

Smart ideas to Make you healthier!

+ To avoid knee injuries . . .

Keep your legs limber! A super-simple way to do it: Spend 30 seconds daily reaching for your toes while sitting straight-legged on the floor, advise researchers.

+ Pick the best sunscreen

Not all sunscreens are as protective as they claim. For the lowdown on the one you're using, visit www.ewg.org/sunscreen, a new website that rates the effectiveness and safety of products with SPF.



+ Be safer at the office!

Don't hang out near the laser printer. Turns out, these machines can release high levels of toxic particles that can be just as damaging to your lungs as secondhand smoke, researchers say. To protect yourself: Walk away from the machine while it's running, whenever possible.

+ Fun way to improve vision!

Playing action video games for up to two hours daily can sharpen your vision in one month by fine-tuning the way the brain processes pictures from the retina, reports Daphne Bavelier, Ph.D., professor of brain and cognitive sciences at the University of Rochester.

+ Tummy-sparing pain relief

Can't tolerate oral NSAIDs? Good news: A first of its kind anti-inflammatory, pain-relief patch is now available to treat acute pain due to minor strains, sprains and contusions. Called FLECTOR, the prescription patch contains the painkiller diclofenac epolamine.

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The relaxing way to live longer!

Feeling guilty about taking it easy on the weekend? Don't! Researchers found that people who regularly relax are three times less likely to die of heart disease than those who don't unwind on their days off!

Our expert: The National Fibromyalgia Association

Could you have fibromyalgia?

See your doctor if you regularly experience any of these symptoms:

- ✓ General aching, stiffness or chronic widespread pain
- ✓ Muscle tenderness or soreness
- ✓ Difficulty sleeping and fatigue
- ✓ Dull pain in muscles, tendons and ligaments

have inadequate levels of D—an essential nutrient that the body can make itself with sunlight. Dr. Teitelbaum's advice? "Go outdoors for a half-hour each day—even if you take three ten-minute walks throughout the day."

- **Relaxing with a massage**
Studies suggest that deep-tissue massage relieves FMS fatigue, pain and stiffness by as much as 38%.

- **Asking about this Rx**

Lyrica is the first FDA-approved fibromyalgia drug; studies show it helps 33% of patients halve their pain.
—Camille Noe Pagán

Health News!
End the morning blahs with flowers!
Not a "morning" person? A new study found that people just like you felt more energetic after looking at flowers first thing in the a.m.

5 easy ways to Beat stress

1 HUM A TUNE TO INCREASE CIRCULATION!

Humming forces you to breathe in and out more deeply, increasing oxygen in the blood, which, in turn, instantly triggers a relaxation response, a Swedish study found.

2 PINCH YOUR EARLOBES

For 10 to 30 seconds every half-hour. Researchers found that this halves anxiety levels, by signaling the nervous system to release mood-boosting chemicals.

3 DREAM A LITTLE DREAM

Picturing something that you truly value, such as a person or place, and focusing on it for several seconds reduces tension by lowering stress hormones.

4 PET YOUR PET TO END ANXIETY

Or hold hands with someone you adore. Studies show that touching a loved one for just 10 minutes during stressful situations revs up production of the hormone oxytocin, which quiets an area of the brain linked to heightened anxiety.

5 SIP TEA TO DOUSE STRESS HORMONES

Downing four cups of black tea daily helps you feel more at ease by reducing levels of the stress hormone cortisol, according to a British study. Researchers aren't yet sure which of the many compounds in the brew does the trick.

Do you have the achy-and-tired disease?



A few simple steps can help you feel like your old self again!

Fibromyalgia and Fatigue Centers. "Thankfully, we're learning more about this condition every day—and we now know which treatments can provide the most relief," says Dr. Teitelbaum. He and other experts advise:

- **Getting a "sugar" boost**

In a new study, Dr. Teitelbaum discovered that D-Ribose—a naturally occurring simple sugar—boosted energy levels in FMS sufferers by 45% in just three weeks. "Fibromyalgia is an energy crisis—your body is using more energy than it makes," explains Dr. Teitelbaum. "The culprit in many cases is a D-Ribose deficiency. Correcting the shortfall can help bring energy levels back to an even keel."

The remedy: 5 g. of D-Ribose powder or supplements, three times a day.

- **Soaking up some sun**

One of the newest scientific findings is that vitamin-D deficiency may contribute to two hallmarks of FMS: pain and muscle weakness. In fact, one study reveals that one in four people with chronic pain

Constantly exhausted and achy? You may be among the 6 million Americans with fibromyalgia syndrome (FMS). Because FMS is defined by symptoms (see box, right), not lab tests, many sufferers go from doctor to doctor before being diagnosed, says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* and medical director of the