

20 BEST FOODS FOR MEN Eat Up! p.170

TONS OF
USEFUL STUFF

Men's Health

Amazing New Plan!
**LOSE YOUR
GUT!**

SEE RESULTS IN JUST 8 DAYS!

**DRESS FOR
MORE SEX**

**GAIN MUSCLE,
LOSE POUNDS**

TAP YOUR SECRET SOURCE

**DO-DR-DIE
HEALTH TEST; p.120**

**BETTER SLEEP!
BIGGER MUSCLES!**

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**NEW HEALTH, FITNESS,
SEX & NUTRITION TIPS!**



**BUILD
WEALTH
FAST!**
BEST NEW
MONEY
TIPS

**THE 15-
MINUTE
HOME
WORKOUT**

THE
MEN'S
HEALTH
GUY

**GERARD
BUTLER**

*"I'm aiming
for the stars.
I'll worry
about the
details later."*

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**FAST
HEALTH
FIXES**

MensHealth.com

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Should you ban the suds? You may want to consider it if you're at high risk for pancreatic cancer—you have a family history of the disease, you're overweight, or you smoke.

WHEN BEER IS BAD

If you're already at risk for pancreatic cancer, a daily pilsner may speed the onset of the often fatal disease, report scientists at the University of Michigan. In the study, patients with pancreatic cancer who drank one brew a day had acquired the affliction about 5 years earlier than those who skipped the suds. "It appears that alcohol creates inflammation in the pancreas," says study author Michelle Anderson, MD. "The more you drink, the greater the inflammation and the greater your risk."

FIVE-STAR INFLATION

Besides the candles, flowers, and tablecloths, upscale restaurants may use fancy menu fonts to help justify high prices. Researchers at the University of Michigan recently found that people who read a recipe for a meal in dense, italicized script thought the food took about 60 percent longer to prepare than if it was written in

a plain font. How might this apply when you're, say, reading a menu? "It makes you feel like you're getting



more value for a higher cost." says study coauthor Norbert Schwarz, Ph.D. Check out the font style at your next fine-dining experience: Are they trying to convince you that their food is worth the money?

GO GREEN, STAY HEALTHY

Produce is powerful stuff. Case in point: Regularly eating broccoli may lower your risk of prostate cancer

[ON OUR RADAR]

SEAFOOD THAT SAVES

Slurping raw oysters may lower blood pressure. In a 28-day experiment, Chinese researchers fed hypertensive rats a daily dose of an amino-acid solution derived from oyster proteins. The big finding: The rodents' systolic blood pressure (the top number) dropped an average of 30 points. Scientists believe the precise combination of amino acids in an oyster is nearly identical to that of the hypertension drug

captopril. More research is needed, however, to determine if eating the mollusks provides a similar blood-pressure lowering benefit in humans.

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PERCENTAGE OF PEOPLE WHO COOKED FROM SCRATCH MORE OFTEN IN 2008, TO SAVE MONEY

SOURCE: Information Resources, Inc.



Stealth health food >> Goldenberries

These tangy, dark yellow berries are native to South America, where they're sold fresh or made into preserves. In the U.S., you're more likely to find the fruit dried and bagged.

WHY THEY'RE HEALTHY One serving of dried goldenberries contains 4 grams of protein and 5 grams of fiber. They're also a great source of vitamin A and disease-fighting antioxidants. You can find them at grocers such as Whole Foods Market, or online at elfwholesale.com.

HOW TO EAT THEM Snack on the dried berries alone like you would raisins, or toss a handful on a salad or your breakfast cereal.