

Better Homes and Gardens®

The Easy Way
To Walk Off
Weight P.192

JULY 2010 BHG.COM

we love a bargain

33 Ways to Get
a Great Deal

Amazing
\$350 Room
Makeover

Plus: 20
Super-Fast
Summer
Meals

Foolproof
Garden Color
In Sun or
Shade

▲
Budget Saver:
Colorful Paper
Napkin Table
Runner P.28



\$3.99
07

health news

THE INFORMATION YOU NEED TO STAY WELL

by SARA ALTSHUL



Book of the Month: *Beat Sugar Addiction Now!* by Jacob Teitelbaum, M.D.

(Fair Winds Press, 2010, \$16.99)

If you crave sweets when stressed or drink nondiet sodas nonstop, you might be a sugar addict. Which, says the author, can lead to a host of health problems, including chronic fatigue, high cholesterol, and hypertension. This new workbook helps you kick the habit with a customized program to lose weight and boost energy. Learn how to deal with symptoms like depression, fatigue, and anxiety. People often start feeling better within one to four weeks, says Teitelbaum, medical director of the national Fibromyalgia and Fatigue Centers and author of *From Fatigued to Fantastic*.



Quick Tip: Dab bug bites with echinacea tincture. Just dip a cotton swab into the bottle and apply directly to the bite. Echinacea eases pain, reduces inflammation, and speeds healing. Good brands to try: Herbalist & Alchemist and HerbPharm.

PHOTOS: (FLOWER AND WALNUTS) VEER

CHAR FOILED

Spicy marinades and basting sauces not only add zing, they decrease the cancer-causing chemicals that form on the surface of well-done meat cooked at high temperatures. Studies show that the chemicals, PAH (polycyclic aromatic hydrocarbons) and HCA (heterocyclic amines), were offset by prepping and grilling meat with sauces that included red peppers, garlic, turmeric, rosemary, allspice, and ginger. Trimming visible fat before cooking and going medium, medium-rare, or rare also can lower PAH and HCA counts.



DRIVE HIM NUTS

A daily handful of tasty, crunchy walnuts may help fight prostate cancer, says Paul Davis, Ph.D., a nutrition researcher at the University of California, Davis. In his new study, Davis fed walnuts or soybean oil to mice programmed to develop prostate cancer. The walnut mice developed cancer tumors that were 50 percent smaller and grew 30 percent slower than the soybean oil mice. "Walnuts contain a package of compounds, including omega-3 fatty acids, that interact to provide health benefits,"

says Davis. "I expect that the results we observed in our mice will very likely be found in men, too, when studied," he adds. In addition to serving walnuts, other ways to help your man prevent prostate cancer include: cutting down on red meat and dairy products; upping his intake of brilliantly colored fruits and vegetables, including tomatoes and pomegranates, which have also been shown to reduce prostate cancer risk; and encouraging him to lead an active lifestyle.