

# LADIES' Home Journal

AUGUST 2010

LHJ.com

YOUR BEST BODY AT  
**30, 40, 50**

**+ DIET ADVICE  
FOR WOMEN WITH  
NO WILLPOWER**

**HOW TO PAY OFF  
ALL YOUR DEBTS**

**BEST ANTI-AGING  
PRODUCTS**

**23 WAYS TO  
IMPROVE YOUR  
MEMORY NOW**

**THE SKIN-CANCER  
CHECK YOU  
SHOULD DO AT  
HOME**

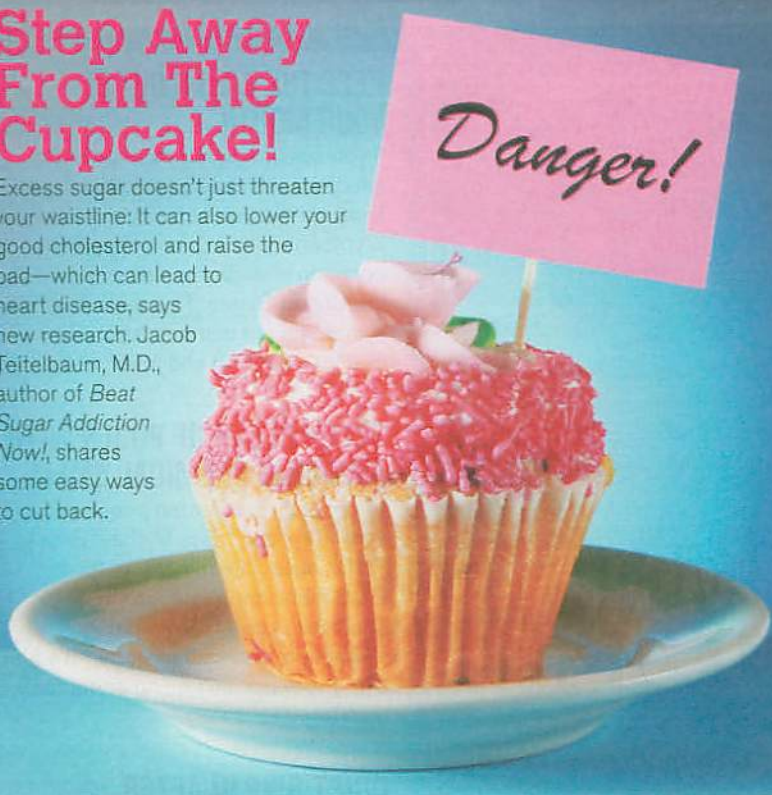
**CINDY CRAWFORD  
FABULOUS AT 44**

◀ OPEN HERE TO JOIN  
THE MOTHERBOARD



## Step Away From The Cupcake!

Excess sugar doesn't just threaten your waistline: It can also lower your good cholesterol and raise the bad—which can lead to heart disease, says new research. Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!*, shares some easy ways to cut back.



- **Look at the label** and don't buy it if any of the first three ingredients ends in "ose" (fructose, glucose, dextrose).
- **Keep track.** To find out how many teaspoons of sugar are in a food, divide the grams of sugar by four. You may be shocked!
- **Grab an orange instead of orange juice.** It has natural fiber and no added sugar, plus you'll feel satisfied with less.
- **Try plain Greek yogurt.** "It's wonderful," Dr. Teitelbaum says. "You'll adjust and never miss the added sugar."
- **Instead of drinking sugary sodas, make fresh lemonade.** Dr. Teitelbaum's recipe: ¼ to ½ cup lemon juice, 3½ cups water and a bit of no-calorie sweetener (he likes 40 to 50 drops of liquid stevia, available in health-food stores).



## Where There's Smoke ...

If you have chronic sinus troubles, secondhand smoke could be the reason, says a study in the *Archives of Otolaryngology—Head & Neck Surgery*. In fact, it could account for as many as 40 percent of cases. The theory is that secondhand smoke irritates tissues and affects your immune system, making it easier for allergens and bacteria to get into your bloodstream.

### DO YOU NEED HELP QUITTING?

**Women.smokefree.gov**, developed by the National Cancer Institute, offers advice on how to stop and great interactive resources to get you motivated and keep you on track.



## SYMPATHETIC SITES

More and more patients, from kids to seniors, are tapping into the therapeutic effects of sharing info about their illnesses online. Thanks to Facebook updates, ready-made blogs and YouTube, telling your story and getting support from friends and family (even random followers) has never been easier. Here are four sites we like.

### BLOG SITES

- **Caringbridge.org** lets patients and caregivers create a Web page on which they can post updates, share pictures and receive messages of encouragement from friends. Setup is particularly quick and easy, with lots of ways to personalize your page.
- **Carepages.com**, a more elaborate site, gives you both a personal Web page and access to blogs and discussion forums. You can send photos and health bulletins to your e-mail list, and link to other site members to exchange information on symptoms and treatments.

### SUPPORT SITES

- **Inspire.com** connects patients to one another and to experts on their condition. This network hosts groups focused on different health problems, such as heart disease, breast cancer and osteoporosis. If you disclose your health condition, Inspire will e-mail you about nearby clinical trials that fit your situation.
- **DailyStrength.org** lets you get, and share, advice anonymously through message boards and chat rooms. Whatever your need (living with MS, finding new ways to handle asthma), you'll probably be able to find a sympathetic ear in one of the 500-plus support groups.