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NEW TECH TO HELP YOU SLEEP p.68

SUPERFOOD **MOCKTAILS!**

November 2020

PLUS

WORKS

THE SURGERY TOO MANY WOMEN GET



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PREVENTION

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Happiness & Hope

I'M THINKING we should all share some good news with one another right now how about you? In one of the weekly meetings I attend, we each take a minute to talk about something we're proud of from the previous week. The contributions have ranged from "I gave up caffeine"

to "I double-checked my voter registration" to "I learned to drive a tractor mower" (that was me!). In that spirit, here are a few highlights from this issue that we hope will make you feel good: **MOCKTAILS ARE GENIUS!** Let's toast to fun drinks with no tomorrow-morning side effects. Try our favorites on page 76. **IF YOU LIVE WITH A SNORER, WE CAN HELP YOU SLEEP.** We asked experts about ways to shut out noise—and if you need that, I know you need it *badly*, so get yourself to page 68! **IT'S POSSIBLE TO REVERSE PREDIABETES.** I hate to give away the ending to a great story (page 56), but I'm just so happy for our writer Lora Shinn, who got a scary diagnosis and took action.

STRESS IS NOT GOING TO WIN. The holidays are tough for a lot

of people, especially in this year of change. I'm proud of our thoughtful guide to navigating tricky situations with family on page 34—I hope it helps you.

What about you? What's your good news? Share it by emailing letters@ prevention.com—I'd love to feature some of

you in an upcoming issue.





2020: The year I finally learned to ride my mom's tractor.

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- 5 stars from Juanita, WV on Curel.com/HydraTherapy



PREVENTION

PULSE

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Reminder: Get Your Flu Shot!

It's always a good idea to get pricked during flu season (the Centers for Disease Control and Prevention recommends that everyone 6 months and older get vaccinated), and with COVID-19 still an issue, it's even more critical to do everything possible to protect yourself from getting sick at all. "Getting a flu shot is extremely important and helpful in potentially preventing flu sickness, especially this year because health care resources are already stretched and anxiety and uncertainty around the coronavirus are rampant," says lan Smith, M.D., host of *The Doctors*. It can take up to two weeks after vaccination for your body to build up the necessary antibodies to protect you from getting sick, so check with your local pharmacy to see when it will start offering the shot.

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Exercise Your Peepers!

Breaking a sweat could help protect your vision, according to a study by researchers at University of Virginia School of Medicine. Rodents who hopped on a running wheel showed a reduction in blood vessel overgrowth in the eyes, a key contributor to macular degeneration and other eve disease. compared with sedentary ones. Scientists plan to conduct further research to uncover what's behind the benefit, but they suspect it may have to do with the fact that exercise boosts blood flow to the eyes. Flip to page 22 for tips on getting in a great workout at home.



Tense? Pop a Stress Pill

Someday your doctor might be able to write you a prescription for a pill to tame your stress-one that's completely medication-free. Study participants who read an article about placebos, then received a saline nasal sprav that they were told contained no active ingredients but might still help them, reported experiencing less emotional distress after viewing a series of disturbing images.

And here's something even cooler: Brain scans to detect neurological activity backed up their self-assessments. How might this look **IRL?** Your doctor could one day prescribe you a placebo and tell you it'll help. If you believe it can make you feel better, there's a strong possibility that it will, say the researchers, who were from Michigan State University, University of Michigan, and Dartmouth College.

57% OF WOMEN SAY THEY WOULD GET A COVID-19 VACCINE AS SOON AS IT'S AVAILABLE,

according to a new survey of 3,000 women conducted by Prevention, HealthyWomen, and GCI Health.

WHY SETTLE FOR JUS

WHENTHERE

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tears

tears

dry eye therapy LUBRICANT EYE DROPS

IMMEDIATE LONG LASTING RELIEF

Tech Made Easy

So many of us rely on video calls these days to stay in touch and help care for loved ones, but for a lot of seniors, getting set up can seem complicated and overwhelming. Enter Sound-Mind, a Web portal for families. SoundMind ships a fully configured Alexa-enabled device to your family member so all they have to do is plug it in-absolutely no other setup or contract is needed on their end. Besides making it super simple for them to stay connected ("Alexa, call my daughter"), it lets them retrieve family photos and get reminders about events and activities just by speaking. Together you can manage their calendars, reminders, and more through SoundMind's secure Web portal. (\$99 for an Echo Show 8 plus \$20 per month)

Meditate for Your Heart

Meditation can relieve stress, but it may also give your heart health a boost, per a new study in the *American Journal of Cardiology*. According to health data from over 60,000 people, meditating was associated with a lower risk of high cholesterol, coronary artery disease, high blood pressure, diabetes, and stroke. Here's how to ease into meditation and mindfulness.

A few times a week, set aside just 10 minutes to

relax. Pick a quiet location and, using the tips here, make the habit stick by practicing on the same days and in the same spot each week.

Find a comfortable position—you can sit, kneel, or even lie down.

Close your eyes and turn your attention to your breath, then relax your body, part by part, focusing your attention on how each feels along the way.

Not everyone is able to quiet their mind right away—that's OK! When

you notice your mind wandering, refocus your attention on your breath. It doesn't matter how many tries it takes—it's that you keep coming back that counts. (Mind still racing? Try searching for guided meditations on YouTube to have an expert take you through the process.)





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Home Office Hacks

Up to 42% of the U.S. workforce has spent the better part of 2020 working remotely, and a study from the University of Cincinnati reveals that many home office setups leave much to be desired. Improper chair height and incorrect computer orientation were among the ergonomic missteps reported, and these could lead to back, neck, and shoulder pain over time. No need to splurge on new office equipment: Try these easy fixes for your existing furniture, and get up and walk around every 30 minutes.

> Optimize your chair. If your arms aren't level with your desk and you tend to lean forward, your chair is probably too low; sit on a pillow or a folded towel. If your lower back gets achy, placing a rolled-up towel at the base of your lower back can provide

extra lumbar support.

Raise your computer. How to tell if your computer screen is at the right height: The top of the screen should be right at eye level. Stack books, magazines, or sturdy boxes under your monitor or laptop until it reaches the perfect height; this is important to prevent neck strain and eyestrain. > DIY a standing desk. You might not be able to create an ideal seated workstation despite your best efforts; the next best thing is to rotate between a sitting one and a standing one. Prop your computer on a tall surface, like a kitchen countertop or an ironing board, and then use your stackers to get the right height.



Health Crises, Then and Now

From polio through coronavirus, Prevention has covered epidemics for decades. In 1968. with a predicted flu pandemic looming, we reported on what was then the American Academy of Pediatrics' position on inoculating children-against it, for fear of causing fever. We, along with the AAP and public health organizations, came to trust vaccines' safety, so we recommended aetting them for later outbreaks (remember H1N1 in 2009?). One lesson from the past: Health crises do pass, and it's up to each household to make smart choices while we wait.



3 Ways to Give Back—Virtually!

More evidence that volunteering is good for you: A new study in the American Journal of Preventive Medicine found that people who volunteered for at least 100 hours a year (about eight hours a month) had a reduced risk of mortality. Altruism strengthens social bonds and fills us with purpose, which helps protect against loneliness and depression, two factors that can lead to chronic health problems over time. Ready to make a difference? Let's get started!

FIND OUT WHO NEEDS YOU

Volunteermatch.org and idealist.org match volunteers with give-back opportunities in their communities; you can filter by keyword to find projects or causes that interest you or align with your skills. Or call your local parks department and ask if there are physically distanced ways to help, like raking leaves or picking up trash.

2

REDIRECT YOUR SPENDING

Each week, donate to a favorite cause money that you would have used on, say, ordering in. Need a little accountability? Try the Momentum app—pick a donation amount, then create a list of things you do regularly, like watering a plant. The app automatically donates each time you complete one of these activities.

3 SHOP SMARTER

Buy holiday gifts from sites or companies that donate or take action with every purchase. Brands like Bombas, Toms, Warby Parker, Soapbox, and Better World Books make a donation for every item sold. Or use Amazon Smile (smile.amazon .com), which donates to a cause of your choice when you buy.

PRETTIER IN PUMPKIN

Fall's trendiest ingredient is a hit in skincare too, thanks to its diverse nutrient profile. "Topically, pumpkin is rich in benefits," says Ava Shamban, M.D., a board-certified dermatologist in California. It contains vitamins that hydrate, firm, and protect the skin; anti-inflammatory compounds that soothe; and enzymes that gently exfoliate. "When you're cooking for the holiday, it's easy to prep what you need for a great DIY mask too," Dr. Shamban says. Her go-to recipe is good for a week when stored in the fridge (just don't accidentally eat it!).

REJUVENATING PUMPKIN MASK

- 2 cups pureed or canned pumpkin
- 4 Tbsp plain, unflavored yogurt
- ¹∕₃ cup finely ground almonds
- 4 Tbsp honey
- 1/4 tsp olive oil

1. In medium bowl, stir together all ingredients until fully incorporated. Apply to cleansed skin and let sit 5 to 10 min. while you enjoy a bath or shower. ("The enzymes are most active when moist," says Dr. Shamban.)
Remove with a clean microfiber cloth and follow up with your favorite moisturizer.

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PULSE

2

Toss with 1 Napa cabbage (halved and thinly sliced, about 8 cups), ¼ small red cabbage (thinly sliced, about 1 cup), 3 cups shredded leftover turkey breast, 4 scallions (thinly sliced), 2 Cara Cara oranges (segmented and cut into pieces), and 2 medium carrots (coarsely grated).

\$7.48

3

Serve topped with ½ cup each crunchy chow mein noodles and roasted almonds.

\$2.42

NUTRITION (per

serving): 490 cal, 41 g pro, 35 g carb, 9 g fiber, 15.5 g sugars (2 g added sugars), 21.5 g fat (2.5 g sat fat), 85 mg chol, 524 mg sodium

TOTAL: \$11.23

MIKE GARTEN

15-Minute Meal Under \$15

Crunchy Turkey Salad with Oranges

SERVES 4

1

In large bowl, whisk together 3 Tbsp toasted sesame oil, 2 Tbsp rice vinegar, 1 Tbsp fresh lime juice, 2 tsp brown sugar, and ½ tsp each red pepper flakes and kosher salt.

\$1.33

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DAY AFTER TURKEY DAY EATS

Creative tips from healthful foodies on how to turn Thanksgiving leftovers into nutritious second meals.

TURKEY

Try a stir-fry or fried rice, says Ellie Krieger, host of public television's *Ellie's Real Good Food* and James Beard awardwinning cookbook author. Bonus: The flavors are so different that it'll feel less like you're eating turkey for the umpteenth time.

STUFFING

Fill mushroom caps with stuffing, then crisp under the broiler and top with leftover fresh herbs, says Marisa Moore, R.D.N., a registered dietitian nutritionist in Atlanta.

CRANBERRY SAUCE

Top plain Greek yogurt with your extra cranberry sauce, toasted nuts, chia seeds, and a sprinkle of ground cardamom or cinnamon, says Kate Homes, founder and CEO of Carried Away Chefs in New York City. Or use it to top waffles or morning oats, says Moore.

VEGGIES

Make a hash with green beans, Brussels sprouts, sweet potatoes, you name it. Sauté veggies with onion until browned, then top with a fried egg and hot sauce, says Moore. Or drizzle with vinaigrette and serve as a salad.

COOK WITH THE BEST

Our friends at Good Housekeeping test hundreds of new kitchen items every year, looking for ones that'll make cooking more efficient and produce the tastiest results. They've often wished certain things existed-and now they're designing them! Their tilted mixing bowls, half-size sheet pans, double-ended tools, and more are sold on qvc.com.

> Double Ended Essential Set, qvc .com.

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Resources:

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CoQ10 Distribution in the Human Body

Source: A. Kalon et al. Lipids, 34, 579 (1988)

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BUILD POWERFUL LEGS

The one-legged Romanian deadlift is a move that will help you seriously strengthen your legs, particularly your hamstrings. Hold a dumbbell in each hand, arms hanging straight down. Stand up straight with your left leg stepped slightly forward in front of your right.

2 Slightly bend your left knee, tipping forward at the hips so your torso becomes parallel with the floor; simultaneously extend your right leg straight back behind you and let the weights in your hands lower to midleg or so. If needed, extend your left arm in front of you for balance.

 Keeping your spine straight, return to starting position.
Do 8 to 12 times, then repeat on the other side.

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Rev Up Your At-Home Fitness

Crush your living room sweat sesh with tips from personal trainer Tatiana Lampa, creator of the new smartphone app Training With T.

CREATE A SPACE

PULSE

Designate an area in your home as your exercise spot and store workout gear nearby; this makes it feel more like you're showing up to the gym or your usual workout class, says Lampa. Spruce it up with a pretty yoga mat, colorful weights, or inspiring wall art. "There's nothing better than working out in a clean and thoughtful atmosphere," she adds. Outfit your home "gym" with something from Prevention's new line of fitness equipment, like a flat bench for weight work or a desk bike. (\$79 to \$499. amazon.com)

WRITE IT OUT

Put your daily workout in your Google calendar or planner, or on a whiteboard you can hang on the fridge or a hightraffic wall. For extra motivation and accountability, plan a virtual or physically distanced outdoor exercise date.

FIND WHAT

"I can't stress this enough: Do a workout that you enjoy! You're likelier to complete it and do it again in the future," says Lampa. Explore streaming workouts from your TV or computer, or create an exercise playlist with all your favorite songs.

GETTY IMAGES.

22



Nothing beats a heart healthy breakfast.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios[™] cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.





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NURTURE YOUR **WELL-BEING**

Join Prevention and the Global Wellness Institute on a journey of growth as part of this month's edition of The Wellness Moonshot: A World Free of Preventable Disease.

BY RENEE MOOREFIELD

As we near the year's end, it's a good time to ask how we can nurture our wellness journey for the long haul. When you nurture something, you help it grow in a way that's sustainable even under difficult circumstances. These steps will help you continue toward your wellness goals with optimism and ease: **REFOCUS ON**

PERSONAL WELLNESS

COURTESY OF GLOBAL WELLNESS INSTITUTE

Even when the ground feels as if it's shifting beneath your feet, your inner well-being can give you a foundation to help you thrive. Recommit to self-care actions that let vou live with a sense of balance: getting good sleep, exercising, and sharing joy.

TAKE A STEP BACK If you're exhausted by

Prevention

GLOBAL

expending the enormous energy it takes to work toward your goals, give yourself a break. Notice where your progress unfolds naturally and allow intuition to inform your direction.

CHOOSE COMPASSION

Wellness isn't a straight line from A to B, and the journey is often messy and gradual. With compassion, determine how vou and others can use twists and turns to lead to new perspectives.

MAKE SPACE FOR MORE SUPPORT

Leaders often think asking for help is a sign of failure, but it can be the wisest thing to do. If your progress seems slow or your energy is flagging, ask yourself what kind of assistance would serve you best and who can provide it. Request that aid, then amplify this gift by mentoring others.

Celebrate your wellness choices by sharing thoughts and images on social media (include #wellnessmoonshot) WELLNESS INSTITUTE in the week of the full moon, November 29 to December 5. To join The Wellness Moonshot, visit globalwellnessinstitute.org /wellness-moonshot.

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PREVENTION

WELLNESS

Natural Benefits of Parsley

This leafy herb is more than a pretty garnish. Found in flat and curly varieties, parsley is packed with antioxidants such as flavonoids, carotenoids, and vitamins A, C, and K. Its anti-inflammatory properties can also aid digestion and soothe gastrointestinal upset, says Signe Poquette, N.D., a resident at National University of Natural Medicine Health Centers in Portland, OR. Try one of her favorite remedies.

BY ARRICCA ELIN SANSONE

ANTIOXIDANT SALSA

Top dishes like eggs, potatoes, fish, and salad with this bright, lemony dressing—a cinch to make, it packs a healthy punch. Combine 1 bunch finely chopped **parsley leaves**, 2 tsp **lemon zest**, 1 clove **garlic** (minced), ²/₃ cup **olive oil**, and 2 Tbsp **red wine vinegar**. Add **salt** to taste.

GENTLE DETOX

Whip up this refreshing low-calorie beverage, full of antioxidants and vitamins, for a morning wake-up or an afternoon snack. Chop ½ cup **parsley leaves** (no stems), 1 medium **apple** (cored), ½ **lemon** (peeled and seeded), one 1-in. piece **ginger** (peeled), 1 small whole **cucumber**, and 2 stalks **celery**. Place in blender and blend well, adding up to 1 cup **water** for smoothness. Strain through a fine-mesh sieve to remove solids and pour into glass over ice.

TUMMY SOOTHER

This recipe is great for an upset stomach or when you're feeling under the weather and need something mild to digest. Put three 6-in.-long zucchini (chopped), 3 stalks celery (chopped), 1 lb green beans, and 1 to 2 cloves garlic (optional) in 4 cups water in a saucepan. Bring to a boil, then reduce heat and simmer, covered, 15 min. Add 1 to 2 bunches parsley leaves (approximately 2 cups) and puree with an immersion blender. Add salt and pepper to taste and drink hot. Keeps 2 days in fridge.

Natural Fixes How a Chiropractor Treats Hip Pain

BY ASHLEY BREEDING



he hip is one of the central weight-bearing joints in the human body, so pain here can throw your whole body off kilter. Discomfort may be caused by physical trauma, like a fall, or by an underlying medical condition. Chiropractic (meaning "to be done by hand") is a treatment that uses manual adjustment techniques on the spine to help with both, says **Robert A. Hayden**, D.C., Ph.D., F.I.C.C., proprietor of Iris City Chiropractic Center in Griffin, GA, and spokesperson for the American Chiropractic Association.







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*and water.

Nearly half of Hayden's patients who are over 60 have hip complaints. Here, he explains how chiropractic can get the ball (and socket) rolling again.

First, what is chiropractic?

You might be surprised to learn that it's one of the largest and most regulated health care professions. Chiropractic focuses on musculoskeletal and nervous system disorders and how they affect your health. It's often used for headaches or pain in the neck, back, or joints. In a 2015 industry-funded study, patients who underwent chiropractic for spinal, hip, or shoulder pain reported less pain four months later than those who saw M.D.'s. A bonus: Their medical costs were also lower.

How can a chiropractor help with hip pain?

Doctors of chiropractic (D.C.'s) use a variety of techniques, including manual adjustments, exercises, electrotherapy, ultrasound, cold laser, and massage on knots in muscles. One of the most common procedures we perform is spinal manipulation, or chiropractic adjustment, which restores joint mobility when we manually apply a controlled force to joints that have become restricted. In many cases, we can adjust the hip joint using a painless drop-table technique: The D.C. lightly thrusts the bone in a way that triggers a mechanism on the table the client is resting on to drop half an inch, and

gravity assists in moving the bone. This opens the joint, which creates motion and relieves pain. Deep ultrasound on surrounding muscles, infrared sauna to heat connective tissue, and exercises or stretches can also help.

OK, what is the course of treatment like?

During the first session, we usually take your medical history and do a physical exam and any necessary imaging. Chiropractic care is typically noninvasive, and though you could experience mild discomfort, you will likely feel better and function more fully afterward. Many conditions can be corrected in a single visit. Chronic conditions may require multiple sessions and regular exercises, and it can take two or three weeks to start seeing results.

How can I get the most out of it?

Be very thorough with your history think of yourself as a mystery novel that needs to be unfolded in detail. Write down your meds and significant points of your medical history. Information about prior injuries, athletic activity, and any impacts of your job on the hip are especially important. Explain whether pain radiates and where it goes as well as what makes it feel better or worse. Tell your D.C. about your daily routine and how the condition affects your ability to function. These things are important, because our goal is to restore your function.

NUTRITION

Eating a balanced diet filled with key vitamins and nutrients supports spinal health while helping to reduce inflammation known to cause spinal discomfort. Eating for a healthy spine starts with:

- > Calcium Dairy, Legumes, Leafy Vegetables
- > Vitamin D Sunshine, Egg Yolks, Fish
- > Magnesium Sesame or Sunflower Seeds, Beans, Fruits such as Kiwi or Bananas

POSTURE

Good posture promotes optimal health and well-being by maintaining proper balance, movement in your spine and evenly distributed weight throughout your body.

In comparison, poor posture may cause back pain and headaches, as well as interfere with breathing and oxygen intake.

SLEEP

Sleeping in a poor position can cause neck, back or shoulder pain. Also, regularly receiving less than 7 hours of sleep increases your risk of obesity, heart disease, diabetes and high blood pressure.

Sleeping on your back or side are best to support a healthy posture, while sleeping on your stomach can contribute to stress on the spinal muscles/joints leading to pain.

CHIROPRACTIC

8 in 10 chiropractic patients agree that the quality of care they received was a good value. 78% of individuals prefer to try other options, such as drug-free chiropractic, to address their pain before taking a pain medication. Chiropractic care yields improved outcomes, high patient satisfaction and reduced costs all without the use of drugs or surgery.

Doctors of chiropractic (DCs) are trained spine care and wellness professionals that partner with you in your health to ensure a strong and healthy spine and neuro-musculoskeletal system. DCs counsel patients on lifestyle and nutrition and work with patients to enhance movement, optimize performance and boost overall health.

HOW TO IMPROVE SPINAL HEALTH



To find a doctor of chiropractic: f4cp.org/prevention

DATA SOURCES:

Gallup-Palmer College of Chiropractic Annual Report Centers for Disease Control and Prevention (CDC) Harvard Health Pollfish Survey Journal of the American Medical Association Gallup-Palmer College of Chiropractic Annual Report: Americans' Perceptions of Chiropractic





It's the Most Wonderful Challenging Time of the Year

Family: They're the people who make the holidays special—and, let's be frank, stressful at times. Here's how to handle three tough situations so you can connect with loved ones while staying true to yourself.

> BY NICOL NATALE PHOTOGRAPHS BY DAN SAELINGER

THIS YEAR HAS BEEN UNUSUAL, to say the least. And since the holidays tend to be a time of heightened emotion—sometimes beautiful, sometimes painful—you may be feeling extra apprehensive about "the most wonderful time of the year."

While you'll probably face the same

stressors you do every holiday season, there may be new challenges thrown into the mix this year, thanks to COVID-19, social unrest, and a polarizing election. A key point to remember: Having a "normal" holiday may not be the goal to strive for. "Our way of life has changed, but that doesn't
have to be stressful if we view change with a sense of adventure," says life coach Treiva Williams. "Use this time to discuss the changes you have experienced with your entire family, and encourage one another as you find ways to adapt and start new family traditions."

But to find peace this season, you may also need to rethink your perception of conflict. "Most people don't like conflict, and that comes from their upbringing," says conflict resolution strategist Lynne Maureen Hurdle. "Many were raised to believe conflict was negative and something to be avoided. In actuality, the only thing that has created real change in the world is conflict."

Here's how to start making positive change in three common areas of strife:

When there's arguing at the dinner table

"The most stressful time for my clients is the holidays, because of the disagreements around politics, family dynamics, and religious beliefs," Hurdle says. "People either dread going to holiday parties or decide that this year they won't attend because of the stress involved when these topics arise."

If you do choose to attend, Hurdle recommends being clear on where you stand on issues important to you. "I would have given different advice a year ago, but this is a unique time, and we are witnessing cultural shifts," she says. "Think about where you can be flexible and where you need to draw a line." Because there will always be guests who want to push buttons by debating hot topics, Hurdle offers ideas for de-escalating hurtful conflict: **SET BOUNDARIES BEFORE THE HOLIDAY DINNER.** You could say, "Mom, I'm happy that we're all getting together for the holidays, but this is an especially stressful time. I'd like to keep the conversation to topics that don't lead us into the usual arguments we have when we're together."

TAKE A BREAK. If things get too heated during a political discussion, you can say, "I see this is leading to a place where we usually disagree. I'm not going to be participating in this conversation. In fact, I'm going to get up and take a little break." Then go somewhere and take a few deep breaths.

LISTEN MORE THAN YOU SPEAK. Listening deeply helps you understand your loved ones' opinions. Ask a clarifying question such as "Could you share more about that topic?" Once you have clarity, say something like, "That's one way of looking at it. Here's my perspective."

While political discussions can be uncomfortable, Hurdle says conversations that allow everyone a chance to speak and listen can be beneficial. "Family members whose views are different than yours can expose you to alternate thinking," she says. "Gaining knowledge about various perspectives helps you think about your own ideas and beliefs."

When you've experienced loss

If someone important is gone, the holidays take on a different character. "It's supposed to be a time of celebration, and everyone around you is expecting you to be happy," says grief educator V. Ophelia Rigault. "If that's not what you're feeling inside, then this time of year is hard."

Beloved traditions get tough too. "If your loved one always made a special

meal or was the person who held the family together, it can feel as if the sense of normalcy has been taken away," Rigault says. Here is her guidance for addressing your grief: **BE HONEST ABOUT**

YOUR EMOTIONS. Don't succumb to pressure to heal according to others' expectations or put on a happy face when you're grieving. If you're not up to celebrating, it's OK to bow out of gatherings that may be emotionally challenging.

■ HONOR THE PERSON'S MEMORY. Consider volunteering for a cause your loved one would have supported. Being altruistic may help bring healing and reduce feelings of grief. ■ WRITE A LETTER. This is a powerful exercise in healing grief, especially if you didn't have the opportunity to say goodbye to your loved one. Write your emotions in the letter and read it out loud—alone or with family.

Though there is no timeline for grieving, Rigault says the best way to move through it is to seek support. "There's an emotional benefit to being around people you love during the holidays, as they empathize with your feelings and can offer comfort," she says.



When the family sees food as love

In many households, declining a slice of Grandma's pie is not OK. "Food is a great way to bring loved ones together, but it can also be a cause of tension," says Amy Gorin, R.D.N. Many families equate food with love, showering guests with dishes they've spent hours creating: They want to make others happy with food. This makes saying no a difficult task—and if you're the cook, hearing it can be hard too. Here's how Gorin suggests navigating these issues:

BRING YOUR OWN FOOD. This can be easiest for you, but if you're concerned that your host might be insulted, highlight that you're aiming to alleviate stress for them. You could say,

household may want some later, you could tell Grandma, "I so appreciate that you made my favorite dessert! I'm stuffed from the delicious meal, though. Could I take a piece to eat tomorrow?" ASK ABOUT DIETARY RESTRIC-TIONS AHEAD OF TIME. If you're the host, you can then figure out your menu based on your guests' answers and you'll be less likely to get surprised and hurt by having someone turn down a dish you worked hard on.

You can show your family how much they mean to you in many other ways. "Consider giving everyone a handwritten card or a small gift bag with de-stressors such as tea bags and essential oils," Gorin says. "Remember that holidays are about celebrating the important people in your life." *—With reporting by Shanon Lee*

"I have so many dietary restrictions that I wouldn't dream of having you cook a special meal just for me! I'm going to bring sides and a dessert that I can eat. I'll have enough for everyone to try if they'd like."

PACK IT UP FOR LATER. If you really don't want any dessert but think you or someone in your





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RARE ELEMENTS"

Pure Shampoo

Choosing a new beauty product is like making a new friend. It may take some trial and error to find the one that makes you feel your best. To bypass that getting-to-knowyou period, allow us to introduce you to products that will never let you down. We turned to our panel of top doctors and industry pros for skincare that works, holy grail hair finds, makeup must-haves, and more. Let's meet them!

BY ALISA HRUSTIC Photographs by Jeffrey Westbrook

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PREVENTION'S EXPERT PANEL

▲ Mona Gohara, M.D., a dermatologist in Connecticut and an assistant clinical professor at Yale School of Medicine

🔺 Leigh

Hardges, a stylist with more than 15 years of experience at Maxine Salon in Chicago

▲ Shari Marchbein, M.D., a NewYork City-based dermatologist and a fellow of the American Academy of Dermatology

📕 Jessica Morse,

founder of Bare Beauty and nontoxic nail salon The Water Room in Charleston, SC, and Atlanta

▲ Mai Quynh, a celebrity makeup artist in Los Angeles

▲ Shab Reslan, a HairClub health expert, a hairstylist, and founder of the Hair Like Hers podcast

▲ Heather Woolery-Lloyd, M.D., director of the Skin of Color Division for the University of Miami and creator of Specific Beauty

BEAUTYCOUNTER

WELLNESS



EVERYDAY FACE ESSENTIALS

1 BEST NIGHT CREAM The Ordinary Natural Moisturizing Factors + HA, \$6, sephora.com

"I'm a big fan because it's so affordable. It does a nice job of incorporating basic ingredients like hyaluronic acid in a cosmetically elegant formulation that isn't too heavy. I put it on after my retinoid at night." *—Dr. Gohara*

2 BEST ACNE SPOT TREATMENT La Roche-Posav Effaclar

Duo Acne SpotTreatment, \$30, drugstores

"It has 5.5% benzoyl peroxide, which kills acnecausing bacteria. As a spot treatment, salicylic acid (an exfoliant) won't work as well overnight as this does." -Dr. Woolery-Lloyd **PRO TIP:** Dab on a bit where you need it before putting on moisturizer (ideally at night) so it really has a chance to penetrate the skin and work its zit-zapping magic.

1

Ordinary.

actors + HA

3 | BEST CLEANSER

CeraVe Foaming Facial Cleanser, \$15, drugstores

"It's so important to wash your face twice daily, especially at night. This one gently cleanses with ceramides, hyaluronic acid, and niacinamide to avoid stripping or overdrying the skin." *—Dr. Marchbein*

4 BEST LIP TREATMENT

Skinfix Barrier+ Lip Repair Balm, \$15, sephora.com

"This is a great everyday repair balm. It works well

for chapped lips and has that hydrating, soothing action because it contains protective petrolatum as well as coconut and jojoba oils." — Dr. Woolery-Lloyd

5 BEST DAY CREAM

Avène Rich Revitalizing Nourishing Cream, \$36, dermstore.com

"I'm in my 40s, and I like my skin to be glowy, but I don't want to walk around all day looking shiny. This one is particularly thick and nourishing, really drives in hydration, and is good for everybody's skin."

—Dr. Gohara

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For Normal to Oily Skin

OIL CONTROL

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ises & removes oil

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6 BEST FACE

ISDIN Eryfotona Actinica SPF 50+, \$55, isdin.com

"This sunscreen is beloved by both women and men, as it rubs in beautifully without leaving a white film. And it's a physical sunscreen, so it's great for those with sensitive skin." *—Dr. Marchbein*

PRO TIP: SPF should be put on the face, ears, neck, and hands every morning and reapplied every two hours when you're exposed to the sun—even if you're just sitting near a window!

THE ULTIMATE ANTI-AGERS

7 | BEST WRINKLE TREATMENT PCA Skin Intensive

Age Refining Treatment: 0.5% Pure Retinol, \$111, dermstore.com

"When it comes to retinol, I don't compromise. I like to have the science (knowing it's been tested to build collagen), the right percentage (at least 0.5%), and the ability to use it regularly without irritation. When I find a product that has all those things, I stick with it." *—Dr. Gohara*

PRO TIP: Apply retinol at night before bed. Put a peasize amount on your finger and divide it equally among

the four quadrants of your face. Follow with moisturizer to minimize redness and peeling.

8

colorescience

TOTAL EYE"

8 | BEST EYE CREAM

Colorescience Total Eye 3-in-1 Renewal Therapy SPF 35, \$69, colorescience.com

"I like multitasking products, and this is three things: It's a concealer and a sunscreen, and it has anti-aging properties. Eyes age quickly, so when it is used as a concealer, you're getting ample SPF in that area." *—Dr. Gohara*

9 | BEST BRIGHTENING SERUM

SkinCeuticals Phloretin CF, \$166, skinceuticals.com

"Phloretin is my favorite vitamin C antioxidant serum to help protect against and repair free radical damage. It can help reduce brown spots, evens skin tone, and protects from further sun damage." – Dr. Marchbein

WELLNESS



BRILLIANT BODY **FAVORITES**

1 BEST HAND CREAM Eucerin Advanced Repair Hand Cream, \$5, target.com

"This has glycerin, which gives the product a slick feel without its being sticky or heavy. It gives you instant relief if you have ultradry hands, so I recommend keeping it in your bag and applying as needed." -Dr. Woolery-Lloyd

VERY DRY SKIN

HAND CREAM smediately smoothes lepairs very dry skin

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2 BEST BODY SCRUB

Dove Exfoliating Body Polish, \$6, drugstores

"Dove Body Polish is my favorite (and the one I have in my own shower), as it has a very small particle size, which is less abrasive on the skin. It contains glycerin, shea butter, and other hydrating ingredients to help gently remove dead skin cells." -Dr. Marchbein

3 BEST BODY MOISTURIZER First Aid Beauty Ultra Repair Cream, \$34, sephora.com

"I like products with

exist in the skin, like the hydrating ceramides in this cream. I'm also a fan of the oatmeal, which quells irritation." -Dr. Gohara

4 BEST BODY **CLEANSER**

Weleda Soothing Body Wash (Almond), \$10, weleda.com

"I love this cleanser. It's mild, with plant-rich surfactants (compounds that help clean the skin). The almond scent is amazing in the shower, and my skin feels so soft after using it." - Morse



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Dove Body Wash's new formula with skin-natural moisturizers gives you lasting care for the skin you live in.

WELLNESS



MINIMALIST

1 BEST BLUSH Lawless Make Me Blush Velvet Blush, \$29, sephora.com

"Instead of a superpigmented blush, I love a buildable formula because it's easier to control. This powder blush has the color payoff but looks really soft on the cheeks." — Quynh

2 | BEST LIPCOLOR

RMS Beauty Tinted Daily Lip Balm, \$20, sephora.com

"This is like a love child of a lipstick and a lip balm. The color is beautiful and lasts for hours, and it is truly moisturizing." -Morse

3 | BEST FOUNDATION

Beautycounter SkinTwin Featherweight Foundation, \$45, beautycounter.com

"I love that it's really hydrating because it has hyaluronic acid. It comes in many shades so you can truly find your match and it feels as if you're wearing nothing." — Quynh

4 BEST CONCEALER Giorgio Armani

1

2

Luminous Silk Concealer, \$38, sephora.com

"Not only will it cover up blemishes, but it won't accentuate the dryness of spots. It has a nice radiant, natural finish." —*Quynh* **PRO TIP:** Dot the concealer where you need it and use a bare brush to buff gently. For a seamless finish, start with less product and slowly add more in thin layers.

5 BEST BROW PRODUCT

Saie Tinted Brow Butter, \$18, saiehello.com

"It has just enough color to fill in bald spots and provides just enough hold to tame flyaways. The little spoolie brush perfectly feathers brows into place." -Morse

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PRO TIP: For brows that look natural, focus more of the product on the outer edges. Packing too much on the inner areas toward your nose often results in a "blocky" look, Quynh says. If you mess up or apply too much, use a clean spoolie to brush out any clumps.

6 BEST MASCARA

L'Oréal Voluminous Original Mascara, \$9, drugstores

"This old-school formula is thick and makes your lashes look full." —Quynh

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HERO HAIR PRODUCTS

1



Wild MarulaTangle Spray, \$25, sephora.com

"The ideal detangler does the job without building up on hair, which can cause dullness over time. This is a unique leave-in that uses marula oil, best known for its lightweight moisturizing effects and being easy to wash out." —*Reslan* **PRO TIP:** Spray onto your hair to air-dry or before using any thermal tool, as it also provides protection.

2 | BEST CONDITIONER

Nexxus Humectress Ultimate Moisture Conditioner, \$20, ulta.com "Humectress has always been a staple for me. It adds a lot of moisture, rinses out well, works great on normal-to-dry hair, and is one of those tried-and-true products that has spanned generations." —Hardges

3 BEST SHAMPOO Rare El'ements Pure Shampoo Hair Bathe,

\$38, rare-elements.com "It's important for a shampoo to provide both vital nutrients and the ability to gently remove product buildup.This does exactly that as it recharges the follicle with nourishing ingredients and cleanses without drying out the hair." *—Reslan*

maxxam'

RARE ELEMENTS"

Pure Shampoo

4 | BEST HAIR TREATMENT

Maxxam Nutrient Maximizer Miracle Leave-In Conditioner, \$17, shop.hairclub.com

"This is made with skin-soothing green tea extract and silk amino acids to smooth and repair your hair while nourishing your scalp. It's lightweight too." —Reslan

5 BEST SCALP TREATMENT

Oribe Serene Scalp Exfoliating Scrub + 3

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Scalp Soothing Leave-On Treatment, \$52 and \$48, dermstore.com

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ORIBE

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"A healthy scalp is going to breed healthy hair. This is like an exfoliator and toner for the scalp. It helps moisturize, remove buildup, and bring the pH back where it needs to be." -Hardges PRO TIP: After wetting your hair, part it into sections and work the scrub in thoroughly. Shampoo and rinse well to remove all particles. Apply the leave-on post-shower. (Aim for a once-a-month pampering session!)

NATURAL GAME CHANGERS

1 FUSS-FREE NAIL STRENGTHENER Tenoverten The Celery Oil, \$26, target.com

"The Celery Oil is the foundation for healthy cuticles and strong nails. I love the ballpoint applicator, which keeps things from getting messy." -Morse

2 NATURAL DEODORANT THAT WORKS

Schmidt's Natural Deodorant Stick (Lavender + Sage), \$7, target.com "Natural deodorants never worked for me before, but this one actually protects you and makes you smell good! It comes in a range of great scents, but the lavender and sage is my favorite." —Dr. Gohara

3 ECO-FRIENDLY TOOTHPASTE

Tom's of Maine Antiplaque & Whitening Natural Toothpaste, \$5, drugstores

EDITOR'S PICK:

Because most toothpaste tubes are made of mixed materials, they typically end up in landfills. But this natural, fluoride-free toothpaste is unlike the rest—it's the first to come in a 100% recyclable tube recognized by the Association of Plastic Recyclers.

2

3

ANTIPLAQUE & WHITEN

PREVENTION

HEALTH

MINI BUT MIGHTY This tiny gland is snuggled behind the lungs.

Meet Your Thymus

This disappearing organ is shrouded in mystery, but this much is clear: It plays a vital role in our immunity and how we age.

> BY ADELE JACKSON-GIBSON ARTWORK BY ELSA MORA

Disease-Fighting Army Base /

If your immune cells were soldiers, your thymus, an H-shaped gland that sits between your breastbone and your heart, would be one of their boot camps. The thymus puts the "T" in T lymphocytes-the T cells that fight bacteria, viruses, and cancer to protect you from illness. This gland is very active in the baby years, hosting young stem cells until they mature and specialize. Some grow up to be killers that attack invaders; some become helpers that assist the killer cells or aid antibody production; others are the sheriffs that keep T cells from running amok. After puberty, basic training ends, and we're set with nearly all the self-reproducing T cells we need for the rest of our lives. This is why poor thymic development in childhood could lead to a weak immune system. Luckily, this is rare.

2 Now You See It... /

Weirdly enough, the thymus pulls a vanishing act, called "involution": As you get older and it becomes less active, the thymus cells are replaced with fat cells and the gland shrinks. A thymus that weighs 37 grams when you're a college freshman might be only 6 grams by the time you're retired. While experts are still trying to understand why this happens, many believe the rate of shrinkage sets the

pace for our immunity's natural decline over time-this atrophy could be the reason we become less adaptable to new pathogens and more susceptible to cancer as we age. **Researchers are** now looking at ways to delay Mother Nature to bolster the thymus, but slowing down its natural shrinkage too much may increase the risk of malfunction and possible autoimmune conditions.

3 Boost Your Immunity/

To keep your thymus humming, check your zinc levels. A deficiency in this mineral has been shown to decrease thymic activity, weaken the immune system, and cause hair loss, diarrhea, and eye or skin sores. If you're experiencing any of these symptoms, see your doctor about a blood test; you may need a supplement. Signs that your thymus isn't working right: If your eyes keep drooping, your speech is slurred, and you're getting progressively weaker throughout the day, you could have myasthenia gravis, a notso-common condition in which the thymus gland blocks signals sent to activate vour muscles. To lower the risk of thymus issues like this, focus on boosting your overall immunity through restorative sleep, a balanced diet, and regular exercise.

> Source: Stephen D. Cassivi, M.D., M.Sc., a thoracic surgeon and vice chair of the Department of Surgery at the Mayo Clinic in Rochester, MN

The Doctor Is In The Hysterectomy Decision

BY LAUREN STREICHER, M.D.

fter years of putting up with monthly flood-like periods, you've consulted with your doctor, who has advised you that the time has come to get rid of the source of the bleeding and proceed with a hysterectomy. Before you check your calendar to schedule surgery, you may want to consider whether removing your uterus is your only, and best, option.

Roughly half a million hysterectomies are performed every year. While approximately one-third of American women—most between the ages of 40 and 44—will eventually lose their uteruses, Black women are consistently the most likely to have a hysterectomy. One logical explanation is that Black women are at the highest risk for developing fibroid tumors, by far the most common reason for the surgery. (This racial disparity isn't seen after age 50, when fibroids are rarely an issue.)

That said, one factor in the disproportionate number of young Black women undergoing hysterectomy is that many Black women live in areas where alternatives to the surgery are not offered, and they're less likely to be informed that they have other options. One study revealed that 38% of women (of all races) were never even offered an alternative, despite the availability of other safe. effective treatments that can be considered before proceeding with surgery.

Ultimately, what empowers women is the ability to make a good choice—whether it's surgery or not—based on accurate, balanced, and scientific information.

UNDERSTANDING ALTERNATIVES

Five major categories send someone down the road to this surgery. After fibroid tumors, abnormal bleeding is the most



Dr. Streicher is a clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. She's the author of *The Essential Guide to Hysterectomy*.



many fibroids can be shrunk with fibroid embolization, or removed (myomectomy) while leaving the uterus in place. Heavy bleeding can often be reduced with medication. endometrial ablation, or placement of a progestin IUD. Endometriosis can be suppressed using a number of different medications. and the associated pain can be reduced with pelvic floor physical therapy (a treatment that can also sometimes be used for pelvic organ prolapse).

Women who do go ahead with a

common diagnosis. Pelvic pain, often from endometriosis, is next on the list, followed by pelvic organ prolapse such as a dropped uterus, bladder, or rectum. Last (and responsible for the smallest number of hysterectomies) is a gynecologic cancer.

Other than cancer, virtually every one of these diagnoses has many alternative treatments, which in some but not all cases will eliminate the need for removal of the uterus. For example, hysterectomy are often not offered a minimally invasive procedure (vaginal, laparoscopic, or robotic) as opposed to removal of the uterus through a traditional abdominal incision. This is particularly true for Black women, who are half as likely as white women to undergo a minimally invasive hysterectomy, meaning they end up with not only a longer recovery time, but also increased risk of surgical complications.

WHEN IS HYSTERECTOMY THE BEST OPTION?

Still, it's important to emphasize that many hysterectomies are appropriate and beneficial. Defining "unnecessary hysterectomy" is actually somewhat subjective. Some would say that the

only women who need a hysterectomy are those who risk death if they forgo the procedure. Using that criterion, only around 10% of women who end up with a hysterectomy needed it. However, if one considers "need" more broadly, quality of life should also be taken into account. That means that even if a hysterectomy is not lifesaving, it may still be a woman's best option.

Some women are willing to put up with a lot to avoid losing their

uteruses (fertility being one reason) and are willing to have frequent visits to the gynecologist, ultrasounds, endometrial biopsies, and alternative therapies. Other women are done done with the bleeding, the pain (say, from endometriosis), the feeling that they're single-handedly supporting the tampon and pad industry and planning their lives around their periods. It is an injustice to women to insist that they undergo multiple less effective treatments rather than one definitive treatment that will provide a permanent cure if the latter is what *they* feel is in their own best interest.

I ran a national poll of women who'd had a hysterectomy and found that the overwhelming majority (86%) were



IDEALLY, EVERY WOMAN FACING THIS ISSUE SHOULD BE PROVIDED WITH **UNBIASED**, **OBJECTIVE**, **SCIENTIFIC** INFORMATION." pleased with the result; many commented that they wished they had done it sooner. The key is that they decided hysterectomy was the best option after weighing all alternatives. Women who regretted the decision tended to be younger and specifically stated that they hadn't been offered any other option.

Even after a woman decides hysterectomy is her best option, her decisions are just beginning. Laparoscopic? Robotic? Vaginal? Save the

cervix? Remove the cervix? Keep the ovaries? Lose the ovaries?

Ideally, every woman who faces this issue should be provided with information in an unbiased, objective, scientific way so she can make appropriate decisions based on her needs and desires. That way, women looking for alternatives won't feel they are being sold a procedure they're trying to avoid, and those who desire a hysterectomy will know what to expect.



Hair Health

People noticed the change in my hair!

Catherine always had problems with her hair, so she would go to the hairdresser often for hair treatments. With time, this began to take a toll on her hair, and she felt she had to do something about it.



I READ ABOUT HAIR VOLUME™

I was sitting on the couch one night when I saw an ad about Hair VolumeTM, a Swedish supplement with naturally derived hair nutrients. Everything about the ad was similar to my story. Seeing that I've always been interested in nourishing my hair and keeping it heathy, I went to my local health food store and learned about the importance of supplementation. The lady at the store also recommended Hair VolumeTM as her customers spoke highly of it.

FINALLY, MY HAIR FELT REJUVENATED

After a few months of taking Hair Volume[™], my hair was starting to



feel "heavy" on top. I was shocked but happy. It looked much healthier. My daughter, who is a hairdresser, mentioned it too, when I saw her last week. Even my husband noticed a change. I will definitely keep taking Hair Volume and highly recommend it to anyone wanting beautiful hair."



TEST YOURSELF:

St	YES	NO
Is your hair looking dull and thin?	0	0
Do you experience hair shedding?	0	0
Are your nails brittle?	0	0
Do you want to nourish your hair naturally?	0	0
Are you looking for more hair volume and shine?	0	0
Sounds like you? You should try Hair Volume.		

* Based on our Clinical Hair Volume study of which 87% of people would recommend the product Hair Volume. Reference: "Evaluation of a functional food on the quality of the hairs on a panel of volunteers", Study 15E3405, Longjumeau, France. 12.0ct.2018 Always read and follow instructions prior to use. Results may vary.







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ILLUSTRATIONS BY VICKI TURNER

THE NEWS ARRIVED as my

fiancé, Peter, and I were prepping a dinner of creamy pesto linguine and crunchy ciabatta bread, with pistachio gelato for dessert. My blood sugar was higher than normal, my nurse practitioner told me. She was nice about it, but warned me that I should make dietary changes—cut down on sweets and foods with a heavy carb load. Never had a dinner plate seemed so foreboding. She told me my hemoglobin A1c test (one of the ways to test for diabetes) had revealed that my blood sugar was in the prediabetic range. The results shouldn't have surprised me. I have a family history of diabetes—a great-grandmother lost her foot—so while part of me had been waiting for these results, most of me preferred to pretend I was immune.

I grew up on deep-fried foods, and I don't love cooking. I have a sweet tooth that could make a dentist cry. Plus, Peter is a fantastic cook who fries up the world's best breakfast potatoes. And lately, between obligatory work and non-obligatory Instagram scrolling, I'd grown increasingly sedentary.

So I saw the call from my NP as the equivalent of a warning that I'd been speeding (instead of a ticket, or the loss of my license). When she told me to come back in a few months, I decided to go to the equivalent of driving school.

WHAT'S SO BAD ABOUT DIABETES?

The first thing I learned was the scary stuff: Untreated diabetes can result in stroke, kidney disease, and loss of vision along with at least eight different skin conditions, most of which involve itching. About half of diabetics will suffer from neuropathy, nerve damage that begins with tingling at the extremities and can progress to conditions that require amputation, as my greatgrandmother came to know far too well.

Then I looked into why certain (delicious) foods are a problem: The human body breaks down carbohydrates, including beans, corn, and oats as well as my friends pasta and sugar into glucose, which enters the bloodstream. The pancreas creates the hormone insulin, which escorts glucose to the heart, brain, muscles, and tissues, where it's burned as fuel. But for me, along with 88 million other American adults on the prediabetes-to-diabetes spectrum, the pancreas can't keep up, and it doesn't produce enough insulin. As a result, unchaperoned glucose is free to wreak havoc in the bloodstream.

My prediabetes diagnosis meant my blood sugar levels were higher than average, but weren't yet in the diabetic range. "For the most part, prediabetes and diabetes are preventable and even reversible," says Marilyn Tan, M.D., chief of the Stanford Endocrine Clinic. Long-term studies have shown how effective diet and exercise changes are, says Rita R. Kalyani, M.D., a diabetes specialist at the Johns Hopkins University School of Medicine and a former chair of the American Diabetes Association's clinical guidelines committee.

There's a catch, though: The standard lifestyle advice doesn't work for everyone. In her 20s, Dr. Tan was surprised to find that she herself was prediabetic despite walking 20,000 steps a day and watching her carbohydrate intake. Apparently her family history was too much to overcome. "Sometimes, despite their best efforts, people can't fully reverse abnormal numbers," Dr. Tan says. Could I reverse mine?

THE FIRST STEP: A NEW GROCERY LIST

Changing eating patterns is critical for reversing the progression of diabetes, but "there's not a one-size-fits-all diet," Dr. Kalyani says.

Friends who had successfully managed a prediabetes diagnosis raved about high-fat, low-carbohydrate diets, and a study published this year seems to back up such anecdotal evidence: It found that this way of eating



was associated with reduced blood sugar levels and greater weight loss.

I stripped almost all carbohydrates from my diet—a sugar addict going cold turkey (literally). I was tired, thirsty, and agitated. But to my genuine amazement, after four days, the cravings ceased. I looked at my teen son's peanutbutter-and-extra-jelly sandwich and did not want one (or two) for myself.

Other patients succeed with a fatand protein-heavy keto or Atkins diet, Dr. Tan says, or sometimes intermittent fasting or a vegan diet. Celeste Thomas, M.D., a diabetes specialist and an assistant professor at the University of Chicago, likes the Mediterranean diet, which includes generous portions of fruits and vegetables, beans, and olive oil along with moderate portions of fish, chicken, and cheese.

GETTING HIGH-TECH ABOUT WHAT TO EAT...

One of the reasons a variety of diets can work is that blood sugar responses to different foods may vary by individual, Dr. Tan says, so she recommends that people test how their blood sugar reacts to specific foods. Like a dutiful student embarking on a science experiment, I got a prescription for a continuous glucose monitor. You wear it on your arm for 14 days, and it connects with an iPhone app that frequently retrieves blood sugar data and stores it.

The results were fascinating. A favorite snack of mine—air-popped popcorn—didn't do much to my blood sugar. (Hooray for this experiment!) But my blood sugar went sky-high when I ate a handful of corn chips or a cup of Peter's breakfast potatoes. (Wait, I hate this experiment!) Two tablespoons of honey-flavored natural yogurt were as bad for my blood sugar as a scoop of ice cream. Small amounts of whole grains such as farro provoked a lesser response than white rice. Good news, though I said a silent, sad farewell to white rice.

These differences could be explained by the glycemic index (GI), an imprecise yet helpful tool for managing blood sugar. Higher-GI foods have a greater and faster impact on blood sugar. Popcorn is lower on the index, while potatoes are high. The index isn't perfect—it doesn't account for individual differences based on portion size or ways a food might be cooked. But overall, I discovered that my blood sugar spiked when I ate high-GI foods.

... AND WHEN TO EAT

The data also revealed that I was hitting the fridge pretty hard in the evening. At night, the body breaks down sugar stored in the liver and energy stored in fat cells, Dr. Thomas explains. Adding more fuel in the form of crackers and cheese was overloading my body's overnight blood sugar management system. Dr. Thomas suggests taking an 11- or 12-hour break from food at night to give the body a chance to do its work and catch up.

I gained about five pounds over the course of my 14-day "Let's eat all the foods!" experiment and saw how sugar made my blood sugar shoot up and then crash. I was weirdly relieved when the experiment concluded.

Afterward, my dinner plate generally



consisted of organic meat and seasonal vegetables and fruit (I call my diet "Lazy Keto"). Peter and I adore *Easy Keto in 30 Minutes* by Urvashi Pitre (try the Chicken Biryani with Cauliflower Rice and Sichuan Pork with Bok Choy). In the morning, I love egg-topped groundlupini-bean "grits" with kale smothered in garlic and olive oil.

Of course, it helps that Peter cooks a lot of these meals, and that being allowed one "cheat meal" a week lets me eat an enchilada or a doughnut. However, these don't taste as good as they used to, and the waves of fatigue I get afterward remind me why eating them is no longer an every-day choice.

ALSO CRITICAL: EXERCISE

Seven months and 12 lost pounds later, I met with my nurse practitioner for the big reveal. After I related all I'd been doing but before I got my results, she told me I was missing a piece of the puzzle. Even if my test told me my blood sugar levels had returned to normal, I needed to add walking, yoga, or weight lifting to my daily routine.

Exercise has diabetes-management benefits beyond weight loss. In fact, even if weight loss hasn't happened yet, "I tell my patients, 'That's OK, because your body composition is changing with exercise,' " Dr. Kalyani says. As you lose fat and gain muscle, that muscle becomes more sensitive to insulin, which can better reduce blood glucose.

Exercise can help manage blood glucose levels for up to 48 hours beyond the activity itself, says Jill Kanaley, Ph.D., a professor of nutrition and exercise physiology at the University of Missouri who has conducted multiple studies with people who have prediabetes and diabetes. Exercising at least every other day provides ongoing benefits, but the benefits disappear after one goes 48 to 72 hours without exercise.

HOW MUCH DO YOU REALLY NEED?

Clinical guidelines from the American Diabetes Association suggest exercising for at least 30 minutes a day, five days a week. If you have a strong family history of type 2 diabetes, it might be best to take it up a notch to 45 to 60 minutes a day, says JoAnn E. Manson, M.D., chief of the preventive medicine division at Brigham and Women's Hospital and a professor at Harvard Medical School. Studies also show that interrupting extended periods of sitting is beneficial, so your daily exercise minutes could include getting up at least once an hour to walk around.

The problem: I'd never liked exercise. It made my knees and feet hurt, and to be totally honest, I got whiny. I was not alone: Some participants in Kanaley's studies at first insisted that they couldn't do it and that they could never walk fast, she says, but after two weeks or so, they got over the hump. "The biggest surprise they experience is that they really want to walk now," she says.

This was true for me. I started looking forward to my walks. I tried to move every 45 minutes to get in a few steps and got antsy when I didn't. I even started lifting weights—and it felt good.

WHAT'S NEXT FOR A PREDIABETIC?

I did it! My test results showed that my blood sugar was no longer in the prediabetic range. I wanted to celebrate with a pint of ice cream, but that was not how this worked. Once you're in the prediabetes car, you don't get out. You can reverse it for a while or for the long term, but you're still in the car. My pancreas will always be compromised.

Sometimes I wish I could take a pill to make all this go away. Studies are being

conducted on whether vitamins or other supplements can improve glucose levels, but as Dr. Manson says, "If you hope to pop a magic pill, it's just not there." But those lifestyle modifications, she says, are "like an elixir of health."

No longer being prediabetic is a strange kind of liberation. I can't go back to the lifestyle I had before, but I don't want to as much as I thought I would. It's crystal clear how my choices can lead to a better, longer, and healthier life. Naturally, I have a lot of plans for it—including having a (small) slice of my 80th-birthday cake.

GETTING HELP

A round 10% of U.S. adults live with diabetes, but serious health disparities exist among them. Hispanic/Latinx adults are more than twice as likely as others to be hospitalized for end-stage kidney disease, according to data from the U.S. Department of Health and Human Services. Native American and Black adults are twice as likely as whites to die from diabetes.

The damage is compounded by inequitable access to health care and discrimination from physicians, whether their bias is unconscious or conscious, research shows. "Unfortunately, as a medical professional, I think it's indisputable that medicine-like everything else-has a racist history," Dr. Thomas says. "This unspoken and inconvenient truth can result in a doctor's inability to connect, which may impact time spent with the patient and medical decision-making."

Find support through the National Diabetes Prevention Program (cdc .gov/diabetes/prevention), run via local YMCAs and other partnerships. For instance, Change Your Lifestyle, Change Your Life (CYL2) groups offered through the Black Women's Health Imperative (bwhi.org) connect 12,000 participants in 12 cities.

DON'T PUT OFF A TEST

During COVID-19, it's more important than ever for those with a family history of diabetes or risk factors for it to get tested and treated. As an underlying condition, diabetes increases the risk of hospitalization and death for those who get the virus. Ask your doctor about options.





Discover the **NEW** FreeStyle Libre 2 system

The FreeStyle Libre 2 system is an FDA-cleared continuous glucose monitor (CGM) that lets you accurately¹ check your glucose with a painless² one-second scan—instead of a fingerstick.[†]

Now with optional, real-time glucose alarms[‡] that let you know if you go too low or too high.

Ask your doctor for a prescription for the FreeStyle Libre 2 system. Learn more at FreeFromFingersticks.com.

[†]Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first 12 hours.

[‡]Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device. **REFERENCES: 1.** FreeStyle Libre 2 User's Manual. **2.** Haak T, et al. Flash glucose-sensing technology as a replacement for blood glucose monitoring for the management of insulin-treated type 2 diabetes: a multicentre, open-label randomised controlled trial. *Diabetes Ther.* 2017;8(1):55-73.

INDICATIONS AND IMPORTANT SAFETY INFORMATION: The FreeStyle Libre 2 Flash Glucose Monitoring System is a continuous glucose monitoring (CGM) device with real time alarms capability indicated for the management of diabetes in persons age 4 and older.* **WARNINGS/LIMITATIONS*:** The System must not be used with automated insulin dosing (AID) systems, including closed loop and insulin suspend systems. Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment. Do not take high doses of vitamin C (more than 500 mg per day), as this may falsely raise your Sensor readings. Failure to use the System according to the instructions for use may result in missing a severe low blood glucose or high blood glucose event and/or making a treatment decision that may result in injury. If glucose alarms and readings from the System do not match symptoms or expectations, use a fingerstick blood glucose value to make diabetes treatment decisions. Seek medical attention when appropriate and contact Abbott Toll Free (<u>855-632-8658</u>) or visit * <u>www.freestylelibre.us</u> for detailed indications for use and safety information.

*Please refer to <u>www.freestylelibre.us</u> for the indications and important safety information.

The shape of the circle sensor unit, FreeStyle, Libre, and related brand marks are owned by Abbott. The product images are for illustrative purposes only.

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PREVENTION

SCIENCE

5 Myths About Holiday Eating

he biggest misconception? That you must be vigilant about every bite during this food-filled time of the year.

BY KATE ROCKWOOD ILLUSTRATIONS BY ANDREA DE SANTIS

MYTH #1 You're destined to enter 2021 in bigger jeans.

MYTHBUSTER If you gain weight over the holidays, it's unlikely to be much, research shows. But that doesn't mean you're imagining your tight waistband: Salty, sugary, fatty foods—and alcohol—cause bloating and water retention, which can make you look and feel as if you've put on a few, even if it's temporary, says Dana Angelo White, a registered dietitian and certified athletic trainer. "True weight gain is only from fat or muscle, but water weight shifts can be pretty aggressive," she says. Most of that will disappear once you resume regular, healthy habits, says Dawn Jackson Blatner, R.D.N., author of *The Superfood Swap*. Drink plenty of water, snack on fruits and veggies, walk on your lunch breaks—you know the drill—and you'll go back to normal soon.

MYTH #2 Seasonal treats are the biggest reason you overeat.

MYTHBUSTER Mom's sweet and salty pecan pie is irresistible, but it may not be the main reason you eat past the point of comfort during the holidays. The company is a big factor: We tend to eat more when we're socializing than we do when we're alone-possibly as much as 48% more, research has found. To avoid munching unconsciously around others, tweak some of your habits. Instead of chatting over the cheese board, move your conversation to a room without food, Blatner says. Rather than lingering after dessert, suggest a family walk or a game of cards. If you're at a restaurant, ask the server to take your dish away once you feel full. You can also center your get-togethers more around activity (like ice-skating) than around food.

SCIENCE

MYTH #3 Working out extra hard can cancel out any overindulgence.

MYTHBUSTER We're sorry to say it, but you can't really sweat away those festive treats. When researchers at Texas Tech University followed people, half of whom were active, for the six weeks between Thanksgiving and the New Year, they found that both groups gained about the same amount of weight. More important, perceiving exercise as a way to cancel out overeating is an unhealthy mindset, Blatner says. "Eating your favorite

foods isn't something you should be punished for," she says. Try to mentally separate food from exercise and to embrace staying active for all its benefits beyond anything the scale may say. Squeezing in a walk or time on your yoga mat can boost your energy, improve your digestion, and help you manage stress. That's a win on multiple levels during the hectic holiday season.

MYTH #4 It's good to detox or fast after the New Year.

MYTHBUSTER Making a sharp turn from sweets and stuffed meats to a juice cleanse is a setup for disaster. "These highly restrictive regimens are just crash diets in disguise," Angelo White says. "They can wreak havoc on your metabolism and lead to overeating and rebound weight gain." And they're not necessary: Most of us lose about half of any holiday weight within a month, research published in the *New England Journal of Medicine* found. This is mainly because people go back to their regular eating habits, Blatner says. Losing the rest, if you want to, calls for intentionality, not misery. Meet a friend for a walk instead of a fancy coffee drink, swap in sparkling water for wine for a while, and eat a variety of colorful produce. Such small tweaks can get the job done and are a lot easier to live with in the long term.

MYTH #5 You should definitely replace higher-fat, higher-calorie holiday foods with "healthier" versions.

MYTHBUSTER Sure, use Greek yogurt instead of mayo in your dip or less sugar in your sugar cookie recipe if it feels like a purely positive swap. But if the "healthier" version of your favorite holiday dish seems restrictive, depressing, or diet-like, you may wind up doing extra nibbling and snacking later in the day, Blatner says. One study found that people who bought foods labeled as "light" could eat 13% more calories than those who ate full-fat versions. It's better to stick to a sensible portion of the traditional celebratory food and really savor each bite—eating slowly and mindfully not only enables you to enjoy your food more, but also helps you eat less of it, according to the U.S. Department of Health & Human Services.

Does It Work? Noise Busters

BY LYNYA FLOYD

n a world of loud neighbors, honking cars, and partners who snore, a good night's sleep is often just a dream. "Our brains are always processing sound, even while we're sleeping," says Raj Dasgupta, M.D., an assistant professor of clinical medicine at the Keck School of Medicine USC. A nighttime cacophony can negatively affect your health: "Sleep deprivation impacts every cell in the body," Dr. Dasgupta says. Various solutions are promoted as helping you find peace. Here's what the experts say:

WEARABLES

WHAT THEY ARE: Tiny in-ear buds, or headbands that cover your ears with small speakers. Some incorporate pink noise (a more soothing variant of the "TV static" of white noise) or Autonomous Sensory Meridian Response (ASMR) sounds such as the swish of hair brushing. WHAT WE KNOW: Plenty of science supports noise cancellation, which involves an emitted sound that combats ambient noise. While research on ASMR is still new, a recent study in PLOS One found that for some, it induces relaxation. SHOULD YOU TRY THEM? Yesthey're safer than sleeping pills, says Dr. Dasgupta. Just make sure the device you use is comfortable and has a noise level rating of 32 or below, which will allow you to hear a smoke alarm. "Put it on at the same time every night as part of your bedtime routine," suggests Timothy Young, M.D., a neurologist with the Mayo Clinic Health System. "You'll train your brain and get better results." **PRODUCTS TO TRY:** QuietOn noise-canceling earbuds (\$199); SleepPhones: ASMR Edition (\$100); SoundOff pink noise earbuds (\$100)

NOISE GENERATORS

WHAT THEY ARE: Machines or apps that create sound (either a single noise or a repeating loop) next to your bed to cancel out any that might keep you awake.



WHAT WE KNOW: Research shows that these types of devices can help you get higher-quality sleep, particularly in loud environments. A study from Northwestern University found ones that generated pink noise to be especially effective in enhancing deep sleep. **SHOULD YOU TRY THEM?** Yes, particularly if you don't want anything touching you while you sleep—as long as your bedmate is OK with hearing the sound too! Some people can get distracted when a noise loop restarts, says Michael J. Breus, Ph.D., a clinical psychologist and a diplomate of the American Board of Sleep Medicine-if that might be a problem, he suggests trying a device with the word "generator" in its description. **PRODUCTS TO TRY:** iHome Zenergy Bedside Sleep Therapy Machine (\$70); Yogasleep Dohm Uno Sound Machine

(\$30); MyNoise white noise app (free)

GUIDED MEDITATION

WHAT IT IS: Recorded programs that talk you through mind-body practices such as breathing exercises to signal to your brain that it's time to sleep. WHAT WE KNOW: A small study in the *Brain Research Bulletin* showed that meditation could help the brain "turn down the volume" of sounds in the environment.

SHOULD YOU TRY IT? Yes, though you may need other solutions too. While the technique is free and has plenty of wellness benefits, it may help you only in drifting off to sleep—if something goes bump in the night, it will probably still wake you up, says Dr. Dasgupta. **APPS TO TRY:** Insight Timer; Calm; Headspace; Unplug Meditation






SCIENCE



omen have always considered many factors when voting, but this election, health care is top of mind. "I say it all the time now: 'Vote health care, vote health care, vote

health care," says Cindy Pearson, executive director of the National Women's Health Network (NWHN), a nonprofit advocacy group in Washington, DC. So much of our health is affected by what our elected officials do: Getting affordable insurance, contraception, and screenings depends on this, as does having access to doctors who understand the unique ways in which conditions like heart disease affect women. Reproductive rights and racial disparities in the system are likewise on the ballot. "It's more important than ever that women support people who prioritize women's health," says Congresswoman Nita Lowey, a rep from New York who is retiring after more than 30 years. "We cannot take that for granted."

LEGISLATING FOR WOMEN'S HEALTH

In some ways, the link between government and well-being is clear. Medicare and Medicaid are federal programs that help millions of women, and we know that the Affordable Care Act (ACA, a.k.a. Obamacare) expanded insurance coverage. "The ACA was particularly transformational for women," says Congresswoman Rosa DeLauro, who represents the area around New Haven, CT. The law eliminated co-pays for birth control, mammograms, and annual visits; made it illegal to charge women higher premiums (as had been standard practice); and forced companies to cover preexisting conditions. "Those 'conditions' had included pregnancy, breast and ovarian cancer, osteoporosis, and more," she says.

But a lot more is going on in government that concerns women's bodies. For instance, Congress directs how much the National Institutes of Health (NIH) spends each year to research breast cancer, autoimmune disorders, reproductive health, and more, says Susan F. Wood, Ph.D., director of the Jacobs Institute of Women's Health at the George Washington University School of Public Health. Sometimes elected officials make women's health a priority, as they did in the 1990s, when hundreds of millions of dollars flowed into the Women's Health Initiative (WHI), a 15-year study that examined how hormone replacement therapy, diet, and certain supplements impacted postmenopausal health. When legislators don't focus on women's needs, important research (such as on endometriosis, which affects one in 10 women but about which little is known) goes unfunded. And it's the President who appoints the executives who run those agencies, as did George H.W. Bush when the WHI was started, and who

nominates Supreme Court justices, who decide the fate of many health laws.

Choices like these that are made behind closed doors may feel distant, says Sarah Christopherson, policy advocacy director for the NWHN, "but the consequences can be lifeor-death." A recent study in Women's Health Issues found that states that expanded Medicaid under the ACA had fewer maternal deaths than those that didn't, with non-Hispanic Black mothers benefiting most. Maternal mortality is one of many areas in which Black women fare worse than white ones-something elected representatives could address by funding research to understand why, Wood says.

Whom we vote for affects even how new drugs are tested. It was not until the early 1990s that women in Congress made sure clinical pharmaceutical trials included women as well as men crucial, as women may metabolize drugs differently and require different dosages. "I remember when all the clinical trials were done on men—even the lab rats were male," says Lowey, who worked with colleagues to insist

FOR HEALTH CARE

> that NIH trials include women. (Amazingly, scientists didn't need to include female animals in government-funded research until 2016.) Even today, not all researchers follow the policy. A 2018 analysis, for example, found that women weren't adequately included in drug trials for heart failure and coronary artery disease despite the fact that heart disease remains the number one killer of women.

Even a single politician at the local level can make a difference, says Pearson, who points to one female state senator in California who recently pushed through a requirement that hospital staff be trained in the implicit racial bias that harms women of color.

POLITICIZING SCIENCE

Having scientific evidence take a back seat to other considerations is not new. FDA officials appointed by George W. Bush, for example, prevented emergency contraception, known as Plan B, from being made available without a prescription despite evidence that it was safe. (It was finally allowed to be sold partially over the counter as of 2006.) "We shouldn't have to worry that someone is influencing decisions based strictly on financial or political reasons," says Wood.

But over the past decade, as partisan politics have grown even more divisive, some elected officials seem downright dismissive of science and facts, say health advocates. "There has been a trend toward discounting evidence and experts," says Michael Fernandez, director of the Center for Scientific Evidence in Public Issues at the American Association for the Advancement of Science (AAAS), a nonprofit advocacy group in Washington, DC. The AAAS created the center in 2018, he says, because decision makers "too often ignore, misunderstand, or misuse relevant evidence." Elected officials can disagree, for instance, about whether companies should be required to cover birth control, but they shouldn't argue that contraception doesn't reduce the risk of unintended pregnancy, as did the Trump administration. "It's fine to have

a political argument, but we should at least agree that certain things are true," Fernandez says.

A willingness to dismiss science was particularly evident during the current administration's response to COVID-19, DeLauro says. Officials first downplayed the reality of its rapid spread, then offered misinformation about treatments. By summer, the U.S. had the highest number of deaths in the world as other countries slowed the spread. Anti-science bias has also lurked behind other recent decisions. At the Environmental Protection Agency, for instance, a pending rule would allow staffers to ignore important scientific findings when crafting regulations that could impact our health, such as those affecting toxins in the air and water. "Voters have a responsibility to understand not only what kinds of decisions their leaders are making, but also how they're making them and whether they're appropriately incorporating scientific evidence into their decision-making processes," Fernandez says.

IF CONGRESS LOOKED DIFFERENT

While politicians who vote your values can be any gender, Pearson and others believe we would all benefit if more women were elected. Currently, only a quarter of U.S. House and Senate members are women. While not every female pol is a strong supporter of women's health, most are, and their very presence changes the agenda, DeLauro says, in part because of their personal experience. DeLauro, for instance, survived ovarian cancer, while Iowa representative Abby Finkenauer, who suffers from endometriosis, is aiming to double funding for research on the disease. Illinois representative Lauren Underwood is a registered nurse who has seen health disparities firsthand and is pushing for expanded health care coverage.

Research has confirmed that women in Congress focus on health care issues (for women, children, and men) more than do their male counterparts, says Craig Volden, Ph.D., codirector of the Center for Effective Lawmaking at the University of Virginia in Charlottesville. His research found that 65% of congresswomen introduced bills on health, while only 48% of men did. He also found that women's bills were less likely to become law, which he speculates is because most committees and subcommittees, through which agendas are set, are led by men. When Lowey took over as chair of the powerful House Appropriations Committee in 2019, its spending bills contained record funding for maternal health and cancer research.

So when you vote this November and please do—think hard about the people you're supporting. You're making decisions that could directly determine the quality of health care for years to come—for your family and for you.

OUESTIONS TO ASK CANDIDATES

It doesn't matter which side of the political fence you sit on health care is on everyone's mind for this election. In fact, a recent Gallup poll found that it was the number one concern among voters, above even the economy and national security. Before you vote, find out whether the candidates in your state are using science to inform their opinions by contacting their campaign offices and asking these questions:

How should the U.S. best prepare for current and future pandemics?

2 Do you believe contraceptives and reproductive health should be covered?

3 What can be done about the rising costs of health care?

Do you support the Affordable Care Act? If not, what would you replace it with?

5 How will you ensure that science doesn't fall victim to partisan politics?

6 What are your plans to help fund research on women's health?

7 How can the government ensure that clinical trials represent all genders and races?

PREVENTION FOOD

Mocktail Hour

hese drinks are just as festive as their boozy pals and packed with vitamin C, potassium, and fiber. Cheers!

RED PEAR SHRUB SPRITZ

ACTIVE 10 MIN. TOTAL 50 MIN. PLUS CHILLING SERVES 2

In saucepan, bring ¹/₃ cup sugar, 1 vanilla bean, 5 cardamom pods, and ¹/₂ cup water to a boil. Roughly chop 1 red pear. Cut a few thin slices off second pear and reserve, then roughly chop remaining and add chopped pear to saucepan. Simmer 10 min., then let stand 30 min. Strain and stir in 6 Tbsp apple cider vinegar. Refrigerate until cold. Line 2 glasses with reserved pear slices. Divide vinegar mixture between glasses (¹/₂ cup each) and top with club soda.

NUTRITION (per serving): 169 cal, 0 g pro, 41 g carb, 1 g fiber, 38.5 g sugars (33 g added sugars), 0 g fat (0 g sat fat), 0 mg chol, 16 mg sodium



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AVAXHOME-

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For a frozen margarita, blend all the ingredients, adding ice as needed.

200000

GUAVA MARGARITA

ACTIVE 5 MIN. TOTAL 20 MIN. SERVES 1

Fill shaker with ice, then add 1/3 cup guava nectar, 3Tbsp fresh orange juice, and 2Tbsp fresh lime juice. Shake and strain into glass rimmed with salt and filled with ice. Serve with slice of lime.

NUTRITION (per

serving): 78 cal, 1 g pro, 20 g carb, 1 g fiber, 14.5 g sugars (0 g added sugars), 0 g fat (0 g sat fat), 0 mg chol, 486 mg sodium

Forget the tea bags (you'd need at least 20 to make this mix!) and buy loose hibiscus flowers instead.

9999999999

GINGER-HIBISCUS FIZZ

ACTIVE **5 MIN**. TOTAL **20 MIN**. SERVES **8**

In small saucepan, bring one 2-in. piece ginger (sliced), 6Tbsp dried hibiscus, 3Tbsp agave syrup, and 1 cup water to a boil, then simmer 5 min. Remove from heat and let stand 10 min., then strain into pitcher. Stir in 2 cups cold water. For each serving, pour ¼ cup mixture into ice-filled glass and top with **club soda**.

NUTRITION (per serving): 23 cal, 0 g pro, 6 g carb, 0 g fiber, 6 g sugars (6 g added sugars), 0 g fat (0 g sat fat), 0 mg chol, 4 mg sodium

STAY FULL

The nut butter's healthy fats and protein and the banana's fiber will help your stack stick 'til lunch.

Breakfast PB-Banana Pancakes

1

ACTIVE **15 MIN**. TOTAL **15 MIN**. SERVES **4**

- 1 large very ripe banana
- 1/3 cup creamy peanut butter
- 1 tsp pure vanilla extract
- 2 cups favorite pancake mix (plus any ingredients needed to make it)
- Tbsp unsweetened cocoa powder Vanilla yogurt, banana, toasted nuts, and honey, for serving

 Mash banana with any liquid or eggs mix packaging calls for. Stir in peanut butter and vanilla.
 Combine pancake mix and cocoa; stir in banana mixture until just blended. Cook per pkg. directions. Serve with yogurt, banana, nuts, and honey if desired.

NUTRITION (per serving): About 478 cal, 15 g pro, 56 g carb, 2 g fiber, 11 g sugars (2.5 g added sugars), 24.5 g fat (6.5 g sat fat), 99 mg chol, 895 mg sodium

HOMEMADE FOR THE Holidays we bob's





The holidays may be a little quieter this year, but if you're like us, you're looking forward to avoiding the hustle and bustle and savoring time at home. It's a wonderful opportunity to pull out those favorite family recipes and make something special with those you cherish. Not just delicious gluten free cookies and cakes, rolls and bread. Memories. Love.

Find recipes and more at bobsredmill.com



 We all know

 the real stars of

 Thanksgiving dinner,

 so give your

 marshmallow sweet

 potatoes some

 healthy competition

 this year with

 these fresh, flavorful

 side dishes.



00D

Cauliflower is loaded with vitamin K, which is crucial for maintaining bone density.

ROASTED CAULIFLOWER SALAD WITH CRANBERRY VINAIGRETTE recipe, p. 86 FOOD

PROTECT YOUR EYES

Almonds are rich in vitamin E, which helps prevent the breakdown of eye tissue and could lower the risk of vision problems and eye diseases.

GREEN BEANS WITH ALMOND GREMOLATA recipe, p. 86

MUSTARD-GLAZED BRUSSELS SPROUTS

recipe, p. 87

STAY HEALTHY FOR LIFE

Brussels sprouts contain compounds that have anti-inflammatory properties and may reduce the risk of cancer. FOOD

·....

WILD RICE-STUFFED ACORN SQUASH recipe, p. 87

AVOID A COLD

A cup of acorn squash has 20% of your daily value for vitamin C, which has been shown to help the body fight off infection.

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HERB SMASHED ROOT VEGGIES

ACTIVE **20 MIN**. TOTAL **45 MIN**. SERVES **8**

- 1/2 lb parsnips, peeled
- 6 cloves garlic, peeled and roughly chopped
- 1½ lbs rutabaga, peeled and cut into 1-in. pieces
- 1 Ib Yukon gold potatoes, peeled and cut into 1½-in. pieces
- 1/2 Ib carrots, peeled and cut into 1-in. pieces
- 6 sprigs fresh thyme
- 4 sprigs fresh rosemary
- 4 sprigs fresh flat-leaf parsley

Kosher salt and pepper ¼ cup olive oil Chopped fresh chives, for serving

 Quarter parsnips lengthwise, then cut out and discard woody centers. Cut parsnips into 1-in. pieces.
 Place parsnips, garlic, rutabaga, potatoes, carrots, and herbs in large saucepan, cover with cold water, and bring to a boil.
 Add 1 tsp salt and simmer until vegetables are tender, 12 to 15 min.
 Remove and discard herbs. Reserve ½ cup cooking liquid, then drain vegetables and return them to pot. Drizzle oil over veggies, season with ½ tsp each salt and pepper, and, using a potato masher, smash vegetables (adding some of the reserved liquid if vegetables seem dry). Sprinkle with chives before serving if desired.

NUTRITION (per serving): 161 cal, 2 g pro, 24 g carb, 5 g fiber, 6 g sugars (0 g added sugars), 7 g fat (1 g sat fat), 0 mg chol, 181 mg sodium

FOOD

ROASTED CAULIFLOWER SALAD WITH CRANBERRY VINAIGRETTE

ACTIVE **15 MIN**. TOTAL **30 MIN**. SERVES **8**

- 1 medium head cauliflower (about 2 lbs), quartered, cored, and sliced ¼ in. thick
- 5 Tbsp olive oil, divided
- 1 tsp coriander seeds, smashed Kosher salt and pepper
- 2 Tbsp cider vinegar
- tsp Dijon mustard
 scallions,
- finely chopped 4 cup golden raisins, chopped
- ¹/₄ cup dried cranberries
- ¹/₂ cup unsalted roasted almonds, chopped
- 2 cups baby arugula
- 1 cup flat-leaf parsley Crumbled goat cheese, for serving

1. Heat oven to 425°F and place oven rack in the lower third. On large rimmed baking sheet, toss cauliflower with 2 Tbsp oil, coriander, and ½ tsp each salt and pepper and arrange in even layer. Roast until golden brown and tender, 22 to 25 min. 2. Meanwhile, in large bowl, whisk together vinegar, mustard, remaining 3Tbsp oil, and 1/4 tsp each salt and pepper; stir in scallions, raisins, and cranberries. Let sit. tossing occasionally, while cauliflower roasts. 3. Toss roasted cauliflower with vinaigrette. Fold in almonds, then arugula and parsley. Serve sprinkled with goat cheese if desired.

NUTRITION (per serving): 177 cal, 4 g pro, 14 g carb, 3 g fiber, 8.5 g sugars (2 g added sugars), 13.5 g fat (1.5 g sat fat), 0 mg chol, 218 mg sodium

GREEN BEANS WITH ALMOND GREMOLATA

ACTIVE **15 MIN**. TOTAL **20 MIN**. SERVES **8**

- 1 large shallot, finely chopped
- 2 Tbsp white wine vinegar
- 4 Tbsp olive oil, divided
- 1 clove garlic, finely chopped
- 1 tsp chopped fresh rosemary
- 1/2 cup roasted almonds, roughly chopped
- 2 tsp grated orange zest
- 1/2 cup flat-leaf parsley, chopped

Kosher salt and pepper 1½ lbs green beans, trimmed

1. Bring large pot of water to a boil. In large bowl, toss shallot and vinegar; let stand. 2. In small skillet, heat 2Tbsp oil, garlic, and rosemary on medium heat until garlic sizzles around edges and begins to turn golden, about 2 min. Remove from heat and toss with almonds, zest, and then parsley. 3. Fill bowl with ice water. Add 1Tbsp salt to boiling water, then half of green beans, and cook until just tender, about 3 min. Use slotted spoon to transfer to ice water. Once cool, remove and pat dry. Repeat with remaining beans. 4. Whisk remaining 2Tbsp oil into shallot mixture along with ¹/₂ tsp each salt and pepper. Toss green beans with vinaigrette, transfer to platter, and sprinkle with almond mixture.

NUTRITION (per serving): 142 cal, 4 g pro, 9 g carb, 3 g fiber, 3 g sugars (0 g added sugars), 11.5 g fat (1.5 g sat fat), 0 mg chol, 142 mg sodium

MUSTARD-GLAZED BRUSSELS SPROUTS

ACTIVE **25 MIN**. TOTAL **25 MIN**. SERVES **8**

- 4 Tbsp olive oil, divided
- 2 Ibs small Brussels sprouts, trimmed and halved lengthwise Kosher salt and pepper
- 1/4 cup apricot jam
- 3 Tbsp white wine vinegar
- 1 Tbsp whole-grain mustard Pinch red pepper flakes (optional)
- 4 cloves garlic, thinly sliced
- 1/4 cup unsalted pepitas

1. Bring 1/2 cup water

and 2Tbsp oil to a simmer in large skillet. Add Brussels sprouts, season with $\frac{1}{2}$ tsp salt, and cook, covered, stirring occasionally, 5 min. 2. Meanwhile, in small bowl, whisk together jam, vinegar, mustard, 1/2 tsp cracked black pepper, and red pepper flakes, if using. 3. Uncover skillet, increase heat to medium-high. and cook until water has evaporated, about 2 min. **Drizzle remaining 2Tbsp** oil over Brussels sprouts, add garlic, and cook, tossing occasionally, until Brussels sprouts are

golden brown and tender, 2 to 3 min. 4. Add jam mixture and cook 1 min.; toss with pepitas.

NUTRITION (per serving): 155 cal, 5 g pro, 18 g carb, 4 g fiber, 7 g sugars (4.5 g added sugars), 9 g fat (1.5 g sat fat), 0 mg chol, 179 mg sodium

WILD RICE-STUFFED ACORN SQUASH

ACTIVE **20 MIN**. TOTAL **40 MIN**. SERVES **8**

- 1 cup wild and brown rice blend
- 1 bunch spinach, thick stems discarded, leaves roughly chopped
- 4 small acorn squash (about 4½ lbs total)
- 3 Tbsp olive oil, divided Kosher salt and pepper
- 1 large onion, finely chopped
- 2 cloves garlic, pressed
- 2 tsp fresh thyme leaves
- 2 scallions, finely chopped, plus more for sprinkling

1. Place rimmed baking sheet in oven and heat oven to 425°F. Cook rice per pkg. directions. Remove from heat, place spinach on top of rice, cover pot with clean dishtowel and then lid,

and let stand 5 min. 2. From squash, cut 1/2 in. from each pointy end, then halve each through its center (this will help them stand straight): spoon off and discard seeds. Rub squash with 1Tbsp oil and season with 1/4 tsp each salt and pepper, Arrange on baking sheet and roast, hollow sides down, until tender, 25 to 30 min. 3. Meanwhile, heat remaining 2Tbsp oil in large skillet on medium. Add onion, season with 1/2 tsp salt and 1/4 tsp pepper, and cook, covered, stirring occasionally, 8 min. 4. Uncover and cook, stirring occasionally, until onion is very tender and beginning to turn golden brown, 6 to 8 min. more. Stir in garlic and thyme and cook 2 min.; remove from heat. 5. Transfer squash to platter, hollow sides up. Fold spinach and scallions into rice along with onion mixture, then spoon into squash halves. Sprinkle with additional scallions if desired.

NUTRITION (per serving): 219 cal, 5 g pro, 39 g carb, 5 g fiber, 5 g sugars (0 g added sugars), 6 g fat (1 g sat fat), 0 mg chol, 201 mg sodium

PREVENTION

FAMILY

60-Second Challenges

et everyone giggling at your next family game night or Thanksgiving celebration with activities that put motor skills, powers of concentration, and wits to the test. Players have one minute to complete each challenge, but you can laugh as long as you want!

BY MARY GILES

THE GREAT PUZZLE RACE

Cut the fronts and backs of several cereal boxes into puzzle pieces. Let each contestant choose a puzzle to solve—the easier front of a box for kids, the back of a box for adults and see who can piece theirs together before the time is up.

SPEED BUILDING

Pull 15 to 20 boxes out of your recycling bin from pasta boxes to shipping cartons—and tape them closed for stability. Challenge each contestant to see how high they can stack them. You can award a prize for using the most boxes too.

COTTON BALL Balance

Players must transfer as many cotton balls or pom-poms as they can from one bowl to another. Sound easy? They can use only their mouths and a plastic spoon.

PING-PONG PITCH

Set up a bucket and give the player a pile of Ping-Pong balls. Mark a throwing line about six feet from the bucket and see how many balls they can bounce into it from there. (Have a rebounder on hand to return balls to the contestant.)

PENNY PILE

Challenge each player to see how many pennies they can stack—using only one hand.



Fun Tricks to Teach Fido

urns out you *can* teach a dog new tricks—any dog, with a little patience and persistence. Trick training helps build communication and trust between you and your dog, says Carl Peterson, CEO of in-home training company Bark Busters, and also helps your dog's balance, strength, and flexibility. Here are tricks and training games from Peterson and Khara Schuetzner, 2020 chair of the Association of Professional Dog Trainers, that build on basic obedience skills like "Come," "Down," and "Stay."

BY LIZZ SCHUMER

8 Roll Over

This one's a classic for a reason it is easy to learn and looks adorable. Start out kneeling in front of your dog as they're lying down. Hold a treat at the side of their head opposite the direction in which you want them to roll. Move the treat from their nose to their other shoulder while saying "Roll over." Their body will naturally follow the treat. After they roll, praise them and give them the treat. Repeat until they recognize the cue and can do it without the treat.

🕙 Hide-and-Seek

Give your dog some exercise while practicing "Come" skills. Bring them into a room and tell them to stay (if they know that cue) or drop a few treats to distract them. Hide in another room and, from there, tell your pup "Come." When they find you, praise them and offer another treat. For fun sensory stimulation, have multiple people hide in different places around the house, calling your dog's name.

Obggy Push-Ups

Give your furry friend a workout with this easy trick that builds on the "Down" cue. With your dog lying down at your side or in front of you, say "Stand" or "Up" while raising a treat in your hand. As they rise to follow it, praise them and give them the treat. Alternate between "Down" and "Stand" for a few rounds.

Sind the Treat

Dogs are great at pattern recognition, so test that natural aptitude. Have your dog sit or lie down about 10 feet away from three or four empty cups. When you have their attention, place a treat or a treasured toy under one cup, then ask, "Where's the treat?" When your pup finds the correct cup, give them the treat and lots of praise. Once they get that down, try moving the cups around or pretending to put treats under several cups to make it harder.

🕙 Take a Bow

All good performers end a show with a curtain call. Stand facing your pup and hold a treat in your fist at the height of their nose. Gently press your hand to their nose and guide it downward while saying "Bow." When the dog's elbows reach the floor, give them the treat, praise them, and move your hand away.

Tricks like these require knowledge of basic cues. Sites like apdt.com and barkbusters.com can help. Schuetzner also recommends You Can Train Your Dog by Pam Dennison (\$18, pam dennison.com). Keep sessions to 15 minutes or so, and entice your dog with a treat or toy until they learn the verbal cue.

The ER: To Go or Not to Go?

he pandemic may have made you second-guess a trip to the emergency room—and in some cases, that might be a good thing. "I'm happy when families don't rush to the ER for conditions that can be treated in primary care, like ear infections, pink eye, strep throat, and rashes," says Katie Lockwood, M.D., an attending physician at Children's Hospital of Philadelphia. But because true emergencies still require an ER, here's how to make the best, safest decision for your family.

BY HOLLY PEVZNER

Fever

"Families often bring kids to the ER for fevers, but it's usually not necessary," says C. Anthoney Lim, M.D., director of pediatric emergency medicine at Mount Sinai Health System in New York City. "I tell parents to monitor symptoms and use Motrin or Tylenol if needed." However, you should: GO TO THE ER... if your baby is less than 2 months old and has a fever of 100.4°F or more. Seek swift help if a child of any age has severe neck, abdominal, or headache pain with a fever.

CALL THE PEDIATRICIAN OR URGENT CARE...if the

fever lasts more than three days or is accompanied by vomiting, or the fever lowers but your child is listless. Be aware, though, that "in general, urgent care centers are less equipped for pediatric conditions," says Dr. Lim. "Call your pediatrician first." Also call the doc if you know that your kid recently was exposed to COVID-19 or traveled to a COVID-19 hot spot.

Vomiting and diarrhea

Vomiting and diarrhea are most often symptoms of a stomach bug or a mild case of food poisoning that can be dealt with safely in the comfort of your home. However, you should: GO TO THE ER...if your child shows signs of

dehydration such as a lack of tears, dry lips, or decreased urine output. With a baby, keep an eye out for fewer than three wet diapers in a day or a sunken fontanelle (soft spot). "If vomiting occurs following a head injury or the child is throwing up blood, go to the ER," says Dr. Lim. **CALL THE PEDIATRICIAN...**if your child also has persistent abdominal pain—especially if it drifts from the midsection to the lower right abdomen, a sign of appendicitis. Additionally, reach out if they have bloody stool or a high fever (more than 102°F), they can't keep down clear fluids, or

symptoms intensify.

Burns or other injuries

These can be sudden and scary, so here's what to do:

GO TO THE ER...if your child lost consciousness, experienced persistent vomiting or intense headache, or is lethargic or not making sense after

an injury. Large burns, obvious broken bones, neck injuries, or animal bites on the face or hands also require an ER visit. For a wound, go to the ER if it is bleeding profusely or wide open. CALL THE PEDIATRICIAN OR URGENT CARE...

if your child bonked their head but didn't lose consciousness, you're unsure whether they have a sprain or break, or they have a minor burn. Also call if you suspect that your child's wound requires sutures, but it's not an obvious emergency. (Some providers can put in stitches.)



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NUMBER LINE

Which of these is next in this series of numbers?

1 11 21 13 23 123 232

- A. 45
- **B. 352**
- C. 141
- D. 35

FIND THE RHYME

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

Messy mimeograph _____

Large branch _____

Trimmer by the sea _____

96

LOGIC PUZZLE

Two people are born at the same moment, but do not have the same birthday. How is this possible?

WORD SUDOKU

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

	Α		S	Ν	
Ν			Т		
			Κ		
		Т			
		Η			Ν
	Κ	Ν		T	

PREVENTION COM . NOVEMBER 2020

ANSWERS: NUMBER LINE: D (the first number is 1, the second number's digits add up to 2, the third's to 3, and so on). FIND THE RHYME: Sloppy copy; thick stick; harbor barber. LOGIC PUZZLE: They are born in different time zones. WORD SUDOKU: Top line: TAKSNH. Diagonal: THANKS.

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