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August 2023

Prevention



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FEEL AMAZING.

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Prevention
PREMIUM

FROM TOP: TRUNK ARCHIVE; GALLERYSTOCK; MIKE GARTEN; ON THE COVER: STOCKSY.



PERMISSION TO DIG IN

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BETTER STARTS WITH



Why Are We Doing This?

WE'RE MORE THAN halfway through The Year of Making Noise here at *Prevention*. That's the name of our series of special reports about health and health care issues that are too easily overlooked.

I'm proud of the stories we've done. We've covered how menopause needs to be taken more seriously in the workplace, why it's so problematic that clinical trials include mainly white people, and barriers to mental health care. We've talked about cancer, invisible disabilities, and sexual trauma. (You can find these stories at prevention.com/making-noise.)

All these articles have highlighted gaps in our medical system and how they affect people across the country. This month's Making Noise story does that too, but in an area that I know is fraught: reproductive health. Specifically, we're looking at how reproductive health has been affected by the recent changes to abortion law.

The repercussions are broad, and because of our country's polarized views on abortion, this kind of reporting is often avoided by media brands that have a wide audience, as we do. But Making Noise is a series meant to probe deeply and look ahead. And *Prevention* even has a history of speaking up about how various laws affect our health. In the 1970s, the magazine published a regular column called Your Government and Your Health.

Now, I'm aware that the debate over abortion is far more polarizing than, say, the issue of whether saccharine should be banned (in 1977, *Prevention* thought it was a danger to public health). But I believe the heart of the matter is the same: The more you know about how laws and norms affect you and the people you love, the better equipped you are to decide whether they are something you too want to make noise about.



Sarah



In future issues, we'll be speaking up about Alzheimer's disease, cancer, public health, and more.

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PULSE

Go Crazy for Cranberries

Are they good for your urinary tract or not? It turns out they may help after all: Per a large review, cranberry juice and cranberry supplements were linked to a 26% lower risk of repeat urinary tract infections (UTIs) in women and a more than 50% lower risk of UTIs in kids and people who were susceptible to them after medical interventions. Any day can be cranberry season when you get creative—add a splash of 100% cranberry juice to plain or sparkling water for a hit of hydration-boosting electrolytes, buy frozen cranberries to add to smoothies or refreshing fruit slushies, make low-sugar cranberry sauce to dollop on oatmeal or yogurt, or look up yummy ways to incorporate these tart berries or their juice into savory sauces or meat and veggie dishes.



Crank Some Tunes



It could be good for your brain! When seniors who had never played an instrument started learning piano or taking “active listening” lessons

to recognize instrument sounds and other aspects of music, they grew gray matter, according to a small study in *NeuroImage: Reports*. Gray matter is involved with memory, emotions, and movement control. Search online for local or virtual music lessons to take, or watch “active listening music” videos on YouTube.



An Innovative Way to Fight Food Waste

Cutting back on the amount of fresh food that gets tossed and sent to landfills is going high-tech. Now you can find mobile apps that help you rescue food that would normally be thrown out by grocery stores or restaurants. Flashfood is a platform that uses your zip code to match you with meat, dairy, produce, and other products that are nearing their “best by” dates

but still perfectly edible; once you fill a bag, just pay using a credit card or SNAP EBT and head to the store to pick up your packed bag. Too Good to Go is a similar app, except that it is more focused on eateries aiming to sell leftover food at a seriously discounted price—claim a “surprise bag” from your favorite spot and have fun discovering what’s for dinner.



A Summer Treat

Ice cream on a hot day: such a treat, and it's even cooler when it makes both your gut and your taste buds happy! **Alec's Ice**

Cream churns out its tubs using milk from 100% grass-fed heritage cows that is naturally free from a type of protein known for causing tummy troubles, meaning some people with lactose sensitivity (not full-blown intolerance) can enjoy a bowl or a cone without cramping and bloating. Every flavor is deliciously unique, but standouts include Honey Blueberry Lavender, Matcha Chocolate Chip, and Peanut Butter Fudge Honeycomb. Find your future faves at Whole Foods or order from alecsicecream.com.



CLIMATE AND YOU

Rethink That Cotton Shirt

Cotton clothing is soft, cool, and incredibly damaging to the planet. Producing a single white cotton shirt leads to the emission of 80 pounds of carbon dioxide—the equivalent of driving your car more than 100 miles. Production of polyester (a synthetic material made from oil) isn't any better, accounting for a whopping 40% of fashion's carbon emissions.

Much less energy-intensive is fashion made from linen, hemp, or organic cotton, according to the nonprofit Earthday.org. If you're looking for a new summer outfit, seek



out these fabrics. Better yet, shop secondhand stores like Poshmark and ThredUp or swap with friends to keep even more CO₂ out of the air.

—Meryl Davids Landau

First Aid for Pets



Just like us, pets can end up with minor cuts and tummy troubles that can be dealt with using basic first aid skills, says Alejandro

Caos, D.V.M., of The Vets mobile team.

CUTS, SCRAPES, OR BREAKS

Clean the area with a mild antiseptic, then apply antibiotic ointment to head off infection. If it's bleeding, apply pressure, and if the cut looks deep or you notice signs of infection like redness, swelling, discharge, or foul odor or if your pet's in pain, call the vet.

■ **If you cut their nails too short and they bleed**, stay calm and apply gentle pressure to stop the bleeding. You can

dip the affected nail into a little styptic powder or cornstarch to help with clotting. This goes for species like guinea pigs, rabbits, and birds too.

■ **If you suspect that your pet has a broken bone**, stabilize the affected limb with a makeshift wrap or splint while you transport them to the vet.

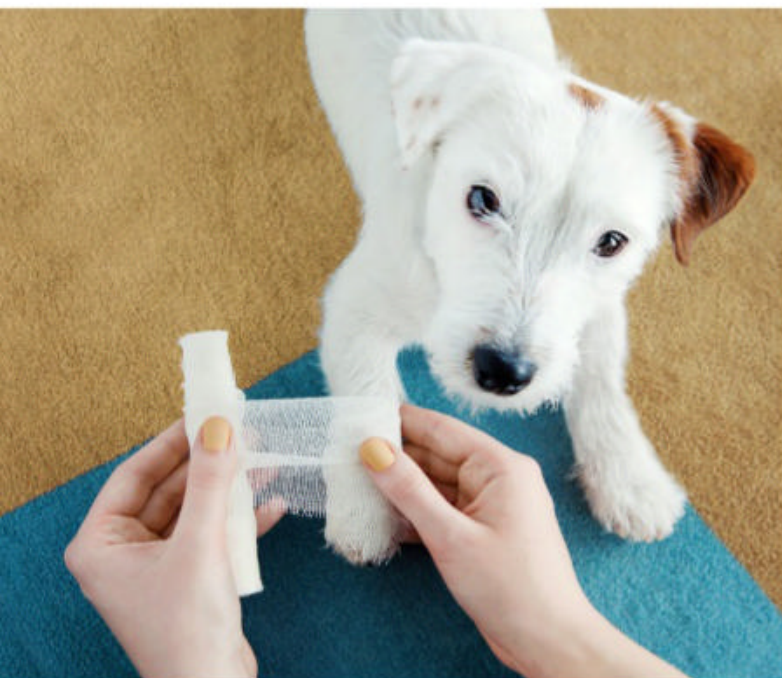
LOOSE STOOL, DIARRHEA, OR VOMITING

First, give their belly a break by withholding food for 12 to 24 hours (six to 12 hours for kittens or puppies). Keep them hydrated with lots of fresh water. Feed them a bland diet of boiled chicken and rice for two days, then gradually mix in their regular food for two days after that. If your pet vomits continuously, their diarrhea persists or worsens, or they're lethargic, take them to the vet.

ALWAYS VISIT THE VET FOR THESE ISSUES:

- ▶ Difficulty breathing
- ▶ Uncontrolled bleeding
- ▶ Severe trauma, like getting hit by a car
- ▶ Poisoning
- ▶ Seizures or unconsciousness

"This is not an exhaustive list," Caos cautions. "If you're unsure whether it's a medical emergency, err on the side of caution and seek veterinary attention right away."



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Coconut-Lime Marinated Voodles with Shrimp

SERVES 4

1 Finely grate zest of 1 **lime** into large bowl, then squeeze in **lime juice** from this and 2 more limes (¼ cup total). Whisk in ¾ cup **light coconut milk** and 1 tsp **reduced-sodium soy sauce**.

\$1.86

2 Stir in 2 cloves **garlic**, one 1-in. piece **fresh**

ginger, and ½ **red chile** (all finely grated) along with ½ cup **cilantro** (finely chopped) and 2 **scallion whites** (thinly sliced).

56¢

3 Using spiralizer fitted with finest noodle blade, spiralize 1 large **carrot** (at least 1½ in. in diameter), then use larger blade to spiralize 2 medium **zucchini** (12 oz to 14 oz

total). Toss voodles in coconut milk mixture; let sit 10 min.

\$1.26

4 Fold 1 **red pepper** (thinly sliced); 1 lb **cooked, peeled, and deveined shrimp**; and 1 cup cilantro leaves into voodles. Sprinkle with 2 scallion greens and remaining half chile (both thinly sliced).

\$7.86

PER SERVING About 226 cal, 5.5 g fat (2.5 g sat), 230 mg chol, 415 mg sodium, 14 g carb, 3 g fiber, 7 g sugar (0 g added sugar), 32 g pro

TOTAL: \$11.54



MAKE VEGGIES THE STAR

Vegetables can be the main event instead of just a side with these delicious, nourishing ideas from Dawn Jackson Blatner, R.D.N.

PREP EXTRA MARINADE

“Make more marinade than you need, then use the surplus to dress veggies. They’ll have similar flavor notes to your meat and seafood,” Blatner says. Save marinade in the fridge or freezer, then brush it on thick slices of cauliflower, broccoli, or cabbage to grill alongside your steak, chicken, or tofu.

MAKE VEGGIE RICE

No, we don’t mean ditching the grain for rice made solely of cauliflower. “When you cook white or

brown rice, mix in riced veggies like cauliflower, broccoli, and carrots,” Blatner suggests. “You can find riced veggies in the fresh or frozen section or pulse your own in a food processor.” Add even more flavor by stirring in aromatics like garlic and minced onion or chopped herbs, or cook it all in your go-to broth.

STUFF YOUR VEGGIES

Get creative with fillings made from more veggies, beans or lentils, grains, or ground meat, and don’t forget seasonings. “So many veggies are stuff-

able: peppers, zucchini, eggplant, tomatoes, spaghetti squash, portobello mushroom caps, sweet potatoes, cabbage leaves,” Blatner says.

WRAP THEM UP

It’s fun to bite into a big wrap. “Fill whole-wheat wraps with shredded carrots, ribboned cucumbers (use a peeler), leafy greens, cabbage, or diced anything,” says Blatner. “Add protein like grilled chicken, canned tuna or salmon, veggie patties, beans, or a hard-boiled egg.” Find more creative wrap ideas on page 84!

MOVE OF THE MONTH

SUPER STABILIZER

A curtsy lunge works your glutes, muscles that help stabilize your hips, and also targets your core—this can lead to better balance and help prevent lower-back pain.

- 1** Stand with feet about hip-width apart, arms hanging straight down at your sides.
- 2** Cross your right foot behind your left one; just the toes of your right foot should be pressed against the ground. Bring your hands up to rest on your hips.
- 3** Sink into a lunge; go as deep as you can and hover for a few seconds with your bent knee a couple of inches off the ground.
- 4** Return to starting position, then repeat on the opposite side.
- 5** Do 10 to 20 curtsy lunges on each side.



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The Best Backyard Workout

Putting a twist on exercises you're already comfortable with can be reenergizing, motivating, and less overwhelming than mastering a totally new workout, says Latreal Mitchell, a personal trainer and founder of Fitness Bunch Foundation. Her music-based workout here does the trick, and you can add your go-to moves to make it longer or more challenging.

STEP-UPS: Do step-ups to the beat, alternating legs so you do 20 on your right side, then 20 on the left, for the whole song. Use any nearby steps—back door steps, landscaping (like a sturdy rock wall), or a bench.

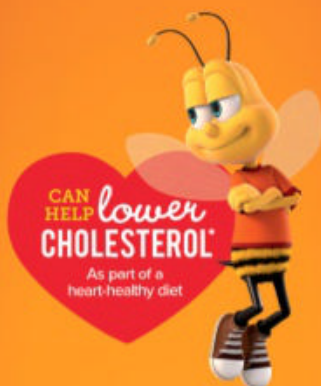
GLUTE BRIDGES: Do these on grass (or lay down a yoga mat if on a hard surface) and prop your feet up on a chair, a bench, or a short table so your body is elevated. Elevation supercharges this move, while your playlist is motivational.

TRICEP DIPS: Use a patio chair or a picnic table and do sets of 20 (rest between sets) for the song's entirety.

PLANK: Hold the plank position through the lyrics, then rest during the chorus. If you're a plank master, try holding the position (with no rest) through the entire song!

PUSH-UPS: Prop your feet up on a bench or a chair to do angled push-ups, or perform standing push-ups against a wall or a tall table. Push up to the beat, resting after each set of 10.

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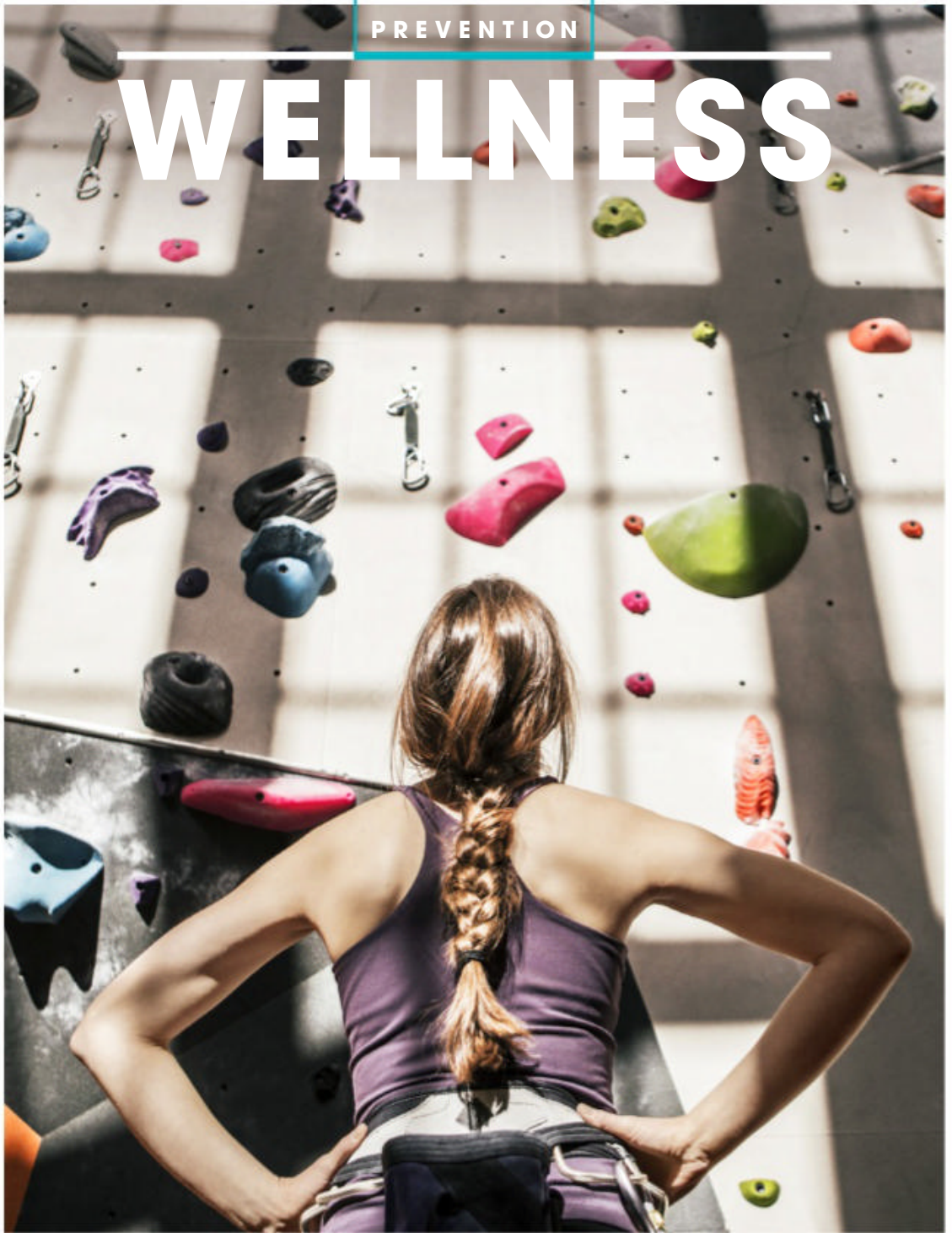
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PREVENTION

WELLNESS



HEALTHY HOBBY

CLIMBING

This sport is a workout that sharpens your mind as it builds your muscles.

BY KAITLYN PHOENIX


THEY SAY THE BEST JOB is one that doesn't feel like work, right? For Zack DiCristino, P.T., medical manager for USA Climbing and physical therapist for the national team, climbing is a form of exercise that's so fun it doesn't feel like a workout. "It's quite a blend of fitness and physicality," he says. "It's a full-body workout, but there's never-ending learning in terms of technique and strategy."

●●● **WHEN YOU WATCH SOMEONE** scale a rock face, it's easy to think of the physical feat and forget about the cognitive power it takes to get to the top. "They call some of the routes 'problems,' which are basically sequences of movements," says DiCristino. "It's a bit of a puzzle, especially if you've never done that route or that climb." In fact, most gyms move the "holds" around their artificial walls weekly, like pegs on a pegboard, so climbers feel continuously challenged.

Yes, climbing strengthens muscles, but it may also enhance bone mineral density and balance. "It's a lot of general mobility throughout your whole body, which is great for keeping you nice and


limber," says DiCristino. In terms of emotional health, some research suggests that climbing may help reduce symptoms of anxiety and depression and boost self-confidence.

START INDOORS

 **Your first stop should be a climbing gym.** "At most gyms you can rent gear, especially if you just want to try it—kind of like a bowling alley," says DiCristino. There are different types of climbing, but he says people usually start with bouldering, which involves shorter routes at lower heights without a rope. While many gyms offer classes, you can often just show up,

DiCristino says. "There will be a lot of people around you climbing and maybe trying the same boulder problem, and you just start talking and trying to figure it out together." Before you know it, he says, you'll make friends.

THEN HEAD OUTSIDE

 **While floors are padded** and equipment is safe in the gym, it's a different story with real rocks. DiCristino advises taking a course that teaches safety skills like how to tie ropes or use equipment. Then join a group of experienced climbers who know where to go and what to do, or hire a guide.

IF YOU WANT TO
KICK THINGS UP

Gather some adventurous pals and go somewhere new, suggests DiCristino. Yosemite in California, Red River Gorge in Kentucky, New River Gorge in West Virginia, and Indian Creek in Utah are popular U.S. destinations.

BEAUTY

Your Get-Gorgeous Guide to Summer

Solve the season's peskiest skin and hair problems.

BY SHANNEN ZITZ

As warmer months arrive, so do a host of beauty issues. “The increased heat, humidity, and UV exposure during the summer months can impact both the skin and the hair,” explains Marisa Garshick, M.D., a board-certified dermatologist in New York City and an associate clinical professor of dermatology at Cornell University. Heat and UV rays are stronger in the summer, leading to dry skin and hair; meanwhile, humidity causes frizzy strands and oily faces. And then there are the bugs!

Here's how to combat all these summer beauty issues.

SUNBURN

With the extra time outdoors and the sun's direct rays, a particular danger of summer is UV exposure, which can damage skin cells. Think painful,

stinging burns in the short term and increased risk of skin cancer later. “I do think people try to do a good job at protecting themselves, but usually you're not putting on enough sunscreen or not putting it on frequently enough,” explains Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine. A good rule of thumb is to always use a broad-spectrum sunscreen with SPF 30 or higher and reapply it every two hours (a nickel-size amount on your face, a golf ball-size amount on your body). If you still wind up with a painful burn, try a cool compress (a cloth soaked in cool water works well) or dip your skin in cool water for about 10 minutes or until the water starts to warm up. It also helps to keep skin moisturized with a soothing lotion, such as one with aloe vera, which can reduce



the time it takes skin to heal.

EDITORS' CHOICE:

Vaseline Intensive Care Soothing Hydration Body Lotion, \$5.50, cvs.com



OILY SKIN

“With increased humidity in the summer months comes increased oil on the skin, which can contribute to breakouts and clogged pores,” says Dr. Garshick. Higher temperatures and humidity levels often cause

GETTY IMAGES.

sebaceous glands in the skin to produce more oil and sebum to protect skin from environmental stressors. To reduce oil, try using foaming cleansers or cleansers containing salicylic acid; these will gently lift oil from pores. Another beauty hack for oily skin: moisture. Hydration contributes to overall skin health and helps regulate oil production. “Those with oily skin should still moisturize, but it is best

to stick with a lightweight moisturizing lotion that won’t clog pores,” says Dr. Garshick.

EDITORS’ CHOICE:

La Roche-Posay
Toleriane Purifying
Foaming Cleanser,
\$17, cvs.com



BUG BITES

People have different reactions to bug bites depending on their histamine levels, Dr. Gohara explains. But no matter how you react to insects nipping at your skin, there are ways to find relief. Applying a cool spoon or an ice pack can help reduce inflammation, as can applying a cortisone-based cream, says Dr. Gohara, who suggests keeping this in the refrigerator. If you prefer to go steroid-free, a bath of colloidal oatmeal with lukewarm water is an option. To prevent creepy-crawlies from getting to you in the first place, find an insect repellent that works for you. DEET-containing products

are some of the most effective; Dr. Gohara says there is “no evidence

that the doses used in bug repellents are harmful.” Just be sure to follow the instructions on the label. There are other options too: One is picaridin, a compound similar to black pepper that Dr. Gohara says is “perhaps slightly less effective than DEET but a good alternative,” and another is oil of lemon eucalyptus.

EDITORS’ CHOICE: CeraVe Itch Relief Moisturizing Lotion, \$17, cvs.com



FRIZZY HAIR

Increased humidity also causes hair problems. The moisture in the air enters the hair cuticle—the protective layer of the hair strand—causing flyaways and frizzy hair, explains Dr. Garshick. The solution is to protect the hair cuticle. “Minimize heat styling, reduce hot water use, and use hydrating shampoos and conditioners as well as heat protectant,” says Dr. Garshick. “Certain oils, like coconut oil, sandalwood oil, and rosemary oil, may help lock moisture in.”

EDITORS’ CHOICE:

Bioreo Farewell Frizz
Smoothing Shampoo,
\$28, ulta.com



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Let's Get Walking!

Join *Prevention's* Walk for Wellness on October 7: It's our virtual 5K, back and better than ever.



▶▶▶ Since 2019, we've been hosting a virtual walk, in which the walking is real and the community is *everywhere*. It's an incredible way to make a commitment to your health, meet a goal that feels great, and join a group of people across the country who love walking too.

This year one of those people is Denise Austin, fitness icon and walking devotee. "I love to walk because it's so great for you all around! I love to walk with my sisters, my girlfriends, or my daughters. Getting in a workout and quality time is a win-win!" she says. She has even created a terrific six-week plan to get you ready for your personal 5K.



Here's how the Walk for Wellness works:

▶ **YOU'RE IN CHARGE:**

We call our event a 5K (3.1 miles), but you know what? You know what's best for you. Sometimes people walk two miles; we've seen participants who put in five. The point is to walk, wherever you want, with whomever you please. Find everything you need to know at prevention.com/virtual-walk.

▶ **IT'S FREE TO SIGN UP:**

You can link to registration from our site or go directly to runsignup.com/prevention-virtual-walk. You'll get our weekly walking newsletter, which

“I’M SO EXCITED to Walk for Wellness with you all! I walk almost every day, but being able to do this with everyone as a community is so special.”

—DENISE AUSTIN



◀ TELL US WHY YOU WALK, AND YOU COULD WIN!

We love to know what motivates you to lace up and get out there. Share your story with us to enter for a chance to win a gift card for a pair of shoes from Easy Spirit. The company’s super-comfy shoes, including the Easy Spirit x Denise Austin Collection, come in a range of sizes and widths for all your activities, from walking to pickleball. Easy Spirit’s mission is to keep women everywhere moving—for everywhere they’re going and everywhere they aspire to go—and we’re excited to hear what you have to say. Learn more at prevention.com/walk-contest.

PREVENTION/EASY SPIRIT WALK FOR WELLNESS CONTEST

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Magazines, Inc. Beginning July 7, 2023, at 12:01 a.m. (ET) through October 7, 2023, at 11:59 p.m. (ET) (the “Entry Period”), go to prevention.com/walk-contest on a computer or wireless device and fill out the entry form and submit a 250-word-or-less essay describing why you walk. Ten (10) winners will get an Easy Spirit gift card (ARV: \$100). Total ARV: \$1,000. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at prevention.com/walk-contest.

includes Austin’s walking plan, plus a printable “I Did the Walk for Wellness” sign you can use for your pictures (be sure to tag @preventionmag and #WhyIWalk). “Signing up for *Prevention’s* Walk for Wellness is a great way to hold yourself accountable,” Austin says. “Having a team of like-minded people with the same goal will keep you motivated to get out there every day!”

▶ THERE ARE GOODIES TOO:

When you register, you have the option to buy a T-shirt and bib number for \$35, or you can snap up one of our limited-edition boxes for \$60. Those have the T-shirt and number as well, along with the 2024 *Prevention* Planner (a beautiful hard-bound desk calendar); our special issue, *The Ultimate Walking Guide*; and a sticker for your water bottle (a \$75 value!).



CHALLENGE

Give Your Walk a Boost

How to go farther, get stronger, and find more calm

BY ALYSSA JUNG

No matter how much you love walking, a little change to your routine can help you get even more out of it. That's pretty amazing, considering how healthy this low-impact exercise already is. "Here are just a few benefits to cheer about," says Teddy Savage, national lead trainer at Planet Fitness. "Walking helps your heart by supporting healthy blood pressure and cholesterol levels, improves

your mood, and keeps your bones, joints, and muscles strong."

The key is to get out there—and *keep* getting out there. To help you do that, we've created this simple three-week challenge. It's the perfect way to jumpstart your training for our Walk for Wellness (prevention.com/virtual-walk) too. As Savage says, "You can make walking more of an adventure, and it's easier than you think."

PIOTR GREGORCZYK

WEEK 1

▶ TAP INTO MINDFULNESS

“Mindful walking can improve your focus and concentration because you’re bringing your attention to the present moment,” explains Lindsey Benoit O’Connell, C.S.C.S., founder of The LAB Wellness. Here’s how to walk mindfully:

- **Notice how you move.** “Pay attention to your body and all its movements—how your arms swing, the way your foot presses into the pavement, or how your lungs fill with air,” advises O’Connell.
- **Hear your surroundings.** “Listen to what’s all around you. Then focus on just one sound—a bird, the wind. Really channel yourself into that one sound, then let the others go,” O’Connell says.
- **Look more closely.** “Take it in,” O’Connell says. Notice the details of tree bark, appreciate the colors of flower petals, or observe the clouds’ patterns.

WEEK 2

▶ SNEAK IN MORE STEPS

More daily steps equals more exercise, which will help keep your organs, your muscles, and everything else healthy and strong. Here are two of Savage’s favorite “extra steps” hacks:

- **Chase the sun.** “Catching a sunrise or sunset is poetic—it’s well worth the extra steps to find the perfect viewing spot,” Savage says. “Choose an area a

bit farther away than your usual route takes you; go there on your daily walk a few times a week and watch your steps increase.”

- **Give up control.**

“Pets and kids are often the best adventure companions—let them guide you to places that interest them,” Savage says.

WEEK 3

▶ KICK UP THE INTENSITY

Regular moderate-intensity exercise can help your brain and immune system function better, improve your sleep, and even help you live longer. To boost your walks:

- **Pick up the pace.** Walk for 5 minutes, speed-walk for 2 to 3 minutes, and then return to your regular pace for 5 minutes. “Do as many of these intervals as you can during your walk,” Savage says.
- **Add more movement.** Doing activities you’d otherwise reserve for the gym or the living room improves your endurance and range of motion and strengthens your muscles. Every few blocks, do a set of lunges, squats, skips, or jumping jacks.
- **Grab some weight.** Using light dumbbells or a weighted backpack like the Jetti Pack (jettifit.com) puts positive stress on your muscles and heart to help improve their health.



WHY WE'RE SO DAMN MAD.

Majorly pissed-off, low-key resentful,
or extra short-fused lately? Of course you are,
and no, it's not just you!

But while anger is not a comfortable feeling—
and coping with it unwisely can harm your
health—it can spark positive change.

HERE'S HOW TO PUT IT TO HEALTHY USE.

BY STEPHANIE DOLGOFF



If you met me,

say, fumbling with the scanner at the Stop & Shop self-checkout, you'd think, "What a nice, slightly inept middle-aged lady." But that's only because smoke doesn't literally come out of people's ears when they're angry. If it did, all the Stop & Shop shoppers would be evacuated and I'd be left sitting with my family-size box of Triscuits and my dog toys soaked in flame-retardant foam.

For the record, I *am* a nice lady, and one who is privileged to have a lot less to be mad about than many women. I'm employed, healthy, and educated, and there are people who have my back. I am also white, which means, among other things, that I'm spared being labeled an "angry Black woman" based on my merely showing up and having an opinion.

And yet, like everyone I know (and, judging by social media, almost everyone I *don't* know), I am far more rageful than ever before. Cultural extremism, inequities in our justice system, the attacks on LGBTQ+ people, and the revocation of our control over our bodies top my greatest-hits list of infuriating things. While those are macro issues, on a personal level "women are angry because they're feeling taken advantage of, stressed out, and exhausted," says Soraya Chemaly, author of *Rage Becomes Her: The Power of Women's Anger*. "Even before the pandemic, women were much more stressed than men."

EMOTIONS ON STEROIDS

Stress and anger are not the same thing, of course, but living in a chronically stressful societal setup with no change in sight—and then being advised to meditate to manage it better—can make a girl big mad. So can fear of, say, the sea boiling over or losing someone you love to gun violence. "There are real social changes we really need to make, to make people's lives easier," says Christine Smith, Ph.D., a professor of psychology, human development, and women's and gender studies at the University of Wisconsin-Green Bay, who adds that we're all so beaten down these days that we can't help having anger bubble up. "When we're stressed and exhausted, we have less bandwidth, and that's when bad stuff comes out."

To be clear, Smith does not mean that anger is bad—it's our built-in signal that something isn't working for us—but rather that we may completely lose it on someone who may not deserve that. When we're running on emotional and cognitive fumes, she explains, we just don't have it in us to reason, "Maybe that guy ahead of me at Starbucks didn't mean to thwack me with his yoga mat." Instead, we shoot lasers out of our eyes, vent at the barista, or upsize to a trenta caramel mocha latte with extra whipped cream to try to soothe our souls.



FEELING BAD ABOUT BEING MAD

On top of our being legit angry, the fact that openly admitting it (let alone showing it) is frowned upon if you're a woman means that a lot of emotional labor is devoted to concealment or redirection. Sometimes we jump to "It's OK" even before we feel our anger, as in, "Oh, I'm not mad—that's just how he is." "Women are expected to forgive and forgive and forgive," says Chemaly. And if we must speak up about what's bothering us, we think, *I'm just going to say this in the most benign way possible; I'm not going to go with the words that make it sound "impolite,"* she says.

Some of us are also ashamed of feeling anger, especially on our own behalf, says Chemaly. "It's not like guilt, which is feeling bad about something you *did*," she says. "It's more like, *I am a bad person*. It's woven into our cultural norms." Anger isn't feminine; it's not helpful or "nice"; it contorts your face so you look ugly, and who wants to look ugly?

The idea that anger is a no-no for women is reinforced by the reaction we get when we reveal that we're angry: Research shows that women are judged more negatively than men for the outward expression of anger. Other research has found that women as well as Black people are discredited for their emotionality when they express

anger—being Black *and* a woman is a double whammy. The result of responses like this: “People are going to, intentionally or unintentionally, stop expressing emotions that way,” says Ryan Martin, Ph.D., author of *Why We Get Mad: How to Use Your Anger for Positive Change*. When they must show

their feelings, says Martin, they are told that their manner of expression (be it giving an impassioned political speech, protesting, or kneeling at a football game) is silly, offensive, or simply not the “right” way to express their fury.

If we grew up with relatively few examples of our moms’ and grandmas’ anger being treated as valid (and being told to “be nice” when we are pissed off), that may make it so some of us don’t even realize when we’re angry. Instead, the emotion is repurposed as sadness, disappointment, frustration, stress, or resignation, all of which are more socially acceptable for women. Anger may also turn into rumination, says Smith, which is linked to depression and anxiety. “If you’re consistently messaging to someone that getting angry is bad, that person is going to end up minimizing that in their lives,” says Martin. Insisting “I’m not angry” when you have every reason to be becomes a default.

Disappointment, stress, anxiety, and the rest can all be felt at the



same time, of course, but anger is often a through line, says Chemaly. “If you scratch the surface just a little bit and say, ‘Let’s talk about why you’re stressed,’ you will quickly get to ‘I am exhausted and no one is helping me, I have student loans, I am taking care of my children and my parents, and my spouse isn’t doing half the work,’” says Chemaly. “It’s a hop, skip, and a jump to anger.”

HOW ANGER ATTACKS THE BODY

For decades, science has shown that anger is associated with a heap of health conditions. One strong link is between poorly managed anger and heart disease: A giant study showed that being anger-prone is an independent risk factor for heart disease, and Harvard researchers found that people who were frequently explosively angry were about five times as likely to have a heart attack in the two hours after an outburst (the risk of stroke more than tripled).

No one is saying that anger *causes* heart attacks, to be sure, but periods of anger or anxiety can put you in fight-or-flight mode, leading to a cascade of effects that include higher blood pressure, narrowing of blood vessels, and increased clotting. Being in fight-or-flight mode also tightens muscles, says Martin, leading to chronic back pain and tension headaches. Some research has even found that anger can play a role in the development of type 2 diabetes.

In addition, a slew of psychological conditions—anxiety, depression, and eating disorders chief among them—are thought to be tied to unexpressed anger, and there is some evidence that physical symptoms may have more to do with suppressing anger than expressing it. New research from Korea looks at *Hwabyung*, which is “a culture-related anger syndrome,” more common in Korean women than Korean men, that arises because of enormous pressure to keep anger inside. Asian cultures are far more collectivist than Western ones, the authors write, so anger is hidden so as not to alienate the group. “The term *Hwabyung* literally translates as ‘fire-illness’ in English, because physical symptoms...include a heat sensation, as if one has flames in their body; the feeling of something pushing up in one’s chest; respiratory stuffiness; and dry mouth,” they add. Sufferers tend toward passive-aggression and self-blame rather than outbursts of anger. While there isn’t much data to show that stifling anger is tied to specific health issues, Martin says, “I do think it makes intuitive sense that it leads to other negative health outcomes, mainly because it reflects a failure to resolve your feelings in a healthy way, and that’s going to have some consequences.”

Of course, some of those consequences include the dumb things we do when we’re angry—using dangerous substances, driving like lunatics, rage-eating—all of which harm our health and potentially that of others.

MAKING FRIENDS WITH YOUR ANGER

It's tempting to think, *Anger is unhealthy, so I must meditate/walk/take CBD/whatever to calm down.*

And yes, lowering your level of arousal in the moment can keep you from punching a wall and get you to think more clearly. But bypassing anger to feel better without addressing *why* you're angry is a mistake, says Chemaly: "You can't self-help your way out of any of this." Martin points out that anger-management programs that focus excessively on decreasing anger intensity and reframing angry thoughts "can feel really minimizing to people who have legitimate reasons to be angry. You're saying, 'Get less angry,' which is somehow implying that it's all in their head," he says.

Try these ideas for listening to your anger and allowing it to make your life better:

NAME IT

■ "I feel angry." Go ahead, say it. It may feel weird, but call it what it is rather than reflexively telling yourself that there's no point in being angry because there's nothing you can do about it, whatever "it" is. Another version of this: "I'm not angry because he didn't mean to do it." "Anger is the most social emotion," says Chemaly. "If you're angry, that's a sign of hope—it means you believe change should happen and that others should care about you enough to help."

FEEL IT

■ "Most of us are taught to detach from the emotion," says Chemaly. Notice how it feels in your body—are you stressed or sad or despondent, or physically exhausted? Do you have a headache or feel like sleeping all the time? If it *is* anger, what is it telling you? "Think about what's wrong, what's possible, and what your strategy might be," she says.

SHARE IT DIRECTLY

■ "One important thing is to learn to communicate what you want and be able to say, 'Hey, I'm feeling really angry at you right now,'" says Martin. If it's not solely about the person you're mad at, say so. Then tell them exactly what you need, such as "I need you to listen right now" or "I need you not to leave your dishes for me to deal with." Ideally, your partner, child, or coworker will say, "I didn't realize you were angry—let me help!" Even if that doesn't happen (and it may well not), this starts a conversation that may lead to understanding and change, and at minimum, you will not be swallowing your anger.

SEEK VALIDATION

■ You may not be able to alter your situation, but you can know that your anger is justified. "Part of women's frustration comes from no one listening to them," says Chemaly. "There are so many opportunities to find like-minded communities," in person or online, centered on any number of fury-generating

issues. Look for people who share your values and are focused on constructive solutions; dodge those who are more inclined to resignation or complaining.

And while constructive expression of anger can help, things like calling your always-angry friend for a bitchfest, engaging with trolls on Twitter, and beating up innocent objects in “rage rooms” will only increase arousal, says Smith. Look for someone who will treat your anger with the respect it deserves and help you talk it through.

MAKE A PLAN

■ Much of anger management involves dispatching the feeling, but unless you do something about what is making you angry, you will feel disempowered (and the issue will still be there). Writing out your feelings, says Chemaly, can help shift the anger into thought, which may help you see what your anger is directing you to do. Maybe the plan is to update your résumé so you can find a new job—a step toward change. Or it might be to book a hotel over the holiday so you won’t be trapped with people who enrage you. You may not fix everything, but you can usually make yourself more comfortable. “If you can understand the feeling, you are reducing harm to yourself,” says Chemaly.

FIND AN OUTLET

■ Creative outlets can also be a great way to release anger. “I have been stunned, amazed, and blown away by the creativity of people who have

decided to use their angry energy to make beautiful things—comedy routines, art, music,” says Chemaly. Social justice movements also make the world a better place, says Smith, and yet they arose based on angry people pointing out injustice: “When we find outlets for our anger—engaging in social movements, voting, doing things to help other people—we still have some sense of anger, but we are bringing other emotions into our lives.” These include joy and a sense of purpose.

TEACH IT

■ Notice when you or someone else tells a woman or girl that she’s being rude when she’s simply expressing anger, suggests Chemaly. Other versions of this negative message are “Maybe you could have found a different way to say that” and “You’re overreacting.” Instead, help her be understood by saying to her something like, “I see that you’re angry; can you tell me what’s making you feel that way?”

BE GENTLE WITH YOURSELF AND OTHERS

■ When someone does something that makes you furious, assume benign intentions unless you know otherwise. “On some level, all of us have been through a recent trauma—potentially a series of traumas—that has had a huge impact on us and those around us,” says Martin. “To the best of our ability, we should cut ourselves and everyone else some slack.”

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The problem with hydration drinks

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Surprisingly, there's one thing that plays a role in dry, rough skin; weak, ridged nails; and brittle hair—dehydration.

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Is it softer skin? Is it stronger, smoother nails? Is it fuller looking hair? Surprisingly, there's one thing that plays a role in dry, rough skin; weak, ridged nails; and brittle hair – dehydration. Unfortunately, it's easy to be dehydrated... because proper hydration is trickier than you think.

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HEALTH



WHAT'S UP WITH...
**NIGHT
TERRORS**

An expert explains this strange
screaming-in-your-sleep phenomenon.

BY KAYLA BLANTON

ADAM VOORHES/GALLERY STOCK.

YOU WAKE IN A DAMP SWEAT and find your blankets on the floor. Your partner recounts your wild night of thrashing, panting, screaming, and panic, but you can't remember a thing! These mysterious middle-of-the-night events are known as night terrors, and though they're most common in children, they can happen at any age.

HOW THEY'RE DIFFERENT FROM NIGHTMARES

■ **Night terrors are a form of parasomnia** (sleep disturbance) that happens when your fight-or-flight response is triggered during the non-rapid eye movement (NREM) phase of sleep, says Logan Schneider, M.D., a clinical specialist for sleep behavior at Google. This may cause you to flail about, scream, and grimace (often with your eyes wide open) for as

long as 90 minutes. "The brain is still sleeping, but the body is activated," Dr. Schneider explains. Because night terrors happen during deep sleep in the first few hours of the night, most people don't remember them. Nightmares, however, occur during later, lighter REM sleep, and the fear can wake up the dreamer, making them easier to remember than night terrors.

What causes night terrors?

■ **Researchers aren't sure exactly** what kicks off the nocturnal drama, but genetics, stress, and external triggers like loud noises or lights may play a part; some studies show that people with obsessive-compulsive disorder, depression, and anxiety are more likely to experience them. Sleep apnea or restless legs syndrome may arouse the body just enough for a night terror to occur, Dr. Schneider says. "And sometimes it's just a spontaneous phenomenon," he adds.

WAYS TO PREVENT THEM

While there's no sure-fire way to avoid night terrors, Dr. Schneider says that cutting back on alcohol, practicing good sleep hygiene (keeping your

bedroom dark, quiet, and cool; avoiding screens before bed), and managing stress may help. If you're waking up exhausted, or if your bed partner

is concerned that your night terrors are becoming violent, talk to a sleep specialist about lifestyle changes or even medications that can help you snooze more peacefully.

THE DOCTOR IS IN

What Doctors Don't Tell You About Sex

These three health conditions could hamper your sexuality—here's what you need to know.

BY LAUREN STREICHER, M.D.

There's a good chance that your otherwise fabulous doctor who's helping to keep you healthy has never addressed your ability to have satisfying sex. In defense of your doctor, this topic is barely mentioned in medical school, completely passed over during residency, and never part of specialty training. I can help: One of my areas of expertise is the impact of medical conditions on the ability to have pain-free and pleasurable sexual activity.

Virtually every medical condition can be accompanied by fatigue, anxiety, pain, or insomnia—all of which have an impact on libido. But some conditions are associated with specific challenges. Anything that alters hormones—such as hypothyroidism, diabetes, and of course menopause—can

be problematic. A medical condition that compromises blood flow can have an impact on vaginal health, arousal, and orgasm. And during sex your nerves need to fire and your muscles need to contract (and relax!), which is why neuromuscular problems such as spinal cord injury, herniated discs, and multiple sclerosis can sabotage sexuality. The drugs used to treat many disorders often create big problems too.

Here are three common, but commonly ignored, sexual issues that are directly related to medical conditions.

DIABETES

▶ **THE PROBLEM:** Women with diabetes often have damage to the tiniest blood vessels, known as the capillaries. Since capillaries are required to produce vaginal lubrication,



Dr. Streicher is a clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine and the author of *Slip Sliding Away: Turning Back the Clock on Your Vagina*.



GETTY IMAGES.

women with diabetes may experience dryness and pain during intercourse. Women with type 1 or type 2 diabetes, and even those with prediabetes, are also at risk of damage to nerve endings, which can result in decreased sensitivity and numbness not just in the feet but also in the clitoris, which can make it hard to have an orgasm.

► **THE FIXES:** A prescription for

a local estrogen product will help with lubrication as well as improve the sensitivity of clitoral nerve endings. Estrogen cream should be applied inside the vagina, on the vulva, and directly to the clitoris and rubbed in. It also appears that sildenafil (the little pill that men take to get an erection) may help women who have diabetes-induced inability to orgasm. Sildenafil is FDA-approved only for the treatment of erectile dysfunction in men; studies in women are inconsistent, but in one, 72% of women taking sildenafil reported overall sexual improvement, including arousal, enjoy-

ment, and orgasm—and it's consistently more effective in women with diabetes.

A clitoral vibrator is an essential tool not only to increase the strength of stimulation but also because of the kind of stimulation it offers. Clitoral sensitivity to vibration degrades more slowly than clitoral sensitivity to other types of stimulation, so vibrator use is more likely to trigger an orgasm than other methods.

POST-HEART ATTACK

▶ **THE PROBLEM:** Heart disease is the number one killer of women and also one of the top killers of sexual function. Most women survive a first myocardial infarction—but 88% of women who then resume sex worry that they might have another. Fear not: The cardiac effect of sexual activity is much less than most people think.

The truth is, having sex with your regular partner causes barely a bump in your resting heart rate and requires only the same amount of exertion as a short two- to four-mile-per-hour stroll on a level surface. This is probably why studies show that sexual activity is rarely responsible for myocardial infarction. Risks are even smaller in women who are routinely sexually active and have participated in a post-heart-attack exercise program.

▶ **THE FIXES:** In general, most cardiologists say you are safe to have sex with your partner if you can climb two flights of stairs without having chest pain or becoming out of breath. That said, the safety depends on the specifics of your cardiac capabilities, so make an appointment to talk to your doctor about the appropriate level of sexual activity for you. Don't be afraid to be specific, and consider bringing your spouse or partner along so they can be reassured as well. Many cardiac rehab programs also have psychologists specifically trained to help you address anxiety about resuming your sex life.

ARTHRITIS AND OTHER PHYSICAL CHALLENGES

▶ **THE PROBLEM:** Women with bad knees think nothing of using a cane to get around, and those with severe arthritis depend on jar openers when prepping a meal. But what about when someone has physical limitations that sabotage their ability to receive or give sexual pleasure? That's where sexual ergonomics comes in.

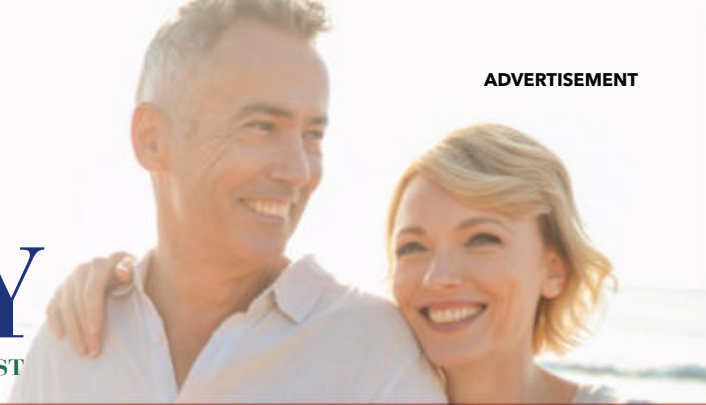
▶ **THE FIXES:** Ergonomics helps adapt the human body to function optimally in physical situations by changing its position or the environment. So for a woman who desires intercourse but cannot part her legs (think hip replacement or pelvic fracture), the solution is an alternate position, such as “spooning,” that keeps her legs together. Also, the power of a pillow cannot be underestimated. Wedge-shaped pillows and bolsters, for example, optimize comfortable positions so sex is not just possible but pleasurable. (Check out my podcast episode “The Power of the Pillow” for more info.) It's also key to make sure the room is toasty warm—cold muscles tend to be tight muscles—and pre-sex stretches can help.

If you're recovering from surgery, ask about specific positions at your post-op visit. Your physical therapist may be a wealth of information too, and you can also search, say, “post-op knee/hip replacement sexual positions” online. And then clear your browser before your kids or your boss sees it.



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MY DIAGNOSIS

Why Was I Having Seizures and Terrible Headaches?

It took years for this teacher to learn the cause of her frightening symptoms.

BY LINDSEY DE LOS SANTOS, AS TOLD TO MARISA COHEN



One morning around 20 years ago, in my second year of teaching, I woke up feeling sick. I was about to call in and ask for a sub when I had this overwhelming sense of dizziness. The next thing I knew, I was on the floor. My then-husband told me that I'd had a seizure and he'd called 911. Apparently my arms and legs had been moving, but I had been passed out the whole time. I was so scared—I'd had no awareness that any of this had happened.

At the hospital, the doctors examined me and said I was fine. They thought I'd had the seizure because I was

REBECCA LASSITER

sick with a flu or other virus (given that I was teaching second graders at the time, there was always something going around), and they sent me home.

“OK, NOW IT’S A PATTERN”

Six months later it happened again; this time I was home by myself. I felt dizzy and nauseated, then woke up on the floor. I managed to call 911, and when I got to the hospital, they said, “OK, now we have a pattern.”

I hadn’t felt sick before this seizure, so they knew it had to be something other than a virus, but they didn’t know what. I was referred to a neurologist and started getting tested for everything they could think of. They checked whether I had a brain tumor or heart problems, diabetes or hypoglycemia. They even tested me for lupus. It was so discouraging. I kept hearing “Your test results are normal,” and I kept saying, “But this is not normal!” I was terrified, because I had no control of my body and no answers.

TWO DIFFERENT ANSWERS

This went on for three years. I was still having seizures, and my doctors were trying to figure out what was causing them and what medicines would be



Now de los Santos is a fourth grade teacher with answers about her health.

right for me. I was exhausted all the time and felt that I was not who I wanted to be. I was being sent from specialist to specialist, and it seemed as if no one was sharing notes. My biggest

fear was that I would have a seizure in front of my students, but thankfully that never happened.

Finally I went to Barnes-Jewish Hospital in St. Louis, where I stayed for a week under observation. They tried to bring on a seizure by adjusting my meals, keeping me sleep-deprived, and even using flashing lights. The doctors confirmed that I had epilepsy. The peace of having a diagnosis was truly life-changing. We could make a plan, and I could start living better.

The neurologist at Barnes-Jewish encouraged me to meet with a headache specialist because I had been having terrible headaches since I was a teenager. I was officially diagnosed with migraine, and I now take one antiseizure medicine and two pills plus a monthly injection of Aimovig and Botox to reduce migraine attacks. I have had only one seizure in the past 16 years, on a day I missed my medication. For my migraine attacks, there are some triggers I can’t control, such

as hormones and the weather, but there are other factors I can control, like making sure I get enough sleep and not skipping meals. I started a blog, *Migraine Road* (migraineroad.com), to help others with migraine.

I'm married to a great guy now, and we have two active boys. I teach fourth grade, and my students are fantastic. We talk about my health at the beginning of the year and have a plan for what to do if I have a seizure. They have such

big hearts. It took me years to find the answers, but I'm so glad I never gave up, because if I had, I would have missed out on the blessed life I have today.

TELL US ABOUT YOUR DIAGNOSIS

Did you have symptoms that took a while to get properly diagnosed? We'd love to hear your story. Write to letters@prevention.com.



What Is Epilepsy?

About 3.4 million adults and children in the U.S. have epilepsy, a chronic condition that causes recurring, unprovoked seizures. Asynchronous activity in the brain results in physical manifestations that can include involuntary movements, "spacing out," or full-body convulsions.

"Many other things can cause seizures, including alcohol, drugs, an infection, or electrolyte imbalances," explains Pooja Patel, M.D., a neurologist at Marcus Neuro-

science Institute, part of Baptist Health in Boca Raton, FL. "But when someone has two seizures with no known cause, it may be diagnosed as epilepsy."

Sometimes epilepsy can be traced to genetics or a brain injury, but in many cases there's no known cause. Stress can trigger seizures in someone who has epilepsy, as well as lack of sleep, flashing lights, and the menstrual cycle. While researchers are still looking for a link

between the causes, many people with epilepsy—especially young women—also suffer from migraines.

The first line of treatment for epilepsy is antiepileptic medication, which controls seizures in seven out of 10 patients. Other options include the ketogenic diet, surgery, and implanted neurostimulation devices.

SYMPTOMS OF EPILEPTIC SEIZURES CAN INCLUDE:

- ▶ Aura
- ▶ Staring spells
- ▶ Sudden confusion
- ▶ Full-body convulsions

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ANTI- ABORTION AFTERSHOCKS

**Last year's dramatic change to
abortion law has further-reaching
implications than you may think.
In addition to revoking a health care right,
the Supreme Court decision
opened the door to new dangers for
women and families.**

**BY MERYL DAVIDS LANDAU
PHOTOGRAPHS BY BEN GOLDSTEIN**



Being able to choose what's best for your own body and health—specifically when it comes to abortion—is important to the majority of the country and was a protected Constitutional right until last year. But with the overturning of *Roe v. Wade* last summer, 12 states have banned nearly all abortions outright, with another 18 prohibiting them at points when they would have been allowed under *Roe*. These laws' effects aren't limited to the inconvenience of having to travel to get an abortion—an option countless Black women, teens, low-income people, sandwich-generation moms, and people with disabilities don't even have.

In fact, the consequences of the *Dobbs* ruling, which overturned *Roe*, are already threatening women's lives and causing trauma, and experts say the future may hold other dangers for families. The hostility of many (mostly male) state legislators toward reproductive health also means that access to contraception and possibly reproductive technology is on the chopping block. "These state laws have far-reaching effects. This impacts all of us," says Amber Gavin, vice president of advocacy and operations at A Woman's Choice, which runs three abortion clinics in

North Carolina and one in Florida.

Nearly one in four women will need an abortion at some point. But even if neither you nor a close friend or relative is among them, or you wouldn't choose an abortion for yourself, it's important to know how the decision has affected the physical, emotional, and economic health of many Americans. Here are the multiple ways in which this new reproductive landscape puts us all at risk.

PREGNANCY IS NOW FAR MORE DANGEROUS

States like Georgia and Florida have passed laws banning abortion beyond roughly six weeks—that's just two weeks after a missed period for someone with a very regular cycle. Other states have prohibited it altogether. This leaves pregnant people with few choices, says Sara Redd, Ph.D., a researcher at the Center for Reproductive Health Research in the Southeast at Emory University in Atlanta. Her study found that only 12% of Georgians who previously got an abortion would qualify for one under Georgia's new law.

What options are left for women who cannot risk being or don't want to be pregnant? Traveling to have "an abortion further along in the gestational age of the fetus, having to make a decision to carry a child to term, or managing an abortion themselves. These can all threaten women's well-being," says

Sonja Miller, managing director of Whole Woman's Health Alliance, which runs clinics in several states.

Those who say women should endure a pregnancy and give the child up may not appreciate that having a baby is far riskier than having an abortion. Researchers recently estimated that if abortion were to be banned nationwide, pregnancy-related deaths would soar by 21%—and by 33% for Black people. It's already been shown that women who are denied abortions suffer worse health later: When researchers followed 874 women for five years after they either had an abortion or were turned away for being past their states' deadlines, they found that those forced to have a child had worse health, including more joint pain and migraines.

What's often not discussed in "pro-life" circles is that abortion care isn't only about deciding whether or not to have a baby—some women must have abortions because they could die if they don't, or because their fetuses will die. While some bans make exceptions for medical emergencies, practitioners are operating in a climate of





confusion and fear of criminal prosecution. Many are holding off

on care for life-threatening conditions like ectopic pregnancy and the preterm premature rupture of membranes (PPROM) that can lead to severe infection.

Last December, Anya Cook, a woman in Florida with a much-wanted pregnancy, felt her water break at 16 weeks, a tragic complication that meant her baby wouldn't make it. But because Florida had a 15-week abortion ban at the time, she was refused admission at the ER. In prior years, she would have been given pills in the hospital to safely induce labor. Instead, she was diagnosed with PPRM, prescribed antibiotics, and then sent away to hemorrhage in a hair salon bathroom, according to an account in the *Washington Post*. Paramedics rushed her to a hospital, where she was put on a ventilator to keep her alive. Of Texas PPRM patients who were not given the option to terminate, 57% had severe blood loss and infection, researchers found—a rate much higher than in states without restrictions.

Abortion would have prevented these cases from becoming emergencies. Instead, women with PPRM and other dangerous conditions are forced to cross into crisis before they are helped. This means more people will experience septic shock and

multisystem organ failure from withheld care, physicians wrote in a medical journal last year. When Texas scientists reached out to clinicians to learn the impacts of their state's six-week ban (there is now total prohibition there), one recalled that a patient with serious heart disease had been able to get an abortion only after her health worsened to the point of her being put in intensive care, as reported in the *New England Journal of Medicine*.

And because doctors are afraid of being prosecuted for providing abortions, they may not properly treat miscarriage (in which 10% to 20% of known pregnancies end). The drug misoprostol, one of the two used for medical abortions, is often prescribed to speed up miscarriage to lessen the odds of infection, but doctors in states with abortion bans are hesitant to prescribe it. The treatment of entirely unrelated diseases is also being affected: The medicine methotrexate, which ends ectopic pregnancy (a condition that is potentially fatal to the pregnant person), is used to treat rheumatoid arthritis and other autoimmune conditions. Some doctors and pharmacists are denying women methotrexate or delaying it until people who need it can prove they're not pregnant, the Kaiser Family Foundation found.

This climate of fear has led experts to predict that health risks will keep rising as ob/gyns leave states with draconian laws and medical students in those places don't receive adequate training.

MENTAL HEALTH IS BEING THREATENED

Ashley Brandt was 12 weeks pregnant with twins when one was discovered to have the fatal brain defect anencephaly. Because the 31-year-old lived in Texas and was over the six-week limit in place at the time, having a reduction (aborting one of multiple fetuses) in her home state wasn't an option. Brandt, who has since joined a lawsuit against the state's government, was told that failing to have a reduction would increase her healthy baby's risk of physical disability or death. She was able to travel to Colorado to get it done, but the day she came home she wound up in the ER, bleeding excessively. She was terrified that she might face consequences for having had the procedure, even though getting care outside the state is not currently against Texas law. The ordeal left her with post-traumatic stress disorder, she told the publication *Public Health Watch*. Brandt has long wanted additional kids, but she doesn't think she can go through another pregnancy.

Another woman told Texas researchers that when her doctor informed her that her fetus had spina bifida, which causes serious birth defects, he did not discuss a termination option. That brought on enormous

stress, she says. "When you have already received news like that and can barely function, the thought of then having to do your own investigating...and arrange going out of state feels additionally overwhelming," she said.



BIRTH CONTROL IS BEING BANNED

Abortion opponents are unlikely to stop with the Dobbs ruling. “The Republican party has been coming for all contraception,” says Elizabeth Schmidt, M.D., chief of family planning at Northwell Hospital in New York City. And when the Supreme Court struck down the right to privacy undergirding Roe, it also removed the safeguards that protected birth control (and interracial marriage, among other things), as those were based on the same privacy right.

Nine states restrict emergency contraception (EC) options like Plan B and Ella—hormones that prevent or delay ovulation when taken within a few days of unprotected sex—in ways including empowering pharmacists to refuse to provide it, according to the Guttmacher Institute. In April, Iowa pulled the plug on offering fast, free EC to sexual assault survivors, leaving potentially traumatized people to scramble to get them on their own in time to avoid pregnancy. Other hormonal birth control methods, including IUDs, could end up in the crosshairs, Dr. Schmidt believes.

This is ironic, because “when access to abortion care has been threatened or banned, contraception becomes increasingly important,” says Erika Seth Davies, CEO of the investment firm Rhia Ventures, which works to ensure full autonomy for reproductive health. Further limits on access to contraception will be devastating for many, especially

people of color, people with lower incomes, young people, and other historically marginalized groups, Davies says.

Even now, people in many communities have difficulty getting birth control, because as “contraception deserts” these places don’t have enough accessible health centers or pharmacies. Researchers say contraception deserts are most prevalent in states with abortion restrictions, which also tend to have worse maternity care. “If contraception and emergency contraception are further restricted, more people will become pregnant. Many will be in states where it’s already been shown they are not able to take care of their pregnant patients, so more will have poor obstetrical outcomes,” Dr. Schmidt laments.

IVF AND OTHER INNOVATIONS MAY BE NEXT

While no state has outlawed in vitro fertilization or other reproductive technologies that have helped at least a million women get pregnant, experts say the push to extend abortion bans could jeopardize IVF. “Any law that defines personhood as beginning at the time of fertilization threatens the provision of fertility services,” says Jennifer Kawwass, M.D., medical director of the reproductive center at Emory University. Last year five states introduced bills to do exactly that, though none of them (yet) have become law.

Having IVF typically involves taking high doses of hormones to ripen multiple eggs so several can be surgically retrieved and mixed with sperm. Usually just one of the resulting embryos is placed in the uterus, with the rest frozen for potential future use. If a pregnancy doesn't occur, another embryo can be thawed and implanted without the patient's needing more hormones and another retrieval.

The problem: Some embryos die during thawing. "Today, that is unfortunate but not a crime," says Sean Tipton, chief of advocacy and policy at the American Society for Reproductive Medicine. If minuscule embryos suddenly become defined as full human beings, Tipton and others fear, frozen

embryos that don't thaw properly will be considered to have died—and that could even happen unintentionally if a sloppily worded abortion ban defined life as beginning at fertilization. The inability to freeze embryos would make the procedure more dangerous and expensive, Tipton says. People who freeze embryos before fertility-destroying cancer treatments would also lose their potential to have children. And research that uses stem cells culled from unused IVF embryos—for Alzheimer's, strokes, cancer, and more—would grind to a halt, which would deny all of us possible cures.



MAKE SOME NOISE!

The Dobbs decision has severely affected health care in America. Most of us oppose these laws—62% say abortion should be legal in all or most cases. If we all stand up, we can start to bring about health-protecting change.

VOTE! Elected officials at the state and federal levels are the ones passing abortion bans and appointing anti-choice judges to courts. Local officials also play a role via ordinances that ensure buffer zones protecting clinics. The most

important way to impact what's happening is to always go to the polls (and bring your friends) and treat abortion rights as your main priority.

VOLUNTEER!

Local clinics are under siege, says Gavin of A Woman's Choice. Ask one near you how you

can support it, whether by escorting patients through the gauntlet of protesters at its door or by sending staffers lunch so they know they're not alone.

GIVE! Traveling out of state for a procedure is costly—an average of \$2,500 for a person in Texas. Donate to the National Network of Abortion Funds (abortionfunds.org) or find a local group via the website's state-by-state guide.

PREVENTION

SCIENCE

5 MYTHS ABOUT

COSMETIC PROCEDURES

Some expectations about popular spruce-up services may need a nip and a tuck.

BY KATE ROCKWOOD

1

MYTH:

You can tell when someone has had fillers or Botox.

MYTHBUSTER

Ideally, all injectables should be used evenly and conservatively, in a way only you would notice, says plastic surgeon David Shafer, M.D., of Shafer Clinic in New York City. A gradual approach is especially key when you're first starting out. You could try a small amount of filler to see if you like the effect, says Konstantin Vasyukovich, M.D., a facial plastic surgeon in New York City. If you want more, you can get it at a future session. With neurotoxin treatments like Botox

and Dysport, which paralyze muscles to smooth out wrinkles, your goal should be "relaxing the muscles as opposed to freezing every movement," he adds. It's best to choose a board-certified doctor or nurse with deep experience in cosmetic injections. Also, avoid offices that offer nonmed-

ical treatments like pedicures or haircuts or that seem disorganized or rushed. "When patients come into the clinic, I like to assess them by having a normal conversation," says Dr. Shafer. "I pay attention to their facial expressions and nuances; this helps ensure the most natural result."

2

MYTH:

Breast implants can fix saggy breasts.

MYTHBUSTER

Breast implants can change the size and shape of your breasts, but they can't fix serious droopage. In fact, they can make sagging worse by adding weight. The best way to give breasts a lift is, well, with a breast lift (a.k.a. mastopexy), says Dr. Shafer. This surgery lifts the breasts by removing excess skin and tightening the remaining tissue. Also keep in mind that a lift will not change breast size, so if you want to get fuller or smaller breasts along with having the droop fixed, you'll have to combine a mastopexy with breast augmentation or reduction for the best results, the American Society of Plastic Surgeons says.

3

MYTH :

Breast implants increase your risk of breast cancer.

MYTHBUSTER

There's no connection between breast implants and higher breast cancer risk, research shows. Still, it's important to tell your doctor if you notice any symptoms such as swelling, pain, lumps, or skin changes on or near the breast, because these could be a sign of rare breast implant-related cancers, the FDA reports. These include breast implant-associated anaplastic large-cell lymphoma (BIA-ALCL) and breast implant-associated squamous cell carcinoma (BIA-SCC). They aren't breast cancers per se; rather, they are specific types of ALCL and SCC cancers found in the scar tissue around breast implants. Don't worry more than is warranted, though: The FDA estimates that the risk of BIA-ALCL in women with breast implants is somewhere between 1 in 30,000 and 1 in about 4,000.

4

MYTH :

Liposuction and CoolSculpting are good ways to lose weight.

MYTHBUSTER

Not really. On average, people lose just two to five pounds of fat with liposuction, according to the American Society of Plastic Surgeons. The same is true for CoolSculpting, a nonsurgical fat cell-freezing process. These procedures also won't fix sagging

skin, stretch marks, or stubborn cellulite. They can improve your body shape, making you look slimmer and possibly more fit, says cosmetic surgeon Thomas Su, M.D., of ArtLipo Plastic Surgery in Tampa. Keep in mind that liposuction can

get rid of only surface fat, known as subcutaneous fat. Dangerous visceral fat—deep abdominal fat that raises the risk of diabetes and heart disease—can be zapped only through a healthy diet, exercise, and stress relief.



5

MYTH:

You can't gain back weight after liposuction or CoolSculpting.

MYTHBUSTER

Once specific fat cells are gone, they're gone forever, but as long as you have fat cells in your body, you can gain weight. When we add pounds to our frames, existing fat cells expand, and our bodies can make

new ones. "If you gain weight post-treatment, fat will first be restored in nontreated areas," Dr. Shafer says. For example, if you were treated on your abdomen and you gain a significant amount of weight, you may notice it elsewhere on your body, such as on your upper arms or your back. And neither liposuction nor CoolSculpting removes all the fat cells in a treated area, so gaining weight is still possible there, though much harder. "Treated areas won't regain fat to the same degree, because there are reduced fat cells in those areas," Dr. Shafer says.

FACE YOUR FEAR

Colonoscopy

No one loves having a camera stuck up their butt, but this procedure is a crucial cancer screening.

BY BETH HOWARD

“

I PUT OFF MY COLONOSCOPY FOR MORE THAN A YEAR AFTER MY DOCTOR RECOMMENDED IT—I WAS REALLY WORRIED ABOUT HOW I WOULD HANDLE THE PREP.”

—MARISA, 55

Colon cancer is on the rise for people under 50, and the best way to discover it early is with a colonoscopy. With that in mind, the U.S.

Preventive Services Task Force recently updated its recommendations: Now your first screening should be at age 45. Still, studies show that about half of all people have moderate to severe anxiety about the procedure, in which a long, flexible tube with a camera is inserted into the rectum so a doctor can look for potentially cancerous growths in the colon.

Colonoscopy fears range from worries about sedation to the dread of a cancer diagnosis, says Loren G. Rabinowitz, M.D., a gastroenterologist at Beth Israel Deaconess Medical Center and Harvard Medical School in Boston. And then there's fear of the prep, which usually involves drinking a laxative solution to clean out the colon.

MOVE PAST THE FEARS

AFRAID OF A BAD DIAGNOSIS?

■ Keep in mind that a colonoscopy is a treatment tool as well: As the doctor moves the scope through your colon, they can remove polyps, preventing potential future cancers from growing. Colonoscopy slashes the odds of dying from colon cancer in half, but it also cuts the risk of getting colon cancer in the first place by 31%.

IF YOU HAVE FEAR DUE TO PAST TRAUMA:

■ Patients who have experienced sexual trauma who need



support getting through a colonoscopy may benefit from cognitive-behavioral therapy, says Martin M. Antony, Ph.D., a professor of psychology at Toronto Metropolitan University. Seek out a provider whose age and/or gender makes you feel more comfortable, and consider disclosing trauma history so they can

provide sensitive care during the procedure.

WORRIED ABOUT THE PREP?

- Drink it cold and with a straw to make it go down easier—and try mixing it with clear flavored sparkling water to mask the taste.
- Ask your doctor about

new pills that can be used in place of liquid prep.

- Keep soft wipes next to the

toilet, as well as a tablet or a book to help you pass the time (a little) more pleasantly.

IS THERE ANOTHER OPTION?

- If your fears are keeping you from getting screened, talk to your doctor about Cologuard: With this test, you send your poop to a lab to be examined. Keep in mind that there is a 13% rate of false positives, and if the test finds blood or altered DNA you'll still need a follow-up colonoscopy, says Dr. Rabinowitz.

IT'S NOT JUST LYME

The number of biting ticks is on the rise, along with rates of the diseases they carry.

Here's what you need to know.

BY JEANNE ERDMANN

PHOTOGRAPHS BY MASSIMO GAMMACURTA



Late one night

in January 2018, Nikki Smith, 39, was lying in bed watching television when suddenly her chest hurt, her blood pressure plummeted, and she thought she was going to pass out. Scared for her life, she went with her husband to the ER, where a battery of tests ruled out heart problems. She was sent home with advice to try to lower her stress level.

Smith, a retail manager in Kentucky, went through this several times over the next two years—doctors blamed stress and eventually diagnosed her with a panic disorder. But Smith was also plagued by a variety of gastrointestinal problems, which her doctors believed were due to complications from gallbladder surgery. Her symptoms, she says, had “no apparent triggers or rhyme or reason.” Antidepressants didn’t help.

Meanwhile, her seasonal allergies worsened, and one ear began to fill with fluid that felt as if it was constantly moving. Allergy tests turned up sensitivities to beef, pork, lamb, and cow’s

milk. Smith was surprised because she’d eaten these without incident for decades and hadn’t experienced hives, swelling, or difficulty breathing, symptoms typically linked to food allergies. She left with a list of foods to avoid and a prescription for an EpiPen.

Finally, in May 2021, Smith visited a new gynecologist and mentioned her newfound allergies. The doctor suspected alpha-gal syndrome (AGS), an allergy to red meat and anything containing mammalian products that is linked to, of all things, tick bites. Smith lives in a heavily wooded area. “I probably had three tick bites the summer before that January,” she says. Her test for AGS came back positive.



LYME, HOLD MY BEER

××× Alpha-gal syndrome is relatively new on the medical radar. Months after getting a tick bite they’ve totally forgotten about, a person will eat red meat and show symptoms hours later. While some people with AGS get hives and similar skin reactions, others have gastrointestinal issues like heartburn or diarrhea, or the cardiac symptoms Smith experienced. That January night, she didn’t have any idea that her dinner of spaghetti with meat sauce had set them off, or that it had all started with a tick bite months earlier, and the ER doctors didn’t either.

AGS is just one of many tick-borne illnesses that are increasing in frequency.



In fact, Lyme disease and AGS are only two of 17 mentioned on the Centers for Disease Control and Prevention's site, and rates are on the rise. Climate change is extending the warm months of tick season, increasing tick numbers, and giving them more chances to find us. "Even if you don't live in an area where ticks are a problem, you may get exposed on vacation," says Georges Benjamin, M.D., executive director of the American Public Health Association.

Scott Commins, M.D., Ph.D., an associate professor of medicine and pediatrics at the University of North Carolina at

Chapel Hill, was on the research team that first linked AGS to ticks. "These are not symptoms that would bring you to the allergy office," he says. Today his practice deals almost exclusively with AGS, because of both word of mouth and the syndrome's prevalence in the area.

The number of people with AGS is hard to pin down—Dr. Commins conservatively estimates 50,000 in the U.S. Residents of the Southeast and the Midwest are most at risk, with the greatest number of cases in Missouri, Arkansas, Virginia, and North Carolina. "Alpha-gal syndrome isn't on the radar

everywhere, so your doctor may not be familiar with it,” says Jennifer Platt, DrPH, who cofounded the nonprofit Tick-Borne Conditions United with Maine native Beth Carrison. Carrison was diagnosed with both AGS and Lyme disease, while Platt contracted ehrlichiosis, a tick-borne disease that can bring on flu-like symptoms such as fever, chills, and severe headache.



THESE BUGS REALLY BITE

××× A handful of species carry the biggies among diseases: Black-legged ticks (a.k.a. deer ticks) spread babesiosis and Lyme disease; American dog ticks and brown dog ticks can give you Rocky Mountain spotted fever; lone star ticks spread ehrlichiosis and appear to be the biggest culprits in U.S. cases of AGS. “Lone star ticks can be aggressive,” says Platt. “They know you’re there and will actually come running for you.” Fortunately, not every bite results in an infection, says Dr. Commins.

Different tick-borne illnesses cause various nonspecific symptoms, such as fever, because the bacteria, viruses, or parasites ticks transmit can act on a number of systems in the body. Lyme disease is a bacterial infection the tick picks up from an infected animal it bites and passes on to you. Babesiosis is caused by a parasite passed from an infected tick. AGS is different: The alpha-gal sugar is part of the saliva of

some healthy ticks; in some people, a bite from one of these ticks induces an inappropriate immune response that sensitizes their immune system so the next time they encounter this sugar—when eating meat, for example—they respond with an allergic reaction to the meat. “Think about it like a pollen allergy that brings on sneezing and other symptoms of hay fever in the spring,” says Nicole Baumgarth, D.V.M., Ph.D., director of the Johns Hopkins Lyme and Tickborne Diseases Research and Education Institute. Pollen isn’t dangerous, but your immune system misfires as if it were.

People with AGS have to avoid not just meat but also a laundry list of products with hidden mammalian ingredients—things like gummies, lotions, and the blood thinner heparin. Some people even react to fumes from bacon frying, lotions, and perfume, which can be anxiety-inducing. “You need to constantly be on guard against accidental exposure,” says Carrison, who is especially sensitive to scent. “Recovery from a reaction can mean days to weeks of brain fog and diarrhea.” If Smith’s husband eats red meat, the two have to wait several hours before they can kiss.

There isn’t yet a treatment for AGS; some sufferers take a daily antihistamine to deal with small exposures and minor symptoms and carry an emergency dose of epinephrine, says Dr. Commins. Even so, for outdoorsy folks like Barb H., tick bites are just part of the landscape. She was diagnosed with AGS in 2021, after

a year of fatigue, diarrhea, and bouts of severe nausea. Finally, a body-wide rash sent her to an allergist, who asked if she'd ever been bitten by a tick. "I laughed pretty hard," she says. As a widow in St. Charles County, MO, who tends seven acres, "between the dogs and the horses I'm always outside," she says. A recent wasp sting restarted her GI symptoms and sent her to the ER. Still, she can't give up being outdoors. She watches her diet and sprays cedarwood oil on herself to keep ticks at bay.

As scary as tick-borne illnesses are, there is hope. Dr. Commins has patients who have been very sick with AGS who are now adding pork and beef back into their diets. Carrison is in remission. "We really do think alpha-gal syndrome can go away over time," says Dr. Commins.

PROTECT YOURSELF AGAINST TICK BITES

No matter where you live, follow these rules of the great outdoors:

- ❑ Know where ticks hang out (tall grass, wooded areas).
- ❑ Wear light-colored clothing so they're easy to spot, and tuck pants into boots.
- ❑ Use a lint roller on your clothes when you get home.
- ❑ Check skin, especially armpits, groin, breasts, and folds (warm, moist places where ticks hide). Shower immediately.
- ❑ Check dogs, as they can ferry ticks into the house, Dr. Benjamin says.
- ❑ Watch for rashes, and if you visit places where tick-borne illnesses are a problem and you get a bite, tell your doctor right away, says Baumgarth.



TICK-BORNE ILLNESSES

you may not know about

Lyme disease (mostly in the Northeast and the upper Midwest) and alpha-gal syndrome are just two conditions that can result from tick bites. Here's what to look for in three other tick-spread illnesses.

ROCKY MOUNTAIN SPOTTED FEVER

can occur across the U.S., with most cases reported in North Carolina, Tennessee, Missouri, Oklahoma, and Arkansas. Look for fever, headache, nausea, rash, and loss of appetite.

EHRlichiosis

is found mostly in southeastern and south central states; it can be fatal for those under

10 and the elderly. See a doctor ASAP if you have a severe headache or confusion.

BABESIOSIS is mainly in the upper Midwest and Northeast, especially New York. See an M.D. if a bite leads to fever, chills, sweats, or abdominal pain—and if you are elderly or have a weakened immune system, as it can be life-threatening and symptoms may take time to show up.





DETOX?

**So-called cleanses (*Eat clay!*
Drink juice with salt and oil!)
sound more like grade-school dares
than ways to flush out your
internal organs. **Instead, use this
advice to support your body's
own self-detox systems.****

BY LISA MULCAHY

DON'T DO IT!

W

hen we see an aging-in-reverse celeb flaunt her luminous skin and “How can I look like that?!” body, even the wisest of us may be tempted to try some dubious detox powder popping up all over social media. But no need to turn to supposedly magical answers like juice cleanses, chugging lemon water, or a colon-blasting chia seed concoction—**those much-hyped “cures” are useless at best and at worst possibly dangerous, experts say.**

“Our bodies don’t need detoxes and cleanses, because we have our own natural detox pathways through systems like the liver, kidneys, and GI tract,” says Jessica Levinson, M.S., R.D.N., a culinary nutrition expert in Westchester County, NY. In fact, scientific literature is full of case studies showing that cleanses may lead to kidney damage, vitamin and mineral deficiencies, and GI symptoms including diarrhea and stomach cramps.

The idea of a detox makes sense: We don’t always eat perfectly, and we regularly come in contact with things like pollution, airborne irritants, and germs and bacteria that could be harmful to our health. So seeking a way to “cleanse” your system may be appealing. But according to experts at Harvard Medical School, your body, and especially your intestinal tract, is full of beneficial bacteria that help fight illness, support digestion, and keep your organs functioning at their best; many detoxes you hear about can disrupt the balance of good and bad bacteria in your gut, harming your body more than helping it.

What about using a detox to lose weight? Unwise. “Detox and cleanses are simply restrictive diets; they will result in quick weight loss, but once you return

to a regular diet you will likely gain it back,” explains Levinson. “This leads to yo-yo dieting, which research has shown results in overall weight gain over time.” Detoxing may also deprive your body of the nutrients it needs to function, making it harder for your natural detox system to do its job.

How YOUR BODY Cleanses Itself

Let’s start with the idea that “toxins” from, say, a poor diet or medication you’ve been taking “build up” in your body. That’s not the way it works, thanks primarily to a complex system that starts with your liver, which breaks down whatever you don’t need to function. Then your GI tract, kidneys, lymphatic system, and respiratory system kick in to rid your body of the remnants of what the liver broke down; these organs work in tandem to dismantle and expel toxins so nothing has time to build up.



Here are the systems in your body that work together to take out the trash (that is, as a detox):

▶ **YOUR LIVER**

The liver is the primary filter in your body. Whatever you don't need that your body might absorb or have too much of—think chemicals, bad bacteria, viruses, even hormones and cholesterol—your liver metabolizes so it can be eliminated.

▶ **YOUR KIDNEYS**

These contain filtering units called nephrons that filter blood and make urine, through which you expel waste.

▶ **YOUR LYMPHATIC SYSTEM**

This key network runs through your entire body and consists of tons of lymph nodes and tissues and vessels. These all interact to help your immune system function, letting it keep away germs, viruses, and by-products that contribute to illness and infection. Your lymphatic system also includes your spleen, an organ in the upper left portion of your abdomen that fights off germs, specifically in your blood.

▶ **YOUR GI TRACT**

The digestive system moves food and anything else you swallow (like snot, which intercepts germs!) through your stomach and small intestine, where it's absorbed into your bloodstream.

What your body doesn't need and what remains undigested then heads to your large intestine, which turns it into waste, which exits via your poop.

▶ **YOUR LUNGS**

When you breathe in dust, germs, and allergens, your lungs act like filters. Mucus catches and holds the things that enter through your respiratory system, and when you cough, sneeze, or clear your throat, you rid your body of bad stuff.

Here's how to help your body detox in a **SAFE, NATURAL WAY**

The best means of keeping your personal machine working well is by supporting your detox-warrior organs so they remain at their most efficient—don't be tempted to “help them along” unless directed to do so by your doctor. “Programs that suggest that you can detoxify your liver through certain foods or dietary or herbal supplements have no evidence whatsoever that this works,” says Michael P. Curry, M.D., director of hepatology at Beth Israel Deaconess Medical Center in Boston. “In fact, taking supplements to lose

weight, cleanse the liver, and increase energy expenditure can be and has been associated with liver injury and in some cases liver failure and death.”

Maximize your body’s natural cleansing power:



EAT WISELY

“Eating a healthy, balanced diet as recommended by the Centers for Disease Control and Prevention is the best way to support your liver health



and your overall health,” says Dr. Curry. Focus on fiber- and vitamin-filled fruits, vegetables, nuts, whole grains, lean protein, and healthy fats—the array of nutrients proven to support good overall health and lower chronic disease risk. Specific foods Levinson says support your liver, kidneys, and GI tract: cruciferous vegetables for liver and gut health; garlic for liver, kidney, and gut health; and cranberries for kidney health.



GET YOUR BEAUTY SLEEP

Kidney function is regulated by your body's sleep-wake cycle, so it's not surprising that sleep deficit has been associated with a decline in kidney

function. That means getting enough shut-eye is crucial. The amount of sleep people need varies by the individual, but between seven and nine hours is a good average for most. However, listen to your body—the number of hours that make you feel rested *and* energized is the right amount of sleep for you.



BREAK A SWEAT

Exercise boosts your lymphatic system—as you move your muscles, they act as a pump to more effectively send fluids through your body so toxins can be excreted more easily. Strive to do a mix of cardio (to get your heart rate up) and strength training or resistance moves (to strengthen your muscles).



DANIELLE DALY

What's the secret to healthy, beautiful skin? (Hint: It isn't lotions or creams)

Your skin is an important part of your appearance and one of the first things people notice about you. Healthy skin impacts the way you feel. Perhaps that's why people with healthy, beautiful skin often seem more confident. They're comfortable in their own skin — literally. Here are five ways hydration can benefit your skin:



1. Improved skin texture. Hydrated skin looks smoother, more supple
2. Increased brightness. Dry skin often appears dull. Well-hydrated skin has a “glow”
3. Fewer fine lines and small wrinkles. Hydrated skin has a bounce that dry skin lacks
4. Diminished dark circles under eyes. This condition can be exacerbated by dehydration
5. Less oil production. Hydrated skin can help regulate oil production

But what's the secret to healthy, beautiful skin? The answer isn't lotions, creams or gels. It's hydration. Deep hydration that invigorates skin from the inside out. Hydration that gets into your cells (intracellular).

Water alone... not what you think

Drinking 8-10 glasses of water per day is okay if you're thirsty. But water alone does not provide deep hydration. It's transient... like pouring water into a leaky bucket. To keep the bucket full you have to pour water in faster than it leaks out. Worst, too much water can flush electrolytes from your cells. Electrolytes are essential minerals (potassium, magnesium, calcium, chloride, etc.) your cells need to function properly. Real hydration requires both water and electrolytes.

Popular hydration drinks. Right idea. Wrong execution

Sure, most hydration drinks have some electrolytes. But the one they all seem to have in overabundance is sodium (160-240mg). Many also contain plenty of sugar (9-21g). Too much sodium can lead to water retention and bloating — not deep hydration of your cells. And if you suffer from hypertension and/or diabetes, then it may be wise to stay away from these drinks.

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PAY YOUR DOCTOR REGULAR VISITS

Keep up with your annual physical and blood work. “Having a regular physical exam and blood tests that assess liver function is important for early detection of liver disease, and if you’re at

risk of liver disease, speak with your doctor about additional testing,” says Dr. Curry. Recognize these indications of a liver issue: Fatigue, nausea, and poor appetite are early signs, while symptoms like jaundice, abdominal bloating, and bleeding easily may signify a more severe problem.

THE WEIRD-DETOX HALL OF FAME

THE MAPLE SYRUP CLEANSE

➡ For 10 to 40 frightening days, you are commanded to ingest nothing but six to 12 glasses of a mixture of maple syrup, cayenne pepper, freshly squeezed lemon juice, and spring water. This cleanse’s purported purpose is to remove heavy metals and excess candida from your body. (Spoiler alert: Drinking this concoction won’t do what is claimed, so spare yourself the stomach upset.)

THE ARMPIT DETOX

➡ This hot trend involves applying a homemade mask of apple cider vinegar, baking soda, charcoal, and cornstarch to your armpits for 15 minutes. It supposedly draws toxins out of skin and sweat glands and, as a bonus, stops body odor. The problem isn’t that these ingredients are dangerous (the worst risk is potential skin irritation) but that this doesn’t work any better than washing your armpits regularly with soap and water. If body odor

is what leads you to this non-fix, try antiperspirant (which targets your body’s sweat glands) rather than deodorant (which essentially just masks stink).

THE VAGINAL PEARL DETOX

➡ This concept involves inserting one to three “yoni pearls” made of herbs like rhubarb and motherwort into your vagina; the pearls are said to pull every problematic substance you might have there, from old blood clots to yeast, down and out. Don’t do this: Your vagina is self-cleaning, so using something like yoni pearls or a douche can actually cause vaginal itching, irritation, and even infection.

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FOOD



Hello, Hydration!

Eat your H₂O with these flavorful fruits and veggies.

BY ALYSSA JUNG

RECIPES BY KRISTINA KUREK

If refilling your water bottle is already ingrained in your daily routine, good on you! Staying hydrated is important all year, but even more so in the summer heat. “Dehydration may cause fatigue or headaches, and it puts you at higher risk for heat exhaustion or heat stroke, especially when being active outdoors,” says Marisa Moore, R.D.N., author of *The Plant Love Kitchen*. Our bodies also need enough fluid to function properly—water helps shuttle oxygen and nutrients to all our muscles and organs, so it’s key to everything from digestion to heart health. But don’t forget that “you can drink and also eat your fluids—many types of produce have a high water content plus electrolytes that optimize hydration,” Moore says. Boost your fluid intake to stay extra hydrated with these juicy summertime picks.

CHILLED HONEYDEW SOUP WITH MINT AND AVOCADO

ACTIVE 25 MIN.

TOTAL 25 MIN. PLUS CHILLING

SERVES 4

In bowl, combine 3 lbs **honeydew** (rind and seeds discarded; cubed—about 8 cups), 3 large **Persian cucumbers**, 1 medium **green pepper**, 4 **scallions** (all roughly chopped), 2 **jalapeños** (stemmed, seeded if desired), $\frac{3}{4}$ tsp **ground cumin**, $\frac{1}{2}$ cup **mint leaves**, $\frac{1}{2}$ tsp **kosher salt**, and 3Tbsp **fresh lemon juice**. Puree in blender in 2 batches on medium-low until mostly smooth, 15 to 30 sec. Transfer to airtight container and refrigerate until chilled, 1 hr. Serve topped with 1 medium **avocado** (diced), $\frac{3}{4}$ tsp crushed toasted **coriander seeds**, 3Tbsp small mint leaves, and $\frac{1}{2}$ jalapeño (thinly sliced).

PER SERVING About 170 cal, 8 g fat (1 g sat), 0 mg chol, 762 mg sodium, 26 g carb, 7 g fiber, 15.5 g sugar (0 g added sugar), 3 g pro

HONEYDEW



All melons are hydrating, at around 90% water content.

This yellowish-green-fleshed variety is sweet, and a one-cup serving will also help you squeeze in nearly 50% of your daily vitamin C, says Moore, as well as potassium, a fluid regulator.



FRESH TOMATO, HORSERADISH, AND LEMON SOBA

ACTIVE 15 MIN.
TOTAL 20 MIN.
SERVES 6

Cook 1 lb **soba noodles** per pkg. directions. Rinse under **cool water** and drain well. Meanwhile, in small bowl, mix one 3-in. piece **fresh horseradish** (grated; 6 Tbsp), $\frac{1}{4}$ cup finely sliced **flat-leaf parsley stems**, and

2 Tbsp **lemon zest**; set aside. Coarsely grate 4 large ripe (or overripe) **heirloom tomatoes** ($2\frac{1}{4}$ lbs) into large bowl (3 cups pulp; discard skins). Stir in 4 tsp **lemon juice**, 3 large

cloves **garlic** (finely grated), $1\frac{1}{2}$ tsp **kosher salt**, $\frac{1}{2}$ tsp coarsely ground **black pepper**, and $\frac{1}{2}$ cup **olive oil**. Toss with noodles and sprinkle with horseradish mixture, more pepper, and $\frac{1}{2}$ cup each small parsley and **basil** leaves.

PER SERVING About 503 cal, 19 g fat (2.5 g sat), 0 mg chol, 667 mg sodium, 75 g carb, 4 g fiber, 6 g sugar (0 g added sugar), 17 g pro

TOMATOES



Whatever the color or type, “tomatoes are at their flavor peak during summer and are about 95% water,” says

Moore. They also contain potassium, an electrolyte that helps balance fluid levels, and are rich in antioxidants like vitamins A and C and lycopene.

SUMMER SQUASH



As its name suggests, summer squash—commonly seen with yellow, green, or striped skin—is abundant at this time of year, and it's incredibly hydrating, with a water content

of 95%. "It's even delicious raw for those no-cooking days. Try using a vegetable peeler to make thin ribbons you can toss with herbs and a lemony vinaigrette," Moore suggests.

SUMMER SQUASH PANCAKES

ACTIVE 60 MIN.
TOTAL 60 MIN.
SERVES 4 TO 6

In medium bowl, whisk 3 large eggs and stir in

1 cup low-fat cottage cheese (drained if needed), 1 zucchini and 1 yellow squash (6 oz each; coarsely grated—3 cups total), and ½ cup each finely grated Parmesan cheese and

chopped chives. In second bowl, whisk ⅔ cup almond flour, ¼ cup cassava flour, and ¼ tsp pepper; fold into squash mixture. Heat 1½ tsp olive oil in large nonstick pan on medium. Working in batches, spoon in 3-Tbsp mounds to make 2½-in. cakes. Cook, lowering heat and adding 1 tsp oil for next batch as needed, until deep golden and mostly set, 4 to 5 min. Flip and repeat cooking on other side, 3 to 4 min.

PER SERVING About 245 cal, 15 g fat (3.5 g sat), 124 mg chol, 349 mg sodium, 15 g carb, 3 g fiber, 4 g sugar (0.5 g added sugar), 15 g pro





WARM SUDANESE EGGPLANT-PEANUT SPREAD

ACTIVE 45 MIN.
TOTAL 45 MIN.
SERVES 6 TO 8

Heat oven to 475°F. On rimmed baking sheet, toss 2 medium **eggplants** (about 14 oz each; cut into $\frac{3}{4}$ -in. cubes) with 3 Tbsp **canola oil** and $\frac{1}{2}$ tsp **kosher salt**. Roast until tender and golden brown in spots, 18 to 20 min.; stir eggplant, then stir in $\frac{1}{2}$ large **red onion** (diced; $1\frac{1}{4}$ cups) and $1\frac{1}{2}$ tsp **cumin seeds** and roast until onion is tender, 8 to 10 min. In large bowl, whisk 3 Tbsp each **natural smooth peanut butter** and

hot water, 4 tsp **tomato paste**, and 1 clove **garlic** (grated). Fold in warm eggplant, $\frac{1}{2}$ cup **jarred roasted red pepper** (drained and diced), $\frac{1}{3}$ cup **cilantro**

(chopped), and $\frac{1}{4}$ tsp salt. Top with $\frac{1}{4}$ cup **roasted unsalted peanuts** (crushed) and additional cilantro. Serve warm with **whole-wheat pita** (toasted and cut into wedges).

PER SERVING About 179 cal, 12.5 g fat (1.5 g sat), 0 mg chol, 247 mg sodium, 14 g carb, 5 g fiber, 5.5 g sugar (0 g added sugar), 4 g pro

EGGPLANT



Don't let its hearty texture fool you—eggplant is packed with H₂O and fiber, making it a digestive dream. “Eggplant is

ideal for grilling or roasting, and if you're new to this veggie, smaller varieties such as Japanese eggplant can be more approachable,” Moore says.



MORE GREAT MATCHES

You can substitute quinoa or oats for the bulgur in this recipe—they'll all give you fiber, important for digestion and staying full, as well as extra protein. And you can make the grains up to three days ahead!

BREAKFAST Hearty Grain Scramble

Eggs, meet bulgur:
You're perfect together.

ACTIVE 20 MIN.
TOTAL 20 MIN.
SERVES 4

- 1 cup bulgur
- 3 oz pea shoots (4 cups)
- 1½ Tbsp extra virgin coconut oil
- 1 Tbsp fish sauce
- 3 scallions, thinly sliced, divided
- 2 tsp avocado oil
- 6 large eggs, beaten
- ¼ cup unsalted roasted peanuts, crushed
- Lime wedges, for serving

1. Bring 2 cups water to a boil in large saucepan. Stir in bulgur and simmer, covered, until nearly tender, 9 min. Remove from heat and let sit, covered, 3 min.
2. Meanwhile, roughly chop two-thirds of pea shoots from stem ends, leaving more tender tops intact. Fluff bulgur with fork and fold in coconut oil, fish sauce, chopped pea shoots, and half of

scallions. Divide among 4 shallow bowls.

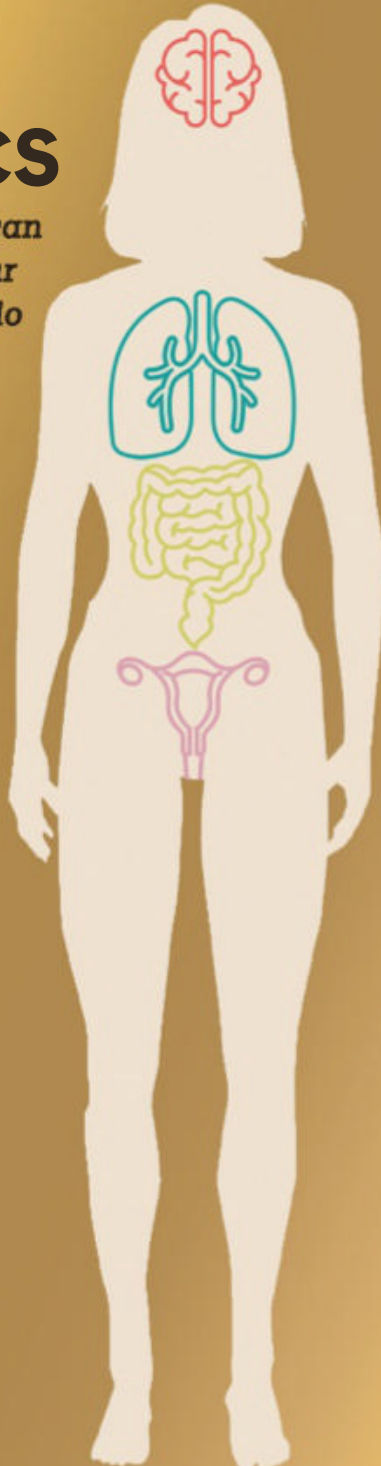
3. Heat avocado oil in large nonstick skillet on medium. Add eggs and scramble to desired doneness. Divide among bowls with bulgur and top with remaining scallions and pea shoot tops. Serve with peanuts and lime wedges if desired.

PER SERVING About 368 cal, 19.5 g fat (8 g sat), 279 mg chol, 412 mg sodium, 33 g carb, 6 g fiber, 2 g sugar (0 g added sugar), 17 g pro

THIS IS YOUR BODY ON PROBIOTICS

These beneficial bacteria can do a lot more than help your digestion—although they do a great job at that, too.

For those of us who grew up learning that bacteria cause disease and decay, the idea of probiotics can be a little hard to...um...swallow. But the fact is that these “good bacteria” have positive impacts on our health literally from head to toe. Here’s a look at just a few of the head-to-toe benefits you may experience while taking a supplement, such as the probiotics from Solgar.



BRAIN

Research shows that probiotics may promote brain health, boost mood, and lower the effects of stress.

IMMUNE SYSTEM

Research shows that some species of *Lactobacillus* can exert beneficial effects on the respiratory system and may help alleviate symptoms of certain respiratory diseases.

DIGESTION

Strains of good bacteria have been shown to aid in healthy digestion and regular bowel movements, among other benefits.

VAGINA

Your vagina has its own microbiome, and supporting it with probiotics can help maintain the health of the reproductive tract.

BONE

Probiotics help the body to better absorb the minerals needed to maintain bone health.

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BY BECCA MILLER
RECIPES BY KRISTINA KUREK
PHOTOGRAPHS BY MIKE GARTEN

YOUR

WRAP



**CURRIED FISH
JICAMA "TACOS"**

recipe, p. 90

FOOD STYLING: SIMON ANDREWS, PROP STYLING: PAIGE HICKS.

JICAMA


Reach for this high-fiber root vegetable when you need a hit of immunity-boosting vitamin C. To make prep simple, buy thinly sliced precut jicama wraps.

**RED
CABBAGE**

One leaf of this cruciferous veggie serves up potassium, which regulates fluids in your cells to maintain their structure, as well as magnesium, a vital mineral that helps your body absorb potassium.

**CHICKEN AND
SHIITAKE IN
RED CABBAGE CUPS**

recipe, p. 90



**SPINACH AND
LEMON HUMMUS
EGG WRAPS**

recipe, p. 91

EGGS

These protein-rich wraps contain both vitamin B₁₂ and folate, which can work together to help improve mood.



NORI

The savory and slightly briny sheets are rich in a host of minerals, including magnesium, which is important for muscle contraction and relaxation—key for keeping your heartbeat regular.

SPICY SALMON NORI WRAPS

recipe, p. 91

**SHRIMP SUMMER
ROLLS WITH
PASSION FRUIT
DIPPING SAUCE**

recipe, p. 92

**RICE
PAPER**

Typically made with a combination of rice and tapioca flours, this gluten-free pick offers a surprising dose of iron, which can help prevent anemia-related fatigue.

CURRIED FISH JICAMA "TACOS"

ACTIVE 25 MIN.
TOTAL 40 MIN.
SERVES 4

- 1/3 cup unsweetened coconut flakes, toasted, plus more for serving
- 1 3/4 cups cilantro
- 1/2 serrano chile, sliced, plus more for serving
- 1 tsp grated fresh ginger
- 1 scallion, roughly chopped
- Kosher salt
- 3 Tbsp fresh lime juice, plus lime wedges for serving
- 1 medium avocado, halved
- 1 tsp pure maple syrup or agave nectar
- 4 4-oz skinless halibut or cod fillets (each about 1 in. thick)
- 1 tsp canola oil
- 1 tsp curry powder
- 6 oz green cabbage, very thinly sliced (about 2 cups)
- 1 7.5-oz pkg. jicama wraps (12 wraps; we used Trader Joe's)
- 6 radishes, very thinly sliced

1. Heat oven to 400°F. Line rimmed baking sheet with parchment paper.
2. In food processor, pulse coconut flakes to

chop roughly. Add cilantro, serrano chile, ginger, scallion, and 1/2 tsp salt and pulse until finely chopped. Add lime juice, avocado, maple syrup, and 2/3 cup water and pulse until creamy but not completely smooth, 15 sec.

Refrigerate sauce.

3. On prepared baking sheet, coat halibut with oil and season with curry powder and 1/4 tsp salt. Roast until just opaque throughout, 10 to 12 min. Flake with fork into bite-size pieces.

4. Divide cabbage among jicama wraps and top with 2 Tbsp cilantro sauce. Top with halibut and radishes and serve with remaining sauce, coconut flakes, lime wedges, and sliced serrano chile if desired.

PER SERVING About 294 cal, 14.5 g fat (5.5 g sat), 60 mg chol, 462 mg sodium, 17 g carb, 9 g fiber, 3 g sugar (1 g added sugar), 25 g pro

CHICKEN AND SHIITAKE IN RED CABBAGE CUPS

ACTIVE 25 MIN.
TOTAL 25 MIN.
SERVES 4

- 3 Tbsp reduced-sodium tamari or soy sauce
- 1 Tbsp Japanese hot mustard, plus more for serving
- 1 1/2 Tbsp toasted sesame oil
- 1 1/2 Tbsp canola oil
- 6 oz shiitake mushrooms, stems discarded, caps sliced
- 3 cloves garlic, finely chopped
- 2 tsp finely grated fresh ginger (from 1 1/2-in. piece)
- 1 large carrot, cut into matchsticks
- 1 large stalk celery, thinly sliced
- 4 scallions, thinly sliced
- 3 cups cooked shredded chicken
- 4 large red cabbage leaves
- 1/2 cup pea shoots

1. In large bowl, whisk together tamari, mustard, and sesame oil.
2. Heat canola oil in large skillet on medium-high. Add mushrooms and cook, tossing occasionally, until beginning to brown, 4 min.

3. Add garlic and ginger and cook, stirring, 10 sec., then add carrots and celery. Cook, stirring often, until carrots just begin to wilt, 30 sec.

Transfer to dressing along with scallions and toss to coat. Fold in chicken.

4. Spoon mixture into cabbage leaves and top with pea shoots. Serve with additional hot mustard if desired.

PER SERVING About 329 cal, 18 g fat (3 g sat), 79 mg chol, 688 mg sodium, 11 g carb, 3 g fiber, 4 g sugar (0 g added sugar), 30 g pro

SPINACH AND LEMON HUMMUS EGG WRAPS

ACTIVE 40 MIN.
TOTAL 40 MIN.
SERVES 4

- ½ cup bulgur (we used Arrowhead Mills)**
- 6 large eggs**
- Kosher salt**
- ¼ cup bias-cut chives, plus ⅓ cup roughly chopped chives (from 1¼ bunches)**
- Nonstick cooking spray**
- 2 cups baby spinach**
- 1¼ cups flat-leaf parsley leaves**
- ½ tsp ground cumin**

⅓ cup roasted almonds

1 Tbsp olive oil

⅔ cup lemon hummus (we used Esti)

1 large heirloom tomato, very thinly sliced

1. Bring 1 cup water to a boil in medium saucepan. Stir in bulgur and simmer, covered, until nearly tender, 9 min.

Remove from heat and let sit, covered, 3 min., then fluff with fork.

2. Meanwhile, in food processor, pulse eggs, 3Tbsp water, and ¼ tsp salt to combine. Stir in bias-cut chives. Transfer to bowl, then clean food processor.

3. Heat 10-in. nonstick pan on medium-low. Spray lightly with nonstick spray and add one-fourth of egg mixture (about ⅓ cup), swirling to coat surface. Cook, undisturbed, until bottom just barely turns golden brown and top is set, 3 to 4 min. Release edges with spatula; then, using fingers, carefully grab edges and flip wrap. Cook 10 sec. Transfer to wire rack and repeat with remaining egg mixture to make 3 more wraps.

4. In food processor, pulse spinach, parsley, cumin, and remaining ⅓ cup chives to finely chop. Add almonds, oil, and ½ tsp salt and pulse to finely chop nuts. Fold into bulgur.

5. Lay egg wraps on work surface, pretty side down, and spread each bottom half with hummus. Top with bulgur (about ½ cup per wrap; you will have some left over), pressing to adhere, and then with tomato. Fold over top half of wrap. Fold once more to create a quarter-fold, then serve.

PER SERVING About 398 cal, 25.5 g fat (4 g sat), 279 mg chol, 712 mg sodium, 27 g carb, 7 g fiber, 3.5 g sugar (0 g added sugar), 18 g pro

SPICY SALMON NORI WRAPS

ACTIVE 20 MIN.
TOTAL 1 HR. 20 MIN.
MAKES 4

- 1 cup short-grain brown rice**
- 3 Tbsp ponzu sauce**
- ¼ tsp grated fresh ginger**
- 3 Tbsp mayonnaise**
- 2 Tbsp chili garlic sauce**
- 2 6-oz cans boneless, skinless salmon, drained and flaked**
- 8 sheets sushi nori**
- 1 large scallion, thinly sliced**

- 2 small Persian cucumbers, very thinly sliced**
1½ tsp toasted sesame seeds

1. In small saucepan, combine rice with 1½ cups water. Bring to a vigorous simmer. Reduce heat, cover, and gently simmer 30 min. Remove from heat and let sit, covered, 5 min. Fluff with fork and let cool to room temp.

Scoop out 1 cup (save remaining rice for other use).

2. In small bowl, combine ponzu and ginger; set aside. In medium bowl, combine mayonnaise and chili garlic sauce, then fold in salmon.

3. Lay out nori in 4 piles of 2 sheets each. Fold each pile into quarters, then unfold. Make a slit through each stack, starting from center and extending to bottom edge of nori, along middle crease, to create what will be a flap.

4. Working with 1 wrap at a time, on top left quadrant, arrange salmon mixture and top with scallions. Arrange cucumbers on top right

quadrant. Using wet fingers, press brown rice onto bottom right quadrant, then top rice with sesame seeds.

5. Fold empty bottom left flap of nori up over salmon, then fold to the right, on top of cucumbers; finally, fold down over rice. Press gently to make it adhere and eat right away, drizzling with ponzu sauce.

PER SERVING About 269 cal, 12 g fat (2 g sat), 63 mg chol, 849 mg sodium, 18 g carb, 2 g fiber, 3.5 g sugar (3 g added sugar), 21 g pro

SHRIMP SUMMER ROLLS WITH PASSION FRUIT DIPPING SAUCE

ACTIVE 25 MIN.
 TOTAL 25 MIN.
 MAKES 8

- ⅓ cup frozen passion fruit pieces (thawed; we used Pitaya brand)**
1 Tbsp fish sauce
1 small shallot, finely chopped
½ Fresno chile, thinly sliced
8 sheets rice paper (8½-in.-diameter)
½ cup cilantro leaves
½ cup mint leaves

- 1 medium avocado, quartered and thinly sliced crosswise**

- 12 oz cooked medium peeled, deveined shrimp (tails removed), halved horizontally**

- 8 medium leaves Bibb lettuce**

1. In small bowl, combine passion fruit, fish sauce, shallot, chile, and 2 Tbsp water; refrigerate until ready to use.

2. Fill pie plate or large bowl with warm water. Working quickly, soak 1 rice paper wrapper in warm water until pliable, 10 to 20 sec. Place on cutting board and top with some cilantro, mint, avocado, and shrimp (about 6 halves per wrap). Top with more cilantro and mint, then 2 lettuce leaves.

3. Fold in wrapper sides to seal, then fold base over filling and roll up to seal, being careful not to tear wrapper. Repeat with remaining ingredients. If desired, cut each roll in half. Serve with dipping sauce.

PER SERVING About 135 cal, 4.5 g fat (0.5 g sat), 86 mg chol, 287 mg sodium, 12 g carb, 2 g fiber, 1.5 g sugar (0 g added sugar), 13 g pro



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Get your doctor's approval before beginning
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FRUIT EXTRACT SHOWN TO

PROMOTE MORE & BETTER HAIR GROWTH



A FRUIT EXTRACT FOR HAIR GROWTH?

Scientists in Kuala Lumpur have identified compounds in palm fruits, called tocotrienols, which in clinical studies, have shown to significantly promote hair growth. These so-called "super antioxidants", from the vitamin E family, can help reduce inflammation levels especially in the scalp, which is a condition associated with thin hair.

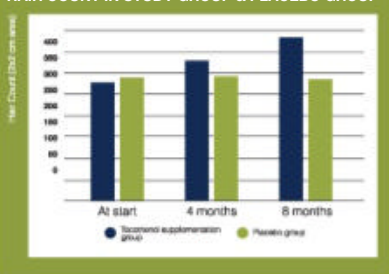


WHAT THE STUDIES ARE SHOWING

A clinical study was done to measure the effects of tocotrienols. The study group was monitored for the number of hairs in a pre-determined scalp area at 0, 4 and 8 months. The results compared were impressive. Hair growth increased significantly as compared to the placebo group, recording a 16% increase at 4 months and a 34.5% increase at the end of the 8-months, compared to a 0.1% decrease in the control group.

The study in Malaysia used a tocotrienol complex, now patented. In the USA, this tocotrienol complex is available in the product Hair Gro™, available at retailers across the country.

HAIR COUNT IN STUDY GROUP & PLACEBO GROUP



- ✓ Clinically Proven Supplement
- ✓ GMP manufactured in Europe
- ✓ No.1 Trusted Brand in Scandinavia
- ✓ Patented Ingredients
- ✓ Drug Free

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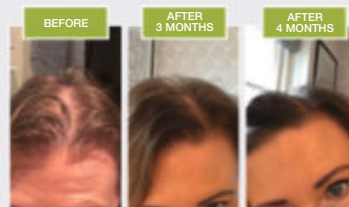


My name is Alexandra. After having children, my hair suffered so much, I was almost getting depressed. It was thin, unhealthy and would break or fall out, as soon as I tried growing it long. I asked my pharmacist what to do, and he recommended trying a product called Hair Gro™, which customers liked.

After only a month, my nails reacted, but then the hair shedding decreased. After 3 and 4 months I took pictures, because it felt like my hair was back to normal. It looked so much healthier and fuller – I couldn't believe it.

Now I take Hair Gro™ daily even if I'm thrilled with my hair. I never want to suffer the same frustrations with unhealthy and thin hair again. Thank you New Nordic for a wonderful product. I strongly recommend others to try it if they have hair problems.

- Alexandra B., Copenhagen



Alexandra sent us these photos to show the progress she experienced with her hair.

Results may vary. Please read the information on the packaging to determine if this product is right for you. This product is not intended to diagnose, treat, cure or prevent any disease.

¹Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy Woei and Hay University Sains Malaysia.
²11/120,268, us patent, hair growth formulation, hovis, sdn bhd



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FIND THE RHYME

Use the clues to come up with a phrase that rhymes.

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Spooky bread

SORT IT OUT

Can you make four 4-letter words, three 5-letter words, and one 6-letter word from the letters in **HUMANITY**?

**4-LETTER
WORDS**

**5-LETTER
WORDS**

**6-LETTER
WORD**

THE FRIDAY PUZZLE

Fill in the grid using only the letters below. No letter can be repeated in a row, column, or marked rectangle.

F R I D A Y

	F				
R				Y	
F					D
D	A	Y	I		
				D	F

DIGIT DECODER

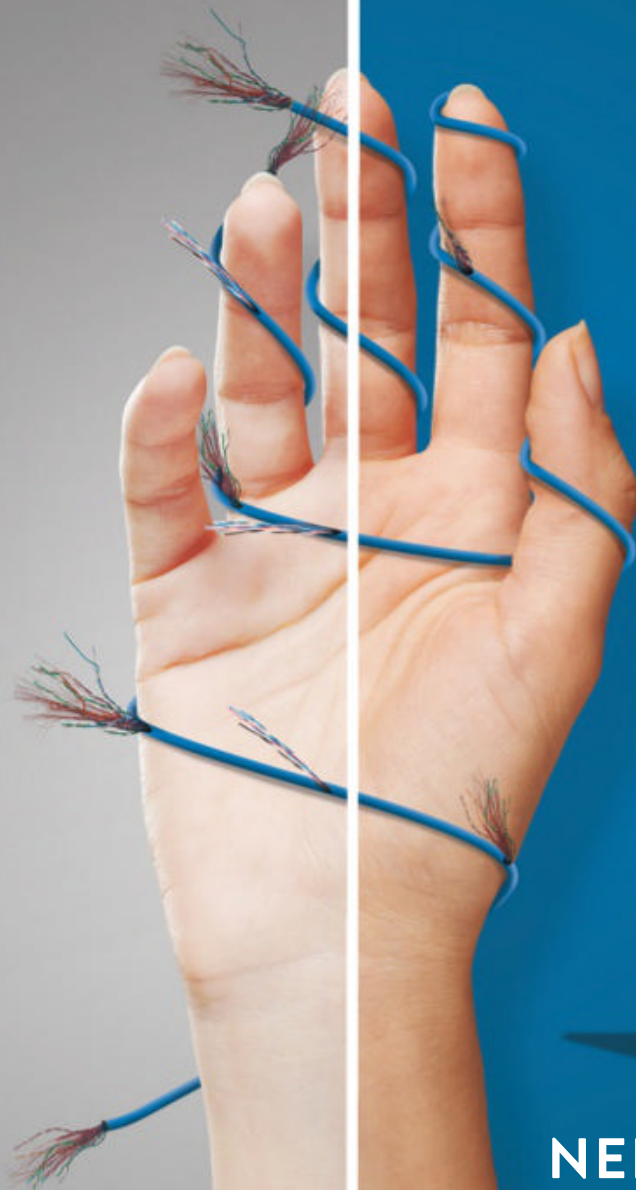
Which number doesn't belong?

156 371 7815 9110 448

ANSWERS: Find the Rhyme: new shoe, slow crow, ghost toast. **Sort It Out:** hunt, hymn, main, math, haunt, human, unity, mutiny (other answers are possible). **The Friday Puzzle:** visit prevention.com/august23-puzzle. **Digit Decoder:** 371. In the others, you can add the first two digits to get the rest of the digits.

NERVES CAN CHANGE AS YOU AGE

Which may cause occasional feelings of nerve discomfort such as stabbing, burning, tingling, and numbness.†



NERVIVE NERVE RELIEF

Helps with nerve discomfort
IN JUST 14 DAYS.*†

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†Alpha Lipoic Acid in Nerveive helps with occasional nerve discomfort due to aging.