions, says physical therapist Jason Amrich, C.S.C.S., director of the Boulder Center for Sports Medicine in Colorado. Lie on a mat with a rolled-up towel under the thigh of your injured knee. Straighten your leg, hold for 5 seconds, and lower. Do 10 reps, twice a day.

To reduce patellofemoral pain, work your gluteus medius—a hip muscle that helps move your thigh—with clamshell exercises. Lie on your side with your back against a wall, hips stacked, and hips and knees bent 45 degrees. Keeping your heels together, raise your top knee toward the ceiling, opening and closing your legs like a clamshell. Do 15 to 20 reps and switch legs. Complete 2 or 3 sets every other day.

Severe headache

Worst fear Brain tumor

Likely culprit Tension or cluster headache

"Everyone thinks they have a brain tumor whenever they get a sudden, intense headache," says Dr. Blackwelder. "Despite the many brain tumors we see on TV, they really aren't all that common." What's far more likely, he says, is that it's simply a severe headache—a migraine, a tension headache, or a cluster headache.

Migraines produce severe, throbbing pain, often on one side of your head. They're also frequently accompanied by nausea and sensitivity

to light. Another clue: People who suffer from migraines tend to first experience them before they reach their 20s. So if you're over 40 and have never had a migraine, you probably have a tension or a cluster headache. A tension headache produces dull pressure or tightness across the forehead, while a cluster headache includes sudden, severe pain, typically on one side of the face, usually surrounding the eye.

Brain tumor symptoms often vary with the tumor's size, location, and growth rate, but morning headaches tend to make doctors nervous. If you repeatedly wake up with headaches, see your physician to rule out a tumor. Do the same if you have a headache that worsens with sneezing, coughing, or any exertion, all of which increase the pressure within your head.

Underarm pain

Worst fear Lymphoma

Likely culprit Muscle spasm

Sharp underarm pain that comes and goes is probably the result of a muscle spasm or pleurisy, a medieval-sounding term for inflammation of the tissue that lines the chest cavity and covers the lungs. Pleurisy is usually caused by an infection, and betrays itself when the armpit pain is sharp and most pronounced when you take a deep breath. Massage and slow stretching can relax spasms, while nonsteroidal anti-inflammatory drugs can limit pain.

If the pain in your underarm is dull and you detect a small, tender knot in the area while feeling around, then your lymph nodes may be swollen. This happens routinely when you're battling an infection. Swelling could also be a sign of lymphoma, though the chance of that is very, very small, says David Ellington, M.D., medical director of the Rockbridge Area Free Clinic in Lexington, Virginia. Have your doctor check out any knots, bumps, or persistent pain.

Blood in the toilet

Worst fear Colon cancer

Likely culprit Hemorrhoids or anal fissure

If you spot bright red blood swirling in the bowl or on the toilet paper, you're probably dealing with hemorrhoids or an anal fissure, especially if the area is painful or tender. An anal fissure, which sounds worse than it is, is just a small cut in the lining of the anal canal. A fissure can develop when you pass a hard or large stool, and it typically heals by itself. (Deeper, chronic fissures may need surgical repair.)

Dark-colored blood mixed with your stool, on the other hand, may indicate a source farther up the gastrointestinal tract, says Dr. Ellington. If any bleeding appears without pain during bowel movements, then you may have a colon polyp or perhaps an internal hemorrhoid. The occasional tarry or black stool (digested blood is black) indicates bleeding in the upper GI tract, perhaps due to a peptic ulcer. Call your doctor, who may schedule a colonoscopy to find the source and rule out colon cancer. ■

Talking straight with your doc

Trying to describe symptoms to your physician can be excruciating, but you need to meet the doctor halfway. Cough up some details using our expert tips.

1

Spill your guts

Report everything unusual—sleep loss, mild aches. "You may think it's not important, but it may be critical," says Valerie Hart, Ed.D., the author of *Patient-Provider Communications*.

2

Open your mind

Follow the doctor's line of questioning closely. Don't become bogged down with what you found online, and be prepared for questions that seem unconnected to your problem.

3

Focus on the fix

"Make clear what you want," Hart says—for example, your back to stop hurting at night. This is the clearest route to solving the problem, and it relays the key message.

4

Speak up

Describing how symptoms affect your life helps the doctor grasp their full impact, says Jaya Rao, M.D., a health-care communications researcher at the University of North Carolina. **JOHN MILEY**



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Take Her Outside

Turn up the summer heat early with these quirky but unforgettable experiences

BY LISA HANEY



Strip down with her.
There's no better
way to bond.

THE MEASURE OF A SUCCESSFUL DATE IS usually the good-night kiss. And while we're all for good-night kisses, if you want to really win her over, you have to think longer term: Will this experience create great memories for her?

An awesome date—the kind that stays lodged in her brain and makes her brag to her friends—pays major dividends. “One of the benefits of creating shared memories is that they can increase arousal all by themselves,” says Timothy Loving, Ph.D., an assistant professor in the department of human development and family sciences at the University of Texas at Austin.

In a 2009 study, Loving found that when women were asked to recall what they liked to do with their partners on dates, they showed increased physiological arousal, as evidenced by cortisol levels in their saliva. In other words, just *thinking* about last weekend's great date can turn her on again. So we've lined up five dates guaranteed to make her gush. In addition to breaking the standard dinner-and-a-movie rut, each will help you bond in crucial ways. So follow our instructions, then grab your gal. Memories await.

Zipline adventure

The way to her heart might just be down an aerial rope slide. Originally designed for studying tropical rain forests, ziplines and canopy tours—which involve hiking up a mountain and then flinging yourself down an inclined cable in a harness at up to 65 mph—have been popping up all over the country. (Find one near you at canopy-tours.com.) When it's go time in the treetops, forget the ladies-first maxim and bravely offer to lead the way, explaining that you'll be waiting to catch her at the bottom. You'll be the first person she sees—and shares her adrenaline rush with—when she lands.

Bonding power You'll benefit from the magic of a little notion social scientists call “excitation transfer.” Research shows that exciting or even scary activities have the power to boost romantic attraction between men and women who've just met. In such scenarios, we misattribute the reason for our thrill. “You think, ‘Why am I feeling this? Well, it must be that I'm with this exciting person,’” says Arthur Aron, Ph.D., head of the Interpersonal Relationships Lab at SUNY Stony Brook University.

A drive-in make-out session

Every forgettable guy she's dated since about age 14 has taken her to the movies. A cineplex is JV. Step up your game by catching a flick alfresco. Find a nearby drive-in theater at uditoa.org, or create your own using a pocket projector: The Optoma Pico (\$230, amazon.com) allows you to project movies downloaded to your iPod or iPhone onto any surface—like the side of a building. Set up a blanket, bring snacks, and kick back.

Bonding power “There’s going to be some novelty to it, which makes the date interesting,” says Denise Bartell, Ph.D., an associate professor of human development and psychology at the University of Wisconsin at Green Bay. A drive-in is also the perfect setting for a teenage-style make-out session, which could help break any sexual routines you’ve fallen into as a couple. The more you make out with a person you like, the more you’ll want to make out, because any kind of physical, sexual activity drives up testosterone in the brain and boosts sex drive, according to Helen Fisher, Ph.D., a biological anthropologist at Rutgers.

A day at the races

Dress yourselves up—skirt and wide-brimmed hat for her, linen pants and collared shirt for you—and go wager on the horses. Choose your winners as a team, or adopt opposite strategies: One of you bases picks on stats from the racing form while the other chooses bets based on, say, horse names.

Bonding power “The excitement of betting creates adrenaline, and this simulates dopamine, the brain chemical associated with infatuation and falling in love,” says Diana Kirschner, Ph.D., the author of *Love in 90 Days*. How the rush affects you will depend on the stage of your relationship. “If it’s an initial date, what matters most is the excitement when the horses are just about at the finish line; that’s where you’re really stirred up,” says Aron. “For long-term partners, the whole experience—if they’ve never or rarely been to horse races before—would build the excitement and create the shared memories.” Kirschner suggests keeping your date engaged by buying her tickets for the horses she likes. “Give her congratulatory kisses at the moment of victory or consolatory ones at the moment of defeat, because emotions are high at either point,” she says.

Late-night skinny-dipping

Setting the mood to make her comfortable au naturel is all about preparation. First, find a secluded lake, beach, or spring for your rendezvous. You can do this by asking for recommendations; or click on the “Skinny Dipping” tab at swimmingholes.org. Then do some recon: “Scouting the spot in advance, in daylight, is a key to sharing a great skinny-

dipping experience after dark,” says Bob Morton, executive director of the Naturist Action Committee. You’ll want to avoid slimy rocks, debris, strong currents, and other obvious dangers, he cautions.

When the time comes, bring a lantern to place on shore so you can find your clothes, and be sure to pack a bag with two plush towels and a big, thick blanket so you can dry off and comfortably move your naked party to dry land when the time comes.

Bonding power Naked = vulnerable. This is one of the key elements for romantic bonding, says James Giles, Ph.D., a lecturer of philosophy at La Trobe University, in Australia, and the author of *The Nature of Sexual Desire*. “Dating activities that involve even partial nudity tend to increase arousal, romantic feelings, and attachment, especially if these activities are out of the ordinary,” he says.

The risk of being caught also adds excitement and romance, says Kirschner. But don’t lay the sexy vibe on too thick. “Play water games—swirl your girl around in the water, chase her, dare her to a little race,” she says. Keep in mind, though, that skinny-dipping can be a shared sensual experience without leading to sex on the spot, says Morton, who points out that crossing the line in a public place could result in an interruption by the police. If you don’t want to risk it, use a private pool that you have exclusive access to.

A blast from the past

Pay close attention to the summer activities and rituals she recalls lovingly from her youth. “If your girlfriend or wife is very nostalgic about going to an amusement park, then taking her to one on a date may activate nostalgic feelings and all the benefits associated with such feelings,” says Clay Routledge,

Ph.D., a North Dakota State University psychologist who coauthored a 2008 study on the subject of nostalgia.

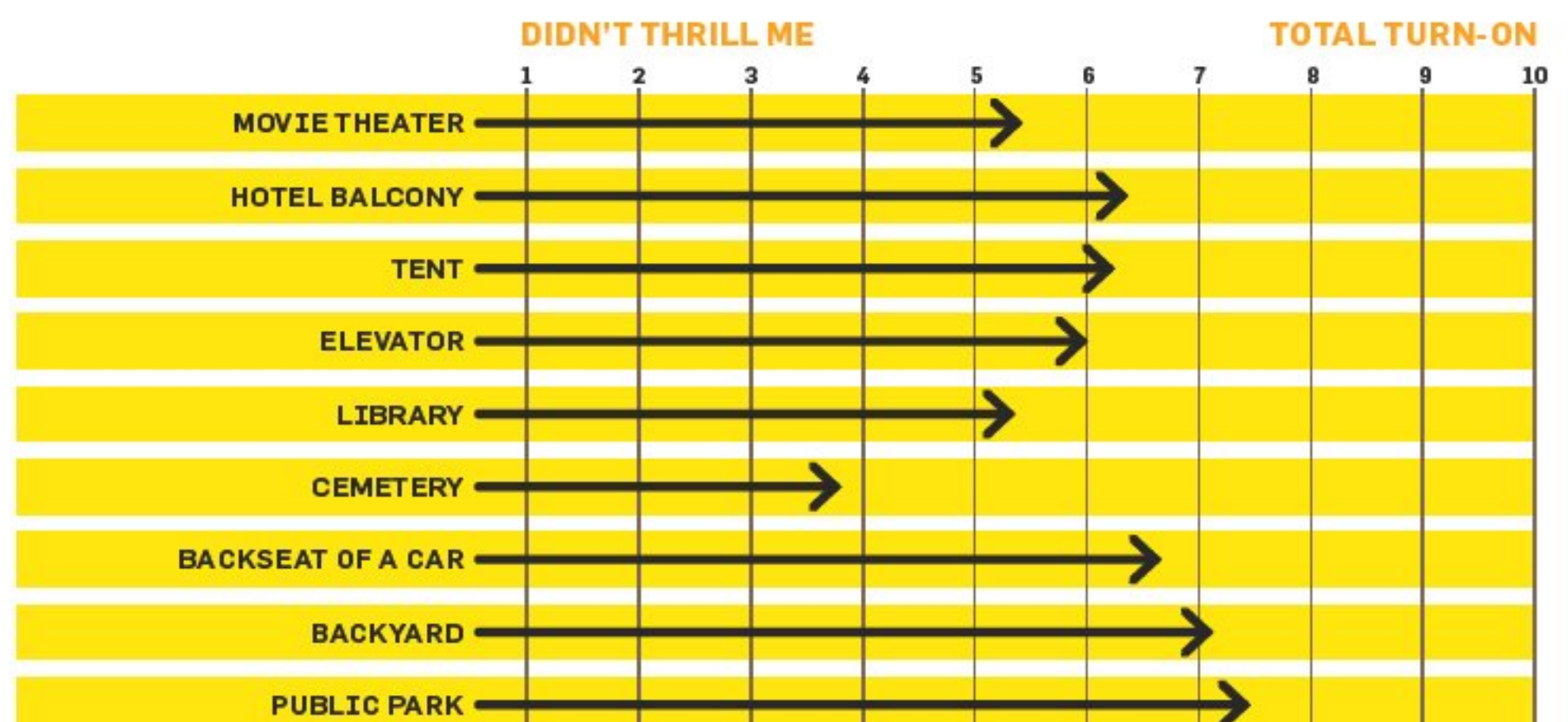
If you’ve been together longer than a year, orchestrate a best-date-ever redux. Take her back to a location that was special in your relationship—the boardwalk where you took those goofy photo-booth snapshot strips, the tapas bar where you drank too much sangria together. Order the same food and redo the photo-booth pictures.

Bonding power Invoking nostalgia by revisiting experiences can create a positive mood and increase her feelings of being loved and protected, according to Routledge’s study. Such outings also present opportunities for you to learn more about her, says Thomas Bradbury, Ph.D., codirector of the relationship institute at UCLA. Ask her questions about important points in her life and find ways to share things about your past that she might not know. “Relationships thrive when people understand each other as individuals with interesting and complex histories,” says Bradbury. “Disclosures, and responding to the disclosures of our partners, are a way to do that.”

If you’re revisiting experiences you shared together, the details can bring you closer together. “In addition to the emotional cues, the location can provide a lot of physical cues as well—that old jukebox, a particular table—which may ultimately get the brain’s neurons firing pretty strongly, making those initial cognitive associations particularly salient again,” says the University of Texas’s Loving. Granted, making a memory of a memory is pretty meta, but it creates a stronger bond. “Waxing nostalgic together about important shared experiences may increase your commitment to each other as well as your satisfaction,” says Routledge. ■

The heat of the moment

1,138 women tell us how exciting it was to fool around in these hot spots



Is Your Life on the Line?

As scientists test whether cellphones cause tumors, they're receiving lots of static from the telecom industry. Here's what you need to know before you point a loaded phone at your head

BY PAUL SCOTT • PHOTOGRAPHS BY BARTHOLOMEW COOKE

LLOYD MORGAN, AN OLD MAN with a hole in his head, had no business discovering the fatal flaw. After all, this was a \$30 million effort to answer the question of whether cellphones can give you brain cancer. • Morgan, 68, is a survivor of brain cancer. Based in Berkeley, California, this retired electronics engineer and self-trained epidemiologist has made it his mission to spread the message that cellphone radiation is carcinogenic. He does this more or less as a wireless communications vigilante, however. The American Cancer Society, the National Cancer Institute, the U.S. Food and Drug Administration, and the World Health Organization all regard the radio waves emitted from cellphones as safe. But another growing body of experts believes cellphone use can promote tumors, and momentum

has been shifting to their side. A researcher in Sweden, for instance, recently reported that people who started using cellphones before the age of 20—including 80 percent of the readers of this magazine—have four to five times the odds of developing one type of brain tumor. An unpublished (and therefore

not peer-reviewed) analysis by researchers at the University of Pittsburgh Cancer Institute shows an increase in brain tumors among Americans in the under-30 age group.

And according to new research, studies showing that cellphones are safe tend to be (a) less rigorously designed and (b) funded by

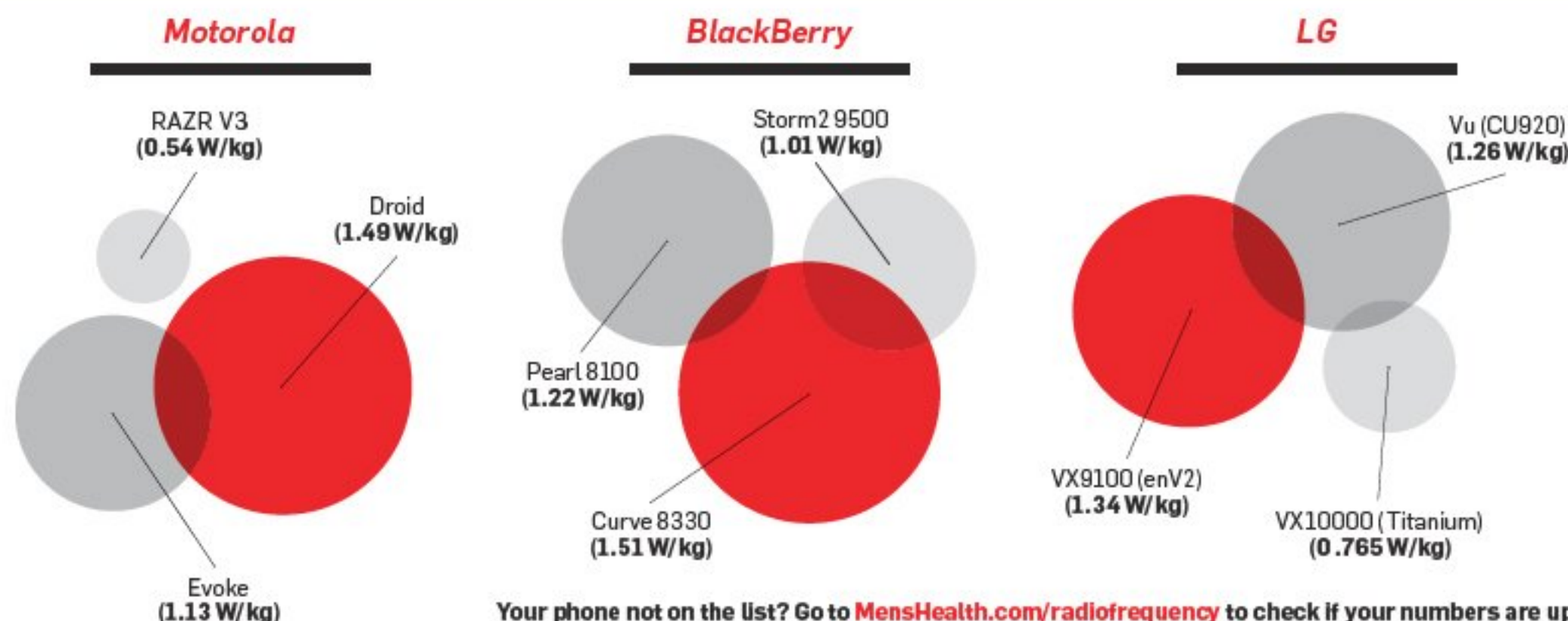
the cellphone industry, while studies showing that cellphones carry risks are (a) produced with better science and (b) have no financial conflicts of interest.

And if the slow spread of distress within the halls of government means anything, the topic no longer causes eye-rolling among lawmakers. The National Institutes of Health (NIH), for example, has recently authorized a \$25 million study to analyze rats that have been bathed in cellphone radiation for a period of 2 years. Both houses of Congress have held hearings on the issue. And in Maine, legislation may soon require warning labels on cellphones sold in that state.

The cellphone industry has responded with studies, mind you—ones that exonerate

How much radiation are you absorbing?

The Federal Communications Commission limits the output of U.S. cellphones to 1.6 watts/kilogram of radiofrequency energy per gram of tissue. But outputs vary depending on a phone's design and function, so you can shop for lower numbers. Other strategies: Hold your phone farther from your ear, use a headset, and avoid calling when your phone shows only one or two bars: Straining for a signal boosts the radiofrequency output. Another solution: Talk less. **MARIA MASTERS**





If cellphone
radiation
researchers are
right, the brain-
cancer epidemic
will strike in the
mid-2030s.

the technology, including a new study showing that tumor rates are steady in Scandinavia, where cellphones were adopted early. But if you dig deep, those findings aren't as reassuring as you might hope. For one thing, they tend to limit their good news to people who've been using cellphones for less than 10 years.

And then there's the trouble unleashed by Morgan, an unfunded retiree armed only with personal suspicions and plenty of time to read the fine print. Thanks to his pursuit of answers, we now know the biggest cellphone study of all produced a biologically impossible conclusion: It determined that not only do cellphones not give you cancer, but they protect you from it. Another recent study claims that they ward off Alzheimer's. It makes some people question whether the defenders' cases are riddled with wrong numbers.

THE LAWS OF PHYSICS DICTATE THAT IT SHOULD be impossible for cellphones to cause cancer, let alone act as tumor-busting force fields or magical memory sharpeners. While radiation from x-rays and CT scans is strong enough to knock electrons from molecules and damage the double helix, radio waves from cellphones are too weak to subvert your operating code in this way.

"It's the equivalent of holding a flashlight up to your head," my friend Steve, a high-school physics teacher, explained to me with a shake of his head over dinner. His analogy has not been lost on the defenders of the technology. "Radio waves, or radiofrequency (RF) energy, is a range of the electromagnetic spectrum that includes AM and FM broadcast radio, television, and many other devices and technologies, including cordless phones, baby monitors, radar, and microwave ovens," says Linda Erdreich, Ph.D. Erdreich is a spokeswoman for Exponent, the consulting company chosen by the cellphone industry to represent its position before the U.S. Senate.

In selecting Exponent to argue its case, the Wireless Association has hired the scientific equivalent of Mr. Burns from *The Simpsons*. In its 43-year history, Exponent has defended nearly everything that is bad in American industry: Buildings that fail. Amusement-park rides that exceed G-forces inflicted on astronauts. Soda machines in schools, rocket-fuel chemicals in groundwater, chromium in the workplace. Atrazine, asbestos, even the Exxon Valdez. "Visible light is also part of the electromagnetic spectrum," Erdreich continues, propping up my friend's flashlight defense of cellphones. "But it's at a higher frequency and shorter wavelength than RF."

But Erdreich may be on shaky ground at the troubled intersection between biology and physics. The BioInitiative Report, a research project authored by an international team of scientists, sought to gather all the evidence against RF radiation in one place. Released in 2007, the report cites experiments showing



Cellphones bathe a child's brain with as much as two to four times the radiation that would reach an adult brain.

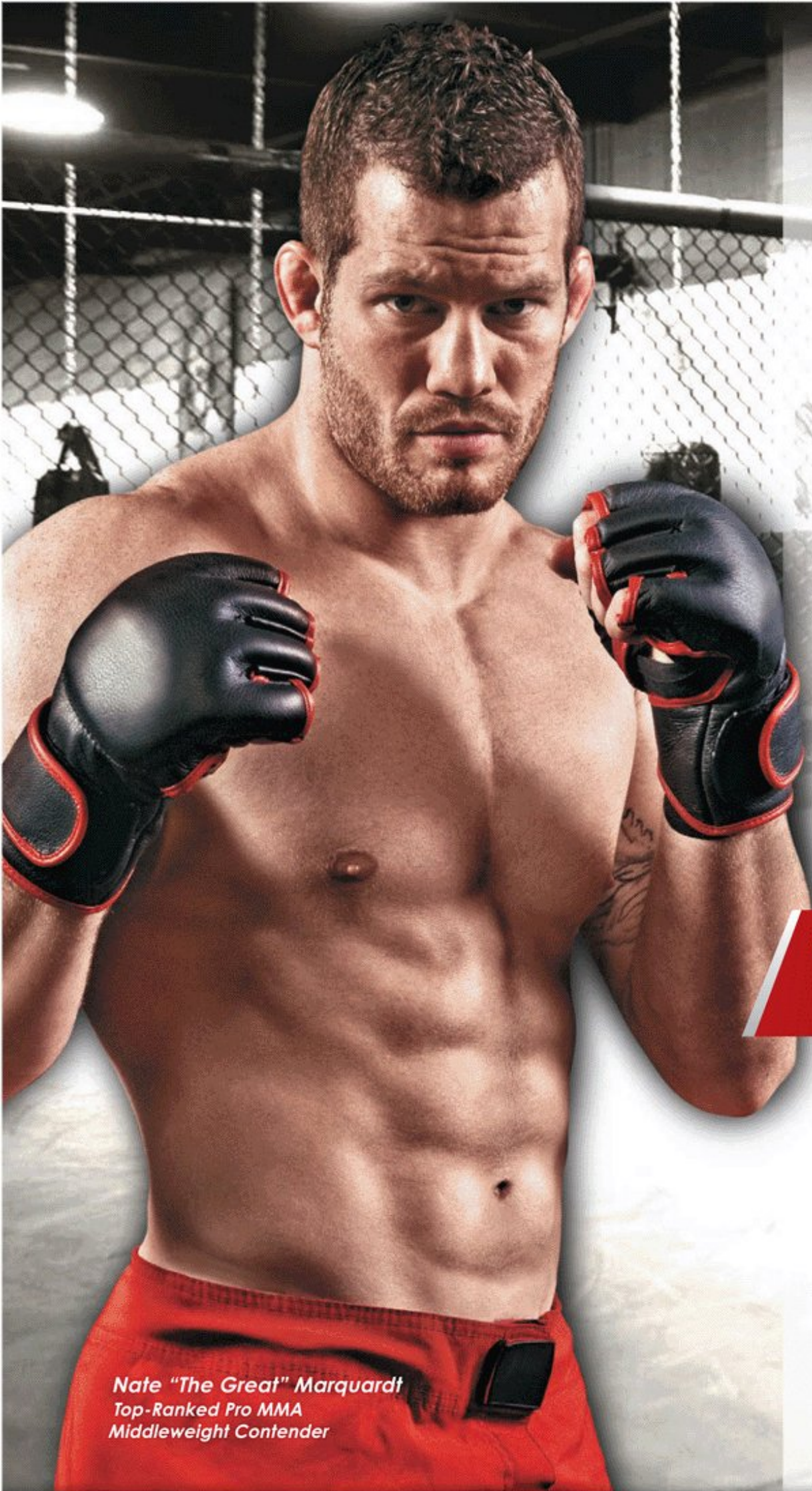
that radio waves can in fact damage human cells, though they do it through indirect means. The damage doesn't happen in every instance, but studies have documented RF radiation causing cells to produce molecules known as "heat-shock proteins," a sign that the cells sense environmental stress. Animal studies confirm that exposure to RF radiation can also cause leaks in the blood-brain barrier, which could allow carcinogens into the brain.

Other studies included in the BioInitiative Report show that radio waves can break both strands of the double helix. "A double-strand break is a big problem," says Henry Lai, Ph.D., of the department of bioengineering at the University of Washington. "The cell loses the information on how to repair DNA."

David O. Carpenter, M.D., director of the institute for health and the environment at the University at Albany and an expert on radio waves, believes it causes some genes to become

more active and other genes to become less active. "This may be how cellphones cause cancer," he says. Finally, another theory suggests that radio waves might damage DNA by creating free-radical activity: RF radiation could trigger a chemical process known as a Fenton reaction, a chain of events in which radio waves meet molecular iron in cells, turning hydrogen peroxide into hydroxyl, which is, in the words of Lai, "a very potent and toxic free radical."

THE EXPLOSIVE DEBATE OVER CELLPHONE safety comes down to finding out whether the brains of people who use them grow meningioma, glioma, acoustic neuroma, or parotid gland tumors more readily than those of people who ring up their friends over corded landlines. (Cordless phones emit the same type of radiation that cellphones emit, although at lower levels.) In an attempt to settle the issue, the International Agency for Research on Can-



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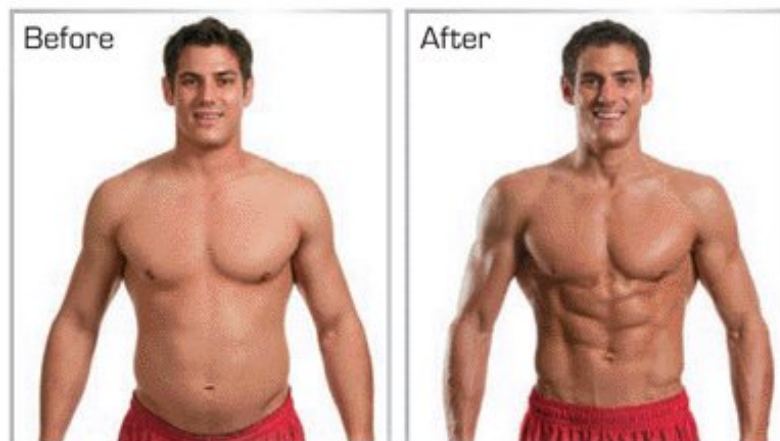
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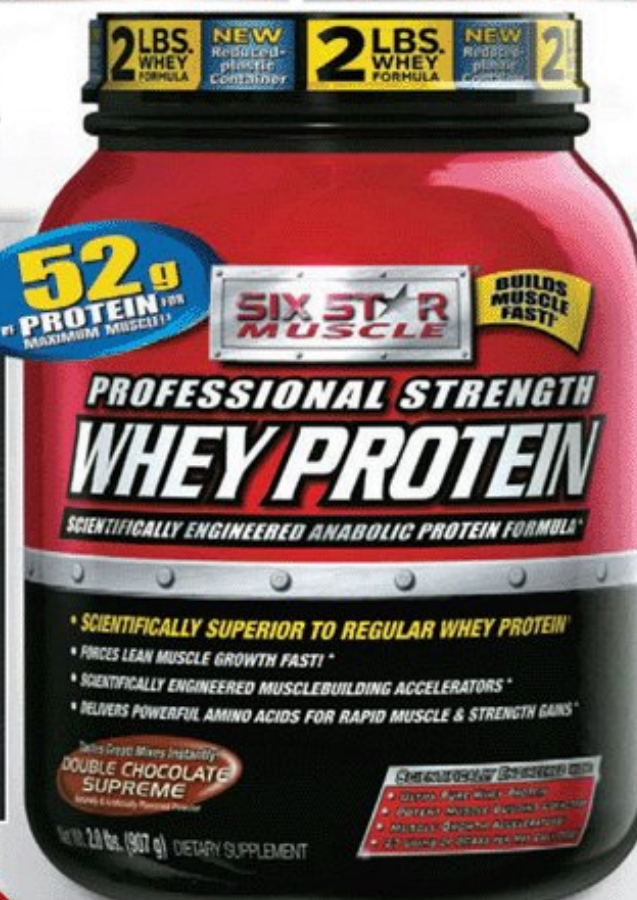
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GEOFF WARD TRANSFORMED HIS PHYSIQUE AND HIS LIFE!

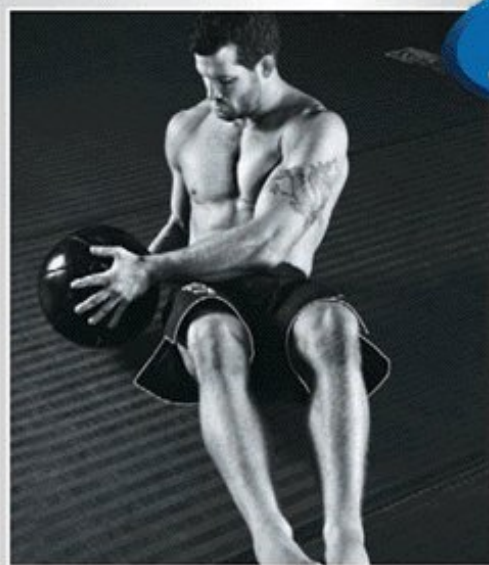
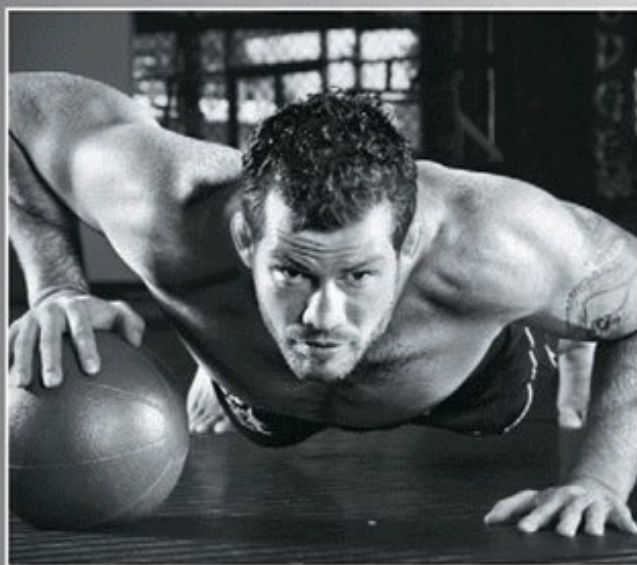
Geoff Ward may be an actor, personal trainer and taekwondo devotee, but there was a time when his physique didn't look the part. So he added Six Star Muscle Whey Protein to his training plan and cranked up his results. In just 11 weeks he achieved an athletic, muscular build.



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cer commissioned an epidemiological study in 1998 big enough for cellphone critics to choke on. The 13-nation Interphone project asked more than 6,000 patients with brain tumors about their cellphone use, and then compared their answers with those of a matched group with no brain cancer.

So what did they find? Nobody knows.

While partial results have been published, the report's final conclusions are in limbo 4 years after its completion. Press accounts have asserted that the coauthors are bitterly divided over what the study found. Published sections have reported no connection between cellphones and cancer, but most of the patients studied used their cellphones for less than 10 years. That matters, because brain tumors could take decades to develop, and widespread cellphone use in the United States began only in the mid-1990s.

"It took 40 years for brain tumors to show up after Hiroshima," says Devra Davis, Ph.D., M.P.H., founding director of the center for environmental oncology at the University of Pittsburgh Cancer Institute (UPCI). "How can you expect to see effects from cellphones in 10?"

Studies that look at cellphone use for more than 10 years are less comforting. According

to a 2002 study of more than 1,400 brain-tumor patients by Swedish cancer epidemiologist Lennart Hardell, M.D., Ph.D., as well as a review by Dr. Hardell of data from other researchers' studies, regular use of a cellphone for longer than 10 years increases your risk of some types of brain tumors.

And that's just the bad news for adults.

A former cellphone-industry researcher from the University of Utah, Om Gandhi, Sc.D., has discovered that children's brains absorb far more RF radiation than adult brains do. Having routinely subjected adult-sized dummy heads to RF waves, in 1996 Gandhi created models of the smaller, thinner skulls of children ages 5 and 10. In what would mark the beginning of the end of his financial relationship with the cellphone industry (its decision, not his) Gandhi reported in the journal *IEEE Transactions on Microwave Theory and Techniques* that the cellphone radiation that hits an adult brain with 72 mW/kg (milliwatts per kilogram of brain tissue) of wireless radiation, for instance, zaps a 10-year-old's brain with 160 mW/kg. Worse, it invades a 5-year-old brain with nearly 240 mW/kg.

Gandhi's research was replicated by the French cellphone industry, and France has

joined several other nations in issuing advisories limiting the use of cellphones by children. "We have children running around with these cellphones up to their ears and sleeping with them under their pillows," says Andrea Boland, a lawmaker from Maine who introduced the first piece of legislation in this country to require warning labels on cellphones.

Lest readers over the age of 10 take comfort, the window of increased vulnerability to cellphone radiation may not be limited to kids' *Dora the Explorer* years. According to Ronald Herberman, M.D., former head of UPCI, it takes decades for the brain to lay down the electrical insulation (known as myelin) that presumably shields the nerves, for the most part, from radio waves. Dr. Herberman thinks our increased vulnerability to RF radiation could extend well into our 20s.

All of which might explain the latest bad news out of Sweden. According to data published by Dr. Hardell in the *International Journal of Oncology* in July 2009, brain-tumor patients who went wireless as teenagers had four to five times the risk of developing an astrocytoma, a type of brain tumor. If this data is correct, you can forget about having a leisurely decade to wean yourself off your

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mobile-phone habit—these patients had used their cellphones for only a 1-year minimum.

Brain cancer is rare, affecting just 27 in every 100,000 U.S. men. It's also an illness of middle age, with 56 being the median age of diagnosis. But the significance of Dr. Hardell's latest finding, if it's true, is pretty stunning. With 277 million cellphone accounts in the United States alone, a quintupling of brain-cancer risk has the potential to translate into hundreds of thousands of preventable cancers.

The critics of cellphone radiation compare our position today—at the dawn of wireless communication—to that of our grandparents upon the widespread introduction of tobacco and asbestos into the environment in the past century. It took decades for these carcinogens to leave a mark on official health statistics, but the body counts grew exponentially: few cancers in the beginning, then a sharp slope upward. If this scenario's cost in human suffering doesn't bother you, consider its financial repercussions: It can cost \$200,000 to treat a brain tumor.

LLOYD MORGAN'S PATH TO CELLPHONE evangelism was personal. In 1995, when he was 53 and working in Silicon Valley, he suf-

fered a grand mal seizure. Doctors removed a softball-size meningioma from his left frontal lobe, and told him he may have raised his risk of brain cancer from having been around electromagnetic radiation on the job. (He'd also raised his risk by having full dental x-rays as a child and by using a ham radio as a teenager.) Today there is a dimple in his scalp, and MRIs show a hole in the space where his tumor was removed.

Morgan immersed himself in brain-cancer research, and his self-education eventually led to his discovery, 2 years ago, of a baffling characteristic buried deep within Interphone statistical tables. Not only do cellphones not cause cancer, argued some of the project's dozens of authors, but according to their results, the brain-cancer risk associated with cellphones routinely produces an "odds ratio" of less than one. That means, incredibly, that Interphone has quietly found that cellphones *protect* you from brain cancer.

"They never say it that way," says Morgan. "They always just say, 'We found no increased risk of cancer.'" One Interphone study even found that using cellphones keeps brain tumors smaller. "Either holding a radio transmitter up to your head protects you from

developing a brain tumor," Morgan says, "or the studies have major design flaws."

If RF radiation does cause brain tumors, we'll see a precipitous rise in cancer by the mid-2030s. If rates stay where they are, on the other hand, gadflies like Morgan will have undermined the case for environmental causes of cancer. Morgan believes it's a risk worth taking. "I worry, and I pray that I'm wrong," he says.

WHEN HE BROKE RANKS IN 2008 TO TESTIFY before Congress about his concerns, the UPCI's Ronald Herberman, M.D., became the most prominent member of the American cancer research community to describe long-term use of cellphones as a potential carcinogen. In September, Dr. Herberman appeared before a sparsely attended subcommittee meeting—it was the week the banking crisis came to a head—to argue that while more research was needed, enough data was available for him to warn his staff to begin using earbuds and speakerphones and to keep their cellphones away from their children. He based his recommendation on the work of Gandhi and Dr. Hardell.

Continued on page 158

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BREAK OUT OF THE BOX

Ryan Phillippe used to think he had it all figured out.
But a lesson from Clint Eastwood taught him
that whenever you start to feel comfortable,
it's time to change things up.

BY MARSHALL HEYMAN PHOTOGRAPHS BY ANTHONY MANDLER







The paparazzi. God, Ryan Phillippe hates the paparazzi. That swarm of hungry, greedy eyes, tracking everyday moments as if they're news: Ryan eating, Ryan shopping with his kids. It infuriates him. He used to tense up, go red, shout them off. He wanted to protect the children. But then he discovered that Ava, 10, and Deacon, 6, weren't all that upset by the photographers. They were really rattled, though, when their dad was angry.

"If it's something we have to live with, then we have to find ways to make it more healthy," he says now. "I'll turn it into a game: 'Let's go ask the guy at the shop if we can sneak out the back,' or 'Let's go down the stairwell.'"

Bad situations, he has decided, are what you make of them. You have the power to turn things in your favor once you realize that you can't control everything around you—but that you *can* control your response.

Phillippe's been thinking about that a lot lately, because the past few years have been rough. There was the collapse of his 7-year marriage to Reese Witherspoon in 2006, the very public allegations of his affair with Australian actress Abbie Cornish (the couple split this past winter), and the string of box-office underperformers that included *Stop Loss* and *Breach*. He felt drained at times—not a good thing in an industry that demands on-call excitement.

"I thought the more experience you had, the more certain you would be about life," the 35-year-old star says. "But I'm finding the opposite, man. I'm more in wonder and confusion than I was in my 20s."

So how does a guy like Phillippe put all this—his career, his personal life, his self-image—back on track? For starters, he knows what doesn't work: stagnancy and repetition. It didn't work with the paparazzi, and it doesn't work with much else.

"I still have sadness and complicated feelings about my divorce," he says. "But how beneficial is it to keep hanging onto those feelings? If someone lives through an accident, his aim is to become better and healthy. My aim is always to progress—to make better decisions and be a better father, a better boyfriend, a better husband if it happens again, a better friend, a better actor. My goals are to improve in all areas of life."

Which, oddly, is what led him to star in the film *MacGruber* this month. It's a silly spoof that lampoons the sort of sober roles Phillippe made his name playing. To appear in the film, he had to make a conscious split with his past. And that makes the role the perfect one for him now.

Phillippe grew up in a poor, conservative area of Delaware, the kind of place where guys grow up and stay put. His school offered next to nothing in the way of drama and arts. But he had ambitions, so his mother started driving him to New York City for auditions. At 17, he landed a socially disastrous gig: playing a gay teenager on the soap opera *One Life to Live*.

"I would worry, *What will the people at school think?*" And they fully shunned me in a lot of ways," Phillippe recalls. "But it ended up being an incredible experience and such a time of growth for me."

People across the country wrote to him, saying his portrayal of the character had made a difference in their lives. He knew he'd done the right thing, and it taught him that risk was good. Fear may stop other men from taking chances, but he resolved to ignore temporary problems. He'd look past them.

Emboldened, Phillippe moved to Los Angeles. By age 20, he'd crystallized exactly what he planned to do with his career: "I wanted to do only the most hard-core stories, and push people's buttons," he says.

It was a lofty goal in a town based on matinee-idol status and box-office mojo, and that was good, in a way. It gave him passion and direction and led to memorable roles like that of a young cop in the Oscar-winning film *Crash*. But eventually that focused determination boxed him in.



Phillippe didn't fully realize that until 2006, when he worked with Clint Eastwood on *Flags of Our Fathers*. Eastwood is 80 and still evolving. He's changed his politics. He's made a career out of challenging projects, and courting challenge is the reason for his success. "He's in the latter part of his experience on the planet, and he's still growing. He's open to new ideas and he's changing the way he sees things," says Phillippe. "It's something I want to encourage in myself: Don't close off."

True enough, but how'd that lead to *MacGruber*? Phillippe doesn't seem to fit. The film is ridiculous, and he's not. And come on, now—a full-length movie built off a one-joke *Saturday Night Live* character? When was the last time one of those succeeded? But when Phillippe read the script, he loved it. More important, he wanted to break the cycle of how he usually picked roles. Try something new, even if it wasn't comfortable. The young, idealistic, naive Ryan probably would

have scoffed at *MacGruber*. But the new, weathered, experienced Ryan sees how useful it is.

"If you're fearful and you're closing yourself off from potentially wonderful or beautiful additions to your life, that's not going to lead anywhere positive," says Phillippe. "And there's a maturation that takes place once you have children and have to put food on the table. You don't cling to those ideals of your youth so much, because that can trap you on a hard road."

Immediately after joining the *MacGruber* crew in New Mexico, Phillippe knew he'd made the right decision. The set bore no resemblance to the serious, deliberate sets he'd been on before. He watched costars Will Forte and Kristin Wiig throw ideas (and themselves) around with abandon. He saw Forte rip his clothes off for the camera, without embarrassment. It seemed reckless, and yet it allowed them to thrive.

"I tend to internalize and analyze, but with them, there's none of that. There was no edit, no

Styling: David Thomas/Opusbeauty.com, grooming: Lina Hanson/The Magnet Agency, prop styling: David Ross/Artmixbeauty.com; opening spread: 7 for All Mankind jeans; second spread: Number-Lab

"If you're closing yourself off from wonderful additions to your life, that's not going to lead anywhere positive."

RYAN PHILLIPPE'S FULL-BODY PLAN

Ryan Phillippe has worked with the same trainer for 10 years and is as consistent in the gym as anyone you'll find. The simple key to maintaining that kind of focus: "Variety, so he isn't bored," says his trainer, Happy Hill. Here, Phillippe blends cardio work with heavy weights and adds plyometrics for a comprehensive challenge.

ADAM BORNSTEIN

THE PLAN

Complete this workout three times a week for 4 weeks, and rest at least 1 day after each training session. For each circuit, rest 30 seconds after each exercise, and 2 minutes after you finish all five.

WARMUP

2-mile run, followed by Swiss-ball crunches (3 sets of 20 reps)

FIRST CIRCUIT

Dumbbell bench press 15 reps
Plyometric pushup (try a pushup with a clap) 15 reps
Barbell squat 15 reps
Squat jump 15 reps
Hanging leg raise 1 set of 20 reps
Repeat circuit once

SECOND CIRCUIT

Wide-grip lat pulldown 15 reps
Close-grip pullup 10 reps
Dumbbell lunge 10 reps
Body-weight split jump 10 reps
each leg
Hanging leg raise 1 set of 20 reps
Repeat circuit once

judgment. It was just a really free atmosphere," he says. "It made me feel like I shouldn't be so serious or self-important. Why shouldn't I have fun?"

Even better question: Why should it take any man that long to ask that question?

Off the screen, Phillippe continues to fine-tune, and lately he's spent a lot of time fine-tuning his body. It's for a familiar reason: to avoid stagnation. "I like feeling strong," he says. "I want to throw my kids up in the air and wrestle them. Working out has become about functionality. I want my head clearer, I want to relieve the stress, and I want to feel capable and strong."

It's also why he's paying a lot of attention to nutrition. He eats well and feeds his kids well. When doctors told him he has trouble digesting wheat, he had a choice: modify his diet and ditch things he loves (like beer on football Sundays), or eat the same foods as before and deal with the consequences. He's broken down and had the occasional Sunday brew, but it doesn't go down well. So now he knows: You eat badly, you suffer.

"You just learn," says Phillippe. "Do you want the enjoyment but then have to deal with the reaction from your body?" (And wheat intolerance isn't so bad: He can still drink potato vodka and red wine.)

So just as Phillippe has learned to deal with the paparazzi, he's recognized that he can make a situation better by taking a different route, by controlling what he can. Can't eat wheat? Learn to cook and thrive within your restrictions, just like a guy on a belly-flattening diet. And he sees the example he's setting for his children. Instead

of buying easy takeout dinners, he makes home-cooked meals. "There's something about the kids knowing the parent is making the food for them with love," he says. "It's worth it to me to do that extra work whenever possible, because I see the benefit it has. My kids think I'm an amazing cook, and that's all that matters."

And after a good meal and some downtime, he puts the kids to bed and hits the lights himself. He's up at 6 a.m. making them breakfast. He loves it: What better reminder that he can no longer retreat into his own habits, that he has to stop and think about the importance of everything he does? People rely on him: his kids, his colleagues, the women he dates. It's all connected.

"I'm not living this idyllic catered-to life. Nor do I want to," he says. "The human experience is about so much more than that." ■

See Ryan Phillippe talk about his workout and prep for his photo shoot with us at MensHealth.com/phillippe.





**THE
POWER
OF**

PLAZA

30

retooled
recipes that
cut carbs
and boost
protein,
healthy fat,
and flavor

BY
MARK
BITTMAN

PHOTOGRAPHS
BY CHARLES
MASTERS

When hunger strikes, a hearty bowl of noodles can always set you right. From old-school spaghetti with meat sauce to spicy pad thai, pasta satisfies the soul, fills the belly, and hits the table in mere minutes. But what about the girth of that belly? If you've quit eating pasta in the name of carb avoidance, try a strategy that will put it back on your plate: more sauce, less pasta. • Flip the traditional ratio of noodles to sauce so the pasta's still integral to the meal, just not the focus. Whether the sauce highlights vegetables, cheese, seafood, or meat, it's almost invariably the best part of the dish anyway. Start with these recipes and you'll discover that you can shift the balance of almost any pasta dish in favor of sauce supremacy. The best part: You might end up tipping the scales in the right direction, too.

Linguine with Cherry Tomatoes and Clams

Heat 2 tablespoons olive oil in a large pan and sauté 1 or 2 minced garlic cloves until just fragrant, about a minute. Add 2 cups halved cherry or grape tomatoes, $\frac{1}{2}$ cup dry white wine, $1\frac{1}{2}$ to 2 pounds scrubbed little-neck clams (or other hard-shell clams, mussels, or cockles), and 1 or 2 sprigs fresh thyme. Cover and cook over high heat, shaking the pan occasionally, until the clams begin to open. Uncover and cook until all the clams open (discard any that don't), 5 to 7 minutes more. Add cooked linguine, season with salt and pepper, drizzle with a bit of olive oil, and toss. Serve with chopped parsley.

Food styling: Jamie KimmyApostrophe

PERFECT PASTA EVERY TIME

Unless the recipe specifies otherwise, keep this timeline in mind: Set a large pot of salted water to boil, make the sauce, cook the pasta, and toss to combine. The pasta keeps cooking as you toss it in the sauce, so drain it just before it's done—and save some of the pasta water so that you can toss it with the finished dish if it looks like it needs more liquid. Each recipe uses ½ pound of pasta or noodles, and makes 4 servings.

2 Orecchiette with Broccoli Rabe, Red Onion, and Pancetta

Chop 1 bunch broccoli rabe and cook it in salted boiling water until crisp-tender; drain. Heat 2 tablespoons olive oil in a pan and sauté a thinly sliced red onion until soft; add ¼ pound diced pancetta and cook until it just begins to brown. Add the broccoli rabe and warm through; add the cooked orecchiette and moisten with some pasta water or more olive oil. Season with salt and lots of pepper.

3 Pasta with Chicken, Spinach, and Parmesan

Heat some olive oil in a pan and cook 2 boneless chicken thighs until they're browned and cooked through; cut them into bite-sized pieces. Meanwhile, cook pasta until 1 minute short of al dente; add 1½ pounds fresh spinach and cook until wilted, 1 minute more. Reserve some pasta water; drain the pasta and spinach and return them to the pot. Add the cooked chicken, 2 tablespoons olive oil, 1 teaspoon minced garlic, lots of grated Parmesan, and enough pasta water to moisten. Toss and season with salt and pepper.

4 Bow Ties with Caramelized Fennel and Onions

Core and chop 3 fennel bulbs and chop 1 onion; add to a large pan and sprinkle with salt and pepper. Cover and cook over medium heat, stirring occasionally, until the vegetables give up their liquid and stick to the pan. Uncover, add 3 tablespoons olive oil, and cook until the vegetables

brown, 5 to 10 minutes. Add ½ cup dry white wine and scrape up any brown bits in the pan; toss with cooked bow tie pasta.

5 Pasta with Tomatoes, Sausage, and Chickpeas

Heat some olive oil in a large pan over medium heat. Add 1 sweet Italian sausage (removed from its casing), 1 teaspoon fennel seeds, 1 minced garlic clove, and some red-pepper flakes; cook until the meat is well browned. Add a 14-ounce can of chopped tomatoes with their juice, and a can of drained chickpeas (reserve the liquid). Season with salt and pepper and cook until the tomatoes begin to break down and the flavors meld, about 10 minutes; add some chickpea liquid if needed. Cook the pasta; when it's nearly done, add 2 to 3 cups fresh spinach to the sauce and cook until wilted. Toss the pasta with sauce, and top with grated Parmesan.

6 Ziti with Chicken, Mushrooms, and Walnuts

Heat some olive oil in a pan and sauté 1 minced garlic clove over medium heat until just fragrant, about a minute. Add ½ to ¾ pound sliced mushrooms and cook until their liquid releases and evaporates. Add ½ cup dry white wine and cook, stirring occasionally, until the wine reduces by half and the mushrooms begin to brown, about 5 minutes. Add 1½ to 2 cups shredded cooked dark-meat chicken, season with salt and pepper, and cook until warmed through. Toss with cooked ziti, ½ cup chopped walnuts, and lots of grated Parmesan.

7 Zucchini Carbonara

Sauté ¼ pound diced bacon in a pan until the fat begins to render; add 3 diced zucchini and cook until they're soft and just beginning to brown, 6 to 8 minutes more. Meanwhile, mix 1 egg, ¼ cup cream, and ½ cup grated Parmesan in a large bowl and season with salt and pepper. Cook the spaghetti or linguine until just tender; drain well and immediately add it to the egg mixture; toss until every strand is well coated. Add the bacon, zucchini, and more pepper, and toss.

8 Pasta with Pea Puree and Prosciutto

Boil 1 cup chicken broth or water in a pot; add 2 cups fresh or frozen peas and cook until just tender. Remove ½ cup peas and set aside; puree the remaining peas and the liquid in a food processor with ½ cup grated Parmesan and 2 tablespoons soft butter. Return the puree to the pot along with ¼ cup torn prosciutto and the reserved peas; add salt and pepper, then cooked pasta, and toss. Top with more grated Parmesan.

9 Garlicky Penne with Potatoes and Broccoli

Slice 1 pound waxy potatoes into ¼-inch thick rounds; place them in a big pot of salted water and bring to a boil. Add the penne, and 7 minutes later, add 1 pound broccoli florets. When the broccoli is crisp-tender and the pasta is al dente, drain. Return to the pot and toss with ¼ cup olive oil, 2 tablespoons minced garlic, salt, and plenty of pepper. Top with grated pecorino Romano.

10 Spaghetti with Lima Beans and Goat Cheese Pesto

In a food processor, puree 2½ cups basil leaves, ½ cup olive oil, 2 ounces goat cheese, 2 tablespoons chopped walnuts, and one garlic clove. Cook spaghetti

until it's almost al dente; add 2 cups frozen lima beans and cook until heated through. Drain the pasta and beans and toss with the pesto, adding salt, pepper, and pasta water as needed.

11 Pasta with Eggplant, Lamb, and Pecorino Romano

Peel a large eggplant and cut it into ½-inch cubes. Heat ¼ inch olive oil in a large pan on medium high. Add the eggplant and cook until browned on all sides; drain on paper towels. Pour off all but 2 tablespoons of the oil, and add ½ pound

The Pasta Shape Decoder

THE SHAPE OF YOUR PASTA MAY SHAPE YOUR MEAL. "THERE'S NO RULE BOOK, BUT ITALIAN TRADITION HAS EVOLVED INTO COMBINATIONS THAT WORK," SAYS MAUREEN FANT, COOKBOOK AUTHOR AND TRANSLATOR OF ORETTA ZANINI DE VITA'S *ENCYCLOPEDIA OF PASTA*. LEARN THE STYLES AND PERFECT YOUR PAIRINGS.

Long pasta



spaghetti, linguine, fettuccine

PASTA PRINCIPLE The long strands of these pastas work well with smooth sauces, since liquid and oil cling to their surfaces, says Fant.

MATCH WITH Silky sauces like pesto, meat sauce (a.k.a. ragù), or tomato sauce, or even a simple sauce of oil, garlic, tomatoes, and a touch of fresh chili pepper.

Short pasta



penne, rigatoni, rotini, farfalle (bow ties)

PASTA PRINCIPLE Short pastas are best with chunky sauces—they match the relative size of the other ingredients, says Fant. Their nooks and crannies also help trap and carry sauce. The larger varieties are good for baked dishes.

MATCH WITH Rich, hearty sauces that include pieces of meat, seafood, vegetables, or cheese.

Tiny pasta



stelline, ditalini, orzo

PASTA PRINCIPLE These miniature shapes are perfect for soups, adding substance to every spoonful, Fant says.

MATCH WITH Hearty Italian soups like *pasta e fagioli* and minestrone. Keep them out of sauces, which can overwhelm their texture and taste.

PAUL KITA

12 Pasta with Tomatoes, Green Beans, and Anchovies

Heat $\frac{1}{4}$ cup olive oil in a large pan and sauté 1 cup fresh bread crumbs until golden and crisp; remove them with a slotted spoon. Add 2 tablespoons olive oil, a chopped onion, and a few chopped garlic cloves. When the onion is golden, mash in a few anchovies, add $\frac{1}{2}$ pound trimmed green beans, a 28-ounce can drained chopped tomatoes, and $\frac{1}{2}$ cup dry white wine. Cook until the beans are tender and the sauce is thick; toss with cooked pasta and serve topped with the bread crumbs.



ground lamb, a chopped onion, a minced garlic clove, and lots of salt and pepper. Cook, stirring, until the meat is browned. Add the cooked pasta, eggplant, $\frac{1}{2}$ cup grated pecorino Romano, and $\frac{1}{2}$ cup chopped fresh mint; toss with salt, pepper, and pasta water as needed.

13
Ziti with Asparagus, Prosciutto, and Egg
Cut $1\frac{1}{2}$ pounds asparagus into 2-inch pieces. Heat some olive oil in a large pan; add the asparagus and 4 ounces chopped prosciutto. Sauté until the asparagus is crisp-tender. Beat 2 eggs in a large bowl with plenty of salt and pepper, and stir in the asparagus and prosciutto. Cook ziti; drain and immediately add to the bowl. Toss until the pasta is well coated, adding pasta water as needed. Serve with grated Parmesan.

14
Macaroni with Cauliflower, Peas, and Cheese
Cook macaroni until it's halfway done; add 4 cups cauliflower florets to the water. When the pasta and cauliflower are nearly done, add 1 cup peas; reserve some pasta water and drain the pasta mixture. Heat $\frac{1}{2}$ cup chicken broth

in a large pot; add 1 cup grated Cheddar, 1 tablespoon Dijon mustard, a pinch of nutmeg, and salt and pepper to taste. Stir until smooth. Add the pasta mixture and toss, adding pasta water as needed. Serve with more Cheddar.

15
Spaghetti with Roasted Ragù
Peel a large eggplant and cut it into $\frac{1}{2}$ -inch cubes. In a roasting pan, toss the eggplant with $\frac{1}{2}$ pound ground beef, a chopped

onion, 2 minced garlic cloves, and salt and pepper; spread it evenly in the pan and drizzle on some olive oil. Roast at 425°F, stirring occasionally, until browned, 30 to 40 minutes. Add one 14-ounce can chopped tomatoes, drained; 3 tablespoons tomato paste; $\frac{1}{2}$ cup dry red wine; and 1 tablespoon each chopped fresh oregano and thyme (or 1 teaspoon dried). Continue roasting until the mixture is thick, 10 to 15 minutes. Toss cooked spaghetti with the sauce and top with grated Parmesan.

16
Pasta with Tomatoes, Olives, and Shrimp

Peel, devein, and chop $\frac{1}{2}$ pound of shrimp, saving the shells. In a small saucepan, combine the shells with 1 cup dry white wine and 1 cup water. Simmer for 10 minutes; strain and reserve the liquid. Sauté 1 tablespoon minced garlic in some olive oil, and then add the shrimp-wine liquid, a drained 28-ounce can of chopped tomatoes, $\frac{1}{2}$ cup chopped black olives, and 1 tablespoon capers. Simmer for 10 minutes; add the shrimp and 1 tablespoon fresh oregano (or 1 teaspoon dried) and cook for 1 minute more. Toss with cooked pasta, adding salt, pepper, and pasta water as needed.

17
Pasta with Radicchio, Pine Nuts, and Raisins

Heat $\frac{1}{4}$ cup pine nuts in a small dry pan over medium heat, shaking the pan frequently, until the nuts are toasted, about 5 minutes; set aside. Heat 2 tablespoons olive oil in a large pan, add a chopped onion, and sauté until soft; add 1 head shredded radicchio and cook on medium until it begins to wilt, 5 to 7 minutes. Add $\frac{1}{2}$ cup raisins and

2 tablespoons balsamic vinegar; season with salt and pepper, and cook until the radicchio is very soft. Add cooked pasta and toss, adding a bit of olive oil to moisten if needed. Garnish with toasted pine nuts.

18
Fusilli with Zucchini, Tomatoes, and Chorizo

Cut 2 medium zucchini into $\frac{1}{4}$ -inch disks. Heat some olive oil in a pan; add 1 cup diced Spanish chorizo and cook until it begins to brown, about 3 minutes. Add $\frac{1}{2}$ cup chopped onion and a minced garlic clove, and cook until the onion is translucent, 2 minutes more. Add the zucchini and a 28-ounce can chopped tomatoes, drained; cover and cook until the zucchini is tender, about 5 minutes more. Add the grated zest and juice of a lemon, and season with salt and pepper. Toss with cooked fusilli and top with chopped parsley.

19
Pasta with Spicy Squid

Slice 1 pound squid into rings; set aside. Sauté 1 minced garlic clove and a diced fresh red chili in 2 tablespoons olive oil; add $\frac{1}{4}$ cup dry white wine and bring to a boil. Reduce the heat and add the squid;

3 POWERHOUSE PASTAS TO TRY

In the pasta aisle, you'll find an array of nutritious options that you can't rightfully call macaroni. We asked Andrew Carmellini, the chef at Locanda Verde in Manhattan and the author of Urban Italian, to explain how these three varieties compare in the kitchen.

LOW-CARB

Health benefit Egg-based low-carbohydrate pasta has about 40 percent less carb content than traditional pasta. You also take in more protein from this variety.
Good with Any pasta sauce. "There's no difference in what you would cook with this as opposed to regular pasta," says Carmellini.
Cooking tip These noodles cook quickly. Give them about 3 minutes for al dente, and avoid reheating them.
Our pick Carba-Nada

WHOLE WHEAT

Health benefit Whole grains may help fight inflammation related to cardiovascular disease and diabetes, according to a 2010 study in the *Journal of Nutrition*.
Good with Meat sauces. Whole-wheat pasta has a nutty flavor that pairs well with hearty sauces. You can also highlight its taste with a simple combination of butter, black pepper, and Parmigiano-Reggiano, says Carmellini.

Cooking tip "Be careful not to undercook this pasta. You want it al dente, not crunchy," says Carmellini. Box directions can underestimate cooking time. For the right done-ness, you may have to cook the pasta up to 10 minutes longer than the time specified, he says.
Our pick Ronzoni Healthy Harvest Whole Wheat Blend

KAMUT

Health benefit This pasta is made from an especially nutritious relative of durum wheat, and it contains more protein and fiber than conventional semolina pasta.
Good with Light sauces. The pasta has a mild, buttery flavor, so the less you do to it, the better. Extra-virgin olive oil, Parmigiano-Reggiano cheese, and a bit of salt and pepper work wonders.
Cooking tip Since this pasta tends toward firmness, use the upper range of the recommended cooking time, says Carmellini.
Our pick Eden Organic Kamut

—P.K.

cook until just done, about 2 minutes. Toss with cooked pasta, adding extra olive oil if needed. Season well with salt and pepper and a few red-pepper flakes, and top with chopped parsley.

20

Pasta with Tuna, Artichoke Hearts, and Basil

Sauté a chopped onion and a couple of minced garlic cloves in olive oil. When they're golden, add 2 cups frozen artichoke hearts and $\frac{1}{2}$ cup dry white wine; simmer until the hearts are heated through. Add a drained 6-ounce can tuna (packed in olive oil is best), salt, pepper, and a pinch of red-pepper flakes. Toss with cooked pasta, a little pasta water, and $\frac{1}{2}$ cup chopped basil.

21

Shells with Smoky Beans and Turkey

Heat 2 tablespoons olive oil in a large, deep skillet; add a chopped onion, 2 minced garlic cloves, 2 minced canned chipotle chilis (from the Latin section of the market), 1 tablespoon ground cumin, and 1 tablespoon fresh oregano (or 1 teaspoon dried). Season with salt and pepper. Cook until the vegetables are soft and fragrant; add a 14-ounce can of chopped tomatoes with their juice, a drained 15-ounce can of black beans, and 1 cup shredded cooked turkey breast. Cook for a few minutes to heat through, and toss with cooked pasta shells, $\frac{1}{2}$ cup chopped fresh cilantro, and pasta water as needed. Top with shredded Cheddar.

22

Coconut Curried Mussels with Cellophane Noodles

Soak cellophane noodles in a bowl of just-boiled water until softened, about 10 minutes. Meanwhile, in a large pot, combine a 13-ounce can of coconut milk, $\frac{1}{4}$ cup water, 2 tablespoons green curry paste (or to taste), the grated zest and juice of a lime, a teaspoon or so of sugar, and a splash of fish sauce; add 2 to 4

pounds scrubbed mussels, and bring to a boil. Cover and cook for 5 minutes or until all the shells are open; discard any mussels that don't open. Stir in a handful of chopped cilantro. Drain the noodles and top with the mussels and sauce.

24

Udon Noodles with Scallops

Cook the udon noodles according to package directions and then drain

them, saving some of the cooking water. Sauté a pound of scallops in a bit of sesame oil until opaque, about 2 minutes, depending on their size. Stir in $\frac{1}{4}$ cup fresh lemon juice, 2 tablespoons soy sauce, 1 tablespoon grated ginger, and a minced garlic clove. Add the noodles and enough cooking liquid to make a sauce. Sprinkle the noodles with fresh cilantro and a pinch of red-pepper flakes.

25

Gingered Chinese Noodles with Beef

Cook Chinese egg noodles until tender; drain and reserve in a bowl. Heat 1 tablespoon toasted sesame oil in a pan; add a handful of chopped scallions and 1 tablespoon grated ginger. Cook for 2 minutes; add to the noodles and toss. In the same pan, heat some vegetable oil and stir-fry 1 pound thinly sliced beef or pork for 2 minutes; add a couple

of handfuls of bean sprouts and cook for 2 minutes more. Add a little water and soy sauce and cook until the sauce coats the beef. Add the noodles and toss; top with chopped scallions.

26

Soba Noodles with Pork and Peanuts

Slice a pound of boneless pork into thin strips and season with salt and pepper. Heat 2 tablespoons

Continued on page 158

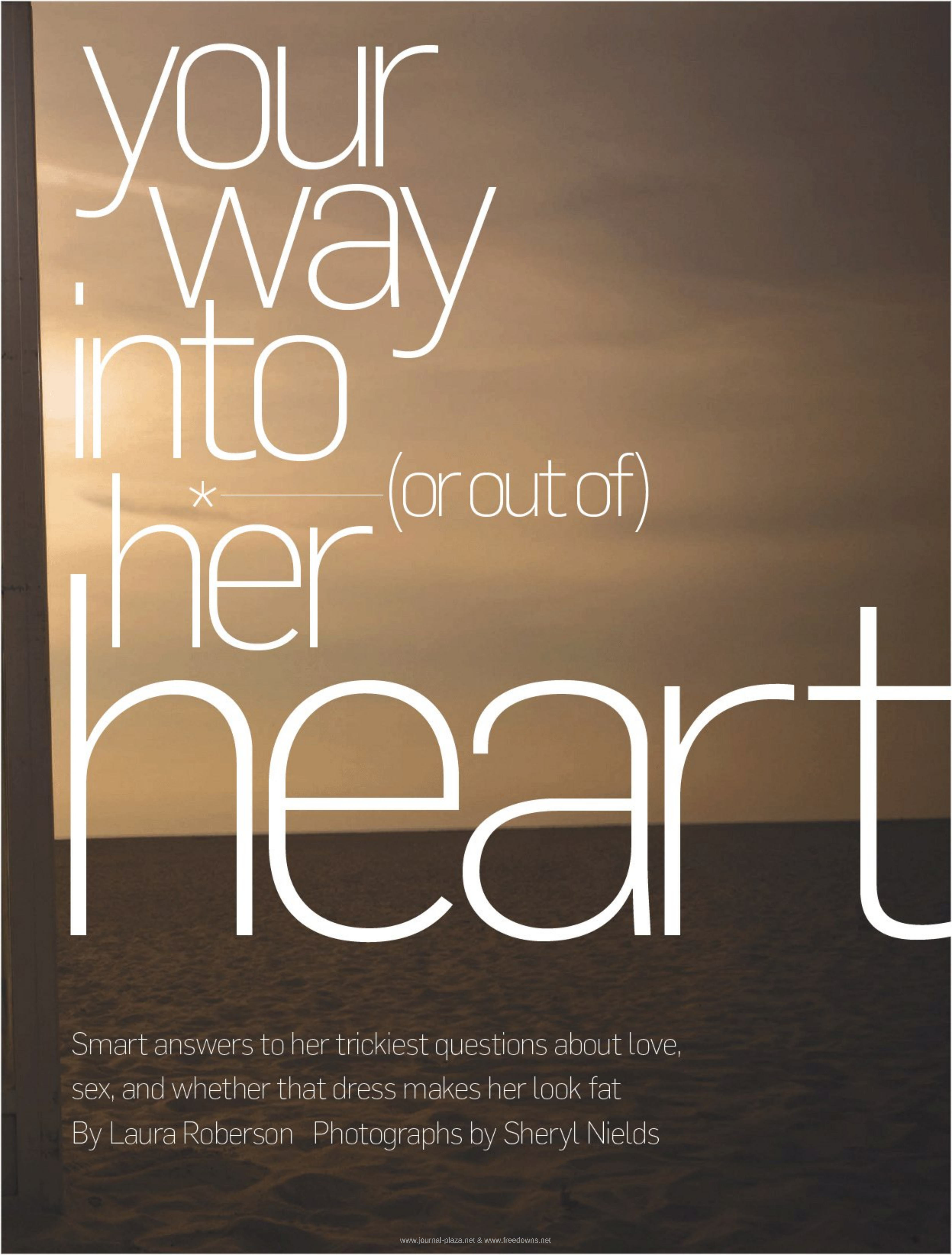


Gingered Shrimp with Cellophane Noodles

Soak cellophane noodles in a bowl of just-boiled water until softened, about 10 minutes. Heat 2 tablespoons vegetable oil in a large pan; add 2 to 3 tablespoons grated or minced ginger and a minced garlic clove. Cook until fragrant. Add a pound of peeled, deveined shrimp and $\frac{1}{4}$ cup rice wine or dry white wine; cook until the shrimp turn opaque and pink on both sides, about 3 minutes total. Add a handful of chopped scallions and cilantro leaves, and toss. Drain the noodles and top with the shrimp.



Phone booths are so 1960. Are your communication skills stuck in the past, too? Actress Noureen DeWulf will be happy to help you upgrade.



your way into *—————(or out of) her heart

Smart answers to her trickiest questions about love,
sex, and whether that dress makes her look fat

By Laura Roberson Photographs by Sheryl Nields



It's 7:30 p.m. You're tearing into a work file on your laptop, a beer on the table next to you and a ball game muted on the TV across the room. Enter your best girl; trailing closely behind her, inevitably, is The Question.

"How was your day?" she asks.

This is a test. Can you engage?

It's not that men don't, won't, or can't talk. In fact, a 2007 University of California at Santa Cruz meta-analysis concluded that men are more talkative than women. Although women take more turns during conversation, men make more statements overall. Men also speak longer and make more suggestions.

Which she really hates.

Here's the problem: Women use language to bond, while men use it like a power tool. "Men are literal communicators," says Audrey Nelson, Ph.D., a gender communication expert. "It serves them well in the business world but often causes them trouble with women."

Learn how to minimize verbal damage, and you'll achieve more-satisfying intercourse—both the social kind . . . and the other kind.

SHE ASKS . . .

"How many women have you been with?"

Right answer

"I've had relationships with different women, but none worth holding on to."

Wrong answer

"Fourteen. And a half. Not counting rounding errors."

What she hears: "Unlike those other women, you're worth holding on to, babe." She hears that even if you don't yet know how you really feel. No woman wants to be a conquest, says Nelson. She wants to know you value her as a partner in and out of the bedroom. "Emphasize

the fact that your past behavior isn't an indication of where you are now," says Sandor Gardos, Ph.D., a sex therapist and founder of mypleasure.com. "You don't have to give her a spreadsheet."

SHE ASKS . . .

"Do I look fat in this?"
(*She does.*)

Right answer

"It just doesn't do you justice. Wear that black dress you look so sexy in."

Wrong answer

"I wouldn't say fat . . ."

You call it annoying, blatant, and desperate. Psychologists call it "fat talk"—a way women bond with other women, but also a tactic to show that she pays attention to her body, according to a 2010 study in *Body Image*. Take "fat" out of your vocabulary—if you drop that f-bomb, she won't receive the message, says Nelson. "Accentuate the positive instead." No need to point out her muffin top. Just pull out a more flattering outfit and compliment her on the way it plays to her best assets.

SHE ASKS . . .

"Do you think that woman is hot?" (*She is.*)

Right answer

"She's attractive. What do you think?"

Wrong answer

"In a slutty kind of way."

If your girlfriend springs this question, she knows the woman is sexy. The key is tempering your honesty, says Chris Fariello, Ph.D.,

of the Council for Relationships. That means using mild, nonsexual words, such as "attractive" or "pretty," while avoiding erotic words that tip her off to your own lusty feelings. Then ask for her opinion; suddenly you're paired *Idol* judges, not individual oglers. "You take the focus off the other woman by turning it into a conversation," says Justin Lookadoo, author of *Dateable: Are You? Are They?*

YOU SUSPECT . . .

She's cheating.

Say

"I may be totally off base, but I'm concerned about your relationship with John. Will you be honest with me?"

Don't say

"You're screwing John, aren't you?"

In a *College Student Journal* study, 63 percent of men agreed that they'd cheat if they knew their partner wouldn't find out. Only 52 percent of women said the same. You're wired to be suspicious; male jealousy evolved to prevent the unknowing nurturing of another man's child. "Men tend to sling insults when they suspect infidelity," says Todd Shackelford, Ph.D., an evolutionary psychologist at Florida Atlantic University. "It may be an attempt to decrease her sense of value as a mate so she won't look elsewhere." But if you act like a litigation attorney, she'll react defensively and be more likely to hide the truth. Ultimately you need the truth, so proceed in a way that's most likely to lower her defenses so you can coax it out of her. "Present your suspicion not as a fact but as a feeling or concern," says Sheenah Hankin, Ph.D., a psychotherapist and the author of *Complete Confidence*. "You've opened the door for the truth."

Stupid stuff guys say

Trust us, Noreen DeWulf has heard it all

Before you open your mouth, consider this: Any conversation you have with her will likely be shared among a half dozen other women. "My girlfriends know everything about me," says Noreen DeWulf, an actress in the new movie *The Back-up Plan*, due out in April. "They know who texts me, calls me—everything." Here's how to win her and your panel of critics at every stage of the game.

Call off the games

Don't try to make her jealous by flirting with her friends. Men have these strategies to create competition, says DeWulf. "That's a way to meet a lot of women but not the way to continue a conversation." However, if you approach her and sparks don't fly, it's okay to make a polite exit. She won't be offended.

Goof off a little

On the first date, skip the serious stuff. "Don't ask me about work," says DeWulf. "I like silly questions. Ask me my favorite color or why I ordered this drink." It's your energy, personality, and the way you act that will impress her, she says.

Relive your pursuit

"I like it when there's a process, like when you track me down," she says. After a few dates, reminisce about the first time you saw her. And the more details the better—describe what she was wearing or what your initial reaction was. Then tell her how thrilled you are to finally have connected with her.

Be discreet

In the bedroom, feel free to make kinky suggestions—just keep the source of inspiration to yourself. "Don't tell me your buddy tried this or you saw this in porn," DeWulf says. "That's just gross."



SHE ASKS ...

"Where is this relationship going?" (*The truth: nowhere.*)

Right answer

"I need to be honest. I'm not looking for a serious relationship right now."

Wrong answer

"I think there's some potential here."

The bottom line is, she wants to hear you're committed. And if you're not, she's handing you an invitation to sugarcoat. "You don't want to hurt her feelings, and you probably want her to stick around for sex," says Fariello. "But if you give her fluff, she's going to cling to it." Translation: If you split in 3 weeks, she'll sling "potential" at you like a poison dart. An honest answer lets her make an informed decision—and allows you to gauge her emotional maturity, says Fariello. If she snarls like a she-wolf, you'll know your commitment fears are dead-on.

SHE ASKS ...

"What do you think about marriage?" (*You're blindsided.*)

Right answer

"These are my reservations, but that doesn't mean I can't resolve them."

Wrong answer

"Well, it's okay for married people."

Relax. Chances are your girlfriend isn't springing a trap—she's just gauging your commitment level. "She needs you to approve of her but also to want to affiliate with her," says

Nelson. Your strategy: Be straightforward but future-oriented, and use "affiliation cues," like nodding your head, smiling, and leaning toward her. These nonverbal signals may trigger the same chemical response in her brain as long-term commitment does, a recent University of California study found. No, it's not as good as bending a knee and proffering a rock, but such signals make her feel more engaged, even if she's not actually being engaged. Then consider inviting her to take a road trip together or to meet your parents—this provides concrete proof you're invested, without the ring.

YOU THINK ...

Your sex life follows an endless round of same old, same old.

Say

"Would you be willing to try this position? If you don't like it, we can do what we know works."

Don't say

"You be the wheelbarrow, and I'll be the farmer delivering the load."

"Don't just spring a new position on her. Women need time to process," says Jeffrey Bernstein, Ph.D., author of *Why Can't You Read My Mind?* "She wants to feel included." That means planting the idea before you two hit the sheets. During the day, send her a sexy text message, or an e-mail saying you can't wait to see her. This warms her up, pressure-free. Then in the bedroom, emphasize the sexiness, not the success, of your new maneuver. "Be willing to fall flat and laugh," says Gardos. "Say, 'That didn't work,' and then move on." And if you do pull it off, admire her adventurousness—chances are, she'll request a repeat performance.

SHE SAYS ...

"I love you." (*But you're not entirely ready.*)

Right answer

"I'm not ready to say that yet. But I'm getting there."

Wrong answer

"Thanks."

First off, don't freak out. A recent Baruch College study found that modern technology—text messaging, e-mail, instant messaging—is one reason the phrase is used more freely. That said, you shouldn't disregard her admission. Tell her your feelings are growing, and go ahead, change your relationship status on Facebook. It may sound asinine—okay, it *does* sound asinine—but in a recent Michigan State University study, 20 percent of participants said they didn't consider a relationship "official" until it appeared on Facebook.

YOU THINK ...

It's over, but she doesn't know it yet.

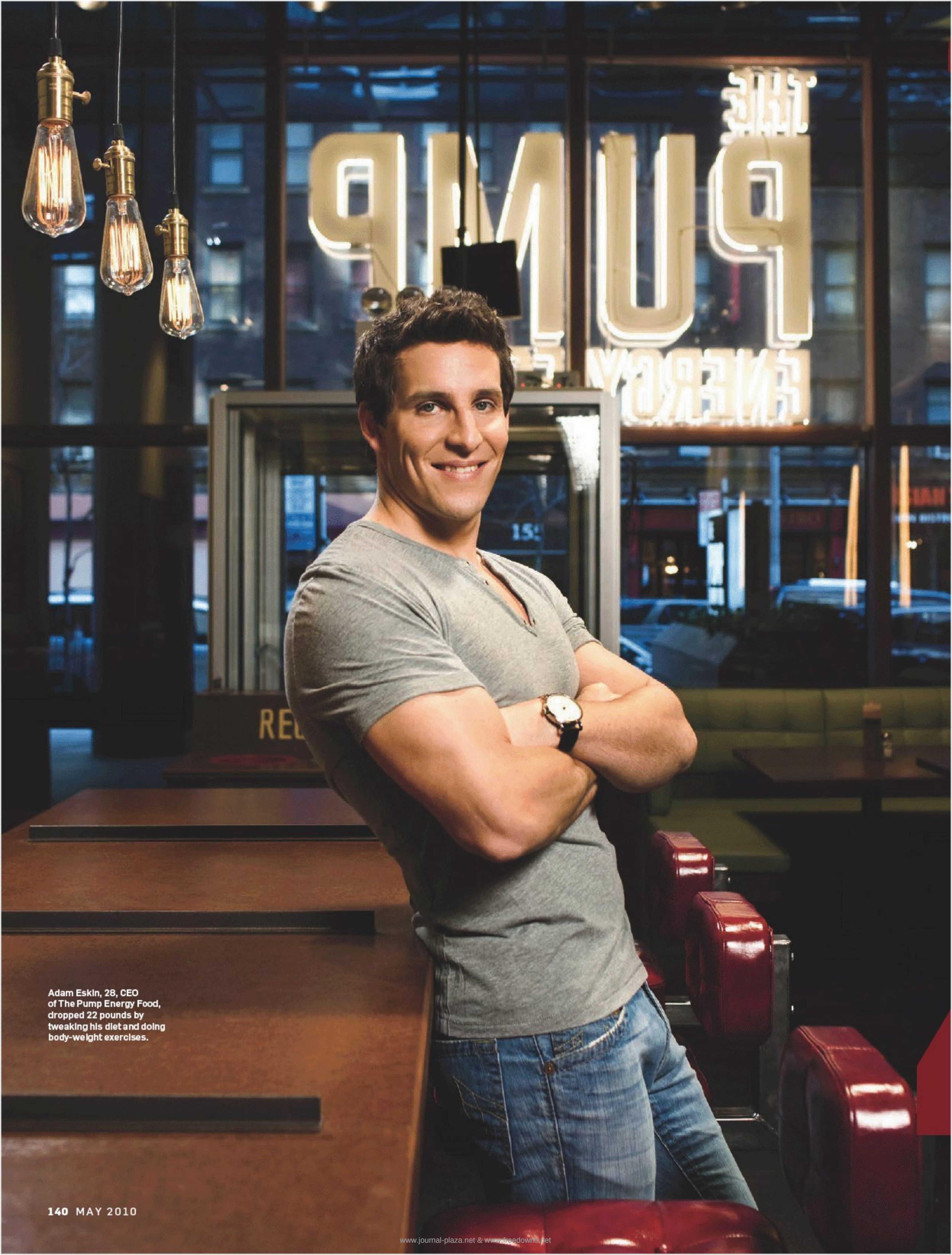
Say

"I won't be able to give what you deserve."

Don't say

"You knew I wasn't ready to commit."

Nobody enjoys rejection. Take the blame for the relationship deficit, says Les Parrott, Ph.D., founder of RealRelationships.com and author of *L.O.V.E.: Putting Your Love Styles to Work for You*. This softens the blow without giving her false hope for reconciliation. "Explain the breakup in terms of your own values, rather than pointing out what she did wrong," he says. ■



Adam Eskin, 28, CEO of The Pump Energy Food, dropped 22 pounds by tweaking his diet and doing body-weight exercises.

Look Great at Any Age

*By John Brant
Photograph by Peter Yang*

THE WAY YOU AGE IS DETERMINED BY MORE THAN JUST YOUR DNA. THE LATEST RESEARCH REVEALS THAT EXERCISE CAN HELP DELAY AND EVEN REVERSE AGING'S DEBILITATING EFFECTS ON YOUR MUSCLES, HEART, AND BRAIN. THE ONLY SIDE EFFECT? YOU WILL ALSO LOOK YOUR BEST. *MEN'S HEALTH* TALKED TO THE WORLD'S LEADING CARDIOLOGISTS, NEUROSCIENTISTS, NUTRITIONISTS, AND TRAINERS TO CREATE THIS MASTER PLAN FOR YOUR 20S, 30S, 40S, 50S, AND BEYOND. IT CAN HELP YOU ANTICIPATE YOUR BODY'S PHYSIOLOGICAL SHIFTS, AND THEN GUIDE YOU THROUGH CRITICAL ADJUSTMENTS TO YOUR WORKOUT AND DIET TO MATCH THEM. YES, YOU WILL GROW OLDER, BUT YOU'LL ALSO GROW STRONGER AND EVEN SMARTER.

“
20+

POWER + AGILITY

I

n your 20s, you have a wonderful ability to execute intense, heavy, frequent exercise," says Alexander Koch, Ph.D., an associate professor of exercise sciences at Truman State University. "Don't blow the opportunity." The reason for that ability: a high tide of human growth hormone (HGH) and testosterone—currents that spur growth of the muscle fibers that ignite explosive lifts, sprints, jumps, and swings. "A man's HGH levels drop from 6 nanograms per milliliter (ng/ml) when he's 20 to 3 ng/ml when he's 40," says Koch. Your 20s represent the best time to build muscular power, which consists of generating maximum force as quickly as possible. (Muscular strength, by contrast, consists of force with no regard to time.) To exploit this moment, you should head straight for the heavy weights, says Mike Boyle, A.T.C., the elite trainer who created the exclusive decade-by-decade workouts for this story. "You don't need much cardio because your metabolism still vaporizes pizza on contact. And you don't have to worry about flexibility because your joints are healthy and your range of motion doesn't need priming—yet."

HOW DO YOU MEASURE UP?

The average guy's vertical jump

AGE	HEIGHT
20-29	19.7"
30-39	16.9"
40-49	13.8"
50-59	11.0"

Vertical jump is a good way to measure lower-body power, and it peaks during your 20s.

For details on self-testing, go to MensHealth.com and search "Are You MH Fit?"

THE MH FIT STANDARD = 22"

To boost your hops, says Kelly Baggett, the author of *Vertical Jump Development Bible*, stand at the edge of a 12- to 18-inch-high box. Step down, landing squarely in front of the box, and then jump as high as you can. Do 3 sets of 5, pausing 10 seconds between reps and 2 minutes between sets. Do this routine 3 times a week before your workout.

MASTER THE MUSCLE TRINITY

There's no faster way to build muscle than with low-rep, heavy-resistance routines based on the fundamental strength exercises: the squat, the bench press, and the deadlift, says Mike Robertson, C.S.C.S., an Indianapolis-based trainer. Use these tips to do each exercise better. **Squat:** Keep your chest up and back naturally arched, and turn your knees out during the movement. **Bench press:** As you push the weight up, keep your shoulder blades back and down, and tighten your leg muscles. **Tuck your elbows close to your sides.** **Deadlift:** Keep your chest up and back flat, squeeze your glutes, and push from your heels on the lift.

ACCELERATE STRENGTH GAINS

Power is a function of strength and speed working in concert, so when you're in your 20s, your training should also include plyometric exercises, or explosive movements. "Jumps allow strength to be converted to power," says Boyle. "Think of it this way: Jumps train mainly your nerves, while weights train your muscles." In fact, along with helping you gain speed and power, doing plyometrics also builds new muscle, according to a 2008 Danish study published in the *Journal of Strength and Conditioning Research*.

BUILD A BODY SHE'LL DESIRE

Don't deny your vanity; just remember who you're trying to impress. In a landmark Harvard study, male undergraduates were asked to choose which bodies they wanted to have from a range of composite images. On average, the guys chose bodies with 30 pounds more muscle. By contrast, when women were asked to select men's bodies they found attractive, they chose guys with 15 to 30 pounds less muscle than the male participants had selected. "The ideal is closer to Derek Jeter's body than that of Barry Bonds," says Roberto Olivardia, Ph.D., a clinical psychologist and co-author of the study.

FUEL UP ON SUPER

Protein is the key nutrient for building muscle. And all men, especially guys in their 20s, should take in at least 30 percent of their total calories from high-quality protein sources like lean meats, fish, dairy, and poultry, says Susan Bowerman, M.S., R.D., an assistant director of UCLA's center for human nutrition. Eat 1 gram of protein for each pound of your target weight. For instance, if you weigh 200 pounds but want to weigh 180, eat 180 grams of protein a day. To speed recovery from power workouts, drink a shake made with at least 20 grams of whey protein powder, 1/3 cup milk, 1 cup cranberry juice, and 1 cup frozen mixed berries (which are inflammation fighters).



THE BIG SMALL-BUSINESS MAN

Adam Eskin, 28

CEO, The Pump Energy Food

Like many guys, Adam Eskin graduated from college in his physical prime. "I played hockey and rugby and lifted weights," says the 6'1" Eskin. Then he stepped onto the Wall Street treadmill and began grinding out 90-hour workweeks. Crunching numbers replaced crunches. After a few years, his bank balance was bulging, but his strength was sagging. In 2006 Eskin escaped the investment-banking fire for the frying pan—or more accurately, the grill. He led a group that took charge of The Pump, a New York City health-food chain. At the same time, he streamlined his diet and made a pact with his buddies to work out 4 days a week. By combining weights, racquet sports, and body-weight drills, he slimmed from 212 to 190 pounds. "Now I feel more energetic than ever," he says.

Busy-Man Fitness Secrets

Simplify your diet Working with The Pump's in-house nutritionist, Nicole Garfield, R.D., Eskin used the chain's healthy eating philosophy to remodel his own diet into key groups that he hits at every meal: lots of lean protein (poultry, grass-fed bison and beef, and fish), lots of nutrient-dense vegetables (sweet potatoes, spinach, beans, and lentils), and small amounts of good fats (from avocados, hummus, and Cheddar cheese).

THE WORKOUT ——— *Power + Agility* ———

The Look-Great Formula

"Ultimately, to become fit you need three ingredients," says trainer Mike Boyle, A.T.C. "Resistance training, cardiovascular training, and flexibility training." Boyle divides his 60-minute workouts into three parts to achieve whole-body strength and fitness. "The ingredients don't change decade by decade, but the amount of time you dedicate to each phase does to counteract aging." For workout descriptions, videos, and PDFs, visit MensHealth.com/lookgreat.

FLEXIBILITY 5 minutes

Minutes allotted per 1-hour workout

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45

46 47 48 49 50 51 52 53 54 55 56 57 58 59 60

CARDIO 15 minutes

STRENGTH 40 minutes

DO THIS WHOLE-BODY WORKOUT 3 DAYS A WEEK. USE THE HEAVIEST WEIGHT THAT ALLOWS YOU TO COMPLETE THE PRESCRIBED REPETITIONS. THE LIFTING TEMPO IS 2 SECONDS UP, 4 SECONDS DOWN. REST 2 MINUTES BETWEEN THE SHORT SETS, AND 1 MINUTE BETWEEN THE LONGER SETS.

FLEXIBILITY

Start with 2 minutes of foam rolling (see page 146) over any areas that feel tight. Then do 10 kneeling hip flexor stretches and 10 lateral squats (like a lateral lunge, but with your feet wide apart).

STRENGTH

MONDAY
Squats: 3 sets of 5
Bench press: 3 sets of 10
Deadlifts: 3 sets of 10
WEDNESDAY
Bench press: 3 sets of 5
Squats: 3 sets of 10
Deadlift: 3 sets of 10

FRIDAY
Deadlifts: 3 sets of 5
Incline bench press: 3 sets of 10
Single-leg straight-leg deadlifts: 3 sets of 10
CORE (each workout)
Ab-wheel rollout or barbell rollout: 3 sets of 15

CARDIO

Outdoors or on a treadmill, run 15 sprints of 15 seconds each, with 45 seconds active recovery (jogging at a pace at which you can easily hold a conversation).

30+

HOW DO YOU MEASURE UP?

The average guy's body-fat percentage

AGE	BODY FAT
20-29	14.1-17.4%
30-39	17.5-20.5%
40-49	19.6-22.5%
50-59	21.3-24.1%

More than any other measure, your body-fat percentage indicates your overall health. From this decade on, the average guy adds on the adipose (a.k.a. flab).

THE MH FIT STANDARD = 11%-18%

Use this simple strategy to maintain a healthy weight: Stand on a scale every day. More than 44 percent of dieters who've kept pounds off for at least 5 years weigh themselves daily, according to a National Weight Control Registry study. The WiFi Body Scale (\$160, withings.com) measures your body fat and lets you track your weight loss and muscle gains from any Web browser or your smartphone.

For more, go to MensHealth.com/lookgreat.

T

he 30-something man can have it all. With his judgment now enhanced, he can compensate for the slight decline from his physiological peak in his 20s. And if he trains the right way, he can still whip the whippersnappers. That's why the 30s are often the prime years of professional sports stars and, in particular, endurance athletes. For instance, a 2007 analysis of marathon times by German researchers revealed that runners don't slow down at all in their 30s—even though their hearts start losing stroke volume and their VO₂ max levels begin to even out. One reason: You can still extend your lactate threshold (LT), says Andrew Doyle, Ph.D., an associate professor of kinesiology at Georgia State University. "LT is the point when your muscles pump out fatigue-producing lactate faster than the blood can clear it and the muscles start burning more carbohydrates than fat. By extending your LT, you can exercise at a higher intensity, burn more calories, and better control your weight."

SUPERCHARGE YOUR TURBO

The shortcut to fitness is interval training, says Robertson. Brief, intense bursts of exercise at 80 percent to 95 percent of your maximum heart rate, interspersed with recovery intervals during which your heart rate returns to normal, burn more calories than steady, less-intense efforts do. They also improve performance. For instance, cyclists doubled their endurance after just 2 weeks of sprint interval training, according to a study in the Journal of Applied Physiology. Interval-training principles also apply to running, stair-climbing, rowing, and circuits.

HIT YOUR FIGHTING WEIGHT

In this decade, your metabolism slows and your body-fat percentage creeps up. It's critical to keep that number below 22 (18 is optimal); research shows that doing this reduces your risk of high blood pressure, diabetes, and heart disease, says Heidi Skolnik, C.D.N., nutritionist for the New York Giants. "The two biggest diet saboteurs for busy men are calories from drinks and binge-eating sessions caused by staying late at work," she says. Solution: Find a low-calorie drink you can sip all day. Skolnik recommends green tea, because it also revs your metabolism. Also, stock your desk drawer with healthy, filling snacks, such as instant oatmeal, beef jerky, dried fruit, cans of tuna, and whole-grain crackers.

MAKE TRAINING MORE FUN

The most effective and enjoyable way to prepare for an endurance event is to join a group-training program. Canadian research shows that you're more likely to stick to a workout program if you train with others rather than going solo. British researchers note that you're also more likely to push yourself much harder. Team in Training, for example, specializes in taking people from the couch to a marathon, triathlon, or century bike ride in a 5-month training program run by certified coaches. Along the way, you raise money for the Leukemia & Lymphoma Society and meet fitness-minded, charitable women: Nationwide, 73 percent of TNT participants are female.

PREVENT BACK PAIN

Boyle tailored the 30s strength segment to focus on body-weight exercises that develop endurance and coordination. That means replacing high-weight, low-rep lifts with lower-weight, higher-rep sets, and doing some exercises on one leg. "As you grow older, you should begin to decrease spinal loading," he says. "Lifting higher reps with a lighter load still yields benefits, but with less structural stress." Boyle's workout also includes Swiss-ball rollouts, which help you build core strength and endurance. In fact, men with poor muscular endurance in their lower back are three times as likely to develop back pain than those with fair or good endurance, according to a study in Clinical Biomechanics.

THE BROTHERS TRIM

Nicola and Fabrizio Carro, 34

Chefs, Quattro Gastronomia Italiana, Miami and New York City

As chefs, marathoners, and scuba divers, twin brothers Nicola and Fabrizio Carro know a bit about pacing. Whether it's searing tuna, churning out 8-minute miles, or slowing their breathing for a wreck dive, they've learned to move with greater efficiency in every aspect of their lives. And it's working. The brothers (both are 5'9", and Nicola weighs 170 pounds and Fabrizio 180) helm Miami's successful Quattro Gastronomia Italiana, and this year they opened a New York arm of the restaurant and ran the Rome marathon. "We're not ready to slow down," says Fabrizio. "Now that we're in our mid-30s, it just means we need to train better. Not harder. Smarter."

Busy-Man Fitness Secrets

Find the exercise yin to your work yang Fabrizio is in charge of a kitchen that's 15 people strong. "I work with a team all day," he says. "When I exercise, I want a break: I love the rhythm of running and diving. All I have to think about is breathing."

THE WORKOUT

Strength + Stamina

DO THIS WHOLE-BODY WORKOUT 3 DAYS A WEEK. USE THE HEAVIEST WEIGHT THAT ALLOWS YOU TO COMPLETE THE PRESCRIBED REPETITIONS. THE LIFTING TEMPO IS 2 SECONDS UP, 2 SECONDS DOWN. REST 1 MINUTE BETWEEN SETS.

FLEXIBILITY

Start with 5 minutes of foam rolling (see page 146); pay special attention to your back. Then do 5 kneeling hip-flexor stretches and 5 lateral squats.

STRENGTH

Pushups (elevate your feet on a 12-inch-high bench): 3 sets of 10
Single-leg or split squats (add dumbbells when you're ready): 3 sets of 10
Single-leg straight-leg deadlifts: 3 sets of 10 (each leg)
Inverted rows (add a weight vest if you can): 3 sets of 10

CORE

3 sets of 15 Swiss-ball rollouts

CARDIO

Stick with interval running (if you have no knee pain) or ride a stationary bike. Add a 5-minute warmup, or spin and then do 15 sprints (15 seconds each) with 45 seconds active recovery. Finish with a 5-minute cooldown jog.

FLEXIBILITY 10 minutes

1 2 3 4 5 6 7 8 9 10

STRENGTH 25 minutes

11 12 13 14 15 16 17 18 19 20 21 22 23

24 25 26 27 28 29 30 31 32 33 34 35

CARDIO 25 minutes

36 37 38 39 40 41 42 43 44 45 46 47 48

49 50 51 52 53 54 55 56 57 58 59 60



40+

Y

Your 40s mark the decade when you shift to caring for your body in the gym, instead of punishing it. "Your joints need sustained attention," says David Pearson, Ph.D., an associate professor of exercise science at Ball State University. Your nerve fibers are losing their effectiveness, which diminishes coordination, says Doyle. Your heart beats more slowly, cutting down the bloodflow that delivers nutrients to and removes waste from joints and muscles. And you're losing about 0.5 percent of your muscle mass a year. To reverse these processes and stretch peak performance, your workouts now emphasize flexibility.

ROLL OUT YOUR KINKS

Every workout you do should now start with 10 minutes of targeted self-massage using a foam roller, says Boyle. Like a steam-roller smoothing out a road, this device alleviates knots and tangles that constrict bloodflow and hinder elasticity in your muscle tissue. Place your body on the foam and roll up and down for 10 to 15 seconds

on the muscles you're targeting. Rollers are especially useful for soothing back pain, stretching tight hamstrings, and relieving shoulder tension. We like the Grid (\$40, tptherapy.com), which has three density zones. Research from Japan shows that people whose bodies are more limber have about 5 percent less arterial stiffness—a marker for heart disease.

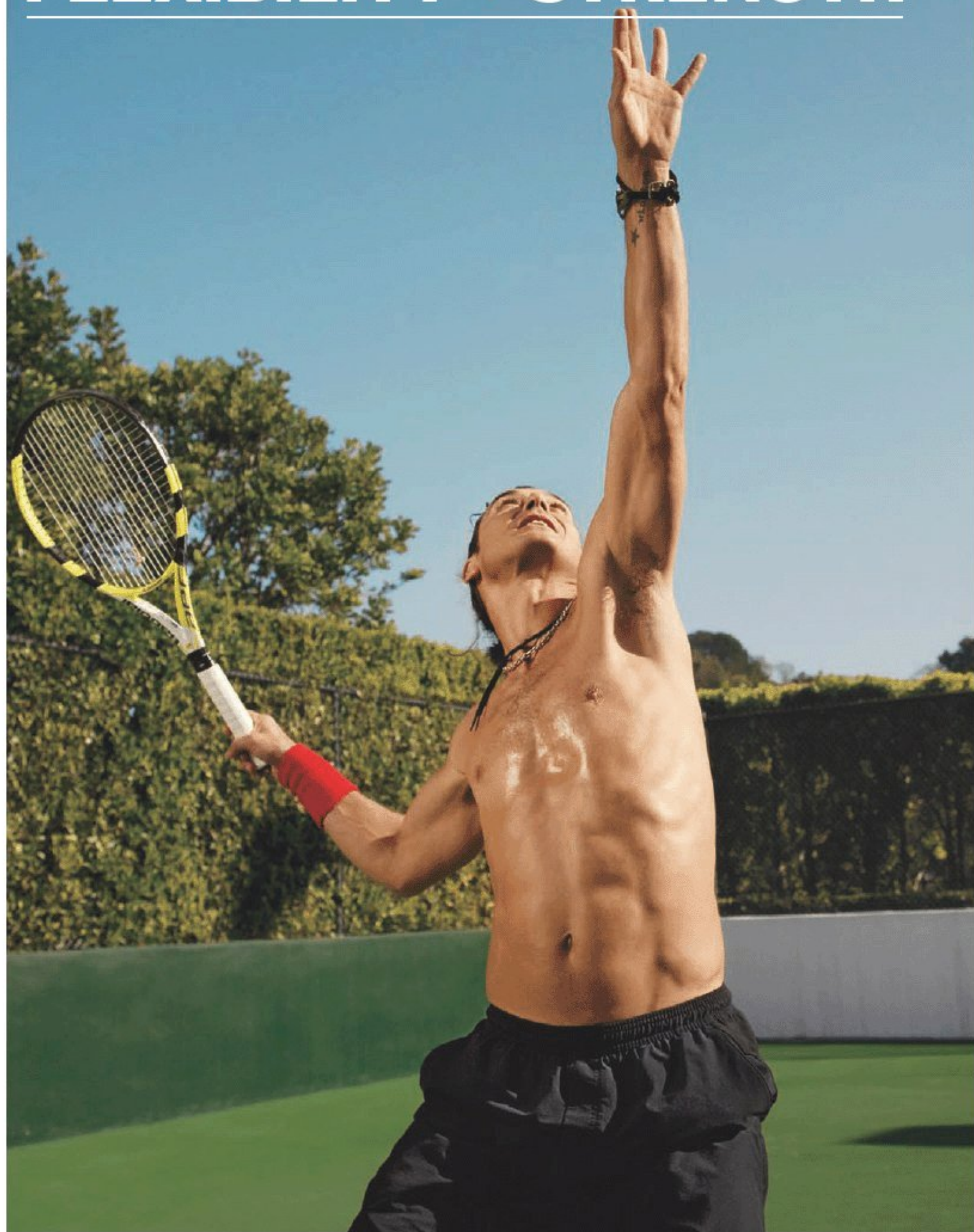
STUFF YOUR FACE

"Men in their 40s should try to eat 10 servings of fruit and vegetables daily," says David L. Katz, M.D., an associate professor of public health at Yale University and a Men's Health weight-loss advisor. "They need the antioxidant protection, and it's a proven way to stay lean." If 10 seems too hard, try 7. Studies suggest that diversity

is as important as volume, and Bowerman advises trying to hit 7 different food colors to provide a wide shield of protection from heart disease and common forms of cancer. To help you hit your quota, Dr. Katz recommends including produce with every meal and eating it first, because the fiber will satisfy hunger. Also, try making all your snacks vegetables and/or fruit.

BE A LITTLE SELFISH

You deserve it. Inhale and focus on yourself. "Yoga is especially beneficial for men in their 40s, because that's when flexibility declines more," says Mehmet Oz, M.D., a professor of surgery at Columbia University and coauthor of *You: The Owner's Manual*. New science shows that doing yoga can improve flexibility, relieve



Photographs by JEFF LIPSKY, styling: Jill Roth, grooming: Helen Robertson/Sampar/Celestineagency.com, Nike clothing, Rossdale's own jewelry

THE SHOT CALLER

Gavin Rossdale, 44

Musician, former front man of Bush

"'Stay positive.' Roger Federer gave me that advice. It's made the game more fun and made me a stronger player," says Rossdale, who tested out the tennis circuit as a junior. "If you believe you're going to hit a great shot, you play looser and more aggressively. More than winning or losing, I care about whether I played my game—did I go for my shots?" The 5'10", 170-pound Rossdale is finding his sweet spot these days. He's working on a new solo album while sharing diaper-changing duties with wife Gwen Stefani. (The couple's second son was born in 2008.) His tennis game is sharper than ever as well, thanks to a new stretching regimen that includes Bikram yoga, and those tips from his friend and coach Roger.

Busy-Man Fitness Secrets

Stay sharp on the road

Rossdale travels close to 100 days a year and always takes two fitness tools with him: a tennis racquet and a jump rope. "I've developed a network so I can find a hitting partner anywhere," he says. "Jumping rope fires my leg muscles. I do it to warm up and to stay sharp."



HOW DO YOU MEASURE UP?

The average guy's pushup total

AGE	TOTAL
20-29	25
30-39	19
40-49	15
50-59	11

The number of pushups you can bang out without stopping is a good test of your upper-body strength and endurance. This is the kind of muscle you need to ferry groceries or carry an exhausted toddler. In his 40s, the average guy's total drops to 60 percent of its peak in his 20s.

THE MH FIT STANDARD = 30

Here's how to avoid joining the ranks of the sparrow-chested: Determine your pushup max (the number you can do without stopping while maintaining perfect form). Now divide that number by 2 to determine your number of reps per set. Start with 3 sets, resting 1 minute between each. Each week for 6 weeks, shave 10 seconds from your resting period until you eliminate it entirely, says Alwyn Cosgrove, M.S., C.S.C.S.

For more, go to MensHealth.com/lookgreat.

THE WORKOUT

Flexibility + Strength

FLEXIBILITY 15 minutes

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

STRENGTH 25 minutes

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60

CARDIO 20 minutes

back pain, and reduce stress. Oh, about that yoga glow: Boston University researchers report that people who did yoga weekly boosted levels of the brain chemical GABA by 27 percent. Low levels of GABA have been linked to anxiety. Practicing yoga can also help your body maintain its antioxidant levels, which deplete when you're run down, report Indian researchers.

EXTEND YOUR RANGE

Your new focus on flexibility is actually a three-pronged effort that also encompasses building mobility and honing balance. Boyle's workout includes a strength-training component: full-body, complete range-of-motion exercises that stress your muscles enough to build or maintain mass but not enough to burden your joints.

DO THIS WORKOUT 3 DAYS A WEEK. MASTER YOUR FORM BEFORE YOU ADD WEIGHT. THE TEMPO IS 2 SECONDS UP, 2 SECONDS DOWN. DO THE STRENGTH AND CARDIO PART AS A CIRCUIT: PERFORM 1 SET OF EACH OF THE 6 EXERCISES (RESTING 30 SECONDS BETWEEN EXERCISES), AND REST 1 MINUTE. THEN REPEAT 2 MORE TIMES.

FLEXIBILITY

Foam rolling: 10 minutes before stretching
Kneeling hip flexor stretches: 10
Lateral squats: 10
Wall hamstring stretches: 10
Doorway pec stretches: 10
Bridges: 3 (hold for 10 seconds each)

STRENGTH

Pushups (elevate your feet on a 12-inch-high bench): 3 sets of 10
Rear-foot elevated single-leg squats: 3 sets of 8 each leg
Inverted rows: 3 sets of 8
Split squats: 3 sets of 8 each leg

CORE

Planks: 3 reps (hold for 30 seconds each)
Side planks: 3 reps (hold for 10 to 30 seconds each side)

CARDIO

Alternate between running, rowing, and biking intervals. Start at a pace at which you can sustain a conversation for 5 minutes. Then do five 60-second sprints with 2 minutes active recovery.

BALANCE + MOBILITY

50+

A

A certain urgency permeates your workouts now: You still want to look good, but you're also training to stay alive. Exercising regularly is your strongest medicine. In fact, according to a recent commentary in the *Archives of Internal Medicine*, "Physical activity may be the most effective prescription physicians can dispense for the purposes of promoting successful aging." The evidence keeps accumulating: Exercise protects your heart, relaxes your arteries, makes your erections harder, builds muscle, strengthens your bones, fights cancer, boosts your immune system, and perhaps most inspiring, it's one of the best ways to rewire your brain. "If you don't exercise, it's like your brain is in a cast—your brain cells and networks atrophy," says John Ratey, M.D., an associate clinical professor of psychiatry at Harvard medical school and the author of *Spark: The Revolutionary New Science of Exercise and the Brain*.

HOW DO YOU MEASURE UP?

The average guy's sit-and-reach

AGE	REACH
20-29	15"-17"
30-39	15"
40-49	13"-15"
50-59	11"-13"

The sit-and-reach test measures flexibility, which declines by about 25 percent from your 20s to your 50s.

THE MH FIT STANDARD = 17"

To improve flexibility, hold a barbell at arm's length, your grip slightly wider than shoulder width. Bend forward from your hips with your knees slightly bent and your back straight, until your torso is almost parallel to the floor. Pause 2 seconds before returning to the starting position. Do 3 sets of 15 reps, 2 to 3 times a week, says Bill Hartman, P.T., C.S.C.S.

For more, go to MensHealth.com/lookgreat.

RECHARGE YOUR BRAIN

Adults who devoted 4 days a week to an hour of moderate aerobic exercise (running, stair climbing, or riding a stationary bike) had more blood-flow in their dentate gyrus, the area of the brain where memories are formed, according to a 2007 Columbia University study. Increased bloodflow may signal the growth of new brain cells, a process known as neurogenesis, says Adam M. Brickman, Ph.D., a neuropsychologist and coauthor of the study. It's also possible, he says, that exercise stimulates the release of a growth factor in the brain tied to neurogenesis. Another study found that people who did resistance training once a week saw a 12.6 percent jump in a performance on memory tests.

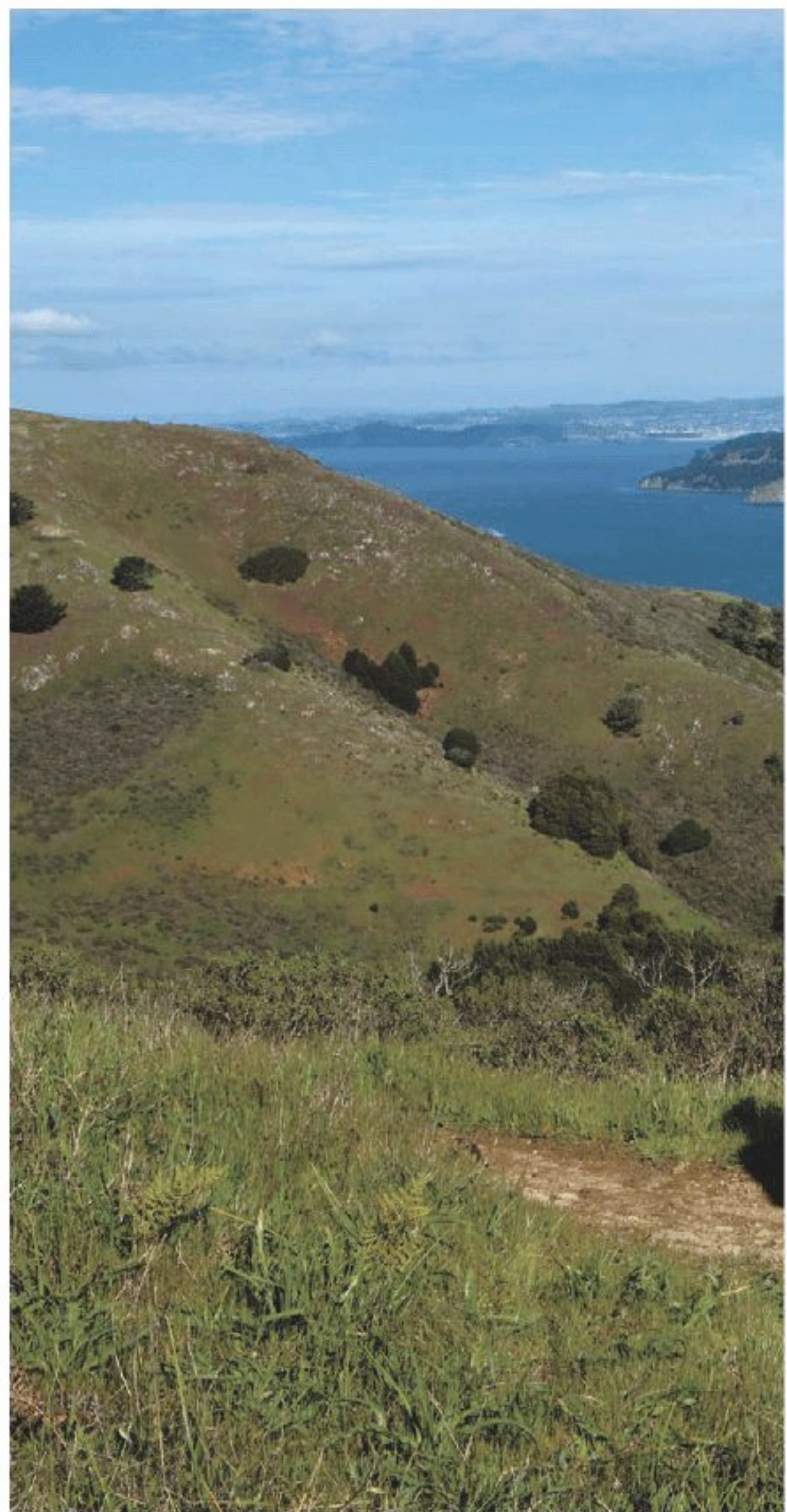
SLOW YOUR CELLS' AGING PROCESS

The cells of people with high omega-3 levels age more slowly, according to research from the University of California at San Francisco. Researchers aren't sure why, but it may have to do with the anti-inflammatory properties of omega-3 fatty acids. "Many of the conditions associated with aging—arthritis, cardiovascular disease, Alzheimer's—are related to chronic inflammation," says Bowerman. She advises eating cold-water fish (mackerel, salmon) twice a week, and taking 2 grams a day of a fish-oil supplement. Our favorite: Nordic Naturals Omega-3D, which delivers 550 milligrams of EPA and DHA and 1,000 IU of bone-strengthening vitamin D.

RELAX YOUR ARTERIES

Regular aerobic exercise can delay and may even reverse aging in your arteries, concluded a 2008 review in the *Journal of Applied Physiology*. Study coauthor Douglas R. Seals, Ph.D., a professor of kinesiology and applied physiology at the University of Colorado at Boulder, explains how: Exercise boosts your heart rate, which increases bloodflow. A better bloodflow creates more friction on the blood vessels' inner lining (a.k.a. the endothelial

layer), which, in turn, stimulates the production of nitric oxide. This improves the ability of your arteries to dilate and confers other benefits as well, like reducing inflammation and oxidative stress, protecting your arteries from developing disorders. New research indicates that high-intensity aerobic intervals appear to deliver greater endothelial benefits than steady-state aerobic training, according to a study published in the *Journal of the American College of Cardiology*.





Photograph by TOM FOLKS, grooming: Tamara Brown

FIGHT AGE WITH MUSCLE
After 50, the sedentary man's muscle loss speeds up and he then loses about 10 percent of his muscle mass every decade. This leads directly to osteoporosis. If you've been lifting weights, keep it up. If you haven't, start now—it's not too late. American College of Sports Medicine guidelines cover strength training for people over 65. Your workout should also involve more balance moves to strengthen your feet, ankles, and core and to straighten your posture.

THE ENERGIZER BUDDY

Vito Bialla, 61

CEO, Bialla & Associates

To mark turning 60, Vito Bialla swam in a relay across the English Channel with four friends. It's just the latest challenge for the 6'1", 190-pound dynamo. He's a decorated Vietnam veteran and was the first man to complete back-to-back Ultraman races (think an Ironman times six). He does 300 situps a day, chased with either a circuit of bench presses, pullups, and pushups, or some jogging, cycling, or swimming. He also runs a successful head-hunting firm based in Sausalito, California. His pet project: making wine. The Bialla winery's 2006 Cabernet Sauvignon scored a 94 from *Wine Spectator*.

Additional reporting by Ben Court, Paul Kita, and Laura Roberson

Busy-Man Fitness Secrets

Play mind games (on yourself)

Make the halfway mark of a race or training run your goal. "It's always uphill to that point, but then you're on top and you start heading for home," says Bialla. "Every step, stroke, or pedal becomes successively easier because you're closer to the finish."

THE WORKOUT

Balance + Mobility

COMPLETE THIS WORKOUT 3 DAYS A WEEK, BUT DO THE FLEXIBILITY TRAINING EVERY DAY. THE TEMPO IS 2 SECONDS UP, 2 SECONDS DOWN. DO THE STRENGTH AND CORE PART AS A CIRCUIT: PERFORM 1 SET OF EACH OF THE 6 EXERCISES (RESTING 30 SECONDS BETWEEN EXERCISES), AND REST 1 MINUTE. THEN REPEAT 2 MORE TIMES.

FLEXIBILITY

Foam rolling: 10 minutes
Kneeling hip flexor stretches: 10
Lateral squats: 10
Wall hamstring stretch: 10
Doorway pec stretches: 10
Bridges: three 10-second holds
Bosu-ball drills: progress to one leg

STRENGTH

Pushups: 3 sets of 10 to 20
Split squats: 3 sets of 12; add dumbbells when you master the form
Split lunges: 3 sets of 12
Front pulldowns: 3 sets of 12

CORE

Planks: 3 reps; hold for 30 to 60 seconds
Side planks: 3 reps; hold for 10 seconds on each side

CARDIO

Alternate running, rowing, and bicycling intervals. Start with a 5-minute warmup; then do five 60-second sprints, with 2 minutes rest. Mix in steady-state days during which you just bicycle, row, or run for 20 minutes at a pace slower than 70 percent of your maximum heart rate.

FLEXIBILITY 20 minutes

1 2 3 4 5 6 7 8 9 10 11 12

13 14 15 16 17 18 19 20

STRENGTH 20 minutes

21 22 23 24 25 26 27 28 29 30

31 32 33 34 35 36 37 38 39 40

CARDIO 20 minutes

41 42 43 44 45 46 47 48 49 50

51 52 53 54 55 56 57 58 59 60

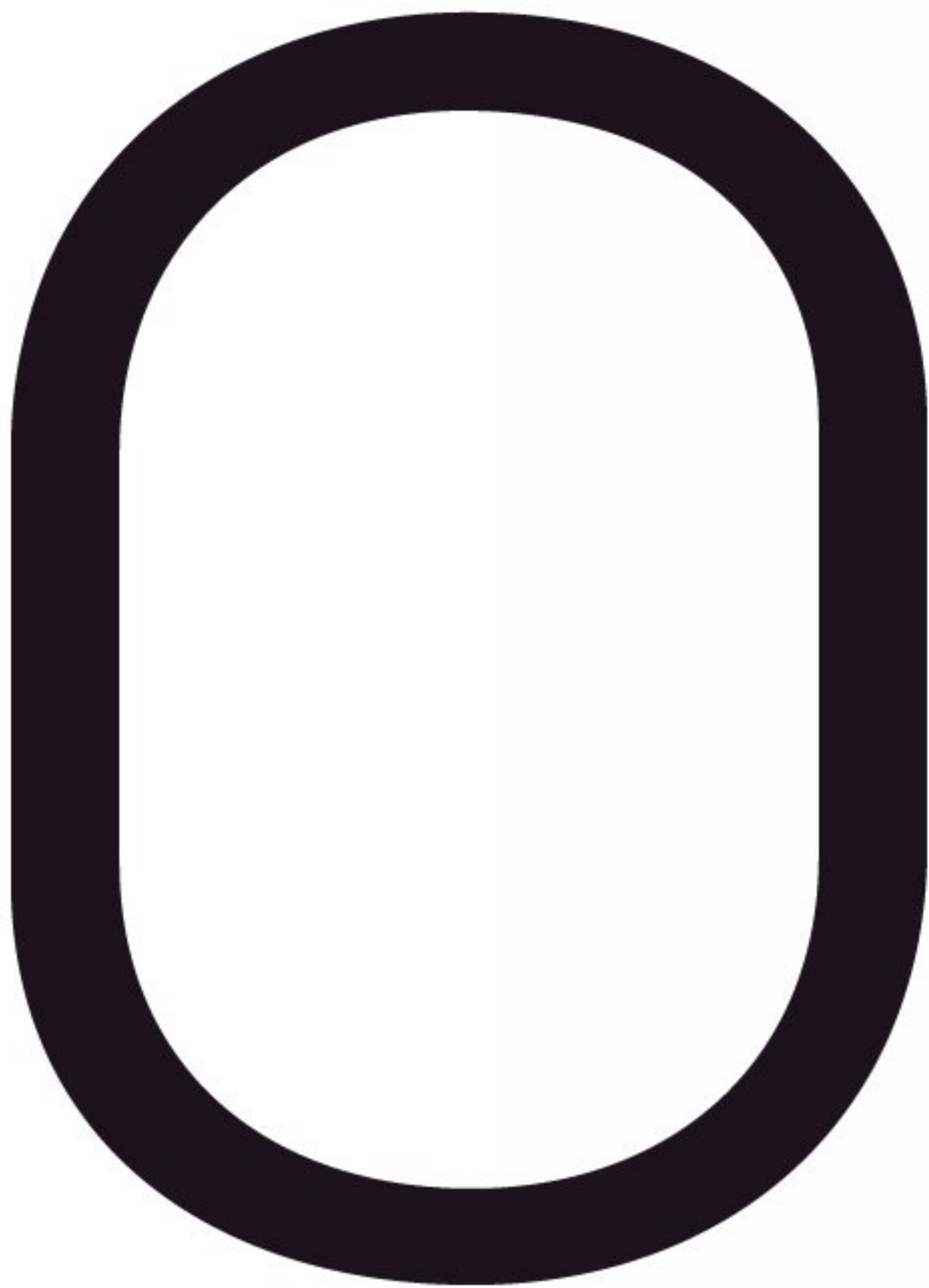
Y W H Y S G H O U R - N W H E A L T H C A R E I S H U R T I N G

THE FRENCH HELPED
US WIN THE AMERICAN
REVOLUTION. THEY
GAVE US THE STATUE
OF LIBERTY. MAYBE
IT'S TIME TO TURN
'EM LOOSE ON OUR
HEALTH-CARE SYSTEM

BY TOM McGRATH

PHOTOGRAPHS
BY ADAM LEVEY





ON A GRAY WINTER DAY, 5 weeks after Scott Brown and the voters of Massachusetts interrupted America's previously scheduled health-care revolution, I'm sitting in an emergency room in center city Philadelphia, staring at a guy with a surgical mask on his face and a cane in his hand.

It is, I'll admit, a strange time to be dreaming of Paris. But I am.

"Latoya Jones," the nurse calls out, holding a clipboard with paperwork on it. The masked man—a fellow in his 30s with vaguely Middle Eastern coloring and a look in his dark eyes that says, *Dude, I am seriously not feeling good*—slumps lower into his seat. Not his turn yet.

If you're looking for a microcosm of everything that's wrong with the U.S. health-care system, a big-city emergency room is the place to go. For starters, as has been frequently noted, the ER is the only option for people who don't have health insurance. It's the place you go when you're sick enough that you have to go *someplace*. A message keeps flashing on the big flat-screen TV monitor: "No health insurance? Unable to pay your hospital bill? You may qualify for charity care for medically necessary services."

Of course, as I can attest to firsthand, an ER is no treat even if you do have health insurance. Twice in the past couple of years, my wife and I have rushed our now-8-year-old daughter to an emergency room. The first time it was for what turned out to be appendicitis. (I'd been telling her for days to suck it up, that she just had "gas.") The second time was after a sledding accident that left her with a fractured skull. (I figured she'd miss the tree in the middle of the hill; I figured wrong.) I'm thankful that despite my best efforts, my daughter is fine. But the total bill for both visits was

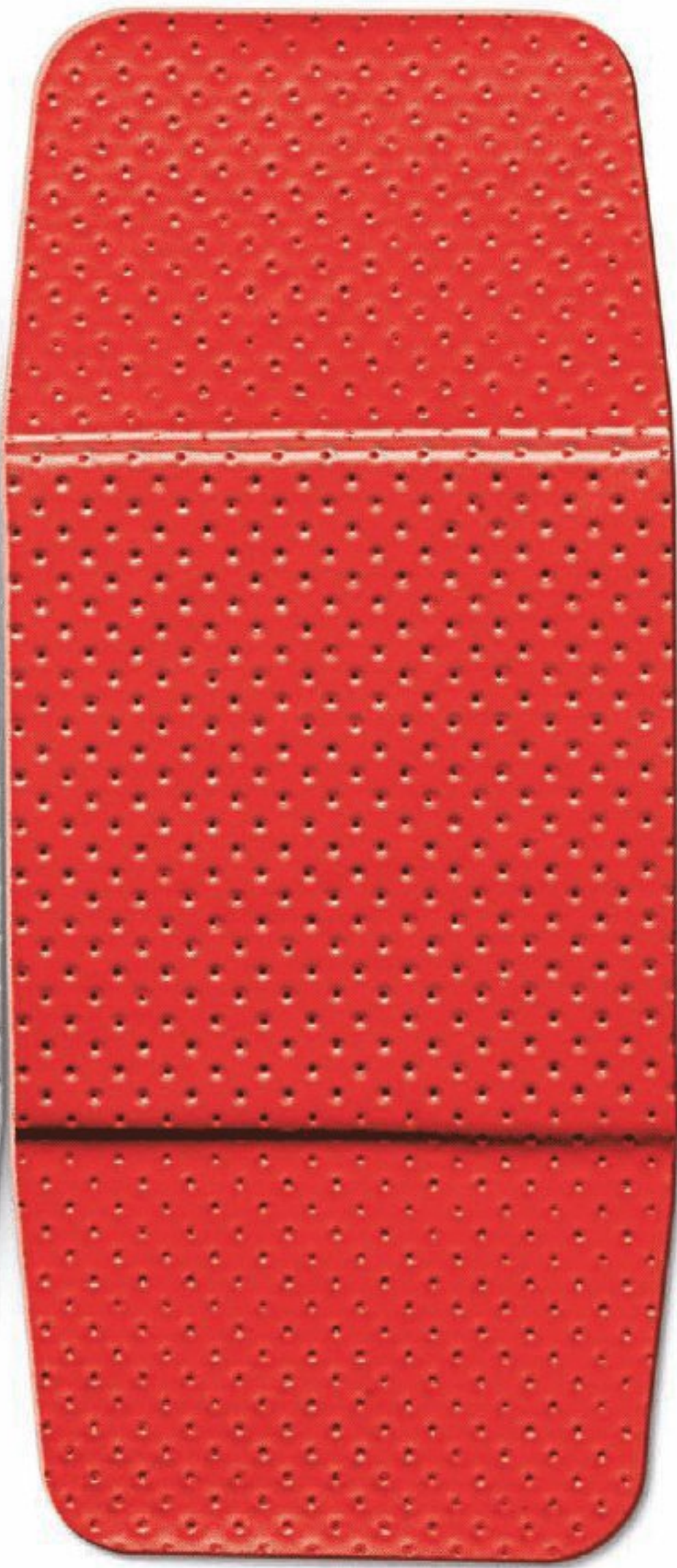
A French economist notes, "The poorest third of the population in England or France live longer than the richest third in the United States." Somewhere, the so-called Greatest Generation just felt a great pain.

\$41,000, more than \$8,000 of which, thanks to my company's stellar health plan, I paid out of my own pocket.

Still, the full suckiness of America's health-care setup didn't really dawn on me until recently, when I traveled to France—specifically, when I toured the Hôtel-Dieu, a nearly 1,400-year-old hospital around the corner from the Notre-Dame cathedral in the center of Paris. As I was led through the ER by the hospital's director, François Crémieux—whose spiky hair, black jeans, and black T-shirt made him look a little like a roadie for Abba—he explained the way the system works. Unlike people in the United States, he said, no one in France needs to go to an ER for basic medical care, because

everyone in France has health insurance. If you're sick, you just call your doctor and go. What's more, if you do require emergency care, well, a trip to the ER won't wipe out your kids' college fund. When I mentioned the \$41,000 in charges for Sarah's maladies, Crémieux gave me that look the French frequently give Americans. "The basic charge for treatment in an emergency room is 22 euros," he said. Then he stopped and thought for a moment. "Actually, that is not correct . . . because the national health insurance will reimburse 70 percent of that." Actual cost to the patient: about \$9.

That memory of Paris comes back to me as I watch the masked man in Philadelphia. There was a period when we all had hope that



our national leaders would solve some of the problems plaguing the U.S. health system, when it appeared we might be able to elevate it to its rightful place as the best in the world. But we all know how that's turned out.

The nurse comes out again, holding a clipboard. "James Wilson," she calls out. The guy with the surgical mask rests his head back again. *Keep waiting, chief*, I want to tell him. Just like fixing the health-care system, they'll call your name—eventually. Probably.

Or not.

So. How are you enjoying health-care reform so far?

No matter which side of the street you walk on politically, you'll undoubtedly agree with me when I say that few events in recent memory have made me want to jab a hypodermic needle in my eye more than the so-called debate on health care in Congress. Partisanship! Grandstanding! Back-room deals! Rank lies! About the only way this process could have been more loathsome would be if it had been emceed by Larry Craig and Eric Massa.

The tragedy, of course, is that while the politicians have bickered, the insecurity the average

guy feels about his health insurance has risen to Defcon 1. Thanks to the recession, the number of people in America without health insurance climbed to 46.3 million as of last fall—and it has surely risen even higher since then. Meanwhile, millions more are suddenly forced to buy insurance on their own, which is like paying protection money to the Mafia, only less effective. The other option: Go without. And even if you still have a job with benefits, I'm betting that you, like me, have spent a few anxious nights during the past year wondering how you'd cope with a health disaster if a pink slip came your way or your company went into Chapter 7. (Note to Wall Street investment bankers: "Anxiety" is an emotion humans feel when they don't have a government bailout or a seven-figure bonus to fall back on.)

And the U.S. health-care system was no great shakes even before the double whammy of recession and overwrought political interest hit it. Indeed, one of the things I was hoping to see in the health-care debate—I mean, aside from Senate leaders Harry Reid and Mitch McConnell being beaten with their own shoes—was an acknowledgement of how un-American the American health-care system has become in the past several decades. Now, by un-American I don't mean commie pinko or socialist. I mean, purely apolitically, that given all the money we spend (a staggering 16 percent of our GDP, easily the highest in the developed world), we get lousy results. Seventy-five years ago, the United States was near the top of the heap in life expectancy. Today, we rank . . . drumroll, please . . . 49th! And it's not just that the poor and uninsured are pulling down our average. As Jean de Kervasdoué, a French health economist, notes, "The poorest third of the population in England or France live longer than the richest third in the United States."

Somewhere, the so-called Greatest Generation just felt a great pain.

Fortunately, I believe I have found the solution to our woes, a blueprint we might follow to take us where we need to go, health-care-wise: All we have to do is imitate the French.

Okay, I can hear you grumbling already. The French? *Really?* Is suicide not an option? Granted, Americans have always had, shall we say, a complex relationship with France. On the one hand, we frequently find the French baffling or annoying, what with their government-mandated 30 days of annual paid vacation and general predilection for folding like a cheap tent when it comes to defending their liberty. On the other hand . . .

Look, I'm pretty sure there's another hand. I just can't think of it right now.

But really, if there's an area in which we might actually want to pay attention to what the French are doing, it's health care. Twice in the past decade, the French system has been ranked best in the world. In 2000 the World Health Organization lauded the French for the high quality of their care, for covering every

THE FRENCH

FOOD

CONNECTION

Only 49 percent of French adults are obese or overweight, compared with 63 percent of American adults. "They break all the rules we're taught will keep us thin," says Will Clower, Ph.D., the author of The French Don't Diet Plan. Here's how to start a French revolution at your dinner table.

BEFRIEND FAT

The French perspective "The French don't shun saturated fat," says Clower, "and incidentally, their heart-disease rates are lower than ours." In fact, 37 percent more American men than Frenchmen per 100,000 died of cardiovascular disease in 2004, a World Health Organization survey found.

Your move The link between saturated fat and heart disease is ill-founded, a new *American Journal of Clinical Nutrition* review reveals. In fact, ditching saturated fat may even be harmful. That's because we tend to replace it with unhealthy refined carbs. So go ahead and eat full-fat foods, but watch your portions, says Clower. For example, stick to a French-size portion of full-fat yogurt, which is about half of a standard American yogurt cup, according to a University of Pennsylvania study.

DRINK UP

The French perspective In 2006, the average French citizen consumed more than 50 liters of wine, compared with only 9 liters for Americans, according to the Wine Institute. Even so, 77 percent fewer Frenchmen than American men reported drinking heavily (5 or more drinks in a sitting) over a 2-week period, according to the Institute of Alcohol Studies. The likely reason? Americans view vino as an intoxicant rather than a food, Clower says.

Your move Consider wine a side dish to a well-orchestrated meal. (Who wants five servings of green beans?) In moderation, it's also a treat for your heart. Drink a glass or two with dinner. Many studies tout the resveratrol in red wine, but a recent Italian study found that white wine produced by an ancient Tuscan method is also loaded with antioxidants.

DON'T CLEAN YOUR PLATE

The French perspective Parisians are 35 percent more likely than Chicagoans to use internal cues to drop the fork, notes a recent study in the journal *Obesity*. The French stop eating when they feel full or when food no longer tastes good, while Americans rely on external cues, like the end of a TV show or an empty plate, says study author Brian Wansink, Ph.D. **Your move** Add courses, including dessert. The trick: Slow down your meal. The average American fast-food diner eats in 14 minutes, but the French take 22, according to University of Pennsylvania researchers. It takes 15 to 20 minutes to feel full, Clower says. Adjust your pace, and you'll feel satisfied with a small sugary bite or a piece of fruit.

LAURA ROBERSON



person in the country, and for doing it all relatively inexpensively—or at least more cheaply than we do it. (The United States was 37th.) When a 2008 study of developed nations by U.K. researchers ranked 19 nations on their mortality rates due to treatable conditions, the United States came in dead last. France topped the list. (And it spends only about 11 percent of its GDP on health.)

What's intriguing is that in many ways the French system isn't really all that different from the one we're stuck with. While there is a government-run health-insurance program—a sort of public option on steroids—and a strong network of public hospitals, France has few other hallmarks of the dreaded socialized medicine. French citizens have more or less complete freedom to choose their doctors and the hospitals they prefer.

And given where we are in our own efforts to tinker with our system, maybe the most important thing to note about the French is that they didn't invent their system overnight. It evolved over time, piece by piece, and they're constantly tinkering with it. True, this may be because the French work, like, only 22 minutes a week, and so it took them six decades to pull off what any halfway industrious country could have done in about a day and a half. Still, there may be some magic to doing things the French way.

My first close-up look at France's health system—or, more accurately, how the French feel about their health system—comes one day as I stand outside one of Paris's busiest train stations, the Gare de Lyon, talking with a fellow named Geoffrey. Tall and

lean, Geoffrey is 38 and works for an international aerospace company. He strikes me as typically French in two ways. First, he's quite satisfied with his country's health system. "Yes, yes, it is good," he says. "Expensive, but good." The last time he went to the doctor? "Uh, about 1 year ago." He takes a drag on his cigarette and then points to his nose. "Allergies," he says. Then he exhales.

Ah, yes, the cigarettes. That's the other way Geoffrey is typically French—he smokes more than a roomful of Rastafarians. A couple of years ago the French government banned smoking inside all public buildings. However, judging from the hordes outside the station and the cloud of smoke hovering above them, that ban doesn't appear to have done much to cut down on smoking. I ask Geoffrey if he wants to quit. He shrugs. "Eh."

D.I.Y.

HEALTH-CARE

REFORM

We don't know when or how America will solve its health-care problems. The solution: Reform your own health care, with 5 simple ways to maximize care and minimize cost.

GO DIGITAL

Percentage of patients with a chronic condition who received duplicate tests over a 2-year period
USA 20%
France 10%

Percentage of doctors who routinely receive computerized reminders for patients' screening tests or guideline-based interventions
USA 20%
France 27%

Electronic records can eliminate drug conflicts and the unnecessary repetition of tests, says Stephen Neeleman, M.D., the CEO of HealthEquity, a personal health-care financial services company. The software may even prompt your doctor to schedule screenings. Before you sign on with a physician, ask the staff if the office uses the Personal Health Record, which lets you review your charts online.

NEGOTIATE

Out-of-pocket health-care spending per capita in 2006 (U.S. dollars)
USA \$857
France \$232

Percentage of chronic-care patients with out-of-pocket medical expenses in the past year that exceeded \$1,000
USA 41%
France 5%

Back to the health care: So how does this system that Geoffrey and, judging from surveys, most of his fellow Frenchmen love so much actually work? Let's start with the money. As in the United States, the French insurance system is funded by contributions from employers and employees. "Nineteen percent of my salary" is what Geoffrey tells me that he and his employer pay toward the French social security system. This might seem like a lot, but that payment isn't just for medical insurance; it also includes contributions to Geoffrey's retirement pension, unemployment insurance, disability insurance, and a number of other coverages that fall under the umbrella of French social security. Total up what the average American pays for that stuff—plus health care—and you end up with a number that's not much different.

So what does Geoffrey get for his money? For starters, he, like every resident of France, has a government-issued *carte vitale*—the green health-insurance card—that he can use at pretty much every health-care provider in France. The *carte vitale* isn't a payment card (one of the peculiarities of the French system is that patients are expected to pay for health-care services out of their own pockets, on the spot), but it does expedite reimbursement. Indeed, within 5 days of visiting a doctor, one of the health-care funds that form the backbone of the French system reimburses 70 percent of a patient's cost right into his or her checking account. As for the remaining 30 percent? Most people in France carry what's called *mutuelle* insurance—a second policy that covers deductibles as well as things like supplemental dental and eye-care costs.

What's really cool about this insurance setup is that Geoffrey's coverage will stay with him if he ever switches jobs—no angst, no waiting period, no hassle over preexisting conditions. So unlike the U.S. system, France's plan is perfectly built for the realities of a 21st-century economy in which people switch jobs jillions of times over the course of their lives. Geoffrey's coverage also stays with him if he loses his job. In 2000, in what was more or less the final step in a decades-long march toward universal health coverage in France, the government created a program that provides exactly the same health insurance to everyone, regardless of a citizen's ability to pay.

Now, I should probably clarify something I said earlier about reimbursement. As with all health-insurance plans, there is fine print that a savvy consumer needs to be aware of. In France, if you are unlucky enough to have a really serious condition—cancer, heart disease, or a stroke, for example—insurance will not reimburse you 70 percent of your costs. It will reimburse you 100 percent.

"There is a list of diseases, perhaps 30 or so, in which 100 percent of the care is paid for," says Fabien Calvo, M.D., Ph.D., the associate director of the French National Cancer Institute, whom I interview one morning in his office in a Paris suburb. The concept is simple enough—the sicker you are, the better your coverage, which Dr. Calvo says is the point of having insurance in the first place.

From a practical standpoint, offering uncapped catastrophic coverage has ramifications. First, it means high-quality care is available not just to people who can afford it, but to everyone. "When people are sick, they believe that they have paid for that. So they should have access to the best care," Dr. Calvo says.

The other ramification is that for the patient, financial stress is out of the equation—if you're sick, you don't worry about paying for treatment. When I meet with another doctor, Jacques Milliez, M.D., I mention that one of the problems U.S. families face is underinsurance, or not having enough coverage to pay for hospital bills that can run into the six or seven figures for a grave illness. It's one reason that more than half of bankruptcies in America cite out-of-pocket medical costs as a factor.

Dr. Milliez, a severe-looking man whose obstetrics career has taken him from New York to North Africa to Paris's St. Antoine's hospital, nods. He says such a thing would never happen in France. Then he smiles wryly. "If you are young and healthy, then the American system is good," he says. "But if you're sick, it is not so good, right?"

I mentioned that the French could be annoying, right?

The French are well known for their socialist leanings—virtually free education, onerous work rules for employers, a willingness to strike and take to the streets if a politician even suggests messing with any of that.

And yet it wasn't that long ago that the social safety net in France was similar to the one in the United States. Back in the 1920s, there wasn't yet a French welfare state, and its health insurance was handled the same way we handled it—mostly through trade unions and other nongovernment federations.

That began to change in earnest in 1946, with the creation of the French social security system. If you're American, two things about this are a little bit galling: First, the French wouldn't have had a society to secure if we hadn't essentially saved their behinds in World War II; second, their system basically mimicked ours. The only real difference was that their social security arrangement included health insurance as part of the deal. As the French penned in the Preamble to their Constitution of 1946, "[The Nation] guarantees to all . . . health protection, material security, rest and recreation. Every human being who, because of his age, physical or mental, economic situation, is unable to work has the right to obtain from the community suitable means of existence."

Pretty big talk, though it's worth noting that the French didn't live up to that fancy rhetoric right away. At the outset, only industrial and commercial workers were covered. It wasn't until the 1960s that farm workers and then independent professionals were brought into the health-insurance system, and it wasn't until 2000 that coverage was extended to every resident. Still, to France's credit, it has been willing to tinker with the system in order to bring it closer and closer to the ideal it had in mind.

Why has the United States found it so difficult to do something similar? Curiously, while we relish and rely on innovation in the private sector, powerful interests have made it difficult to pull off creative solutions in the public sphere. Indeed, in many ways the health-care battle we've seen waged in the past year is merely a rerun of the show that's been playing for decades—in 1945, when Harry Truman first proposed national health insurance (he failed); in 1965, when Lyndon Johnson signed Medicare and Medicaid into existence (it passed, but over the vehement objections of many doctors); and in 1993, when the Clintons took a crack at revamping the system.

That said, it's not just politics that's stopping us from having the kind of national health

Before receiving treatment, request the procedure's CPT code, the number insurers use to calculate provider reimbursements. Plug it into the AMA database (https://catalog.ama-assn.org/Catalog/cpt/cpt_search.jsp), and then use the Medicare rate to bargain with your provider. Doctors often lose money with Medicare, so expect to pay a bit more, Dr. Neeleman says.

ACT PREEMPTIVELY

Percentage of adults who received all recommended screening tests and preventive care for their age and sex
USA 50%
France N/A

Neglecting suggested screening tests could be a costly mistake, says Anne Dunlop, M.D., director of preventive

medicine at Emory University. "If you identify a disease early on, the consequences of both the disease and the treatment are far less severe," she says. Search recommended tests for your age on the U.S. Preventive Services Task Force Web site (ahrq.gov/clinic).

DIVIDE AND CONQUER

Percentage of adults with a chronic condition who did not receive a treatment due to cost in the past 2 years
USA 38%
France 13%

Ask your dentist to "straddle" costly procedures—half in December, half in January—to combine the yearly spending limits of two plan years.

COORDINATE CARE

Percentage of adults who've seen the same doctor for 5 or more years
USA 49%
France 75%

Percentage of adults who saw four or more doctors in the past year who reported problems coordinating their medical tests/records
USA 45%
France 27%

Your primary-care doctor initiates preventive treatments and also coordinates specialty care, Dr. Dunlop says. And because he's familiar with you and your records, he can best counsel you on which procedures are appropriate and which are unnecessary. This reduces cost and the likelihood of treatment errors, the Commonwealth Fund reports. —L.R.

insurance the French have; it's also philosophy. While France and the United States were founded on many of the same ideals—liberty, equality—"the French have a different view of government," says Paul Dutton, Ph.D., a history professor at Northern Arizona University, who's written extensively on the two countries. While the French see government as the main protector of their rights, Americans want to be protected *from* government. Our anti-statist feelings exist even though we have plenty of state-run features in our lives. As one South Carolina resident barked at his congressman during a town hall meeting, "Keep your government hands off my Medicare!"

That's why some in France doubt we'll ever have the kind of solidarity-based health-care system they have. "The American spirit is individual liberty, innovation," says Dr. Milliez, who spent 2 years working at Columbia University in New York City. "That's the dynamic of the nation. It relies on individual capacity to innovate and doesn't care too much about those who are lying on the road."

Ouch.

So just how good is the care provided by French doctors and hospitals to those poor souls lying on the road in France? While all the doctors I spoke with there expressed admiration for the medical research we do in the United States and for ultraprestigious facilities like the Mayo Clinic, they all believe the care a patient receives in France is just as good, if not better.

Jean de Kervasdoué, the health economist, delivers a blunt assessment: "I always say I'd rather be sick in France than in America."

To Americans, the great paradoxical question of French health care is this: How can the French offer high-quality care to everyone in the country, from cradle to grave, and still spend less per person—by more than a third—than we do? The French say it's really no mystery: They spend less because no one is trying to become rich delivering health care to the French people.

To our American ears, it sounds strange to forswear the profit motive, since our assumption is that private enterprise and the free market are more efficient than anything run by the government. (And with a Department of Defense famous for its \$640 toilet seats, this is an understandable assumption.) Yet with health care, that seems not to be the case.

On the day I meet with Hôtel-Dieu's François Crémieux—you remember, the roadie from Abba—he is just back from a trip to the United States, where he met with some administrators at Boston Medical Center. Like a lot of people in French health care, he's baffled by the way we sometimes spend our health-care dollars. He tells me that Boston Medical Center, for instance, has invested in nuclear-medicine equipment—despite the fact that two other

hospitals in Boston, Beth Israel and Mass General, already have similar equipment. "In France we'd have one machine and agreements among the hospitals to share it," he says. The waste, he argues, isn't just in the cost of the redundant equipment, but in the ripple effects it sets off. "The consequence is that in Boston, three hospitals are fighting for the nuclear-medicine doctors, so the prices are going higher," he says. "That's nonsense. The citizen is paying because three doctors are being paid more than they should."

This sort of duplication of services, which happens all the time in the United States as hospitals and health systems pursue the most profitable parts of the market, is just one way our market-based health-care industry ends up being more expensive than France's public-private partnership. Take bureaucracy, for example. While the French have one set of rates and one centralized system for processing paperwork, each U.S. health insurer strikes its own deals with health systems, and each com-

The French are skeptical of letting the market control health care. "Health is a common good," one Frenchman told me, smugly. "It is not Pepsi-Cola."

pany has different ways of processing payments and reimbursements. The result: American hospitals and doctors employ teams of people to deal with all the red tape. Indeed, 7 cents out of every dollar we spend on health care goes toward keeping up with the paperwork. That's four times what the French spend. (One note of progress for us: Last year's economic stimulus bill included \$19 billion to help move toward electronic records; this will lessen, though by no means solve, the paperwork problem.)

Then there's the cost of competing for patients. While the French lay out next to nothing for marketing, American hospitals, health insurers, and drug companies spend more than \$30 billion a year on advertising and promotion. They're essentially using a big chunk of our health-care dollars to encourage us to come back and spend *more* of our health-care dollars. Then again, from a bottom-line perspective, you can't argue with success: In 2009, even as unemployment topped 10 percent and more than 15 million Americans searched for work, the five largest U.S. health-insurance firms pulled in \$12.2 billion in profits—a 56 percent increase over 2008.

I think I just threw up in my mouth a little.

Of course, perhaps the most disconcerting part of our market-driven system is the way it skews the very type of care we receive. Over the past several decades, study after study has shown that the best, most efficient way to deal with major killers like cancer and heart disease is through a combination of prevention, lifestyle changes, and early screening. Alas, our health-care system does basically the exact opposite, funneling most of the money toward pricey drugs and procedures that people need only when they're already sick.

Now, this isn't because the people running the system are evil; it's because that's what the market dictates. There isn't much of a profit in selling prevention and lifestyle changes, but there's a really good one in selling pharmaceuticals, high-tech medical procedures, and high-deductible insurance policies. Along with all the booze, fast food, and recliners that produce health problems in the first place.

The great irony, of course, is that there appears to be an *inverse* relationship between the amount of money a country spends on medical care and the health of its citizens. Since 1990, the United States has not only shelled out more for health care than any country in the world, but it also has the fastest spending-growth rate. In that same time, we've actually shown the third *smallest* increase in life expectancy.

That's why the French are so skeptical of market control of health care. "We've seen that the market can't fully regulate the financial system," Crémieux says. "Americans have to understand that the market can't fully regulate the health system, either."

When I speak with Dr. Milliez, he puts it a little more smugly. "Health is a common good," he says. "It is not Pepsi-Cola."

Prick.

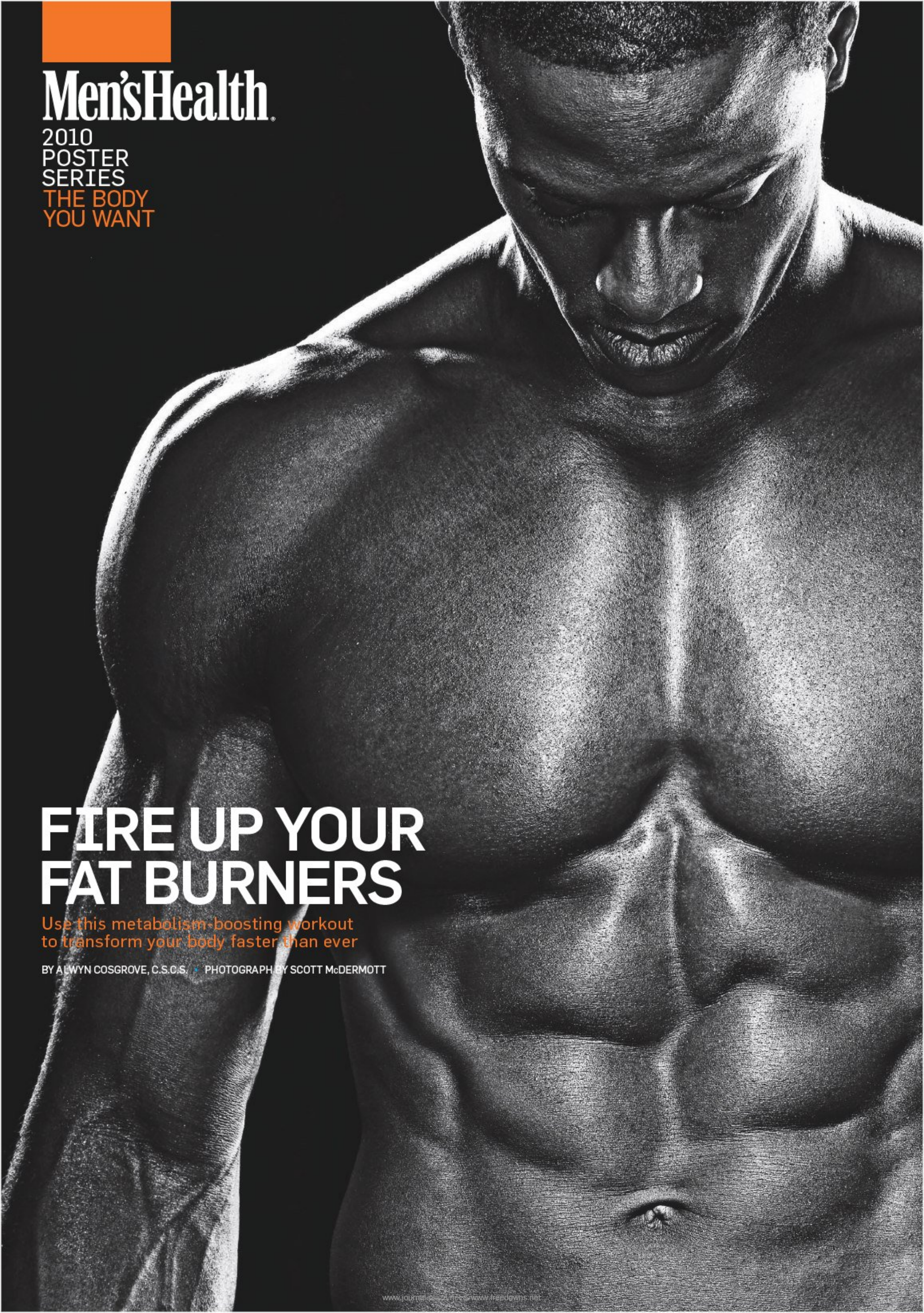
The evening before I fly home, I'm invited to meet with Jean de Kervasdoué. Among the French people, Kervasdoué is considered the Yoda of health care—a grandfatherly man who has a Ph.D. from Cornell, who once ran the French hospital system, who has worked as a health-care consultant, and who now teaches, lectures, and writes about health economics.

I meet him in his office deep inside the Conservatoire National des Arts et Métiers, yet another centuries-old building in Paris. When I arrive, he has two U.S. health-care reform plans on his desk—one Republican, one Democratic. I say, lightheartedly, that I bet he's not such a big fan of the Republican proposal, what with its reliance on market-driven solutions. His answer surprises me. "From what I've read, *both* of them are bad," he says.

Honestly. The French.

The problem, he says, is that while we keep focusing on the runaway costs of health care,

Continued on page 159



Men'sHealth.

2010
POSTER
SERIES
THE BODY
YOU WANT

FIRE UP YOUR FAT BURNERS

Use this metabolism-boosting workout
to transform your body faster than ever

BY ALWYN COSGROVE, C.S.C.S. • PHOTOGRAPH BY SCOTT McDERMOTT

LOSE YOUR GUT!

This 4-week plan can turn your body into a fat-burning machine

This program uses the latest training techniques to torch belly fat. Instead of running, you'll do total-body exercises at a fast pace. After all, whether you're running or lifting, your muscles require energy to help you move. And this workout forces more of your muscles into action than you'd ever use while jogging for the same duration. Not convinced? Just try it once.

DIRECTIONS Perform each workout once a week, resting at least 1 day between sessions. So you might do Workout A on Monday, Workout B on Wednesday, and Workout C on Friday.

WORKOUT

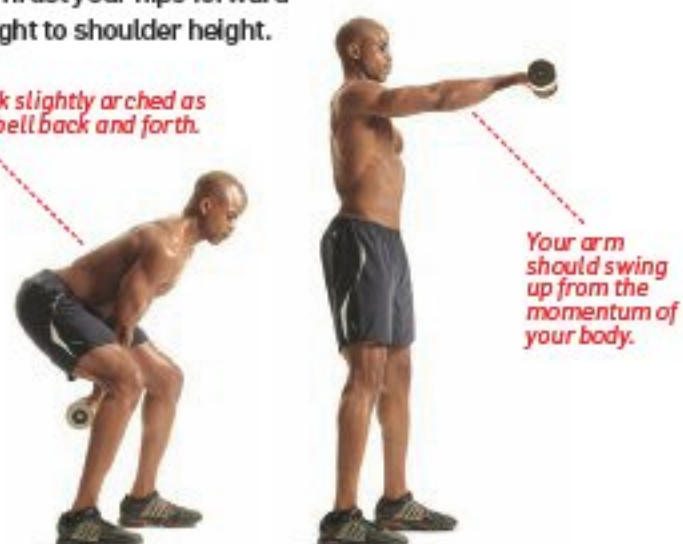
A

Complete these exercises back-to-back using a technique known as countdowns. Do 15 reps of swings, followed by 15 reps of burpees. Without resting, do 14 reps of swings and then 14 reps of burpees. Continue this pattern until you do only 1 rep of each exercise.

1 Dumbbell swing

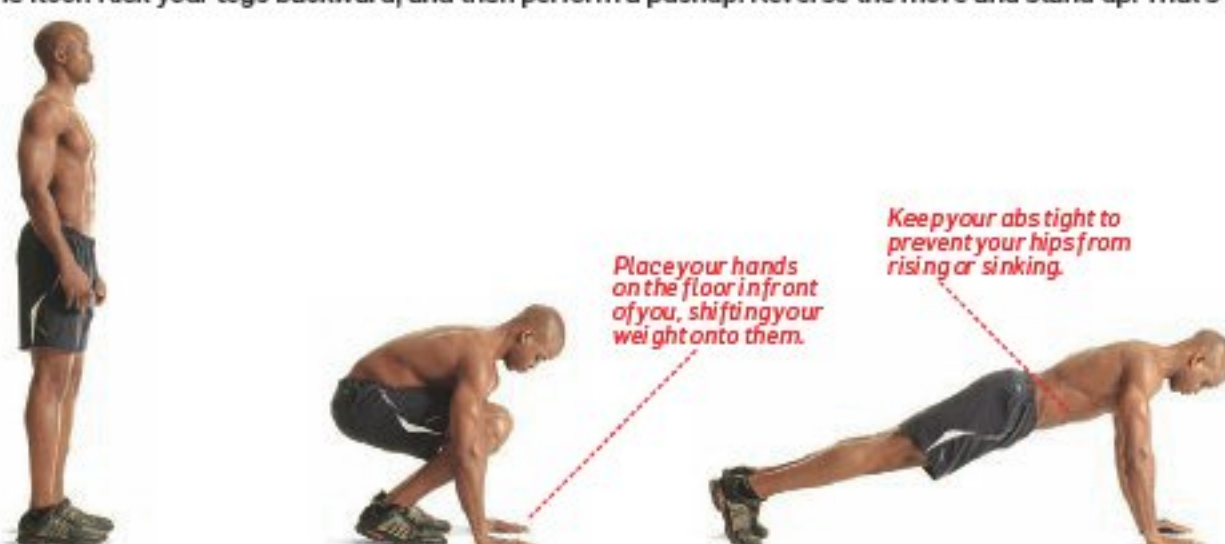
Bend at your hips and hold a dumbbell between your legs. Thrust your hips forward and swing the weight to shoulder height.

Keep your lower back slightly arched as you swing the dumbbell back and forth.



2 Squat thrust

Stand with your feet shoulder-width apart. Bending at your hips and knees, lower your body until you can place your hands on the floor. Kick your legs backward, and then perform a pushup. Reverse the move and stand up. That's 1 rep.



WORKOUT

B

Perform these four exercises as a circuit, doing one after another in succession. Do 10 repetitions of each movement, and rest for no longer than 20 seconds between each exercise. Complete the entire four-exercise circuit a total of 10 times.

1 Overhead farmer's walk

Grab a pair of dumbbells and press them over your head, your palms facing each other. Walk forward—each step is 1 rep.

Stand as tall as you can with your feet shoulder-width apart.



2 T-pushup

Do a pushup with your hands on a pair of hex dumbbells. As you push up, rotate your right arm toward the ceiling; return to the starting position. That's 1 rep. Repeat to the other side.

The dumbbells should be set slightly beyond shoulder width.

With your feet hip-width apart, lower your chest to the floor.

Raise the dumbbell and rotate your body in one fluid motion. Your arms should form a T with your body.

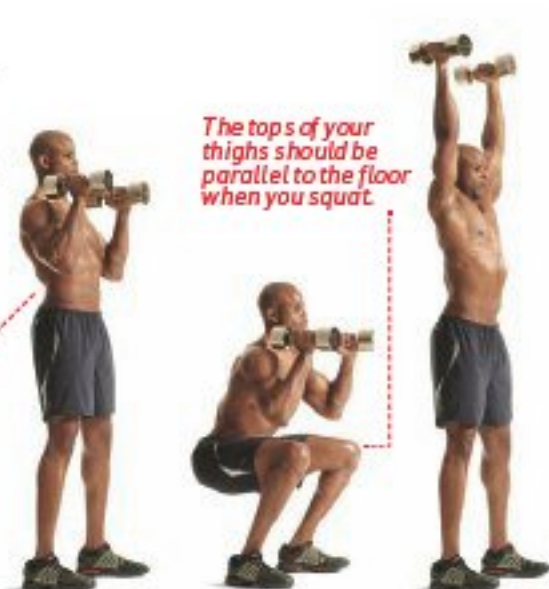


3 Thrusters

Hold a pair of dumbbells next to your shoulders. Squat down, and as you stand back up, press the dumbbells overhead.

Keep your torso as upright as possible throughout the movement.

The tops of your thighs should be parallel to the floor when you squat.



4 Pushup-position row

Place a pair of hex dumbbells on the floor and set yourself in pushup position with your hands on the dumbbells. Pull the right dumbbell up to the side of your chest. Pause, and then lower the dumbbell; repeat the move with your left arm. That's 1 rep.

The dumbbells should be set slightly beyond shoulder width.

Don't allow your upper body to rotate as you row the dumbbell.



WORKOUT

C

Perform the exercises as a circuit. Do 8 reps of each movement, and cycle through all four exercises as many times as possible in 20 minutes. Rest as needed.

1 Lateral shuffle

Stand in an athletic stance, as shown. Shuffle to your left by moving either foot and then the other. That's one step. Take three steps to your left, six steps to your right, and three steps back to your left. That's 1 set.

Push your hips back, bend your knees, and lower your body.

Keep your hips slightly higher than your knees.



2 Pushup and row

Place a pair of hex dumbbells on the floor and set yourself in pushup position. Perform a pushup, but once you return to the starting position, row the dumbbell in your right hand to the side of your chest. Lower the dumbbell and repeat with your left arm. That's 1 rep.

Your body should form a straight line from your ankles to your head.

Lower your body to the floor, pause, and then push yourself back up.

Your torso shouldn't rotate as you row.

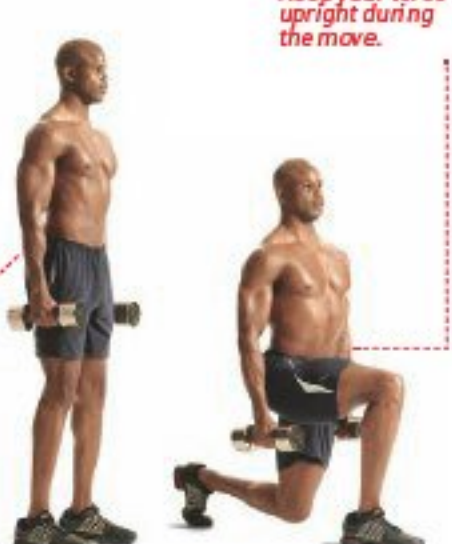


3 Dumbbell reverse lunge

Grab a pair of dumbbells and hold them next to your sides, your palms facing each other. Step backward with your left foot and lower your body until your front knee is bent at least 90 degrees. Return to the starting position, and step back with your right leg. That's 1 rep.

Brace your core and hold it that way for the entire exercise.

Keep your torso upright during the move.



4 Dumbbell getup

Lie faceup and hold a dumbbell in your left hand with your arm straight above you. Roll onto your right side and prop yourself up. Stand up while keeping the dumbbell above you at all times. Once standing, reverse the movement. Do all 6 reps, and then switch arms and do another 6.

Lock your elbow and keep your legs straight.

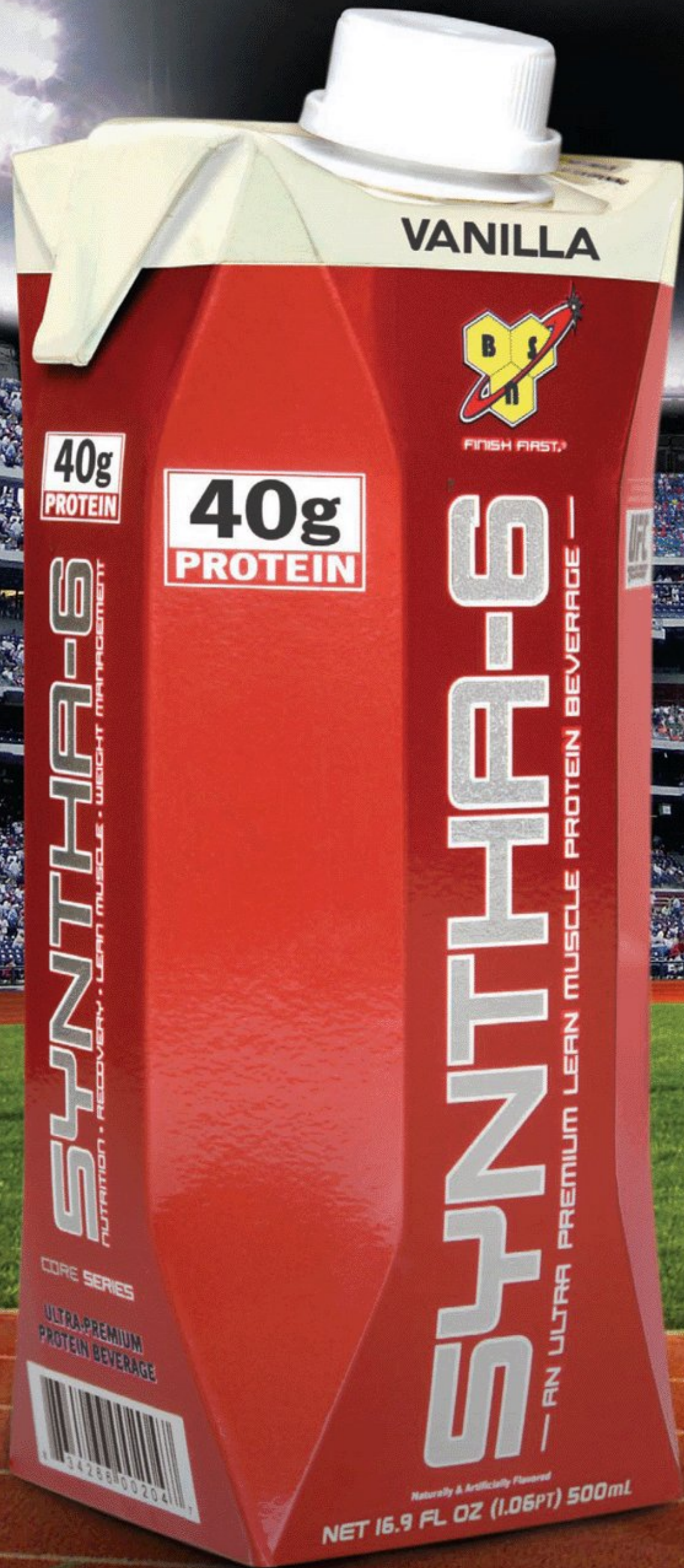
Place one foot flat on the floor and don't take your eyes off the dumbbell at any time.

Push yourself to a kneeling position.

Stand tall; return to the starting position.



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LIFE ON THE LINE? | Continued from page 123

After studying 1,400 brain-tumor patients and an equal number of healthy people, Dr. Hardell found not only a doubling of brain-tumor risk after 10 years of heavy wirelessness, but also a specific risk on the side of the head patients remembered using their phones on. (Critics say that recollections by brain-tumor patients would be colored by where the tumor grew.) In 2003, Dr. Hardell looked at the same data and found the risk from using cellphones rose with a patient's total hours of use. Two years later he sorted the people in his study by address and discovered that rural cellphone users—whose phones must emit much more power to reach towers than urban phones do—faced a higher risk of tumors.

For Dr. Herberman, it was the idea of RF radiation saturating the heads of children that most troubled him. "Of all the studies I had read linking an increased risk with cellphone use," he says, "none had been done with kids."

Now retired from the UPCI, Dr. Herberman remains in the minority on the issue. "A number of my colleagues in the cancer community wonder whether I did the right thing," he says, "whether there was enough evidence to sound an alarm. But most of them didn't take the trouble to assess the published results. Whenever they ask me why I spoke up, I ask them if they've read the research, and what I usually get is, 'No, I hadn't seen much about that.'"

Dr. Herberman and Davis are now waiting for the publication of the troubling findings presented by Davis last summer in Davos, Switzerland. After parsing the NIH database of brain-tumor incidence in the United States, Davis discovered an "increasing incidence of brain tumors in the United States in people under age 30," she wrote in an e-mail. "The reasons for this trend could include changing patterns of use of cellphones, diagnostic radiation, or even aspartame." Davis, who moved on from Pitt's cancer institute to found the Environmental Health Trust, thinks it's lousy that her findings remain mired in review while the authors of a recent article in the *Journal of the National Cancer Institute* made headlines for suggesting that there had been no increase in brain tumors in Scandinavia between 1998 and 2003, a period still early in the use of cellphones.

WHEN YOU COME DOWN TO IT, THOUGH, WE might simply be arguing about earbuds. That's right: Whatever the outcome of these clashes between RF wonks, no one has proposed a ban on cellphones. "In general," says Dr. Carpenter, "merely pulling the phone 6 inches away will dramatically reduce your exposure."

This entire seemingly apocalyptic argument, in other words, is over whether the cellphone industry should warn us to wear our earbuds, keep the things away from our kids, and use the speaker feature. That seems like an easy enough suggestion. But it's like suggesting to an NRA member that he put a lock on his gun. Not over my dead cellphone battery, the industry shouts back. ■



THE POWER OF PASTA | Continued from page 135

of vegetable oil in a large pan, and stir-fry the pork until cooked, about 3 minutes. Add a bit more oil and 2 tablespoons each of soy sauce and rice vinegar; cook for 30 seconds. Add cooked soba noodles, and a handful each of sliced scallions, chopped cilantro, and chopped peanuts; toss to combine, and season with salt and pepper.

27

Egg Noodles with Ground Pork, Tofu, and Bok Choy

Cook Chinese egg noodles until tender; reserve some cooking liquid, and drain them. In a skillet, heat 1 tablespoon toasted sesame oil. Add ½ pound ground pork along with some salt and pepper, and cook until browned; remove from the pan with a slotted spoon. Add ½ pound thinly sliced firm tofu to the pan, season with salt and pepper, and fry the slices on both sides until brown; remove. Add a few minced garlic cloves, a tablespoon of minced ginger, and a minced fresh hot chili, and stir for 1 minute; add a few cups of chopped bok choy and cook until tender, 2 to 4 minutes. Return the pork and tofu to the pan and add the noodles. Toss well, adding cooking liquid and soy sauce as needed.

28

Udon Noodles with Beef, Snow Peas, and Fried Eggs

Cook udon noodles in boiling water, adding 2 cups snow peas in the final 2 minutes of cooking; drain, reserving some of the cooking liquid. Heat a tablespoon each of vegetable oil and toasted sesame oil in a large pan; add ½ pound thinly sliced skirt steak or flank steak, a tablespoon of minced ginger, a few minced garlic cloves, and a minced fresh hot chili; stir-fry until the beef is browned outside but still pink inside. Remove the beef with a slotted spoon, add a little more oil to the pan, and fry 2 eggs until the whites are set but the yolks are still runny. Return the beef to the pan and add the noodles and snow peas; toss and season with soy sauce, rice vinegar, salt, and pepper, adding cooking liquid as needed. Top with cilantro.

29

Chicken Pad Thai with Spinach

Boil wide rice noodles until tender; drain and rinse. In a bowl, combine 3 tablespoons fish sauce, 2 tablespoons toasted sesame oil, 1 tablespoon sugar, and a sprinkle of red-pepper flakes. Cut ½ pound boneless chicken breast into bite-sized pieces and stir-fry in vegetable oil until browned and cooked through; remove. Add a bit more oil to the pan and scramble 2 eggs; add the chicken, noodles, 3 cups chopped spinach, a few chopped scallions, a handful of bean sprouts, 2 minced garlic cloves, and the fish-sauce mixture. Cook, tossing, until warmed through. Top with chopped peanuts.

30

Cellophane Noodles with Edamame and Cilantro "Pesto"

Soak cellophane noodles and a cup of frozen shelled edamame in boiling water to soften. Puree 2 cups cilantro leaves, a few tablespoons of vegetable oil, a drizzle of toasted sesame oil, a fresh hot chile, a garlic clove, and some salt and pepper in a food processor until smooth. Toss the noodles and edamame with the cilantro "pesto" and season with salt and pepper. ■



cost isn't our only problem or even our main one. In Kervasdoué's view, our bigger issue is much more fundamental: It's our attitude about our health in general—the way we live.

Take, for example, the way we eat. "In France, people eat with somebody else. Always," Kervasdoué says. "And there is a lot of evidence that you eat less, and better, when you eat with somebody else. When eating is a pleasure. And the French have a tradition of this. And we never eat between meals. When I go to your country, you have food all the time—doughnuts and coffee and fruits and more coffee."

You see the same sorts of differences between the French and the Americans, he continues, in many areas of life: in our attitudes about our jobs, in the number of days off we take, in our levels of stress, in our ideas about what it means to live well.

I look at him. So is he saying America should adopt not only the French style of health care, but also the French style of living? He laughs again; he's proposing an impossibility, and he knows it.

Then he tells me about the Italians. In the late 1970s, Italy decided to revamp its national health system. In its eyes, the best system in the world was the British one, so Italy copied everything the British did. The problem? "They forgot they were not British," Kervasdoué chuckles.

"In England, you have waiting lists for care and nobody ever intervenes. But the Italians, they were always intervening, making calls and trying to cut the line. It didn't work."

His point is simple enough: A country's health system can only succeed if it's consistent with a country's character.

And that may be the ultimate triumph of French health care: It is, in both its values and its peculiarities, perfectly, almost maddeningly French. In fact, it's exactly what you'd expect from a society that is in late middle age, that has been around for more than 1,000 years and been through many struggles, that likes what it likes, and that now wants to slow down, enjoy its food and wine, and maybe not work so hard.

So here, for whatever it's worth, is what I think we can learn from the French—and what we should do about our health-care problems.

First, no matter what kinds of changes (if any) emerge out of our yearlong debate, we, like France, ultimately need to find a solution that fits who we are as a country. Over the past year, our political leaders have told us that only two alternatives exist when it comes to reform: Either the government *is* deeply involved in the system (Democrats), or the government lets the free market *really* take hold (Republicans). Alas, that seems to me not only a false set of choices, but also a depressingly unimaginative one. The genius of America has always been its ability to look at things in a brand-new way, to see things that never were and find a way to make them real—whether it was connecting two coasts with railroad tracks, or knitting together a sprawling country with a highway system, or linking computers through wires and airwaves.

And so perhaps those past triumphs point the way forward when it comes to our health. None of those projects would have happened without some government involvement at the outset; and none could have made the impact they made without the imagination and hard work of private citizens. Couldn't a similar approach work in health care? Couldn't our government solicit outside-the-box ideas about taking care of our health, fund the 20 best ones for 5 years, and then let the venture-capital guys and the masses take it from there?

I have seen enough fascinating (and possibly cockamamie) health-care notions out there—from open-source drug development to federal tax-return checkoffs that let people donate money to the uninsured—that I'd be shocked if there weren't, somewhere in this country, a Henry Ford of health and fitness, a Jonas Salk of insurance reform, a Steve Jobs of wellness, just poised to improve our lives with something really new.

Or maybe there will be many of them. The other thing we can learn from the French is that we should stop thinking of health-care reform as a one-and-done sort of thing. What France figured out decades ago, it seems, is that if you don't do it exactly right the first time—*eh*, you do not worry so much, you just keep trying, yes?

Ironically, that example just may provide the motto that keeps us motivated. The battle for a great health-care system: So important, not even the French surrendered. ■

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Your pet projects

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Percentage of men who currently own a pet: **78**

Percentage who've never owned an animal in their life: **3**

Number of men who keep a reptile in their personal zoo: **1 in 19**

Animal the average guy is most likely to keep around: **Dog**

His favorite breed: **Labrador retriever**

Amount the average dog costs its owner each year: **\$717**

Best pet for a thrifty guy: **A fish (\$35 a year)**

Most cash ever doled out to buy a pet: **\$585,000**

Animal it fetched: **Yangtze River Number Two, a 31-inch-high Tibetan mastiff**

Percentage of men who've dressed their pets up for Halloween or Christmas: **19**

Percentage of men who give their pets gifts on birthdays and holidays: **69**

Number of men who keep a picture of their pet on their desk at work: **1 in 6**

Number who've been told they look like their pet: **1 in 10**

Percentage of men who say they'd risk their lives to save their pets: **72**

Percentage who think their furry pals would return the favor: **73**

Percentage of men who've tried to use their pet to pick up women: **20**

Percentage who say the gambit worked: **78**

Number of dog owners who would put their pet's health before their own, if money were tight: **3 in 20**



Number of years Fido has been keeping man company

31,700

Percentage of guys who've been interrupted during sex by a nosy pet: **46**

Percentage who say a romantic relationship soured over a pet: **1 in 13**

Percentage of married men who'd want their pet if they got divorced: **59**

Percentage who would seek visitation rights if they lost custody: **46**

Number of men who've had a pet run away: **1 in 2**

Percentage of lost cats that return home on their own: **35**

Percentage of lost Lassies that come home: **5**

Number of additional hours dog owners spend exercising each week, due to their walks with Fido: **7**

Number of words the average dog can understand: **165**

IQ equivalent of the average mutt: **2-year-old child**

Percentage of cat owners who've tried to train their cats to use a toilet: **5**

Percentage who actually succeeded: **0**

Exotic pet the average guy wants to own: **Tiger**

Average time a man waits before replacing a dead pet: **12 months**

Celebrity pet he would want to pal around with most: **Scooby-Doo**

Percentage of guys who would refuse an evacuation order if they couldn't bring their pet: **58**

Percentage of men who say they've buried a pet in the backyard: **68**

Percentage of those grave diggers who held an impromptu funeral: **25**

Percentage of pet owners who've made financial provisions for their pet in their will: **7**

Percentage of men who think they'll be reunited with their pets in the afterlife: **45**

SHRINK YOUR POOCH "Nearly half of all dogs are overweight or obese, yet nearly 70 percent of owners classify their pet's weight as 'about normal,'" says veterinarian Ernie Ward, author of *Chow Hounds*. Those extra pounds knock an average of 2 years off a dog's life, Ward says. Ask your vet if your pet needs to work off any weight, and then start by increasing the

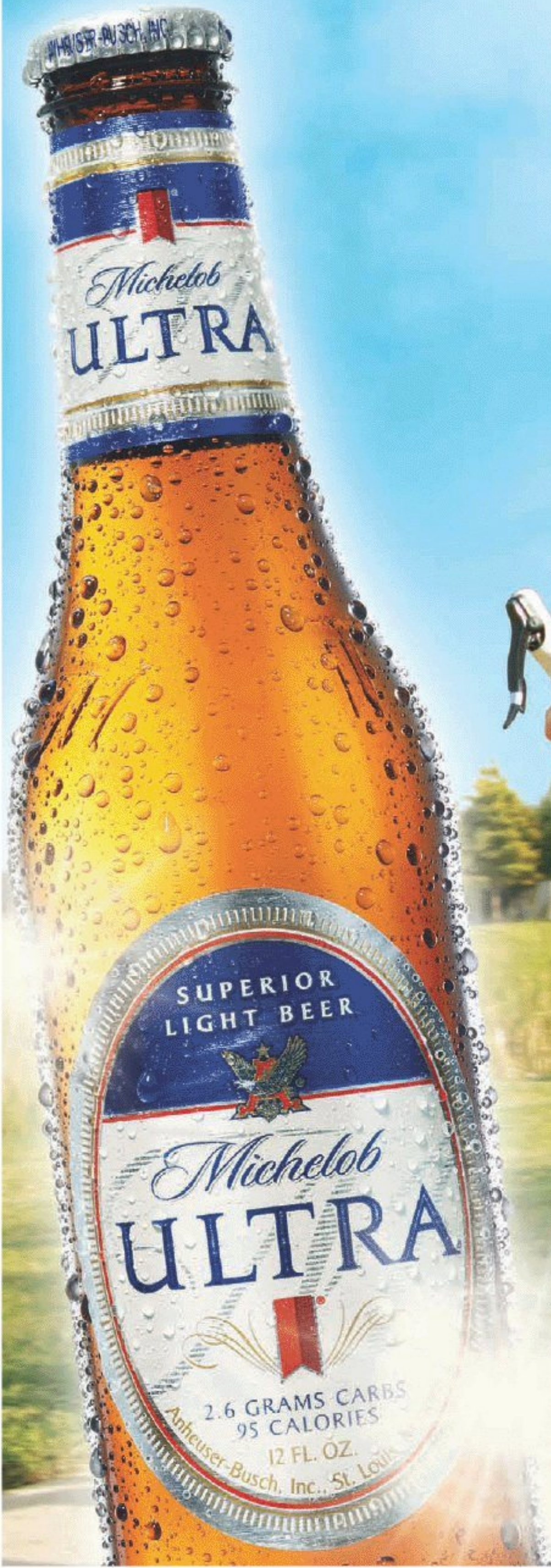
intensity of your daily walks to a 12- to 15-minute-per-mile pace—about the speed of power walking. To regulate your dog's daily calorie intake, follow this weight-loss formula: $\text{Calories} = 30 \times (\text{body weight in pounds}/2.2) + 70$. (Nutrition data should be on the pet-food bag.) Finally, make sure no more than 10 percent of your dog's daily calories comes from treats.

Photo-illustration by PETER BERSON

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