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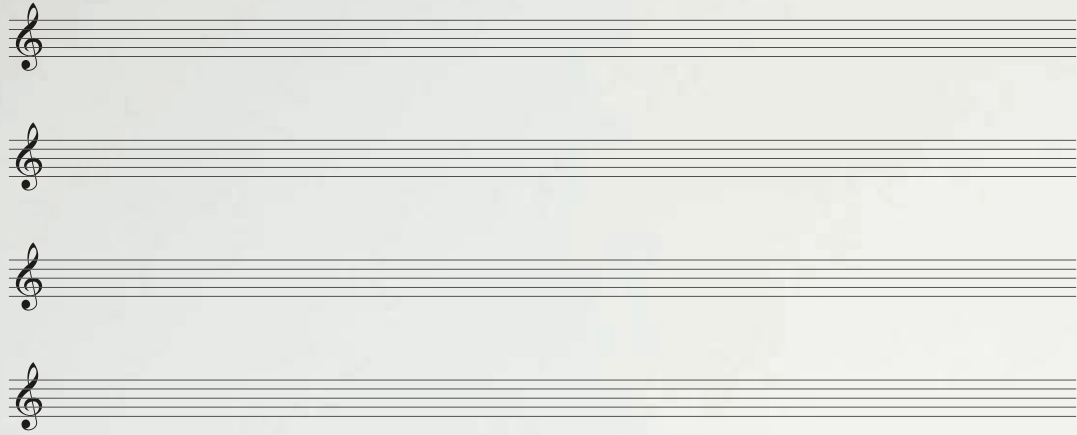
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Men's Health® JUNE



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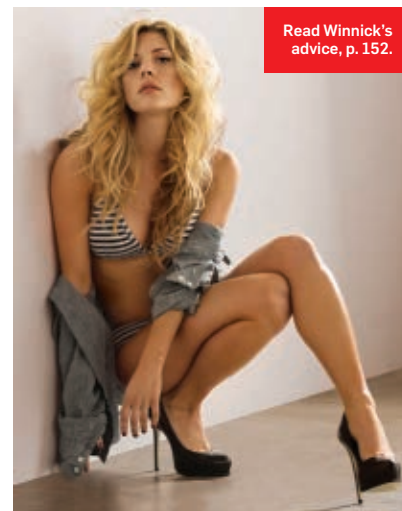


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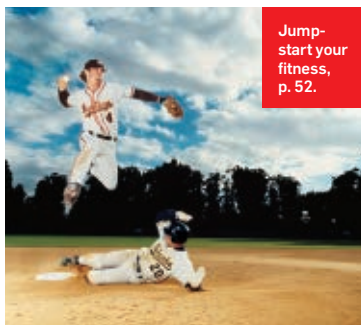
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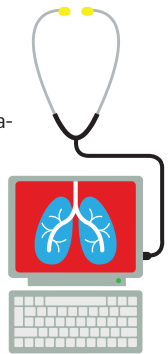
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See more of Winnick on page 152, and online.

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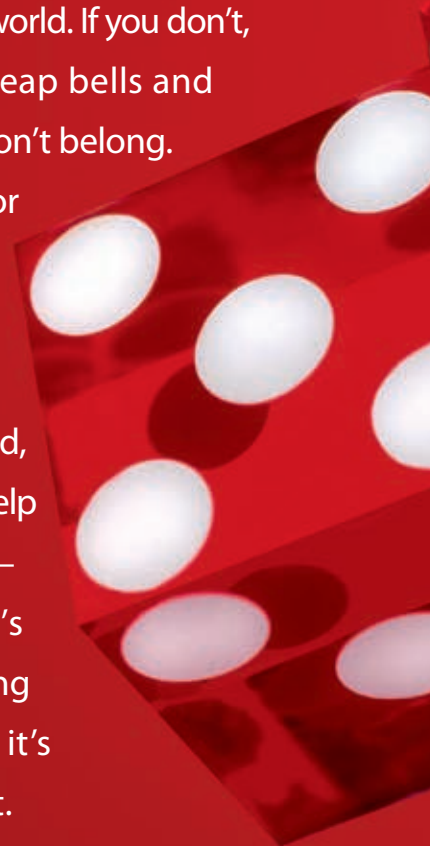
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¹2009 Laptop Report from SquareTrade, the leading Direct-to-Consumer Warranty Company. www.squaretrade.com/html/pdf/SquareTrade_Laptop_reliability_1109.pdf. Pg 3.

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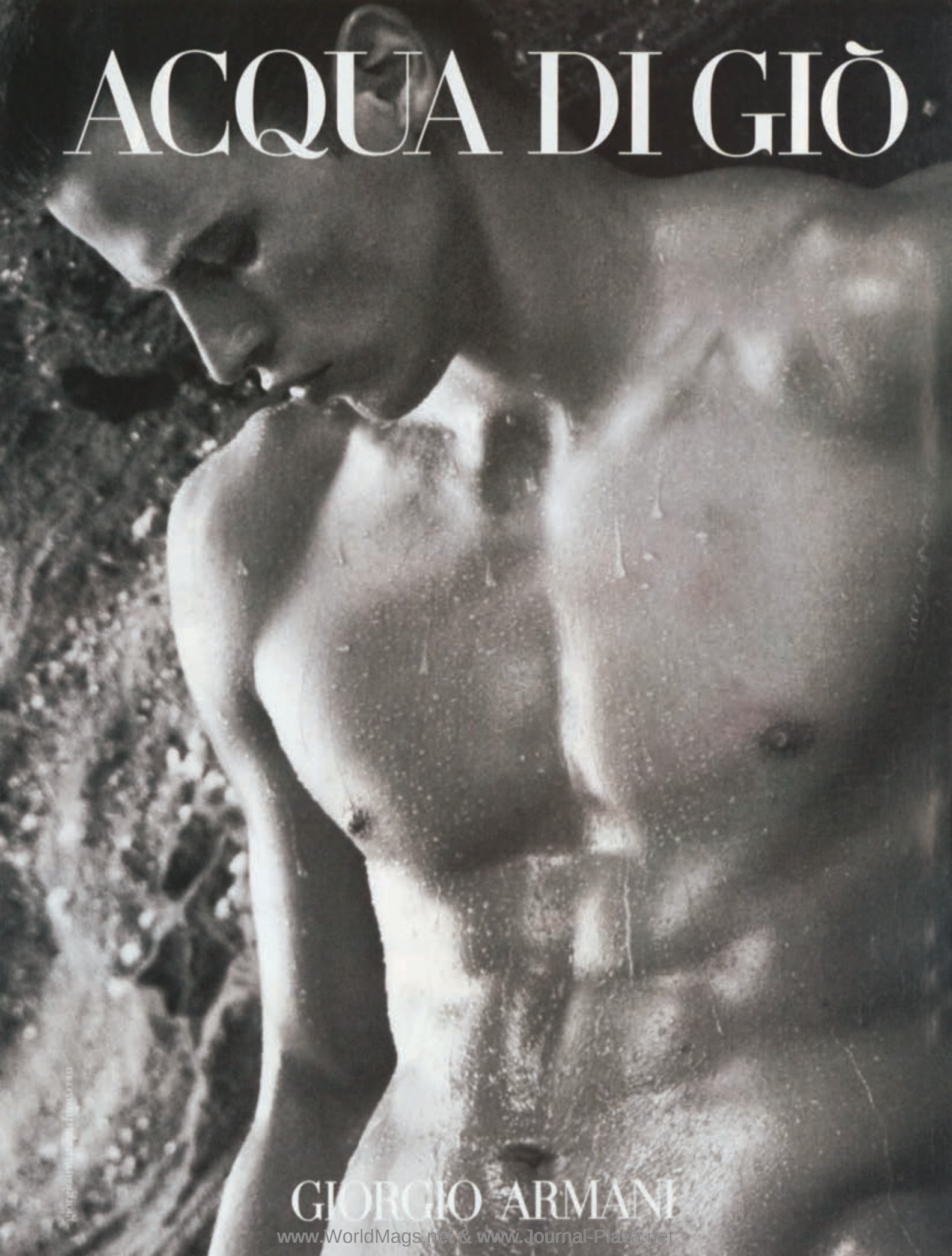
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WHAT DO GOVERNMENT TAX policy, \$120 billion in fast-food industry sales, and the flab around your belly all have in common? Actually, two things.

First, they all seem like enormous, unsolvable problems that complicate our lives. Second, you can change all three—quickly—just by having a drink.

Now hold on there, Mel Gibson. Don't start signaling for the bartender yet. Let me explain: A few years back, *Men's Health* published the first edition of *Eat This, Not That!* The book showed readers, through simple visual comparisons and easy-to-understand nutritional information, how they could lose 10, 20, 30 pounds or more—fast—not by dieting, but by simply swapping one slice of pizza for another (choose a Pizza Hut Fit 'n Delicious over a Papa John's Original Crust The Meats, and you cut out 8 grams of fat), or by picking one drive-thru burger over another (order a McDonald's Big N' Tasty instead of a Burger King Triple Whopper, and you've just whacked 700 calories off your belt line).

The result? You responded by snapping up nearly 5 million *Eat This, Not That!* books, and your knowledge is giving you power over America's most popular chain restaurants. They've begun to change their menus in response to your demands for healthier fare. After we named Chili's 2,710-calorie Awesome Blossom one of the Worst Foods in America, the chain wiped the greasefest from their menu entirely. Good riddance as well to the Baskin-Robbins Heath Bar Shake (2,310) and the Jamba Juice large Chocolate Moo'd (900).

But while I'm glad for these victories, we still have a huge battle ahead: The average American man *drinks* about 460 calories more each day than he did in 1965.



That's enough to add nearly a pound of body fat every single week! We were so alarmed by this discovery that during an interview at the White House last summer we asked President Obama if he would back a tax on sugary beverages. And holy cow, did we start a firestorm. Once the president said he'd consider it, the talk shows and the blogosphere went wild. Now several municipalities and states, including New York, are considering soda taxes to limit the calories we slurp through straws.

Whether you think that's a good idea or not, there's no reason to wait for big business and big government to make changes to America's big bellies. The answers are right in your hands—or at least in your cooler. Research shows that cutting liquid calories strips weight faster than slashing food calories does. By cutting your drink calories in half with a few simple swaps, like the ones we describe on page 144—an exclusive adaptation from the forthcoming book *Drink This, Not That!*—you could lose 23 pounds of sugar-inflated flab this year alone, without changing a single thing you eat!

Now that's something worth toasting!

DZ



t

THE TWEET LIFE

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PEEL AWAY ANXIETY

Bananas contain melatonin, which may promote calmness and sleep.

10 MINUTES

Amount of sunshine you need a day to boost vitamin D. A deficiency can increase stroke risk 80%.

DOCTOR'S ORDERS

Having sex just once or twice a week can boost your immune system by 30%.

ROCK THE NUKE BOX!

Zap citrus fruits in the microwave for 15 seconds before squeezing to yield twice as much juice.

BEAT GENERATIONS

A good resting heart rate is between 62 and 68 bpm, excellent is below 55, and risky is above 80.

CHEAPER THAN A PERSONAL TRAINER

Dog owners walk twice as much as those whose homes are pooch-free.

BYE-BYE BELLY

Switch from white bread to whole grain (fiber + antioxidants) to lose almost 2x the ab fat, says a Penn State study.

BUBBLE AWAY DIABETES TROUBLE

30 mins 6 days/week in a hot tub made blood-sugar levels fall by 13% in people with diabetes.

ICE IT, ACE IT

Drinking ice-cold water before and during exercise can improve endurance by about 23%.

SOUR PATCH KIDS?

90 percent of food commercials aired during Saturday morning children's TV shows feature junk food.

Top: photograph by NIGEL PARRY, styling: Sabine Kurz/Susan Price, grooming: Jenna Menard/Jump Management

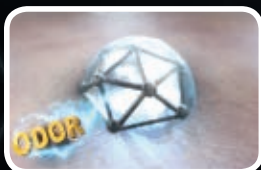
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Vivian Fonseca, M.D., F.R.C.P., 57, is chief of endocrinology and a professor of medicine and pharmacology at Tulane University's health sciences center, in New Orleans. He's one of our expert sources in "Men Have Hormones Too," on page 110, a guide to harnessing the power of your endocrine system.

ON CALL THIS MONTH The Endocrinologist



How I protect my back: yoga

"I do Iyengar yoga once a week. It's good for my back and clears my head." Research from Japan suggests that the increased flexibility you gain from yoga also protects your heart because it activates nerves that can decrease arterial stiffness.

HOW I REDUCE STRESS



"I go to the Snug Harbor jazz club twice a month. Hearing music live always energizes my mind." In fact, research shows that listening to music can boost productivity and banish stress. See page 94 to learn tricks for scoring tickets to music festivals.

How I'm making a difference

ADVOCACY

"My job is to share knowledge about endocrinology and diabetes with students, colleagues, and the public; it can improve lives. Childhood obesity is something we must prevent. Collectively advocating for societal change is the best way." To learn how you can help, visit childrenshealthmag.com/fit-schools.



How I stay lean CARROTS



"My choice is baby carrots: They're filling, nutrient-dense, and low in calories." One cup has just 63 calories and can provide 21 percent of your daily fiber, nearly 500 percent of your daily vitamin A, and a dose of other cancer-fighting antioxidants.

HOW I STAY FIT



CYCLING

"I exercise every day and am currently training for the Tour de Cure, a diabetes bike ride." Cycling burns as many calories as running, but with less joint stress, say researchers at the University of Texas at Austin.

Our Advisory Board

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John Eleftheriades, M.D., is chief of cardiac surgery at Yale University school of medicine.

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Jonny Bowden, Ph.D., C.N.S., holds a doctorate in holistic nutrition and a master's degree in psychology.

Mary Ellen Camire, Ph.D., is a professor of food science in the department of food science and human nutrition at the University of Maine.

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Larry Lipshultz, M.D., is a professor of urology at Baylor College of Medicine.

Judd W. Moul, M.D., F.A.C.S., is chief of the division of urologic surgery at Duke University medical center.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACPM, is the director of the prevention research center at Yale University.

Jeff S. Volek, Ph.D., R.D., is an associate professor of kinesiology in the human performance laboratory at the University of Connecticut.

Have a question for our advisors? Go to MensHealth.com/askthedoctors.

00:02
2-Second Lifesavers

Check your lids!

The incidence of skin cancer has doubled over the past 30 years. Your eyelids are at particular risk because you probably forget to apply a dab of sunscreen. See page 28 for our favorite.

Kimberly Cockerham, M.D.

Sit on your balls!

Everyone should own a Swiss ball and learn some exercises on it. You'll strengthen your core, which will help reduce your risk of lower-back problems. (\$35, spri.com)

Nicholas A. DiNubile, M.D.

Skip the salt!

Yes, salt adds flavor to food. But by minimizing its role in your diet, you reduce your risk of the most common types of kidney stones, and also improve your heart health.

Larry Lipshultz, M.D.

Let it out!

If you suppress anger and sadness, it can lead to heart problems. It's okay to emot and even cry. Say, "I feel upset because..."

William Pollack, Ph.D.



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LIFE'S QUESTIONS, ANSWERED

2 cups
chopped
romaine

This lettuce provides a healthy dose of folic acid, a B vitamin that enhances blood flow, according to a recent review in the American Journal of Clinical Nutrition.

1 strip bacon,
cooked and
chopped

Don't fret about the saturated fat—research shows that small amounts won't harm your heart. Plus, the pork provides choline, a nutrient that's depleted during strenuous exercise, according to Oregon State University researchers.

1 soft-boiled
egg, halved

The protein found in eggs has the highest muscle-building potential of any food—plus, the yolk contains B₁₂, which aids muscle contraction and fat breakdown.

1 hanger
steak (4 oz),
grilled and
sliced thinly
against the
grain

The creatine in beef supplies energy to your muscles, while the protein, iron, and zinc promote tissue growth.

6 cherry
tomatoes,
halved

Each bite-sized orb contains 437 milligrams of the antioxidant lycopene, shown in a Taiwanese study to protect muscles from postexercise oxidative stress.

¼ avocado,
sliced

Yes, avocados are rich in fat, but it's the heart-healthy monounsaturated kind.

1 Tbsp
crumbled
blue cheese

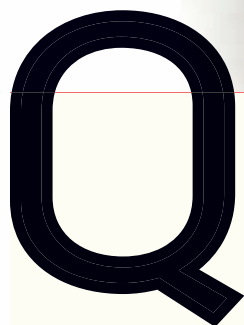
It's infused with probiotics, which may fight the immunosuppressive effects of exercise, notes a review in Current Sports Medicine Reports.

1 Tbsp
Annie's
Green
Goddess
dressing

Douglas makes his dressing from scratch, and includes egg yolks, champagne vinegar, and anchovies. Save time and calories with this alternative.

1 cup sugar
snap peas
(steamed
2 minutes,
halved on
the diagonal)

These power-packed pods add a shot of fiber to fill you up and help control your blood sugar.



IS THERE A SALAD THAT CAN BUILD MUSCLE?

ALEX, GULF SHORES, AL

Yes, and it doesn't look like a plate of iceberg topped with creatine croutons. Picture something closer to a Cobb salad—a balanced mix of protein, fat, and carbs. "Protein and carbohydrates work together to promote muscle synthesis," says nutritionist Alan Aragon, M.S., *MH's* weight-loss expert. "Fats support testosterone production, while also keeping you satisfied." Since the ideal muscle-building salad should contain at least 30 grams of each of these nutrients, we asked Seattle chef Tom Douglas to create a beefed-up version of the standard Cobb. This salad contains 650 calories, 49 grams of protein, 32 grams of carbs, and 35 grams of fat. When you need a break from beef, you can sub in three large shrimp or a 6-ounce salmon fillet, says Douglas.

Photograph by CHARLES MASTERS, food styling: Jamie Kim/Apostrophe

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Can playing video games on the Wii help me lose weight?

GEOFF, WASHINGTON, D.C.

It depends whether you want to use Wii Tennis as your go-to workout or as a bonus calorie burner. "Video games can play a role in your weekly regimen, but they aren't enough by themselves to cause significant weight loss," says Kevin Short, Ph.D., an assistant professor of pediatrics at the University of Oklahoma Health Sciences Center. In his studies with children, he found that those who played Wii Sports games, including boxing and bowling, at high intensity burned 3 calories a minute—the equivalent of walking 2.6 miles an hour on a treadmill. (Short says these results would probably be similar in adults.) So in other words, don't count on virtual sports for real-world weight loss.

My father was an alcoholic. Does that mean I shouldn't drink at all?

DON, SACRAMENTO, CA

While you aren't exactly doomed to drunkenness, studies do show that genetics accounts for 60 percent of a man's risk of alcoholism. In addition, guys are more likely than women are to inherit the disease, says Mark Willenbring, M.D., a former director of the recovery section at the National Institute on Alcohol Abuse and Alcoholism. "Look closely at your family history, especially grandfathers, uncles, and brothers." (Having female relatives with the disease also increases your risk, though not as much as having male relatives does.) That said, even though family history is the strongest predictor, most men with alcoholic relatives don't develop the disorder, says Dr. Willenbring. Bottom line: If you do drink, keep track of the amount. "The first symptoms of trouble are going over the limits you set for yourself, and



I use whole milk in my cereal and coffee, and I down a glass at night. Too much?

T.J., EASTON, PA

Actually, it's probably just enough. We've been told that whole milk is unhealthy, but that advice is based on old science that some scientists have soured on. Here's why: Saturated fat—the kind found in milk—does not appear to be linked to clogged coronary arteries. A 2010 review in the *American Journal of Clinical Nutrition* found no association between saturated fat intake and the development of heart disease and stroke. Plus, British researchers concluded that drinking two glasses of whole milk a day may actually *reduce* the risk of stroke by up to 20 percent. (Credit the calcium, which can help lower blood pressure.) And don't sweat the calories: The difference between whole and 2 percent milk is almost inconsequential—149 calories per cup versus 122.

a consistent desire to quit or cut down but finding that hard to do." He recommends setting a maximum at four drinks a day and 14 drinks a week.

Is reading on my smartphone going to kill my eyes?

MATT, PORTLAND, OR

There's no condition called "BlackBerry blindness," if that's what you mean. Instead, what you should worry about is the strain on your ocular muscles. The tiny text probably causes you to hold the

phone too close to your face, which in turn can cause headaches, blurred vision, and dry eyes. "Keep your phone at least 16 to 20 inches from your face," says James Sheedy, O.D., Ph.D., director of the Vision Ergonomic Research Laboratory. "And look downward at a 15-degree angle below horizontal—this will increase the surface area your lids cover, keeping your eyes moist and relaxed." Also, invest in an antiglare protective cover like ClearTouch's shield (\$13, boxwave.com), and follow the 20-20-20 rule: "Every 20 minutes, look away for 20 seconds at something that's at least 20 feet away from you."

ONE-WORD ANSWER™

"Other than prunes, what fruit can I eat to stay regular?"

MELON

Cantaloupes, honeydews, and watermelons combine high water content and high fiber, says *Men's Health* nutrition advisor Jonny Bowden, Ph.D., C.N.S. "Most constipation comes from lack of water, and eating melon every day is a tasty, low-calorie way to stay on schedule."

How can I itch- and sunburn-proof my summer?

PETER, RYE, NY

SUNBURN

PREVENT

Scape Athlete Sunblock Spray, SPF 50

This sweatproof, waterproof spray is made with octocrylene and avobenzone, a combo for long-lasting protection. \$15, scapelabs.com

TREAT

Aquaphor Healing Ointment

It contains chamomile and glycerin, which form an oily layer on your skin to soothe pain and speed healing. \$6, drugstore.com

INSECT BITES

PREVENT

3M Ultrathon Insect Repellent Lotion

Made with 34 percent DEET, this sweat-resistant lotion stays on your skin and repels flesh eaters for 12 hours. \$11, shop3m.com

TREAT

Aveeno Calamine & Pramoxine HCl

Oatmeal and calamine soothe the itch; the anesthetic pramoxine dulls pain. \$4, walgreens.com

POISON IVY

PREVENT

IvyBlock

This lotion uses a clay that binds to urushiol, the itch trigger found in poison oak, ivy, and sumac. \$12, dermstore.com

TREAT

Tecnu Extreme Medicated Poison Ivy Scrub

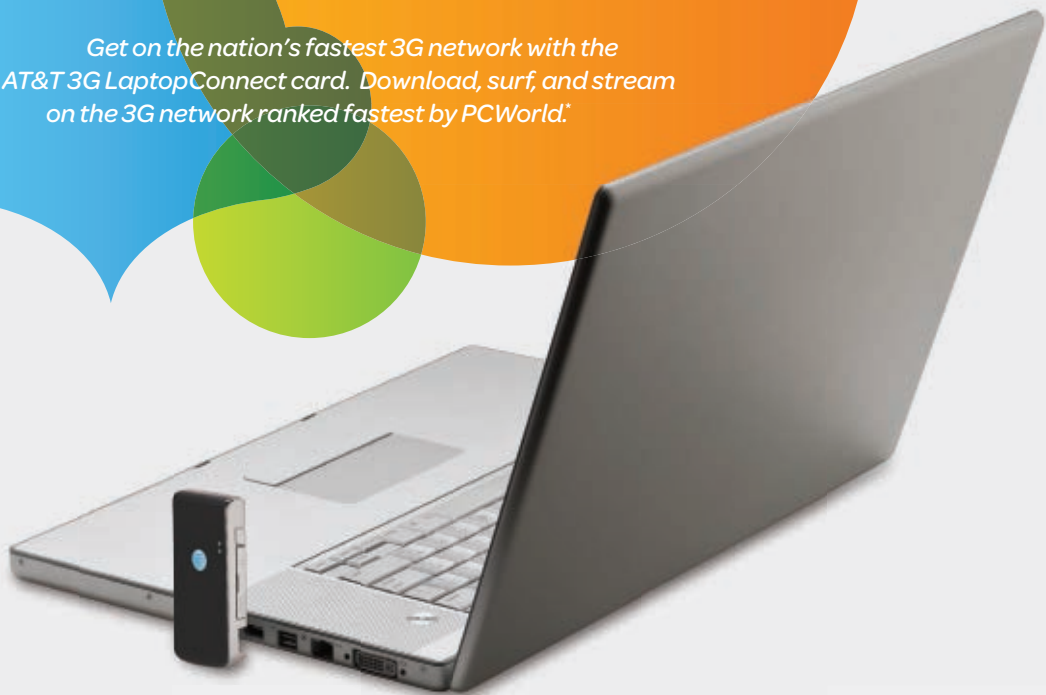
Research shows that 70 percent of people who used this product within 2 hours of exposure did not get a rash. \$12, amazon.com

Sources: Ulrich Bernier, Ph.D., USDA mosquito and fly research unit; Robert Brodell, M.D., professor of internal medicine, Northeastern Ohio Universities Colleges of Medicine; and Thomas W. McGovern, M.D., Fort Wayne Dermatology Consultants.

Mitch Mandel (milk), Giuseppe Caselli/Getty Images (melon)

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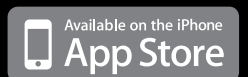




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TELL MEN'S HEALTH

THE READERS FIRE BACK

GO ORGANIC, SAVE YOUR SWIMMERS

Trace amounts of pesticides in food "may be enough to damage sperm" ["15 Ways to Change the World," April]? Since reading that, I've been eating all the organic foods you recommend.

CHARLES, NEW HAVEN, CT



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

MAJOR CHALLENGE

I use a card deck to make my pushup workout more interesting. Aces are 15; face cards are 10—396 total. (The cards also help me keep track.) I'm in my 50s and can still finish a deck three or four times a week. So after reading "The Pushup Challenge" [April], I figured 111 pushups in 3 minutes would be a snap. I hit it on my first try, but I was exhausted. Martin Rooney knows his stuff.

MIKE, LIBERTYVILLE, IL

RAW BAR FAVES

In "The Awesome Oyster" [Bulletins, March], you failed to recommend what is arguably the most sought-after variety of oyster in the world: the Malpeque, which is harvested from a bay near my home. New Brunswick's Beausoleil oysters are pretty good, too.

BRIAN, SUMMERSIDE, PRINCE EDWARD ISLAND

The Pacific varieties we recommended—kumamotos and shigokus—contain more omega-3s and protein than your favorites (both of which are from the same Eastern species, *Crassostrea virginica*). But you've already discovered the real secret: Eat local food! —Eds.

IT WORKED OUT

The Spartacus Workout [Mens Health.com/spartacus] changed my life. The results came quickly and were exactly what I had hoped for. I've since enrolled in the International Sports Sciences Association's Elite Trainer certification program. You reopened my eyes to the fitness world.

ADAM, HANCOCK, ME

PLANTS FOR POWER

"The Truth about Protein" [March] provided great information, but I'm vegan. For after a workout, what's a realistic protein/carb that doesn't rely on animal products?

COLIN, TUCSON, AZ

Most beans contain 25 to 30 percent protein and 60 to 65 percent carbs, making them a great choice for a postworkout meal. Try a meatless chili: In a medium saucepan, sauté half a small diced onion and a minced garlic clove until soft, and add a small can of your favorite beans, a small can of pureed tomatoes, and 1½ teaspoons of chili powder. Bring it to a boil, and simmer until thickened (about 10 minutes).—Eds.

REMEMBERING DAD

My father passed away 5 years ago. Jacob Levenson's "A Farewell to Father" [April] reminded me of the times I spent at his bedside. A father wants to see the man his son has become, and being there allowed me to show that to him. He knew he was dying—he just didn't want to do it alone.

JAMES, CLEARWATER, FL

My father and I had our differences, but no matter how I felt about him, the fight he gave ALS [Lou Gehrig's disease] was inspirational. He met with renowned specialists, paid for round-the-clock care, and traded in his beloved Cadillac for a specially equipped van. My lesson: Stay close to your family, especially your parents.

DAVE, BABYLON, NY

7 TIPS FROM 7 READERS

1 HIRE TOTAL STRANGERS

to do \$5 tasks—from design work to consulting—at fiverr.com.

2 TURN ONLINE PASSWORDS

into alphanumeric abbreviations, such as #m\$dlH4ve for "How much money do I have?"

3 SPOT A NEW WEED?

The acidity in white vinegar makes it an organic weed killer.

4 TO BREATHE NEW LIFE INTO old Ikea furniture,

visit ikeahacker.blogspot.com.

5 DOWNLOAD THE LINE2 IPHONE APP

to bypass AT&T and make calls over Wi-Fi.

6 TO DETERMINE THE TIME UNTIL SUNSET,

hold your hand sideways, at arm's length, just above the horizon. One hand width equals 1 hour.

7 SEND AWAY AN OLD SWEATER

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*CarandDriver.com, January 2010. †MSRP excludes destination and delivery charges, tax, title and registration fees. Dealer sets actual price.

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MH BULLETINS

The latest news on health, sex, nutrition, exercise, and weight loss

FIRE IN THE BELLY

Burn off flab—and even fight disease—by harnessing heat

Behold the power of peppers. A recent Korean lab study found that the compound that makes chilies spicy, capsaicin, can help kill colon-cancer cells. And previously, a Dutch study review had concluded that capsaicin encourages thermogenesis—the body's heat-generating response to food intake, which can help burn calories. "For the thermogenic effect, it's best to eat chili-based foods on a daily basis," says Jeya Henry, Ph.D., who researches energy metabolism at Oxford Brookes University. The Scoville scale measures capsaicin content; the more capsaicin in the peppers you eat, the greater the benefit (and hotter the burn). See below for the range.

PHOTOGRAPH
BY LEVI BROWN

Prop styling: Sharon Ryan/Halley Resources

TYPE / SCOVILLE HEAT UNITS PURE CAPSAICIN 15,000,000 / CAPSICUM OLEORESIN (USED TO MAKE PEPPER SPRAY) 1,500,000 / BHUT JOLOKIA (HOTTEST KNOWN CHILI VARIETY) 1,000,000 / ORANGE HABANERO 210,000 / TABASCO (CHILI) 120,000 / THAI HOT 60,000 / GROUND CAYENNE 40,000 / SERRANO 25,000 / CHIPOTLE 5,000–10,000 / JALAPEÑO 5,500 / PASILLA 4,000 / TABASCO SAUCE 3,750 / POBLANO 1,500 / MULATO 1,000 / BELL PEPPER 0

PILLS IN PERIL?

Move your multi: **The high humidity in a kitchen can make multivitamins less effective**, say scientists at Purdue University. When they subjected vitamin C to 86 percent humidity—the level in a kitchen where a pot of water is boiling—the vitamin began to degrade in 1 week. C is a marker for how other vitamins would fare under similar conditions, say the study authors.



SCAN SCAMS

One of our best tools for detecting disease is also a cause of cancer. **A third of CT scans may be unnecessary, exposing people to needless radiation**, reveals a new University of Washington study. Some doctors order CT scans because they fear malpractice cases, says study author Robert Bree, M.D. Other doctors aren't up to speed on when a scan isn't the best diagnostic option. When in doubt, seek a second opinion.

The ideal environment for your multivitamins: the freezer.

ON OUR RADAR

This place is bugged

The baddest bacteria around have some new competition. Duke University scientists say **the superbug Clostridium difficile is 25 percent more common in hospitals than MRSA**. More research is needed to determine why *C. difficile* infection rates have surpassed those of MRSA.



PERCENTAGE DECREASE IN YOUR DRIVING PERFORMANCE IF YOU HAVE A COLD

Source: Lloyds TSB Insurance

TEXT WRECKED

When you send a text message, your thumb isn't the only body part taking a beating. **Texting can bring on shoulder and neck pain in men**, say Temple University scientists, and a likely cause is typing with slumped shoulders for extended periods. So raise your cell to eye level occasionally; this draws your shoulders back.

CURB THE HERBS

Mixing heart-disease meds and herbal supplements can result in dangerous drug interactions, say Mayo Clinic researchers. Check this chart to see which combos to avoid.

GINSENG



= X Warfarin
X Antidiabetes meds
X Digoxin

HAWTHORN



= X Digoxin

GINKGO BILOBA



= X Aspirin
X Warfarin
X Antidiabetes meds

SAW PALMETTO



= X Warfarin

ECHINACEA



= X Statins

GARLIC



= X Aspirin
X Warfarin

Increases your risk of bleeding; increases your chances of having dangerously low blood-sugar levels; decreases the drug's effectiveness; increases the drug's effects; interferes with digoxin test results by leading to false, increased levels; increases your risk of liver damage.

SUN DAMAGE
MENTAL STATE
MEDICATION
ADRENALINE
DUST
HAIR GREASE
MOTOR OIL
SUNSCREEN
A HELMET
A BANDANA

AMERICAN
CREW

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DOES _____ CONTRIBUTE TO HAIR LOSS?

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NUTRITION

BULLETIN®

Edited by Paul Kita

Three out of four people think a fat tax won't shrink waists, a CBS poll found.



PERCENTAGE OF TOP-GROSSING MOVIES FROM 1996 TO 2005 THAT INCLUDED AT LEAST ONE PRODUCT PLACEMENT (MOST WERE JUNK FOOD)

Source: Pediatrics

ACID BLOCK

Pairing a carb-heavy meal with 2 teaspoons vinegar may reduce your body's glycemic response by 20 percent, say scientists at Arizona State. The acetic acid in vinegar seems to slow stomach emptying, reducing the rate at which carbs are absorbed into your bloodstream.

TWO WAYS TO ADD VINEGAR TO YOUR NEXT MEAL:

- Douse thick-cut oven fries with malt vinegar.
- Marinate sliced tomatoes and onions in red-wine vinegar; layer on a sandwich.

A BIG FAT TAX CUT

A "fat tax" may help us eat healthier. Researchers at the University at Buffalo sent people through a faux supermarket and found that charging an extra 10 percent on unhealthy foods would lead shoppers to buy healthier items and carry away 6.5 percent fewer calories in their carts. Other studies have reported similar effects in real-life situations.

RYE, NO JAM

Pipes clogged? Try rye bread. In a Finnish study of people who were constipated, those who ate about 6 slices of whole-grain rye bread a day for 3 weeks had easier, more frequent bowel movements than those who ate white bread or took a laxative.

Arabinoxylan—a compound found in abundance in rye—may enhance the growth of beneficial bacteria in your colon. Rye bread in lesser quantities may also promote digestive health, says Reetta Holma, Ph.D., the lead author of the study.

STEALTH HEALTH FOOD

Rhubarb

These crimson stalks add a dose of tartness to fruit crumbles, pies, and jams.

Why it's good for you

Rhubarb is low in calories, and it's a good source of fiber, vitamin C, and vitamin K. Bonus: Most cooking methods increase its antioxidant levels.

How to eat it

On top of oatmeal or yogurt: Simmer 3 cups chopped rhubarb with ½ cup brown sugar, 1 teaspoon grated orange peel, and a splash of water until tender, about 15 minutes.



LEVI BROWN (cupcake), prop styling: Sharon Ryan/Halley Resources; Columbia Pictures/Photofest (screen shots); Creativ Studio Heinemann/Corbis (rhubarb)

STRIP STEAK

SO SUCCULENT IT'LL MAKE YOUR TASTE BUDS
WISH THEY HAD TASTE BUDS.

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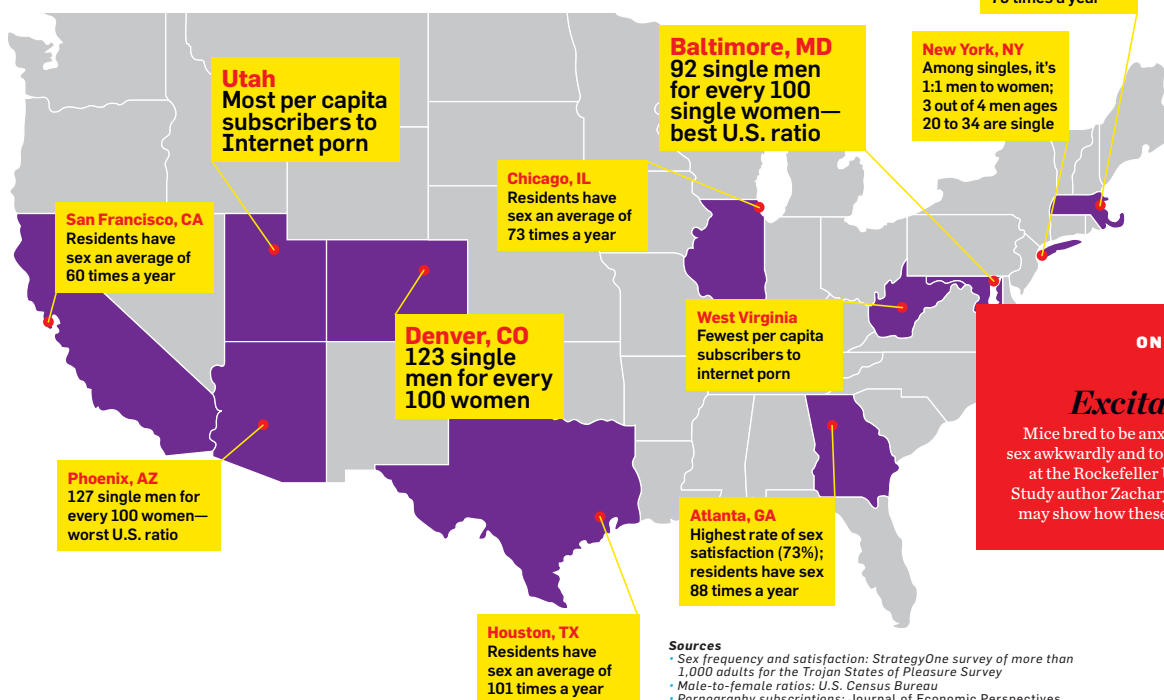
Learn to love all 29 tantalizing cuts of lean beef at BeefItsWhatsForDinner.com.



Funded by The Beef Checkoff

SEX AND THE CITIES

Your hometown may affect your love life. **In a city with more women than men, the men tend to marry later**, say University of Michigan researchers. And where there are fewer women, the men settle down sooner. Evolutionary theory says we gauge whether playing the field makes more sense than quickly finding a mate. The national average is 113 unmarried men for every 100 unmarried women. Here's how it shakes out.



NO STRINGS ATTACHED

The hook-up culture might not be as damaging as critics claim. **Casual sex does not increase your risk for emotional distress**, conclude researchers from the University of Minnesota, who surveyed 1,311 young adults. One out of five respondents said their most recent sexual encounter was casual (outside a relationship), but they didn't show a higher rate of depression or emotional damage than committed lovers. More research is needed on long-term effects, says study author Marla Eisenberg, Sc.D., M.P.H.

ON OUR RADAR

Excitable boy mice

Mice bred to be anxious and excitable tend to have sex awkwardly and to ejaculate prematurely, scientists at the Rockefeller University in New York found. Study author Zachary Weil, Ph.D., says more research may show how these results could apply to humans.

PRESSURE PAIRING

Beer goggles, meet stress specs. **Men under stress are attracted to women dissimilar to themselves**, German researchers say. Typically, men are drawn to women who resemble them, because they trust them. But in the study, men under stress were less aroused by erotic photos of women whose features had been altered to match their own, and more attracted to the dissimilar women. It's evolution: Mixing up the gene pool produces harderier kids, says study author Johanna Lass-Hennemann, Ph.D.

FOR SHORT-TERM RELATIONSHIPS, WOMEN FIND MEN WITH NONSEVERE FACIAL SCARS MORE ATTRACTIVE

Source: Personality and Individual Differences

SCARS



USING TWINS TO SEARCH FOR THE G-SPOT

British scientists now claim **the G-spot is a myth**, but some say the study was flawed. When 1,804 female twins were asked if they had a G-spot, 56 percent said yes—but there was no correlation between the twins' answers. The conclusion: The spot has no physiological basis. But the study didn't account for the twins' differing sexual experiences (partners, positions, proclivities), says Beverly Whipple, Ph.D., a sexuality expert, and it didn't ask about digital stimulation (only intercourse). A bent finger is one way to stimulate the spongy spot on the front vaginal wall.

Frazier/Harrison/Getty Images for AFI (twins)

CHROME AZZARO



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WEIGHT LOSS

BUZZFEED

Edited by Maria Masters

MENUS LIE!

Can you trust the calorie postings at restaurants? Not always, say researchers at Tufts University. They tested 15 meals or side dishes and 14 individual items (such as pizzas and sandwiches) from chain restaurants and found that, on average, **actual calorie counts were 18 percent higher than what the chains stated.** More important, the range of mistakes was huge. Some dishes had 36 percent fewer calories than what the restaurant claimed; other foods had about 200 percent more calories. The most likely reason for the mistakes was flawed portion sizes, researchers say.



SNACKING, TRACKED

Americans consume 24 percent of their calories from between-meal snacks and drinks—one-third more than in 1977, according to a new study in the *Journal of Nutrition*. Snacking can be good, if it's kept under control and the snack contains protein. (Examples: cheese and nuts.) But that's not what's happening.

Percentage of daily calories consumed from ...

	1977	2006
SODAS, FRUIT DRINKS, SPORT DRINKS	11.3	12.1
FRUIT	8.8	6.6
MILK & DAIRY PRODUCTS	9.1	5.9
ALCOHOL	7.5	9.3
CANDY	2.9	7.8
SALTY SNACKS (CHIPS, POPCORN...)	2.0	14.3

SHUT-EYE SABOTAGE

A sleep schedule is vital to any weight-loss plan. **Too much or too little shut-eye can add extra pounds,** say Wake Forest University researchers who tracked study participants for 5 years. In the under-40 age group, people who slept 5 hours or less each night

gained nearly 2½ times as much abdominal fat as those who logged 6 to 7 hours; also, those who slept 8 hours or longer added nearly twice as much belly fat as the 6- to 7-hour group. People with sleep deficits tend to eat more (and use less energy) because they're tired, says study coauthor Kristen Hairston, M.D., while those who sleep longer than 8 hours a night may be less active.

ON OUR RADAR

Stomach upsets?

Bacteria in the guts of some mice (and humans) could be contributing to the obesity epidemic.

Researchers at Emory University found that mice bred to have an altered balance of bacteria in their intestines were 20 percent heavier after 5 months than mice that weren't bred that way. Changes in concentrations of some types of gut bacteria may cause inflammation, leading to an increase in appetite and insulin resistance, the scientists speculate.

Photographs by LUCAS ZAREBINSKI, food styling: Ed Gabriels/Halley Resources

fifty-four

PERCENTAGE OF AMERICANS WHO "OFTEN" READ FOOD LABELS WHEN FIRST BUYING A PRODUCT

Source: U.S. Food and Drug Administration

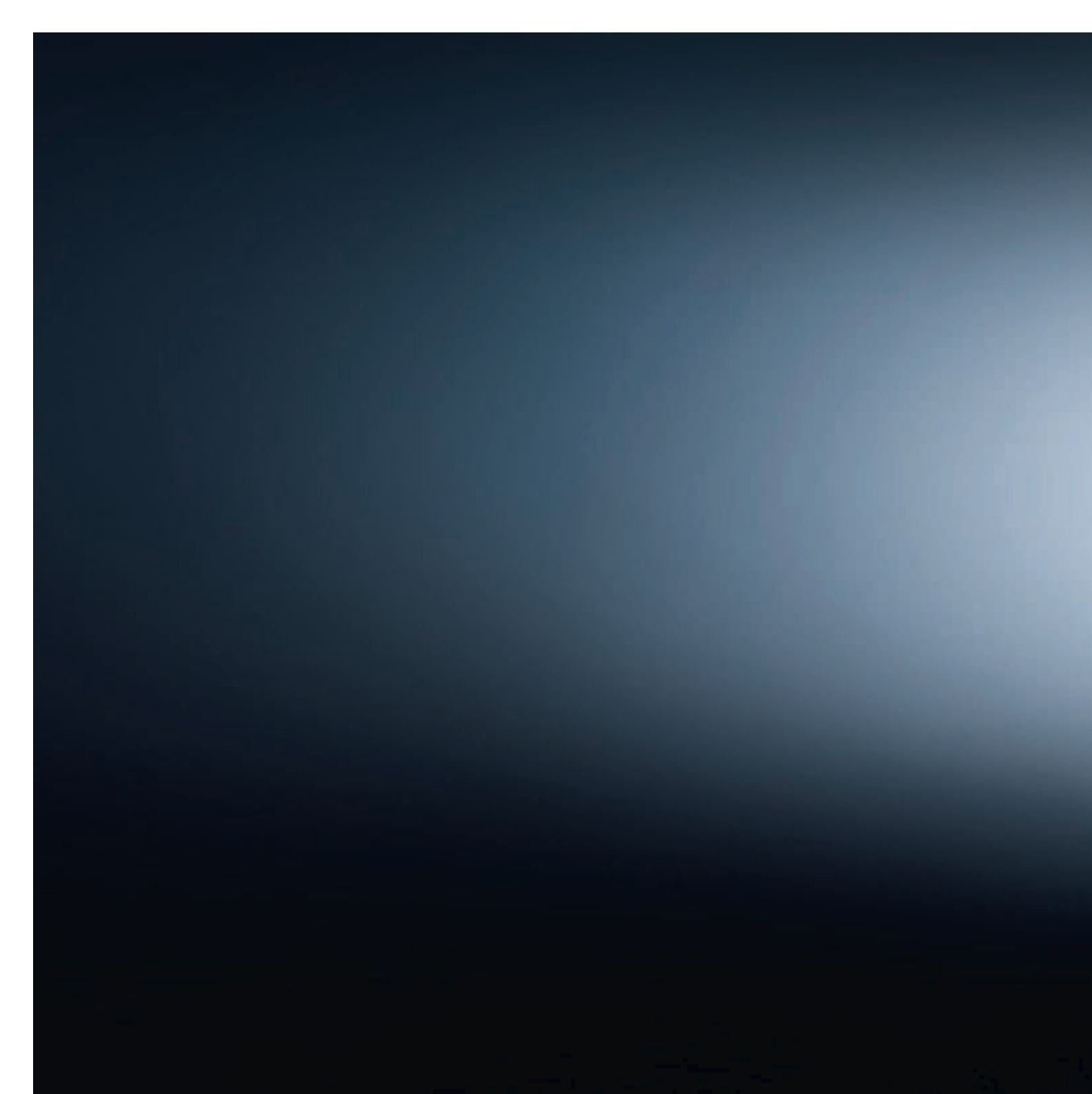


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CARDIO

BULLETIN®

Edited by Laura Roberson

GREEN MACHINE

Exercising outdoors means a lungful of fresh air—and a more satisfying workout for your body and brain. Science proves it.

The sport	Mental benefit	Physical benefit
Running <i>Treadmill vs. outdoors</i>	Runners who took it outside reported feeling 225 percent more satisfied than those who ran on indoor treadmills, a Utah State study found.	In the same study, outdoor runners completed a 5-K run 4 minutes faster than treadmill runners did.
Bicycling <i>Stationary bike vs. road ride</i>	In a recent French study, men who used bike trainers perceived a higher level of exertion than those who rode outdoors at the same pace.	Road riding requires 5 percent more propulsive force than pedaling a stationary bike at the same speed does, the French researchers say.
Rowing <i>Ergometer vs. scull</i>	Team rowing on the water creates a greater sense of euphoria than solo indoor rowing, a recent British study found.	In a Brazilian study, outdoor rowers burned 26 percent more calories during a mock race than those on sliding rowing ergometers did.

RUN SMART WITH WATER

Water helps your body—and brain—work properly.

Dehydration alters a runner's perceptions and affects his pacing, a new *Journal of Strength and Conditioning*

Research study suggests. During a 12-K race, dried-out runners felt they were hotter and working harder than hydrated ones did. Also, the time variance between fastest and slowest laps was twice as long for the

dehydrated group. A lack of water may affect your ability to gauge work ahead, says study author Rebecca Stearns, M.A., A.T.C. During a long run, drink at least 7 ounces of water every 20 minutes, she says.

ON OUR RADAR

Find your sea legs

In a new Korean study, people who downed a drink containing 72 milligrams of the seaweed extract ecklonia cava 30 minutes before exercising ran 30 percent longer than runners who hadn't. The supplement is **an antioxidant that may enhance endurance** by increasing bloodflow and reducing lactic acid buildup, the scientists say.



CHILLING EFFECT

Olympic distance runners use cooling vests to combat overheating. But **precooling can also help in sports that involve sprinting, like lacrosse.** In a new Australian study, men wore vests, wrapped their necks with cold towels, and iced their quads for 20 minutes before training in 90°F heat. At moderate intensity, they covered 14 percent more ground than those who'd only sat in the shade. Before a game, apply cold towels to your upper body and ice your core and quads, says study author Rob Duffield, Ph.D.

BENCH BACK PAIN

Inspired by the World Cup? Play soccer to protect your back. **Recreational soccer can reduce your risk of lower-back injury,** according to a new study in the *Journal of Strength and Conditioning Research*. After playing soccer 2 hours a week for 16 weeks, study participants were able to stabilize themselves 14.5 percent more quickly after sudden upper-body movements, and their bodies shifted 24 percent less. Soccer trains your core, allowing faster stabilization of the spine, says study author Mogens Pedersen, Ph.D. This decreases spinal buckling, he says. To find a rec league, check out sportsvite.com.

AMONG NOVICES, SOUTHPAWS' TENNIS STROKES ARE 14 PERCENT LESS PREDICTABLE THAN RIGHTIES'.

Source: Attention, Perception, & Psychophysics

Let it S

ZACK SECKLER (treadmill runner), Kory Niefield/Gorbis (vest)



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MUSCLE

BULLETIN®

Edited by Adam Bornstein

THE NO-FAIL WORKOUT

Training to failure slows your results, say Spanish researchers. They found that lifters who performed each set of a workout until they couldn't complete a repetition had smaller gains in strength than those who left a bit in reserve. End each set when your lifting pace starts to slow, suggests Men's Health fitness advisor Mike Robertson, C.S.C.S.

WILL YOU WILT?

Don't worry about missing an occasional workout: **You can take weeks off from the gym without losing strength**, according to research from Japan. In the study, people followed an exercise program for 3 months and then took a 3-month break. At the end of their hiatus, they were just as strong as they had been before taking time off. Of course, a long leave of absence isn't recommended: After all, even if you don't become weaker, your gut will likely grow bigger.

ON OUR RADAR

Fitness foods

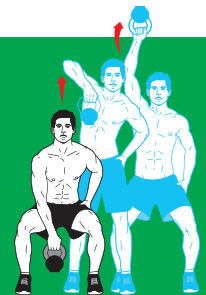
Overdoing it in the gym can leave you vulnerable to illness. Why? Because you're stressing your body, which decreases the number of cells in your immune system. But a new Japanese study found that **consuming a combination of two amino acids could counteract this side effect**. The compounds, cystine and theanine, can be found in two of the best foods on earth: eggs and green tea.

UNCOVER YOUR ABS

The best form of cardio may require weights. University of Wisconsin researchers found that **kettlebell snatches can burn 20 calories a minute**. See how this exercise stacks up against other forms of activity.

IN 1 MINUTE, NUMBER OF CALORIES A 180-POUND MAN WILL BURN . . .

 14.3 Spinning	 11.5 Rowing (vigorously)	 9.8 Elliptical training	 12.2 Stair stepping	 19 Running (7-min.-mile pace)	 13.6 Swimming (laps)
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13

PERCENTAGE IMPROVEMENT ON COGNITIVE TESTS SEEN BY OLDER PEOPLE AFTER A YEAR OF ONCE-WEEKLY WEIGHTLIFTING SESSIONS

Source: Archives of Internal Medicine

MORE ON THE FLOOR

Good workouts often yield unexpected results. Example: **Pilates can make you better at a classic resistance exercise**, research from Gustavus Adolphus College reveals. Participants who added Pilates twice a week did more pushups. "Pilates improves core strength, a key factor in pushup performance," says study author June Kloubec, Ph.D.

Photograph by LEVI BROWN, prop styling: Sharon Ryan/Haley Resources; Illustration by Kagan McLeod

NAUTICA VOYAGE

KNOW NO BOUNDARIES



THE BE

EVERYTHING THAT MATTERS TO MEN

Ride Your Wave

JOSH HOLLOWAY SPENT 6 YEARS PLAYING SAWYER ON *LOST*. HE LOVED IT—AND HE'S MAKING SURE HE WON'T PLAY HIM EVER AGAIN

JOSH HOLLOWAY AND SAWYER DON'T HAVE A HELL OF A LOT IN COMMON. Just the accent, a love of beer, and the instinct to go for it—do it, seize it, taste it. Definitely taste it. • “I taste everything,” Holloway says. “I even tasted the cream on my daughter when she came out of the womb. I am a taster.” • Wait. *What?* • “Well, she looked like a Cinnabon. I was, like, ‘What is all this?’” he says as he dips his finger in the air and pops it into his mouth. “It’s what we do. It’s how we know whether things are cool or not.” • That kind of instinct can land you in trouble, especially if you’re in Hawaii and you happen to have a boat. Which is, of course, something Holloway bought to screw around with out there. He’s spent 6 years playing a cavalier con man on the TV-redefining series *Lost*, and a man like him needed to catch fish and taste his surroundings. Holloway’s home is near the windy Kaiwi Channel, an aquatic mosh pit, which is what he’s had to cross to reach good fishing grounds. • He’d often buzz on out there, no matter what the conditions. And many times the ocean shook him good.

PHOTOGRAPHS BY NINO MUÑOZ



C LIFE

EDITED BY JASON FEIFER

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"I almost peed my pants, if I can say that," he says, as he sits by the beach on Oahu. "I've been out there in conditions I should not have been out there in. I've learned a lot from this ocean, and I have a lot more to learn. If you're going to be taunting her in that way, she will smack you down. You can never disrespect the ocean."

So now he looks out at the ocean with a new temperament. Through those dumbly dangerous trips into the waves, he learned to pause, to assess, to do things *right*—not just do them. Holloway is 40.

Since *Lost* began filming, he's gained a wife and child—people who need him above water.

So he moves slower. That feels good now.

He's looking forward to the show's end—to leaving the ocean and Sawyer behind and letting them blend together, those stubborn forces that never did yield to each other. Holloway has absorbed what he can from this experience, this island. Now he has other plans.

He's already sold the boat.

ANY MAN WHO HAS LEFT A JOB KNOWS

the feeling: Sure, you've established yourself, but it was in a specific setting, a familiar role, a moment in which everything clicked. Will it work again? You think of the entrepreneurs who build and sell big companies, only to launch duds afterward. Like that Hotmail guy, whatshisface.

And so, a decision: You pursue what you know, because it's safe and low risk. Or you aim for something new—tell an employer, *I did this, so I can do that*. The second is more difficult than it sounds. "As men, we protect and provide by our nature. And when we find something bona fide and validated, it's hard to break out of," Holloway says. And he's right: Trying something new means forfeiting what's guaranteed.

The path was not obvious for Holloway, who has found something bona fide and validating for the first time in his career. Years ago, in the lifetime before *Lost* inserted him into the dreams of women everywhere, he had to pursue acting indiscriminately, accepting any rare opportunity that came his way. He modeled. He milled about in music videos. His first TV gig was playing a character billed only as "Good Looking Guy." And *Lost*? The script had a polar bear running around on a tropical island and a monster made of smoke. He read it, and thought: *Cool, but let's see how long that lasts on television.*

Holloway felt so unstable, in fact, that for years he couldn't move on what he really wanted: to propose to his girlfriend, Jessica. He couldn't latch her to his shaky career.

Which isn't to say he couldn't plan. He did plan. When you have an ambition, you don't just sit around waiting to achieve it. You build to it. "I always wanted a wife and child, so I geared my life that way," Holloway says. He saved. He developed the relationship. He talked of the future.

After filming the *Lost* pilot, as he relaxed with the love of his life in Hawaii, Holloway felt his hard work was paying off on all fronts. So he proposed. It was time to take control.



And now he sees another time to take control. People have offered him TV roles, and he's said no. And he's not interested in playing another Sawyer type, either. He'll always love Sawyer, he says, but he's explored the character so thoroughly he's damn near given him a physical. And if Holloway's not learning, he's stagnant. And if he's stagnant, what good is he?

Lost left him with little time to try much else, and he was forced to turn down opportunities. So for his next act, he's intent on playing roles he's unpracticed in, and doing it in film, a medium he has less experience with.

"I like the growth that happens to an artist in transition," he says. "A lot of growth takes place throughout your insecurities, through having to reevaluate something you thought was working and finding a way to make it work differently. All of that is very uncomfortable."

So how do you know which route is right? "That's a big question, and it's answered only by the individual asking it," Holloway says. You have to look around for answers: to who needs you, to what's in your reach. And then to yourself. Holloway did that, and thought: *I'm a 40-year-old man. I can stay in a comfort zone, or I can try something different. For me it's now or never. I'm going to go for it.*

SOME CHICKENS SAVE THE FARMER THE trouble and keel over on their own. That's when a little boy named Josh Holloway used to come

by. "I was like Monty Python: 'Bring out yer dead!' I had my wheelbarrow and I'd just pick up dead chickens and chart them—how many died in this house, how many died in that house." It was his first job, back when his family lived in a trailer in Georgia. "So I am no stranger to the brutal nature of work."

When a man is successful, we tend to see only the triumph. But chances are that, like everyone else, he went through a lot of crap first. Picked up a lot of dead chickens. It's too bad we don't witness that part more often: It'd be a useful reminder that everything is earned.

So Holloway's a fit guy. He might be out of a career if he wasn't. But achieving fitness means, for one thing, going to a lot of trouble to eat well. He loves a fresh catch because it's lean protein and easy to cook. "I want to do a clean catch and a clean kill," he says. "I sucked at first. But you learn it."

And he hits the weights, and piles on hours of cardio. He's bored by the usual biking and jogging, so he goes out of his way to keep himself engaged. Lately, he's been surfing and learning mixed martial arts. Both have given him scars and bruises, but in the long run, that's less damage than the couch would cause.

And yet for all his confidence and all his drive, for all the things he's done to build himself, know this about Josh Holloway, because it's the most important thing about him: He is not by nature a risk taker. He made himself one.

"That's the hardest thing. I love the comfort zone. In my mind, I'm a 70-year-old man with a fly rod in one hand and a beer in the other," he says. "But that's not the world of creativity. I'm not saying you can't enjoy the comfort when you've found a zone. But you must always evolve."

So he pushes himself. Trains. He goes for it immediately—the job, the ocean, whatever dreadful things he tastes—because he knows his instinct is to hold back. Which means every man can be Holloway. He just knows the rewards for doing it. And when he's 70, he can be the guy with the fly rod and the beer.

"I will be!" he says. "And I'll be unapologetic. You want to do a *Men's Health* cover then? I would be happy to show you my Buddha gut, because it will certainly be out. And I will have earned it."

JASON FEIFER

Become beach-ready

Josh Holloway stays fit with lots of cardio mixed with some weight training. Combine the two into a total-body, fat-burning workout like this one from Alwyn Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, California.

SET EXERCISE

1	Y SQUAT
10 reps	(1 second up, 1 second down, and a 1-second pause in the middle. That'll take 30 seconds. Then rest until your stopwatch reaches 1 minute.)
2	PUSHUP
3	RIGHT-LEG REVERSE LUNGE
4	PUSHUP-POSITION ROW
5	LEFT-LEG REVERSE LUNGE

ROUTINE

Repeat this process, moving to a new exercise at the top of every minute, until you've completed all five exercises. That's 1 circuit.

Do a total of 4 circuits

HOW TO DO THE EXERCISES

1. Stand and raise your arms so your body forms a Y. Pull your shoulder blades together, and squat as deeply as you can by pushing your hips back and bending your knees. Then push back up. 2. Do a standard pushup. 3. Stand tall, step back with your right leg, and lower your body until your left leg is bent at least 90 degrees and your right knee nears the floor. Push back up. 4. In a pushup position (arms straight), grasp a pair of hex dumbbells. Lift the weight in your right hand to the side of your chest. Lower and repeat on your left. 5. Same as #3, but step with your left leg.



Explode past your opponents. Repeat for nine innings. Rest.

All-Star Power

REDESIGN YOUR BODY WITH THIS CUTTING-EDGE PLAN FROM A WORLD SERIES-WINNING TRAINER

Don't use a workout that makes your body all show, no go. Instead, train your muscles to work together for more explosive and effective movement, says Dana Cavalea, strength and conditioning coach of the New York Yankees. Use Cavalea's all-pro plan to build a body fit enough for the big leagues.

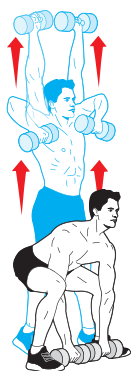
RETHINK THE ...

Hip raise

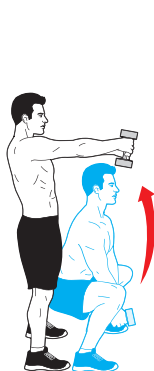
Old way
LIFT YOUR
HIPS
AS HIGH AS
POSSIBLE

Better way
RAISE YOUR
HIPS AND
UPPER BODY
AS ONE

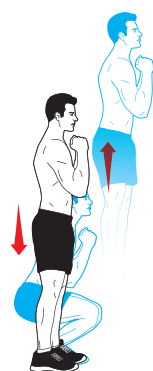
To complete the workout, do all four exercises back-to-back (8 reps of each), resting 30 seconds between each exercise. Then repeat the sequence twice, or as many times as you can in 15 minutes.



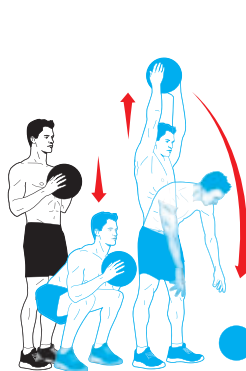
1 Dumbbell snatch
Bend at your hips and knees and hold a pair of dumbbells between your feet, using an overhand grip. Now stand and hoist the weights in one motion, letting your forearms rotate from the momentum, until your arms are straight above your head and your palms face forward. Return to the starting position.



2 Dumbbell swing
Using both hands, hold a dumbbell by its handle. Bend your hips and knees and lower your torso until it's at 45 degrees to the floor. Swing the weight back between your legs and then forward to chest level as you stand. (Keep your arms straight as you thrust your hips forward.) Then squat and swing it back under again.



3 Jump squat
Place your hands together and pull your elbows against your body. Now dip your knees until your upper thighs are at least parallel to the floor, and then explosively jump as high as you can. When you land, immediately squat back down and jump again.



4 Medicine-ball squat and slam
Stand holding a medicine ball in front of your chest. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, and then push yourself back up. As you rise, press the ball overhead, extend your arms, and forcefully throw the ball at the floor in front of you.

The point isn't to stretch upward.

The move is designed to build your glutes, which may be weak if you sit all day at work. And if you don't raise your hips in tandem with your upper body, you won't properly work your muscles, says Bill Hartman, P.T., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. So as you perform the move, press your arms into the floor, tighten your abs, keep your torso rigid, and raise your entire torso, hinging the motion at your hips.

Find tons more exercises on **Men's Health Workouts**, an app for iPhone and Android. Visit MensHealth.com/apps.

From top: Patrick Girardin/Corbis; Kegan McLeod (4)



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Saturday
is better
on a
Tuesday.

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A Guy's Girl, Decoded

ACTRESS KATE MARA IS FROM AN NFL FAMILY. PERFECT, RIGHT? SO WE ASKED HER: WHAT SIGNALS DOES SHE LIKE MEN TO CALL?

"I know football better than most guys do."

When your girlfriend bests you in a man's domain, it can sting. And Kate Mara? She'll kill you in fantasy football. Her great-grandfathers founded the Giants and the Steelers, and she knows her stuff.

Solution: Celebrate it. Mara says women don't see these things as competition, so neither should you. "The best part of football is bringing him along to experience it with me," she says. Keep in mind that if she's spouting NFL stats, it means she has grown up feeling like one of the guys in some ways. Make a big show of feeling inferior and she'll just roll her eyes.

"My family is huge."

Families are always intimidating to meet for the first time. Mara is from a family of six, and her parents have 14 siblings between them. "We see one another all the time," she says.

Solution: Let yourself be laughed at. "My big family deals with one another by being sarcastic and making jokes," she says. They'll be careful for a short while after meeting you, but then you'll have to roll with them. So be flexible—not too formal, not too familiar—and joke about yourself, so they can too. Now you're in.

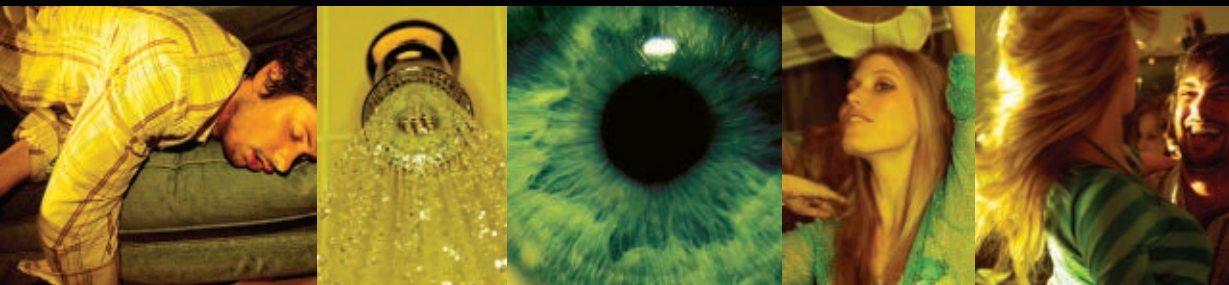
"I want to go to the movies—all the time."

Even the most fun outings can feel like chores if you do them too much. And Mara insists on seeing damn near everything in the theater.

Solution: Hit the classics. You can't see every film, so ask about her greatest hits. (For Mara, that's *Rudy*, *Splendor in the Grass*, and *Braveheart*.) Watch them with her, and then show her yours. That way you're sharing what matters most. "A movie will always change my mood after I've seen it," she says. And by being a part of her passion, whatever that may be, you'll be the man to benefit from her good mood.

About Kate The 27-year-old has a small role in this month's *Iron Man 2*. She has also appeared in *Entourage*, *24*, and *Brokeback Mountain*. Her best piece of advice for winning a woman's attention: Let her learn about you slowly. "I love a mystery," she says. "I'm not one of those people who wants to know everything right away."

Adam Federly/Corbis Outline

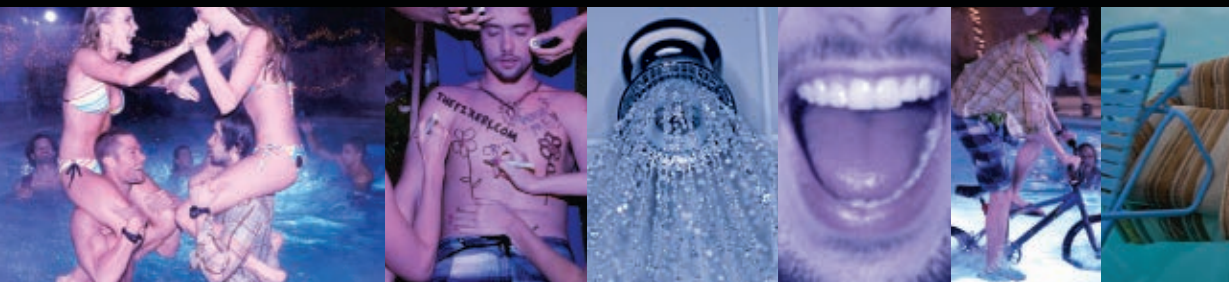


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Q My hook-up friend is visiting for the weekend. What do I plan?

DARREN, OMAHA, NE

If this is just for sex (you're not falling for her, right?), then buy a box of condoms and don't prepare anything else. No romance, no candles, no sex bunker. One reason casual sex can be brain-curdlingly hot is that there's no pressure to perform. You're the rare guy she doesn't have to worry about impressing, so the more low-key you are, the more she'll appreciate you. Just be sure to prioritize her pleasure—and by that I mean more than repeated and enthusiastic oral action. Send her flirty and inquisitive e-mails in the week leading up to her arrival. Tell her what you're "so turned on" about doing. And ask, "What about you?" Then do that. With vigor!



follow-up affection). During the night, keep the covert reassurances coming: Hold her hand, rub the back of her neck. And whisper that she looks so amazing you can hardly focus. *That's* what she really wants.

I'm uncircumcised. Is that a turnoff?

TIM, KANSAS CITY, MO

Not to me. But for some women, maybe. It's about comfort—in what we're used to handling. If a woman hesitates when she sees your penis, she might be feeling like she did back in high school: *What do I do with it?* That can make her feel awkward, not sex-goddessy. So laugh it off and reassure her: Yes, there are differences (like your sensitivity, so she may need to lighten up on the ol' death grip), and you're happy to explain them. Or better yet, guide her.

I heard my fiancée tell her friend a sex story about a former fling. Is she still into him?

MARK, ATHENS, GA

Hey, women try to one-up each other with sex stories just as men do. Problem is, she can't have you in the starring role—because her friends know you well and don't want the mental image. Better that she talk about that other guy: It means he's gone.

Become a Facebook fan. Search "Carolyn Kylstra—Men's Health Girl Next Door."

Steal this move

The give-and-run

Think you're smooth? Try living up to Matt of Minneapolis, who told me this story when I asked my Facebook fans for their best moves.

"One day, during a stressful, hectic week for my wife, I left work and raced home while she was out—and gave the house a full cleaning. Stripped the beds, washed the floors, and went back to work. I came home that evening to a wife who was sobbing with happiness."

Nice, sure. But here's what made it: He went back to work. Had he waited for her return, it would have looked like he wanted brownie points. And then she'd have felt obligated to put on a show of gratitude. The next time you do something sweet, make sure it's selfless—no strings attached. Believe me, the reward will come.



Who knew a game of bocce ball could be so hot?

On the beach, how do I pick up women?

MIKE, PARIS, TX

With a six-pack of Corona and a puppy. Don't have those? No problem—the beach is the easiest place to find an interested woman. Just set up a game of bocce or volleyball, or start building a serious sand castle. (Skip Frisbee; you'd be too far apart to actually talk.) Then watch for sunbathing babes and invite any who peek at you over their shades.

Why does my girlfriend want to make out while we're at a bar with friends?

SAM, WILMINGTON, NC

She feels insecure. I've acted publicly frisky when I wanted to keep a boyfriend's attention on me, too. Had he taken this advice, it would have helped me chill: Don't fool around just before going out (she'll be hypersensitive to

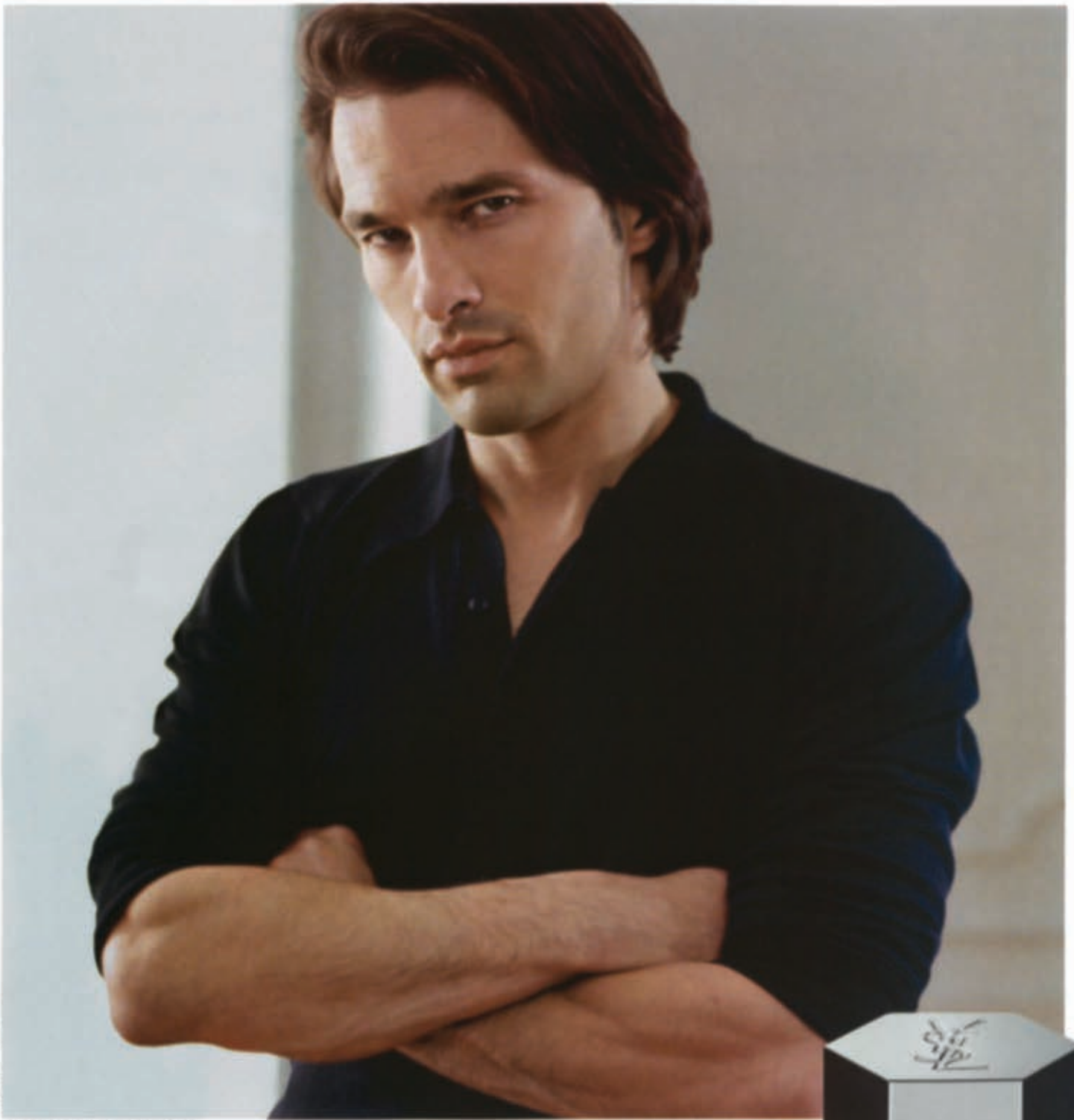
The problem

"My girlfriend always wants to use a vibrator during sex, but we're renting a beach house with pals. If they hear the buzz, I'll die."

The solution

LELO NEA
Ultraquiet
vibrator
\$90,
lelo.com





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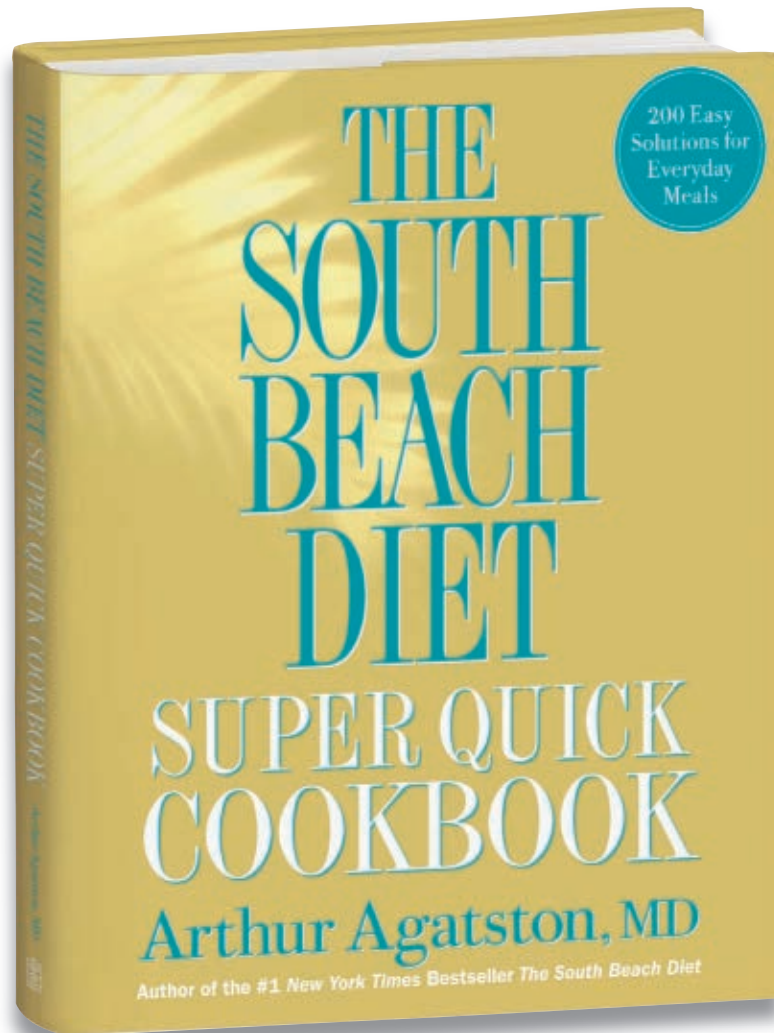
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Top This!

MAKE ICE CREAM TASTIER AND HEALTHIER BY WHIPPING UP YOUR OWN TOPPINGS

When you stick your spoon into souped-up ice cream—with all those swirls of corn-syrup caramel, chunks of peanut butter cup, and gobs of brownie—you might as well be eating a giant candy bar. Enjoy some ice cream without all the dumb calories: Crown a scoop of vanilla with one of these simple, low-fat toppings.

Each recipe makes enough for 2 servings of ice cream (2 small scoops each).



Dark Chocolate Sauce

- 1 bar (3 oz) semisweet chocolate, roughly chopped
 - 1 Tbsp black coffee
 - $\frac{1}{4}$ cup whipping cream
 - $\frac{1}{2}$ Tbsp butter
- Mix the first three ingredients in a bowl. Microwave until mostly melted, 1 to 2 minutes, stirring halfway through. Add butter and stir until smooth.



Fresh Strawberry Sauce

- 1 cup trimmed and chopped strawberries
 - 2–3 Tbsp sugar
 - $\frac{1}{2}$ tsp orange liqueur
- Combine everything in a medium bowl. Mash the strawberries until the sauce is mostly smooth. Let stand about 10 minutes before serving.



Maple-Walnut Sauce

- $\frac{1}{4}$ cup maple syrup (grade B is fine)
 - 1 Tbsp rum
 - 2 Tbsp chopped, toasted walnuts
- Pinch of salt
- Combine ingredients and simmer until reduced by half. Stir in walnuts. Serve warm.



A virtuous vanilla

With just 3.5 grams of fat and 110 calories per serving, Breyers All Natural Smooth & Creamy Vanilla is a smarter choice than the super-premium brands. (Häagen-Dazs vanilla bean, for example, has 18 grams of fat and 290 calories.) If you prefer a more embellished scoop, skip the chunks and swirls and stick to varieties with marshmallows (which are low in calories) or nuts (which add a dose of healthy fats).

LUCAS ZAREBINSKI (spoons), food styling: Susan Ottaviano/Halley Resources

3

PERCENTAGE OF PEOPLE WHO DON'T EAT ICE CREAM. IT'S TRUE: YOU CAN'T PLEASE EVERYONE.

Source: Harris Interactive 2009 poll



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Post photos, watch videos, track your progress, and lose weight with our 8-week Belly Off! program at MensHealth.com/bellyoff.

Belly Off! Club®

JASON HISAW CHANGED FROM TEXAS-SIZED TO DOWNSIZED

THE SETBACK I've always loved good food and good wine. So after college, I scored a job as a restaurant manager. But my ultimate goal was to become a master sommelier, so my days consisted of studying all morning and working all night. I ate throughout my shifts, and after we closed the restaurant, my colleagues and I would go out and eat bar food. By the time I reached 277 pounds, I knew something had to change: I couldn't move through the dining area as well as I used to, and I had to squeeze into tight spaces to reach my customers. It was embarrassing, and I was having a hard time doing my job.



WEIGHT BEFORE

277

WEIGHT AFTER

185

VITALS

Jason Hisaw, 30,
Dallas, TX

OCCUPATION
Sommelier

HEIGHT
6'0"

TIME REQUIRED
TO REACH GOAL
13 months

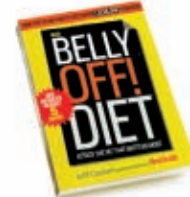


THE WAKE-UP CALL

It's seriously tough to become a master wine steward, and one of the steps is passing the advanced sommelier test. When I took that exam in Dallas in October 2008, I felt tremendous pressure. I passed the first two parts of the test, but bombed on the third—the blind taste test. I knew the answers but just didn't have the confidence to trust my instincts. My weight was part of the problem: It sapped me of self-assurance. From then on, I resolved to change.

THE FOOD

Not long after I failed my test, my mom visited me. She looked noticeably thinner, and she said she'd lost 11 pounds just by controlling her meal portions. So I tried that strategy. It was very helpful—and easier than I thought. Now it feels natural: I always pack a lunch and bring it to work so I have a limit. If I'm hungry later, I snack on bananas and apples, or celery and carrots. I've also skipped the late-night bar food with my friends. It's not that I stopped socializing—I don't need to eat to have fun—but now my first priority is managing my weight so I can succeed at my dream.



THE FITNESS

I used to cope with the stressful restaurant environment by eating—but now I channel the stress into exercise. I run 6 miles, 5 days a week. That may sound like a lot, but once you're doing it that often, your body thrives on it. Setting goals makes it more exciting, which is why I ran a half marathon last year and another one this spring. I also go to the gym 3 days a week, focusing mainly on body-weight exercises: pullups, pushups, dips, situps, and core work. Then I go on the elliptical or treadmill.

THE REWARD

I flew to California last April to retry the advanced sommelier test. I was 50 pounds lighter—the change was more than enough to give me the confidence boost I needed. Before the exam, I went for a 3-mile run, stretched, and took a shower. I felt so refreshed and sure of myself. And this time, I passed and earned my certification. The success validated all my hard work and brought me one step closer to my dream of becoming a master sommelier. Now I'm studying for that—and I know what can happen when I work hard at something.

MICHAEL SCHULZ (Hisaw after), MITCH MANDEL (sandwiches)

“My weight was holding me back from success.”

EAT THIS NOT THAT!

Chicken sandwich

Wendy's Spicy
Chicken Sandwich

470 calories
27 grams (g) protein
55 g carbohydrates
(2 g fiber)
16 g fat
1,250 mg sodium

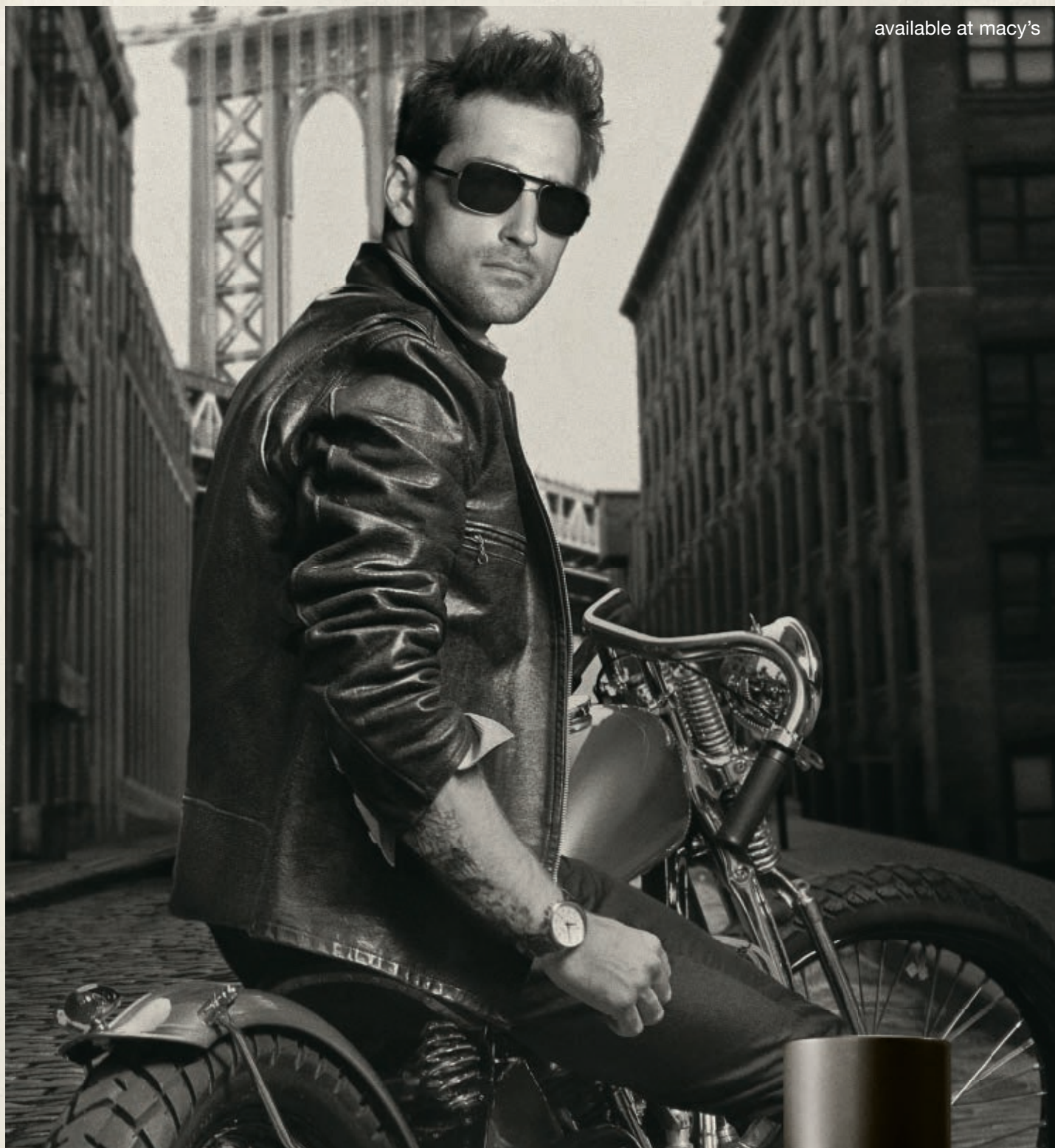
Burger King Tendercrisp
Chicken Sandwich

800 calories
32 g protein
68 g carbohydrates
(3 g fiber)
46 g fat
1,640 mg sodium

Fried-chicken sandwiches can be belt busters, but Wendy's keeps the breading thin and adds a single swipe of mayo. Ask for no mayo and you'll score an even lighter lunch.



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Using an ovenproof grill pan is a great way to give your salmon that backyard taste without having to fire up the grill.

You can also enjoy asparagus raw. Use a vegetable peeler to shave slices, and toss them with Parmesan, olive oil, and lemon juice.

Honey-Mustard Salmon with Roasted Asparagus

THIS HEARTY DOSE OF OMEGA-3'S SCORES BIG WITH THE PICKIEST EATERS

YOU'LL NEED

- 1 Tbsp unsalted butter
- 1 Tbsp brown sugar
- 2 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp low-sodium soy sauce
- 1 lb asparagus, trimmed
- 2 Tbsp olive oil
- ¼ cup freshly grated Parmesan
- Salt and pepper to taste
- 4 salmon fillets (6 oz each)

HOW TO MAKE IT

- 1** Heat the oven to 400°F. Combine the butter and brown sugar in a bowl and microwave until the butter and sugar have melted together, about 30 seconds. Stir in the mustard, honey, and soy sauce.
- 2** Toss the asparagus with 1 tablespoon of the oil, the Parmesan, and some salt and pepper. Place the stalks in a baking dish and

- roast until they're al dente, 10 to 12 minutes.
- 3** Meanwhile, heat the remaining tablespoon of oil in an ovenproof skillet over high heat. Season the fillets with salt and pepper and add them to the pan, flesh side down. Cook them until browned on one side, 3 to 4 minutes. Then flip them, brush on half the honey mustard, and place the pan

- in the oven. Bake until the salmon is firm and flakes easily (but before white solids begin to form on the surface), about 5 minutes. Remove the fillets from the oven and brush them with more honey mustard. Serve the salmon with the asparagus. Makes 4 servings
- PER SERVING** 360 calories, 38 grams (g) protein, 17 g fat, 550 milligrams sodium

Secrets of the stalk

PICK IT

Buy asparagus that's bright green and firm, with unopen tips, says Tal Ronnen, author of *The Conscious Cook*.

STORE IT

Wrap the ends in a damp paper towel, and store in the fridge in a sealed zip-top bag. Eat within 3 days.

PREP IT

Bend each stalk like a twig. The woody portion should snap off at just the right place.

COOK AND WIN!

Submit your own fast recipe for a chance to win a 12-piece Cuisinart Green Gourmet Cookware set, a \$250 value. See MensHealth.com/shortordercook.



THERE'S ANOTHER WAY TO TREAT UNRESOLVED SYMPTOMS OF DEPRESSION.

ABILIFY is FDA-approved to treat depression as add-on treatment to an antidepressant in adults when an antidepressant alone is not enough.

Talk to your doctor about the risks and benefits of adding ABILIFY.

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including:
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Prozac®
Effexor XR®
Paxil CR®



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*Or generic equivalents where available.

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, tell your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

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 read the additional Important Information about ABILIFY on the adjacent page.

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IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-ty) (aripiprazole) (air-ri-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used as an add-on treatment to an antidepressant for adults with Major Depressive Disorder who had an inadequate response to antidepressant therapy.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions*.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and

ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA. U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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Paging Online Doctors

SCORES OF WEB SITES INVITE YOU TO SEND QUESTIONS TO UNSEEN MEDICAL PROFESSIONALS. BUT ARE THEY WORTH THE MONEY?

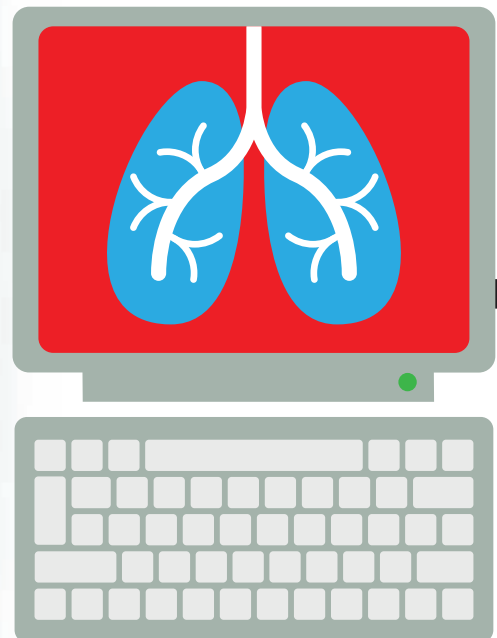
THE TEST

We recruited J. Jacques Carter, M.D., M.P.H., an assistant professor of medicine at Harvard medical school, to write two detailed questions from imaginary patients. Patient 1, who had epiploic appendagitis (inflammation of appendages on the colon), reported a nagging pain on the lower left side of his stomach. Patient 2, who had pulmonary emboli (lung clots), complained of sudden spells of shortness of breath. Both conditions would require a physician's care.

THE RESULTS AND COST

	Included experts' credentials	Advised patient to see a doctor immediately	Answered both questions well	Gave detailed responses	Asked follow-up questions or gave a second opinion	Answered the same day	Listed other possible diagnoses	Mentioned the correct diagnosis
AskMedicalDoctor.com FREE, OR UP TO \$30 FOR A FASTER RESPONSE	✓	✓	✓	✓	✓	✓	✓	✓
JustAnswer.com VARIES; A REFUNDABLE DEPOSIT IS REQUIRED				✓	✓			✓
EhealthForum.com FREE						✓	✓	
AnswerGem.com VARIES; A REFUNDABLE DEPOSIT IS REQUIRED	✓	✓		✓		✓	✓	✓
HealthCareMagic.com FROM \$9						✓		
MedHelp.org VARIES	✓	✓	✓	✓			✓	✓

AskMedicalDoctor.com and AnswerGem.com were the best: Both sites listed a variety of plausible diagnoses, and AskMedicalDoctor.com supplied a second physician's opinion. Other sites weren't as consistent. HealthCareMagic.com answered the shortness-of-breath question in detail (though it misdiagnosed the condition), but its response to Patient 1's question was cursory. JustAnswer.com just told our breathless guy to calm down and wait it out. In real life, he might be dead now.



KNOW THIS

1 Know your options

These sites can be useful for nonurgent problems, such as joint pain or minor rashes, but they're just gateways to further care, says Dr. Carter. They can tell you whether it's important to see your doctor for a full diagnosis.

2 Take pain seriously

Skip the Web sites and see a doctor immediately if you have unusual abdominal or chest pain or a bad headache, says Dr. Carter. The same goes for a lingering fever, shortness of breath, or a spreading rash.

3 Be thorough

Provide details up front about your health history, your family's medical history, and any activities that could be related to your symptoms. They're important to your diagnosis, and a Web doctor may not ask for them.

4 Be skeptical

"Medicine is rarely a 100 percent, 'You definitely have this' situation," Dr. Carter says. So don't be satisfied if an online doctor gives you a single diagnosis. Instead, look for a range of diagnoses to help you decide your next step.

To see full test results, including each site's answers, visit MensHealth.com/medsites.



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

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

Q If I'm overweight, is it harder to treat me in an emergency room?

Bailey, Philadelphia, PA

Yes. I can't stress strongly enough how much better your odds are of surviving a trauma or serious illness if you're fit. This is not a knock on overweight people; it's just the reality. When people who are overweight and out of

shape fall sick or are hurt, they tend to suffer more because they don't have the underlying fitness to help them bounce back. The more overweight you are, the bigger the problem, so remember that staying fit is about survival.

HOW DO I KNOW IF I NEED STITCHES?

Nicholas, Biloxi, MS

If your cut is deep enough for you to see muscle, tendons, fat, or bone, or if you can't stop the bleeding, see a doctor. If the cut is in a spot with skin tension, like an elbow or knee, stitches can help keep it closed. In most cases, the reason we sew you up is cosmetic. If you're happy with a scar, closing the wound is not always necessary.

Win the Deadline Game

Dodging a layoff feels good, until you're saddled with extra work. In a recent CareerBuilder survey, 37 percent of workers said they were handling the work of two people, and 30 percent felt burned out. Here's how to handle the load and move ahead.

Don't throw a big report together

Present five pieces of key information

"You're much better off being an expert, even on a few points, than trying to be a generalist," says Randall Hansen, Ph.D., author of *The Complete Idiot's Guide: Study Skills*.

BONUS Don't compensate with PowerPoint pap. People learn better from animation-free presentations, according to a recent study from the University of North Carolina at Wilmington.

Don't try to just memorize names

Focus on facial features

This may feel superficial, but it's a great memory device: In a 2006 study in the *American Journal of Psychology*, participants were able to remember about 25 percent more names when they listed as many of the people's facial characteristics as they could.

BONUS Build a backup plan and find something you have in common with every new person you meet, says Hansen. If you blank later on, it's better to call a guy "that Lakers fan" than "the dude with the big ears."

Don't skim text to cover it all

Read chapter intros, conclusions, and bits in between

It's official: Skimming is risky. It can lead you to miss key info, a 2009 British study found. So play the odds. Reading selectively gives you less text but better knowledge of content.

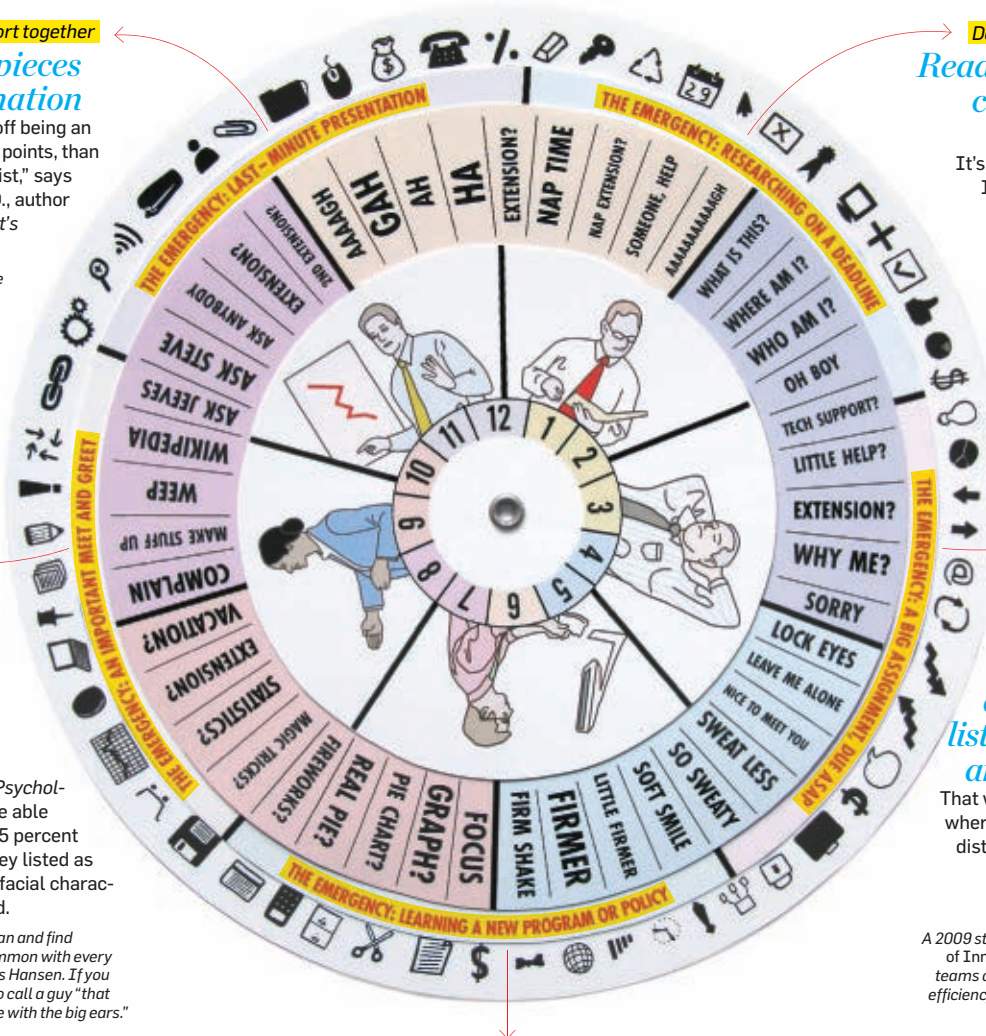
BONUS Turn off your cellphone. You may retain less of what you read just before or after that distracting ring, notes a 2009 Washington University study.

Don't jump into action

Create an outline of what you need and divide it into two lists: need-to-haves and nice-to-haves

That way you'll spend your time where it matters, without being distracted by an ever-growing wish list, Allen says.

BONUS Take breaks, even if you don't think you can afford them. A 2009 study in the *International Journal of Innovation and Learning* found that teams on tight deadlines have a burst of efficiency and don't realize they're losing their focus when fatigue sets in.



Don't highlight, and don't try to simply read and remember

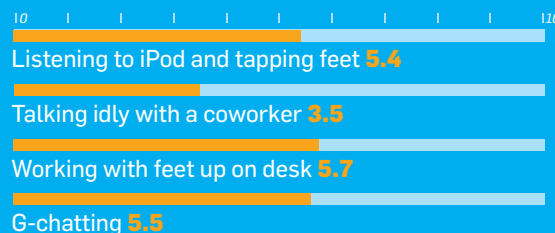
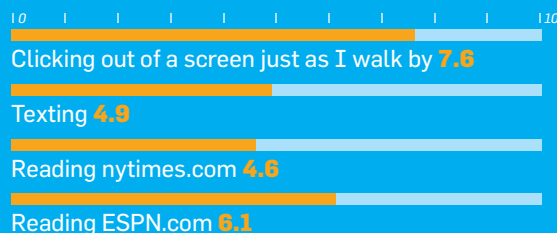
Prepare a summary of important info, even if you've just read it

As you rewrite, "you distill information and help integrate it in your mind," says David Allen, author of *Getting Things Done* and *Making It All Work*.

BONUS People who take nontraditional notes (think flowcharting) learn better than those who use subheads and bullets, a 2008 British study reveals.

BUSTED!

We asked 20 big-time bosses to rank employee time-wasters by what upsets them the most.



SURVEY PARTICIPANTS Mark Cuban (owner, Dallas Mavericks), Pat Lavelle (CEO, Audiovox), Steve Stenerson (CEO/President, US Lacrosse), Tom Evans (CEO/President, Bankrate.com), Jim Calhoun (President, Dockers Brand), Stuart Mathis (CEO/President, Mail Boxes Etc.), Bert Jacobs (CEO, Life Is Good), John Blackburn (CEO, Country Financial), Jason Kilar (CEO, Hulu), Charles D. Connor (CEO/President, American Lung Association), John Hall (CEO, Goose Island Brewery), Ken Fisher (CEO, Fisher Investments), David Kent (CEO, The Wine Group), Alex Alimanestianu (CEO, Town Sports International), Kris Hagerman (CEO, Corel), Dave Pfeiffer (President, Shimano American Corp.), Richard R. Norgrove (CEO, Bear Republic Brewing Co.), William J. White (former CEO, Bell & Howell Company), Paul Grangaard (CEO/President, Allen Edmonds Shoe Corp.), Greg Harden (CEO, Harden Furniture)

★ YOUR BICEPS ★

USES:

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THROWING THE HEAT
SLAMMING A DUNK
RAINING 3'S
PUMPING THE IRON
PICKING UP THE LADIES
CUTTING THE CRAP
TAKING CARE OF BUSINESS
STRIKING THE POSE
MAKING SOME CA\$H MONEY
CRUSHING ROCKS
CRUSHING ENEMIES
MOVING MOUNTAINS
ETC. ETC. ETC.

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Jimmy

THE BARTENDER®

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

Q MY FIRST LOVE E-MAILED ME OUT OF THE BLUE. I'M CURIOUS—BUT I'M NOT SINGLE. CAN I REPLY?

NATHAN, MEMPHIS, TN

It's like the game show from hell, and I'll tell you what's behind door number one: Either a little catch-up session with the ex, or the awful death of your current relationship. So before you write back, ask yourself: Are you curious in a gee-whiz, what-happened-to-her way? Or are you looking for a lingering spark? If it's innocent interest, go for it—and tell your girlfriend about it before you hit "reply." Otherwise, break up now. You'll save everyone trouble.

My cousin asked me about a job opening at my company. It's my rule to never mix family and business. How do I turn him down kindly?

Curtis, Dover, DE

Can't blame the man. This is what he's supposed to be doing—using his contacts to gain a boost. Can't blame you, either. Inviting family into the workplace is like putting olives in a tropical drink. If it's your rule to never mix the two, tell him so. Then do the next best thing: Use *your* contacts. If you won't hire him, you can at least help him find someone who will.

My daughter's playing for a too-tough soccer coach. How can I help without embarrassing her?

Stan, Vista, CA

You can't. Imagine if you were dealing with some hard-ass at work, and then your boss swooped in to fix him. You'd look weak. You want your daughter to look weak? She sure doesn't. And don't give me any of that "but she's just a kid" crap. That's all the more reason for her to learn to deal with pressure now. You have to respect the structure: Coach is coach, and parents are parents. And if you want to open your mouth, then step up and put a whistle in it.

My buddy turns everything—even wing night—into a competition. How can I make him relax?

Rodney, York, PA

Take it from a guy who's seen more fights than a round-card girl: The one thing a combatant needs is engagement. You in? He's in. So your only play is to disengage. Shrug when he proposes a head-to-head, ignore him when he thumps his chest after his 55th wing. My guess is that you've never always played along, so he never knew anything was wrong. Now he will.



My girlfriend found out I earn way less than her. Now she insists on paying for everything. I don't want a sugar mama!

Leroy, Decatur, GA

Rough life you have. I have five guys sitting across the bar here asking for her number. Listen, I know your ego might be bruised, but if she insists on picking up dinner, let her—and spend some of your savings on her in other ways. She love a band? Buy tickets for two. Or spring for a little vacation. That way she'll feel good for taking care of you, and you can still spoil her.

A coworker started dating my ex and keeps asking me about her favorite this and that. Creepy, right? Is there a nice way to tell him to shut it?

Marcus, Aurora, CO

Awful. This idiot wants a cheat sheet. And if you're not sweating the breakup, he's not going to feel bad pumping you for details. So say you're happy for them, but you've moved on and you don't want to think of her favorite anythings anymore. It dredges up too many memories. Then you can add, "I'm sure she'd like to start fresh with you, too." Which is true.

TIP JAR

KNOW IT, ORDER IT

This guy flags me down one night when I'm busy as hell. I stop. He purses his lips... and I have to stand there while he decides what to drink. Bastard. Happens all the time, too. It got me thinking: We all do too much of this. We keep our buddies waiting while we decide the night's plans, keep our coworkers waiting while we figure out our next move. Dumb—and the solution is simple: **First decide what you want, and then involve other people.** That way you make calmer decisions, and I'll be much happier when I pour you a drink.

Download Jimmy:
[MensHealth.com/
iphone-jimmy](http://MensHealth.com/iphone-jimmy).

From top: Michelle Pedone, styling; Randi Peckard, grooming; Pascale Poma/Bernstein & Andrulli; KAGAN MCLEOD; Monte Isom



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

YOUR ATTORNEY ON CALL Dan Abrams

Q In the past, my employer paid half of my wife's medical insurance, but now they're sticking me with the full bill. Can I force them to pay?

Ed, Norfolk, VA

Not really. Without a specific contract, an employer can usually reduce your wages or benefits whenever it sees fit. But when employers terminate company health coverage completely, they are generally obligated

to provide you with reasonable notice. And in some states, if your wife already has a claim or has received benefits for a particular injury or illness, she may be entitled to the continued benefits even if the policy is canceled.

THE LOCAL PAPER RAN A POLITICAL LETTER OF MINE. NOW PEOPLE SEND ME HATEFUL E-MAILS. CAN I LEGALLY THREATEN THEM?

Ben, El Paso, TX

If someone just dislikes you or disagrees with you, then you may have to take it. But if you feel that you or your family are being threatened, report it to the police. Even if it's just harassment, like the same person repeatedly using foul language and demeaning you, then you may be able to take legal action, and can tell him so.

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This Is How You Roll

CHOOSE THE RIGHT EQUIPMENT WHEN YOU HIT THE ROAD—OR THE TRAILS

CREDIT LANCE ARMSTRONG'S DECISION TO STOP CHASING SKIRT and hop back on the saddle: Bicycling participation in America picked up with his return last year. Mountain biking has seen the greatest boost, with a solid 10 percent, according to a recent Outdoor Foundation survey. Part of the sport's thrill is sleek new road and trail equipment. (That and Lycra, of course.) These rides will make you feel as spirited as you did the day you ditched your training wheels.

Lugs strengthen a bicycle's joints, and designs as ornate as these crown-shaped fittings are the signature of a master bike builder.



GOING UP Corvid

by INDEPENDENT
FABRICATION

Few activities challenge your body like riding a bicycle uphill fast, which requires cardio fitness, core strength, and mental toughness.

Well, the Corvid is here to help:

Custom-built by exacting Massachusetts craftsmen, **its featherweight carbon fiber frame weighs just 2 pounds.** Prepare to climb as effortlessly as a



That's right: no chain. An optional polyurethane belt won't grease your leg, and it's maintenance-free and quiet. Learn more at carbondrivesystems.com.



Athletes stretch to prevent injury. Altima completes over 5,000 quality tests.



The New Nissan Altima Coupe

Rigorously tested to help ensure durability, the Nissan Altima takes everyday punishment like a true champion. Now, J.D. Power and Associates has awarded the Altima "Highest Ranked Midsize Car in Initial Quality." And with its sporty, newly redesigned exterior and athletic performance, the Altima is as fun as it is tough. Now, that's quality you can love. **NissanUSA.com**



SHIFT_ the way you move

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.™ 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 experience may vary. Visit jdpower.com. Always wear your seat belt, and please don't drink and drive. ©2010 Nissan North America, Inc.

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: DOWN DOG PRESS

This exercise increases upper- and lower-body strength, and can be done at home or in the office.

- For this exercise you'll need a chair.
- Grab onto the front of the chair with both hands and bend at the waist, keeping your feet flat on the floor.
- Use your arm strength to lower your body weight.
- Hold the pose for a moment, then raise back up.
- Do three sets of 20.

No celebrity endorsement implied.

YOUR NUTRITION BOOST



"Eating nutritious food is part of a healthy lifestyle. So when it comes to eating healthily, I have just the thing: Planters NUT-rition, a line of delicious, good-for-you snacks that address your specific nutritional needs."

—Mr. Peanut

The Energy bar combines roasted Planters nuts, like crunchy almonds, with the delicious taste of chocolate. It also has B vitamins to help your body convert food into energy. So, go ahead, help yourself.



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Watch *Help Yourself in 5* with Bob Harper at HelpYourselfin5.com/MensHealth to get more expert information on how to live a healthier lifestyle and to enter the sweepstakes.

No purchase necessary to enter the sweepstakes. A purchase will not improve your chances of winning. Void where prohibited. Sweepstakes begins at 12:00 AM ET on February 8, 2010 and ends at 11:59 PM ET on August 8, 2010. Sweepstakes only open to residents of the 50 United States and District of Columbia, 18 years of age or older. Rodale Inc., 33 East Minor Street, Emmaus, PA 18098 is the operator of this sweepstakes. For official sweepstakes rules, go to www.helpyourselfsweeps.com.



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*Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, peanuts, hazelnuts, pecans, pistachios, and walnuts, 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.



Sherpa at sea level. You won't wait long, either—order turnaround is a quick 6 to 8 weeks. From \$5,500 (frame and fork), ifbikes.com

Budget alternative **FELT / Z5**

Ride a raceworthy carbon fiber frame fitted with high-performance Shimano 105 components for better shifting and braking. \$2,000, feltbicycles.com

Instant upgrade

EASTON / EC90 SL Clincher

Carbon fiber wheels help road bikes climb faster, and these hoops stand up to braking almost as well as aluminum ones do. \$1,800, eastonbike.com



Best accessory

RAPHA / Lightweight jersey

Perfect for a long ride on a spring day, this full-zip top blends soft merino wool with polyester to help you look sharp, even if you're sucking wind. \$175, rapha.cc

CLIMB BETTER

Franco Pellizotti,
King of the
Mountains in
2009's Tour
de France



“To climb fast, you have to stay relaxed. Try to do most of your climb while seated; this requires 5 percent less energy than standing. Keep your cadence at 70 revolutions per minute or higher. If you're feeling tired or the hill turns steeper, shift to a harder gear and stand up for 5 to 30 seconds. Then shift to an easier gear and sit back down.”



With a few turns of a screw, the SRAM Torpedo hub switches from fixed-gear to freewheel.

RIDING AROUND

Crosby by SWOBO

Here's a versatile bike for the indecisive. **Its wide forks can accommodate fat tires or skinny ones, for dirt or asphalt.** Commuters can opt for disc brakes, additional gears, and fenders. It's also an affordable ride for cyclocross, an off-road event of puddles, tight corners, high-speed dismounts, bunny hops, and celebratory kegs. Participation has more than doubled in 5 years. (For a peek at why, search YouTube for “An hour in hell.”) \$1,000, swobo.com

Budget alternative **LINUS / Roadster Classic**

Inspired by French and Italian cinema from the '50s and '60s, this single-speed bike's upright riding position lets you cruise the streets in style. \$390, linusbike.com

Instant upgrade **HOLD FAST / Foot Retention System**

Slide into these fabric foot straps for easier pedaling, or just stomp on them if you're in a hurry. \$55, holdfastordie.com

Best accessory **CORDAROUNDS / Bike to Work Pants**

Roll up the cuffs and pull out the rear pockets of these office-ready pants—their linings are highly reflective for commuting. \$90, cordarounds.com



DEFY GRAVITY

Jeremy Powers, 2009
cyclocross
champion



“In cyclocross, bunny-hopping the course's 16-inch-high obstacles saves time. Stand on your pedals, grip the handlebar's top section, and pull back. Try to lift your rear tire, or let it tap the barrier. Start 'slow and low'... and wear a helmet.”

Opening page: LUCAS ZAREBINSKI (Corvid bike), prop styling: Richie Owings/Halley Resources

BOMBING DOWN

S-Works Epic Carbon Disc by SPECIALIZED

The Epic might look brawny, but it has brains to match. **Its revolutionary suspension system constantly senses the terrain and your pedaling** and adjusts for a smoother, more precise ride. It's the only full-suspension mountain bike to win the Cross Country World Championship.

Epic line from \$2,800; \$8,800 as shown, specialized.com

Budget alternative **KONA** / **Dawg**
With 5 inches of travel and ace handling, this dual-suspension bike can handle a variety of backcountry terrain. \$1,600, konaworld.com

Instant upgrade
CRANK BROTHERS / **Joplin 4R**
A handlebar remote adjusts the height of the hydraulic seat post. You'll never dismount again. \$285, crankbrothers.com

Best accessory
BERN / **Brentwood**
Wear this multisport helmet on bike trails in summer; in winter, add a liner and take it snowboarding. \$80, bernunlimited.com



IMPROVE YOUR CORNERING

Dave Wiens, the mountain biker who beat Floyd Landis and Armstrong in the Leadville Trail 100



"You're constantly cornering when you're on a mountain bike, and many riders tend to watch the front wheel. Instead, watch the trail ahead. When entering corners, scan the trail for the best possible traction for your front tire—rock, solid earth, or even tree roots. Use that surface to make as much of your turn as you can. The rear tire may wash out, but it'll always follow your lead."

KENT LARSSON (bikes on this spread, all insets), prop styling: Manuel Norena/Jed Root; ANDRÉ METZGER (illustrations)



The rear suspension has 4 inches of "travel"—the amount of give in the shock.



The quick-stopping front disc brake will buck you over the bars if you're not careful.

A man with dark hair and a light beard, wearing a grey suit, white shirt, and patterned tie, is sitting and looking towards the camera. The background is dark and textured.

Subtle by Design

WILL WICK PROVES HIS INTERIOR-DESIGN CHOPS BY WORKING ON THE FIRST THING CLIENTS SEE: HIM

YOU'D THINK THAT someone who's spending a million dollars to renovate a home would give the interior designer a lot of his time. But the high-powered executives who call Will Wick might set aside just 30 minutes. "I have to make them feel comfortable immediately," the 37-year-old designer says. "There has to be a rapport so they trust me and believe that I understand them. If the trust isn't there, I can't do my job well."

Continued →

BOSS BLACK suit (\$800), (800) 484-6267
GIORGIO ARMANI shirt (\$395), (212) 988-9191
F.S.C. tie (\$70), (212) 673-3209, freemansportingclub.com



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**“I HAD MY DOUBTS.
BUT THEN MY GIRLFRIEND
STARTED WANTING TO RUN HER
FINGERS THROUGH MY HAIR.”**

~ David Weiss ~

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Use product as directed.
Not everyone responds to ROGAINE®.
Individual results vary. In a clinical study
(n=352) of twice daily use of Men's
ROGAINE® Foam vs. Placebo. Reference 1:
Data on file. ©McNEIL-PPC, Inc. 2010

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That's a lot to ask of a first meeting. But is it really so different from any other business relationship? Scoring a job isn't a simple matter of showing your competence; you have to figure out a prospective employer's needs and demonstrate that you're the one to fulfill them.

Some interior designers embrace the stereotype of the fussy, pretentious, pushy character who makes you feel bad about your Ikea table. Wick knows better. "You have to learn to navigate the client's communication style as much as the space," he says. So to start, he asks them about their goals. People express themselves in different ways. Listen to what they mean, not just what they say.

That's also why Wick dresses the way he does. "Style indicates who you are. You have to project an image of your life and how you live," he says. "It's important when you first meet someone to look put together and to look like you have a point of view—but that doesn't have to mean a suit."

So his wardrobe is like his design style: understated, masculine, and sophisticated. If he dressed too loudly, clients might wonder if he'd drown out their ideas. So when Wick meets a new client, he might be wearing a sleek suit from Paul Smith, Dolce & Gabbana, or Giorgio Armani, and skip the tie. When he's working with an existing client, he'll set a more relaxed and familiar tone with a pair of John Varvatos jeans, a Ralph Lauren RRL button-front shirt, and flip-flops.

Simple, confident, but not close-minded: It's the message of the perfect wardrobe, and of a savvy businessman.

Here are some other elements of Wick's style.

SANDRA NYGAARD



PAUL SMITH SHIRT AND SUIT

Pieces like these are stylish and deceptively simple, with a hint of British eccentricity.

P.S. PAUL SMITH cotton suit (\$1,000, pants not shown) with PAUL SMITH LONDON shirt (\$295), (415) 352-3520, paulsmithusa.com; POLO RALPH LAUREN madras shirt (\$100), (888) 475-7674, ralphlauren.com; RESTORATION HARDWARE Royal Master Sealight floor lamp (\$1,530), restorationhardware.com; RALPH LAUREN PURPLE LABEL sunglasses (\$375), (888) 475-7674, ralphlauren.com; RED WING Iron Ranger boots (\$270), (800) 786-3141, rwleatherboots.com; CHESTER ARNOLD cclarkgallery.com



POLO RALPH LAUREN SHIRT

This plaid shirt satisfies Wick's vintage-inspired tastes, and can be dressed up with a tie or blazer.



RESTORATION HARDWARE LAMP

"A floor lamp can be an interesting way to break up the volume of a room," Wick says.



RALPH LAUREN SUNGLASSES

Wick doesn't like flashy shades, so he sticks to the classics. "I used to wear Ray-Bans in high school and college. These are a step up, yet still timeless."



CHESTER ARNOLD'S REPORTS TO THE CONTRARY

Wick buys from emerging artists like Arnold, whose work is often fresh and affordable. Pick something beautiful, not just edgy, he says. You do have to look at it every day.

"Style indicates who you are. It's important to project an image of your life and how you live."



LAND ROVER DEFENDER

It's not sold in the United States, so he found one abroad. "I'm obsessed with this car. It's beautiful, rugged, and understated. Every time I drive it, guys give me the thumbs-up."



RED WING HIKING BOOTS

Dress for the setting you work in. "I have many projects in Utah and Wyoming, so hiking boots fit," Wick says. "It's casual in the mountains."

BRUCE DUFFY (previous page), grooming: Alissa Meek/Artmix; GREG BROOM (clothing, lamp, boots), prop styling: Yolande Gagner; Land Rover photo courtesy of Land Rover; Chester Arnold painting courtesy of Catherine Clark Gallery, San Francisco



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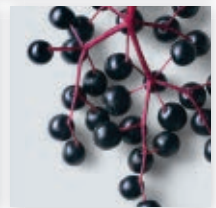
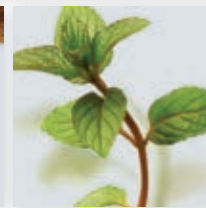
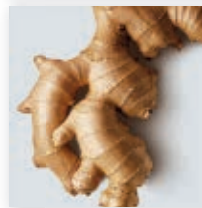
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HEALTH & WELLNESS FOR EVERY MAN

REACHING THE NEXT LEVEL IN YOUR HEALTH & FITNESS GOALS

Even if you work out several times a week, eat a balanced diet, and visit your doctor annually, you may not be in perfect shape. Check in with yourself to avoid common enemies of optimal health among guys like you: stress, blood pressure, and immunity.

- **Lower Stress:** High-intensity exercise is not only great cardio, but also helps to lower stress levels more than working out at a moderate pace. So, go ahead and push your personal limits. Run faster, pant heavier, lift more weight, and get drenched in sweat.
- **Keep Your BP in Check:** Your sodium intake can impact your blood pressure. Be aware of the sodium levels in the foods you eat and keep your blood pressure from increasing by limiting your sodium to 2,400 mg per day.
- **Manage Your Immunity:** High caffeine intake (such as 4+ cups of coffee a day) can interrupt your sleep patterns and suppress key immune agents. Cut back on the java if you have difficulty falling or staying asleep.



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Know Fear

By Ben Mezrich

"LISTEN VERY CAREFULLY, BECAUSE THIS IS IMPORTANT."

It was a little after 2 in the morning, and I was standing outside a dive bar in Osaka, Japan. The man next to me was wearing a bright-red Hawaiian shirt. He reeked of cigarettes and Japanese whiskey. "There will be a table of men sitting behind you through the whole interview," he said. "You are not to look at them. If you turn around, even for a moment..."

He left the thought hanging there, and I didn't ask him to elaborate. I was there to speak with a *yakuza* crime boss, and the man in the Hawaiian shirt was my liaison. The *yakuza* aren't like the guys you see on *The Sopranos*. They cut off their own pinky fingers to give to their bosses when they do something wrong. This was an insane moment—for anyone, really. And especially for me.

The thing is, I'm not a brave person. I'm neurotic, utterly cautious. Obsessive hand washing, Purell addiction, a general level of fear involving electric plugs, balconies, men over 6 feet tall—I have it all. After reading about viruses and bacteria, I developed hypochondria so serious that my health-care provider wouldn't make appointments for me. Now I own a handful of Israeli gas masks. Following a few terrible flights, my fear of flying is so extreme that I can overcome it only with numerous rituals.

And yet I've carved out a career by documenting the exploits of wild-eyed adrenaline junkies who do dangerous things—count cards at casinos, dig deep into the dirty world of big oil, steal from ultrasecretive government organizations. To learn their stories, I often have to follow them into harrowing situations. A contradiction? Not really. The embarrassing truth is that I wish I had the guts to live life the way those thrill seekers do. But because I don't—and really, I know I never will—I can at least be near them, along for the ride but never anyone's prime target.

I used to think of this career choice as a loophole—a way to circumvent my fear and live a little—but it's turned into a bizarre form of therapy. I can never confront all my little fears; there are just too many of them. But by making it through the largest, most tangible of dangers, I can prove I have the ability to save my own ass at any time. That *yakuza* crime boss? We talked. I learned what I needed from him. Maybe he didn't like me, but at least he didn't kill me. And the next time some meathead freaks me out on the subway, I can think of the bigger man I faced down (okay, maybe that's overselling it) and feel a little safer.

Because really, fear is about control—or a lack of control. By not taking risks and confronting my fears, I gave them full power over me.

That's why I accompanied a blackjack prodigy on a trip to rip off a casino. He could predict when an ace would turn up in the deck—a pretty neat stunt that, if discovered, could land him bloodied up in a Vegas back room. He told me all about it, but I decided I wanted to see it in action, risk be damned. So we sat down at a table and soon had eight or nine grand in chips to the plus side. I was feeling good. Relaxed. Then he suddenly started to gather up our winnings, a stricken look on his face. I glanced over my shoulder to see three large men in security uniforms coming toward us. Here it was: the worst-case scenario.

Except, not. I've learned that in any dangerous situation, my first step should always be to take stock of what I can control. I know that I can always walk (or run) away, so I often plan an exit strategy. I map out where I can flee, and what might bog me down. Maybe it's not always realistic, but I do my best to think it through. Because when I know I have a safety net, I feel less like I'll need one.

But if I do need to run, my planning is useless if I panic and can't think clearly.

By making it through the largest of dangers, I can prove I have the ability to save my own ass.

Which is why, if things turn heated, I picture myself outside the moment entirely, in a place of control. For me, that's at the computer: I see the scene as if I were typing it out myself, making rational decisions, navigating danger without the scenery collapsing around me. That's how I was thinking as I ran at top speed out of that casino. Maybe the men were chasing me, maybe they weren't. I never looked back, and I was safe.

Moments like that can make you cocky. They can trick you into pushing your luck, losing sight of the boundaries of safety. Which is why I still take my fears seriously, even if I no longer let them guide me. They're a good warning signal. But now I feel in control of my neuroses and not the other way around. So what if I still unplug every toaster, microwave oven, and TV in my apartment every time I leave the house? I'm *leaving the house*, aren't I? Leaving to find a man in a Hawaiian shirt, who will tell me what to do.

Ben Mezrich is the author of the bestseller *Bringing Down the House*, which was the inspiration for the film *21*. His latest book, *The Accidental Billionaires*, about the founders of Facebook, is due out in paperback this May, and the movie version will be released later this year.

Break a neurotic habit A guide from psychologist James Claiborn, Ph.D., author of *The Habit Change Workbook*

Pinpoint the problem

Identify when the habit occurs (at work, driving, reading) and what might trigger it—you examine your fingernails before picking at them, for example. That way you'll be more aware of when it will come on, and be prepared to stop it.

Develop a counterattack

"Find something you can do anytime, anywhere, that's directly at odds with your bad habit," says Claiborn. "If you pick your nails, say, then clench your fists." Do this at the first sign of your trigger, and hold the action until the urge fades.

Accept lapses

Combat your habit diligently, and you'll slowly see the intensity and duration of your urges diminish, says Claiborn. But your habit may return. If stress finds you returning to your old ways, don't give up. Backtrack to step one.

PAUL KITA



Jumpstart Your June

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

Guy Time

Forward this site

Your buddies read the same ESPN headlines you do. Send them links from theawesomer.com instead. The blog collects the best in gadgets, gear, viral videos, movie trailers, and Internet insanity. Consider it your one-stop site for off-topic e-mail fodder.

See this movie

Free your fellow desk jockeys from their office shackles: **Get Him to the Greek** opens June 4. Intern Aaron Green (Jonah Hill) must escort rock-god Aldous Snow (Russell Brand) from London to L.A.—or face the wrath of his boss, record company exec Sergio Roma (P. Diddy). It's a hilarious reminder that the harder you work, the harder you must rock out.

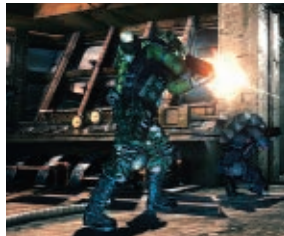


Ride this board

You're going to drive in this glorious weather? Feel the wind in your hair on a **Santa Cruz West Cliff Cruiser**. It's longer and wider than a traditional skateboard, and the deck is covered with padded foam (not gritty grip tape), so you can kick off your shoes and beach-bum it around town. \$135, santacruzsurfboards.com



My Time



Play this game

Hey, warfare on Earth is a bummer. So try **Lost Planet 2** (Xbox 360, PS3), a third-person sci-fi shooter set on a distant colony. It packs plenty of alien fragging, mech-warrior piloting, and boss-battle blasting. Coolest detail: a gun that keeps players alive. What would the NRA think of that?



Read this novel

Think you've gone far to impress a woman? Read **The Thousand Autumns of Jacob de Zoet**, a new novel by David Mitchell, due out June 29. The story: It's 1799, and Jacob travels to a dangerous Japan to make enough money to win his fiancée's approval. It's true: Some lengths are just too long.



Play these songs

Fuel your summer workouts with these heart-pounding tracks.

"A Flower in a Glove," **Frog Eyes**

from *Paul's Tomb: A Triumph*

"Flying Up a Mountain," **Sweet Apple**

from *Love & Desperation*

"World Sick," **Broken Social Scene**

from *Forgiveness Rock Record*

"Fresh Hex," **Tobacco**

from *Maniac Meat*

Date Time

Mix her this drink

Forget the daiquiri. Aidan Demarest, beverage director at First & Hope in Los Angeles, shows you how to craft the best near-summer cocktail she's never tasted.

Light and Stormy

Pour 1½ ounces dark rum, a squeeze of fresh lime juice, and 1 teaspoon chopped ginger into an ice-filled Collins glass. Top with Edison Light Beer (or any light lager).



Wear this shirt

Easy on the Ed Hardy. You want a shirt that'll catch her eye, not make her wish she had sunglasses. Try a tee from outofprintclothing.com, and let the shirts—which feature cover art from classic novels like *The Catcher in the Rye*, *Brave New World*, and *Slaughterhouse-Five*—start the conversation. But don't let her bust you: Make sure you've read the book.



Plan this date

Weather's finally warm, so don't waste another date night in front of the screen. **GolfLink** can match a local course to her expertise. If she's got game, find a course and book a tee time for a full 18. If she's learning, use the driving-range search. Never touched a club? Stick to the minigolf tab. golfink.com/golf-courses

Family Time

Chase this pig

For Father's Day, celebrate three killer B's with Dad at the **Beer, Bourbon & BBQ Festival** (June 5 in Richmond, VA; June 18–19 in National Harbor, MD). Play it right, and the fourth B comes naturally: bonding.



Pack this gear

Don't be the beach pack mule—lighten up with the **Bodacious Beach Blanket**. It has a shoulder strap, built-in inflatable pillows, and pockets for everything from your MP3 player to your wallet and keys. Now if only it could apply sunscreen... \$60, bodaciousbeachblanket.com

Make this meal

June 21 is the longest day of the year. Use the late evening to cook for the family using **The Frankies Spuntino Kitchen Companion & Cooking Manual**, out June 14. Here's a start.

Frank Falcinelli's Caesar Salad

In a blender, mix ½ cup grated pecorino Romano cheese with 1 cup Hellmann's mayo, ½ cup water, 1 tablespoon red-wine vinegar, 2 garlic cloves, 2 anchovies, and ¼ teaspoon each Worcestershire, Tabasco, and ground white pepper. Blend. Season to taste. Toss with chopped romaine lettuce; add more cheese and pepper.



MITCH MANDEL (drink, open book)

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HOW TO DO EVERYTHING BETTER

THIS MONTH

- cook the perfect burger ●
- never lose your luggage ●
- teach your dog to fetch a beer ●
- play hooky with style ●
- score summer music-festival tickets ●
- build a better backyard game ●
- clean second-story windows ●
- successfully call a talk-radio show ●

COOK THE PERFECT BURGER

According to George Motz,
author of *Hamburger America*

BUY THE BEEF

For superjuicy, tender burgers, pick 80 percent lean chuck and ask for it "twice ground."

PREP THE GRILL

Crank the heat to high. (For a charcoal grill, skip lighter fluid. Heat coals in a chimney starter until they're lightly coated with ash.) Hold your hand just over the grill; if you can keep it there only a few seconds, it's go time.

COOK THE BURGERS

Salt the patties liberally, and then grill them until

droplets of blood appear on the raw side, about 3 minutes. Now flip. For medium rare, cook this side about 2 more minutes (or 3 more minutes for medium). Resist the urge to press on the burgers to make them sizzle. Doing that smooshes out a lot of the tasty juices.

Shape the patties



Form loose 1/2-pound balls. Flatten until 1/2- to 3/4-inch thick. Don't pack tightly, or the burgers will be tough.



Make an indentation in the patty's center to compensate for the burger's tendency to bulge as it cooks.



The accessories

- 1 Bun** For a crisp but tender bun, butter the cut sides and toast it in a pan until golden.
- 2 Tomato** The flavorful variety sold on the vine is just the right size.
- 3 Cheese** Use American, not Cheddar; the saltiness enhances the meat.
- 4 Pickles** Use to add an acidic bite.
- 5 Onion** Top the cheese with thinly sliced red onion so it wilts in the burger's heat.
- 6 Lettuce** Crisp curly-leaf lettuce on the bottom bun prevents soggy bread.

HOW TO DO EVERYTHING BETTER

TEACH YOUR DOG TO FETCH A BEER

OPEN THE FRIDGE

(a) Put a smelly treat inside a dish towel and tie the towel to the door handle. Wiggle the towel and reward your dog for touching it. (b) Wait for him to put his mouth on the towel, say "good!" and give him a treat. (c) Once your dog is biting the towel, reward him only when he pulls it. In the final stage, use "open" as your cue for him to pull hard and open the door.

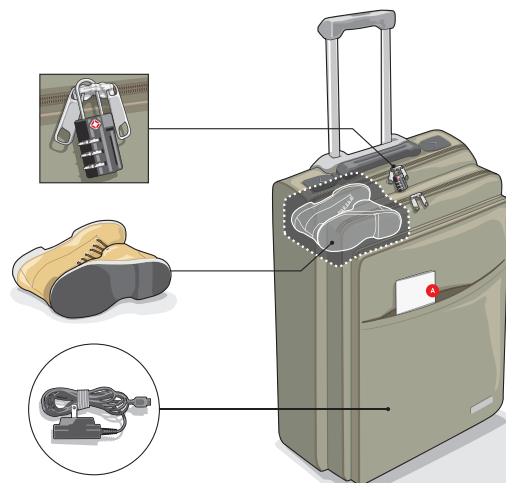
GRAB THE BEER

(a) Empty a beer can. (b) Play fetch with it. (A cozy will make the can easier for the dog to carry.) (c) Place the can on a low shelf in an open, uncluttered fridge and have your dog fetch it, using the command "fetch." Give him a treat.

CLOSE THE FRIDGE

(a) Open the door a few inches and hold a treat against the door at your dog's nose height. Encourage him to "Close. Get it!" When he shows interest in the treat, raise it higher against the door, just out of his reach. In an attempt to reach it, the dog will raise both front paws and slam the door closed. For best results, reward him when his paws are on the door. (b) Once your dog has the hang of the first step, try tapping the door to encourage him to push on it. Reward him for closing the door. (c) Finally, send him from a distance to "close" the door. Once your dog is comfortable with all three steps, start to phase out individual commands and use "Get me a beer" to represent it all.

From Kyra Sundance, author of 101 Dog Tricks



Make sure your luggage arrives when you do

About 155,000 passengers on U.S. airlines reported mishandled baggage in February alone, according to the U.S. Department of Transportation. Protect your stuff.

- 1 Prep the bag**
Slip your travel itinerary and contact info into an outside pocket. If the destination info is lost, baggage handlers will check there first for ID.
- 2 Pack to prevent TSA tampering**
If TSA agents spot something suspicious, they'll open your bag, which could delay it from making your flight. So help them out. Loop your cellphone charger's cord and secure with a rubber band; that way it won't look suspicious on an x-ray. And pack fancy footwear on top for easy access. Shoes with metal supports often trip up security.
- 3 Secure your gear**
Remove any loose straps and line up zippers and locks under the luggage handle. This reduces the chance of the bag snagging on the conveyor belt. If you want to lock your suitcase, do it with a TSA-approved lock (travelsentry.org), so inspectors can gain access with their tools.
- 4 Budget your time**
Yes, you can sprint to your gate in 7 minutes. Your suitcase, however, cannot. Allow at least 90 minutes for luggage processing—and tack on 30 more for peak travel times, says Susan Foster, author of *Smart Packing for Today's Traveler*.

Call in to a talk-radio show and actually be put on the air

Follow these rules, then spew your opinions to the masses.

- | | | | |
|--|---|---|--|
| STEP 1
Clear the line
<i>Call from a landline. (Remember those?) "The audio quality is better; cell reception is spotty," says Sal Licata, an assistant producer of the sports-talk show Mike'd Up. If you have to use a cell phone, call from an isolated room to minimize noise.</i> | STEP 2
Time the call
<i>Dial 5 to 10 minutes before the show starts, so you'll be first in the queue, advises Richard Sementa, executive producer of the Mark Levin Show. Try again during breaks or when the topic shifts. That's often when they clear the board.</i> | STEP 3
Skip niceties
<i>Once the screener picks up, you have 5 seconds to make an impression. Screeners prefer an opposing opinion. Don't just repeat previous points—react to them, says Sementa. And be confident. Wishy-washy never makes it on the air.</i> | STEP 4
Intrigue the MC
<i>Once past the screener, catch the eye of the MC, who picks names from a computer screen. For shock-jock shows that like characters, give yourself a unique name like Michael "Sour Shoes" Del Campo. He's made it on Howard Stern's show many times.</i> |
|--|---|---|--|

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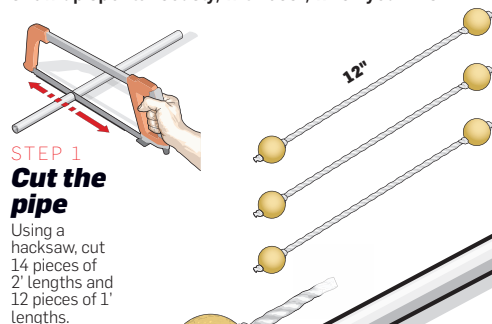
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HOW TO DO EVERYTHING BETTER

BUILD LADDERGOLF

Laddergolf—a game in which you toss golf-ball bolas at ladder rungs to score points and waste time—is the best new beer-in-one-hand backyard game since Jarts. But you don't have to buy the sporting-goods store version. Build the game yourself on a sunny morning with these instructions from Jason Cameron, host of DIY Network's *Man Caves*. Pals will show up spontaneously, with beer, when you finish.



STEP 1 Cut the pipe

Using a hacksaw, cut 14 pieces of 2' lengths and 12 pieces of 1' lengths.

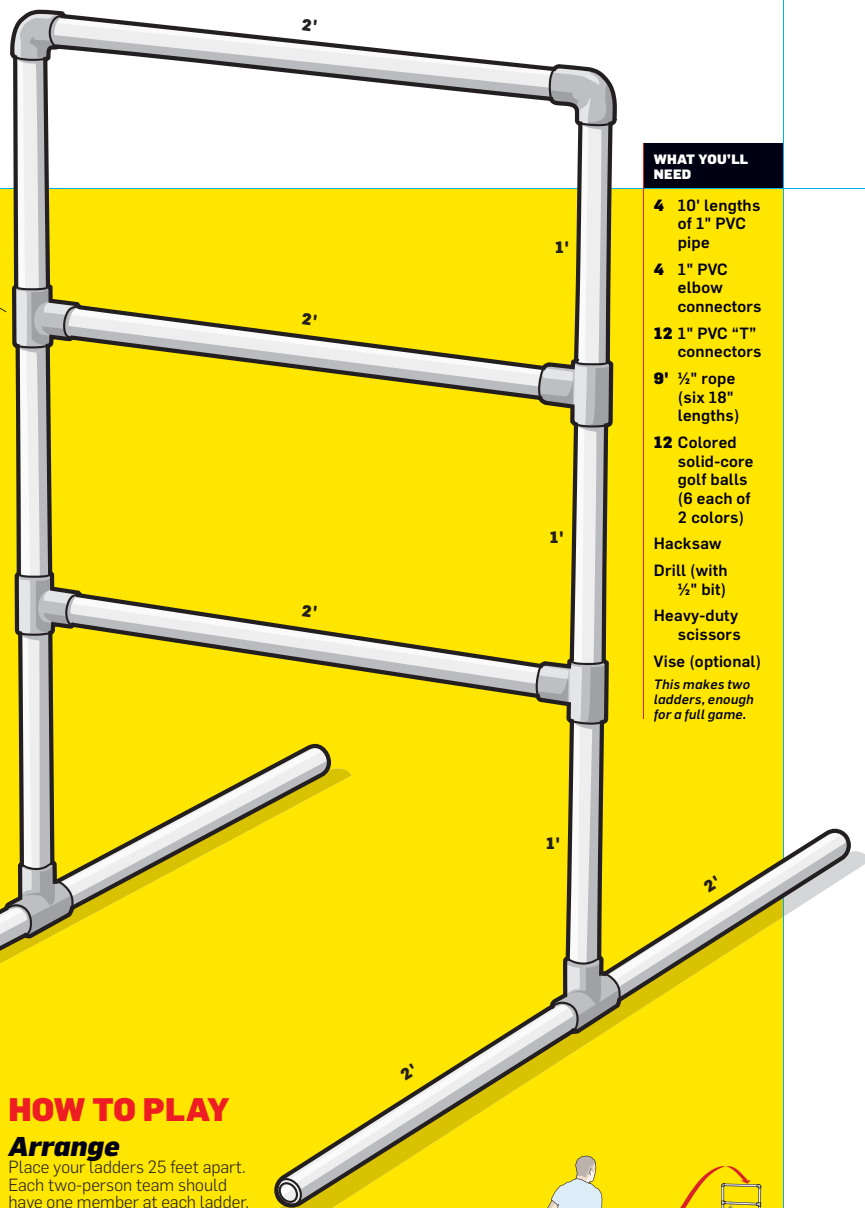
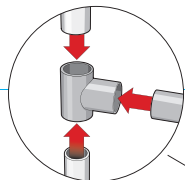
STEP 2 Build the ladders

Assemble the pipe lengths and joint connectors, starting with the leg supports and working up. For ease of assembly and transport, do not glue the joints together. Use the dimensions shown in the illustration.

STEP 3 Make the bolas

Drill a 1/2" hole through the center of each golf ball. Thread a piece of rope through the hole in one of the balls, and knot the

end. Secure the ball by making a second knot tightly against it. Measure 12" of rope and create a third knot. Secure the second ball (same color) in place by tightly crafting a fourth knot. Trim the excess. Make five more bolas.



WHAT YOU'LL NEED

- 4 10' lengths of 1" PVC pipe
 - 4 1" PVC elbow connectors
 - 12 1" PVC "T" connectors
 - 9' 1/2" rope (six 18" lengths)
 - 12 Colored solid-core golf balls (6 each of 2 colors)
 - Hacksaw
 - Drill (with 1/2" bit)
 - Heavy-duty scissors
 - Vise (optional)
- This makes two ladders, enough for a full game.

HOW TO PLAY

Arrange

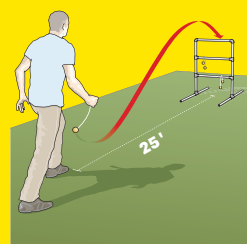
Place your ladders 25 feet apart. Each two-person team should have one member at each ladder.

Toss

Opponents stand to the sides of the ladders and take turns throwing bolas at the opposite ladder. Wrapping a bola around the top bar nets 3 points, the middle bar 2, and the bottom bar 1. Hit all three in one round and score 10.

Tally

Add up points at the end of each round. The team with the most points carries the difference to the next round. Example: If Team A scores 6 points and Team B scores 9 points, Team B keeps 3 points. The first to 21 wins.



Plan, execute, and enjoy the perfect day of hot-weather hooky

Thirty-two percent of workers played hooky last year, a CareerBuilder survey found. One respondent's excuse was, "I accidentally hit a nun with my motorcycle." Don't be that guy.

1 CONSULT YOUR CALENDAR

Despite his comb-over, your boss isn't an idiot. To his discerning eye, a missed Monday or Friday equals a 3-day weekend. Tuesday through Thursday is your hooky safe zone.

2 CRAFT YOUR EXCUSE

Choose an affliction you've experienced, so you can describe symptoms. Diarrhea or food poisoning is great. "Everybody knows what it is, and no one wants to ask about it," says Kerry Speckman, author of *The Hooky Book*.

3 STAY UNDER THE RADAR

Steer clear of social media. Even if your boss isn't your Facebook friend, coworkers who are may clue him in. Don't update your status. Don't tweet about your day off. And switch off your Google account's G-chat.

4 RETURN TO WORK SAFELY

At the office, you may be tempted to elaborate on your story to cover your tracks—but don't. "Maintain that little bit of doubt," says Speckman. Watch your nonverbals, too. A haircut or sunburn can be damning.





ZZzz

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HOW TO DO EVERYTHING BETTER

SCORE CHEAP TICKETS TO THIS SUMMER'S MUSIC FESTIVALS

With the right planning, you'll never have to pay full price again.

- 1 SCOUR THE WEB**
Some artists and festivals offer die-hard fans special discounts and presale opportunities through their fan clubs as well as through social-media channels, such as Facebook and Twitter. Check these regularly, along with the festivals' sites, for limited offers. Last year, the Lollapalooza site's "secret sale" featured a limited number of half-price tickets.
- 2 ROUND UP YOUR CREW**
If the event you're attending has assigned seating, the ticket seller may cut you a price break if your group is odd-numbered. There's more demand for even-numbered ticket lots, and vendors don't want to be left with that one last seat in a row they can't fill. Call up a single buddy for once. Or three of them. They'll appreciate it.
- 3 BOOK SMART**
Visit songkick.com. It scans your iTunes library, and lets you track and compare ticket prices for your favorite bands. To better your odds of slashing costs, check ticket deals during periods of lower demand and high availability—when tickets first go on sale, within 24 hours of the event, and on the slower-demand days: Sundays and Wednesdays.

OUR SUMMER-FESTIVAL SHORT LIST

Harmony Festival

June 11 to 13, Santa Rosa, CA
Laury'n Hill, Galactic, Slightly Stoopid, Jai Uttal & The Pagan Love Orchestra
harmonyfestival.com

Bonnaroo

June 11 to 13, Manchester, TN
Kings of Leon, Jay-Z, The Flaming Lips, LCD Soundsystem
bonnaroo.com

Pitchfork Music Festival

July 16 to 18, Chicago, IL
Broken Social Scene, Panda Bear, Modest Mouse, Girls, El-P
pitchforkmusicfestival.com

All Tomorrow's Parties

Sept. 3 to 5, Monticello, NY
Iggy & The Stooges, Sonic Youth, Mud Honey, Explosion in the Sky, The Breeders
atpfestival.com



Cut risk on your outdoor run ...

... with help from Reed Ferber, Ph.D., who heads the University of Calgary's running injury clinic, and Linsey Marr, Ph.D., who teaches environmental engineering at Virginia Tech.



STEP 1

Air control

Don't run between noon and 5 p.m., when summer air is most polluted (and can inflame your airways). Check current conditions at airnow.gov.



STEP 2

Corner turn

No need to jog in place at a traffic light; your muscles don't cool that fast. Or just turn the corner and go.



STEP 3

Split slopes

Roads are angled, and running on them strains your pelvis. Balance it out: Whichever direction you run, double back on the same side of the street.

MARIO WAGNER (main illustration), +ISM (side illustrations), iStockphoto (fruent, house), Mitch Mandel (vinegar, soap)

Clean your second-story windows on the cheap

Sure, you could buy a squeegee on a stick. But DIY expert Spike Carlsen has a plan that's more fun.

1 Mix 2 cups water with $\frac{1}{4}$ cup vinegar and $\frac{1}{2}$ teaspoon liquid detergent.



2 Pour it into a Super Soaker and shoot your windows from outside.



3 Reload with fresh water and rinse. It's best to do this on an overcast day so the solution won't dry and cause water spots before you can rinse.



BRAUN

friday
night movie
morning facial hair saturday night at
club till dawn party like a rock star, scratchy stubble
first row at the concert too
busy to shave hanging with
hands parties, unshaven playing with the band, ready
dating, late night out long and short whiskers
playing ice hockey with the dudes video game
marathon, itchy beard meeting
friends for dinner staying in,
for breakfast, rough face
watching the game on saturday
not answering the phone
more scruff karaok
soccer shopping
for clothes



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My Marriage: The Autopsy

According to the experts, our first
mistake was falling madly in love

BY MARK MILLHON

PHOTOGRAPHS BY RODRIGO CORRAL



When we
decide to
marry, most
of us are
operating
under the
influence.

I CAN UNDERSTAND why having a heart attack is a popular way to die. There's a conciseness to it. One minute you're enjoying your chicken nuggets, and then—boom!—you're gone.

Divorces are like heart attacks. One minute you're legally married, and then—boom!—you sign some papers and your marriage is declared dead. The divorce decree, just like an autopsy, states the time of death and establishes a cause.

But it's far less revealing than an actual autopsy. After I signed the divorce papers legally ending my 10-year marriage, I stared at the cause: "constructive abandonment." This means that even though my wife, Rose, and I had been living together under the same roof, we'd jointly abandoned our roles as husband and wife. In other words, the marriage failed because we failed to be married. That's kind of like saying the cause of death was ceasing to live.

While this may fulfill the requirements of the New York State court, it would never hold up on *CSI*.

So I decided to conduct my own marriage autopsy, with the help of a half dozen relationship experts. You're going to want to hear the results. Why? Because I bet you're making some of the same mistakes.

FINDING 1

Strong retrospective evidence (i.e., 20/20 hindsight) suggests that overwhelming feelings of love led couple to make key compromises in life/goals not supportive of each individual's long-term happiness.

OR...

We got married when our hearts told us to

When we make the most important decision of our lives—i.e., who we should be with till death do us part—most of us are operating under the influence. The brain



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Hugo Boss

Men's Health and Hugo Boss celebrated the grand reopening of the Boss Shop at Mario's in Seattle on March 6. Guests sipped wine and enjoyed music and hors d'oeuvres while they shopped the latest spring fashions.



LORI CALL FOR TEAM PHOTOGENIC © 2010

in love is awash with the feel-good hormone dopamine. In fact, love activates the same pleasure center in the brain that cocaine does, says Helen Fisher, Ph.D., a biological anthropologist and research professor at Rutgers University.

But why would humans choose mates while they're in such a compromised state? "The human animal has not evolved primarily to be happy," says Fisher. "We evolved primarily to spread our DNA."

So when Rose and I met and fell in love, we really were feeling something bigger than both of us: a primordial drive to mate. Instead of acting with our heads, we acted with our, well, genitals. Bad choice.

This drive didn't care a lick that I was just finishing grad school, or that I'd previously decided that I'd never settle down before my career was humming. It was equally indifferent to Rose's upbringing in a nice Jewish family where a central tenet is that a husband provides financially for his wife. That made hitching her wagon to a penniless film student not necessarily the wisest choice.

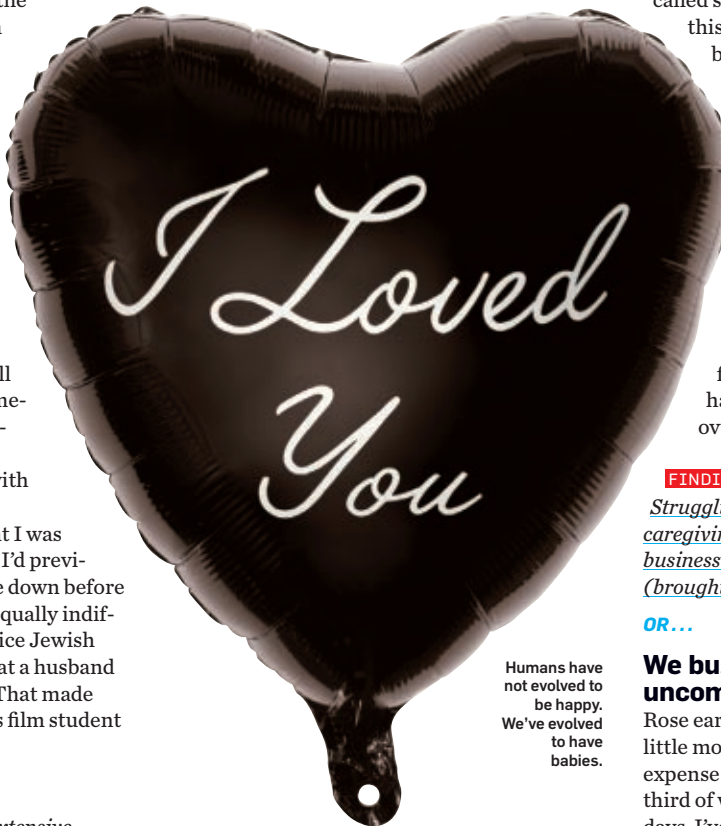
FINDING 2

Review of medical history shows extensive and ultimately successful efforts to conceive offspring in the early stage of relationship.

OR...

We had kids as newlyweds

Right after we were married, my wife's biological alarm clock began ringing. Not that I wasn't complicit in heeding it—it meant having a lot of sex. Great work if you can find it, right? And it was both of those things—great and work. Trying to conceive can feel like you're having a ménage à trois with a fertility chart. What should have been the most intimate of expe-



Humans have not evolved to be happy. We've evolved to have babies.

riences was now something we were sharing with doctors and our families. "Looking forward to meeting our grandson!" they'd say.

The thing is, making a grandson for somebody is not very hot. "The most unique aspect of a romantic relationship is not love, but intimacy," says relationship expert David Deida, author of *The Enlightened Sex Manual*. "We love lots of people, including our families and friends. But what makes a relationship truly unique is the intimacy you share with your partner alone."

While we were trying to conceive, we called sex "trying." As in, "We're going to try this month." All that trying yielded two beautiful boys who are the most important things on earth for me. But it also complicated the physical relationship between Rose and me for the rest of our marriage.

A couple's memory of their passionate early years helps orient their deepening romance in the later years of marriage, says Deida. While other couples can look back and say, "We'll always have Paris," we got stuck with "We'll always have that funky motel off the turnpike where we had to meet to do it during your ovulation window."

FINDING 3

Struggling writer husband assumed primary caregiving responsibilities, while successful businesswoman wife procured porcine assets (brought home the bacon).

OR...

We busted gender stereotypes . . . uncomfortably

Rose earned more money than I did. And not a little more. Often I felt like the miscellaneous expense line in her budget. And although a third of wives outearn their husbands these days, I've never felt comfortable with it. "For many men, identity and self-esteem depend on doing well at work," says Brenda Shoshanna, Ph.D., the author of *Why Men Leave*. "So when a wife earns more, the husband can feel he's really not the man in the family."

A further complication was our decision to work from home so we could both take care of the new baby—a great idea that broke bad on us. When her work line rang, I'd get stuck changing diapers, enviously watching her do big business. Meanwhile, of course, as she was stuck on the phone, she'd enviously watch me change diapers. It was almost funny. Almost.

METROGRADES

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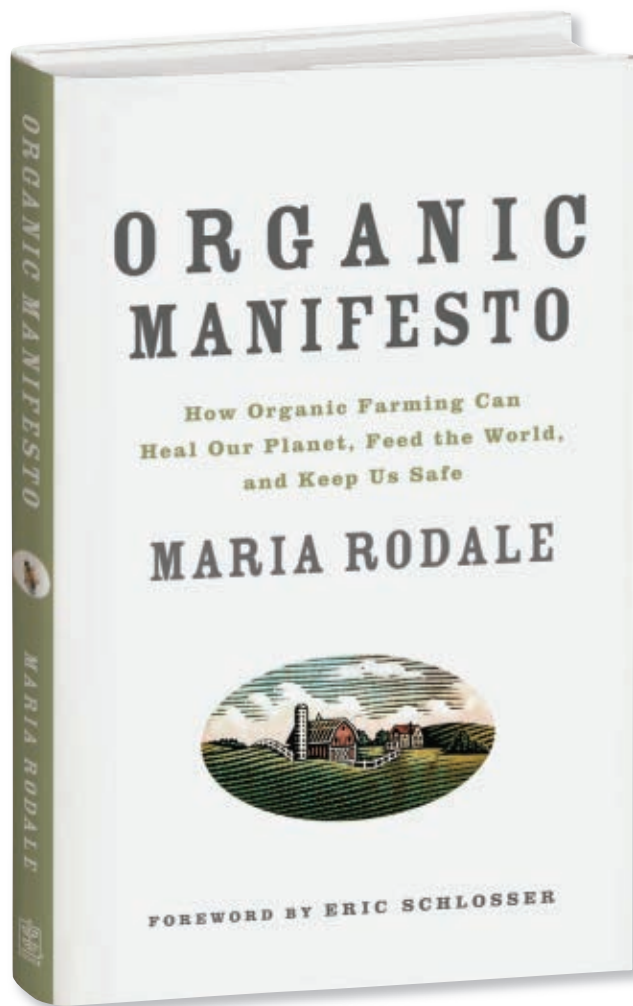
SPLITSVILLE, USA

As the home of quick hitches, you'd expect Vegas to also be divorce central. Nope: Apparently there's more than buffalo roaming in Cheyenne. To determine where "I do" is doomed, we considered the rate of failed marriages, the stringency of divorce laws, the percentage of the population who've split, and the number of licensed marriage and family therapists.

RESEARCH BY LAURA ROBERSON

1	Cheyenne, WY	F	12	Tampa, FL	D-	23	Boise, ID	D
2	Las Vegas, NV	F	13	Toledo, OH	D-	24	Fort Wayne, IN	D
3	Billings, MT	F	14	Columbus, OH	D-	25	Wichita, KS	D
4	Reno, NV	F	15	Indianapolis, IN	D-	26	Lexington, KY	D
5	Little Rock, AR	F	16	Kansas City, MO	D-	27	Greensboro, NC	D
6	Charlotte, NC	F	17	Birmingham, AL	D-	28	Tucson, AZ	D
7	Tulsa, OK	F	18	Orlando, FL	D-	29	Anchorage, AK	D
8	Albuquerque, NM	F	19	Richmond, VA	D	30	Colorado Springs, CO	D+
9	Oklahoma City, OK	F	20	Miami, FL	D	31	Phoenix, AZ	D+
10	Louisville, KY	D-	21	Montgomery, AL	D	32	Portland, ME	D+
11	Charleston, WV	D-	22	Jacksonville, FL	D	33	St. Petersburg, FL	D+

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FINDING 4

"In good times and in bad" ratio skewed several standard deviation points toward "bad" during yearlong period of death/illness/injury in extended familial unit.

OR...

Chaos became our comfort zone

During our family's year from hell, a brand-new crisis would arrive at our doorstep every 4 weeks or so. It was almost as if we had inadvertently enrolled in the tragedy-of-the-month club. The hypervigilance that sustained my wife and me through these crises was not so conducive for relaxed date nights and hand-holding. And when the end of the world becomes your comfort zone, each new crisis is actually a relief from the stress of worrying about what will befall you next.

It reached the point where I felt closest to my wife when we were racing to the hospital together. That was our date night.

According to Joseph LeDoux, Ph.D., a neuroscientist and the author of *The Emotional Brain*, fear-based memories are encoded in a part of our brains called the amygdala. So while my more logical hippocampus and prefrontal cortex understood that the year from hell was over—and that my wife was a person distinct from that horrible experience—the story was less clear down in my amygdala. Eventually, posits LeDoux, my wife and I came to associate each other's presence with stressful situations. Not good.

FINDING 5

Effort on behalf of male partner to bridge the growing intimacy gap proved less than effective.

OR...

My romantic gestures were too grand (and a little delusional)

In his new book, *Venus on Fire, Mars on Ice*, John Gray, Ph.D., takes his exploration of male-female differences to an examination of how men and women interact on a molecular,

hormonal level. "Men and women do have 'chemistry,'" he says. "A woman gives off pheromones when she feels taken care of by a man. What men fail to realize is that on an interpersonal, chemical level, it's the small stuff that really does matter.

"If you want to score 36 points, you don't give her 36 roses," he says. "You give her one rose on 36 separate occasions."

When I landed my first book contract, I viewed it as a chance to finally contribute in a significant way to my family's bottom line. More important, the book documented our family's year from hell and spoke directly to the challenges my wife and I had faced as a couple. In my mind, going off to work each day was a romantic mission to save the sinking ship that was our marriage. All my wife knew was that I was gone. Completely caught up in my work. For close to a year.

When I finally looked up from my work, I discovered that the marriage I thought I was saving was gone.

I THINK LOVE DIES IN MUCH SAME WAY THAT

a heart does. Over the life of a relationship, all the little resentments and tiny disappointments can accumulate like plaque in an artery, imperceptibly choking out the intimacy—the lifeblood of any relationship.

As much as I wish I could blame Rose for that, I can't. She's a wonderful person—intelligent, idealistic, passionate, and devoted to her children. It would be so much easier for me to move on if she were a worthless human being. And unfortunately for her, despite my lengthy list of faults, I'm a decent enough guy.

No, I think the ultimate cause of our uncoupling lay not in all the little things we did wrong, but in the unanticipated effects of all the big things we did right—from falling madly in love to having kids. That's why it's difficult to move on. But understanding this allows me to look back at the relationship and appreciate its meaning and beauty, despite its imperfections.

Rose is, and always will be, the best mistake I ever made. ■

Are you headed for marriage . . . or mayhem?

Put your first date to the test. Tip: Don't give her a #2 pencil. Be sneaky!

1

How long is her ring finger?

If it's roughly the same length as her pointer finger, she's a good negotiator, says Helen Fisher, Ph.D., a professor of biological anthropology at Rutgers. If her ring finger is much longer than her pointer finger, she likes to direct. Ideally, she's what you're not: In this case, opposites attract.

2

What do her parents do for a living?

If both of her parents worked when she was a kid, she may be more likely to expect that dynamic with you, says Nancy Slotnick, founder of Cablight.com, an online dating service. On the other hand, if her mother stayed home, she's more inclined to want to do that as well.

3

Does she laugh at your jokes?

If she just doesn't understand you, or vice versa, you two may be on different intellectual levels. And if that's the case, you probably won't be very happy in the long term, says Slotnick. Likewise, find out if she likes the same books and music; these are indicators of intellectual compatibility.

4

How does she vacation?

If a certain activity, like skiing or beach bumming, has become part of your lifestyle, then it's important that she be willing to try it. "Free time is quality time," says Seth Meyers, Psy.D., a Los Angeles clinical psychologist, "and you want to be spending it together."

JERILYN COVERT

34 Denver, CO	D+	49 Boston, MA	C	64 Omaha, NE	B-	79 Yonkers, NY	B	90 Washington, DC	A-
35 Aurora, CO	D+	50 Grand Rapids, MI	C+	65 Modesto, CA	B-	80 Hartford, CT	B	91 San Antonio, TX	A-
36 Manchester, NH	D+	51 Cincinnati, OH	C+	66 Atlanta, GA	B-	81 Des Moines, IA	B	92 Madison, WI	A-
37 Cleveland, OH	D+	52 Portland, OR	C+	67 Minneapolis, MN	B-	82 Milwaukee, WI	B+	93 Los Angeles, CA	A-
38 Spokane, WA	D+	53 Raleigh, NC	C+	68 Seattle, WA	B-	83 Chicago, IL	B+	94 Baltimore, MD	A-
39 Wilmington, DE	C-	54 New York, NY	C+	69 Fresno, CA	B-	84 Austin, TX	B+	95 Anaheim, CA	A
40 Fargo, ND	C-	55 St. Paul, MN	C+	70 Newark, NJ	B-	85 Oakland, CA	B+	96 Providence, RI	A
41 Durham, NC	C-	56 Salt Lake City, UT	C+	71 Lincoln, NE	B-	86 Pittsburgh, PA	B+	97 Riverside, CA	A
42 Corpus Christi, TX	C-	57 Detroit, MI	C+	72 Dallas, TX	B-	87 San Francisco, CA	A-	98 El Paso, TX	A+
43 Nashville, TN	C	58 Lubbock, TX	C+	73 Memphis, TN	B-	88 New Orleans, LA	A-	99 Columbia, SC	A+
44 Honolulu, HI	C	59 Buffalo, NY	C+	74 Sacramento, CA	B-	89 Philadelphia, PA	A-	100 San Jose, CA	A+
45 Fort Worth, TX	C	60 San Diego, CA	B-	75 Sioux Falls, SD	B				
46 Jersey City, NJ	C	61 Rochester, NY	B-	76 St. Louis, MO	B				
47 Arlington, TX	C	62 Burlington, VT	B-	77 Jackson, MS	B				
48 Virginia Beach, VA	C	63 Bakersfield, CA	B-	78 Houston, TX	B				

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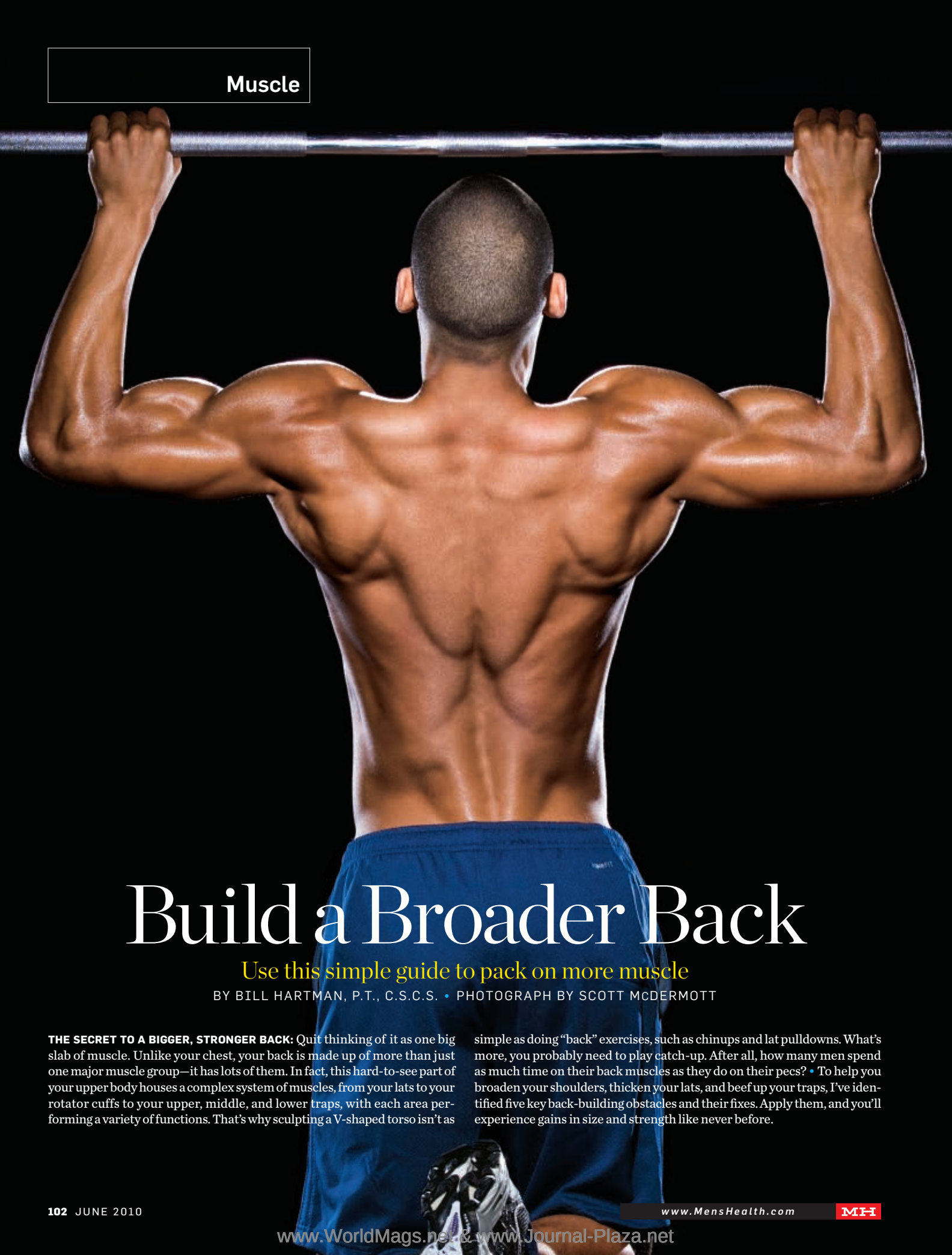
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Build a Broader Back

Use this simple guide to pack on more muscle

BY BILL HARTMAN, P.T., C.S.C.S. • PHOTOGRAPH BY SCOTT McDERMOTT

THE SECRET TO A BIGGER, STRONGER BACK: Quit thinking of it as one big slab of muscle. Unlike your chest, your back is made up of more than just one major muscle group—it has lots of them. In fact, this hard-to-see part of your upper body houses a complex system of muscles, from your lats to your rotator cuffs to your upper, middle, and lower traps, with each area performing a variety of functions. That's why sculpting a V-shaped torso isn't as

simple as doing "back" exercises, such as chinups and lat pulldowns. What's more, you probably need to play catch-up. After all, how many men spend as much time on their back muscles as they do on their pecs? • To help you broaden your shoulders, thicken your lats, and beef up your traps, I've identified five key back-building obstacles and their fixes. Apply them, and you'll experience gains in size and strength like never before.

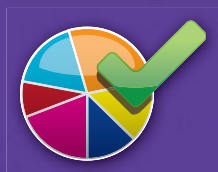


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Your upper back is tight

When you spend a lot of time in one position—sitting at your desk, for example—the muscles of your upper back stiffen, which can lead to poor posture, weak shoulders, and neck and back pain.

You haven't mastered the deadlift

If you allow your lower back to round when you deadlift—as most guys do—you place your lumbar spine in danger. Trouble is, many men are too weak to keep their lower back naturally arched—the key to safe lifting—as they lift the bar from the floor.

Your rows miss the boat

The row is a great exercise for your middle traps and rear shoulders, but only if you do it right. Many men lift with just their arm muscles instead of working their traps and rear delts.

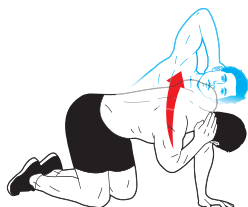
You have a glaring weak spot

Most men have weak scapular muscles, which stabilize your shoulder blades and provide the foundation for every upper-body lift. If these muscles are weak, your ability to lift more weight on exercises such as the bench press will suffer.

Your traps are top-heavy

Shrugs build your upper trapezius muscle, making it too strong relative to the middle and lower sections. This can cause shoulder impingement, a painful condition in which the muscles and tendons in your rotator cuff become pinched by your shoulder joint.

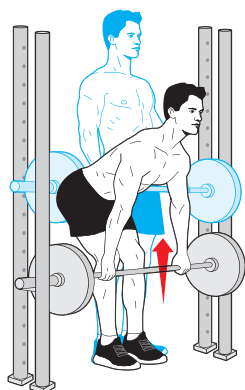
THORACIC ROTATION ●



Kneel down, place your right hand behind your head, and point your elbow out to the side. Brace your core and rotate your right shoulder toward your left arm. Follow your elbow with your eyes as you reverse the movement until your right elbow points toward the ceiling. That's 1 repetition. Do 20. After you've completed the prescribed number of reps, switch arms and repeat.

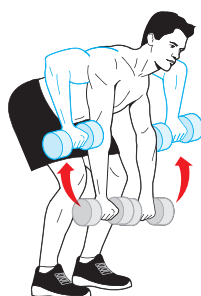
For video demonstrations of these exercises, go to MensHealth.com/broaderback.

RACK PULL ●



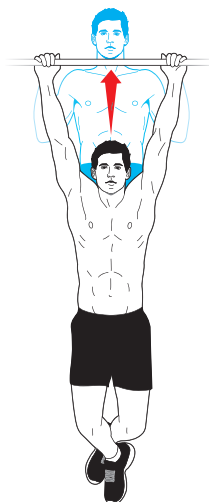
Set a barbell at knee level in a squat rack. Assume a shortstop stance—your hips back, knees slightly bent, and knees against the bar. Your lower back should be naturally arched. Now grab the bar overhand with your hands just outside your legs. Stand up by pushing your hips forward. Begin with no weight until the exercise feels natural, and then start adding weight. Once the exercise becomes easy from the rack, lift the barbell from the floor using the same form.

TWO-PART DUMBBELL ROW ●



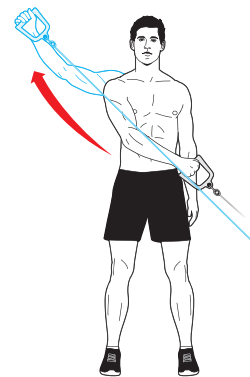
Grab a pair of dumbbells, bend at your hips and knees, and lower your torso until it's almost parallel to the floor. Let the weights hang at arm's length from your shoulders. First pull your shoulders back and hold that position. Then pull the weights to the sides of your torso by squeezing your shoulder blades toward your spine. Lower to the starting position and repeat.

PULLUP HOLD ●



Hang from a pullup bar with an overhand grip, your hands at the exact width you use when you do a bench press. Pull your chest up to the bar and hold for 10 to 20 seconds. Once you can do more than 5 reps, add resistance with a weighted vest or a dumbbell between your feet, or do regular pullups.

CABLE DIAGONAL RAISE ●



Attach a handle to the low pulley of a cable station. Standing with your left side toward the pulley, grab the handle with your right hand in front of your left hip and bend your elbow slightly. Pull the handle up and across your body until your hand is over your head and your thumb is pointing up (a Statue of Liberty pose). Return to the starting position. Complete all reps and repeat with your left arm.

The ultimate back workout

Too much chest work overtrains the muscles on your front, leaving your back undertrained. Turn your workout around with this plan.

Complete this upper-body workout twice a week, resting at least 3 days between sessions. Do the exercises in the order shown, using the heaviest weight that allows you to complete the prescribed number of reps. Perform exercises 1, 2, and 5 as straight sets, completing all sets of each exercise before moving on. Do exercises 3A and 3B, and exercises 4A and 4B, as alternating sets. That is, do 1 set of 3A (not shown), rest for 1 to 2 minutes, do 1 set of 3B, and rest again. Repeat until you've done all sets of both exercises. Use the same procedure for 4A (not shown) and 4B.

EXERCISE	SETS	REPS	REST (min.)
1. Thoracic rotation	2	20	1
2. Rack pull	3	6	2-4
3A. Dumbbell bench press	3	8-10	1-2
3B. Two-part dumbbell row	3	8-10	1-2
4A. Alternating dumbbell shoulder press	3	8-10	1-2
4B. Pullup Hold	3	3-5	1-2
5. Cable diagonal raise	2	10-12	1

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Barbecue, Rebooted

Master the art of Korean barbecue and you'll unlock summer's quickest path to an incredible feast

BY PAUL KITA • PHOTOGRAPH BY MARCUS NILSSON

TALK ABOUT AN OVERACHIEVER. Korean barbecue would be plenty tasty even in its simplest state—Asian-style, soy-marinated meat, grilled until its edges become deeply caramelized. But when Korean BBQ hits the table, it comes with a posse: a greed-satisfying spread of cool vegetable salads, spicy kimchi, and crisp lettuce that transforms a dose of protein into an all-star feast. And it all comes together in record time. • “Korean-style barbecue is so simple and so flavorful it will change the way you cook,” says Wuchung Kim, executive chef at Don’s Bogam, in Manhattan’s Koreatown. Start by

steaming rice and prepping the sides, and then turn to the meat. Boneless beef short rib, a fatty, flavorful cut, is a classic choice. Kim slices it thin, massages it with an intense marinade, and grills it until it’s as tender as a slow-cooked brisket, as full-flavored as a New York strip, and as satisfying as a quarter-pound patty. • At the table, the spectrum of sides and toppings pays off big time. Wrap a piece of meat in a lettuce leaf, and then experiment. Like it spicy? Add kimchi. Want crunch? Tuck in carrot slices. With Korean BBQ, you can customize every bite.

Food styling: Maggie Ruggiero, prop styling: Angmarud Bailey



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THE BARBECUE

Marinated Beef Galbi

This Korean standard combines tender, well-marbled beef short ribs with a potent marinade.

- 1 cup soy sauce
- $\frac{3}{4}$ cup sugar
- 2 cups water
- $\frac{1}{4}$ cup grated onion¹
- $\frac{1}{4}$ cup grated pear, peeled and cored, with juices
- 3 garlic cloves, chopped
- 3 Tbsp sake²
- 1 Tbsp toasted sesame oil
- Pinch of freshly ground pepper
- 2 lb boneless beef short rib (or 4 lb bone-in beef short rib, deboned), sliced $\frac{1}{4}$ " thick³
- Korean hot pepper paste (optional, see below)

1 In a medium saucepan, bring the soy sauce, sugar, and water to a boil. Remove the pan from the heat, and let cool to room temperature. Stir in the onion, pear, garlic, sake, sesame oil, and pepper, and pour most of the marinade into a large shallow dish, reserving some sauce for serving.

2 Using a sharp knife, gently score the beef on each side. Add it to the marinade and massage the liquid into the meat. Let stand 5 minutes.

3 Heat a grill to medium high. Add the meat and grill until well seared,

3 to 4 minutes on each side. (Turn the meat when blood starts to seep through the surface.)

4 Cut the meat into bite-sized pieces. (Try kitchen shears.) Serve with reserved marinade and Korean hot-pepper paste for another dose of flavor. Makes 4 servings

¹ For a faster way to grate, toss the ingredients into a blender or food processor and whirl until mostly smooth.

² Chef Kim says cheap sake will ruin the taste of the marinade, but expensive sake is for drinking. For best results, use medium-grade sake. Try Gekkeikan brand.

³ If you can't find boneless short ribs, bone them yourself. Work the tip of a long, thin knife along the bones, peeling the meat away from the ribs. Trim away most of the fat, but leave some for flavor.

THE SIDES

Serve your Korean barbecue family-style, with a stack of washed, well-dried lettuce leaves (red leaf or Boston varieties work best), thinly sliced carrots, kimchi (spicy Korean pickled cabbage found in Asian markets), and thinly sliced jalapeño. Steamed rice and your pick of these classic Korean side dishes (called *banchan*) will round out the meal.

Scallion Salad

The heat of the grilled beef brings out the flavor of this unabashedly oniony salad. Thinly sliced red onion also would work well here instead of the scallions.

- 4 scallions, trimmed
- 1 head curly-leaf lettuce, shredded
- 3 Tbsp toasted sesame oil
- 2 Tbsp rice vinegar
- 1 tsp Korean chili powder (available at Asian markets), or $\frac{1}{2}$ tsp red-pepper flakes
- Salt to taste

1 Cut the scallions into 2-inch lengths, and then cut those pieces lengthwise into thin strips.

2 In a large bowl, toss together the scallions and lettuce. Add the sesame oil, vinegar, chili powder, and salt. Toss. Makes 4 to 6 servings

Korean-style Spinach

Sesame oil heightens the earthy flavor of spinach in Chef Kim's easy side. You can also use baby spinach.

- 2 Tbsp toasted sesame oil
- 1 Tbsp minced garlic
- 1 lb leaf spinach, washed and stems removed, coarsely chopped
- 2 Tbsp soy sauce
- 1 Tbsp sugar
- Pinch of freshly ground pepper
- Toasted sesame seeds

1 Heat the oil in a large skillet over medium heat until it shimmers. Add the garlic and cook, stirring constantly, for 1 minute, and

immediately add the spinach.

Cook until the spinach is wilted, about 3 minutes, and reduce the heat to low.

2 In a small bowl, stir together the soy sauce, sugar, and pepper. Add to the spinach, mix, and remove from the heat. Top with sesame seeds. Makes 4 servings

Sesame Bean Sprouts

This simple Korean BBQ sidekick lends a fresh, crisp contrast to the savory marinated meat.

- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ lb mung bean sprouts, rinsed
- 1 scallion, chopped
- $\frac{1}{2}$ clove garlic, minced
- $1\frac{1}{2}$ tsp toasted sesame seeds
- $1\frac{1}{2}$ tsp Asian sesame oil
- $\frac{3}{4}$ tsp salt

1 Bring the water to a boil in a large pot. Add the sprouts, cover, and boil until just tender, 2 to 3 minutes. Immediately transfer to a colander and rinse with cold water. Drain and squeeze out any excess liquid.

2 Place the sprouts in a medium bowl. Add the scallion, garlic, sesame seeds, sesame oil, and salt, and stir to combine. Serve warm or chilled. Makes 4 servings

Scallion Salad and Sesame Bean Sprouts recipes courtesy of Cecilia Hae-Jin Lee, adapted from Quick & Easy Korean Cooking (Chronicle Books)

7 must-try Asian condiments

Transform meals with these exotic flavor boosters suggested by Zakary Pelaccio, creative director of the Fatty Crab restaurants in New York.



THAILAND

Red curry paste

This paste infuses Thai curries and soups with citrusy heat. Slather it on chicken wings before grilling.



CHINA

Oyster sauce

This condiment is a pleasant mix of salty and sweet. Drizzle it over sautéed spinach.



KOREA

Hot pepper paste

This slightly spicy bean paste is great as a condiment for Korean BBQ, or as a marinade for fish.



JAPAN

Ponzu

This light citrus sauce, often made with soy sauce, enhances seared tuna or grilled chicken.



VIETNAM

Fish sauce

Sub it in for soy sauce and/or salt in stews and noodle dishes to add a savory (not fishy) note.



MALAYSIA

Satay sauce

Satay sauce is crushed peanuts punched up with soy sauce and spices. It's delicious with kebabs, but try it over wok-fried vegetables or shrimp, too.



INDONESIA

Sambal

Usually made from crushed chilies and salt, sambal adds an instant kick to fried rice or scrambled eggs.



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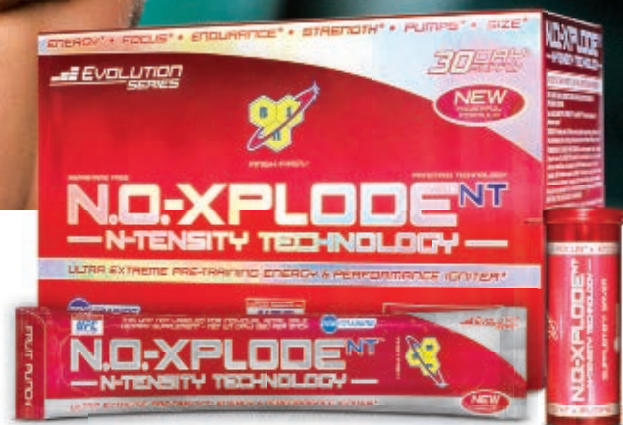
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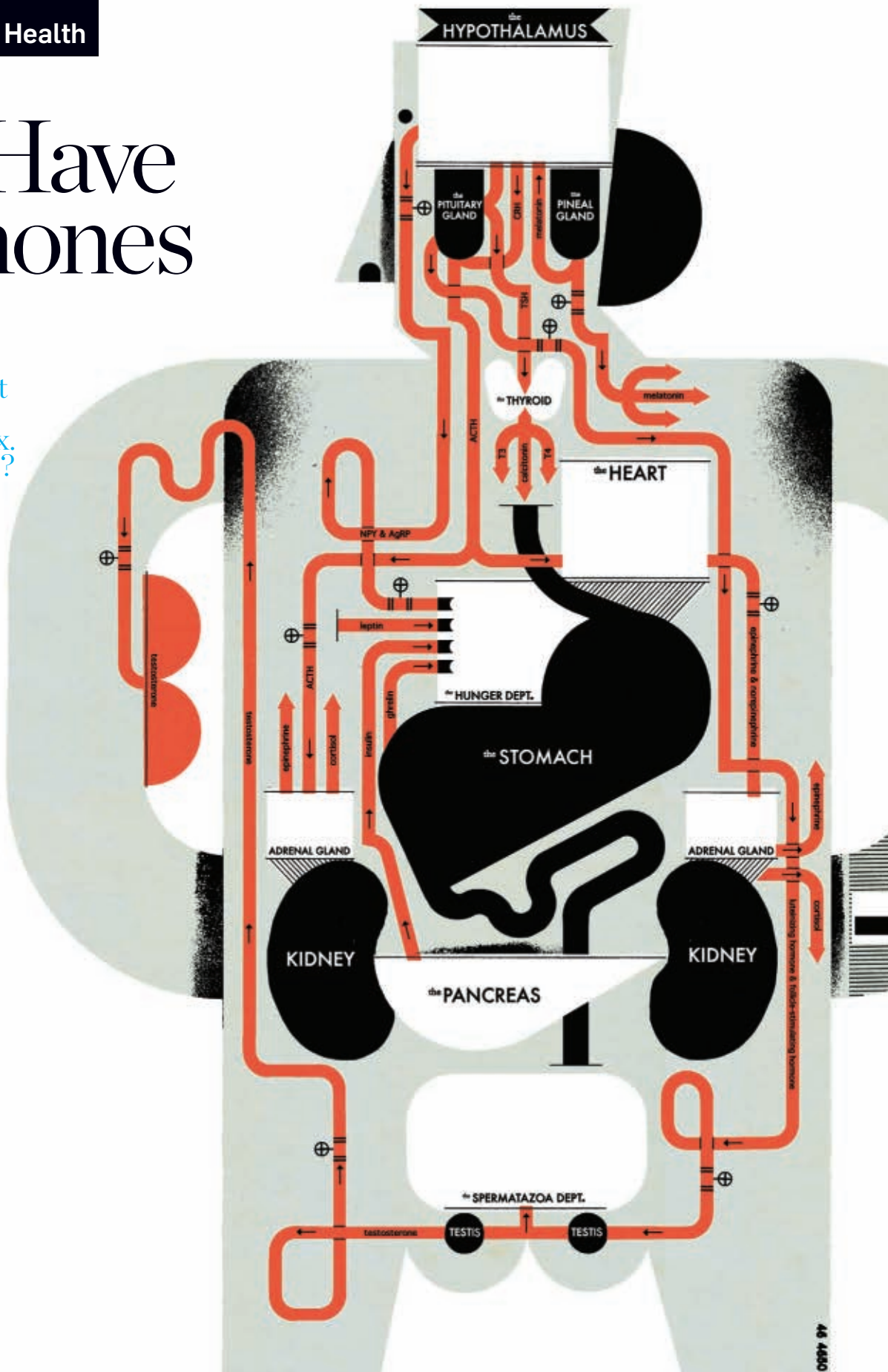
BY HEATHER HURLOCK

ILLUSTRATION BY
RAYMOND BIESINGER

YOU MIGHT REMEMBER

hormones from your sex-crazed teen years. Or your partner's most recent crying jag. But if you're sitting there smugly thinking that you're immune from hormonal chaos just because you're (a) no longer a teenager and (b) male, think again. In fact, if you knew all the ways hormones could mess up your life, you'd probably start crying like a little girl. Off-kilter hormone distribution can make you store too much fat, hamper your ability to fight stress, and cause you to eat when you're full. It can lead to metabolic syndrome and diabetes and can adversely affect your sleep and sex life.

That's a lot that can go wrong. This is due to the vast reach of your endocrine system, which commands body activity utilizing powerful hormones. "It's like your body's internal Internet," says pharmacologist John McLachlan, Ph.D., director of the center for bioenvironmental research at Tulane University. "Your hypothalamus and pituitary glands are the control centers, like servers sending out messages going back and



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forth among your organs. Your pancreas, adrenal glands, thyroid, and testes are all part of this finely tuned system."

That fine-tuning increases the system's vulnerability, as it relies on complex feedback to regulate itself. "If that feedback is distorted, it can disrupt the process," says Vivian Fonseca, M.D., chief of endocrinology at Tulane University's health sciences center.

Use our guide to ensure your hormones are doing their jobs.

Stress hormones: Cortisol and epinephrine

Whether you're fending off an angry rottweiler or an angry client, your body's response to stress is the same: Your hypothalamus floods your blood with hormones to frighten you into action. "Cortisol and epinephrine are your body's alarm-system hormones," says Dr. Fonseca. They make your heart beat faster and dilate your bronchial tubes so they can feed oxygen to your brain and keep you alert. They also release fat and glucose into your bloodstream to provide emergency energy.

Are your hormones in tune? Too much stress can keep your cortisol levels consistently elevated, which disrupts your metabolic system. This, in turn, signals your cells to store as much fat as possible. Worse, the fat tends to accumulate in your belly as visceral fat, which resides

behind your abdominal muscles and has more cortisol receptors than other fat does.

To defend yourself against stress-hormone disruption, make a habit of exercising for an hour a day, 3 days a week. Doing so helps regulate your cortisol levels, say researchers at Ohio State University. Also try to eat organic foods as much as possible in order to steer clear of the common pesticide atrazine. This chemical has been shown to affect hormonal balances in amphibians, reptiles, birds, and mammals. A National Health and Environmental Effects Research Laboratory study showed that atrazine produced extreme increases in stress-hormone levels in rats. In fact, the stress reaction was similar to that seen when the animals were restrained against their will, the study noted. (For more on pesticide dangers, see "Your Lethal Lawn" in this issue.)

Weight hormones: Leptin, ghrelin, CCK, insulin

You have an army of hormones telling you when to eat and when to put the fork down. The hormone ghrelin begins the cycle when your stomach is empty by prompting neurons in your hypothalamus to make you feel hun-

gry. Then when you start eating, your stomach stretches and you secrete cholecystokinin (CCK), an appetite suppressant.

Hormones now begin working overtime to help you back away from the table. Your intestines produce peptide YY, which tells your brain you've had enough to eat, and your pancreas sends out insulin. This signals that

Your hormones are part of a finely tuned system. That fine-tuning makes them vulnerable.

you're metabolizing a meal and that you shouldn't consume any more. Leptin, a hormone produced by fat cells, also tells your hypothalamus that you're full by prompting the secretion of alpha-MSH, which is another appetite-suppressing hormone.

All this helps your body maintain a balance between hunger and satiation. Why so many hormones in the game? "Energy regulation is necessary for survival, so we have many redundant pathways in case any fail," says Robert Lustig, M.D., an endocrinologist at the University of California at San Francisco. "But we were never supposed to have so much food so readily available, and certainly not this much sugar."

Are your hormones in tune? Hungry? Full? You may not be able to trust your gut. When you put on extra weight, you start secreting excess leptin. "And if you secrete a lot of leptin on a chronic basis, it *should* tell your brain, 'Look, you're putting on weight; you need to cut back,'" says Dr. Fonseca. But disruptions in leptin (mostly from too much sugar) instead tell your brain to send out hunger signals, even if you've just eaten. This can lead to fatty liver disease and insulin resistance. "When your insulin goes up, it blocks leptin signaling, which means your brain thinks you're starving," Dr. Lustig says. This, of course, sets up a wicked feedback cycle as you pack on the pounds.

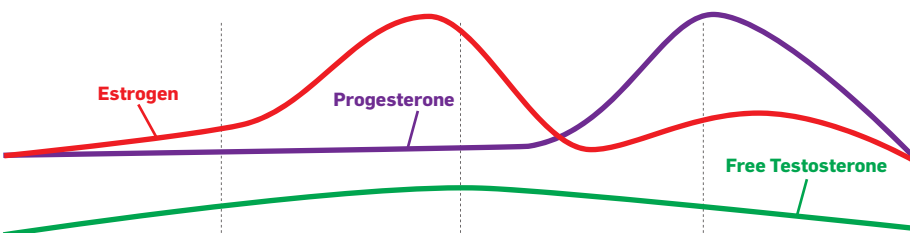
Beyond losing weight, your best defense against leptin disruption is to reduce your sugar intake. Americans consume an average of 22 teaspoons of sugar a day; the American Heart Association recommends that men eat no more than 9. And it's not just high-fructose corn syrup that you need to avoid; table sugar and fruit juice can be as bad as soda. In fact, 100 percent fruit juice has 1.8 grams of fructose per ounce, while soda has 1.7 grams per ounce, Dr. Lustig notes.

Sex hormones: Testosterone, LH, FSH

That rock-hard erection you're so proud of? Thank your hormones—specifically, testosterone, the key ingredient for normal sexual health in men. Its production is prompted by

Put yourself in her shoes for a month

Here's what you can expect during your partner's hormonal shifts



WEEK 1

On the first day of your partner's period, her estrogen and progesterone levels are low. (Both regulate menstrual cycles and prepare women for pregnancy.) "Decreased estrogen means a slight decrease in libido," says endocrinologist Robert Lustig, M.D., of the University of California at San Francisco. It may also put her in a bad mood, as estrogen affects serotonin, a natural antidepressant.

WEEK 2

As estrogen levels start to rise, her mood will probably improve, says Dr. Lustig. Testosterone, a steroid hormone that influences women's libido, also rises slightly during this week, priming her desire. Ovulation usually occurs 14 days after menstruation starts. Don't be too noisy around her: high estrogen levels might give her a "catamenial migraine" around the time of ovulation.

WEEK 3

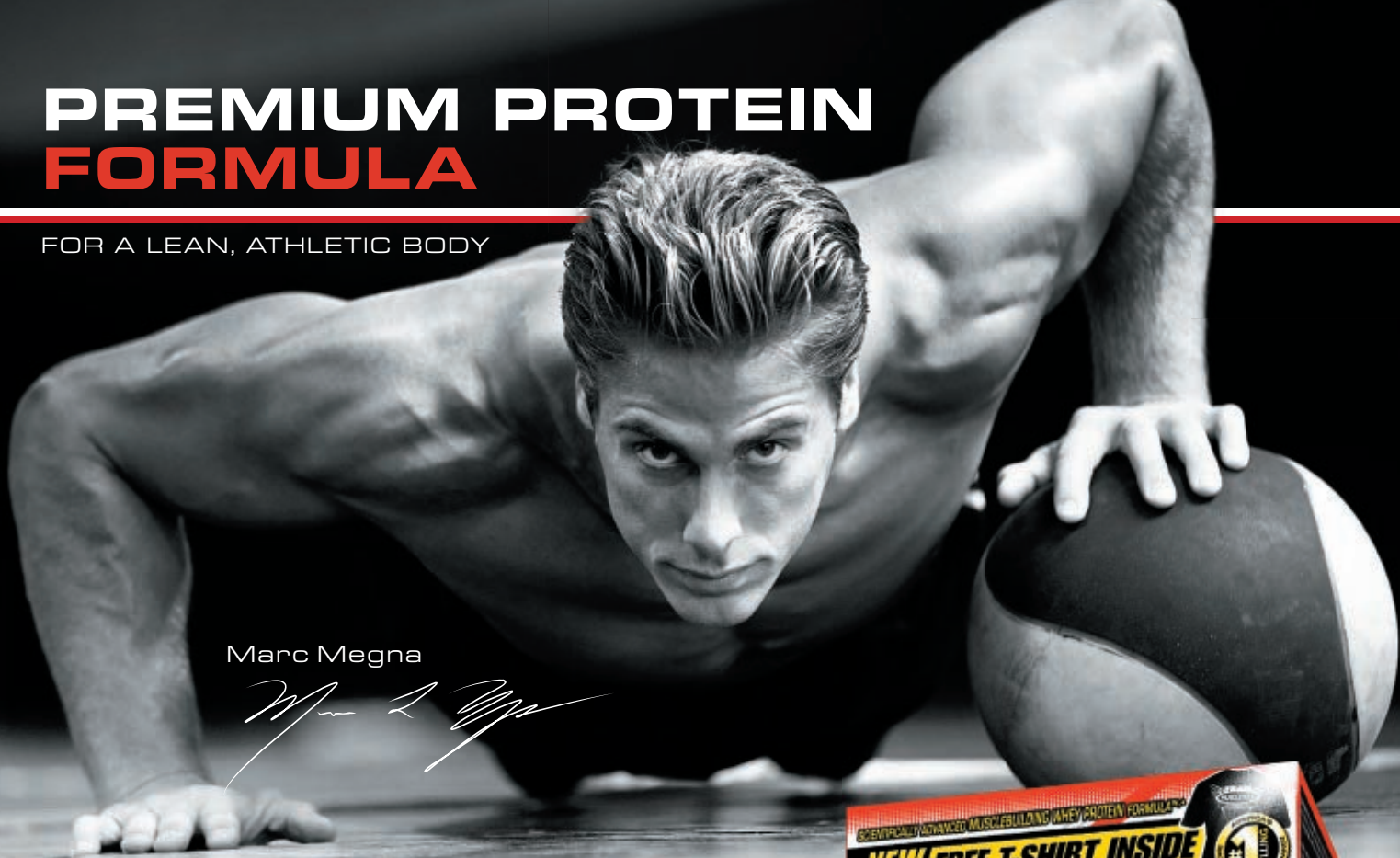
After ovulation, progesterone begins its upward climb. "Progesterone in a high dose can be converted to allopregnanolone, a neurotransmitter that acts like a benzodiazepine—or Valium," Dr. Lustig says. If her brain doesn't make enough allopregnanolone, she can experience symptoms of premenstrual syndrome, which include cramping, irritability, mood swings, and food cravings.

WEEK 4

Peaking levels of estrogen and progesterone may cause her breasts to swell and become tender. The lining of her uterus thickens to prepare for a developing embryo. If pregnancy does not occur, estrogen and progesterone plummet, and testosterone drops. This means the end of PMS is near, as is the breakdown of her uterine lining, which causes bleeding. *LIBBY CLARK*

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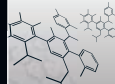
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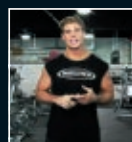


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Health

Men Have Hormones Too

something called luteinizing hormone (LH), while the follicle-stimulating hormone (FSH) helps produce the actual sperm. When you're aroused, your adrenal glands pump out epinephrine and norepinephrine, raising your heart rate and moving blood into your muscles, brain, and penis. Then the hormone dopamine increases your sexual appetite and communicates with the hypothalamus to orchestrate your erections.

Are your hormones in tune? Elevated estrogen levels can eclipse your testosterone, zapping sex drive. Yes, men have estrogen too. "In fact, the most widely spread hormone receptor in the body is the estrogen receptor," says McLachlan. When a man is exposed to estrogenic chemicals—such as bisphenol A (BPA), the endocrine disruptor found in plastics and food-can linings—he can experience erectile dysfunction and weight gain.

Your best defense against an estrogen invasion is to lose weight and build muscle. "Fat converts your testosterone to estrogen," says Jack Mydlo, M.D., chairman of the department of urology at Temple University school of medicine. Dropping pounds will improve your testosterone-to-estrogen ratio, which improves your sex drive as well as your erections. And when you're actively building muscle, you become more sensitive to insulin, which means you can push more glucose into the muscle, says Dr. Fonseca. This produces more fat-burning, libido-boosting energy.

Energy hormone: Thyroxine

Your thyroid gland controls your metabolism, which is your body's mechanism for turning calories into energy. It's yet another chain of command: Your hypothalamus detects fatigue and then your pituitary gland signals your thyroid to secrete thyroxine. This hormone enters almost every cell in your body. "It boosts sugar burning and oxygen intake in cells," says McLachlan. "This raises your body temperature and increases your heart rate."

Are your hormones in tune? When this system is out of whack, the result can be muscle breakdown, weakness, fatigue, and weight gain. While most thyroxine disruptions are genetic, there is growing evidence that some environmental compounds can block thyroxine, says McLachlan. A 2009 study suggests that BPA can displace thyroxine from its receptor and block it. Brominated flame retardants (BFRs) and polychlorinated biphenyls (PCBs) also both interfere with your thyroid. (BFRs are found in clothes, furniture, and electronics; PCBs, which are no longer in use in the United States, can still be

found in the environment, particularly in farmed salmon.) "If you're exposed to these, you could end up with a form of hypothyroidism—an underproduction of thyroxine that causes low energy and weight gain," says McLachlan. On the other end of the spectrum, *hyperthyroidism*, or overproduction of thyroxine, can cause anxiety, increased heart rate, weight loss, an enlarged thyroid, and swelling behind the eyes. Your doctor will be able to identify thyroid problems by prescribing a thyroid-stimulating hormone (TSH) blood test; fixes for both may include surgery or dietary changes, as well as lifelong daily doses of prescription drugs.

Sleep hormone: Melatonin

When the sun goes down, your pineal gland switches on like clockwork to secrete melatonin, a hormone that helps you fall asleep and regulates your circadian rhythm. It lowers your core body temperature, which if too high promotes wakefulness. Production of

People think waking up at night is bad for you. It's actually exposure to light that's bad.

melatonin peaks in the middle of the night, and the process can be disrupted by even very low levels of artificial light.

Are your hormones in tune? Mounting evidence suggests that exposure to light at night—whether you're asleep or awake—might play a crucial role in cancer, diabetes, and obesity. The World Health Organization classified "circadian disruption" as probably carcinogenic, and light at night is considered by some to be an endocrine disruptor that may affect melatonin, cortisol, ghrelin, leptin, and testosterone. "Most people think, and the drug companies want you to think, that waking up at night is bad for you," says Richard Stevens, Ph.D., a cancer epidemiologist at the University of Connecticut health center. But that's not the case, he says—it's exposure to light at night that's the problem. "If you wake up at night, as most of us do, that is a period of quiet wakefulness—stay in bed, in the dark, and enjoy it," Stevens suggests.

You don't have to be asleep to have good melatonin rhythm, but you do need to be in the dark. Buy heavy curtains, cover your alarm clock, and turn off gadgets. "Make it dark enough that you can't see your hand," Stevens says. "If you go to the bathroom and turn on that bright light, you'll lower melatonin almost immediately," says Stevens. "I actually have a red night-light in my bathroom, because red light has less effect on melatonin than white or blue light," he says. ■

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The Truth about Antioxidants

Miraculous disease-fighting nutrients, or overhyped marketing gimmick? Here are the facts and the fiction—and what you need to know

BY MARIA MASTERS • PHOTOGRAPH BY LUCAS ZAREBINSKI



IT'S BILLED AS AN EPIC STORY OF GOOD VERSUS evil—biology in comic-book form. The villains: free radicals, those nefarious DNA-attacking poisons of modern life. Our fearless defenders: antioxidants, poised to protect us from—well, everything, right? You've heard the claims:

They cure cancer!

They prevent aging!

They supercharge your immune system!

But while we think we know what antioxidants *do*, few of us know what antioxidants actually *are*. And food manufacturers are fine with that; the less you know, the more likely you are to swallow the hype. "Antioxidants have a health aura around them," says Marion Nestle, Ph.D., M.P.H., a professor of nutrition, food studies, and public health at New York University. "They are supposed to fight something bad in your body. Who wouldn't want to consume more of a helper like that?"

There's no doubt that antioxidants can be good for you. But to maximize their benefit, we first have to strip away some assumptions.

Myth #1

Free radicals must be destroyed

Not so fast

The basics: Antioxidants fight free radicals, which are unstable molecules in the body that can cause DNA mutation. Even though free radicals have been linked to serious conditions like heart disease, Parkinson's, and cancer, they aren't necessarily villains—they're by-products of a basic metabolic process called oxidation. "They're absolutely essential to life," says Jeffrey Blumberg, Ph.D., director of the antioxidants lab at Tufts University. "For example, immune cells will shoot free radicals onto invading bacteria in order to kill them. They're an important part of the body's defenses."

Too many free radicals, on the other hand, are harmful. Pollutants, cigarette smoke, and sun overexposure can generate so many free radicals that your normal antioxidant defenses become overwhelmed, leaving you vulnerable to cell damage and disease. Some researchers also link free-radical oxidation with aging.

That's where antioxidants come in. "We need to make sure we have adequate antioxidant defenses to combat all the excess free radicals," says Blumberg.

Do this Assuming you've curbed bad habits such as smoking and excessive tanning, turn to your diet. If you eat a wide variety of fruits and vegetables, your diet is naturally rich in



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thousands of antioxidants. Studies suggest eating at least five servings of fruits and vegetables a day to reap the most health benefits.

Myth #2

All antioxidants are created equal Not even close

Any molecule that protects your cells against oxidation is technically an antioxidant, says Joe Vinson, Ph.D., a professor of chemistry at the University of Scranton, in Pennsylvania. "They're *anti*-oxidation." This includes familiar nutrients, like vitamins, as well as more unfamiliar types of antioxidants, like flavonoids and polyphenols—about 8,000 varieties in all.

But don't assume that all antioxidants operate the same way, Blumberg warns. "You can't say, 'Well, I'm not going to worry about taking in enough vitamin E, because I take lots of vitamin C.' All the vitamin C in the world won't substitute for vitamin E," says Blumberg. Some antioxidants excel at fighting certain types of free radicals (yep, there are different varieties of *those*, too) while others are effective only in specific parts of a cell. Still others can battle free radicals only under the right conditions.

"Think of antioxidants as an army," he says. "You need generals, lieutenants, corporals, privates, and others with specific duties. You can't fight an enemy with only generals." So how do you create an effective defense system

in the battle for your life? By building a multi-pronged counteroffensive—er, diet.

Do this Branch out and try something new in the produce aisle. In a 2006 study, researchers at Colorado State University found that people who ate the widest variety of fruits and vegetables had the most DNA protection.

Myth #3

All antioxidants come from fruits and vegetables

Nope

The entire plant kingdom—including beans, nuts, seeds, and grains—is awash in antioxidants, according to a recent study from the University of Scranton. That's because all plants produce antioxidants to fight against predators and UV rays, says Vinson. It's important to steer clear of refined grains, though; they've been stripped of most of their antioxidant benefits.

Even meat, dairy products, and eggs contain some antioxidants, which mainly come from the nutrient-rich plants the animals fed on.

Do this Eat whole-grain foods, beans, nuts, and seeds regularly. When animals are on the menu, make sure they've been grass-fed; meat and dairy products from these better-fed beasts have been shown to contain higher levels of antioxidants. Eggs from pastured hens also rank higher in antioxidants—look for them at farmers' markets.

Myth #4

Antioxidant-fortified foods are healthier

Not really

The ink was barely dry on early antioxidant studies when food companies started slapping the A-word on their packaging. You can even chug an antioxidant-fortified version of Cherry 7UP. The FDA requires food manufacturers to list the variety of antioxidant in a product; that part is often in fine print. Look closely, and the label reveals that you're receiving a tiny helping of vitamin E. Perhaps "Cherry 7UP Vitamin E" didn't sound as impressive.

If you're relying on processed foods to supplement your antioxidant intake, you may be surprised to find that many processed foods have relatively small amounts of just one or two kinds. Since variety is critical, you probably aren't making up for lost ground.

Do this Ignore the hype—there's no research to prove that packaged products provide the same health benefits that whole foods do. Instead, focus on the ingredient list. If a food product contains mostly plant foods, it's likely to be rich in antioxidants.

Myth #5

If I exercise and take antioxidant supplements, I'll be superfit

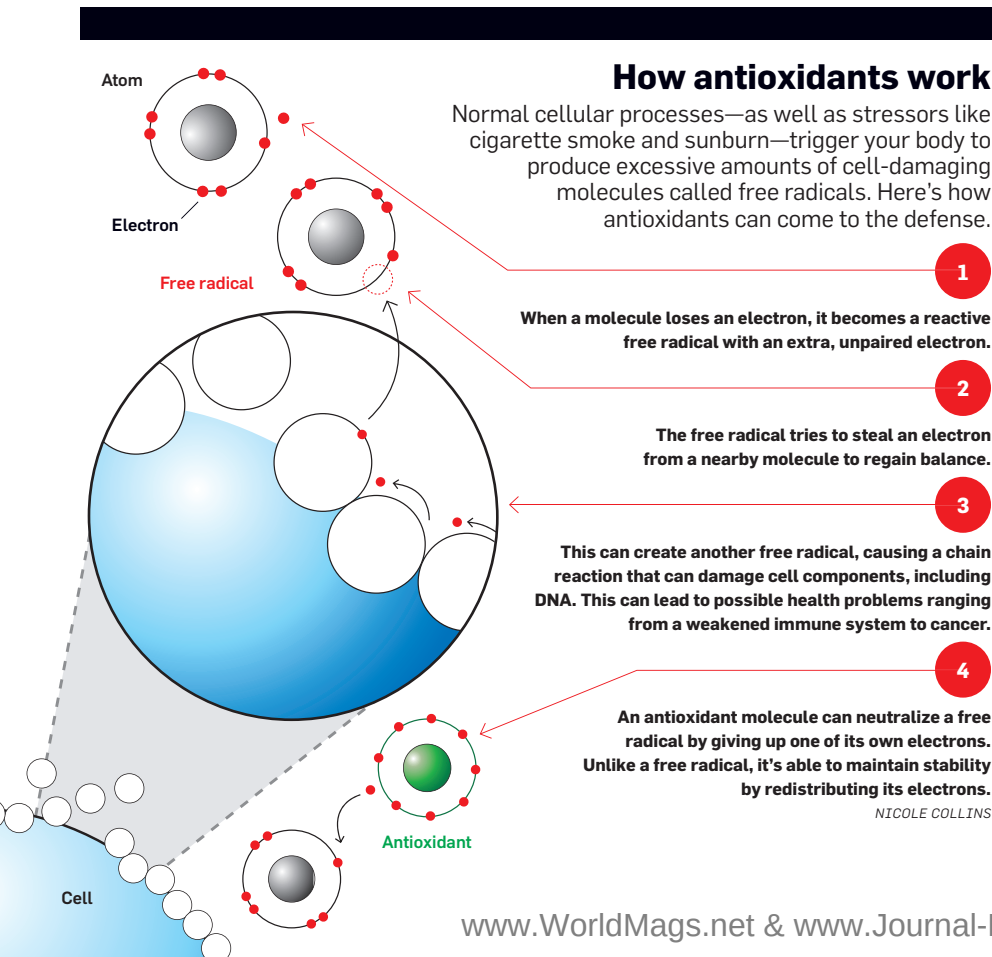
Maybe not

Working out leads to more oxidation and an increase in free radicals. That's not a bad thing. "Since free-radical production is a normal response to exercise, taking a large dose of antioxidants right after a workout could interfere with the natural, beneficial response to exercise," says nutritionist Alan Aragon, M.S., a *Men's Health* weight-loss expert. The logic is unexpected but clear: Scientists speculate that the oxidative stress triggered by exercise promotes insulin sensitivity and weight loss, and possibly reduces your risk of diabetes.

Case in point: A 2009 German study found that when exercisers took antioxidant supplements (vitamins C and E), they weren't rewarded with the typical postexercise boost in insulin sensitivity. So much for that well-intentioned antioxidant-fortified recovery drink. Michael Ristow, M.D., an author of the study and chairman of the department of human nutrition at the University of Jena, Germany, speculates that other antioxidant supplements might have similar negative effects, though more study is needed.

Supplements can even sap your power: A 2006 British study found that runners who took 1,000 milligrams of vitamin C daily for a week lost muscle strength.

Do this If you're exercising to lose weight, your antioxidants should come from whole foods, not from supplements or antioxidant-enhanced food products. When it comes to antioxidants, more isn't always better. ■



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What to Say to a Naked Woman

“Wow” works. But the best praise is specific and heartfelt. Just ask the more than 2,000 women we surveyed

BY CAROLYN KYLSTRA

SO THERE YOU ARE, LYING IN BED WITH A BEAUTIFUL, NAKED WOMAN.

Before you speak, pounce, or babble incoherently, remember this: Not all compliments are created equal. And any woman gracious enough to bare her glorious body in your presence deserves more than a perfunctory “You’re so hot” between love grunts. If you don’t believe me—the

Men’s Health Girl Next Door—listen to the 2,000-plus women we surveyed. “Sometimes words can sound really cheesy and hard to believe,” said one. Actions are more believable: “If he can’t keep his hands off you, I think that’s the biggest compliment, really.”• And here’s another thing: The survey confirmed that many of us have insecurities, and most of us

Walter Chinn/Runarchive.com

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 Tenny Fau



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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 January 24, 2010. Sensible diet and exercise are essential for healthy weight loss. Read entire label before use. © 2010.

Couples

What to Say to a Naked Woman

love frequent, enthusiastic compliments. This has been proved conclusively in recent studies in the burgeoning field of relationship psychology. In fact, among the 19 recognized mate-retention tactics, "love and care" is paramount, says Aaron Goetz, Ph.D., an assistant professor of psychology at California State University at Fullerton. "The biggest part of the love-and-care tactic is complimenting your partner's physical appearance."

Simple enough, right? Follow these rules to give that beautiful naked woman all the love and care she deserves.

Don't just say it like you mean it—actually mean it

Evolutionary psychologists have shown that women are programmed to be skeptical of what you say. It's their way of protecting themselves from manipulative men who don't want to commit to relationships.

Your move Avoid exaggerating. Tammy Nelson, Ph.D., a licensed psychotherapist and the author of *Getting the Sex You Want*, says the more a compliment is tailored to that specific woman, the more intimate and effective it is. "Use sensory words, like, 'Your breasts are so soft,' 'I love the way you smell,' 'I love the sound

of your voice,'" she says. "The more detailed your praise, the more personal it is to her—it shows her that you derive pleasure from *her* body, not just from any naked body."

Our survey Women said they enjoy compliments about their breasts. Some of their favorites: "They fit your body perfectly" (Andrea, 26). "Your nipples are so hot. I'm so turned on when I see them get hard" (Courtney, 29). "They feel so good against my chest" (Sheri, 24).

If she has to ask how she looks, it's too late

"Compliments lose credibility when they're paid in response to a statement of insecurity," says Robin Kowalski, Ph.D., a professor of psychology who studies interpersonal communication at Clemson University. It doesn't matter how thoroughly you believe she looks off-the-charts sexy in her new satin negligee—if she has to ask, she won't believe your answer.

Your move Note changes to her appearance: new haircut, different down-there grooming. Her efforts are a common mate-retention tactic, Goetz says. So if she's been going to the gym, admire her flat belly or strong legs.

Our survey That belly was by far the touchiest subject for women. If there's any sign of the

dreaded "chub," ignore it. If it's flat... "Lay your head against it and tell me it's your favorite place in the world" (Carrie, 25). "Say, 'Wow, those core workouts have really paid off!'" (Dawn, 25).

If it's worth saying once, it's worth repeating

Women are more aware than men are of compliments given and received, according to a 2004 study. "Women see compliments as a way to grow closer to their partners," says study author Eve-Anne Doohan, Ph.D., an assistant professor of communication studies at the University of San Francisco.

Your move Keep giving, whether she's fully clothed, stark naked, or anywhere in between. "You can never tell a woman too many times that she's beautiful," Nelson says. "It reassures her that you still feel an emotional connection with her."

Our survey Urgency works. When we asked women about the most memorable compliments they'd received, we saw countless variations (many of them X-rated) of "I want you right now." "The hottest thing a guy ever said to me was that he wanted to be inside me right now" (Tamara, 24). Another said, "I've wanted this for so long" (Amanda, 30).

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Bring another man to bed—in spirit, anyway

Relay some other guy's observation about her. It's unfair, but compliments from others are often more believable than compliments from you. See, she expects you to gush, Kowalski says, but "the third party has no vested interest. That's what gives it believability."

Your move Tell her she's beautiful, and then say, "Hey, listen to this..." and follow up with a kind word from someone else. Don't tell her your buddy thinks she's hot—she might feel like an object or a prize. Instead, mention a friend who noticed her poise or pretty smile.

Our survey Women were most self-conscious about their bellies, butts, and breasts—in that order. If you know her weak spot, don't say anything. "Just kiss me there. It will help me know you find my body sexy" (Jeannie, 32).

When she's naked and vulnerable, bare your soul

The most memorable and flattering compliments arise from genuine emotions. In Doohan's study, 163 people in romantic relationships were asked to recall the most significant compliment they'd ever received. The ones they cited were mostly about the

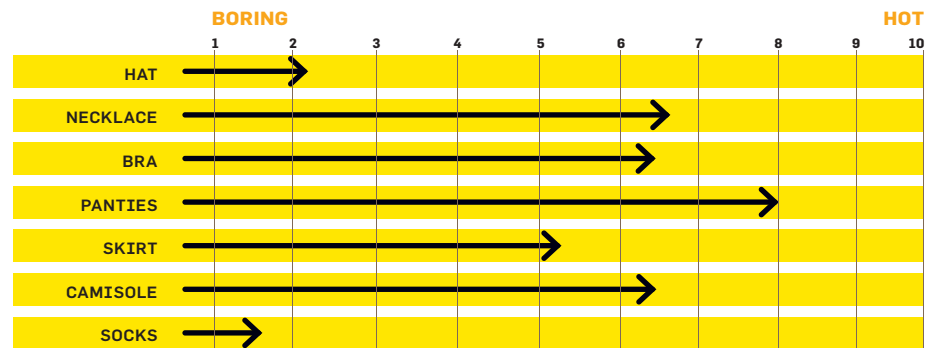
importance of the person or the relationship, rather than about physical attributes. "When you talk about feelings," Doohan says, "you're not just going through the motions."

Your move Make sure she knows how happy or excited you are to be in bed with her. Simple appreciation is more memorable than waxing poetic about her curves.

Our survey General compliments or grateful silence *can* work, if you're also drinking her in with your eyes or exploring her curves with your hands. "A sharp intake of breath is enough to show me he appreciates my body" (Brenda, 25). Can't handle the quiet? Take this advice from Chloe, 20: "Nothing can beat a softly whispered 'Wow, you're so beautiful!'" ■

Show her this list and unleash her fantasies

572 women tell us what single items feel sexiest to leave on when stripping down



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Is Your Doc Addicted?

Strung-out doctors and nurses imperil patients' lives every day.
So why is no one trying to catch them?

BY TOM MCGRATH • PHOTOGRAPHS BY ADAM LEVEY

HAD SHE BEEN A PILOT, or a train engineer, or even a bus driver, chances are someone would have discovered, before it was too late, the demons Kristen Parker was battling. Unfortunately for the people whose lives she would forever alter, Parker was merely a hospital worker. • The 26-year-old surgical technician was hired by Rose Medical Center, in suburban Denver, in the fall of 2008. While she was required to jump through plenty of preemployment hoops, including a drug test, there was no random drug testing once she landed the job. • Which was tragic, because if hospital officials had periodically screened Parker for drug use the way the transportation industry screens millions of its employees every year, they no doubt would have found out the truth sooner. Despite somehow managing to pass that initial test, Kristen Parker had a drug problem. A very serious drug problem. Her addiction was so severe, in fact, that within a few days of



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Special Report

Is Your Doc Addicted?

starting her job, she began treating the drugs available in the medical center's operating rooms as her own personal stash.

When doctors and nurses in the OR weren't looking, Parker would quietly steal syringes filled with the narcotic Fentanyl, which is up to 100 times as powerful as morphine, and replace them with syringes filled with saline. At first those replacement needles were new and sterilized. But as Parker's addiction worsened, she became sloppier and more brazen. Soon she was swapping the Fentanyl syringes for dirty needles she'd used to inject herself.

Horrible? Absolutely, especially given this fact: The previous summer, while living in New Jersey, Parker thinks she contracted hepatitis C from using dirty needles to shoot herself up with heroin.

Parker's behavior eventually aroused suspicions, and she was fired after failing a drug test. But it wouldn't be until June 2009, after Parker had begun working at yet another Colorado medical facility, that Rose officials, along with the state health department, began piecing together the damage she had wrought. Ultimately, they calculated, she had exposed nearly 6,000 patients to hepatitis C.

Among those victims is Jake, a 21-year-old Marine who checked into Rose Medical Center in February 2009 to have a suspicious growth in his throat removed. The growth turned out to be benign, but the care he received from Parker was anything but.

Today Jake is in the middle of interferon treatments for his hepatitis C. Twice a day he's required to swallow a handful of pills; once a day he has to inject himself in the stomach. Every day he has a low-grade fever and suffers body aches. And he knows his long journey has just begun.

"The doctors have told me there's no such thing as a cure for hepatitis C," says Jake. "The best-case scenario is that they control it enough that I'm not contagious anymore."

MAYBE THE SCARIEST PART OF JAKE'S STORY is that in many ways, it isn't so unusual. Scan news accounts from the past few years and you'll find case after case of drug-addled health-care workers endangering innocent and completely unknowing patients:

- In 2006, a St. Louis surgeon hooked on pain pills poked a hole in the colon of a patient he was operating on, causing so much damage that about 12 inches of the man's colon would later have to be removed.
- In 2007, a Pennsylvania dermatologist who was addicted to the powerful pain reliever hydrocodone was arrested by police. Her staff told investigators the doctor was sometimes so zonked out that she had trouble finishing surgery, and that on one occasion a patient was left with part of her nose hanging free because the doctor had missed a stitch.
- In 2008, a Massachusetts nurse was sentenced to 4½ years in jail after she had siphoned pain medication from bottles and replaced it with saline. Numerous patients just out of surgery were given the watered-down, completely ineffective drugs.

How could such nightmares occur—particularly in a health system that more than 300 million Americans assume is safe and secure? The short answer: The system isn't nearly as safe and secure as we might like to think.

That's because doctors and nurses, unlike airline pilots, truck drivers, some big-city firefighters, and other professionals whose performance impacts public safety in the United States, are not required by law or regulation to be randomly screened for drug use. As a result, you have zero guarantee that the surgeon fixing your ACL, or the nurse administering your medication, or even the dentist performing your root canal isn't quietly hooked on something that could inhibit—or completely annihilate—his or her ability to treat you safely and effectively.

"The American public has accepted the idea that a physician works in the patient's



Serve them up for game day snacking.

Like a kid in a candy store

When your pharmacist fills the prescription for addiction

Given that pharmacists spend their days selling drugs, is it any wonder some of them sample the merchandise? In fact, 40 percent of pharmacists in a Georgia State University survey took meds that hadn't been prescribed to them. "Common sense says this may lead to medication errors and patient harm," says George Kenna, Ph.D., R.Ph., a pharmacist at Brown University's center for alcohol and addiction studies. Here's how to protect yourself.

Confirm the quantity

An impaired pharmacist's work may become sloppy, leading to counting or dispensing errors, says Kenna. In rare cases, the pharmacist may even skim from your scrip.

Check size and shape

Compare the shape and color of your pills to the description in the prescription insert. A recent British study found that 31 percent of pharmacist errors involved dispensing the wrong drug.

Read your mail

Scan your insurance provider's statement. "If there are refills or other prescriptions you never filled, it's a warning sign that they're being forged in your name," says Kenna.

Guard extra meds

Never drop off unused drugs at a pharmacy. It's illegal, and an addicted pharmacist may pocket them. Instead, find a take-back event in your area (takebacknetwork.com). LAURA ROBERSON

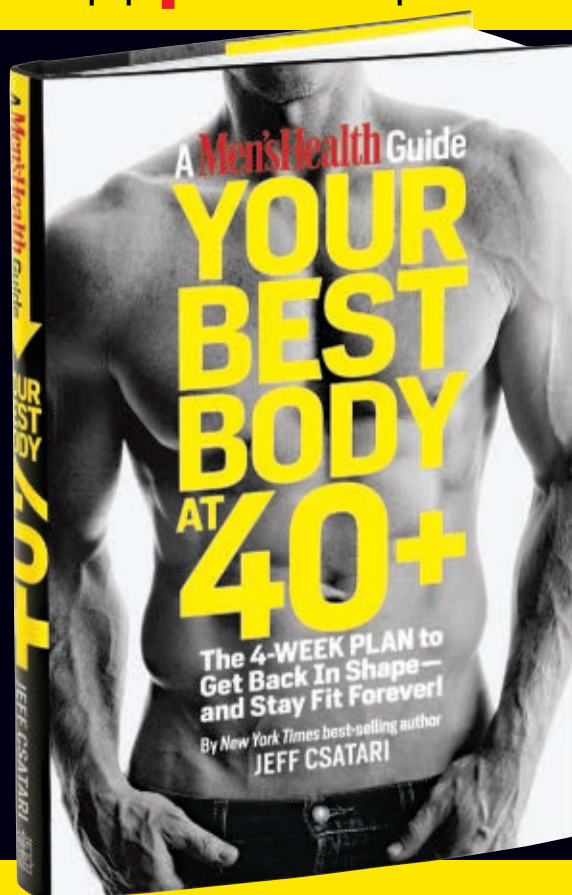
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best interest. And most physicians do," says Lucian Leape, M.D., a professor of public health policy at Harvard's school of public health, and a leading advocate for patient safety. "But in the past 20 years, there's more and more evidence that we have some definite problems."

There's so much evidence, in fact, that Dr. Leape now believes it's time to flip the current arrangement on its head—to move from a system in which patients must blindly trust that the people treating them are drug- and alcohol-free to a system in which health-care workers are required to prove, through random and periodic drug testing, that they're drug- and alcohol-free. "I'm very much in favor of random testing," Dr. Leape says. "We

Up to 15 percent of health-care professionals will battle a substance abuse problem during their careers.

have a responsibility to identify problem doctors and bring them into treatment." And to protect patients in the process.

But not everyone agrees. In fact, many of the most influential voices in the medical profession are not even paying much attention to the problem. The American Medical Association, for example, has no policy at all on the drug testing of physicians despite numerous examples of patients harmed by substance-abusing doctors. The AMA declined our request to have a medical expert speak on the subject. Meanwhile, although some hospitals have instituted preemployment drug screening, only a few around the country have implemented a random screening program. Instead, most facilities just blithely assume their workers are drug-free.

All of which is disquieting to victims of drug-induced hospital horror stories, like Jake's. "I was always under the impression that an operating room was one of the safest places," he says. He pauses, no doubt contemplating the terror inflicted on him and 6,000 others by Kristen Parker. "I guess I was wrong about that."

CERTAINLY NO ONE LOOKS FORWARD TO THE prospect of peeing into a plastic container to prove he or she is fit to do a job. Yet all clinical members of the anesthesia department at Massachusetts General Hospital, one of the country's oldest and most prestigious medical facilities, are required to do exactly that. If their tests come back clean, the residents are free to keep on practicing. If not, a second sample is sent to another certified lab for confirmation. If the second sample is positive, the doctor is steered into treatment for drug use.

This program, along with a similar one that's in effect at the Cleveland Clinic, began in 2004 after a rash of publicity emerged about high addiction rates among anesthesiologists. (A 2005 survey by the Cleveland Clinic Foundation found that 80 percent of anesthesiology residency programs had problems with drug-impaired residents.) "Some view it as an invasion of privacy. But others feel we have the safety of the public in our hands, just like bus drivers and pilots do," says Michael Fitzsimons, M.D., the Massachusetts General anesthesiologist who is the driving force behind the testing program. "And because of that, we not only have to be drug-free, but also have to prove we're drug-free."

The results of the program should give confidence to patients—at least those patients who have dealings with Mass General anesthesiology trainees. According to a study in the journal *Anesthesia & Analgesia*, four cases of substance abuse among Mass General anesthesiology

residents were reported in the 6 years prior to the program's launch; in the 4 years after the launch, the number of cases fell to zero. None. The very prospect of being tested, it seemed, had changed doctors' behavior.

That's one reason Dr. Fitzsimons would like to see the program expanded to all doctors. While anesthesiologists have received most of the attention when it comes to addiction, the truth is that substance abuse is a problem throughout the medical profession. Not only are doctors five times more likely than the rest of us to abuse prescription drugs, but studies also have found that up to 15 percent of health-care professionals will battle a substance abuse problem during their careers.

Of course, from the public's point of view, the real problem isn't the number of doctors and nurses who become addicted; it's that without testing to flag drug or alcohol use, it's far too easy for those addicted doctors and nurses to keep on practicing medicine.

Take Mike, for example, a beefy dentist from a small community in the South. For much of the past decade, patients have shown up at his office completely unaware that on some mornings he was still drunk from the night before. "I've practiced hung over and didn't do right by my patients," he says one morning in a group session at the Florida Recovery Center, a facility specializing in addiction treatment and rehab for professionals, including health-care workers. "I have that guilt and that shame."

Or consider David, a pediatrician from the Washington, D.C., area. After his wife complained about his heavy drinking, he did what to him seemed only logical: He brought his

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booze to the office. At first he wouldn't have a drink until the end of the day, after he'd finished seeing patients. "But the clock slowly starts to get pushed back a little bit," he says. "First you're not going to drink before 5:30, then it's 4:30, then it's 2:30, then it's, 'Why not just be a little high all the time?'" He finally decided to seek help when one afternoon, with kids outside in his waiting room, he was so drunk he couldn't stand up from his desk.

Ironically, David, who's now retired, spent

"There are some doctors who don't want to recover. They want to maintain their licenses *and* their addictions."

his career working for the U.S. government, which drug-tests more people than any employer on earth. But as a physician with the National Institutes of Health, he was never screened in more than 30 years of practice. Would it have made a difference? He gives an answer common among addicted health-care professionals: "Absolutely. It would have forced me into treatment earlier."

THE NOTION OF WORKPLACE DRUG SCREENING as a way to protect the public first gained momentum in the 1980s; it was a Reagan-era response to the rise of casual drug use. President Ronald Reagan himself signed an executive order in 1986 mandating drug screening of all federal employees. Over the next several years, the private sector followed suit, with workplace testing at companies spiking more than tenfold between 1987 and 1993. The practice wasn't without controversy—some employees and civil libertarians said it violated privacy rights—but the courts have generally ruled in favor of drug screening for people who hold jobs that may pose a threat to public safety, and the public seems to have accepted the idea of giving up some rights in exchange for greater safety and security.

So given the tenor of the times, not to mention the life-and-death nature of what health-care workers do, how have most of them managed to have the specimen cup pass them by? In part, the reason may be the lack of a high-profile disaster drawing attention to the cause—as was the case with the transportation industry. It was in 1987, after a fatal Conrail accident in which the brakeman and engineer were both found with traces of marijuana in their urine and blood, that transportation secretary Elizabeth Dole proposed a regulation for mandatory random testing for everyone in safety-sensitive positions, including airline pilots and transit drivers.

"When we board an airplane, train, or bus, or drive our cars on the highway, we literally

put our lives in the hands of others," Dole said at the time. "The abuse of drugs and alcohol by transportation workers . . . is a life-threatening violation of that trust."

The irony is that while the following year 6 percent of rail workers tested positive for drugs, a Harvard survey 2 years earlier had found that about 10 percent of doctors regularly used drugs once a month or more.

Which points to another reason doctors have avoided testing: status. The government and the public seem to have little problem telling a blue-collar subway engineer to offer up his urine, but we've been far more hesitant to put the same demands on a Harvard-trained oncologist or a Johns Hopkins cardiologist. Indeed, in 1990, officials at Hopkins announced a plan to randomly

test all their physicians for drugs—only to drop the plan several months later after the doctors objected to it.

"There's a long history of professionalism when it comes to medicine," says Harvard's Dr. Leape, "and the public has generally accepted the idea that physicians are self-regulating."

To its credit, the medical profession hasn't completely ignored addiction among its members. Since the 1970s, most states have had Physicians' Health Programs, or PHPs. These government-supervised plans allow doctors with addiction problems to receive treatment, confidentially and without disciplinary action, provided they come forward voluntarily. On one level, PHPs have been remarkably successful: A study published last year in the *Journal of Substance Abuse Treatment* found that 5 years after treatment, 78 percent of physicians who had participated in PHPs remained clean and sober—a rate four times higher than that of most rehab patients.

That said, there's clear evidence that PHPs alone simply don't do enough to protect the public, starting with lax oversight of the 22 percent of doctors who relapse. After two external audits in a 2½-year period revealed serious problems, including inadequate monitoring of participating physicians, the California Medical Board decided to disband the state's PHP in 2007. "The purpose of the program was supposed to be protection of the public, not physicians," says Julianne D'Angelo Fellmeth, administrative director of the Center of Public Interest Law at the University of San Diego, who conducted one of the audits. "There are some doctors who don't want to recover. They want to maintain their licenses *and* their addictions."

What's more, unlike random drug screening programs, PHPs come into play only after the fact—after a doctor acknowledges that he or she has an addiction problem. For many patients, that's too late. *Continued on page 174*



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My Son Calls the Plays

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BY RODNEY PEETE
AS TOLD TO CRAIG BRIDGER

THREE KICKS. THAT WAS ALL I NEEDED FROM RJ.

"C'mon, RJ," I said, "kick it back to me now."

The soccer ball, smooth as the day I bought it, sat still in the green grass. All around, other kids were playing pickup basketball and tossing footballs to their fathers. But RJ, my 4-year-old boy, was staring at the wheels on a passing stroller. He started to follow it, stumbling along as if hypnotized by the wheels. "RJ, c'mon now," I said. He didn't even look at me.

Like every other day, I'd loaded the car until the trunk looked like a sporting-goods store in the hope that something would catch his interest. We drove down the hill to our neighborhood park. And like every other day, I'd been left standing there calling his name while he wandered to the creek or stood flapping his ears. Or watched ducks. Or followed strollers.

When Holly was pregnant with the twins, I couldn't wait. I was going to teach my son the way my dad taught me, weaving life lessons into games of catch. Imparting the importance of discipline and teamwork that served me so well in my football career at USC and then in my 16 years with the NFL. Before Holly and I got married, I'd watch other players' kids come into the locker room and receive jerseys and autographs. I'd daydream about how I was going to bring my boy with me someday.

But children will alter you in ways you can't predict. In the hospital recovery room, as I cradled my infant son and daughter, my whole being changed. My whole sense of self. I knew I'd do anything for them, but I didn't yet know what that would require.



Over 16 NFL seasons, Peete was a potent offensive player. But his son's battle with autism put him on defense.

WE DON'T REALLY KNOW WHAT CAUSED RJ'S condition. All we know is what we saw, and we saw something change in little RJ when he was about 18 months old.

His verbal skills withered. He stopped making eye contact. I'd drop him off at his preschool and hang back to observe him without letting him see me—the way my dad used to do with me. I'd watch the other kids playing on the jungle gym and kicking the dodgeball, and there was RJ in a corner, turning in circles, talking to himself. And he'd do that for 30 minutes. It broke my heart.

Our pediatrician kept saying, "He's only 3. Some kids develop slower. He'll grow out of it." And I really wanted to believe that. I held on to that—even as the school staff told us they couldn't teach RJ, even as Holly started to fear the worst, and even as we sat in the pediatric psychologist's office and heard the diagnosis.

That psychologist, I'll never forget, had the bedside manner of a dead fish. "RJ is definitely

on the autism spectrum," she said to us, cold and hard. "That means he'll never say, 'I love you.' He'll never play team sports. He'll never look you in the eye or have a meaningful conversation with you."

As the doctor spoke, Holly started shaking and crying. I tried to comfort her, but my pulse was racing, hammering in my throat. I really didn't know what it all meant. It was tough staying strong for her and for RJ because inside, I was falling apart.

And I was angry. Who was she to tell me *never*? My boy was barely 3 years old. How did she know what he would or wouldn't accomplish in life? So after crying and feeling hopeless, I decided I would prove her wrong. Which was good, in a way, because it gave me a reason to keep fighting. But it was probably destructive, too.

Looking back, I'm not sure I knew the difference between proving *her* wrong and proving the *diagnosis* wrong.



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HOLLY THREW HERSELF INTO RJ'S

treatment, researching, reading, connecting with specialists. But I wasn't involved. There was nothing wrong with RJ that I couldn't fix. He didn't need "floor time," which is basically where the therapist gets down on the floor and plays with the child, engaging the child on the child's terms. Nor did he need occupational therapy or speech therapy, or any of it. He just needed more time with his dad. Because he was my boy. He was an extension of me. And I knew him better than any doctor.

Things were complicated by the fact that I was still playing football. I was home for only 6 months out of the year, which made me more ignorant about RJ's condition and more determined to fix it when I was there.

Holly must have thought I was crazy. She was working so hard with RJ, taking him to his therapies, and making progress. Then I'd come home and jump in. But every time he asked me a question unprompted, every time he threw the baseball to me in the park, in my mind, that was proof that I was reaching him. Those moments kept me going. For 4 years.

Meanwhile, my marriage was breaking apart.

One afternoon, I had RJ out in the front yard to shoot some baskets. I wanted him to make five shots. Those were the kinds of bargains I would try with him. Five baskets, and then we could go inside. And he was doing his thing, flapping his ears, totally disengaged. I just couldn't contain my frustration. My voice grew louder and angrier. Tears formed in his eyes, but I kept forcing it, insisting, "Just shoot it from here," I said. "Pay attention!"

Holly stormed out, cussing and shouting. "You don't know what you're doing," she screamed. "That's why the boy is crying. You don't understand him, and he doesn't understand you." She said, "I'm tired of this. And I can't have you around."

Somewhere deep inside, under all the denial, I knew Holly was right. But I couldn't face it. And boy, you want to talk about a broken heart—try making your own kid cry because he doesn't understand what you want from him.

THE TURNING POINT CAME THAT SAME

week. Holly swears she didn't set me up, but I still wonder. RJ was in a pre-school for kids with developmental issues. All his therapists were there that day to evaluate his progress. They asked me to join him for floor time.



RJ, now 12, has done many things his doctors said he never would, says dad Rodney (right).

They'd demonstrated these techniques to us before, and I thought it seemed a little silly. I knew how to play with my son. I was eager to show them that Dad trumped therapy.

RJ had a fire truck, and I asked him what he was doing. He didn't answer. I tried again, and asked him if he was having fun. Nothing. It went on like that. I couldn't engage him at all. Then his therapist took a turn. "Why does a fire truck have a ladder?" she asked him. To save people, he told her. She asked him when they save people, and he answered that, too. I wanted to yank up the floor and crawl under it. I was supposed to be the one with the special connection to RJ. I was angry at everyone in that room.

Except myself, that is.

Afterward, I headed straight to my favorite bar, the Grand Havana Room—which was becoming my hideout from my disintegrating family—and ordered a Macallan. I was fuming.

As the whiskey spread through me, I started to see my entire relationship with RJ—taking the soccer ball to the park, shooting baskets—like a movie. And I realized that everything I'd done had been wrong. I was hindering RJ's progress, all because I wanted to believe in my special Dad touch. It wasn't autism that stood between me and my boy; it was my ego. I swirled the drink, took a sip, and finally admitted



Say, "Good for you!"

It's better than saying "I'm proud of you," says Carl Pickhardt, Ph.D., author of *The Connected Father*. You want your child to perform for himself, not for you.

Have a goodbye routine

"Give the child a boost of confidence before he walks out," says Roni Cohen Leiderman, Ph.D., dean of early childhood studies at Nova Southeastern University. "Give him a high-five or a 'have a great day.'"

Kiss your wife

"Kids learn from their parents about how to behave in a relationship," says Armin Brott, author of *Fathering Your School-Age Child*.

that it wasn't about me. It never had been. It was about RJ—who he is, not who I want him to be. That's something a lot of fathers struggle with. And if I hadn't come to grips with it that evening, I'd probably be divorced now. And I wouldn't know my son. I'd still be looking for my idea of my son.

Once I joined the team—Team RJ, we like to call it—he began to surprise me. And one day at the park, I got out the soccer ball. This time I let him play in the creek—do what he wanted to do—before I asked him to come kick a few. Unlike before, I wasn't anticipating failure. I was in a good mood. It's amazing how kids can sense that stuff.

Suddenly RJ was kicking the ball through our little makeshift goal. I started going nuts, like he'd just won the World Cup. Just five kicks, I told myself. RJ made five. And made five more. And just kept going! He didn't run away. He wanted to be right where he was, kicking the ball with his dad. It was the happiest day of my life.

For so long, I'd been focused on my idea of progress. RJ could have skipped a rock 25 times in the creek and I wouldn't have noticed, because that wasn't what I wanted him to do. He needed my approval. It's so ironic: Once I let go of the things I wanted from RJ, that's precisely when he started giving them to me.

RJ IS 12 YEARS OLD NOW. HIS IMPROVEMENT has been remarkable. He's been playing soccer for 2 years. He's verbal. He looks you in the eye. He says, "I love you." All those things the pediatric psychologist told us he'd never do? RJ has done them all. I'm not suggesting that one mood shift from me was all it took. Holly has been tireless. And there have been years of rigorous therapy, and experiments with his diet and schedule. RJ is in his last year at UCLA Lab School (as much as it pains me, a Trojan, to admit). We're preparing him for the challenges of middle school. Every day, there are victories and setbacks.

Will he ever drive? Will he go to college? I don't know. But I refuse to put any limitations on him. And now, when I hang back and watch him on the school playground, I see an engaged kid who wants to be there. I see my son, who is autistic, who has surprised us all, and who isn't finished teaching me yet. ■



Rodney Peete is the author of *Not My Boy!: A Father, a Son, and One Family's Journey with Autism (Hyperion)*.

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Need help with your fitness goooooooooooooooooooooooooals? Use these training secrets from elite soccer players to build strength, speed, endurance, and agility

THE

FITTEST



BY JOSH DEAN AND BEN COURT PHOTOGRAPHS BY CHRIS FLOYD

MEN

EARTH

ON

THE WORLD CUP



is, for 95 percent of the globe, something like the Super Bowl, the Summer Olympics, and Mardi Gras rolled into one giant foot-stomping, hand-clapping, flag-waving fiesta.

For the better part of a month, this quadrennial tournament fuels parties and clears cubicles as fans of the 32 participant nations sing, dance, and get day-drunk in the name of national pride. We in the United States are late to the party. We were raised to dismiss soccer as some foreign trifle that encourages tie scores and rewards theatrical turf dives at a whisper of contact. • But a funny thing happened as the U.S. national team started to gain international respect. Last summer, it beat the world's number one squad, Spain, and has since risen to 16th in the world rankings. Heading into the Cup, in South Africa, the team has developed into a power that deserves to share the field with England, our first opponent this summer. (The date is June 12. Mark it down.) With success, more Americans began to pay attention. And they began to see soccer players at this level for what they are: arguably the best all-around athletes on the planet. • First consider the talent pool, says Pierre Barrieu, fitness coach for the U.S. men's national team. "In most countries, soccer is the number one sport. Imagine if all the athletes in the NFL, the NBA, the NHL, and MLB played soccer. That's who we're competing against—the best of the best from around the world." And then there's this: In no other sport do men run for so long, at such intensity, with so little rest, all the while being asked to excel at so many things: sprinting, jumping, cutting, tackling, and of course, dribbling a slippery, round ball with such skill that it seems to be

tethered to their feet by a string. • "Soccer players are the world champions of intermittent exercise," says Peter Krstrup, Ph.D., an associate professor of exercise and sport sciences at the University of Copenhagen. "It's the combination of intense interval exercise with various activities requiring cardiovascular fitness and muscle strength. Elite soccer players have extraordinary intermittent exercise ability, high sprinting and jumping ability, and high endurance." They're strong, too: Norwegian research reveals that top soccer players can typically squat 440 pounds. • Krstrup says he and his colleagues have observed a 20 to 40 percent drop-off in performance between the first 15 minutes of a game and the final 15 minutes. "Soccer players become fatigued," he says, which means that often the fitter team wins. • That's good news for the United States. Our national team may not be the world's most talented (that's Brazil, Argentina, or Spain), but you'd be hard-pressed to find any team in better shape, according to various trainers interviewed for this story. On the following pages, take a closer look at four U.S. team members who will make us all proud to wear red, white, and blue this summer. Each personifies a component of fitness—agility, endurance, speed, and strength—that can be systematically improved. Use their strategies to work yourself into world-class shape. Just don't ask them for advice on how to dive. If you want to work on that, check with the Italians.



"Adding boxing to my workouts has made me a better, more confident athlete." —TIM HOWARD, national team goalkeeper

A sweetly hit free kick in soccer can hurtle through the air at 80 miles an hour. At that speed, the 16-ounce leather projectile strikes with about 5,000 pounds of force. "It's like supporting an SUV on your abs for a thousandth of a second," says Louis Bloomfield, Ph.D., a professor of physics at the University of Virginia. Tim Howard's job as goalkeeper is to react instantly to catch or block these cannonballs. The 6'3", 210-pound Howard plays in England's Premier League and has the best shot of any American at making the World Cup's All-Star team. The 31-year-old is on top of his game. "I'm constantly strengthening my core because that's what gives me the ability to react faster and the stability to control my body better."

Howard's training focuses on speed, balance, and range of motion. "Tim has to be able to shift his body weight and throw himself in any direction, without any preparation," says Steve Tashjian, fitness coach for Everton F.C., Howard's club team. His agility workouts combine explosive lifting, core exercises, jumping drills (with a tether device called a Verti-Max, which allows him to jump against resistance), and boxing. "Sparring accelerates my hand speed, improves my footwork, and makes my punching more powerful," says Howard. (The goalkeeper often has to punch the ball away on corner and free kicks.) Howard alternates 60-second rounds of throwing jabs and combinations with defensive drills, during which he blocks punches with hand pads. Agility training speeds up your reaction time and fine-tunes body control, says Tashjian, skills that give you an advantage in any sport.

AGILITY THE SELF-TEST

T-test The men's national team relies on a seven-part functional-movement exam, but you can use the simple T-test, says Tashjian. Set up markers in a T configuration, 10 yards for the stem and 5 yards out to each side. Ask a friend to time you. Start at the base of the T, sprint to the top, side-shuffle to the left, side-shuffle all the way (10 yards) to the right, side-shuffle back to the middle, and backpedal to the start. Howard does it in 9.6 seconds.

AVERAGE GUY
12+ seconds
GREAT
10 to 12 seconds
WORLD CLASS
under 10 seconds

PEAK
PERFORMANCE
TIP

*Paddle your
way to a
powerful
core*

In the off-season, Howard rows in the gym or kayaks on lakes near his home in Memphis, Tennessee. "It's a great aerobic workout," he says. "Plus it works my core. My goal is to always strengthen my core." When kayaking, keep your arms straight and twist your torso to generate maximum power.

THE GAME CHANGER **Tim Howard**

AGILITY

1

Jumpstart power

Howard can bang out 30-inch box jumps, but Tashjian recommends starting with a 12-inch box. Stand behind and to the right of the box, jump laterally to your left, and then jump straight onto the box. Step down and return to the starting position. Do a total of 5 reps from the right side, and then 5 reps from the left. That's 1 set; do 3 sets with 30 seconds rest between each. Do this just after your warmup, 3 times a week.

2

Chop your core into shape

Howard uses chops to train his core, including the 4-way x-chop. Start in a split-squat stance, with your right leg forward and right knee slightly bent. Hold a dumbbell with both hands to your left side. Explode out of the squat, and rotate to lift the weight up to your right shoulder. Then reverse the movement and return to the starting position. Do 8 reps. Now switch sides with the dumbbell but keep your right leg forward and do 8 more reps. Then put your left leg forward and do 8 reps on each side. That's 1 set. Use a weight that allows you to complete 2 sets without losing form.

3

Fancy up your footwork

Mark off five 2-foot squares, like a ladder. Then . . .

- 1** With both feet, jump as fast as you can sideways into every square.
- 2** Jump as fast as you can sideways 2 squares left, then 2 squares right.
- 3** Stalom: Jump into a square from the side, jump forward 2 squares, and then jump out. Then reverse: Jump in, back 2 squares, and out.
- 4** Crossovers: From the left of the ladder's base, cross your left foot over your right as you step into square 1. Step to the right with your right foot and follow with your left out of square 1. Cross your right foot over the left and step into square 2, repeating the sequence up the ladder and then down the ladder.

Do 3 to 5 reps of each drill, with 30 seconds rest between each set.

THE DECIDING FACTOR **Clint Dempsey**

ENDURANCE

After the first round of last summer's Confederations Cup, which gathered eight of the world's top teams in South Africa, the U.S. team's trainers pulled the results of video tracking that followed every foot-step of every player. One result stood out: Out of nearly 200 players, the top three runners who covered the most ground were all Americans. In a typical game, the data showed, they ran almost 8 miles. They were also all midfielders. Number two on that list, just behind his teammate Michael Bradley, was Clint Dempsey, who stars for Fulham F.C., a team in the English Premier League. "Stats don't

lie," says the 27-year-old Dempsey. "That gives you an idea of the work going into every game." Midfielders occupy the central portion of a soccer team's formation; they play both offense and defense, so their territory is the entire field. In truth, a tireless midfielder like Dempsey isn't really ever at rest.

Running in soccer is interval-based, says Scott Piri, director of soccer for Athletes' Performance, which oversees fitness for the U.S. men's team, the German national team, and several pro teams. "Midfielders mix jogging, running, high-speed running, and sprinting," says Piri. Jogging is 40 to 60 percent

of your maximum effort, running is 60 to 80 percent, high-intensity running is 80 to 95 percent, and sprinting is all-out.

What's more, elite players typically perform 1,000 to 1,400 short activities per game, changing every 4 to 6 seconds, according to a review in *Sports Medicine*. Along with running, this includes about 50 activities with the ball, 30 passes, 15 tackles, and 10 headers. Players also sustain forceful contractions to maintain balance and control against defensive pressure. To achieve this level of fitness requires a combination of running drills and body-strength exercises to build muscular endurance.

"My competitiveness pushes me," says Dempsey. "That's where I gain my edge—the willingness to push myself. If you're not doing it, someone else will." Dempsey has made it a priority to improve his endurance. "Clint's not a freak born with incredible running ability," says Barriue, the national team fitness coach. "He's worked a lot on his running because he knows he needs it to play at his best." There's a special payoff to having gas left in the tank. "You see most goals scored in the final 15 minutes of a game," says Piri. "You've been running for 75 minutes, and the question is, Can you still run hard?"



"You have to stay tough to break down a team. You have to outwork them."
—CLINT DEMPSEY,
national team midfielder

FORGE WORLD-CLASS ENDURANCE

ENDURANCE THE SELF-TEST

You can run around a track or use a treadmill for this test from German national team fitness coach Shad Forsythe. Run at the fastest pace you can maintain for 4 minutes; note your distance. Jog slowly for 3 minutes. Do this a total of three times. The average distance you cover at your fastest is your score.

AVERAGE 0.4 mile
GREAT 0.6 mile
WORLD CLASS 0.8 mile



Swim

"I try to swim for 30 minutes the day after every game," says Dempsey. "It's a great way to exercise and boost circulation without putting pressure on your joints."



1

Forge speed stamina

Doing four 4-minute incline-running intervals twice a week at 90 to 95 percent of maximum heart rate—with 3 minutes easy jogging between each interval—improves cardiovascular fitness by half a percent each session, according to Norwegian research. (Think of the cumulative effect!) A recreational athlete can benefit from similar training, but at lesser intensity. Piri recommends starting out with five 15-second, 110-meter sprints with 30 seconds active recovery, twice a week. As you become fitter, gradually extend the number of reps and the length of the sprint, and reduce the recovery time.

2

Extend muscle endurance

Piri recommends adding this minicircuit to your workout three times a week. Do 1 set of each exercise with 30 seconds rest. For complete descriptions, see MensHealth.com/worldcup.

1 Plank with arm lift Assume a pushup position but with your forearms firmly on the ground. Lift your right arm up and slightly to the right and hold for 2 seconds. Return to the starting position and repeat with your left arm. Complete 5 to 10 reps on each side.

2 Marching lateral plank Lie on your left side with your legs straight and body in a straight line propped on your left forearm. Lift your bottom knee to your chest, hold for 2 seconds, and return. Lift your top knee to your chest, hold for 2 seconds, and return. That's 1 rep. Do 5 to 10 reps. Switch sides.

3 Marching hip raise Lie faceup with your arms at your sides, knees bent, and heels on the ground. Lift your hips until your knees, hips, and shoulders form a straight line. Hold the position while lifting your right knee to your chest. Return your foot to the ground and repeat with your left knee. That's 1 rep. Complete 5 to 10 reps on each side.

3

Build your foundation

To make running more interesting and to quicken your gains, do a fartlek workout once a week, says Piri. *Fartlek* is Swedish for "speed play" and involves 30 minutes of running.

Within that session, you sprint when you feel great, run when you feel good, and jog when you're panting. The key is to listen to your body and push yourself by creating your own impromptu interval workout.

Ball hog: Dempsey shows off his control.



THE SECRET EDGE Jozy Altidore SPEED

U.S. soccer doesn't have many defining moments, but one transpired last summer when the men's team faced top-ranked Spain. The score was tied 0-0 when a U.S. player passed the ball to his teammate, striker Jozy Altidore, who was near the top of Spain's penalty area. First Altidore used his leg strength and body control to hold off his defender. Then as the ball rolled past, he turned, and with only that slightest gap, exploded into the box and drilled the

ball past the keeper for a goal that helped the Americans pull off what was dubbed the Miracle on Grass. "That goal was just a sign of what's to come," says Altidore, who plays for Hull City, in England's Premier League.

This was certainly evidence that the 20-year-old New Jersey phenom, whose nickname is Juice, has the potential to become America's first world-class striker. Piri says Altidore "can run through you, past you, and around you.

Jozy's a monster to contain, whether it's on the ground or through the air."

It's the 6'2", 190-pound Altidore's bursts of speed that give him an edge. He followed a strict strength program to reach that level, Barrieu says. To develop greater explosiveness, Altidore does sprinting exercises while wearing a Bullet Belt, a harness that allows him to run with resistance. "By doing drills that overload the acceleration phase, you train the muscles to be stronger and the nerves

SPEED THE SELF-TEST

Although some soccer teams still test speed using 5- to 15-yard sprints, a repeated sprint test is better, says Ermanno Rampinini, head of Italy's Mapei Human Performance Lab. This is a modified version of the speed test he uses on pros. (You'll need a stopwatch.) Mark out 20 yards on a field. Sprint to that line, bend

down to touch it, turn, and sprint back. Rest for 20 seconds. Do 6 sprints total. The average of your sprint times is your score.

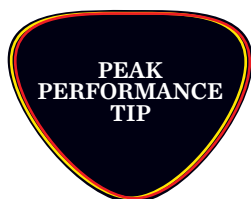
AVERAGE GUY 8+ seconds
GREAT between 7 and 8 seconds
WORLD CLASS less than 7 seconds

to fire faster," says Piri. The aim is not necessarily bigger muscles, but faster-reacting ones. It's the difference between brute strength and explosive

power. "I need only one step," says Altidore. "One step—that yard of space—and bang!" Turn the page to learn how you can gain a step on everyone else.



"I do sprint drills so that I can explode, but in a controlled way with good balance."
—JOZY ALTIDORE,
national team striker



Take small steps for giant gains

Altidore says he's on a constant quest to feel lighter on his feet. One drill that helps instill this ephemeral quality is the rapid-response 2-inch run, says Barrieu. Start in an athletic stance and move your feet as fast as you can in microsteps—2 inches up and forward—for 5 seconds. Swing your arms and stay on the balls of your feet. Repeat twice, with 30 seconds of rest in between. Add this to your workouts three times a week to build acceleration.

HONE WORLD-CLASS SPEED

1

Ignite your thrusters

"If a muscle is tight, it functions on only half its length, so you're producing half the force," says Barrieu. "If you become more flexible and use 100 percent of your leg muscles, then your thrust will be better." The U.S. team's warmup consists of 20 exercises performed consecutively, down and back over 15 yards. Barrieu streamlined it to serve as a warmup for any sport: high knees, butt kicks, single-leg hops, backpedals, carioca, dynamic and reverse lunges, A and B skips, dynamic abductions and adductions, forward and backward jumps, and lateral bounds. To watch a video of this warmup, visit MensHealth.com/worldcup.

2

Accelerate and brake faster

Doing intervals with 180-degree turns works muscle harder than doing regular intervals, according to a French study in the *Journal of Strength and Conditioning Research*. Pros do 30-second intervals, but Piri recommends shorter ones. Set up three cones 5 yards apart. Sprint to the second cone, touch it, and sprint back to the starting cone and touch it; repeat the sequence to the third cone, and then to the second one again. That's 1 rep. Start with 5 reps with 30 seconds rest, and work up to 10 reps. Add this into all your workouts, says Piri. "As long as you do it as fast as you can, this is going to help first-step quickness and speed."

3

Push your speed

If you don't have a trainer handy to hold a Bullet Belt harness, you can achieve the same results while pushing against a wall, says fitness coach Forsythe. With your hands flat against a wall, straighten your arms so your body is 45 degrees to the wall. Raise your right knee to your chest in an explosive marchlike movement, then your left knee. Do 2 sets of 20 reps on each side. Next connect three steps in a running motion—right, left, right—as fast as you can. (You should end up standing on your left foot with your right knee raised.) Aim for 3 to 5 reps on each side. Do this exercise three times a week.

THE ESSENTIAL FORCE **Oguchi Onyewu**

STRENGTH

No American player will have a more stressful time at the World Cup than Oguchi Onyewu, the U.S. team's central defender, who goes by the nickname Gooch. Every game, the 6'4", 210-pounder will be responsible for muzzling the opposing team's best scorer. On the first Saturday, he'll start with one of the most dangerous and physically intimidating players in the world—England's bulldog, Wayne Rooney. "Strikers get the fame, but as a defender you do just as much work and you don't have the luxury of making so many mistakes," says Onyewu, 28, who plays for Italy's A.C. Milan. "I like that adrenaline, that responsibility."

In Onyewu's case, with great responsibility comes great power. And the source

of that power is his strength. "Gooch has to anchor himself, hold off contact, and withstand bumping," says Barrieu. Plus, he needs to be quick and nimble, be strong in tackles, and jump the highest on corners and free kicks so he can head the ball away. Soccer players tend to focus on heavy lifts to develop maximum strength so they can generate greater explosiveness. They also use single-leg whole-body exercises, because most athletic movements in a game take place on one leg.

Norwegian soccer research reveals that doing squats with maximal loads dramatically improves jumping ability, sprinting speed over 10 meters, and running economy. Here's why: "Because of the high

resistance, the movement speed is slow, but the muscular contraction when you push with your quads is fast," says Jan Hoff, Ph.D., a professor of medicine at the Norwegian University of Science and Technology. In other words, you're teaching your muscles to activate faster. In Hoff's 2008 study, participants who did three squat sessions a week for 8 weeks saw a 5 percent increase in running economy, which means they used less energy to move on the field. That translates to over half a mile more covered in a match. Another benefit to strength training: It reduces your risk of soccer injury by 50 percent, according to a University of Maine study. Use these tips to sculpt a strong body like Onyewu's.

"When I was younger I was tall and skinny. I worked hard in the gym to gain upper- and lower-body strength. Right now I'm at a good size for my sport."
—OGUCHI ONYEWU,
national team defender



STRENGTH THE SELF-TEST

The best strength test for soccer is your 1-rep maximum (1RM) for a barbell squat, says Barrieu, the national team fitness coach. The safest way to test your 1-rep max is to recruit a couple of spotters and load the bar with the heaviest weight you think you can squat at least 8 times. Lower your body until the tops of your thighs are parallel to the floor and push up. To calculate your 1-rep max multiply the weight used by one of these numbers:

10 reps: 1.3
If you lifted 150 pounds, your 1RM is 195 pounds (150x1.3)

8 reps: 1.27
If you lifted 150 pounds, your 1RM is 190 pounds (150x1.27)

6 reps: 1.2
If you lifted 150 pounds, your 1RM is 180 pounds (150x1.2)

AVERAGE GUY
1 to 1½ times your body weight
GREAT
1½ to 2 times your body weight
WORLD CLASS
more than double your body weight



Train using the TRX

To build strength without adding bulk, Onyewu uses the TRX, a suspension training system of nylon straps that anchor to a fixed object so that you can do a wide range of body-weight exercises. "It helps with power, flexibility, and balance," he says. See MensHealth.com/trx for TRX video workouts.



BUILD WORLD- CLASS STRENGTH

1

Detonate your big muscles

To strengthen your quads and activate your glutes, hamstrings, calves, and core, Barrieu recommends barbell squats: 3 sets of 5 reps at 85 percent of your 1-rep max, with 90 seconds of rest between sets. "Descend in a slow, controlled way, and then accelerate as you push the bar back up." Do them twice a week.

2

Steal Olympic thunder

Many soccer players do single-leg Olympic-style lifts because these exercises build whole-body strength. But they're difficult to do without a trainer, so Barrieu recommends starting with the dumbbell high pull. Grab the dumbbells using an overhand grip and squat so the dumbbells are on the ground and your lower back is naturally arched. Raise your chest and hips until your arms are straight. Then pull the dumbbells as high as you can by explosively standing up as you bend your elbows and raise your upper arms. The dumbbells should be at chin height, and you should rise up onto your toes. Reverse the movement and return to the start. Use a weight that allows you to complete 12 to 15 reps and aim for 3 sets with 30 seconds rest in between.

3

Single out weaknesses

Barrieu has his players do single-leg squats to reveal differences in leg strength and range of motion. "The aim is to look the same on both sides," he says. On a bench or box that's knee height, balance on your left leg and hold your arms straight out in front of you. Bend your left knee and lower your body until your right heel almost touches the floor. Push yourself back to the starting position. Onyewu does 3 sets of 15 reps with 30-pound weights in each hand. You should start with no weight and do 3 sets of 5 for each leg. Aim to do them 3 days a week.

DRINK THIS

THE QUICKEST, MOST EFFECTIVE WAY TO TRIM DOWN AND FIRM UP IS BY CHANGING

BY DAVID ZINCZENKO AND MATT GOULDING



**Honest Tea
Green Dragon Tea**
(16 oz bottle)

60 calories

16 g sugar

Additives:
Just citric acid

Number of ingredients:
6

16 g carbohydrates

Sweetened with
organic cane sugar

NOT THAT

YOUR DRINKING HABITS. HERE'S THE KEY TO SIPPING YOUR WAY THIN

PHOTOGRAPHS BY JAMIE CHUNG



**Rockstar
Punched**
(16 oz can)

260 calories

62 g sugar

62 g carbohydrates

Sweetened with
sucrose, dextrose,
and sucralose

Number of ingredients:
24

Additives include:
Benzoic acid,
L-carnitine, Red #40,
inositol, pyridoxine
hydrochloride,
cyanocobalamin

T

It's one of the most instantly gratifying pleasures known to man: that first cold, refreshing slug of your favorite icy beverage on a hot summer day. When it slips past your lips, bounces over your tongue, and hits that dry spot in the back of your throat, bam! You're happy. And when the weather turns cold? A steaming drink is the fastest way to crowd out the chill. Whether it's a time to celebrate (champagne, anyone?) or seek solace (with a misery-drowning martini), there's always the right beverage. What could be wrong with that? / As it turns out, plenty: Drinking the wrong beverages is the fastest way to blow out your waistline. A 2007 study in *Obesity* showed that Americans were taking in 21 percent of their calories—about 460 a day—from drinks. Imagine tossing two slices of Domino's sausage pizza into a blender, pressing "puree," and guzzling it down. Disgusting, right? Yes, but beyond those sickening statistics is actually some terrific news: If you want to lose weight, simple drink swaps can shave pounds off your body at a remarkable pace. / A recent study at Johns Hopkins University found that people who cut liquid calories from their diets lost more weight—and kept it off longer—than people who cut food calories. Slashing your drink calories in half could mean dropping more than 23 pounds in just 1 year. / That's why we wrote our newest book, *Drink This, Not That!*—to uncover the hidden dangers of our drinking habits and provide thirsty guys with the strategies they need to sip off the pounds. From the first morning beverage to that last libation of the night, this is your blueprint for a lifetime of healthy drinking.



8:00 A.M. *Breakfast*

Choosing the right beverage is never more important than in those first moments after you roll out of bed. A hot cup of coffee? Excellent—it's loaded with antioxidants, and caffeine has been shown to speed metabolism. A cold glass of milk? Absolutely—protein and a bit of fat is a great idea first thing in the a.m. Some juice or a freshly blended smoothie? Well, not so fast. That juice in your fridge may just be a glorified (but well-disguised) glass of sugar water, ready to douse your fat-burning fire before the day even starts. And that smoothie you just grabbed on the go? The way drink purveyors have been exploiting the smoothie's healthy reputation, it could be closer to a milkshake than the fruit-driven, protein-packed ideal we hold dear. / The first and most vital rule of drinking is especially relevant in the morning hours: If you sacrifice your hard-earned calories on a liquid breakfast, then it had better deliver substantial benefits in return. If your beverage of choice doesn't fit the bill, then you shouldn't be drinking it.

WORST BREAKFAST BEVERAGE

Smoothie King Peanut Power Plus Grape

(40 oz) 1,498 calories / 44 g fat / 214 g sugar

Sugar equivalent: 21 Reese's Cups



Time to storm the castle and depose the monarch: Smoothie King serves up 16 different 40-ounce smoothies that come packed with more than 1,000 calories. Blame the obscene serving sizes and the shameless overdose of sugar. Among the worst is this freakish play on PB&J, which pollutes already-sweet grape juice with sugar and honey. Drink one of these, and you'll be slurping up more than 60 percent of your day's calories in mere minutes.

Drink This Instead!

Smoothie King High Protein Banana (20 oz)

322 calories / 9 g fat / 23 g sugar

This smart alternative is low in calories and sugar and packed with protein: Smoothie King's blend provides 27 grams of the muscle-building macro-nutrient in this 20-ounce serving.

WORST BOTTLED SMOOTHIE

Stonyfield Farm Organic Strawberry Smoothie

(10 oz bottle)

230 calories / 3 g fat / 38 g sugar

Stonyfield produces a few great products—its line of high-protein Greek yogurts, for example—but its smoothies don't make the grade. The first three ingredients in this one are milk, sugar, and strawberry juice, and the bottle contains more sugar than you'd ingest from three bowls of Froot Loops.

Drink This Instead!

Bolthouse Farms Berry Boost (15.2 oz bottle)

209 calories / 0 g fat / 50 g sugar

Not only is there more smoothie here for fewer calories, but this bottle also offers nearly 8 grams of fiber to help slow absorption of the sugar, 100 percent of which comes from fruit.

WORST JUICE

Ocean Spray Cran-Apple (8 oz)

130 calories / 0 g fat / 32 g sugar

Beware of the impostor juice drinks. This misleading bottle contains only 15 percent fruit juice—water and sugar are the first two ingredients.

Drink This Instead!

Simply Grapefruit (8 oz)

90 calories / 0 g fat / 18 g sugar

Orange juice may be king of the breakfast table, but grapefruit deserves the crown. Not only is it lower in sugar, but it's also rich in lycopene. It's the most underrated juice in the cooler.

THE ULTIMATE POWER SMOOTHIE

In a perfect world, smoothies would be short on sugar and long on whole fruit, fiber, and protein—traits that this Power Smoothie encapsulates perfectly. Its onslaught of vital nutrients—protein from the peanut butter and the protein powder, fiber from the fruit and the psyllium, omega-3s from the flaxseed—fill your stomach, charge your metabolism, and keep your mind sharp all morning long.

½ Tbsp peanut butter / 1 banana
½ cup milk / ½ cup orange juice
½ cup Greek-style yogurt
1 Tbsp vanilla- or chocolate-flavored protein powder
1 Tbsp unflavored psyllium husk (fiber powder)
1 Tbsp ground flaxseed
3 or 4 ice cubes

Blend all ingredients until smooth.

WORST MOMENTS IN BEVERAGE HISTORY

1878 Scientists at Johns Hopkins University inadvertently trigger America's appetite for artificial sweeteners when they stumble upon the chemical formula for saccharin, a complex molecule that delivers 300 times the sweetness of sugar with zero caloric impact.

1886 An Atlanta pharmacist develops the formula for Coca-Cola syrup, the basis for a sweet tonic purported to remedy a host of maladies with the stimulating kick of caffeine and cocaine. The cocaine is removed from the formula just after the turn of the century, but coca leaf remains in Coke's formula to this day—albeit in the form of a nonnarcotic extract. If you think Coke's addictive now, imagine when it came loaded with 8.45 milligrams of blow in each glass.

1919 Congress passes the Volstead Act, kicking off the Prohibition era in the United States. Undeterred drinkers become public miscreants, and mob-dominated bootlegging and speakeasies run rampant for 14 years, until Prohibition is finally repealed.

1938 Nescafé instant coffee is invented by Nestlé to use up Brazil's surplus coffee beans. During World War II, soldiers are issued instant-coffee rations and help introduce the product to countries around the world. After the war, mass production of instant coffee begins in earnest, relegating generations to bland, watery joe.

1963 Tab, a diet beverage containing the now-illegal artificial sweetener cyclamate, is introduced nationwide. Cyclamate is banned 6 years later due to cancer fears, and Tab switches to a formula that balances saccharin with a touch of sugar. Today's Tab is again sugar-free, with a blend of saccharin and aspartame. The horrendous pink can lives on.

1971 Dallas restaurateur Mariano Martinez tweaks an old ice cream maker to invent the world's first margarita machine, which can pump out the drinks faster than a blender ever could. The device quickly becomes popular, transforming what was once a fresh lime libation into a sugar-loaded slushie for adults.

12:30 P.M. *Lunch*

Each year, about 3,000 U.S. companies in the bottled- and packaged-beverage industry reap \$70 billion in profits—all in the name of quenching thirst. Maybe that's why we're drinking so little H₂O at mealtimes: We're too busy filling our bellies with soda, syrupy coffee drinks, and so-called functional beverages. Not only are these drinks adding inches to our waistlines, but they're just not working hard enough to keep us hydrated. Now that's a *real* drinking problem, and your hangover will come at the belt line. / And while drinking more water is crucial, *when* you drink can be just as important. Thirty minutes before you belly up to the sandwich counter or the salad bar, chug a large glass of agua. In one study from Virginia Polytechnic Institute, 24 overweight participants were served breakfast on two separate days. On the first day, they drank 17 ounces of water before eating; the next day, they skipped the water. They ended up consuming 9 percent fewer calories at that first breakfast than they did at the second. Over time, those differences add up. / If you need something sweet to wash down that turkey hero, make sure your drink of choice has fewer than 100 calories and provides some nutrition in return. Lightly sweetened iced tea and the emerging line of water-juice hybrids fit the bill. But really, nothing ever beats a glass of ice-cold water.

WORST LUNCH DRINK

SoBe Green Tea (20 oz bottle)
240 calories / 0 g fat / 61 g sugar
Sugar equivalent: 4 Good Humor
Chocolate Eclairs



Since the explosive green-tea craze, SoBe, Lipton, and Snapple have been doing their best to turn iced tea into a veritable soft drink. Let's be clear: When people talk about green tea fighting cancer, boosting metabolism, and extending life, they're not talking about the sugary sludge these companies are pumping out. In fact, ounce for ounce, this bottle has more calories than Coke.

Drink This Instead!

Honest Tea Organic Honey Green Tea
(16 oz bottle)

74 calories / 0 g fat / 18 g sugar

When *Men's Health* sent a crate of teas off to a nutrition lab to be analyzed for antioxidant content, we discovered that most brands failed to live up to the health claims posted on their labels. The one that actually did? The aptly named Honest Tea. With more metabolism-boosting, cancer-fighting catechins than its competitors, Organic Honey Green Tea delivers exactly what you want out of a cup of tea, with just enough sugar to make it go down easily.

WORST SINGLE-SERVING JUICE

Arizona Kiwi Strawberry (23.5 oz can)
360 calories / 0 g fat / 84 g sugar

The twisted minds at the Arizona factory outdid themselves with a can the size of a mortar shell, loaded with enough sweet stuff to build a 34-cube sugar pyramid. The most disturbing part: This supersized serving costs just 99 cents, so it's temptingly cheap—until you consider the health costs.

Drink This Instead!

Ocean Spray Cranergy Raspberry Cranberry Lift
(12 oz bottle)

50 calories / 0 g fat / 13 g sugar

Ocean Spray may be a pusher of juice "cocktails" (read: not much juice), but its line of Cranergy drinks is a surprisingly decent hydration option. It combines 20 percent juice with filtered water and green-tea extract, along with a flurry of B vitamins. All told, you'll drink up 100 percent of your daily vitamin C needs, plus 70 percent of five other essential nutrients, all for the calorie cost of two gulps of the Arizona atrocity.

WORST SOFT DRINK

Sunkist Orange Soda (20 oz bottle)
325 calories / 0 g fat / 85 g sugar

All sodas are terrible, but that doesn't mean there aren't degrees of awfulness. Fruity sodas tend to have more sugar than their cola counterparts, and no brand makes that more apparent than Sunkist, as nine out of 10 rich dentists would surely agree.

Drink This Instead!

Izze Esque Sparkling Mandarin (12 oz bottle)

50 calories / 0 g fat / 11 g sugar

Izze's sparkling juice drinks make for perfect soda substitutes, and the new Esque line is its best stuff yet, with 25 percent juice (down from 70 percent in the regular Izzes), sparkling water, and little else.

There's no use trying to improve on nature's already-perfect formula. Nothing will ever beat a glass of ice-cold water.



3:00 P.M. *Afternoon Slump*

These days, afternoon pick-me-ups have morphed into afternoon fill-me-outs. Researchers in New York City who monitored people's afternoon coffee choices discovered that two-thirds of Starbucks customers and a quarter of Dunkin' Donuts patrons opted for blended coffee drinks over regular brewed coffee (or tea). The average caloric impact of the blended drinks? A whopping 239 calories, versus the average 63 calories in brewed coffee or tea even after you add cream and sugar. So even if you like your coffee sweet and light, you can strip away 176 calories every day by making this swap. / And it's not just latte love that's packing on midday pounds. The nearly \$5 billion energy-drink industry promises a taurine-tinged solution to our collective torpor. Maybe marketers are betting that we're too exhausted to be skeptical, since most of these drinks offer little beyond nutraceutical hype, sugar overload, and a hefty price tag. So the next time your eyelids begin to droop, be careful about what you use to prop them open.

WORST COFFEE DRINK

Starbucks Venti Peppermint White

Chocolate Mocha with whipped cream

660 calories / 22 g fat / 95 g sugar

Sugar equivalent: More than 2 pints of
Edy's Slow Churned Light Coffee Ice Cream



A good rule of thumb at Starbucks: The more syllables a drink contains, the more damage it's likely to do. This 20-ounce tongue twister packs more than 25 percent of your day's calories and enough sugar to ensure a crash as soon as the caffeine wears off. You'd be better off (calorically, that is) eating four Fresco Grilled Steak Soft Tacos from Taco Bell.

Drink This Instead!

Starbucks Venti Caramel Cappuccino

(Venti Cappuccino + 1 shot caramel syrup)

170 calories / 6 g fat / 18 g sugar

The best thing about Starbucks is the control it gives you. Want less milk? More espresso? Sugar-free syrup? Just ask and the staff will make it happen. This is our current favorite customized drink: cappuccino (because it saves you 90 calories over the same size latte) with a single caramel shot (because the standard five sickly-sweet shots in the Venti Peppermint White Chocolate Mocha is the biggest waste of 190 calories you'll ever regret).

WORST CAFFEINATED DRINK

Arizona Raspberry Iced Tea (23 oz can)

259 calories / 0 g fat / 63 g sugar

With more caffeine than what you'd find in green tea, black tea will definitely wake you up. But you'd have to be Rip Van Winkle to need a gargantuan can of iced tea with the equivalent of over 13 teaspoons of sugar. In fact, you may just fall asleep after the resulting sugar crash.

Drink This Instead!

Illy Issimo Caffè (6.8 oz can)

50 calories / 0 g fat / 11 g sugar

The Italian company Illy has long been a producer of top-quality espresso and coffee beans; it's now offering the best packaged coffee drinks on the market. This little can brings you all the lift you need, with none of the excess sugar you don't.

MORE WORST MOMENTS IN BEVERAGE HISTORY

1976 7-Eleven introduces the Big Gulp, a gargantuan 32-ounce fountain soda. At the time of its introduction, it costs about 40 cents, the same as a 16-ounce bottled soda. The chain later introduces the Super Big Gulp (44 ounces) and the Double Gulp (64 ounces).

1984 Pepsi launches a huge promotional campaign starring Michael Jackson. During filming of a commercial, misfiring pyrotechnics ignite MJ's hair, causing injuries that are rumored to trigger Jackson's eventual addiction to painkillers.

1985 Dairy Queen blurs the line between beverage and dessert when it introduces the Blizzard. The creation is really an oversized sundae, but because it's served from a cup, people suck it down with burgers and fries. DQ sells more than 175 million the first year.

1995 Starbucks begins selling Frappuccinos, creating a new market for 600-calorie coffee-milkshake hybrids, complete with whipped-cream topping.

2004 A USDA report reveals that 97 percent of high schools now have vending machines, helping to make candy, cookies, and soda the three most popular foods among students. Just 2 years prior, the nationwide obesity rate for children hits 17 percent, roughly three times what it was in the late 1970s.

2006 SABMiller makes alcoholic energy drinks the hipster libation of choice when it acquires Sparks from the San Francisco-based McKenzie River Corp. A 16-ounce can of the energy/beer hybrid contains 343 calories and 47 grams of carbohydrates.

2010 After purchasing Major League Soccer's MetroStars in 2006, Red Bull opens the 25,000-seat Red Bull Arena in New Jersey. The widespread practice of using athletes to sell sugary beverages moves into a whole new realm of shamelessness.

CLINT CARTER



WORST ENERGY DRINK

Original Rockstar Energy Drink (16 oz can)

280 calories / 0 g fat / 62 g sugar

None of the full-sugar energy drinks provides enough of a boost to justify the hefty caloric load, but Rockstar's take is bloated to Kevin Smith proportions. Each can is packed with 80 more calories than a can of Monster.

Drink This Instead!

Rockstar Roasted Light Vanilla (15 oz can)

94 calories / 3 g fat / 13 g sugar

We prefer the coffee-tinged variety of energy drinks, and not just because they avoid the typical liquid-Smarties flavor. More important, coffee has something to offer you: a host of antioxidants and a ream of research supporting its role as a serious

defender against a variety of diseases from dementia to diabetes. This can contains about twice the amount of caffeine that your average cup of joe has, and about 200 percent of your Daily Value for most B vitamins. Not a bad nutritional boost for a drink that clocks in under 100 calories.

5:30 P.M. *Postworkout*

There's no better way to undo the benefits of a sturdy workout than to replace sweat with sugar. The aisles of supermarkets and pill palaces like GNC are awash in products that claim quick recovery and long-lasting muscle growth. But that's rarely the case. Here's what you need: protein, of course, to maximize muscle growth; carbohydrates to help replenish your depleted glycogen reserves, the fuel your body runs on; and potassium, which helps balance fluids and ensure rapid recovery. Which single beverage delivers these three nutrients best? You might be surprised.

WORST POSTWORKOUT DRINK

Naked Protein Zone Juice Smoothie

(15.2 oz bottle) 418 calories / 4 g fat / 53 g sugar

Sugar equivalent: 6 Dunkin' Donuts

Bavarian Kreme doughnuts



Naked makes some excellent bottled smoothies, but this postworkout option isn't one of them.

The first four ingredients are tooth-rattlingly sweet: apple juice, banana puree, orange juice, and pineapple juice. Okay, it all comes from real fruit, but 53 grams of sugar is about twice as much as you want after a serious workout.

Drink This Instead!

Horizon Organic Chocolate Reduced Fat Milk

(8 oz box) 180 calories / 5 g fat / 27 g sugar

Banging out a few sets doesn't give you an excuse to skip straight to dessert. But we'll let you have an after-gym-class treat: British researchers found that the ratios of electrolytes and potassium in milk make it more effective than water or sport drinks at rehydrating the body. A study from Indiana University showed that people who drank chocolate milk between intense workouts could

exercise longer and perform more total work than those who downed a carb-replacement drink.

WORST SPORT DRINK

Cytosport Performance Plus Cool Citrus Cytomax

(20 oz bottle) 130 calories / 0 g fat / 7 g sugar

Ending your workout by guzzling a typical sport drink only sets your weight-loss goals back. This one contains a cocktail of natural and artificial sweeteners, plus a laundry list of unpronounceable additives; and the jumbo-sized bottle gives you calories without the muscle-building protein payload of milk.

Drink This Instead!

Zico Pure Coconut Water Mango (11 oz container)

60 calories / 0 g fat / 14 g sugar

While coconut water doesn't offer the protein you need after a workout, neither do any of the major sport drinks. But an 11-ounce serving packs more potassium than a banana (and a lot more than your average sport drink), and does so with a modest calorie toll and just three ingredients.

WORST WATER

SoBe Lifewater Orange Tangerine (20 oz bottle)

100 calories / 0 g fat / 24 g sugar

The devious minds in the bottled-beverage industry have even found a way to besmirch the sterling reputation of the most essential compound on earth. Sure, you may down a few extra vitamins with this water, but those spoonfuls of sugar make the medicine beside the point. The next time you buy water, check the recipe: You want two parts hydrogen, one part oxygen, and very little else.

Drink This Instead!

Filtered tap water

0 calories / 0 g fat / 0 g sugar

We've tasted our way through dozens of high-falutin "enhanced" waters, but there's no use in trying to improve on nature's perfect formula.

WHAT'S IN YOUR DRINK?

Oddball additives are the norm in today's beverage aisles. Some have shady backgrounds; others sound creepy but are surprisingly innocuous. Here's the lowdown.

Carrageenan

This stuff is seaweed. Well, not exactly, but a thickener derived from a type of seaweed. Studies have linked a "degraded" version of carrageenan (which isn't approved for use in food) to digestive cancers in animals. But a University of Iowa study found that even regular carrageenan could become degraded inside the human digestive tract. Still, the FDA deems it safe.

Find it in Creamy drinks like Muscle Milk Light, Silk soy milk, and fast-food shakes

Carmine

There's a reason vegetarian groups are asking the FDA for a warning label on items containing the food dye carmine (a.k.a. carminic acid and cochineal extract): It's made from a tiny insect. Gross, right? The good news: It's not really dangerous. (Well, unless the idea of drinking bug juice makes you sick.)

Find it in Red-hued beverages, like SoBe's Nirvana Mango Melon

Propylene glycol

What do hair dye, antifreeze, and fast-food shakes have in common? An alcohol called propylene glycol, used as a solvent for food colors and flavors. A study in *Toxicological Sciences* found that when rats inhaled its fumes, the sizes and survival rates of their litters fell, and their overall puberty was delayed.

Find it in Wendy's Frosty-cino, A&W's Strawberry Milkshake, and Burger King shakes (in the form of propylene glycol monoesters)

Xanthan gum

This sci-fi name comes from the species of bacteria required to make it—the same strain that shows up as black rot on broccoli and cauliflower. Used to emulsify and thicken beverages, xanthan gum isn't associated with any adverse effects, despite its unusual origins.

Find it in Processed drinks like Baskin-Robbins's Cappuccino Blasts and some Crystal Light Sunrise drink mixes

Sodium benzoate

A preservative derived from benzene (a notoriously carcinogenic chemical), sodium benzoate was shown to damage DNA in the mitochondria of yeast cells, according to a study at Sheffield University, in Britain. Another British study linked the chemical—in conjunction with artificial coloring—to hyperactivity in children.

Find it in Sodas like Dr Pepper, Sprite, A&W Root Beer, and Orange Fanta

—C.C.

9:00 P.M.

Nightcap

Red wine isn't the only health hooch. Alcohol in moderation—one or two drinks a day—has been shown to raise HDL (good) cholesterol, boost bloodflow, and improve sugar metabolism. It's even been linked to a reduced risk of dementia and heart disease. / It can also help you drop pounds: A recent study in the journal *BMC Public Health* showed that people who had a daily drink were 54 percent less likely to be obese than teetotalers were. Even two drinks a day resulted in a 41 percent risk reduction. / But when you ask for that third one, your risk of obesity starts to climb. And in restaurants these days, a single "signature" cocktail can contain nearly half a day's calorie allowance and three or more servings of alcohol. It all proves that age-old adage: Think before you drink.

WORST COCKTAIL

Red Lobster Traditional Lobsterita

890 calories / 183 g carbohydrates

Carbohydrate equivalent: 57 Miller Lites



Of all the egregiously bad beverages we looked at in compiling this list, the Lobsterita surprised us the most. The reason? Red Lobster, the nation's beloved fish purveyor, is one of the few big players in the restaurant biz to provide customers with a wide selection of truly healthy food options. Too bad its barkeeps are mixing up bad news in the back room. Drink one of these every Friday night and you'll put on more than a pound of flab each month. Downgrade to a regular marg on the rocks and save the extra 640 calories for another day.

Drink This Instead!

Red Lobster Classic Martini with Gin

140 calories / 0 g carbohydrates

We like our booze as unadorned as possible. And not just for the 007-level sophistication, but because the sugar-spiked mixers might be more dangerous than the alcohol itself. Opt for a vodka martini if you like, but we like the herbal notes of the more traditional gin version. Bonus: The juniper berries used to make gin have been shown to have stabilizing effects on blood-glucose levels.



CLASSIC MARGARITA

In Mexico, the margarita is a simple, perfectly balanced cocktail. But as it traveled north of the border, the classic picked up a suitcase full of calories. Ditch the bottle of neon mix and return the marg to its unadulterated self.

1½ oz 100% agave silver tequila

1 oz Cointreau or triple sec (or a splash of OJ)

1½ oz lime juice (from one large lime) / 1 tsp agave syrup / Coarse salt and a lime slice for garnish

Pour enough salt onto a plate to cover it lightly. Rub the rim of a rocks glass with the cut side of a lime, and dip it into the salt to create a light salt rim. Add a few large ice cubes to the glass. Combine the tequila, Cointreau, lime juice, and agave syrup in a cocktail shaker and shake vigorously for 20 seconds. Pour, slurp, and pucker.

WORST BEER

Sierra Nevada Bigfoot (12 oz bottle)

330 calories / 32 g carbohydrates / 9.6% alcohol

Most beers carry fewer than 150 calories, and even your average extra-heady brew rarely eclipses 200. That makes Sierra's Bigfoot the scariest beast in the beer jungle. Granted, the alcohol itself provides most of the calories, but it's the extra helping of carbohydrates (three times what you'd find in a can of Guinness) that stuffs almost 2,000 calories into each six-pack.

Drink This Instead!

Abita Amber (12 oz bottle)

128 calories / 10 g carbohydrates / 4.5% alcohol

This trusty Louisiana label has expanded production in recent years, and you can probably find it in a cooler near you. That's great news, since you'd be hard-pressed to drink a more robust, satisfying beer for under 130 calories. Set it up next to a plate of tacos or a bowl of spicy gumbo—after all, it's from Creole country.

WORST LIGHT BEER

Sam Adams Light (12 oz bottle)

119 calories / 9.3 g carbohydrates / 4.05% alcohol

There are too many good light-beer options on the market these days to settle for one with more than 100 calories. In fact, this one's only 7 calories shy of the frothy-headed god of beers, Guinness.

Drink This Instead!

Amstel Light (12 oz bottle)

95 calories / 5.5 g carbohydrates / 3.5% alcohol

Beery brinksmanship has broken out among major brewers like Miller, Beck's, and Budweiser, who are scrambling to outdo one another in the low-calorie suds arena. But we still think it's tough to beat the flavor-to-calories ratio of Amstel.



For more tips on making smart beverage choices, pick up a copy of *Drink This, Not That!*®, by Men's Health editor-in-chief David Zinczenko, and Matt Goulding, available at bookstores and at MensHealth.com/drinkthis.

SEVEN SECRETS OF HER DESIRE

USE THESE SIMPLE
RELATIONSHIP
FIXES FOR 7 DAYS
TO BUILD A
STRONGER, HOTTER,
LONGER-LASTING
LOVE LIFE

BY Jeff Csatari
PHOTOGRAPHS BY Don Flood





Exchanging apartment keys with your girlfriend is thrilling. Enjoy the moment, celebrate it, maybe christen a room or two. You could be peaking. • Cohabitation can mark the point when the burning passion of new love begins to simmer into a lukewarm soup of reality checks, miscommunication, and evenings of *House Hunters* reruns. • But does it have to? Does long-term commitment kill romantic love, as a recent scientific paper suggests? Or can we rediscover passion? • Forget the poets and playwrights: Look to science for answers. Today we have pelvic MRIs and thermal imaging of the thighs. Today we have the new science of sexual psychophysiology to help us become better lovers and happier men. Now we can piece together a plan that appeals to both a man's quest for understanding and his need for action. • And buddy, if none of this stuff works, at least she'll know you tried.

1 Send a meeting request

As you round the half-year point in a relationship, spontaneous sex—the kind you had behind that bush on your fifth-date picnic—now happens only in Kate Winslet movies. Why? Because you're both busy with work and commuting, and besides, there are tweets to follow! And also because, well, women have different sex drives than men do. You knew that—but did you know about the bonobos?

In a recent Canadian study, researchers showed men and women a wild variety of video clips: men and women engaging in heterosexual and homosexual acts, men and women masturbating, and bonobos—a type of ape—making wild monkey love. While the videos played, researchers measured participants' arousal using photo-plethysmographs—gauges that monitor the swelling of the penis and the engorgement in the vagina. The viewers also rated their own arousal by adjusting a virtual gauge.

The men's results were straightforward: Their erections matched their self-reported arousal. But the women were a different story. The straight women said they were turned on by men, the lesbians by women—and neither group reported being turned on by the apes. But the probes in the women's vaginas revealed arousal by all the sexual images, animal and otherwise. So women can be physically aroused without their minds noticing.

That result dovetails with a new model of female sexual response that goes something like this: A woman's desire to have sex may kick in only *after* she's physically aroused. Sounds like a catch-22, but you can make this work. According to Rosemary Basson, M.D., a psychiatrist at the British Columbia Centre for Sexual Medicine and the University of British Columbia, a woman's motivations for sex are complex and include emotional closeness and boosting well-being. (See "Diagramming Desire," in this article.)

Brooke Seal, Ph.D., a behavioral therapist in

Vancouver, puts it this way: "It helps for women and men to know that it's okay to start sex without desire. It's about putting all those other things in place—emotional intimacy, willingness, stimulation—and then the desire will be more likely to come."

So put those things in place: Set a date and time, establish that sense of well-being (dishes done?) and emotional closeness ("Tell me more..."), and before you know it, sex happens. Waiting for spontaneity can take forever.

THE FOREVER AFFAIR

Katheryn Winnick's hints for keeping love steamy

The actress (who stars alongside Ashton Kutcher in *Killers*) knows that love takes effort. Her parents' 39-year marriage is her source of inspiration and wisdom.

Never go to bed angry. Winnick's parents taught her this ancient one, and she believes it so wholeheartedly that she'll stay up until dawn to hash out disagreements. "It's important not to feel resentment toward your partner," she says.

Talk every day. "Always have catch-up time to make sure you both stay on the same page."

Escape. "Even if you're just scheduling a night in a nearby hotel," she says, "you need to find someplace to reconnect where there are no BlackBerries."

CAROLYN KYLSTRA



2 Play handball

Here's a scientific finding that shouldn't surprise any guy who's ever watched beach volleyball: Elite female athletes have better clitoral bloodflow and better sexual function than sedentary women do. Turkish researchers reported this in a recent issue of the *Journal of Sexual Medicine* after studying 25 professional volleyball and team handball players, and 25 nonathletic women.

They asked very personal things—about arousal, lubrication, and orgasm—and the women allowed their clitoral bloodflow to be measured by Doppler ultrasonography. The athletes had higher levels of nether-region bloodflow and scored higher on the questionnaire that measured sexual function. This shows that fitness correlates with better sexual function and satisfaction, the researchers say, and part of the reason may be the athletes' elevated self-confidence. (See "Tell her she's beautiful.")

Exercise helps in other ways, too. At the Sexual Psychophysiology Lab at the University of Texas at Austin, a group of women visited on two different days. One day they watched a travel documentary followed by an erotic film. Another day they exercised for 20 minutes on a treadmill and then watched another travel/porn double feature. Scientists who measured the women's vaginal bloodflow during the two films (those probes again) found that their sexual arousal was 150 percent higher on the day they exercised. Exercise activates the sympathetic nervous system, preparing the body in some way for a sexual response, says lab director Cindy M. Meston, Ph.D., a professor of clinical psychology and coauthor, with David M. Buss, Ph.D., of *Why Women Have Sex*. "When put in a sexual situation," she says, "their bodies responded more quickly and intensely than when they hadn't exercised."

So exercise together. Watch Kate Winslet movies together. Whatever you do, ditch the travel documentaries (unless there are bonobos involved).

3 Touch her 50 times

If you pass by her 50 times today, touch her 50 times. On her shoulder. On her knee. And her forearm; it's brimming with pleasurable C-tactile nerve fibers. If stroked just right—with the light pressure of a brushstroke, at 1 to 10 centimeters a second—those nerves send signals to the limbic system, an area of the brain associated with trust and affection.

Nonsexual touch has a big impact on the brain, and it's crucial who's doing the touching, according to research from the University of Virginia. Neuroscientist James A. Coan, Ph.D., and his colleagues put 16 married women inside an MRI machine (no, not all at once!) and told them to expect to receive mild electric shocks. This gave the women a lot of anxiety, which showed up brilliantly on the MRI. But when husbands held their wives' hands during the test, the MRI scans showed significant decreases in stress response, much lower than, say, when a stranger (or no one) held the women's hands.

One reason humans form relationships, Coan believes, is to spread problem-solving across brains; when someone is helping us cope, our brains don't have to work as hard. Understandably, Coan's study found that women in the strongest marriages had the lowest activation of these brain circuits when their husbands held their hands. "The effect was comparable to taking an analgesic," says Coan.



4 Listen, listen, listen

Plan a night for the two of you. Light candles, cue up some Diana Krall, hold hands across the table while gazing deeply into each other's eyes, and discuss the merits of Berber versus plush carpet.

Women value sharing, spending time together, talking, and gaining understanding in forming connections, while men seek closeness through having sex on the washing machine. The better you understand this, the better your chances are at building a relationship that grows more satisfying over time. Studies by Gurit Birnbaum, Ph.D., at the Interdisciplinary Center Herzliya in Israel, and Harry Reis, Ph.D., at the University of Rochester, show a correlation between nonsexual responsiveness and increased sexual fantasizing and heightened interest in having sex. Translation: Talk about carpet and she may start thinking about creative uses for it.

"Being responsive to your partner's nonsexual needs is so important, because it signals that you are really concerned with her welfare," says Birnbaum. "One of the best ways a man can make his partner feel special and desired is to pay attention and really listen, without interrupting or prejudging. Sexual desire thrives on this rising intimacy."

5 Be kind

You know how quickly a woman reacts to rejection cues? In about 250 milliseconds, that's how quickly. And that triggers a cascade of brain processes that can turn the tide of her mood.

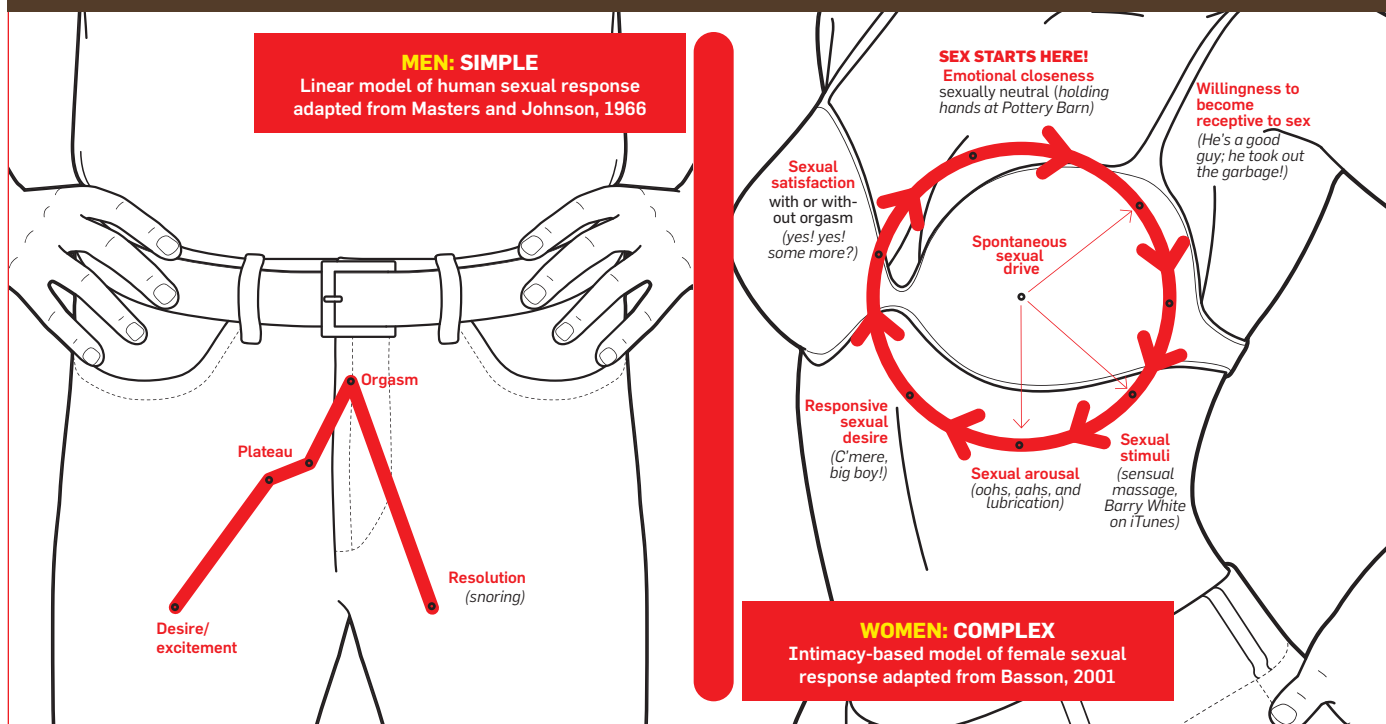
We know this because of experiments by Vivian Zayas, Ph.D., who heads the Personality, Attachment, and Control Lab at Cornell University. She outfitted women with caps studded with electrodes to measure brain-cortex activity. Through headphones, women listened to a voice making statements like, "If I need help from my partner, he will be..." and concluding with either "comforting" or "distant." Neurons fired at the cold slap of rejection. By contrast, an accepting response produced very little brain activity.

"Before she's even aware of how she is feeling, in the blink of an eye a lot has already happened in her mind," says Zayas. She believes women may be more sensitive to and respond more strongly to these interpersonal cues than men would. If men understand this about women—that some women can process rejection quickly without the awareness that they're doing so—then maybe men can help women regulate their emotions, Zayas believes, by trying to provide clear communication.

Diagramming desire

A NEW WAY TO LOOK AT AROUSAL

Until recently, science assumed that women and men had similar sex drives. But while Masters and Johnson's old linear model of sexual response (desire, arousal, orgasm) describes men fairly well, it may not fit most women. Rosemary Basson, M.D., of the British Columbia Centre for Sexual Medicine, believes women's sexual response is far more complex. In her model, sexual desire occurs after arousal and is often motivated more by a desire for emotional intimacy and feelings of well-being than by a spontaneous urge.



6 Learn Chinese

If you're not expressing your love in a way she can understand, you might as well be speaking Mandarin.

That's the argument of Gary Chapman, Ph.D., who wrote *The Five Love Languages*, which has sold 6 million copies. Chapman, a marriage counselor for 30 years, says we each react primarily to one special love language—quality time, words of affirmation, receiving gifts, acts of service, or physical touch. If you feel the love by having sex (touch) and she feels most loved when you clean the house (service), then scrubbing the toilet may be your sacrifice for a better sex life.

"Love is intentional; it takes work," says Chapman. Start by finding out what makes your partner feel most loved by using Chapman's quiz. Have her number these boxes in order of importance.

- ☐ I feel especially loved when someone expresses how grateful they are for me and the things I do.
- ☐ I feel especially loved when a person gives me undivided attention and spends time alone with me.
- ☐ I feel especially loved by someone who brings me gifts and other tangible expressions of love.
- ☐ I feel especially loved when someone pitches in to help me by running errands or taking on chores.
- ☐ I feel especially loved when a person expresses feelings for me through physical contact.

Got it? Spend the rest of the week focusing on meeting her number one love need.

7 Use chemicals

Powerful aphrodisiacs are coursing through your lover's body right now. They are your sex allies.

Epinephrine. The hormone commonly called adrenaline is produced by your adrenal glands in response to panic or fear. Theory suggests that any kind of excitement that stimulates a fight-or-flight response may affect sexual arousal and attraction. So give her a ride on Goliath. (No, not that one, big fella.) A ride on the 85 mph roller coaster at Six Flags—or any thrill ride—may work in your favor

later on. Meston's University of Texas lab once sent researchers to a theme park to ask women to rate the attractiveness of an average-looking man. Women who'd just come off a coaster ride, jacked on adrenaline, rated him as much more dateable and kissable than did the women who were still waiting in line.

Oxytocin and vasopressin. These hormones produce feelings of trust and attachment. In a Swiss study, couples who used a nasal spray containing oxytocin argued with more civility than those who sniffed a placebo. Humans release a flood of oxytocin during orgasm, which may explain the desire to snuggle after sex. Studies show that women also feel a rush of oxytocin when they hold their partner's hand. Easy: Touch here.

Testosterone. The male hormone (which women produce, too) is associated with sex drive. In fact, women with low libido can receive an off-label prescription for testosterone. But there are natural ways to elevate T. Physical, competitive sports, for example, boost testosterone levels, say Penn State researchers. Since women have less of the hormone to start with, they actually get a bigger lift than men do from competition. Paintball, anyone?

... and tell her she's beautiful every day

Several years ago, a Penn State study tracked 300 women over a decade to measure changes in their sexuality, and the news wasn't good. Nearly 39 percent of the women reported having less sex, and 27 percent said they enjoyed sex less. The biggest reason: body dissatisfaction. A 2010 study of 154 women found a similar association between body esteem and sexual desire, and it also assessed the impact of the women's distracting thoughts, including anxiety about their appearance during sex. The researchers found that when a woman worries about how her body looks to her partner during sex, she's more distracted, less aroused, and in the end, less satisfied. If women

only knew that we men aren't counting cellulite dimples during sex, everyone would be happier. One of the study's authors, Brooke Seal, Ph.D., says women sometimes react with surprise when she tells them that their perceptions of what their male partners are thinking about their body may be inaccurate.

So it's up to men to clarify matters. One way to do that, Seal says, is through words and actions—like touching and paying attention to her entire body, instead of making sex all about intercourse.

In another study, Marta Meana, Ph.D., a University of Nevada psychologist, outfitted 20 heterosexual men and 20 heterosexual women with goggles to track eye movements as they viewed erotic and nonerotic images of men and women interacting. The guys spent most of the time looking at the images of women. The women's eyes, however, were drawn equally to men and women.

Meana says it's difficult to explain the reason for the women's equal-opportunity viewing. Did images of both men and women have arousal value for them, or were they comparing themselves to the women? "There's a very self-focused component to female sexuality," says Meana. "Women may need to be convinced they are desirable in order to believe that anyone else finds them desirable."

So compliment her often, and not necessarily about her nice ass. Praise her in general terms. Say it when she's fully clothed; the compliment will have a different meaning outside of a sexual situation, suggests Suman Ambwani, Ph.D., a psychologist at Dickinson College who has studied body image and romantic love.

"Women are socialized to think of themselves as bodies; the female form becomes an indicator of a woman's value," says Ambwani. "Praising the individual, paying compliments without focusing on body parts, reduces that objectification."

So outside the bedroom, tell her how gorgeous she is. In bed ... tell her how gorgeous she is. ■

YOUR LETHAL LAWN



**IN SPRINGTIME, A MAN'S DREAMS TURN TO AN
EXPANSE OF WEEDLESS, BUG-FREE, MANICURED
GRASS SURROUNDING HIS SUBURBAN CASTLE.**

**A MULTIBILLION-DOLLAR INDUSTRY CATERS TO THIS
DREAM, OFFERING A CALIBRATED POISONING THAT
KEEPS HIS WORLD LUSH YET SILENTLY THREATENS
HIS FAMILY, HIS PETS . . . AND HIM.**

BY BRYAN SMITH

PHOTOGRAPHS BY BILL DIODATO

IS IT WORTH THE RISK?





JOE SPEENEY HAD NEVER BEEN A LAWN GEEK, THAT SUBURBAN COWBOY IN THE SADDLE OF A CANDY-APPLE RED TORO, PESTICIDE BOTTLE RIDING HIS HIP LIKE A SIX-SHOOTER.

Still, having grown up playing football and baseball on his own childhood lawn, he admired a well-kept swath of green as much as the next guy. And each time he looked at the small patch of turf behind his townhouse in Bernards Township, New Jersey, Speeney was pleased to think that his month-old son, Dan, would have a place to roll around, get dirty, be a boy.

A lawn-care crew tended his entire neighborhood, and Speeney had wondered how the neighbors kept their grass so nice. Then one day four summers ago, his wife called him at work. "They're spraying something on the lawn and in the trees," she told him, "and it came through the windows before I could shut them. Our eyes are burning."

"I hit the roof," Speeney, 43, says. First, he and his neighbors called the neighborhood association. How could it let the crew fog their homes and not let them know? Then he began to dig—for answers. The green chimera of his son's future baseball field, he discovered, was maintained with a frightening mix of pesticides (weed killers, bug killers, fungicides) and synthetic fertilizers.

He'd already suspected that. What he didn't know was the depth to which these powders and pellets were linked to everything from cancer to Parkinson's disease to ADHD.

He was worried. And pissed off. And determined to know: Was he overreacting, or was the field of dreams behind his home turning into a toxic nightmare?

Since the days when George Washington rolled games on the bowling green at Mount Vernon, the idea of a well-tended expanse of grass has held sway in the collective psyche of the American male. "Nice lawn" is a chest-swelling compliment. It means you're a man, a provider, an upright citizen. "A fine carpet of green grass stamps the inhabitants as good neighbors," wrote Abraham Levitt, father of Levittown, in laying out his blueprint for his suburban ideal—the box home surrounded by lawn.

That was the time—the post–World War II years—that the love affair with the Perfect Lawn grew into an obsession that now, even in this sup-

posed earth-loving, organic era, propels men to drive to garden stores each spring to load heavy sacks of chemicals into the family SUV.

Today, turf covers more than 60,000 square miles of the United States; imagine a yard the size of Georgia. And a single lawn-care company tends the grounds of more than 3 million residential and commercial customers. Until 3 years ago, it went by a name that is a vestige of a more trusting era: TruGreen ChemLawn.

The blogosphere hums with sites devoted to all things lawn. Books have been written. In the film *Gran Torino*, Clint Eastwood growls that most famous of old-guy lines, "Get off my lawn."

And every day, American men stand before the lawn-chemical shelves at Home Depot or Lowe's and weigh the odds. We know this bag will kill weeds, and that one over there will kill bugs, and here's one that'll make our grass grow green and thick. But we wonder, at some level: Will one of these bags trigger an illness or start a cancer that may not appear for years or even decades?

And then, usually, we load up the cart.

When it comes to lawns, our devotion is often utter, unwavering—loony, even. Ted Steinberg found that out firsthand. A historian who grew up in Lawn Guy Land (as some call Long Island), Steinberg couldn't help but notice the singular devotion his neighbors had to their yards.

Later, after moving to the Cleveland suburb of Shaker Heights, he saw more evidence. "The lawns of some of my neighbors don't just look like putting greens—they *are* putting greens, right down to the creeping bent grass, which is kept crew-cut short," he says. Fascinated, Steinberg wound up writing *American Green: The Obsessive Quest for the Perfect Lawn*.

"There's nothing wrong with a lawn," Steinberg is quick to say. "I have a lawn. But there is something wrong with the 'perfect' lawn." To achieve what he calls "the Augusta Effect," we powder our grass with chemicals and spritz weeds with poison. He asks, "We should take a risk with our health and the health of others for that?"

Americans—men, mostly—drop \$40 billion a year on their lawns. The most recent estimates from the Environmental Protection Agency show that we apply more than 100 million pounds of fungicides, herbicides, and insecticides a year to our lawns. But you personally don't put down that much. Just a bag or three, only a fraction of the contents of which are active ingredients, and the rest, just filler to help distribute them evenly. Right? So it's not as scary as the gross tonnage makes it sound.

Or maybe it is. The Centers for Disease Control and Prevention tested more than 9,000 people about 9 years ago, and the scientists found pesticides—or the products created when the body breaks them down—in everyone they tested,



THE LAZY MAN'S GUIDE TO A SAFE AND HEALTHY LAWN

Chemical fertilizers and herbicides are like steroids for lawns—effective, but a health risk. They kill beneficial organisms and degrade the soil. Step one: Stop the chemicals. Then ...

Leave the clippings

Left alone, clippings break down, returning nutrients, such as nitrogen and potassium, to the soil, says Chip Osborne, president of Osborne Organics. Use a mulching mower for faster decomposition.

Mark your turf

Organic, water-insoluble fertilizers release nitrogen slowly and steadily. They don't affect soil life—a good thing—and are gentler on your grass. Doug Oster, author of *Tomatoes Garlic Basil*, recommends Jonathan Green products (jonathangreen.com). Or feed the lawn with compost tea, which is organic matter steeped in water, says Elaine Ingham, Ph.D., president of Soil Foodweb.

Plant Dutch clover

This tough plant was once a common component of lawns, but it was wiped out by modern weed killers. Bring it back by overseeding your lawn with clover, which will add nitrogen to your grass, Oster says.

Water carefully

Deep watering every couple of weeks is better than light, frequent drizzlings—it helps the roots dig deep, Oster says. Thick grass crowds out weeds.

Control weeds and insects gently

Corn gluten meal prevents crabgrass and other weeds from germinating if it's applied early in the season. For grubs, use milky spore, a bacteria that kills 'em dead but harms nothing else.

JOHN MILEY

according to a summary by the Pesticide Action Network, a group advocating alternatives to pesticides. Among people whose blood and urine were tested, 13 different pesticides were found in the average person's body. At least half the people tested had 18 pesticides in their bodies. Concentrations generally rose the younger the person was.

The levels varied greatly, and the CDC stresses that measurable amounts of pesticides does not mean you will become sick. More research and

more time are needed to determine the true threat. But meanwhile, many researchers say, we're gambling our health on what we don't know.

For instance, we can find out what Chemical A does to rats. But what about the combination of Chemicals A, B, H, and X? On humans? Over 12 years? We can't know for certain.

"While the government develops separate safety levels for each chemical, this study shows that in the real world we are exposed to multiple

chemicals simultaneously," says Margaret Reeves, Ph.D., a senior scientist at the Pesticide Action Network. "The synergistic effects of multiple exposures are unknown, but a growing body of research suggests that even at very low levels, the combination of these chemicals can be harmful to our health."

Relax, says the pesticide and fertilizer industry. Not surprisingly, its representatives insist that the products are perfectly safe when used properly—

THE CHEMICAL

a claim backed, they say, by decades of their own research as well as the government's. "All pesticide products that are available in the market in the United States are registered by the EPA and have gone through a risk-benefit assessment by the EPA," says Karen Reardon of Responsible Industry for a Sound Environment (RISE), a trade group representing pesticide and fertilizer manufacturers and suppliers. "So people can have a very high degree of confidence in this regulatory process."

But how many people use the products properly? We don't know, says Jane A. Hoppin, Sc.D., an environmental epidemiologist with the National Institute of Environmental Health Sciences. "Not many people are horticulturally literate enough to know what exactly they're supposed to be doing out there," Hoppin says. "They're perhaps more likely to fall prey to a Web site that tells them, 'Well, just buy four of these bags and you'll be okay.'"

Meanwhile, experts say a growing body of research, much of it yet to be evaluated by the EPA, paints an alarming picture. Various pesticides are linked to a range of health risks, including cancer, Parkinson's disease, damage to the endocrine system, asthma, thyroid disease, and miscarriage. Emory University scientists have hypothesized that exposure to pesticides may make people more susceptible to drug addiction. Japanese researchers reported in 2008 that exposure to atrazine—an herbicide used in numerous lawn-care products—reduced sperm motility.

Mutant babies? Not quite, but one study found that mothers in New York City who had traces of chlorpyrifos (an organophosphate pesticide) and reduced levels of paraoxonase (a detoxifying enzyme) gave birth to infants with smaller heads—a predictor for future cognitive problems. No fewer than five recent epidemiological studies published in peer-reviewed journals have associated environmental exposure to atrazine with low birth weight, premature birth, and birth defects.

Atrazine has also been found to disrupt the endocrine system, and it may reduce testosterone levels, says Tyrone Hayes, Ph.D., a biologist at the University of California at Berkeley. "Men in Missouri who live in areas where atrazine is used have shown lower sperm counts and lower semen quality," says Hayes, "and men who work with atrazine on farms can have atrazine levels 24,000 times higher than the effective doses."

A *Toxicological Sciences* study on rats found that male offspring born to mothers given doses of atrazine developed inflamed prostates, possibly as a result of the chemical's ability to suppress prolactin, a hormone, in the mothers' milk.

Children are particularly vulnerable to lawn chemicals, says Catherine Karr, M.D., Ph.D., an assistant professor of pediatrics at the University of Washington, who specializes in environmental medicine. "Kids are not small adults," she says.

The chemicals you spread on your lawn kill weeds and bugs, but they may harm your family and pets as well. Traces of toxins linger in the turf, the air, the water, and even your living room. Sometimes they become more toxic at low doses, according to a recent study published in *Science of the Total Environment*.

"They interact with the environment in much more rich ways. They eat more dirt. They're lower to the ground. They tend to put things in their mouths that aren't food."

After the surprise fogging of his neighborhood and family, Joe Speeney made a dadlike stink. The landscaping company eventually coughed up a "materials safety data sheet" listing the chemicals and fertilizers it had been using.

It was scary reading. An insecticide called Tempo SC Ultra included warnings such as "Harmful if inhaled," "Decreases in fetal body weights," "Neurological findings . . . were observed," "Extremely toxic to fish and aquatic invertebrates." Roundup PRO herbicide was associated with "decrease in survival" among rats.

That was enough for Speeney. He resolved to take the issue to the township, which tended the public parks and municipal playing fields where kids spent time. "It was bad enough to have pesticides wafting through the window," he says.

"But the real concern we had was, 'Good grief, what happens 20 or 30 years from now?' Nobody knows."

Exactly, says Steinberg. He notes that the herbicide known as 2,4-dichlorophenoxyacetic acid (2,4-D), which has been used to kill broadleaf weeds since the 1940s, "is all over my neighborhood. It's all over the United States." He adds, "It's been persuasively linked to cancer, reproductive harm, and neurological impairment. But does that mean we'll get cancer tomorrow? Of course not. But what are we, some sort of lab experiment here? Why would we take the chance?"

Three Canadian provinces—Quebec, Ontario, and New Brunswick—have banned the use and sale of 2,4-D and dozens of other pesticides for lawn care. (Dow AgroSciences, a manufacturer of 2,4-D, has filed a legal challenge.) Canada has "taken a completely different approach than we have in the United States," says Deborah A. Cory-Slechta, Ph.D., a professor of environmental medicine at the University of Rochester. "Here, a chemical is presumed to be safe until proven otherwise. Canada says, 'No, you have to demonstrate that a



Prop design and styling: Sara Weckman/Jed Root

TRAIL



The air Pesticides can remain in the air for days after they're applied, notes a 2008 EPA study. And if your home's air filtration system pulls the poison indoors, a lack of sunlight can allow the pesticides to linger longer, the EPA has found. In one study, indoor air contained detectable levels of 2,4-D, a widely used weed killer linked to sperm abnormalities and miscarriage.

The carpet Chemicals you track inside may adhere to carpet, posing a danger to pets and children who play on the floor, researchers say. Contact with pesticides may increase your risk of melanoma, a *European Journal of Cancer* study found, while childhood exposure may cause leukemia and other cancers. Vacuuming carpets resurrects embedded particles, potentially increasing your exposure, say University of Texas researchers.

The soil Children love to play on lawns, and they often put objects in their mouths. So they may ingest chemicals in the soil or absorb them through their skin, the EPA warns. Because their internal organs are still developing, their immune systems provide less protection than those of adults do, and their excretory systems may not fully remove pesticides.

The water Residential pesticides wash into streams, eventually contaminating groundwater and drinking wells, the U.S. Geological Survey found. Each year, Americans apply 40,000 tons of atrazine, an herbicide that is now found in water supplies and linked to reduced sperm count and immune-system damage, Japanese scientists say.

LAURA ROBERSON

product is safe before we go down this path.”

Paul Tukey, the author of *The Organic Lawn Care Manual*, puts it more bluntly: “They’re always saying, ‘Prove it. Prove it’s bad.’ Their arguments aren’t based on the fact that their products are good. Their arguments are based on the fact that you can’t prove definitively that your cancer was caused by their lawn pesticide.”

To Joe Speeney, the debate was sort of beside the point. Caution was the simple solution. And he didn’t want his son Dan to become an exhibit for someone else’s argument.

In that argument, discussion always turns to 2,4-D, the ubiquitous weed killer. It’s commonly mixed with fertilizer in “weed and feed” formulations such as Scotts Turf Builder with Plus 2 Weed Control. The chemical earned notoriety as one of two main ingredients in Agent Orange, the Vietnam-era defoliant. (The other ingredient, 2,4,5-trichloropheoxyacetic acid, contained trace amounts of dioxin, which was later banned.) Some 46 million pounds of 2,4-D are used each

year in agriculture and lawn care in the United States, according to the EPA. And a U.S. Department of Health and Human Services database lists nearly two dozen products containing the chemical.

Over the past two decades, research has linked 2,4-D to a slew of maladies—most prominently non-Hodgkins lymphoma, endocrine disruption, changes in estrogen and testosterone levels, reproductive abnormalities, prostate cancer, and damage to developing nervous systems.

But a 2004 EPA report found that “none of the more recent epidemiological studies definitively linked human cancer cases to 2,4-D.” In 2005, the EPA reupped 2,4-D’s registration. And in 2007, it decided not to pursue a special review of the chemical, citing a lack of evidence linking it with cancer.

So the chemical is linked to cancer by some scientists but not “definitively linked” by the government. Which raises this question: If the chemicals are so dangerous and widespread, where are the bodies? Shouldn’t we be seeing millions of cancer deaths?

“What we have is a theoretical body count

from pesticides,” says Jeff Gillman, Ph.D., a horticulturist and entomologist who teaches pesticide use and nursery management at the University of Minnesota. But he won’t guess at a number.

It’s difficult to draw a clear link between long-term exposure and health problems, compared with, say, swallowing a jug of bug killer, developing seizures, and dying soon afterward, says Dr. Karr.

A 1990 study of farmers in Nebraska, for instance, found that 2,4-D exposure substantially increased the risk of non-Hodgkins lymphoma, even when the researchers adjusted for exposure to other chemicals. Yet a 2001 study of 1,517 employees of Dow Chemical Company who had been exposed to the chemical uncovered no significant increase in risk of mortality due to the disease. The study did, however, find an increase in the risk of mortality due to amyotrophic lateral sclerosis—Lou Gehrig’s disease.

The EPA’s assurances have been questioned by independent researchers. According to a 2008 report by the U.S. Government Accountability Office, the EPA’s risk-assessment system is “at

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5

INSTANT GROOMING UPGRADES

You want to look sharper, cleaner, and sleeker—and there are grooming products for all of that. Hundreds of new ones each year, in fact. But you don't need them all. Here are the best, and tips from the experts on how to make them work for you

BY SANDRA NYGAARD WITH BRIAN BOYÉ
PHOTOGRAPHS BY ELINOR CARUCCI

In simpler times, men scraped by each morning with soap, shampoo, and shaving cream. But we've evolved, and so has our routine. The majority of men spend 20 to 30 minutes a day in the john, trying to look better. We surveyed more than 1,000 *Men's Health* readers to learn what bugs guys most about getting ready. And because 96 percent of men say they groom for women, we asked women to chime in on how we're doing.

Then we gathered all the latest lotions, soaps, gels, serums, and pastes we could find, and turned loose our panel of grooming experts, editors, and everyday guys. After much lathering, slathering, shaving, sniffing, splashing, rinsing, and repeating, we have your results: the 2010 *Men's Health* Grooming Awards.



Prop styling: Megan Caporello, grooming: Amanda Becker

FACE

Oily skin

Surprise: Oily skin needs moisture. "The right moisturizer will actually balance your skin, leading to less oil production," says Stuart H. Kaplan, M.D., a dermatologist in Beverly Hills, California. Stay away from heavy creams and opt for a lightweight, oil-free moisturizer, like **Neutrogena Men Sensitive Skin Oil-Free Moisture SPF 30** (\$7, neutrogena.com). A lotion or serum with hyaluronic acid penetrates to help skin retain its natural moisture balance. **Peter Thomas Roth's viz-1000** (\$65, peterthomasroth.com) is one good option.

Breakouts

Be gentle with tough skin. "Using a harsh scrub is the same as picking at your skin," says Dr. Kaplan. "You'll cause more inflammation and irritation." Keep skin clean with a mild cleanser that contains salicylic acid or benzoyl peroxide, or their natural alternatives, salix alba bark extract and farnesol. One we like is **Billy Jealousy White Knight Gentle Daily Facial Cleanser** (\$20, billyjealousy.com). Dr. Kaplan also suggests using a gentle exfoliant three times a week to lift dead cells that can clog pores. We like **Eyre BioBotanics Triple Action Facial Scrub** (\$50, eyrebiobotanics.com). When breakouts occur, continue tender treatment with **Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion** (\$30, dgs skincare.com), which

contains anti-inflammatory and antibacterial compounds.

Tidy up, too. Change your pillowcase once a week so your freshly washed face is not resting on a build-up of your hair's oil. Use a disinfecting wipe on all your phones to reduce breakouts by your ear and jawline.

Undereye circles

Blame your parents: A lot of pigmentation is genetic. And as you age, the quality of your collagen diminishes, and blood vessels become prone to breaking. Also influencing undereye circles are lifestyle factors, which include late nights, smoking, drinking, and caffeine. Fight the handdog look with **Anthony Logistics for Men Continuous Moisture Anti-Aging Eye Cream** (\$30, anthonyl.com), which boasts vitamins A, C, and E—ingredients that build collagen back up.

76%

OF MEN SAY THEY DON'T CHECK INGREDIENTS.

At least they don't read labels on skin-care products as carefully as they read the ones on food. Still, 94 percent say grooming is part of being a healthy man.

32%

OF MEN TRY TO CONTROL FACE OIL WITH EXTRA WASHING.

A kinder, gentler approach yields better results. Wash only twice a day, in the morning and before bed, using a mild cleanser and pressure from your fingertips or a soft cloth. Too much pressure or friction can actually put skin into damage-control mode, causing it to increase oil production.

Sun damage

Decades of neglect can lead to skin cancer. If that threat is hard to picture, then look in the mirror at the surface damage from the sun: deep crevices on your forehead and creases around your eyes. In sunny weather, apply sunscreen 15 to 20 minutes before you go out. "Application in the sun leaves you exposed for more time than you realize," says Dennis Gross, M.D., a Manhattan dermatologist. And make sure you're liberal with it. "To be truly protected, we need to use a lot of sunscreen—about 2 to 4 ounces to cover your face and body, depending on your size," he says. Reapply every 3 to 4 hours, no matter how high the SPF level, since it's easy to sweat off. Better yet, even if you don't plan on swimming, wear a sunscreen that's waterproof so it lasts longer as you perspire.

73%

OF WOMEN SAY GREASE IS A DEALBREAKER.

Almost three-quarters of men surveyed admitted that oily facial skin poses a challenge. About the same percentage of women say a greasy mug is either a turnoff or a dealbreaker.

THE BEST

1 TONER

Aveda Green Science Replenishing Toner
Large pores and oily skin? This toner, used after cleansing, gently exfoliates and provides extra moisture. \$40, aveda.com

2 PEEL

Origins Brighter by Nature
The fruit acids in these pads made testers' skin feel smooth and refreshed without drying or redness. \$40, origins.com

3 MASK

Kiehl's Rare Earth Deep Pore Cleansing Masque
Oily skin and blackheads? This mixture of white clay, bentonite, and oat-kernel flour can extract the gunk that clogs pores. Testers said it rinsed off easily. \$23, kiehls.com

4 FACE SCRUB

Eyre BioBotanics Triple Action Facial Scrub
This organic product from Australia is gentle enough for all skin types. For a closer shave, use it first. \$45, groominglounge.com

5 EYE

Moisturizer Nivea for Men Revitalizing Eye Roller Gel Q10
Studies show that coenzyme Q10 fights wrinkles. Our test panel loved the roller-ball applicator. \$9, niveafor menusa.com

6 SERUM

Jack Black Protein Booster Skin Serum
Use after shaving. It has protein and antioxidants to fight aging.

Testers swore it worked. \$60, getjackblack.com

7 ACNE TREATMENT

Dr. Dennis Gross Skincare Trifix Acne Clearing Lotion
Colloidal sulfur treats blemishes and eliminates oil, willow bark extract calms inflammation, and farnesol kills bacteria. \$30, dgs skincare.com

8 MOISTURIZER

Clarins Men Line-Control Cream
Fights wrinkles with shea butter and paracress, which nourish skin and increase firmness. \$50, clarins.com

9 ANTIAGING MOISTURIZER

Lab Series MAX LS Age-less Face Cream
Restores firmness and repairs damage with whey, protein, and rice and leaf extracts. \$65, labseries.com

10 FACE WASH

Billy Jealousy White Knight Gentle Daily Facial Cleanser
Use a mild cleanser like this on your face. Testers loved the rich texture and smell—peppermint, rosemary, and eucalyptus. \$20, billyjealousy.com

11 MOISTURIZER WITH SUN-SCREEN

Bliss Best of Skintentions All Skin Types Daily Moisturizer, SPF 15 UVB/UVA
It's lightweight and loaded with vitamins A, C, and E to help improve the appearance of sun-damaged skin. \$35, blissworld.com

FIFTY-TWO PERCENT OF MEN ARE WORRIED ABOUT SUN DAMAGE, BUT ONLY TWENTY-TWO PERCENT USED SUN-SCREEN IN THE LAST MONTH; FIFTY-FOUR PERCENT OF WOMEN SURVEYED SAID A MAN'S SUN-DAMAGED SKIN IS A TURNOFF.



SHAVE

THE BEST

1 SHAVE GEL

The Real Shaving Company Super Slide Shave Gel
It's alcohol-free, so it won't dry your dermis. Almond oil lubricates the blade, and aloe and vitamin E condition your skin. \$6, realshaving.com

2 SHAVE OIL

Molton Brown Re-charge Black Pepper Shave Oil
This oil protects skin with natural oils, including those of the gymnema sylvestra leaf, which have antimicrobial properties. \$29, moltonbrown.com

3 ELECTRIC RAZOR

Panasonic Wet/Dry Shaver ES-LA93-K
A linear system shaves side to side and up and down. The head pivots to

match the curves of your face. \$400, panasonic.com

4 POSTSHAVE LOTION

Chanel Allure Homme Edition Blanche, Anti-Shine Moisturizing After Shave
A dab offers a subtle scent and quenches freshly shaved skin. Testers liked the texture and said it left their skin soft but not greasy. \$50, chanel.com

5 POSTSHAVE SOLUTION

Shaveworks The Cool Fix
Glycolic and phytic acids help dissolve dead skin cells that can lead to nicks and razor bumps. \$25, sephora.com

6 TRIMMER

Conair Chopper 2-in-1 Custom Styler

More than a dozen attachment combs take care of everything from sideburns to chest hair. It comes with barber scissors, cleaning brush, and cape. \$30, conair.com

7 SHAVING CREAM

êShave Verbena Lime Shaving Cream
It's free of parabens, preservatives that can irritate skin. Testers liked the citrus scent and creamy texture. \$20, eshave.com

8 RAZOR

Schick Hydro 5
Testers say it gave them a close shave while sparing their face. Shave guards control the amount of skin trapped between each blade. \$9, schickhydro.com



Close shave

The average guy shaves in a hurry, somewhere in between showering, dressing, vacuuming down breakfast, and checking his BlackBerry. Pirooz Sarshar, owner of the Grooming Lounge, suggests that you take a breath. "The shaving process should take between 10 and 15 minutes. You can't expect great results by rushing."

Dirt and dead skin cells can form a barrier between your skin and the razor, so start with a well-scrubbed face. "When you scrub, move your fingers in a circular motion to get a sense of your direction of growth while allowing your beard to stand at attention," Sarshar says. A preshave oil like **Molton Brown Re-charge Black Pepper Shave Oil** (\$29, moltonbrown.com) creates a smooth surface so your razor can glide without slipping or dragging.

Which direction? "The trick is to go with the grain first, and then go cross-grain as an in-between step, before eventually graduating to against-the-grain shaving," says Sarshar.

Our survey shows that 36 percent of men are using razors of three blades or fewer. For some, a razor like the **Schick Hydro 5** (\$9, schickhydro.com) may improve the quality of their shave. Over a third of men use a blade more than 10 times before changing it. Ouch. Even in ideal conditions, a blade should be used no more than five or six times before it's replaced, says Sarshar.



70 PERCENT

OF MEN SAY IT'S
IMPORTANT TO GET A
CLOSE SHAVE.

68 percent of women prefer men
freshly shaven when making out.

65%

OF MEN ARE SELF-TAUGHT
SHAVERS

... and 61 percent admit
they need to improve
their skills.

Razor burn

Feeling the burn? Examine your technique. Always cleanse or exfoliate to remove dead skin buildup, which can lead to bumps and ingrown hairs. Then, "keep your skin in kind of a neutral position when you shave so you don't stretch the skin too tightly," says Kathleen M. Welsh, M.D., a dermatologist in San Francisco. "Don't tilt your head back too far or you'll stretch the skin on your neck and cut it too closely. Ease up on the pressure as well."

Body hair

When trimming body hair, shoot for a little longer than half an inch. "The key is not going too short," says Robert Patrizi, owner of Halo [for Men] Salons in Chicago. With clippers, find the ideal setting and test a patch first. Or use scissors: Comb up a section of hair, and hold the ends between your middle and index fingers, with your thumb underneath them to keep the ends in place. Then cut away the excess. Tweezers can easily pluck a few errant hairs on your shoulders or back. One more thing: Never wax at home. Just don't.

SIXTY-FOUR
PERCENT OF GUYS
WORRY ABOUT
EXCESS BODY
HAIR, AND WITH
GOOD REASON:
EIGHTY PERCENT
OF WOMEN SAY
"EXTRA HAIRY"
ISN'T APPEALING.

FRAGRANCE

THE BEST

1 ADVENTUROUS

Voyage d'Hermès
Share this with the woman in your life, or wear it to attract one. Equal parts fresh, musky, and peppery. And the bottle is a work of art. \$90, hermes.com

2 SOPHISTICATED

Prada Infusion de Vetyver
A limited edition with a rich, warm blend of vetiver, tarragon, and pepper, accented with the zing of ginger. \$75, prada.com

3 EVERYDAY

Gucci by Gucci Sport
An initial rush of cypress, grapefruit, cardamom, and juniper berry gives way to warmer notes of patchouli and vetiver. "Luxurious but masculine," said one tester. \$55, gucci.com

4 EVENING

Yves Saint Laurent La Nuit de L'Homme
Our test panel was addicted to the unique combination of woody and floral notes in this

sophisticated, bold scent. \$55, ysl.com

5 FRESH

Azzaro Chrome Sport
It's more sophisticated than many fresh, sporty scents, thanks to a layer of aquatic and woody notes. Blends grapefruit, bergamot, mandarin, and white musk. \$50, azzaroparis.com

6 CLASSIC

Tom Ford Grey Vetiver
Traditional vetiver is updated with

orange flower, grapefruit, warm amber woods, and oakmoss. The bottle is quintessential Tom Ford—both cool and minimalist. \$85, tomford.com

7 MODERN

True Religion for Men
Like the denim brand that inspired this scent, True Religion is versatile and easy to wear, mixing fresh, herbal, and woody elements. \$60, truereligionbrandjeans.com



Scent overload

Avoid nose fatigue. That's what happens if you try more than three scents at the store, says Mary Ellen Lapsansky, vice president of the Fragrance Foundation. When applying fragrance, spritz your favorite scent on your pulse points (like your wrists and the base of your neck) and wait 10 to 12 hours before reapplying, if you want a refresher. Accidental overdose? Use a wet wipe (or a cotton ball dipped in alcohol) on the spot to lift off some of the scent. "This should take the strength of the fragrance down a notch or two," Lapsansky says. But don't even think about forgoing cologne altogether; 93 percent of women surveyed say a man seems sexier when he wears a subtle scent.

57%

OF MEN WORRY ABOUT
HOW THEY SMELL

... and 73 percent of women say
their biggest complaint about
scents is that men wear
too much.



BODY

THE BEST

1 MOISTURIZER

Jock Soap Tall Drink Body Hydrator
This complex formula of natural moisturizers includes shea butter and cane sugar. And there's no scent and no greasy film. \$22, getjock.com

2 BODY WASH

Dove Men + Care Clean Comfort Body and Face Wash
Combining moisturizers with a tight, appealing scent kept our testers using this wash long after the testing was done. \$5, dovemencare.com

3 DEODORANT

Gillette Odor Shield Antiperspirant/Deodorant
An 18 percent aluminum compound (just 2 percent less than prescription strength) kept testers' pits dry. The subtle scent was popular, too. \$5, gillette.com

4 BODY SCRUB

Every Man Jack Citrus Scrub
Natural oils give it a clean, citrusy smell, coconut derivatives slough off the grime, and glycerin keeps skin soft and moisturized. \$6, everymanjack.com

5 BODY TOOL

Dove Men + Care Active Clean Dual Sided Shower Tool
Our testers wondered why they stayed with washcloths so long. Build lather with one side of this tool, polish your skin with the other. \$4, dovemencare.com

Excessive sweating

You produce two types of sweat: one when you're hot and the other when you're stressed. The latter, produced by your sympathetic nervous system, is more likely to smell, says Dr. Welsh. She suggests an antiperspirant with a 12 percent concentration of aluminum chloride, such as **Certain Dri** (\$6, certaindri.com). Use this antiperspirant at night, when your skin is dry and the ingredients can be absorbed. No need to reapply in the morning; you're covered. Or try a deodorant with 18 percent aluminum zirconium, such as **Gillette Odor Shield Antiperspirant/Deodorant** (\$5, gillette.com); apply morning and night.

Body odor

If tenacious stink is an issue for you, try an antibacterial soap—body odor can be a product of bacterial growth on the skin. And skip the Indian buffet at lunch—odors from onions, garlic, curry, and spicy foods are excreted in sweat glands. Finally, do the laundry. Bacteria from sweat can cling to fabrics; the heat from your body acts like a plug-in scented warmer, but in this case it activates offending odors.



MOUTH

Bad breath

It starts with oral hygiene. "Think of your gums as a turtleneck collar that hugs each tooth," says Sally Cram, D.D.S., a periodontist in Washington, D.C. You have to get under the collar to remove bacteria. Brush for at least 2 minutes; Dr. Cram prefers a sonic toothbrush, like the **Supersmile LS45 Advanced Sonic Pulse Toothbrush** (\$100, supersmile.com). Its 45-degree angle is ideal for removing debris.

Floss that has tiny grooves, like **Reach Total Care** (\$3, reachbrand.com), may remove gunk better. To rout bacteria, scrub your tongue with a **Supersmile Tongue Cleaner** (\$4, supersmile.com), suggests New York City dentist Thomas Connelly, D.D.S. That, plus some oxygenation with a toothbrush, will eliminate odors.

Yellow teeth

Our survey showed that whitening pastes, gums, and rinses are popular. Too bad they can't really do much. For real results, Jennifer Jablow, D.D.S., a Manhattan-based dentist, suggests professional in-office bleaching. "It should be done only once or twice a year, but everyday upkeep is incredibly important," says Dr. Jablow.

If you don't have the bucks (up to \$1,000) for treatment at your dentist's office, try a professional fix at home, such as Dr. Jablow's **IntelliWhite** kit (\$80, rxbright.com). This product features whitening pens that target the teeth and keep chemicals off gums. Steer clear of generic trays that can make gum tissue sensitive. Before you try anything, consult with your dentist so your expectations are realistic.

Chapped lips

Stick to unscented, flavorless balms—fragrances can irritate inflamed skin. (And you'll be less tempted to lick your lips.) Reapply at night, when the oils can sink in and fissures can fuse. In extreme cases, Dr. Welsh suggests using 1 percent hydrocortisone cream.



THE BEST

1 LIP TREATMENT

Mission Skincare Revitalizing Lip Therapy Gel
Developed with input from Carmelo Anthony and Serena Williams, it earned accolades from our mortal testers, too. \$4, missionskin.com

2 WHITENER

IntelliWhite Pro Whitening Kit
Its pen system keeps chemicals away from your gums. Users liked the no-mess experience and 7-day results. \$80, rxbright.com

3 FLOSS

Reach Total Care Floss with Listerine Flavors
One tester said, "Flossing can be easy and fun. Who knew?"

Others thought the springy texture and thicker ribbon did a better job than thinner standard floss. \$3, reachbrand.com

4 TOOTHPASTE

Burt's Bees Natural Toothpaste Multicare with Fluoride
Natural and effective. Fluoride and cranberry extract inhibit bacteria and fend off gingivitis. \$5, burtsbees.com

5 BRUSH

Supersmile Series II LS45 Advanced Sonic Pulse Toothbrush
It helps you maintain an ideal 45-degree angle while providing 30,000 strokes per minute. Comes with a 2-minute timer. \$100, supersmile.com



Styling

Fine, limp locks were a complaint of 42 percent of the men we surveyed. Some styling tricks can help—starting with never putting product on wet hair, says Erica Fleischman, owner of Erica Fleischman: A Men's Salon, in Manhattan. Grooming paste, such as **Redken for Men Forming Paste Mint Shape** (\$14, redken.com), can add texture and girth to fine follicles. Use a small amount of product and work it into the palms of your hands before applying in order to achieve even distribution and avoid clumping.

Almost a third of men surveyed have trouble managing their curly, dry, or coarse hair. Fleischman suggests washing it less often to allow the scalp's natural oils to coat the strands. Try rinsing your hair with conditioner instead of washing sometimes. "It will keep the hair hydrated and make it smell and feel clean without the drying effects of shampoo," she says.

60%

OF MEN FRET ABOUT SWEATING TOO MUCH.

With good reason: 88 percent of women say a sweaty dude (who's not working out) is not hot.

52
PERCENT

OF WOMEN NOTICE A GUY'S SMILE FIRST,

... and when asked what part of grooming is worth spending extra on, "tooth color" won big.

Eyebrows

Speed your brow trimming like this, says Patrizi of Halo [for Men]: With a fine-toothed or mustache comb, brush the hairs of your eyebrows upward. Take a pair of nose-hair or baby scissors (with protective tips) and trim the tops of the hairs on a downward angle. "Never do them straight across—they'll look choppy when you brush them back down, which is a sure sign of botched grooming," he says. Next, use tweezers to pluck any thick hairs between the eyebrows, leaving the smaller, finer hairs so you won't look overgroomed.



THE BEST

1 SHAMPOO
L'Oréal Professionnel Homme Densite Shampoo
It contains polymers, which add luster and smoothness, according to a study in the International Journal of Cosmetic Science. \$15, us.lorealprofessionnel.com

2 GEL
Bumble and Bumble Bb.gel
Didn't leave sticky hands or "hair-helmet" syndrome, and a tousle kept hair flexible but styled. \$24, bumbleandbumble.com

3 POMADE
Axe Smooth and Sophisticated Look Shine Pomade
A little shine without that shellacky, gluey feel. Our testers said their hair felt polished but not weighed down. \$7, theaxeeffect.com

4 HAIR PASTE
Redken for Men Forming Paste Mint Shape
Consider this fresh-smelling paste a scaffold for fine hair. It rinses out easily, testers said. \$14, redken.com

81%

OF WOMEN SAY THEY WANT THEIR GUY CLEAN-SHAVEN WHEN HE MEETS HER FOLKS

... but 31 percent say a 5 o'clock shadow is just right when meeting her friends.

THIRTY-FOUR PERCENT OF MEN SAY THEY DON'T USE ANY STYLING PRODUCT, BUT NEARLY ALL MEN SAY THEY HAVE SOME HAIR CONCERNS.



HAIR

serious risk of becoming obsolete” because of the agency’s inability to “complete timely, credible [chemical-risk] assessments.”

Another problem: Only the pesticide’s active ingredient—the chemical that kills the pest—is shown on a product’s label. “But there are other so-called inert ingredients that have health and toxicity risks as well,” says Dr. Karr. “Because those are considered trade secrets, however, we have no way of knowing what they are.”

Skeptical researchers also point out that even though the EPA evaluates every product on shelves, multiple products are often present on lawns, including herbicides, fungicides, insecticides, and weed-and-feed products that combine fertilizers and pesticides in the same bag.

Cory-Slechta, of the University of Rochester, says she doesn’t have a lot of confidence in typical testing. “When we study chemicals this way, what we’ll find are exposure levels that we’re defining as safe when they’re studied alone, but that aren’t safe when they occur in conjunction with other chemicals. It’s very likely that we’re underestimating risks.”

On the Scotts Miracle-Gro Web site, you can punch in your zip code and it will spit out a lawn-building program for you. Steinberg entered zip codes from all over the country.

“What I found out,” he says, chuckling, “was that I was getting the same advice: ‘Buy four bags of our stuff and throw it down.’”

Overtreatment is a primary concern of critics. “Why would you take the risk?” Tukey says.

“Even if there’s a 2 percent chance that it could cause harm to your kids, why would you take that risk? For a dandelion?”

In the case of fertilizer, excess amounts of the product can wash into the watershed, wreaking environmental havoc, such as the phytoplankton blooms that cause dead zones in coastal waters around the world. A spokesman for Scotts Miracle-Gro counters that the company has gone to great pains to research the appropriate nutritional needs for consumers’ lawns, and that it cautions against overfertilizing.

“These products are no different from any household-use product,” says Chris Wible, director of environmental stewardship for the Scotts Miracle-Gro Company, in Marysville, Ohio, the nation’s top seller of lawn and garden products, with \$3 billion in annual sales. “In fact, they go through more scrutiny and testing than most household-use products.”

As for appropriate amounts of lawn treatments, “it’s kind of like diet and exercise,” he says, “... diet being using the right product that meets the proper nutritional needs of the lawn, and exercise being kind of like the cultural practices—mowing your grass high so you have tall grass blades and deep roots, crowding out weeds.” The

bottom line, Wible says, is that “if you have good nutrition and you maintain a lawn well, you reduce the need for additional inputs.”

To which Paul Tukey would say, *You can reduce that need to zero.*

Tukey has the passion of the converted: Before he wrote a book about organic lawns, he’d been on the other side.

“I was a professional lawn-care guy,” he says. “I had 800 lawn-care clients and was spraying pesticides on probably 750 of those lawns. And I was making a lot of money doing it. We were grossing well in excess of a million dollars a year, and pesticides were a big part of that.”

He looks back with a shiver of irony. He once boasted about how he’d eliminated weeds from the lawn at a Maine hospital—a lawn where cancer patients took daily strolls. He considered weed-and-feed products godsend. “With one pass of a lawn spreader, we could feed the grass, kill the weeds, and still have time for a round of golf at the course we so envied,” he writes in *The Organic Lawn Care Manual*.

**“PUT UP WITH
A FEW FREAKING
DANDELIONS.
I THINK
THAT REALLY
SUMMARIZES IT.”**

By 1994, however, things had changed. “I was in the hospital with blurred vision and headaches and nosebleeds and vomiting,” he says. “I was an absolute mess.”

Clarity arrived one day in a hardware store. A broken bag of weed-and-feed had spilled onto the floor, and a little girl was making sand castles out of it. Tukey lost it, telling the store manager, “You’ve got poisons all over the floor!” The manager replied, “They have to put those warnings on the label by law, but there’s nothing wrong with any of it.” And that, Tukey says now, “is the fundamental belief of a vast majority of the American public.”

Tukey’s doctor told him, “If you keep using all those lawn chemicals, you’re going to be dead.” So Tukey stopped; the symptoms disappeared almost immediately. He says he’s suffered no long-term effects beyond an elevated sensitivity to perfumes and pesticides. He considers himself lucky. “Not everyone reacts the same way to chemical exposures,” he says, “just like not everyone handles alcohol the same way and not everyone develops cancer from smoking. Genetics, diet, weight, and all sorts of factors play into it.”

He converted to all-organic lawn care shortly

after the hardware-store incident. Today Tukey advocates using compost (to fertilize) and corn gluten meal (for weed control), spreading grass seed over a lawn to thicken turf and choke out weeds, and leaving clippings on the lawn. But he still likes the look of a freshly mowed lawn.

It’s been 4 years since Speeney’s home in Bernards Township was fogged. He lobbied town officials to go organic, and they agreed. The township now tends its sports fields using organic methods, and today, “Pesticide Free Zone” signs guard every park in town, he says. The neighborhood association agreed to stop using pesticides on the grass behind his building. Some of the lawns are no longer perfect, he admits—crabgrass and dandelions grow here and there.

That’s to be expected, says the University of Minnesota’s Gillman. A natural lawn can look good, but it won’t look like a chemically treated one. You have to gut out a year or so of a meaner, not greener, lawn. The first year of corn gluten treatment won’t be effective at all, he says. “The second and third years, it will start to work reasonably well—we call it 80 percent control—which some people will find completely unacceptable. And some people will think is great. It just depends on your outlook.”

Gillman is realistic. There are few natural, selective herbicides. And organic lawn care’s biggest drawback are already-present weeds. The solution: “It’s called weeding. You use your hands and you get in there and dig the plants out.”

Knock yourself out, the industry says. “If that’s your preference, go for it,” says Reardon of the trade group RISE. But if you’re doing it because of safety concerns, she says, you’ve fallen for emotional appeals and misperceptions. “I think consumers should have whatever choices the market will bear,” she says. “But [forgoing chemicals] is not necessary from a health perspective.”

Critics say the market is warped by advertising that shames American men into conforming their yards to the image of a perfect lawn. Tukey’s old business preyed on this: Crabgrass, he says, means “you’re not fit to live in this neighborhood.”

So should we trust the EPA and the pesticide makers who swear our kids and pets can roll around in their products? Or should we swear off the weed-and-feed aisle and go organic? Gillman’s advice: “Put up with a few freaking dandelions. I think that really summarizes it.”

These days, Joe Speeney and his wife like to gaze out the back window of their townhouse at the pleasant, squealing chaos on their patch of green. “There are seven kids in my building,” he says, “and they and my son all play back there now. We feel pretty good about it.”

His lawn is no longer perfect, but it’s not appreciably shabbier. The kids pluck spent dandelions and blow the seeds into the wind. To Speeney, it’s a sight more beautiful than perfection. ■



MensHealth.

2010
POSTER
SERIES
**THE BODY
YOU WANT**

SUMMER-FIT IN 30 DAYS

Use these blubber-blasting routines to
make sure you're ready to go shirtless

BY DAVID JACK • PHOTOGRAPH BY PATRIK GIARDINO

For 8 months, your physique has enjoyed plausible deniability, hidden beneath layers of dissembling fabric. But the arrival of summer exposes the truth. Lucky for you, these workouts can reverse a winter of neglect—in just 30 days. They employ density training, a technique that allows you to do more work in less time. You'll sweat enough to raise sea levels, while you densurify your muscles and torch fat. And after 4 weeks? Find the next phase of this plan at MensHealth.com/download.

For videos of each exercise, download this workout to your PC or iPod at MensHealth.com/dowload.

A

in 10 minutes and resting only as needed. After you finish, rest for 2 to 3 minutes and then move on to the next part of exercises. On each exercise, perform only 5 reps per set but use a weight you can lift 10 times. (Don't worry: After a couple of minutes, it'll be quite challenging.) Increase your rest, if needed, to complete all 5 reps.

A Goblet squat

B Chinup

A P

B Single-arm dumbbell row

A Al:

B Jump squat

1 Dumbbell hang pull

Hold a pair of dumbbells just below your knees with your hips pushed back and knees slightly bent. Pull both dumbbells to shoulder height by thrusting your hips forward and standing up on your toes. Return to the starting position, pause, and repeat.

Keep your lower back slightly rounded, and don't round your neck.



T Dumbbell hang pull

4 Dumbbell pushup and row

Position your feet about shoulder-width apart to help stabilize your body as you row the dumbbells.

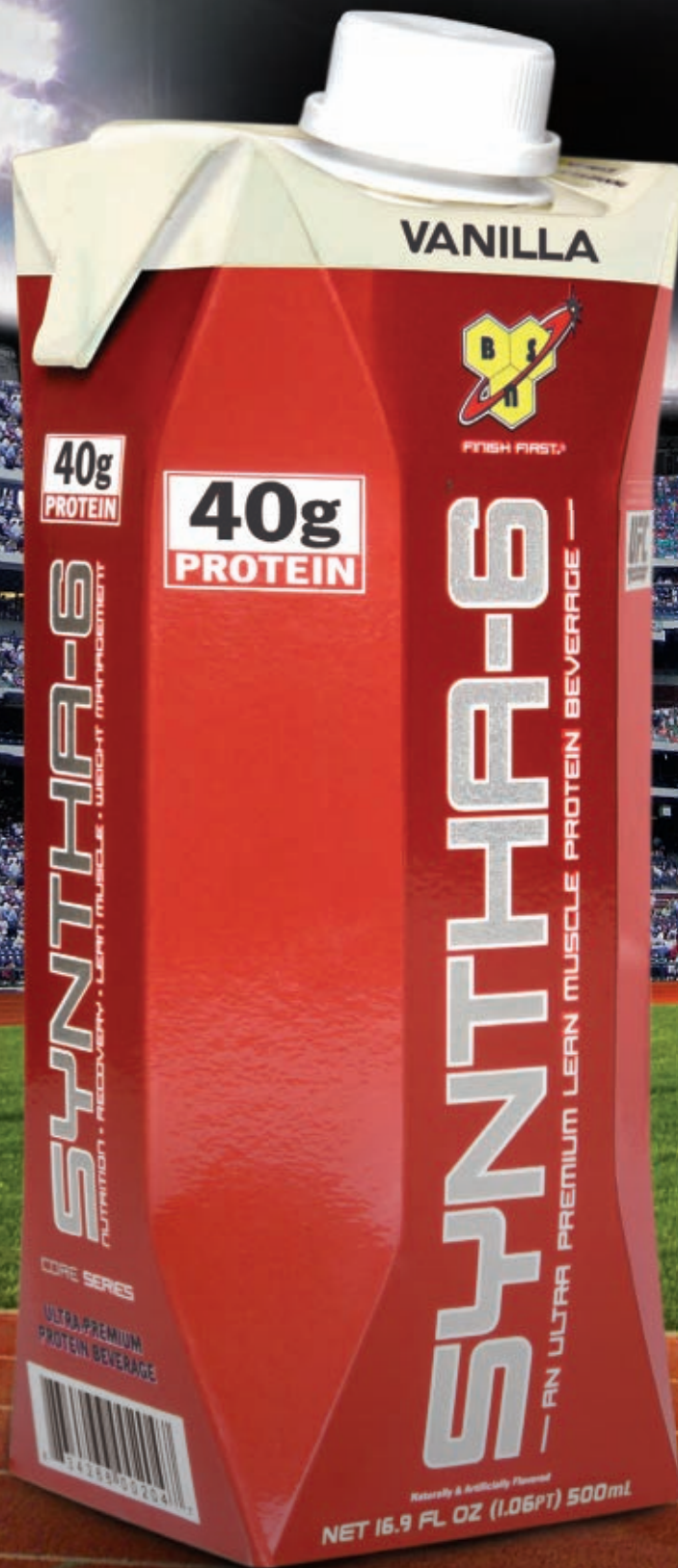
Reverse lunge and swing

Rotate your shoulders to bring your feet to your hip and "throw" the dumbbell up.

4 High-knee run

Dumbbell swing

Cross-body mountain climber



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DOC ADDICTED? | Continued from page 131

In one case, between the fall of 2002 and the summer of 2004, a Pennsylvania man named Terry Golden, who was having urinary problems, went to see Milan Smolko, M.D. Several times Dr. Smolko examined Golden, ran tests, and, finding nothing amiss, sent him home. What Golden didn't know was that Dr. Smolko was addicted to the narcotic oxycodone (sold as OxyContin). In time, the doctor's addiction became so severe that he began obtaining prescriptions from another physician for a different narcotic. As a result, he missed what any doctor in his right mind would have seen: Terry Golden had bladder cancer. He died in early 2008, at the age of 60.

And Dr. Smolko? His license was eventually suspended. The jury that found him guilty of malpractice for failing to diagnose Golden's cancer awarded his widow \$1.88 million. (The decision is currently under appeal.)

IN ADDITION TO PRIVACY CONCERNS, PEOPLE who oppose drug testing of doctors typically cite a variety of practical problems, including the unreliability of drug tests and the high cost of screening everyone. "It's an incredibly expensive proposition," says Martin Donohoe, M.D., an Oregon-based physician who has spoken out against random screening. Dr. Donohoe notes that the federal government spends between \$35,000 and \$75,000 for every drug user it finds among its employees. And since most people who test positive are moderate drug users and not abusers, says Dr. Donohoe, the cost of weeding out a single addict who might pose a real threat to the public could range from \$700,000 to \$1.5 million.

But Dr. Donohoe's argument ignores two points: First, addicted doctors who make mistakes are themselves incredibly expensive, not only in terms of the mistakes and malpractice judgments but in lost human life. Second, the point of random screening isn't merely to weed out drug users; it's to make people think twice about using drugs in the first place.

And there's evidence that testing does that. Screening of transportation workers has drastically reduced the number of substance abuse cases in that industry. And in the case of doctors themselves, addiction researcher Mark Gold, M.D., says that the main reason PHPs have four times the success rate of average rehab plans is because active supervision and random urine testing keeps the consequences in the physician's mind.

For a doctor, who faces the loss of money, patients, and status, "that's powerful behavioral intervention," says Dr. Gold. "It keeps you on alert."

One person who'd gladly offer up his urine is Jake, the Marine now afflicted with hepatitis C. Between treatments, he has been studying to become an EMT. When he learned that, like nearly every other health-care worker in America, he would never be subjected to random drug screening, he had a simple reaction.

"That," he says, "is ridiculous." ■

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Heroes in your life

WE FIND OUT WHO TAKES CHARGE OF THE SITUATION

HEROES AMONG US

Number of heroes the average guy has: **4**

The one he's most likely to cite as his hero: **His dad**

Percentage of men who count a professional athlete among their heroes: **54**

Profession that men say is the most heroic: **Soldier**

Number of soldiers who've received the Medal of Honor: **3,449**

Number of medals awarded posthumously: **1 in 5**

Percentage of Carnegie Medals for civilian heroism that have been awarded to men: **90**

6 Percentage of men who've actually met their real-life heroes, only to be let down

HEROES WITHIN

How the average guy defines heroism: **Doing what's right, regardless of personal consequences**

Percentage of men who consider themselves heroic: **31**

Top two heroic acts men perform: **Tending to car-accident victims and saving a person from drowning**

Number of rescuers who say time seemed to stand still while they responded to an emergency: **3 in 5**

Number who say they've experienced a surprising surge of strength during an emergency: **1 in 4**

The average guy's favorite superhero: Batman

Percentage of men who say they wouldn't be able to resist abusing their superpowers: **88**

58 Percentage of men who say that female superheroes turn them on

YOUR HERO TOOL KIT

"Gearing up before an emergency ever occurs helps put you in the proactive mindset that separates rescuers from bystanders," says Navid Roder, M.D., who provided medical care after Haiti's earthquake. Here's what he keeps close.

1

Black Diamond Gizmo LED Headlight

"It lights the scene and leaves your hands free," Dr. Roder says. \$16, blackdiamond.com

2

Victorinox Rescue Tool

This glove-box necessity includes a seatbelt cutter and window-breaking tool. \$90, swissarmy.com

3

Ibuprofen

For minor injuries, fever, and headaches. "You'd be amazed how many people are 'cured' when you take their pain away," Dr. Roder says.

Illustration by CHIP KIDD; correction: the May 2010 Average Guy was illustrated by DAVID DRUMMOND

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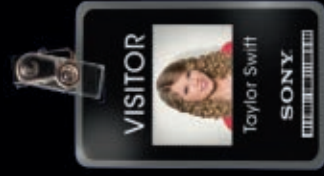
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