



October 30, 2007

Media scan

A peek at recent health and fitness books, magazines and Web sites

October 30, 2007

- Tired of all those beauty products that promise to get rid of wrinkles? **Fitness** magazine's November issue offers an alternative choice: the wrinkle-free diet. Fitness found several "super foods" that may help erase lines and plump up skin. Here are some so-called wrinkle-free foods: blueberries (lots of antioxidants protect skin against free radicals); kale and spinach (phytonutrients guard against skin damage); green tea (catechins and polyphenols fight free radical damage and hyperpigmentation).
- For women runners -- the 10 million of them who are fueling a major boom in the popularity of running -- Runner's World magazine has just published the **Complete Book of Women's Running** (Rodale, \$16.95). The revised and updated volume offers new advice on how to get started, stay motivated, lose weight, run injury-free and train for any distance. Written by women's sports expert Dagny Scott Barrios, the book provides information on running during pregnancy and menopause, injuries common to women, safety and nutrition. There are also illustrations of some great warm-up and core strength-building exercises.
- If you're dealing with chronic pain, fibromyalgia or chronic fatigue syndrome, the new, third edition of "**From Fatigued to Fantastic!**" (Avery/Penguin Group USA, \$15.95) could help. The number of people with chronic fatigue syndrome, previously estimated at 500,000, is now estimated to be 2.5 million in the U.S. Author Jacob Teitelbaum, an internist, explains the latest research on fibromyalgia and CFS and gives a step-by-step guide to his "SHIN protocol" that has helped thousands get their lives back. It addresses four vital areas: sleep, hormonal deficiencies, infections and nutritional deficiencies.
- A big challenge for diabetics, especially those newly diagnosed, is selecting the right kinds of food. Sean Hughes, a diabetic from New Jersey, created a Web site, www.diabeticfoodcritic.com, as a forum for critiquing different foods so diabetics can find healthy, good-tasting items. The foods reviewed are rated using the same pin-prick guide diabetics use to test sugar levels. A 100 rating is the best, while 500 is the worst. The Web site encourages visitors to provide suggestions on what foods should be reviewed.