

NFL TOUGH!

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THE WORLD'S LARGEST FITNESS MAGAZINE

PM/40063752

NOVEMBER 2006

TONS OF  
USEFUL STUFF

# Men's Health

NOVEMBER 2006

## 1,029 WAYS TO HAVE IT ALL

139 SIGNS YOUR  
DOCTOR IS  
INCOMPETENT

TAME  
YOUR BOSS!  
[and get  
that raise!]

12 HEALTH  
FOODS THAT  
REALLY  
AREN'T

BUILD  
THE ULTIMATE  
UPPER BODY



# GET NFL TOUGH!

Why **BEN ROETHLISBERGER**  
can't be stopped—and how you can  
become stronger, fitter, and faster!

MENSHEALTH.COM

## CREST PRO-HEALTH TOOTHPASTE

A study in a dental journal found that this product performed better than other brands in relieving gum inflammation and removing tartar and plaque. \$4. crest.com

## LAB SERIES FOR MEN INSTANT MOISTURE GEL

Three-quarters of the population gets dry skin at some point in the winter, research found. This lightweight, oil-free formula is absorbed quickly by the skin. \$26. labseriesformen.com

## OPTI-FREE REPLENISH CONTACT-LENS SOLUTION

People typically wear contacts for 13 hours a day. Lab testing found that Opti-Free keeps them moisturized for 14 hours. Plus, six of 10 optometrists recommend this brand. \$5. optifree.com

## SKINCEUTICAL ANTIOXIDANT LIP REPAIR

This stick reduces the free radicals caused by sunlight, and toxins that contribute to photoaging, says Jennifer Kim, M.D., a dermatology professor at UCLA. \$30. skinstore.com

## GLIDE DEEP CLEAN FLOSS

Research shows that people who added flossing (using Glide's shred-resistant Deep Clean) to their brushing regimen saw a 38 percent decrease in gingival bleeding in just 2 weeks. \$4.50. cvs.com

## LAB SERIES SKINCARE FOR MEN INSTANT MOISTURE GEL

Hidratant instant  
contient  
3 grammes de crème par tube  
TREAT  
1 FL. OZ. LIQ.  
31 ml e

## OPTI-FREE Replenish

Retains Moisture for Enhanced Comfort  
Opti-Free Replenish Contact Lens Solution  
10 FL. OZ.

## ORAL-B VITALITY ELECTRIC TOOTHBRUSH

Its oscillating and rotating brush head moves 7,600 times a minute. Your hand brush: 260 times. This is a stripped-down version of Oral B's Professional Care model, which is \$100 more. \$20. oralb.com

## CHLORASEPTIC DEFENSE DAILY HEALTH STRIPS

Lozenges merely increase saliva and mucus production to combat throat irritation. These dissolving strips contain vitamin C and zinc—proven immunity boosters. \$4. chloraseptic.com



## Q: SHOULD I UPGRADE THE OLD STUFF IN MY MEDICINE CABINET?

JOE, MINNEAPOLIS, MN

First off, don't call it a medicine cabinet. No drugs should be stored there, over-the-counter or prescription. The bathroom's heat and moisture cause medication to deteriorate and lose potency, says Jackson Como, Pharm.D., director of the University of Alabama at Birmingham's drug-information service. Instead, keep the cabinet stocked with toiletries and first-aid products. These go-to players still have game: Band-Aids and Neosporin (for cuts) and Lamisil (for athlete's foot). Then add the products above to your roster.

## Is brown sugar better than white? And what about maple syrup?

JARED, SARASOTA, FL

Sugar is sugar. "There is no significant difference, especially in terms of nutrition," says Milton Stokes, R.D. Sugarcane syrup is separated at a refining plant into sucrose (which is crystallized into white sugar) and molasses, which has most of the nutrients from the plant, including vitamin B<sub>6</sub>, iron, potassium, and calcium. But you'd have to drink a glass of the goo to accumulate meaningful levels. To make brown sugar, some of the

molasses is added back into the white sugar. That's it. The darker the sugar, the more molasses (and traces of nutrients) it contains—but not enough to matter. Both colors contain about 17 calories per teaspoon. Which you use is strictly a matter of taste.

As for syrups, go for the real deal—pure maple. The artificial stuff is typically corn syrup with flavoring added. "It has more of a fake flavor, so most people wind up using more of it to achieve an ideal taste," Stokes says. If you're stuck with the fake, microwave it for a few seconds to punch up the flavor.

## I woke up with hives, and I don't think it's from stress. What's up?

JULES, RENO, NV

It's an allergic reaction, and now you've got some sleuthing to do. Grab a pencil. Recount everything you came into contact with in the previous 12 hours—food, drink, and new skin-care products, medicines, or clothing. "Forty percent of the time, we won't know what caused it until the person has experienced hives a few times," says James King, M.D. Hives are the immune system's reaction to what it perceives as an affront. Your body

releases histamines, which cause itchy, raised red welts. Foods and medications are the most common causes. Shrimp, lobster, crab, and other shellfish are usual culprits, says Anne Munoz-Furlong, CEO of the Food Allergy and Anaphylaxis Network. So are salmon, cod, and sometimes eggs. Let your doctor know about your hives. If he or she determines that you've developed an adult-onset food allergy, strict avoidance is the answer, she says: "You never know when the body is going to have an extreme reaction." From that point on, anytime you detect a single hive, take an antihistamine, such as Benadryl, and call your doc. Get to the E.R. if it affects your breathing. A severe reaction could result in swelling in your throat, wheezing, or even death.

## Will boozing wreck my workout gains?

VINCE, LAKE MARY, FL

Yes. Alcohol inhibits protein synthesis and impedes muscle growth. "After a workout is the very worst

Photograph by JOHN LAWTON