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†Per Pharmacy Times National Survey of Pharmacists.

‡According to Nielsen data.

***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.**

STOP SNORING FOR GOOD

April 2020

Prevention

THE NEW
HEALTHY
WAY TO
GO **KETO**

A NATURAL
FIX FOR
ALLERGIES

ARE YOU
SLEEPING
TOO CLOSE
TO YOUR
PHONE?

WALK AWAY ANXIETY

- + Sleep Better
- + Lose Weight
- + Find More Joy

HOW TO
AVOID BEING
MISDIAGNOSED

PREVENTION

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APRIL 2020





MIKE GARTEN, STYLING © CHRISTINA LANE

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GET MORE FROM PREVENTION

Our (free!) newsletter has the latest health news, great recipes, easy workouts, and more. Get it at signup.prevention.com.

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Change Is Good

I'M A LIST MAKER, and when I cross things off, I want them to be *done*. But here in the real world, nothing ever seems done—and I've learned that this can be a good thing.

Case in point: Last year, the editors who work on *Prevention's* books came to me, thrilled, with an idea: "Keto!" they said. "It's huge, and we haven't covered it!" I kind of shot them down: "We're not into keto," I said. "It's not a very *Prevention* diet, with so few vegetables and all that fat." I thought that was the end of it—until they came back with a new approach: "*Healthy* keto!" they said this time. "We swear it's possible!" Turns out they were right, and the result is *Healthy Keto* (of course!), with more than 75 plant-forward recipes packed with ingredients that are nutritious first, keto-compliant second. I'm glad I revisited our stance on keto, because now I feel people can try it responsibly, which is even more what *Prevention* is about than avoiding newfangled things. Check it out on page 78 (and then buy the whole thing in bookstores or from Amazon!).

Sometimes revisiting something isn't just a nice idea, but can save your life. Medical misdiagnosis is a serious problem for women, who often get overlooked, misunderstood, and dismissed. Our piece on this dangerous phenomenon, "What's Wrong With Me?" (page 48), is an important read. Learn to protect yourself, and then please be like the *Prevention* book editors and don't take no for an answer when you know a conversation shouldn't be over. You deserve to be heard. (And I'm always listening: Email me your stories and ideas at letters@prevention.com.)

Sarah



What have you changed your mind about?

Sign Up for Our Next Virtual Walk!

On May 2, join me and your fellow *Prevention* readers around the country in doing a 5K walk (that's 3.1 miles)—wherever you are! It's free to sign up, but we also have great T-shirts and bib numbers (see below!) you can order for \$35. Learn more on page 40 and at prevention.com/virtual-walk.



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PULSE

Protect the Planet—and Your Health

The climate is changing, and it may already be affecting your health. Some changes may have a direct and immediate impact, such as air quality that can worsen respiratory conditions like asthma and allergies and make them harder to manage. But many are a slow crescendo, like warmer temps that can turn water into bacteria hot spots and weather shifts that affect populations of disease-carrying insects like mosquitoes and ticks. What can you do to protect yourself and our planet? Start by walking more and driving less, taking public transportation whenever possible and being mindful of how often you travel by airplane, lowering your energy use, eating less meat, and supporting initiatives that prioritize environmental protection and sustainability.

JOIN THE MOVEMENT!

Take part in Earth Hour, a global initiative in which millions of people participate each year to draw attention to the climate crisis. It's easy: Simply switch off your lights on Saturday, March 28, at 8:30 p.m. and spend a quiet hour in darkness.





Stress and Pregnancy

Pregnant women undergo prenatal screenings to check for conditions like gestational diabetes and preeclampsia, but there's one more ob/gyns should consider adding: a stress assessment. A recent study found that in pregnant women whose babies had congenital heart disease, maternal stress, anxiety, or depression was associated with impaired brain development, specifically in regions associated with memory, learning, motor skills, and social and behavioral development. At least one of those brain regions, the hippocampus, is very sensitive to stress. The findings suggest a need for doctors to screen pregnant patients for mental health issues and steer them toward relaxation techniques like meditation and yoga.



Another Win for Green Tea

Chinese researchers have discovered more evidence that green tea may help you live a longer, healthier life. A large new study in the *European Journal of Preventative Cardiology* found that sipping the brew regularly (three or more times a week) was associated with living longer and having a reduced risk of heart disease or stroke compared with less frequent tea drinking. Researchers suspect that the polyphenols that are abundant in green tea are likely behind the benefits. Try a few of our favorite tea brands: **Republic of Tea**, **Pukka**, and **Tazo**.

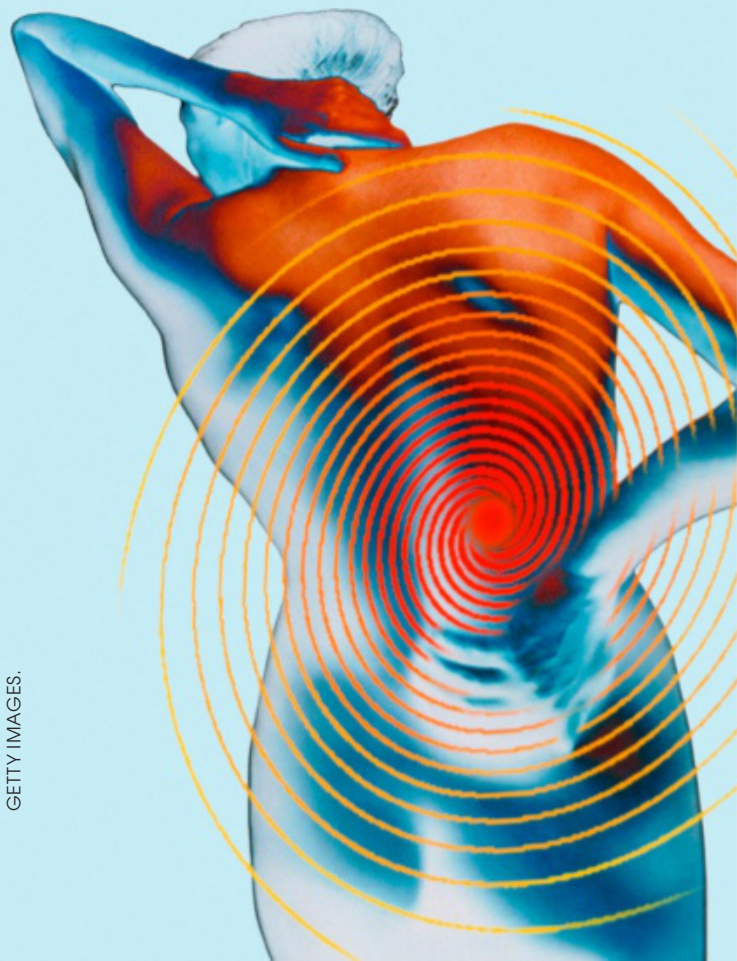


A Creamer Your Body Will Love!

Looking for a plant-based creamer that's good for you and tastes great? Try Mooala's line of dairy-free creamers. They're made from ingredients like oats, almonds, and coconut cream and are free of bad guys like loads of fat, artificial ingredients and preservatives, and added sugar. Even better, they're just 10 calories per serving. Visit mooala.com to find a store near you that has them.

A New Look at Lower Back Pain

If you blame good old aging for your aches and pains, you might not be too far off. Researchers from Johns Hopkins Medicine sought to determine what was behind lower back pain in older people and found that “Swiss cheese bones” may be to blame. The scientists genetically aged mice to be the human equivalent of 70 or 80 years old and found that spinal tissue that was normally soft and cartilaginous became hardened, porous bony structures; they suspect that this could lead to pain because the spaces allow nerves to grow where they normally wouldn’t. Researchers hope the findings and future research could lead to new treatments to target lower back pain in humans (and possibly ways to prevent it).



GETTY IMAGES.



The First Earth Day: We Were There!

Fifty years ago, *Prevention*—a brand already associated with the health of people and the planet—supported Earth Day from the get-go. At the time, many of the messages around the day had to do with pollution rather than climate change, but the editors’ first Earth Day plea still resonates: “Look at each dirty, polluted part of the world and you will see—through the murk—a failure of human thinking. Why should we ever think we can zoom around the country and into every part of every city with 300 horsepower horseless carriages and not spread manure of some sort?...Start thinking about what pollution really means to you. If we are to reverse the tide of pollution, the force for that effort must start in our own minds. Think a little, act a little, then go back and think some more.”

THE SECRET TO EATING WELL

Healthy eating may seem complicated, but the new book *How to Eat: All Your Food and Diet Questions Answered* by Mark Bittman, special advisor on food policy at Columbia's Mailman School of Public Health, and David L. Katz, M.D., breaks it down in a simple, smart way. Here's a peek at some nutrition-related tidbits from the book that we find especially interesting.

➤ How do I know what diet is best?

If we had to use one word to describe a healthy diet, it would be "balance." If a diet is made up of mostly the right stuff—fruits and vegetables, whole grains, lean protein, nuts and seeds, and water—then most else in genuine moderation would be OK. For example, the Mediterranean diet contains some saturated fat, but you can't point to saturated fat as doing harm in this instance because it fits in with an overall balance of

nutrients. "Diet" comes from the Latin for "life-style," so it should be how you eat for life and not a restrictive two-week way to lose weight.

➤ I want to lose weight fast—is that a definite no-no?

Short-term diets will cause you to lose both fat and muscle; if you go off that diet, you'll gain the weight back, and it'll be mostly fat. Weight fluctuations can shift your body composition more and more toward a

higher fat percentage, which makes your body a less metabolically efficient machine. Eating in balance and being consistently active can help you avoid those weight cycles. Don't DIEt—LIVEit.

➤ Why do I crave sweets and salty treats?

It's all about evolutionary biology—what tastes good is associated with survival. We like sugar because breast milk and fruit are sweet. Our affinity for salt goes back to early life forms' origins in the ocean. And that love for fried food? It's because fat is energy-dense (it has more than twice as many calories per gram as protein and carbs



NADINE GREEFF/STOCKSY.



do), and back in a world where food was scarce and getting it took a lot of work, fat was a great energy source.

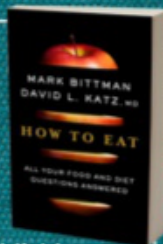
➤ **Are all calories the same?**

They all contain the same amount of energy,

but your body can respond to different foods differently even if they contain the same number of calories. It's a mistake to think that too many calories is the only reason you gain weight—a calorie from black beans is not

the same as a calorie from jelly beans. While calories are relevant to right-sizing your diet, your best bet is to eat a balanced diet of wholesome foods that make you feel satisfied.

Adapted from
How to Eat by
Mark Bittman
and David L.
Katz, M.D.,
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INGREDIENT ID

BRIGHTEN SENSITIVE SKIN

Start looking for niacinamide on labels: A derivative of vitamin B₃, the ingredient has become a skincare star for enhancing radiance and evening tone. "It helps lighten hyperpigmentation by inhibiting the transfer of melanin pigment within the skin," explains Elizabeth K. Hale, M.D., a clinical associate professor of dermatology at NYU Langone Medical Center and a *Prevention* advisory board member. It's also been shown to hydrate, and it won't cause irritation, making it a great choice for those with sensitive or reactive skin. In skincare products, niacinamide is sometimes combined with ingredients that can irritate, like retinol, to minimize side effects.



**TO REDUCE
DARK SPOTS**

PCA Skin Vitamin B₃ Brightening Serum, \$115, pcaskin.com



**TO BOOST
HYDRATION**

Sobel Skin Rx 15% Niacinamide Gel Serum, \$75, sephora.com



**TO FIGHT
DULLNESS**

Olay Tone Perfection Serum, \$29, drugstores



**TO FADE
DARK CIRCLES**

Nia24 Eye Repair Complex, \$71, nia24.com



BEAUTY NEWS

The newest wrinkle fighter: nuts!

Eat almonds, look younger? Maybe. A study of 50 women from the University of California-Davis, funded by the Almond Board, found that consuming two ounces of almonds per day was associated with a reduction of 10% in wrinkle width and 9% in wrinkle severity in high-resolution imaging analysis after 16 weeks versus a nut-free diet with the same number of calories. Researchers hypothesize that the skin-smoothing benefits could be due to the almonds' antioxidants and fatty acids, which may help nourish and protect skin. For the best benefits, aim to incorporate sugar-free almonds into your meals or snacks daily.



47 PERCENT

OF WOMEN FALL ASLEEP WITH THEIR MAKEUP ON,

according to a survey from CeraVe skincare.

Not cleansing skin can lead to clogged pores, breakouts, and dullness, so make washing your face quick and easy (without potentially wasteful wipes!) by using a micellar water cleanser, which doubles as makeup remover and doesn't require rinsing. **PREVENTION PICK:** Garnier Skin-Active Water Rose Micellar Cleansing Water, \$9, drugstores



20-Minute Meal Under \$10

Cauliflower Couscous with Paprika Shrimp

SERVES 4

1

In a food processor, pulse 1 medium head cauliflower (head thinly sliced, stem roughly chopped) until finely chopped (re-pulse any large pieces separately if necessary).

\$1.89**2**

Heat 1 Tbsp olive oil in a large skillet on medium. Add cauliflower, $\frac{1}{2}$ cup dried apricots (roughly chopped), and $\frac{1}{2}$ tsp each salt and pepper. Cook, covered, stirring occasionally, until beginning to soften, 2 to 3 minutes. Transfer to a large bowl; toss with 2 Tbsp fresh lemon juice and 1 Tbsp oil.

\$1.41**3**

Wipe out skillet; heat 1 Tbsp oil on medium. Season 20 large peeled, deveined shrimp with 1 tsp paprika and $\frac{1}{4}$ tsp salt. In batches, cook shrimp until opaque throughout, 1 to 2 minutes per side.

\$5.41**4**

Add $\frac{1}{2}$ seedless cucumber (cut into $\frac{1}{2}$ -in. pieces) and $\frac{1}{4}$ cup fresh mint (chopped) to cauliflower. Toss to combine. Serve with shrimp.

\$1.08

NUTRITION (per serving): 275 cal, 26 g pro, 20 g carb, 3 g fiber, 2 g sugars (0 g added sugars), 10.5 g fat (2 g sat fat), 108 mg chol, 990 mg sodium

TOTAL: \$9.79



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M19-022-02

SUSTAINABLE SEAFOOD

Just in time for Earth Month: Beau Macmillan, the executive chef at Sanctuary on Camelback Mountain in Arizona, shares ways to prepare tasty, environmentally friendly picks.

PACIFIC COD

Make a bold marinade, then grill on high. "You don't have to worry about exact temp, and the longer it cooks, the better—the outside gets flaky and the inside cooks evenly," Macmillan says. Pair with veggies and antioxidant-rich forbidden rice.

SCALLOPS

"Always cook scallops in a cast-iron or French steel pan, which gives them a crusty caramelization,"

says Macmillan. Keep things simple to let their naturally buttery flavor shine through. Sprinkle with salt and pepper, rub with olive oil, and cook on medium-high; don't flip scallops until the bottoms are golden. Deglaze with white wine and lemon juice and toss with parsley.

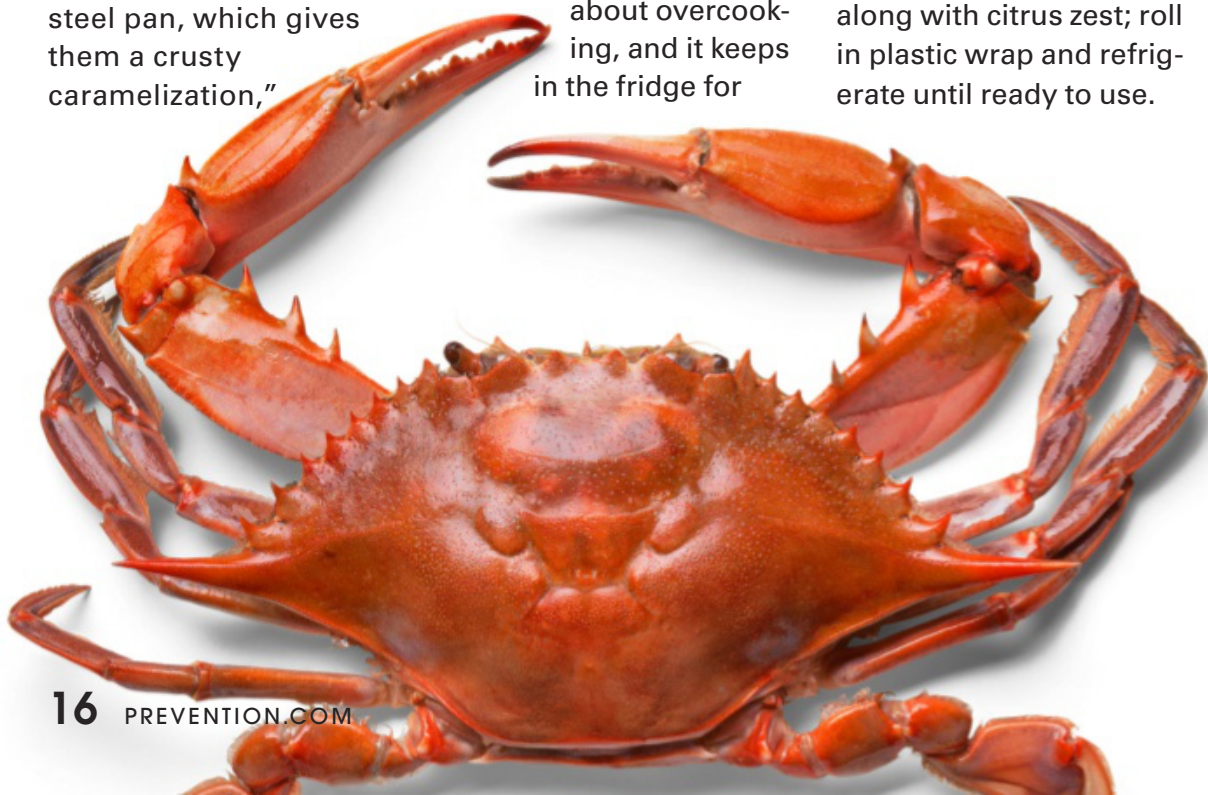
SALMON

"I love to cure salmon—you don't have to worry about overcooking, and it keeps in the fridge for

up to two weeks," says Macmillan. Rub a mixture of salt, sugar, and citrus on skin-on salmon; cover and refrigerate 36 hours. Rinse, pat dry, and use as a salad or toast topping.

CRAB

An easy hack for shell-on crab and preshelled meat is compound butter—just a little imparts big, fresh taste. Mix softened unsalted butter with your favorite spices and herbs along with citrus zest; roll in plastic wrap and refrigerate until ready to use.



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MOVE OF THE MONTH

FORTIFY YOUR SPINE

Behold, the perfect move—Half Lord of the Fishes—to combat your sitting woes! It stretches and strengthens your spine and opens up your shoulders and chest.

- 1** Begin seated, back straight, arms resting on the floor directly behind your hips, with both legs extended in front of you.
- 2** Bend your left knee and cross it over your right leg so your foot is on the outside of your right leg. Bend your right leg in so your foot rests against your butt.
- 3** Inhale as you lift your right arm high above your head, then exhale as you twist your torso; bring your arm down and bend it at the elbow so it rests outside your left thigh.
- 4** Hold for 5 breaths and repeat on the other side.



KAT WIRSING: HAIR BY NATHAN ROSENKRANZ AND MAKEUP BY JENNIFER NAM, BOTH FOR HONEY ARTISTS.
STYLING BY HANNAH DEELY. WARDROBE BY ATHLETA.



“Subjects taking Zuccarin lost on average 20 pounds in only 90 days.”

An Italian study published in 2014 showed that subjects taking Zuccarin lost on average 20 pounds in only 90 days. They lost 10% of their body weight which affected their waistline, as the weight dropped. This was significantly more than the placebo group, on the same calorie-controlled diet. The 800 mg mulberry leaf tablet (Zuccarin) was shown to effectively support weight loss. *, **

Sugar and Your Weight Loss

Most people today struggle with their weight, and it turns out that too much processed sugar is often a reason for that. But with mulberry leaf extract, there is some help to be found.*

HOW WE GAIN FAT

We gain fat by consuming more calories than we need, but the type of calories we consume is important to consider. Simple sugars stimulate the production of insulin. They not only promote the storage of fat, but also tell fat cells not to release fat as fuel.

HOW DO WE LOSE THE FAT

Cutting the intake of simple sugars is important for weight

loss as it helps keep blood sugar and insulin levels normal. But since sugar is in everything, this diet can be hard to follow. Luckily, certain diet supplements can help reduce the amount of carbohydrates your body can breakdown and absorb*. One of them is the Swedish best-selling supplement Zuccarin™. Each tablet of Zuccarin contains natural mulberry leaf extract with the proven active ingredient, 1-DNJ.



“MY WEIGHT STARTED DROPPING STEADILY”

“I have always struggled with my weight but a few years back I finally figured it out. For me it was the sugar. I started taking Zuccarin as part of my sugar reducing diet plan, and my weight started dropping steadily.* I have finally lost all the weight I want. When people ask me what I have done different, I always tell them about Zuccarin. I highly recommend this product.”

- Josephine.T., ON

* Could be a complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program.

*** “White Mulberry Supplementation as Adjuvant Treatment of Obesity”, Journal of Biological Regulators and Homeostatic Agents, Vol 28, no.1, 2014./

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How to Lose Weight With Exercise

Learn which types of workouts can help you jump-start your weight loss with tips from Brian Zehetner, director of health and fitness at Planet Fitness.

PICK UP THE WEIGHTS

"When weight loss occurs, it's usually the result of a loss in fat mass and muscle mass combined. Strength training helps decrease that loss of muscle tissue," says Zehetner. Include cardio, strength training, and stretching in your exercise routine a couple of days a week. Not sure where to start? Search online for moves that target your arms, legs, core, and more.

SWITCH UP YOUR ROUTINE

Exercise is a form of stress, so if you do the same type of exercise on a consistent basis, your body will adapt to that stress. This can be a good thing in terms of building strength, endurance, and flexibility, but it may also eventually cause your weight

loss to plateau, explains Zehetner. Avoid this by finding new weight circuits or treadmill workouts that challenge your body.

TRY HIIT WORKOUTS

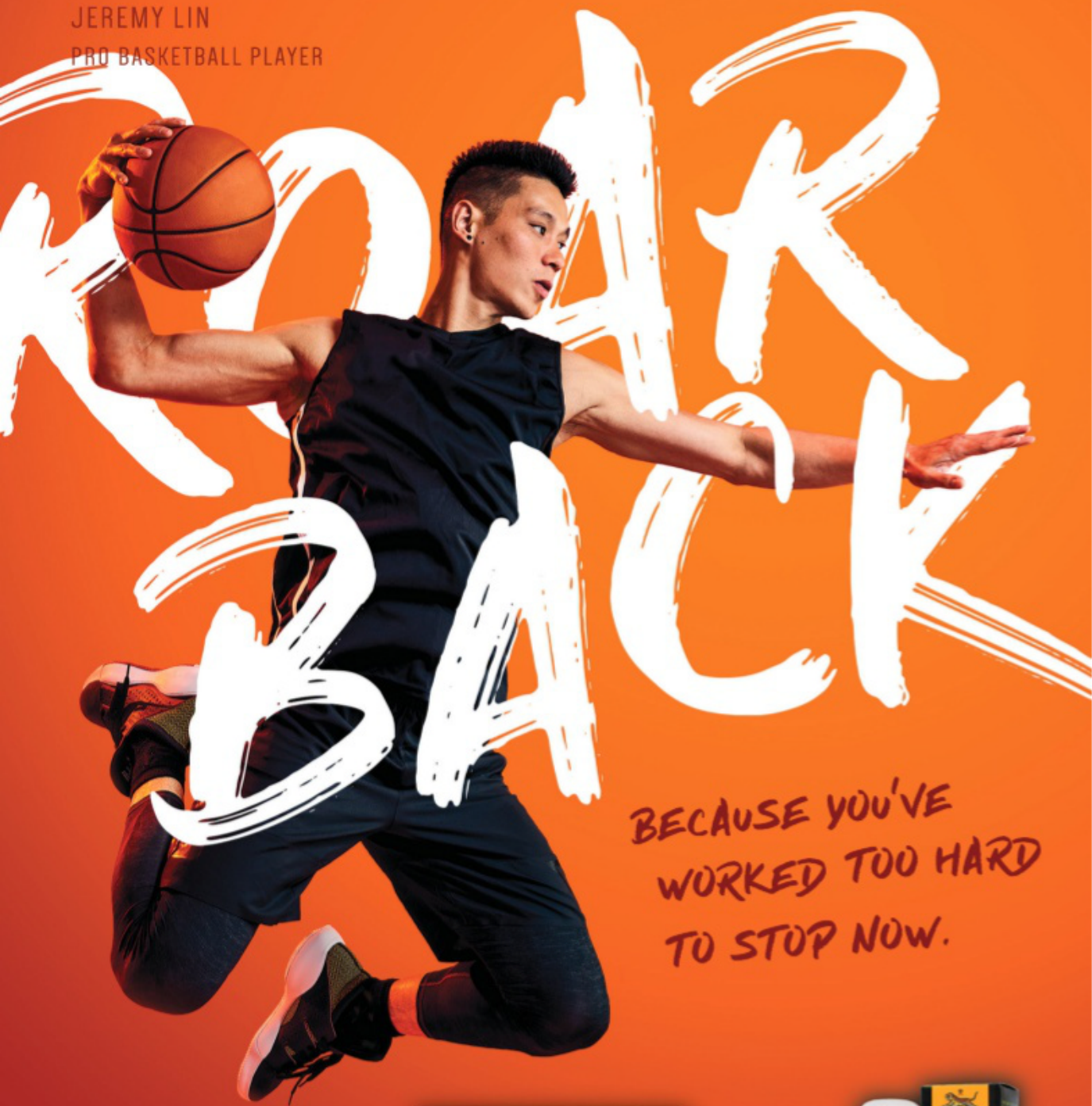
High-intensity interval training workouts have been found to reduce fat more effectively than steady cardio. Translation: You'll burn

more calories and drop more pounds. "The key is to oscillate between periods of activity that are particularly challenging and intervals that are easier and designed for recovery," says Zehetner. You can find HIIT workouts on cardio machines like the treadmill, elliptical trainer, or stair-stepper, or you can search online to find routines that incorporate short bursts of body-weight moves like burpees and mountain climbers as well as walking HIIT workouts.



GETTY IMAGES.

JEREMY LIN
PRO BASKETBALL PLAYER



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TAKE A BREATH

This month's message for greater well-being: Breathe. Following the simple guidance here is one way you can join *Prevention* and the nonprofit Global Wellness Institute in The Wellness Moonshot: A World Free of Preventable Disease. BY RENEE MOOREFIELD

Your physical and mental wellness get a boost from controlled breathing, sometimes known as yogic breath or mindful breathing. It can reduce chronic pain; lessen symptoms associated with anxiety, insomnia, and other concerns; and positively affect your immune system. Plus, it helps regulate emotions, diminish impulsivity, and keep your brain sharp.

Try one (or more!) of these conscious breathing practices:

1 4 x 8 BREATH

Close your eyes or softly gaze at a stationary point. Inhale to the count of 4. Briefly pause at the top, then exhale to the count of 8. Repeat at least four times. Notice the calming effects on your mind, energy, body, and emotions.

2 BREATH OF ALIGNMENT

While closing your eyes or softly gazing at a point in front of you, inhale fully and gently lift the crown of your head toward the sky. Now exhale completely while inviting your hips to sink into your seat. While elongating your spine, allow it to be flexible rather than rigid as you breathe. Repeat this breathing cycle at least four times.

3 HEART-CENTERED BREATH

Close your eyes or rest your gaze on a stationary point. Place one or both hands on the middle of your chest. Allow this touch to reconnect you with your heart—its rhythm and beat, or the qualities of loving kindness, gratitude, and peace. For the next five to 10 minutes, breathe mindfully, keeping your awareness at your heart center and your breaths effortless and even.

**Prevention
+
GLOBAL
WELLNESS
INSTITUTE**

To learn more about The Wellness Moonshot and order your own hanging calendar (that's the April design above), visit globalwellnessinstitute.org/wellness-moonshot.

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*Compared to saline alone. Studies on file with Xlear Inc.

Xlear products are available at these and other natural retailers:





PREVENTION

WELLNESS



Natural Benefits of Eucalyptus

The leaves of these native Australian evergreen trees provide more than a nice aroma. They contain powerful chemicals—such as eucalyptol—that help fight bacteria, viruses, and fungi and may ease headache pain, says Jenn Dazey, N.D., a naturopathic physician and botanical medicine faculty member at Bastyr University in Kenmore, WA. Put eucalyptus to the test with one of her favorite remedies.

BY ARRICCA ELIN SANSONE

OPEN AIRWAYS

Dealing with an upper respiratory infection? In a glass bowl, melt $\frac{1}{4}$ cup **coconut oil** and 5 to 7 **menthol crystals** (available online from herbal suppliers) in the microwave. Add 15 drops of **eucalyptus essential oil** and 5 drops each of **sweet orange essential oil** and **rosemary essential oil**; let cool. Rub liberally on your chest. The scents and the “hot cooling” effect of the menthol help make breathing a bit easier. Store in a lidded container.

KEEP NAILS HEALTHY

The antifungal properties of **eucalyptus essential oil** help combat athlete’s foot and nail fungus. Combine 30 drops of the oil with 2 ounces of **undiluted neem oil** and 30 drops of **tea tree oil**. If a nail has thickened, lightly rub a metal nail file over it so the treatment can penetrate (clean the file with soapy water afterward). Before bedtime, apply 2 teaspoons of the mixture across all toes, then wear cotton socks overnight. Repeat nightly for up to several months, storing excess in a lidded container.

RELIEVE A HEADACHE

As soon as you feel a tension or stress headache coming on, mix 1 drop each of **eucalyptus essential oil** and **peppermint oil** in the palm of your hand. Dab on your temples and behind your ears. Use as needed or once per hour, says Dazey.

Natural Fixes

Tai Chi for Better Balance

BY ASHLEY BREEDING

You may think tai chi is only for the senior set, especially if you've seen groups of retirees in the park with their arms and legs moving artfully and unhurriedly. But the martial art is becoming popular among younger adults too. "We call our students seniors in training, because the more you do it, the more it will prepare you as you age," says **David Goldberg**, leader of the Tri-State Branch of the Taoist Tai Chi Society. "You see people moving slowly. But it's actually not slow at all; there's so much that goes on in the body and mind." Taoist tai chi is a modified, health-focused form; it adheres to the belief that people cannot be steady on their feet without first being balanced internally. Here, Goldberg explains how to achieve both.

What is tai chi?

Tai chi is a Chinese martial art composed of a series of

movements. There are several different styles, and within them are several forms. Some martial arts are only about aggression—you might, say, learn how to hurt a mugger or break a board. Taoist tai chi is also about spirituality, community, and what happens on the inside.

What happens during a tai chi class?

We do several 16- to 18-minute sets of 108 movements, with about a 15-minute break in the middle of a 90-minute class. Sets are broken down into chunks to explore different ways the body works, and during the break we drink tea and internalize everything that's happening. We teach with very little talking—we want you to watch, follow, and fully feel the movement of your body. The constant expansion, contraction, and rotation of the spine exercises all connective tissue and moves fluids



through the lymphatic system to help flush out toxins.

How does tai chi improve balance?

As we get older, we start to stiffen up. When you get up in the morning and hurt, you stop moving. Immobility only causes more immobility. Tai chi helps you keep moving. A Harvard University study found that doing it helped people maintain strength, flexibility, and balance. Some seniors even say that since doing tai chi, they've stopped falling down after they trip. It's also great for those with conditions like Parkinson's and rheumatoid arthritis.

Who can benefit from tai chi?

Anyone can, and everyone is going to

get something different from it—physically, mentally, and spiritually. You can be in any level of physical shape to do it, but it'll change how you walk up and down stairs, get out of a chair, walk down the street. Because you can do it standing up or supported, even people who are in wheelchairs or use walkers can do tai chi and get the same whole-body effect.

Can I try it out at home with an instructional video?

We encourage taking classes so an instructor can make sure you're not harming your body in any way. Once you've been practicing for a while, you can do movements anywhere. To learn more about Taoist tai chi and find classes near you, visit taoisttaichi.org.

Beauty Solutions for Hair Stresses

WITH REPORTING BY DORI PRICE

No matter what's ailing your strands—whether it's thinning, breakage, frizz, or something else—there's hope, in a bottle and beyond. Here, professional hair experts share their science-backed Rx's to deliver both instant and long-term solutions for your top hair concerns.

DRYNESS

Before you next reach for your blowdryer or styling iron, know this: "Heat can cause moisture inside the hair to evaporate and upset its protective lipid balance," says Randy Schueller, cosmetic chemist and cofounder of The Beauty Brains. Hair dye might also be responsible (most formulas contain dehydrating ammonia).

THE SOLUTION If you frequently heat-style your hair or are among the 70% of women

who, per a nationwide poll, dye theirs, replenishing lost moisture is key. In addition to regular conditioner, use a light leave-in conditioner on damp strands after washing to hydrate without weighing them down.

PREVENTION PICK:

Garnier Whole Blends Illuminating Moroccan Argan & Camellia Oils Moisturizing Leave-In Conditioner, \$5, drugstores



DULLNESS

Buildup from styling products and even particles from pollution can stick to strands and linger, explains Sean Santiago, scientific liaison for the L'Oréal Professional Products Division. The grit not only makes hair feel rough, but also can cause it to look lackluster by preventing light from being reflected off it.

THE SOLUTION Just as charcoal in face masks can pull impurities out of pores to reveal clearer, more radiant skin, so too can it help hair gleam. Try cleansing with a charcoal-infused shampoo in place of your regular



formula once or twice weekly to gently lift away residue, revealing shinier strands.

PREVENTION PICK: Pantene Pro-V Silicone-Free Deep Detox & Renew Shampoo, \$7, drugstores

BREAKAGE

Hair damage from heat styling, coloring, or chemical processes like straightening can cause the outer protective layer of hair or bonds inside strands to weaken and wear away, leading strands to split or break off. Tight hairstyles

can strain the hairline, pull out hair strands, and damage the follicles as well.

Hair elastics and accessories can also lead to breakage, especially if you wear your style in the same spot every day.

THE SOLUTION Prevent breakage by air-drying hair when possible, waiting at least three months between colorings and chemical processes, and choosing fabric hair ties. A trim is the only way to get rid of split strands; for an instant but temporary fix, split end-mending cream can seal them and protect them from further damage.

PREVENTION PICKS: Goody Ouchless Ribbon Elastics, \$4, Walmart; Pureology Strength Cure Split End Salve, \$29, pureology.com

TEXTURE TRANSITION

Taking hair from relaxed to its natural texture is a process, and 14% of black women in the poll reported it as a big issue. It forces women to get a major cut or wear two different textures at the same time,



explains Mia Emilio, a senior stylist at Devachan Salon in New York City.

THE SOLUTION If you don't want a shorter cut, hydration is crucial to making the transition. Add a leave-in nourishing cream with ingredients like natural oils to your styling routine to moisturize and soften strands, focusing the product on your chemically treated ends to help blend the textures. "The more moisture in your hair, the faster the curls will become more defined," Emilio says.

PREVENTION PICK: Dove Amplified Textures Twist In Moisture Shaping Butter Cream, \$7, drugstores



JOY WONG/THE LICENSING PROJECT.



THINNING

One quarter of women are anxious about their hair getting sparser, the poll found. Thinning is genetic, but physical and psychological stress can also cause it, says Joshua Zeichner, M.D., a dermatologist in New York City. As for length, hair that's healthy should grow about half an inch per month.

THE SOLUTION Incorporate destressing practices, like taking walks and applying aromatherapy oils, into your routine. For optimal hair growth, try a scalp scrub to remove product buildup, which can weaken hair follicles, suggests Mona Gohara, M.D., an associate clinical professor of dermatology at Yale University. Taking a collagen supplement can also help strengthen hair and promote new growth over time, she says.

PREVENTION PICKS: Nexxus Scalp Inergy Gentle Exfoliating Scalp Scrub, \$15, drugstores; Nutrafol Women, \$88, nutrafol.com



GRAYS

Surprise silver strands or roots that seem to sprout in seconds can be a hassle: A quarter of women polled admitted to worrying about gray hair, which “is the result of genetics,” Dr. Zeichner explains.

THE SOLUTION In the future, prevention of graying might involve the use of antioxidants on the scalp, but for now hair dye and temporary cover-up products

are your best bet. “Touch-up sticks for the hairline and sprays for larger areas help buy you time between colorings and are perfect for hiding unexpected grays,”

says Priscilla Valles, owner of The Salon by Priscilla Valles in Las Vegas.

PREVENTION PICKS: L'Oréal Paris Magic Root Precision Pen, \$11, drugstores; Clairol Root Touch-Up Color Refreshing Spray, \$12, drugstores



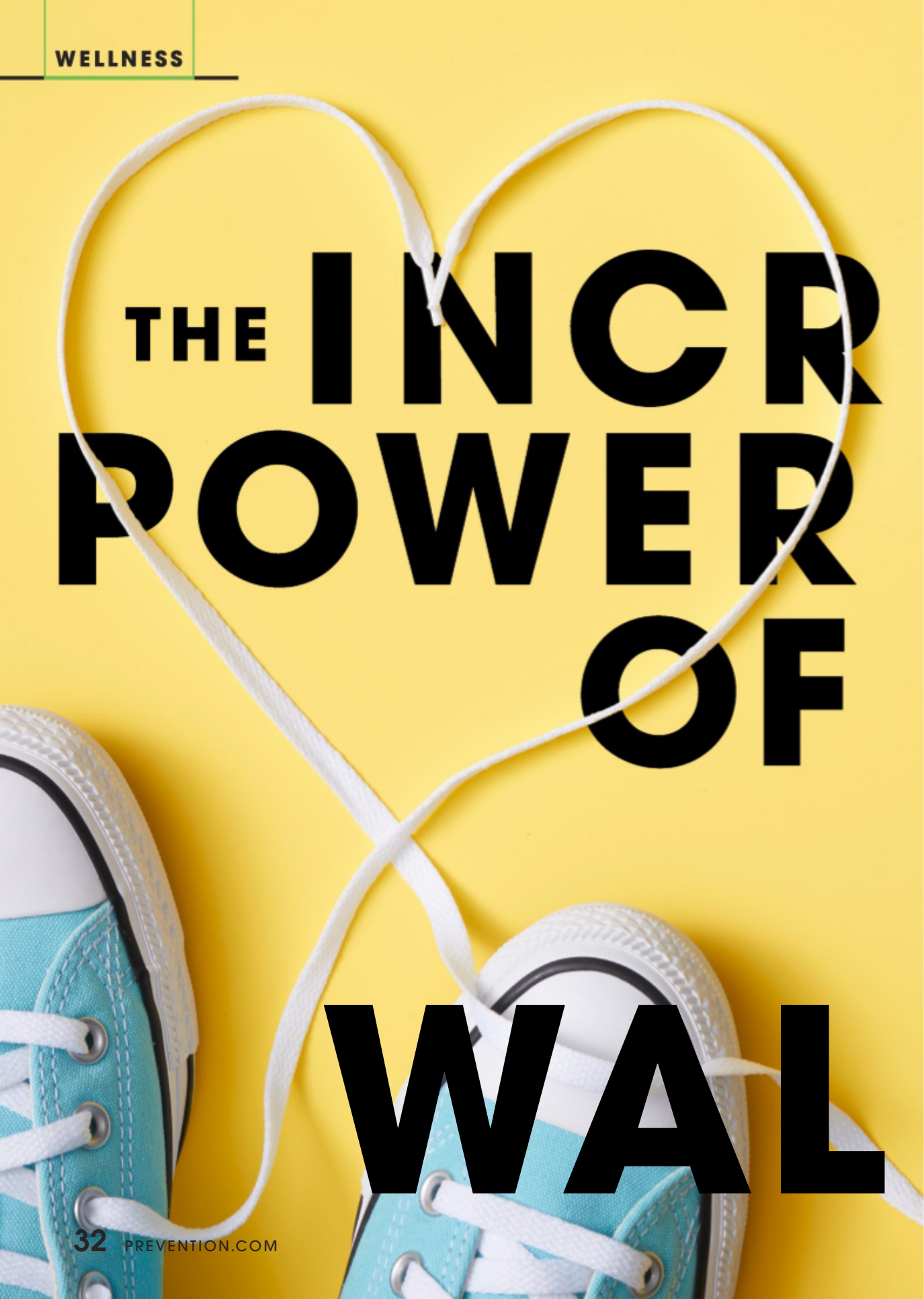
FRIZZ

This was the biggest hair stressor for 25% of women polled, and when you're prone to it (due to natural characteristics such as texture or external factors like chemical treatments), water from the environment is the culprit. It can seep into porous strands and lift the cuticle (outer layer), creating an uneven surface and space between strands of hair.

THE SOLUTION If you can block moisture from the air, you can prevent frizz. An anti-frizz serum with ingredients like silicone forms a protective barrier over each strand, repelling humidity. Apply it to damp, towel-dried hair immediately after stepping out of the shower, before moisture from the air hits and fuzz starts to form.

PREVENTION PICK: John Frieda Frizz Ease Extra Strength Hair Serum, \$10, drugstores





THE INCREDIBLE POWER OF

WALK

EDIBLE

Walking is good for the body and the soul. How do we know? Well, there are the piles of research studies that reveal its health benefits: weight management, a tougher skeleton, a stronger heart, a sturdier brain. But we also heard from more than 1,500 readers who answered our call to tell us why they walk—from staying fit to healing a broken heart, the reasons are both simple and moving. Let their stories inspire you, then follow our practical tips for your own walks.

BY ALYSSA JUNG

PHOTOGRAPHS BY STUART TYSON

KING



I WALK TO BATTLE DEPRESSION

—Kylie Westbrook, Bellingham, WA

"Last year, I had a pretty bad injury and had to spend a lot of time resting in my college dorm room while all my friends went out and had a good time. I noticed that my mood drastically changed—and even when I got better, I was still depressed and didn't leave my dorm once I was able to.

One day a friend made me go hiking with her; my spirits were rejuvenated.

Now I get up before dawn every morning and walk without my phone; I can be with my own thoughts and appreciate what's around me. I'm able to mentally prepare for the day (while getting a little exercise in too!), and I've noticed such an increase in my mood. Walking has so many benefits—why *wouldn't* I walk?!"

"I walk because I relish the joy of watching the sun over the horizon, the smell of the air after a cleansing rain, and that taking deep breaths connects my body and my environment, one step at a time."

—Terri Lavelle,
Brooklyn, NY

3,500

You've heard that **10,000 steps a day** is the magic number, but even logging just **3,500 daily steps** can lower your risk of diabetes by **29%**.

I'VE REDISCOVERED THE BEAUTY OF LIFE

—*Laurie Emerson, Biloxi, MS*

"I never used to be much of a walker, so I'll be the first to admit that when my doctor told me to walk each day, I was less than thrilled. On that first walk, I decided to take my 8- and 10-year-old grandchildren with me. As we walked, they pointed out different things they thought were beautiful, like flowers and trees.

Now our walks are the first thing I look forward to each day, and we always walk a different path.

I love our special time together, and I've begun to see the world through their eyes—it's made me realize how much of this world's little beauties I've been missing."

"My son passed away three years ago, and I felt lost. Now I get out of bed, walk, remember, smile, and live."

—*Rhonda Nichols, Seattle*

Meditation doesn't have to be done in the solitude of your bedroom. Laurie and her grandkids' routine of taking in the world around them, a.k.a. being mindful, is a main component of it. Try this 10-minute walking meditation from the experts at [mindful.org](https://www.mindful.org).



As you begin your walk, hold your arms

in a comfortable position. Pay attention to the rise and fall of your feet; notice how your legs stride. If your attention wanders, shift it back to your bodily sensations—this first step is all about you.



After a few minutes, turn your attention to the sounds around you.

Do you hear birds chirping? A lawnmower whirring? Take in every sound, both pleasant and unpleasant.



Now shift your awareness to smell. Perhaps

you get a whiff of earthy mulch or the gentle scent of fresh-cut grass. Breathe it all in.



Move on to vision. Take in the colors, objects, and scenery around you. Maybe you notice your neighbor's new flower bed or you realize the trees are finally in bloom.



In the last few minutes, bring your awareness back from your surroundings to your body.

SCIENCE-BACKED REASONS TO WALK

Michelle and Betty are on to something with their commitment to walking at every stage of life—here's the research that proves them right:

1 WALKING IS AN ENERGY BOOSTER. One study found that adults who walked for 30 minutes five times a week had more energy to get through the day, felt healthier, and were more confident than people who walked less frequently.

2 IT CURBS SUGAR CRAVINGS. If you have a sweet tooth, lace up your sneakers. Research suggests that walking can curb cravings for sugary snacks, likely due to the endorphins (feel-good chemicals) physical activity releases.

3 YOU'LL SLEEP BETTER. One study found that people who took a.m. walks fell asleep faster and slept more soundly.

4 IT CAN KEEP YOU FROM GETTING A COLD. Among 1,002 study participants, just 20 minutes (or more) of aerobic exercise at least five days a week resulted in 43% fewer days spent sick than for those who exercised only once a week or less. And the walkers who did get ill were sick for less time and had milder symptoms.

30-60 MINUTES

Walking this long most days of the week drastically **lowers your risk of heart disease.**

I'M WALKING INTO MY GOLDEN YEARS

—Michelle R., Burbank, CA

"My good friend Betty is 87 years young. Why do I say that? Because while others her age are shuffling about in walkers or using scooters, Betty is booking it across the streets, trails, and beaches of sunny San Diego. I'm only 49, but her fast gait is my inspiration. I once asked her how she was still so agile at an age when many people weren't. She said

the secret to staying spry is to always remain active, even when your body wants to slow down.

That stuck with me, so now I walk to ensure that I too will thrive in my golden years, as fully and joyfully as Betty does."

"I love walking in the woods and looking at the trees. It makes me feel so calm. Another good thing about walking is that you don't have to buy any equipment—just a good pair of walking shoes."

—Ellen Habart,
West Newton, MA

EVERY WALK IS A GIFT

—Peggy Wolff, Elverson, PA

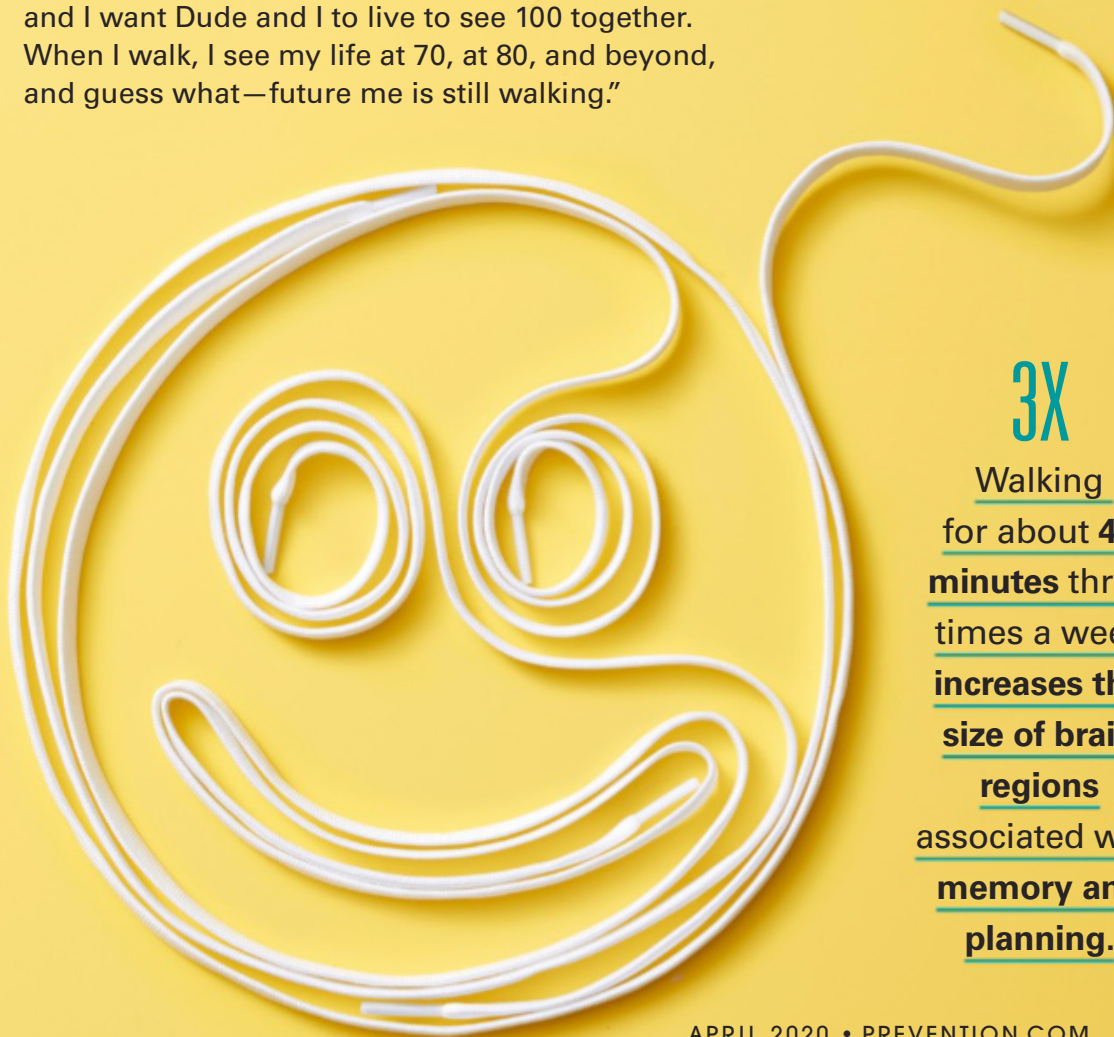
"Eight years ago, I unexpectedly went into renal failure, and it turned my world upside down. After two years on dialysis, I was lucky enough to receive a kidney transplant from a 20-year-old man. I'm so grateful to his family for their kindness that gave me this lifesaving gift, so I affectionately call my kidney 'Dude.' And each day, I walk for Dude.

**I walk for me because
I am grateful to be alive.**

I walk to deal with the challenges the rejection medications can cause, and I walk to live. I am 67, and I want Dude and I to live to see 100 together. When I walk, I see my life at 70, at 80, and beyond, and guess what—future me is still walking."

"I love night walks. That is the time I walk with my husband, and we watch the beautiful sunset, take in the night sky, and feel thankful for all the day had to offer."

—Laura Osika, Western Springs, IL



3X

Walking
for about **40 minutes** three times a week **increases the size of brain regions** associated with **memory and planning.**

WALKING GAVE ME MY LIFE BACK

—Lori Tumulty, Tacoma, WA

"I was a 30-year meth addict. I've been clean for a decade, but seven years ago I had a stroke, developed many health problems, and gained 150 pounds. I changed my diet and started walking on a treadmill for just 20 minutes each day. Then I moved my walks outside. I've dropped 100 pounds and counting. Walking helps ease my depression and steady my moods and does wonders for my physical health and

self-confidence. It helps me stay clean, because I don't ever want to return to my previous life. Walking also gave me my fairy-tale ending: I'm 61, and I have the love of my life back after losing him 25 years ago. I truly believe that if I hadn't chosen to walk that first day, I would not still be here. I am still determined to **make my life better every day, by walking every day."**

"When my active, always-healthy husband was diagnosed with Parkinson's disease, the number one exercise suggestion was walking. We walk every night after dinner, and each stroll gives us a feeling of accomplishment and a renewed sense of hope."

—Julie S., Mount Pleasant, SC

"I walk to inspire others to put their health first and to prevent the generational cycles of hypertension and diabetes in the women of my family."

—Ashley Andre, Davenport, IA

2 HOURS

Walking for this long throughout the week can **reduce your risk of stroke** by **30%.**

I WALK 'CAUSE I CAN

—*Melissa Oakley, Smyrna, TN*

"I'm lucky I can walk. Decades of obesity destroyed cartilage in both my knees, and carrying around that extra weight can make moving pretty hard. But instead of giving up, I lost 100 pounds—now I walk to maintain that weight loss, and I walk because it helps keep my remaining knee cartilage healthy and strong.

I love walking so much

(nothing beats the feeling of breaking in a new pair of sneakers!) that I dubbed 2019 the year of the 5K. I signed up for one 5K each month, and if I couldn't find a local one, I signed up for a virtual one. I crossed the finish line of all 12 races, and my family even started joining me. Fit time has become family time, and there's nothing better than that!"

**WANT TO DO
A VIRTUAL WALK
LIKE MELISSA?**

**Flip the page
to sign up for our
Virtual Walk
on May 2!**

Pump Up Your Walk!

Start wherever you are, like Lori and Melissa did. When you're ready, these easy tips from Brian Zehetner, director of health and fitness at Planet Fitness, can help you torch calories and tone up.

TRY A TEMPO WALK

"Do a light warm-up, then walk at a pace that is comfortably hard (conversation should be difficult) for about 20 minutes or as long as you can. Drop back to an easy pace for a cooldown," he says.

POP IN YOUR HEADPHONES

Whether you prefer music, podcasts, or audiobooks, all can help you walk longer. "Distractions like music can help you forget about the stress your body is under, and quite a bit of research shows that it can improve your performance during exercise," says Zehetner.

MAKE THE MOST OF YOUR ROUTE

Plan out a walk that includes "tools" like hills, lampposts, fire hydrants, and even traffic lights. Walking uphill will spike your heart rate and push your muscles harder, and you can use these regularly occurring features to do intervals (warm up, then alternate between speed walking and a slower pace each time you pass one).

UPDATE YOUR TREADMILL ROUTINE

If you can't walk outside, hopping on the treadmill is a good alternative that doesn't have to be soul-crushingly boring. Try incline intervals, in which you do a few minutes at an easy pace, then jack up the speed and incline for a few minutes before dropping back to an easy pace, repeating as long as you'd like. Or try an interactive walking experience—many treadmills offer them on built-in screens.

READY TO GET WALKING?

If the incredible women on the previous pages have you wanting to lace up your shoes to change your life, sign up for the *Prevention* Virtual Walk on May 2! Here's everything you need to know to take part.

Committing to a 5K is a powerful way to get healthy. "We're more likely to reach our goals if we get specific," says trainer Amy Schemper, founder of Body by Amy and host of the *Prevention* DVD *10-Minute Pilates*. She created an exclusive six-week walking program for the Virtual Walk. "I love the training phase," she says. "It feels purposeful and less overwhelming with a plan."

HOW IT WORKS:

The *Prevention* Virtual Walk is a 5K you do wherever you are on May 2. Last October, we had more than 2,500 people commit to taking part, in every single state (and beyond: hello, South African walkers!). You can do the walk wherever you'd like, outdoors or on a treadmill, by yourself or with whom-ever you please. Dogs are welcome! It's free to sign up, but for \$35, you'll get a T-shirt, a bib number, and an "I Did the *Prevention* Virtual Walk" sign. (Every

registrant will get emailed the sign—you can print it out too.)

WHY WALK WITH US:

Jennifer Walsh, founder of Walk With Walsh and a Virtual Walk ambassador, suggests using the Virtual Walk as an opportunity to invite a friend or neighbor to join you—and asking him or her to invite folks you may not know. "It's a great, healthy way to explore and get to know one another better," she says. Even if you do the Virtual Walk by yourself,

though, you won't be alone: There will be thousands like you walking too.

HOW TO GET READY:

By signing up, you get access to our exclusive Virtual Walk newsletter, which is how you'll access Schemper's training plan. "It'll include walking days, low-impact strength training days, and some flexibility/mobility work," she says. "I will give you the structure, with options depending on your personal fitness level. The goal will be to get moving and feel good!" We'll also share other tips from Schemper and fellow walkers on staying healthy, losing weight, and making the most of every step.



Tell Us Why You Walk!

All the women featured in this article were winners of last fall's Prevention/Fitbit Virtual Walk contest, and now you can enter for a chance to win too! Just tell us, in 250 words or less, why you walk. This spring's prize is a Fitbit Versa 2 SE (a \$229.95 value). It comes with three free months of Fitbit Premium, which offers guidance and coaching based on your data. Find out more and enter at prevention.com/walk-contest.

ON MAY 2:

Get out there and walk! Fill out your "I Did the *Prevention* Virtual Walk" sign with something personal to you: where you walked, your time, whom you walked with, how you feel, or anything else you're inspired to share! Post those pics on Instagram

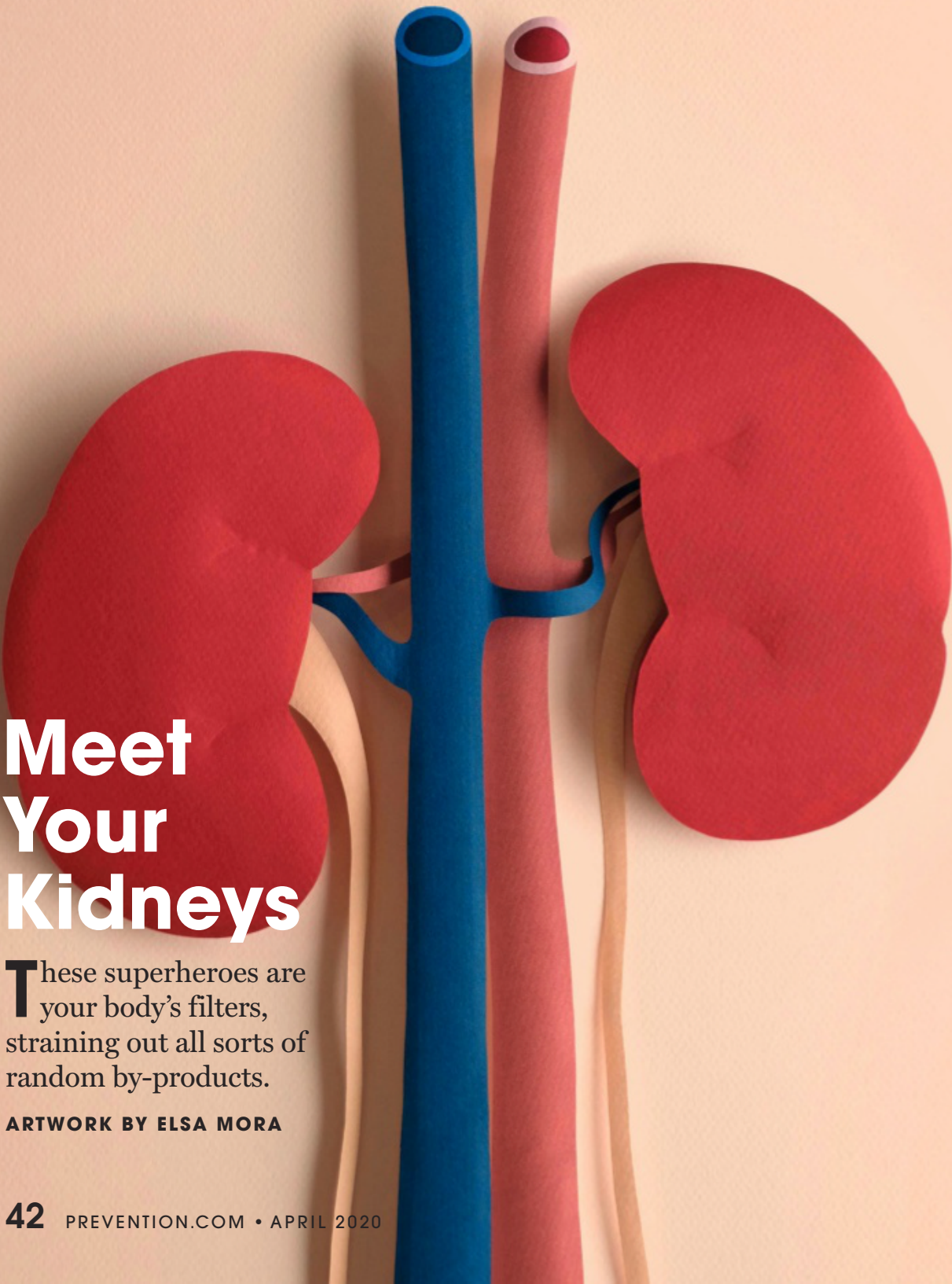
(tag @preventionmag and use #virtualwalk), or email them to us at virtualwalk@hearst.com. Plus, if you email us that you completed the event and share your time, we'll include you on our official finishers list!

PREVENTION/FITBIT VIRTUAL WALK CONTEST (above)

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Magazine Media, Inc. Beginning February 11, 2020, at 12:01 a.m. (ET) through May 2, 2020, at 11:59 p.m. (ET) (the "Entry Period"), go to prevention.com/walk-contest on a computer or wireless device, fill out the entry form, and submit an essay of 250 words or less describing why you walk. Ten (10) winners will get a Fitbit Versa 2 SE; approximate retail value \$229.95 each. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at prevention.com/walk-contest.

PREVENTION

HEALTH



Meet Your Kidneys

These superheroes are your body's filters, straining out all sorts of random by-products.

ARTWORK BY ELSA MORA

1 What They Do

As blood passes through these bean-shaped organs, which sit toward the back of your abdomen, it is scrubbed of cellular waste products. Your kidneys handle about half a cup of blood per minute! They also put out hormones that control red blood cell production, vitamin D, and blood pressure. When they are unable to filter your blood (which can happen as you age or if you have an infection or other kidney damage) or fail to properly produce hormones, blood pressure can soar. The pair also ensure that

you have the right balance of water, salts, and minerals (electrolytes) in your blood, says Michal Melamed, M.D., an associate professor of medicine and epidemiology and population health at Albert Einstein College of Medicine. Because electrolytes help maintain muscle and nerve function, lots can go wrong if your kidneys slack off: Too little of the mineral potassium can cause cramping, twitching, or muscle weakness, while too much sodium may lead to foot and ankle swelling.

2 Why Just One Is OK

We usually have two kidneys, but it's not essential to have both. In fact, about one in 1,000 people is born with only one kidney and leads a long, healthy life. Also, many people opt to give a kidney to someone in need. In that case, the newly solo kidney will develop bigger filters to take on the larger load. But folks who have one kidney are at a higher risk of hypertension and kidney disease later in life, so it's especially important for them to have regular checkups.

3 Keep 'Em Happy

Every year after your 30th birthday, your kidneys lose a little bit of their filtering power. "By itself, that almost never causes problems," says Donna Hanes, M.D., a clinical associate professor at the University of Maryland School of Medicine. But high blood pressure, obesity, and diabetes can cause serious kidney issues. Smart kidney moves:

- Keep your BP in a healthy range through exercise and a nutritious diet.
- Drink plenty of water to help flush out excess minerals that can ball up and create kidney stones. (They're not just a guy problem—about one in 10 women under 70 will develop them.)
- Don't smoke or drink a lot of alcohol. Smoking can slow blood flow, while alcohol dehydrates the body.
- Avoid long-term use of painkillers. After 10 days, aspirin and ibuprofen can limit blood flow to the kidneys and cause harm.
- Treat a urinary tract infection (UTI) right away. It could make its way up to the kidneys, creating scarring, and raise your risk for kidney disease.

The Doctor Is In Can You Trust That Product?

BY LAUREN STREICHER, M.D.

You grab a health product off the shelf—maybe it promises to leakproof your bladder or erase your wrinkles. And look, there's an FDA logo right on the product's package! So you feel hopeful that it might actually work.

Surprise: Many products with an FDA logo haven't gone through any kind of testing process to make sure their claims are legitimate. When you look more closely at that reassuring blue FDA logo, there's a good chance you'll see that it says **FDA listed** or **FDA registered** rather than **FDA cleared** or **FDA approved**. So what's the difference?



Dr. Streicher is a clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine.

FDA APPROVED:
The Toughest Category
Prescription drugs and medical devices for specific medical conditions have to go

through an arduous approval process (showing that they work and that their benefits outweigh their risks) before getting to market. The average time it takes for a drug to hit the pharmacy is 12 years, and hundreds of millions of dollars are spent on research, development, and trials. Note that the FDA does not actually test these drugs; it simply reviews the testing processes.

FDA CLEARED: **A Step Down**

Three classes of devices require FDA clearance, from no-risk products needing no premarket review (such as dental floss) to devices for medical use (like heart valves) that are potentially high-risk and seek full FDA approval. Keep in mind that some devices are eligible for FDA clearance if they're similar to one that the FDA already deemed safe and more effective than a placebo, even if that happened years before. So an FDA-cleared product is likely safe, but it won't necessarily work for everyone.

ILLUSTRATION BY KATHRYN RATHKE.



For FDA-registered products, the company determines what language is used on the packaging and what a device claims to do. Since scientific studies are very expensive and aren't required at this point in the process, they're not performed, since it's not in a company's best interest to do so (why spend millions on a study that might prove that a product *doesn't*, say, eliminate wrinkles?).

Thousands of products pop up online and bombard desperate people with sketchy promises. For example, in 2019 the FDA sent warning letters to 17 companies illegally

selling products that claimed to prevent or cure Alzheimer's disease. The FDA stated, "These products may be ineffective, unsafe and could prevent a person from seeking an appropriate diagnosis and treatment."

If you're confused about all these categories, you're not alone. It doesn't help that a product's packaging might state that it's FDA approved when it's actually FDA listed—so some healthy skepticism is appropriate. When in doubt, visit the FDA's website ([fda.gov](https://www.fda.gov)) for more information.

FDA REGISTERED OR FDA LISTED: A Squishy Designation

This category is the most troublesome. Devices and drugs that make claims related to wellness and fitness rather than treatment of a specific medical condition don't need to go through premarket evaluation. For example, a device that claims to tighten the pelvic floor but markets itself as treating incontinence (a medical condition) would need to be FDA cleared. A similar device that claims to "enhance intimacy" needs only to be registered.

Problem Solved

Canker Sores

BY RICHARD LALIBERTE

10 to 14

The number of days it typically takes a canker sore to heal.

Few minor health issues are as pesky as a canker sore, that open wound (a small white ulcer ringed by a red halo) that stings and aches when you eat, drink, or just swallow. “The cause of a canker sore can be different for each person,” says Sarah Glass, D.D.S., an assistant professor at Virginia Commonwealth University School of Dentistry. Forming on the tongue or inside the lip or cheek, they’re more common in women than in men. They can result from an inadvertent bite or another oral trauma, but stress, hormonal fluctuations, allergies, and nutrient deficiencies can also bring them on. Though canker sores seem similar to cold sores, the two are completely different; cold sores are caused by a virus and are contagious, while canker sores can’t be spread. If an ulcer sticks around longer than two weeks, see a doctor: It may have become infected

or be a symptom of a more serious condition such as celiac disease, Crohn’s disease, or oral cancer. Here’s how to keep canker sores at bay and what to do if one does develop.

PREVENT IT

MIND YOUR DIET

Not getting enough B vitamins, zinc, and iron may make you more susceptible to canker sores. Eat plenty of produce and whole grains, and load up on B₁₂-rich fish like salmon, rainbow trout, and tuna. Limit spicy and acidic foods, which may trigger sores. “Keep track of when sores occur and note foods that coincide with them to eliminate triggers specific to you,” says Leena Palomo, D.D.S., an associate professor at Case Western Reserve University School of Dental Medicine.

FIND YOUR ZEN

Stress is thought to boost the activity of leukocytes, immune cells linked to inflammation throughout the body, including in the mouth, that can trigger a canker sore. Decompress regularly with a favorite chill drill

like meditation, a hot bath, yoga, or exercise. “Even just getting a good night’s sleep can help,” Palomo says.

BRUSH GENTLY

A slip of the hand while forcefully brushing your teeth can mean your cheek or lip gets jabbed with the hard part of the brush—a common way the stage gets set for a canker sore. “Brush with small circular motions, and avoid aggressively brushing back and forth,” Glass says.

TREAT IT

RINSE AND REPEAT

Swish with a solution of 1 tsp baking soda and ½ cup warm water to relieve pain and speed healing. Consider an over-the-counter rinse containing hydrogen peroxide to keep the ulcer clean, and drink water throughout the day to promote production of saliva, which thwarts viruses and bacteria.

NUMB IT

OTC or prescription topical anesthetics with lidocaine or benzocaine can numb



the sore to relieve pain. A doctor can tell you, based on your sore’s location, whether a rinse, gel, or paste is best.

CALL THE DOC

For severe or chronic canker sores, a doctor can prescribe corticosteroids to help dampen inflammation that causes them to flare. If a bad sore doesn’t improve, ask about cauterization, in which a doctor or dentist burns the ulcer with a laser or a chemical agent. Studies suggest that cauterizing can quickly relieve pain, but it needs to be done in-office by a physician to protect the surrounding tissue.



GETTY IMAGES.

What's Wrong

EVEN THOUGH NICOLE LAWSON, a 53-year-old nurse in Los Angeles, spent most of her 20s and 30s with bouts of severe chest pain, her doctors told her it was stress, acid reflux, or—wait for it—all in her head. Finally, one cardiologist specializing in women's heart health did a cardiovascular ultrasound, which showed that Nicole had coronary microvascular disease, a condition much more common in women than in men that involves blockages in the smaller arteries around the heart. It had gone undetected in the standard testing done on her by more than a dozen cardiologists.

Unfortunately, Nicole is not alone. When it comes to heart disease, recent studies show that women have a 50% higher chance than men of receiving

There's an epidemic of misdiagnosis in women. Find out why so many struggle to get accurate and timely answers from health care practitioners—plus, smart advice on how to be your own health advocate.

with ME?



BY MEGHAN RABBITT

the wrong initial diagnosis after a heart attack and are 25% more likely to be misdiagnosed after a stroke. That's not all: One new study from the University of Copenhagen found that women are diagnosed an average of four years later than men when it comes to more than 700 diseases, and two and a half years later in the case of cancer. For women of color, the disparities in care are even greater—despite the fact that black women are often at higher risk of developing things like stroke and Alzheimer's disease. What gives?

Consider the fact that until very recently, medical research was done exclusively on white men, though the results were applied to both men and women of all ethnicities, says Mark L. Graber, M.D., the founder and chief medical officer of the Society to Improve Diagnosis in Medicine. Take the drug zolpidem, the active ingredient in the sleep aid Ambien. It was on the market for more than 20 years before researchers realized that men metabolized the drug faster, which meant the dose needed to be cut by half for women. “A lot of what we know is still based on studies of men,” he says. “And while we now understand that men and women may have different symptoms and responses to medications, clinicians aren't taught these differences.”

While this is changing, biases play a role too, says Marjorie Jenkins, M.D.,

the founder and chief scientific officer of the Laura W. Bush Institute for Women's Health at Texas Tech University Health Sciences Center. “Take a minute to Google ‘heart disease patients’ and look at the images that pop up,” says Dr. Jenkins. “You'll see mostly pictures of men. Then Google ‘depression,’ and you'll notice it's all women. It may not seem like a big deal, but the results of this little test are insidious—and reflect and promote an implicit gender bias in all of us, including doctors.”

To top it off, women tend to have a different style of talking about medical symptoms than men do, says Dr. Jenkins, and it doesn't mesh well with the amount of time the average doctor gets to spend with patients. While men often give docs a succinct list of symptoms, women are more likely to build a narrative around how they're feeling. As you're explaining that

you threw your back out while cleaning the bathroom because your in-laws were visiting and your husband wasn't helping because he was watching baseball, the average doctor is usually rushed and has only about seven minutes with you. “When a woman tells a story and her provider interrupts, that makes her feel undervalued and disrespected,” says Dr. Jenkins, “which may discourage her from sharing as much with health care providers—including details that might be vital to a diagnosis.” (Lesson for women: It's smart to get to the point!)

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SO WHAT CAN WE DO ABOUT THIS?

Understanding that the problem exists in the first place is a good start, says Dr. Graber, and can inspire you to be proactive when interacting with your clinical team. If you think you're getting the brush-off or that your doctor isn't taking your concerns seriously, ask your provider a simple question: "What else could this be?" Dr. Graber says, "This is the universal antidote for diagnostic errors. Ideally, it will shake your doctor out of his intuitive mode of thinking and prompt him to really consider other options."

Dr. Jenkins agrees, suggesting that you ask even more questions if you feel your doctor may be missing something. "It's OK to ask things like 'Is this the best drug for me?' and 'Is there enough data to show it'll work as well in women as it does in men?'" she says. To help you advocate for yourself, we talked to doctors and researchers about the conditions that are most likely to be misdiagnosed in women.

HEART DISEASE

Part of the reason women like Nicole are misdiagnosed is that females don't have textbook heart disease and heart attack symptoms as often as men do, says Rekha Mankad, M.D., a cardiologist and the director of Mayo Clinic's Women's Heart Clinic. "While chest pain is still a primary symptom, we usually see other, vaguer symptoms—like generalized



fatigue, nausea, and back, neck, and jaw pain." Add to this the fact that the standard testing physicians still use to detect heart disease was devised for, and tested on, men's hearts, so it isn't as good at discerning heart disease in women, who have smaller blood vessels around the heart.

If you do experience chest pain or other symptoms mentioned above, see your doctor or go to an emergency room. You'll get an electrocardiogram (EKG), the gold-standard diagnostic test for heart attack, very early in the evaluation. Even if you don't have chest pain, ask for an EKG and blood tests to look for a heart attack, particularly if you have risk factors for heart disease, says Dr. Mankad. "If something's not right

and the medical workup isn't fitting what you're feeling, it's OK to ask for more."

PROTECT YOURSELF

HEART DISEASE

Ask yourself if you have any of these risk factors:

- A family history of heart issues
- High blood pressure, diabetes, or high cholesterol
- An autoimmune disease like lupus or rheumatoid arthritis
- A history of gestational diabetes, pre-eclampsia, or eclampsia when you were pregnant

All these up your chances of both heart disease and stroke, so you'll want to get a baseline heart-health checkup if you have any.

AUTOIMMUNE DISEASES

It takes an average of five doctors and nearly four years to get an accurate autoimmune diagnosis, and women make up a whopping 75% of autoimmune disease sufferers, according to the American Autoimmune Related Diseases Association. The tricky part is that things like fatigue, mood changes, and pain are symptoms of countless conditions—including autoimmune ones—and often prompt a wait-and-see approach, says DeLisa Fairweather, Ph.D., the director of translational research at the Mayo Clinic in Jacksonville, FL.

Even if your doc orders a blood test to see if you have high levels of antibodies (which would signal that your immune system was attacking healthy cells), it can take years for those antibodies to show up in big enough numbers to be detected. "In many cases, autoimmune diseases simmer along and it takes a certain level of damage to show up on our current testing," says Fairweather. Women may also get brushed off for "exaggerating" their pain, she adds.

Because so many parts of the body can be affected by an autoimmune condition, you might see a psychologist and two or more medical doctors. In an ideal world, all your providers will talk to one another about your case. To make this easier, try to choose a medical center where physicians who specialize in complex cases work with one another to figure out what's going on with patients, says Fairweather. "With autoimmune conditions, if you focus on just one thing, you'll never get a breakthrough."

PROTECT YOURSELF

AUTOIMMUNE DISEASES

If you're experiencing symptoms, ask for a blood test that looks for antibodies for the most common autoimmune diseases—and make sure your doctor is open to continual testing. Antibodies can indicate several diseases. "Ideally, your doctor will take blood every year to look at trends and narrow down the possibilities," says Fairweather.

ENDOMETRIOSIS AND POLYCYSTIC OVARY SYNDROME

For years, Melissa Randazzo had extremely painful periods. “Every month, the pain was so crippling,

I’d miss work for days at a time,” says the 32-year-old social worker in New York City. “My gynecologist would tell me, ‘There’s nothing wrong; it’s just part of being a woman.’” It took seeing two other doctors for Melissa to be diagnosed with endometriosis, a condition in which the tissue that normally lines the inside of the uterus grows outside of it.

Leah Millheiser, M.D., director of the female sexual medicine program at Stanford University School of Medicine, says she often sees women like Melissa who’ve gotten diagnoses that range from IBS to depression. “When a woman has pelvic pain, there can be causes that are

not gynecologic,” says Dr. Millheiser. “And the test for endometriosis requires surgery, which we try to avoid unless we think it’s absolutely necessary.”

Polycystic ovary syndrome (PCOS) is another condition that often goes undetected, usually because the diagnostic signs—physical symptoms (such as acne and hair on the face and body), blood-work evidence of elevated androgen hormones, irregular or absent periods, or ovaries that look abnormal on an ultrasound—aren’t always assessed at first. “Generally you have to have two of these criteria, but many patients have normal labs and don’t have a typical



PCOS appearance, and that's when the diagnosis is missed," says Dr. Millheiser.

First, your doctor will likely rule out thyroid disease and depression, which can present with similar symptoms. Also, if your pelvic pain gets worse just before your period starts and you're feeling irritable or experiencing symptoms such as hair thinning or hair loss, hot flashes, or night sweats, these could be signs of perimenopause—which can begin up to 10 years before your period stops.

If your doctor prescribes a treatment for your symptoms and it doesn't work, it's worth reevaluating the diagnosis, says Margaret E. Long, M.D., an assistant professor of obstetrics and gynecology at Mayo Clinic. "Tell your doctor, 'You suggested this, I tried it as long as you said I should, and it's not working—what's the next step?'" If you don't get a satisfactory response—a different dose, a different therapy, or further investigation—see another doctor."

PROTECT YOURSELF

ENDOMETRIOSIS AND PCOS

If your periods are irregular or you have some telltale signs of PCOS, mention endometriosis and PCOS to your physician.

SLEEP APNEA

Until recently, sleep specialists thought that for every woman out there with sleep apnea—a disorder that increases the risk of high blood pressure, heart failure, and stroke—there were nine or 10 men with it. Thanks to

research in the early '90s that looked at both men and women, it's now clear that the actual ratio is more like two to three men for every woman with the condition. Yet most physicians still miss the signs in women, says Grace Pien, M.D., an assistant professor of medicine at the Johns Hopkins University School of Medicine.

One reason is that women can have vague symptoms—things like chronic fatigue, feeling down, and weight gain—that prompt many docs to treat them for conditions like low thyroid and mood disorders, says Dr. Pien. "A lot of providers still have this predefined notion of a patient who has sleep apnea being a middle-aged overweight male," she says. "This means a lot of women aren't even asked questions about their sleep." There's also the fact that while many women urge their husbands to see a sleep specialist if they snore or have bouts of stopping breathing and then gasping for air in the middle of the night, men don't often do the same with regard to their wives.



PROTECT YOURSELF

SLEEP APNEA

Sleep apnea should be on your radar if you have PCOS, snore, are overweight, or have a family history of sleep apnea. Your risk also increases after menopause. If you're experiencing fatigue, mood shifts, or weight gain or you feel "off" most days, discuss sleep apnea with your primary care doc.

BREAST AND OVARIAN CANCER

With all the awareness surrounding regular screenings as well as advances in imaging technology designed to spot breast cancer, you'd think the number of misdiagnoses would be low. Yet one study found that as many as 31% of all breast cancer cases are misdiagnosed.

The issue is twofold, says Therese Bevers, M.D., the medical director of MD Anderson Cancer Prevention Center and an expert on cancer screening and early detection. In some cases (particularly with ductal carcinoma in situ, or DCIS), distinguishing between benign lesions like atypical hyperplasia and early-stage breast cancer is challenging. In other cases (especially that of invasive lobular breast cancer), the disease often doesn't show up as a mass and may not be found via a mammogram or even a follow-up sonogram. "A woman may say one breast feels different, and when a mammo and

sono are negative, her doctor might say, 'It's just normal changes that happen as you get older,'" says Dr. Bevers. "To some extent, you have to rely on a clinician's ability to discern what is suspicious."

The same is true for ovarian cancer, which can present with subtle symptoms like bloating—which prompts many docs to think it's a GI issue, says Dr. Bevers. This, along with the fact that there's no early-detection test, leads to diagnoses only when the cancer is advanced. In fact, according to the American Cancer Society, only about 20% of ovarian cancers are found at an early stage.

When you've had a colonoscopy, seen a gastroenterologist, and changed your diet to manage symptoms and you don't have answers (or feel better), ask about having a CAT scan or an MRI—or get a referral to an ovarian cancer specialist, says Dr. Bevers. "When the workup is negative but symptoms persist, you need to keep circling back," she says. "You've got to be your own best advocate."

PROTECT YOURSELF

BREAST AND OVARIAN CANCER

After a breast cancer diagnosis, get a second opinion to confirm the diagnosis and plan of action.

The same goes if you've been told you *don't* have cancer but symptoms tell you something's not right. Also, tell your doc about bloating, stomach pains, or other issues in your belly that could indicate ovarian cancer.

PREVENTION

SCIENCE



5 Myths About Environmental Health Hazards

While the health of the planet definitely impacts *your* health, falsehoods often get recycled and passed off as true. Here's the real story.

BY KATE ROCKWOOD

ILLUSTRATIONS BY ANDREA DE SANTIS

MYTH #1

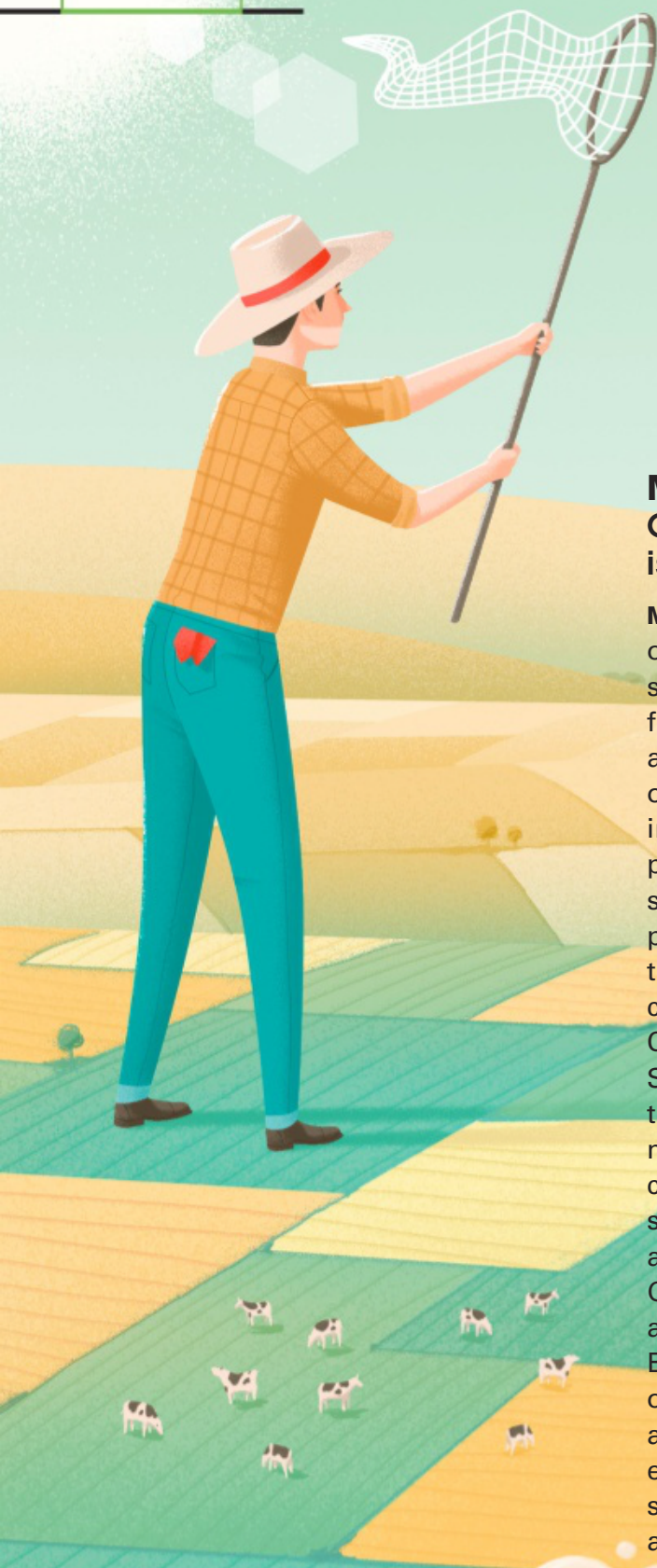
Air quality is always better inside than outside.

MYTHBUSTER Not so a lot of the time. “Especially in smaller homes or ones that don’t have appropriate ventilation, the air quality can be much worse than outdoor air pollution,” says Jon Levy, Sc.D., chair of environmental health at Boston University School of Public Health. Candles, gas stoves, fresh paint, particleboard furniture, and housecleaning sprays can all contribute, and if you’re in a smoggy area, throwing the windows open may not feel like much of a solution. Simple things you can do to breathe more easily inside: Change your HVAC filters regularly to make sure they’re optimally removing fine airborne particles; clean bathroom and kitchen ventilation fans, and be especially mindful to crank them up when cleaning with products like ammonia and bleach; and give candles and incense the boot.

MYTH #2

Organic tampons are healthier.

MYTHBUSTER No compelling research shows that organic varieties are safer than the standard kind. Tampons are regulated by the FDA as medical devices, which means they’re tested to ensure that they’re safe and effective. That said, “If you have super-sensitive skin, it’s reasonable to go organic,” says Alyssa Dweck, M.D., a gynecologist at the CareMount Medical Center in Westchester County, NY. That’s because organic tampons tend to be unscented and made with organic cotton (versus a bleached rayon-cotton blend), which means fewer potential irritants. Whichever you use, change them frequently: A 2018 study in the journal *Applied and Environmental Microbiology* found that organic tampons were as likely as regular ones to cause the rare but life-threatening bacterial infection toxic shock syndrome.



MYTH #3

Organic produce is free of pesticides.

MYTHBUSTER Not entirely—even organic fruits and veggies can have some. Certain biopesticides made from minerals and microorganisms are allowed in organic farming, and one—spinosad—is sometimes detected in organic produce. Because organic produce is typically packaged in the same facilities that handle conventional produce, it's hard to completely avoid the residues of fungicides applied to conventional fruit after harvest, says Charles Benbrook, Ph.D., a Heartland Study project coordinator. It is true that organic produce tends to have much lower pesticide levels than conventionally grown produce, says Urvashi Rangan, a toxicologist and the chief science advisor at Grace Communications Foundation, an environmental education group. But if pricier organics aren't an option, don't forgo nutritious produce altogether: "It's still healthier to eat fruits and vegetables overall," says Rangan, than to skip them to avoid chemicals.

MYTH #4

Grass-fed organic beef is better for the planet.

MYTHBUSTER Sorry, but most meat is terrible for the planet, even if the animal is raised on a bespoke farm just down the street. That's especially true for cows and sheep, which grow and reproduce much more slowly than poultry or pigs. When you compare beef to beans, as the World Resources Institute did, the stats are staggering: Beef requires 20 times as much land and emits 20 times as much greenhouse gas per gram of edible protein as common plant proteins. In fact, the production of grass-fed beef tends to lead to greater emissions, as the cows gain weight more slowly and thus put out methane gas longer. And eating plants is good for your health. Stefani Sassos, M.S., R.D.N., the Good Housekeeping Institute's dietitian, says, "Eating a plant-based diet rich in whole grains, vegetables, fruits, and beans is beneficial for combating several chronic diseases including heart disease and cancer." In short, cutting back your beef (and lamb) consumption will do more for the planet, and possibly your health, than buying grass-fed ever could.



MYTH #5**Reusing a single-use water bottle makes it leak carcinogens.**

MYTHBUSTER Rinsing and reusing a bottle a few times will not cause it to leak carcinogens. In fact, it's not clear that any known carcinogens are used in making these bottles. What *is* true is that reusing plastic containers—including food containers—for a long time with repeated exposure to high heat may result in some release of a different group of chemicals, says Marji McCullough, Sc.D., R.D., senior scientific director of epidemiology research at the American Cancer Society. These are phthalates, which some scientists argue may act as endocrine disruptors, messing with our reproductive hormones. Plastic releases chemicals, and this increases over time, with exposure to higher temperatures—say, microwaving a plastic lunch container or leaving a water bottle in a hot car—causing “higher migration of chemicals,” says Jane Muncke, Ph.D., chief scientific officer for the Food Packaging Forum. Bottom line: It's fine to clean and reuse a single-use bottle in a pinch, but if it is warm, pitch it. Your safest bet? Buy a reusable bottle made from glass or stainless steel, says McCullough.



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Does It Work?

Snoring Stoppers

BY STEPHANIE ANDERSON WITMER

If you've been shaken awake in the middle of the night because your snoring threatens to wake the neighbors, you've got plenty of company. About 40% of men and 24% of women snore regularly, according to the American Academy of Sleep Medicine. If you experience daytime sleepiness or have choking episodes or pauses in breathing while you sleep, ask your doctor if you should be tested for sleep apnea, a serious condition linked to weight gain, stroke, and diabetes, says Terry Cralle, R.N., a certified sleep educator in Washington, DC. If you just have a run-of-the-sawmill snore, these products promise to keep you quiet. Are their claims only a bunch of noise?

NASAL EXPANDERS

WHAT THEY ARE: Disposable strips worn above the nostrils; plastic dilators worn inside the nose to improve airflow.

WHAT WE KNOW: Breathing through the nose instead of the

mouth creates a smoother flow of air, reducing snoring, says Ofer Jacobowitz, M.D., Ph.D., director of sleep at ENT and Allergy Associates in New York City. Research suggests that internal dilators may be more effective than external strips.

SHOULD YOU TRY THEM? Yes—if your snoring emanates from the nasal passages, these could help. But if your snoring is due to the structure of your throat and palate, they likely won't do the trick, says Dr. Jacobowitz.

BRANDS: Breathe Right strips (\$11 for 30); Theravent snore therapy strips (\$14 for 20); WoodyKnows nasal dilators (\$16 for three)

ORAL APPLIANCES

WHAT THEY ARE: Devices you put in your mouth that shift the jaw forward or reposition the tongue during sleep—picture a retainer or the mouth guards football players wear.

WHAT WE KNOW: Moving the tongue or jaw into a better



mouthpiece (\$60); ZQuiet mouthpieces (\$75 for two)

PILLOWS & BODY POSITIONERS

WHAT THEY ARE:

Low-tech “bumpers” that keep you from sleeping on your back—an update of the old “tennis ball on the back of PJ’s” trick—and high-tech pillows that inflate to turn your head to the side when you snore.

WHAT WE KNOW:

position opens up your airway, resulting in less snoring. The American Academy of Sleep Medicine recommends that doctors prescribe oral appliances for snoring (they can also be purchased over the counter). One caveat: Over time, some may affect the teeth and jaw and even change your bite, Cralle says.

SHOULD YOU TRY THEM? Yes, says Dr. Jacobowitz, if your dental health is good and you see a dentist for regular checkups. Choose an adjustable guard that allows you to move your jaw forward in tiny increments.

BRANDS: Aveo Tongue Stabilizing Device (\$89); VitalSleep adjustable

Most people would snore less if they slept on their sides, Dr. Jacobowitz says, because gravity pulls the palate and tongue backward and relaxes the throat muscles when you’re on your back. But there’s limited research to prove that these work.

SHOULD YOU TRY THEM? Sure, especially if you feel uncomfortable putting something in your mouth or on your nose. Dr. Jacobowitz recommends trying the least expensive ones first.

BRANDS: Smart Nora pillow insert (\$329); Nitetronic Goodnite Smart Anti-Snore Solution (\$195); Woody-Knows Side Sleeping Backpack (\$46)



Listen to Your Body Clock

Hundreds of biological timekeepers live deep inside your organs, tissues, and cells, governing your sleep, appetite, behavior, and more.

Here's how to manage your **circadian rhythm** so it will work best for you.

BY LESLIE GOLDMAN

ILLUSTRATIONS BY VICKI TURNER

Back before Edison's lightbulb—not to mention 24/7 online shopping and friends texting at 2 a.m.—humans rose with the sun, worked until dusk, then fell into bed when the sky grew dark. That's how nature designed our bodies to function best: The body's master clock (a cluster of cells in the brain that regulates nearly every bodily function) is ruled by the 24-hour cycle of sunlight and darkness.

Here's how this system, known as the circadian rhythm, works: As the sun begins to rise, "the master clock receives light input directly from the eye and uses that information to synchronize the 24-hour day," says Melissa A. St. Hilaire, Ph.D., an associate biostatistician in the division of sleep and circadian disorders at Brigham and Women's Hospital in Boston. That helps regulate several hormonal processes. Melatonin, which allows us to sleep, plummets, and cortisol, which revs up energy, increases. Hours later, as night falls and the sun disappears, melatonin levels begin to rise again, winding us down.

But with the advent of lightbulbs, television, and now smart technology, humans are staying up long past sunset, throwing off our internal clocks. "Light is flooding our eyes when it's not supposed to," says Gena Glickman, Ph.D., director of the Chronobiology, Light and Sleep Lab at Uniformed Services University of the Health Sciences in Bethesda, MD. "We spend our days in offices with fluorescent lights and no windows, then go home and spend our evenings looking at screens filled with short-wavelength light, sometimes referred to as blue light."

More than just your sleep can suffer as a result of this onslaught of unnatural light—it can throw off the secondary clocks in cells in the heart, gut, muscles, and more. Here are some surprising ways in which your circadian rhythm influences your health.



IT MAY AFFECT YOUR GUT: Nearly 40% of people who suffer from IBS, which includes constipation and/or diarrhea and other GI difficulties, frequently experience sleeplessness. Researchers are exploring whether circadian dysregulation might impact the trillions of bacteria in the gut, known as the microbiome, and if so, whether supplementation with oral probiotics might counter some of the damage. If so, probiotics may one day be prescribed to protect shift workers, those who serve in the military (who frequently operate under

sleep-deficient conditions), and even the average night owl from GI distress.

IT INFLUENCES YOUR HEART RATE: Adults are two to three times as likely to suffer a heart attack in the morning as at night, with peak hours between 6 a.m. and noon. “When you’re sleeping, everything slows down a bit, including your heart rate, because you don’t need as much blood flow,” says Martha Gulati, M.D., editor in chief of the American College of Cardiology’s CardioSmart.org. “But as it becomes lighter outside, your body starts to wake up, and your heart rate and blood pressure begin to rise—almost like warming up your engine.” In a healthy person, this process is harmless, but in someone with underlying cardiovascular disease, the rise in heart rate and blood pressure may trigger a heart attack. If you are on medication for heart disease, ask your doctor if taking it at night might benefit you; a 2018 study showed a 67% reduction in heart attacks and other major cardiovascular events when patients took their meds at bedtime instead of in the morning.

IT HELPS YOUR SKIN HEAL: Your skin houses circadian clocks that are more active during the day than at night, and this can influence healing time. Chalk it up to evolution—in prehistoric times, cavemen were more likely to get hurt during the day when they hunted, so wound-healing skin cells called fibroblasts had to be primed for action. Animal studies have found that

How to Hack Your Jet Lag

Traveling across multiple time zones confuses your circadian rhythm; for the first few days it thinks it’s still on hometown time, but the light conditions of your far-away location beg to differ. Try these tricks when traveling eastward, which tends to be more disruptive than going in the opposite direction because going to bed earlier than usual is harder than going to bed later.

► **Set your watch to your destination’s time** when you awaken on the day of departure (or, better yet, the day before), then live your day on that time. If you have a late-afternoon flight from L.A. to New York City, don’t grab coffee once you arrive at the airport—it’ll be late evening on the East Coast.

► **Wear sunglasses inside the brightly lit airport** prior to departure to mimic the darkness at the new location.

► **Take a melatonin supplement** to help you fall asleep at your destination.

► **Heading west? Try evening exercise.** Research suggests that working out later may help reset your body clock to your new time zone.

cuts heal faster when the injury occurs during the day, and data suggests that burns incurred in the daytime heal up to 60% faster than burns that occur at night.

IT INFLUENCES YOUR METABOLISM:

Just as bright light stimulates the brain, it may also help wake up your metabolism. In a 2014 study, Phyllis Zee, M.D., Ph.D., director of the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of Medicine, found that subjects exposed to early-morning rays had lower BMIs than those exposed to sun in the afternoon; they were also more physically active all day. “Light helps synchronize the clocks in the

brain and body that regulate appetite and metabolism,” Dr. Zee says.

SYNCING YOUR CLOCKS

Getting your internal clocks working harmoniously is crucial for your health: Picture those clocks as instruments in an orchestra, says St. Hilaire. “The master clock in the brain is the conductor who keeps everyone at the same point in the song. But if the conductor becomes distracted, you get a cacophony of sound rather than a perfect melody.” That cacophony, known as chronic circadian disruption, can make you feel run-down, crabby, hungry, distracted, and sad, and it may

Matching your eating schedule to your internal clock may help you maintain a healthy weight. Our metabolism follows its own circadian rhythm, which dictates the ebb and flow of hunger-related hormones and enzymes, says Brooke Kalanick, N.D., a naturopathic doctor and a coauthor of *Hangry: 5 Simple Steps to Balance Your Hormones and Restore Your Joy*. When we limit our eating to an eight- to 10-hour window, we can harness this inter-

The Case for Eating by the Clock

nal clock’s power. This can be achieved by pushing breakfast back or eating dinner earlier. The latter, while less practical, seems to offer greater benefit: Eating late at night—sometimes 14 to 16 hours after

your first morning bite—tells your inner clock it’s still daytime. This circadian disruption causes swings in the levels of cortisol, insulin, and other hunger hormones that make you crave fast energy via sugar and carbs. Sticking to a 10-hour eating time frame—say, 8 a.m. to 6 p.m.—not only can help you maintain a healthy weight, but also may lead to improved sleep, lower system-wide inflammation, and improved blood sugar control.



play a part in heart disease, cancer, obesity, and depression. “To get your circadian rhythm back in sync, the simplest rule is to expose yourself to bright days and dark nights,” says Glickman.

Keep in mind, however, that everyone’s clock is slightly different. There are three main chronotypes, based on genetics and age, says Daniel Pink, author of *When: The Scientific Secrets of Perfect Timing*—early-rising Larks, up-late Night Owls, and Third Birds (those who fall in between). Larks and Third Birds tend to hit their peak earlier in the day, while Night Owls might shine later in the afternoon. Whatever type of bird you are, you can benefit from these strategies:

BATHE YOURSELF IN MORNING LIGHT:

Throw open your curtains as soon as you wake; the sunlight will help suppress melatonin production. Still dark outside? Try this trick from Dr. Zee: Buy a programmable blue-light box and set it to start brightening 15 minutes before your alarm goes off. Look for a box with a rating of 3,000 to 10,000 lux (check out Aura Daylight and Verilux models), which will feel about as bright as what you’d experience outside on a cloudy day, she says.

STICK TO A SCHEDULE: Staying up late on Saturday and sleeping in on Sunday may feel delicious in the moment, but it creates a condition called social jet lag. “That’s why we dread Mondays,” says Glickman. “Our bodies essentially think we’ve traveled west across time zones.”

Each hour of social jet lag is associated with an 11% increase in heart disease risk, and social jet lag is also linked with fatigue, poor mood, and worsened overall health. Your best move: Hit the sack and wake up at the same time, give or take 15 minutes, seven days a week, says Kalanick; for a weekend indulgence, take a 20-minute nap at around 2 p.m.

WORK NEAR A WINDOW: If you can snag a windowed office, you may sleep better: One of Dr. Zee’s studies found that office workers with windows slept about 46 minutes longer per night than those not exposed to natural light in the workplace.

AVOID BRIGHT LIGHT BEFORE BEDTIME:

Phones, laptops, and iPads emit blue light, a major component of sunlight, so when you scroll Instagram at 10 p.m., your brain interprets it as “Time to start the day!” The fluorescent lights in supermarkets and convenience stores emit blue light too, so try to do your shopping earlier in the day.

BANISH ALL LIGHT AT NIGHT: Even a little bit of light, like the moonlight seeping in through your blinds or the aura emanating from your phone as it charges by your bed, can confuse your system enough to impede sleep. Consider investing in quality blackout shades; charge your phone in another room; and buy an alarm clock with red or amber light, which will be less disturbing to the circadian rhythm than blue light.

MAKE YOUR BODY CLOCK WORK FOR YOU

Even when your circadian rhythm is humming along nicely, you'll find that your brain and body have certain peak moments for various activities. "All

those clocks mean certain organs and hormones are working best at different times of the day," explains Michael Breus, Ph.D., a sleep

expert and the author of *The Power of When*. With some strategic scheduling, you can take advantage of your circadian rhythm.

PLAN IMPORTANT MEETINGS FOR LATE MORNING.

Melatonin levels are still slightly elevated when you wake. But by 9:30 or 10 a.m., melatonin secretion has stopped, while energizing cortisol is ramping up. "Most people operate at their peak between 10 a.m. and noon," says Allison Brager, Ph.D., chief of the Sleep Research Center at Walter Reed Army Institute of Research.

IF YOU'RE GOING TO HAVE A COCKTAIL, DRINK IT AROUND DINNERTIME.

The liver produces an enzyme called dehydrogenase that breaks down toxins in the body, including alcohol. Dehydrogenase has its own circadian rhythm, and it's strongest between 5 p.m. and 7 p.m., says Breus. That means your liver metabolizes alcohol most easily and effectively during—you

guessed it—happy hour. But stick to one drink: Overdoing it can throw off your circadian rhythm, leading to sleepless nights and a host of other health problems, Breus adds.

HAVE AN EARLY-AFTERNOON CATNAP.

If you can, grab a 20-minute nap between 1 p.m. and 4 p.m. Anything longer can make it trickier to drift off that evening, Brager says, but this brief snooze "does wonders for emotional health, productivity, and general well-being."

EXERCISE BEFORE BREAKFAST OR AFTER LUNCH.

An Arizona State University study found that working out at 7 a.m. or between 1 p.m. and 4 p.m. could shift the body's clock earlier, helping people fall asleep more easily. Exercising later can delay the body clock, making for sluggish mornings.

SWITCH TO DECAF AFTER 4 P.M.

Recent findings suggest that an evening cup of joe changes circadian rhythms at the cellular level. "Not only is the coffee you drink at 8 p.m. going to disrupt your sleep that night, but it's also telling your internal clock to delay bedtime by about an hour the following day," explains Tina Burke, Ph.D., a researcher at Walter Reed.



FOOD

Super Seeds

The secret to the texture in these crunchy, creamy snacks is tiny chia seeds, packed with major nutrients (omega-3s, calcium, magnesium, and more!).

RASPBERRY-CHIA JAM

ACTIVE 10 MIN.
TOTAL 30 MIN.
MAKES ABOUT 1 CUP

- 2 cups raspberries
- 1 Tbsp fresh lemon juice
- 1 Tbsp pure maple syrup
- 2 Tbsp black chia seeds

In a small saucepan, cook raspberries on medium, stirring occasionally, until

fruit breaks down and liquid becomes syrupy, about 8 minutes. Remove from heat and stir in lemon juice and maple syrup, then stir in chia seeds and let sit at least 20 minutes (the mixture should thicken slightly).

NUTRITION (per tablespoon): 19 cal, 1 g pro, 3 g carb, 2 g fiber, 1.5 g sugars (1 g added sugars), 0.5 g fat (0 g sat fat), 0 mg chol, 0 mg sodium

COCONUT-CHIA PUDDING

ACTIVE 5 MIN.
TOTAL 5 MIN. PLUS CHILLING
MAKES 3 CUPS

- ½ cup black chia seeds
- 3 Tbsp agave syrup
- 2 tsp pure vanilla extract
- Kosher salt
- 1 14-oz can coconut milk, shaken
- 1 cup almond or other nondairy milk
- Fresh berries and pepitas, for serving

In a large bowl, combine chia seeds, syrup, vanilla, and ⅛ tsp salt, making sure there are no clumps. Whisk in coconut and almond milks. Transfer to a jar, cover, and refrigerate at least 2 hours. Serve topped with fresh berries and pepitas.

NUTRITION (per ½-cup serving):
253 cal, 4 g pro, 17 g carb, 7 g fiber,
7 g sugars (7 g added sugars),
19.5 g fat (12.5 g sat fat), 0 mg chol,
79 mg sodium



CHIA-MANGO ROLL-UPS

ACTIVE 15 MIN.
TOTAL 1 HR. 45 MIN.
PLUS COOLING
MAKES 10 ROLLS

- 3 cups diced mango (from 2 large mangoes)
- 2 Tbsp honey
- 1 Tbsp fresh lime juice
- 2 Tbsp white chia seeds

1. Heat oven to 250°F. Line baking sheet with parchment paper.
2. In blender, puree mango, honey, and lime juice until almost smooth; stir in chia seeds.
3. With an offset spatula, spread evenly onto prepared sheet into roughly 10- by 15-in. rectangle.
4. Bake until no longer very sticky but still slightly tacky to the touch, ¼ to 3 hours. Transfer pan to wire rack and let cool several hours or overnight to soften.
5. With kitchen shears, cut fruit (and parchment) into 1½-in. strips, trimming sides if desired, and roll up for storage. Can be stored at room temperature in airtight container up to 1 week.

NUTRITION (per roll): 53 cal, 1 g pro, 12 g carb,
1 g fiber, 10 g sugars (3.5 g added sugars), 1 g fat
(0 g sat fat), 0 mg chol, 1 mg sodium



Nutrition

Eat to Beat Spring Allergies

BY STEPHANIE ANDERSON WITMER

If you're plagued by seasonal allergies, you probably already have an arsenal ready to fight them—nasal spray, antihistamine tablets, tissues, and sunglasses. But there's another easy way to boost your defenses: through your diet. "Certain foods contain phytochemicals, plant compounds that act as antioxidants, which boost the immune system and protect us from the effects of free radicals and oxidative stress that lowers our body's ability to fight back," says Jerlyn Jones, R.D.N., an Atlanta-based dietitian and a spokesperson for the American Academy of Nutrition and Dietetics. Try these bites to snuff out springtime sniffles.

ASPARAGUS

This in-season veggie contains quercetin, a flavonoid that activates the immune system and slows the output of histamines, chemicals released during an attack that prompt symptoms.

ROASTED ASPARAGUS WITH ALMOND GREMOLATA

On a rimmed baking sheet, toss 2 lbs **asparagus** (trimmed) with 2 Tbsp **olive oil** and ½ tsp each **salt** and **pepper**; roast at 450°F until tender, about 12 minutes. In a food processor, pulse ⅓ cup **unsalted roasted almonds**, 2 cloves **garlic** (chopped), **zest of 1 lemon**, and 1 cup **flat-leaf parsley**. Drizzle with 1 Tbsp **lemon juice** and sprinkle over asparagus.

KIWI

The fuzzy fruit is loaded with vitamin C, a natural immune booster that may help tame the inflammatory response (the reason for your runny nose and watery eyes) that's triggered when you breathe in pollen and other allergens. Aim for eight to nine servings of fruits and veggies each day, says Jones.

CHOCOLATE-COVERED KIWI

Peel and slice **kiwis** ½ in. thick, squeeze **lime juice** on top,



MIKE GARTEN, PROP STYLING: CARLA GONZALEZ HART, FOOD STYLING: ERIKA JOYCE.

and freeze until firm. Once firm, dip halfway in melted **dark chocolate** and sprinkle with toasted **coconut**.

KEFIR

Much of your immune system resides in your gut, and when you encounter an allergen such as pollen, the gut deploys symptom-producing antibodies. Kefir is fermented milk that's brimming with probiotics, which may help regulate this immune response by keeping your good bug-bad bacteria combo in balance.

POPPY SEED DRESSING

Whisk together $\frac{1}{4}$ cup each **sour cream** and **kefir**, 1 tsp each **Dijon mustard** and **poppy seeds**, $\frac{1}{2}$ tsp **salt**, and $\frac{1}{4}$ tsp **pepper**. Stir in 2 Tbsp chopped **chives**. Serve on salad, as a dip, or over roasted veggies.

ALBACORE TUNA

Tuna is high in omega-3 fatty acids, which Japanese researchers have found may reduce the severity of allergies and asthma thanks to their anti-inflammatory effects. Jones recommends

eating 4 oz of fatty fish twice a week. (Walnuts are also high in omega-3s.)

TUNA & WHITE BEAN SALAD WITH BASIL VINAIGRETTE

In a blender, puree 1 small **shallot** (chopped), $1\frac{1}{2}$ cups **basil**, 3 Tbsp **olive oil**, 1 Tbsp **red wine vinegar**, and $\frac{1}{2}$ tsp each **salt** and **pepper**. Toss half with 1 can **white beans** (rinsed), two 5-oz cans **solid white tuna in water** (drained), and 12 oz **green beans** (blanched). Fold in 1 small head **green leaf lettuce** (leaves torn); serve with remaining dressing.

Breakfast Easiest Ever Bagels

ACTIVE 20 MIN.
TOTAL 50 MIN.
SERVES 8

- 2 cups self-rising flour, plus more for dusting**
- 2 cups plain Greek yogurt**
- 1 large egg, beaten**
Sesame and poppy seeds, onion flakes, and everything seasoning, for topping

1. Heat oven to 350°F. Line a baking sheet with parchment paper.
2. In a bowl, combine flour and yogurt until dough starts to form. Turn out dough onto a

lightly floured surface and knead 2 minutes.
3. Divide into 8 parts. Roll each piece of dough into a 1-in.-thick log (about 9 in. long) and pinch ends together to form a circle. Place on prepared baking sheet.
4. Brush tops of bagels with egg, then sprinkle with desired toppings. Bake until golden brown, 28 to 35 minutes.

NUTRITION (per bagel):
185 cal, 10 g pro, 27 g carb,
1 g fiber, 2.5 g sugars
(0 g added sugars), 4 g fat
(2 g sat fat), 32 mg chol,
415 mg sodium

CAN'T EAT THEM ALL?

These taste even better on day two: Slice 'em, pop in the toaster, and add a schmear.

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MONEY-BACK GUARANTEE

THE BETTER WAY TO KETO



The keto diet is all the rage, but loading up on high-fat dishes is not so smart for your heart. This is the healthier way to try it: Start with foods high in nutritional value, then build low-carb, high-protein, healthy-fat meals around them. That's exactly what we did for the recipes here, from *Prevention's* new *Healthy Keto* cookbook.



**MEDITERRANEAN
BAKED COD**

recipe, p.84

**RAINBOW
CHICKEN SLAW**

recipe, p. 84





MITCH MANDEL

**ROASTED
CAULIFLOWER
"STEAK" SALAD**

recipe, p.84

SEARED STEAK
WITH BLISTERED
TOMATOES

recipe, p. 85



MIKE GARTEN.



WILD SALMON SALAD

ACTIVE 15 MIN.

TOTAL 15 MIN.

SERVES 4

- 4 4-oz pieces skinless wild Alaskan salmon fillet**
- 2 Tbsp balsamic vinegar**
- 2 tsp olive oil**
- 1 pint grape tomatoes, halved**
- 2 scallions, thinly sliced**
- 5 oz mixed baby greens**
- 1 avocado, sliced**
- ½ cup slivered almonds, toasted**

- 1.** Heat oven to 375°F. Season salmon with ½ tsp each salt and pepper, place on a rimmed baking sheet, and roast until opaque throughout, 10 to 12 minutes.
- 2.** Meanwhile, in a large

bowl, whisk together vinegar, oil, and a pinch each of salt and pepper. Toss with tomatoes, then fold in scallions followed by greens. Serve with salmon and avocado and sprinkle with almonds.

NUTRITION (per serving):
340 cal, 28 g pro, 13 g carb,
7 g fiber, 4.5 g sugars
(0 g added sugars), 20.5 g fat
(3 g sat fat), 350 mg sodium

MEDITERRANEAN BAKED COD

ACTIVE 10 MIN.
TOTAL 25 MIN.
SERVES 4

- 1 Tbsp olive oil
- 1 medium onion, thinly sliced
- 6 oz mini sweet peppers, halved lengthwise
- Kosher salt and pepper
- 1 pint grape tomatoes, halved lengthwise
- 8 sprigs fresh thyme
- 1½ lbs cod fillets

1. Heat oven to 450°F. Heat oil in a large oven-safe skillet or Dutch oven on medium-high. Add onion, peppers, and ¼ tsp each salt and pepper and cook, stirring occasionally, 5 minutes.

2. Add tomatoes and thyme and cook, tossing, 2 minutes; stir in ¼ cup water and remove from heat.

3. Season cod with ¼ tsp each salt and pepper and nestle among vegetables. Cover skillet, transfer to oven, and roast until cod is opaque throughout, 12 to 15 minutes.

NUTRITION (per serving):
205 cal, 32 g pro, 8 g carb,
1 g fiber, 4 g sugars (0 g added
sugars), 5 g fat (1 g sat fat),
115 mg sodium

RAINBOW CHICKEN SLAW

ACTIVE 20 MIN.
TOTAL 20 MIN.
SERVES 2

- ½ cup buttermilk
- 4 tsp fresh lemon juice
- 2 cloves garlic, finely grated
- 2 tsp honey mustard
- Kosher salt and pepper
- 1½ cups shredded cooked chicken
- 1 cup thinly sliced red cabbage
- 2 small carrots, coarsely grated
- 2 small rainbow or Chioggia beets, scrubbed and very thinly sliced
- 1 avocado, sliced
- ½ cup snow pea shoots

1. In a medium bowl, whisk together buttermilk, lemon juice, garlic, honey mustard, and ¼ tsp pepper. Transfer half of dressing to a small bowl and set aside. Add chicken to remaining dressing in bowl and toss to coat.

2. Arrange cabbage, carrots, beets, avocado, and pea shoots on 2 large plates, drizzle with reserved dressing, and season with a pinch each of salt and pepper. Top with chicken.

NUTRITION (per serving):
460 cal, 32 g pro, 33 g carb,
12 g fiber, 16.5 g sugars
(1.5 g added sugars), 24.5 g fat
(4.5 g sat fat), 740 mg sodium

ROASTED CAULIFLOWER “STEAK” SALAD

ACTIVE 15 MIN.
TOTAL 1 HR.
SERVES 4

- 2 Tbsp olive oil, divided
- 2 tsp za’atar spice blend
- 1 tsp ground cumin
- Kosher salt and pepper
- 2 large heads cauliflower (about 3 lbs each), trimmed of outer leaves
- 2 large carrots
- 8 oz dandelion greens, tough stems removed
- ½ cup plain low-fat Greek yogurt
- 2 Tbsp tahini
- 2 Tbsp fresh lemon juice
- 1 clove garlic, minced

1. Heat oven to 450°F. Brush a large baking sheet with ½ Tbsp oil. In a small bowl, combine za’atar, cumin, and 1 tsp each salt and pepper.

2. Place 1 head cauliflower on a cutting board, stem side down. Cut down middle, through core and stem, then cut two 1-in.-thick

“steaks” from middle. Repeat with other cauliflower head. Set aside remaining cauliflower for another use.

3. Brush both sides of steaks with remaining olive oil, season with spice mixture, and place on oiled baking sheet. Roast until bottom is deep golden brown, 25 to 30 minutes. Flip and bake until tender, 10 to 15 minutes more.

4. Meanwhile, using a vegetable peeler, peel carrots into ribbons and place in a large bowl along with dandelion greens.

5. In a small bowl, combine yogurt, tahini, lemon juice, garlic, 1 Tbsp water, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper. Add 3 Tbsp of dressing to carrot mixture and, with hands or a spoon, massage dressing into greens and carrots for 5 minutes. Place cauliflower steaks on plates, drizzle with remaining dressing, and top with salad.

NUTRITION (per serving): 214 cal, 9 g pro, 21 g carb, 7 g fiber, 8 g sugars (0 g added sugars), 12 g fat (2 g sat fat), 849 mg sodium

SEARED STEAK WITH BLISTERED TOMATOES

ACTIVE 5 MIN.
TOTAL 20 MIN.
SERVES 4

- 2 1½-in.-thick beef strip steaks (about 1½ lbs total)**
- Kosher salt and pepper**
- 4 Tbsp olive oil, divided**
- 6 cloves garlic, unpeeled**
- 1½ lbs cherry tomatoes on the vine**
- 2 sprigs fresh rosemary**
- 2 Tbsp white wine vinegar**
- ¼ small red onion, finely chopped**
- 1 oz blue cheese, crumbled (about 2 Tbsp)**
- 6 cups arugula**

1. Heat oven to 450°F. Heat a large cast-iron skillet on medium-high. Season steaks with $\frac{1}{4}$ tsp each salt and pepper. Add 1 tsp olive oil to skillet, then steaks and garlic, and cook until steaks are browned, 3 minutes per side.

2. Add tomatoes and rosemary to skillet, drizzle with 2 tsp olive oil, and season with a pinch each of salt and pepper. Transfer skillet to oven and roast steak

to desired doneness, 3 to 4 minutes for medium-rare. Transfer steaks to a cutting board and let rest at least 5 minutes before slicing or serving. Transfer tomatoes and garlic to a platter, squeezing garlic cloves from their skins.

3. In a large bowl, whisk together vinegar, remaining 3 Tbsp oil, and $\frac{1}{4}$ tsp each salt and pepper. Stir in onion and fold in blue cheese, then gently toss with arugula. Serve with steak and tomatoes.

NUTRITION (per serving): 445 cal, 39 g pro, 9 g carb, 2 g fiber, 5 g sugars (0 g added sugars), 28 g fat (8.5 g sat fat), 455 mg sodium

Get more recipes!

There are 75+ delicious, nutritious meal ideas in our new cookbook, *Healthy Keto*. In it, you'll also learn more about keto and hear why Rachel Lustgarten, our Advisory Board nutritionist, is on board with our approach. \$20, wherever books are sold



FAMILY

Make a Hike More Fun

This Earth Day, April 22, give a hike a little twist—and help your kids understand why the planet is worth protecting—with the help of these clever ideas.

BY MARY GILES AND
BRYAN MCCREARY

GO ON A SCAVENGER HUNT FOR SOUNDS

Every so often, close your eyes and see if you hear a bird, rushing water, an insect buzzing, wind in the trees, a chipmunk chattering. By actively listening, you'll gain a whole new appreciation for your surroundings.

GETTY IMAGES



PLAY CRITTER COPYCAT

This is an active game that lets you talk to your kids about the animals who share the planet. The leader hops like a frog, flutters like a butterfly, or darts like a squirrel while everyone else follows suit.

TALLY TEXTURES

Can you find something rough, something soft, something sticky, something prickly, and so on? Explore nature's variety by seeing how many different textures you can find.

CREATE OUTDOOR ART

Along your path, arrange sticks, leaves, pinecones, and more into interesting sculptures, messages, and shapes to inspire other hikers as they trek.

Adapted from *Backpack Explorer: On the Nature Trail*, © 2018 by the editors of Storey Publishing. Used with permission of Storey Publishing.

When Pets Won't Eat

When a normally voracious pet suddenly starts turning up her nose at food, it can be distressing—and challenging, since she can't exactly talk about what's going on. Turn the page for how to sleuth it out—and get your pet back to the bowl—with help from veterinarians.

BY LIZZ SCHUMER



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1 Why pets stop eating

First, ensure that your pet has actually gone off her food, recommends Cailin Heinze, D.V.M., a veterinary nutritionist and an adjunct professor at Cummings School of Veterinary Medicine at Tufts University. "Are we talking about not eating at all? Or are we talking about eating a little bit less than usual?" She recommends weighing your pet's food to determine how much she actually consumes, especially if you free-feed. That will help you understand whether your pet has totally stopped feeding herself or just won't do it in front of you.

"When a cat or dog stops eating, it usually means there is nausea present," explains Christie Long, D.V.M., head of veterinary medicine at Modern Animal. Gastrointestinal illness, dizziness, and kidney or liver disease can all be causes. Long adds that dental pain can also lead pets not to eat as much as usual, but it's far less common. Another possibility: If your pet won't touch her food at all, especially from a new bag, the food may have gone bad, says Heinze. Because pets can detect even subtle rancid odors, they can tell something is off long before we can.

2 When to get concerned

How long you should wait before calling your vet depends on your pet and her personality. "It's probably more of a concern if your animal is usually a chowhound," Heinze says. She suggests bringing such an animal in after 24 hours, while pickier pets can wait up to 48. Overweight cats who stop eating should be taken to the vet immediately, Long says; cats who lose weight rapidly are at risk for the liver disease hepatic lipidosis, which can be fatal.

If your pet shows other signs of illness, such as vomiting, diarrhea, or lethargy, bring her in for a workup. "We start to worry if it's been more than three days with no calories, regardless of the symptoms," Heinze says. "That's where you can start having problems from the lack of calories alone, not just from whatever underlying condition is causing it."

3 How to tempt their appetites

To get your pet eating again, especially if she usually digs right in, try swapping out her food for some from a new bag. You can also microwave wet pet food for a few seconds, Long says; cats especially like the heightened aroma. A little unseasoned white chicken or turkey meat or low-sodium chicken broth mixed in with their kibble will entice dogs.

And when traveling or changing your pet's routine, try putting her bowl in a quiet area so she can eat in peace. Finally, Heinze adds that veterinarians can prescribe appetite stimulants, especially in cases of illness-related appetite loss.

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Eat More Plants!

Raising kids on a plant-forward diet is smart: “Whole plant foods are loaded with nutrients, vitamins, antioxidants, and fiber, and eating more can boost health and lower your risk of chronic diseases,” says Yami Cazorla-Lancaster, D.O., a plant-based pediatrician in Yakima, WA, and host of the podcast “Veggie Doctor Radio.” It’s also more doable than you may think, since you don’t have to ban meat and dairy—just put the major focus on fruits, veggies, whole grains, beans, nuts, and seeds. Here’s how to get everyone on board.

BY HOLLY PEVZNER



GETTY IMAGES

1 **Be open-minded about protein.**

Meat isn't as important for kids as many assume—beans, eggs, quinoa, nuts, tofu, tempeh, and edamame are great protein sources. And kids ages 4 to 8 need just 19 grams of protein daily, which is about 1 cup of dry steel-cut oats or tofu. "Plus, natural soy products are high in polyunsaturated fat, fiber, vitamins, and minerals and low in saturated fat, making them an ideal meat replacement," says Sharon Palmer, R.D., author of *The Plant-Powered Diet*.

2 **Put veggies everywhere.**

"Presenting whole plant foods consistently without forcing kids to taste or eat them will increase the chance that they will start to accept and prefer these foods over time," says Dr. Cazorla-Lancaster. Some ways to do that: Have crudité's ready as an after-school snack, or keep a small bowl of nuts or dried fruit on the coffee table. At dinner, serve salad before the main course and offer two plant-based sides.

3 **Keep up the calcium.**

"Parents worry that children can't get sufficient calcium without milk, but many plant foods contain calcium," says Dr. Cazorla-Lancaster. Plus, cow's milk can be included in a plant-forward diet along with calcium-rich foods like beans, leafy greens, and fortified soy milk. If your 4- to 8-year-old gulps down the recommended 1,000 mg of calcium a day in about three cups of milk, replace one of those glasses with calcium-fortified soy milk.

4 **Offer choices.**

Kids love controlling what's on their plates, so let them. Palmer suggests adding buildable meals like sandwiches, burritos, baked potatoes, or a pasta bar into the rotation. "Let kids build and top their meals the way they like them, with lots of plant-based options," says Palmer. Finally, declare one meal a week completely plant-based and meat-free, but allow the kids to decide what will be served.

5 **Don't ditch the crowd-pleasers.**

The kids love Taco Tuesday and count on chili on Sunday? Don't stop making their favorites, just tweak them. "Simply add more vegetables to what you're already making or replace the meat with beans or tofu," says Dr. Cazorla-Lancaster. "Providing familiar and new foods at the same time helps expose children to a variety of whole plant foods without intimidating them." To entice taste buds (and skeptical diners), try a fifty-fifty mix of ground turkey and black beans or mushrooms in tacos or chili.

Jane Francisco

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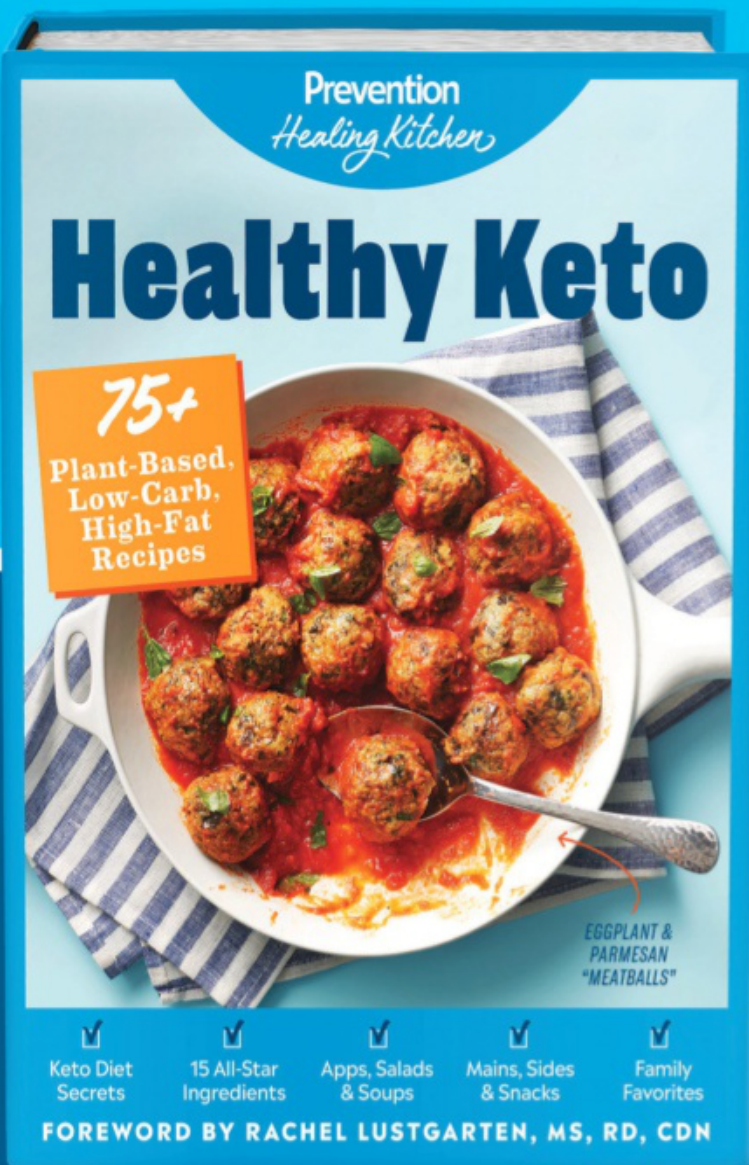
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RIDDLE

WHAT BELONGS TO **YOU**—BUT IS USED MORE BY **OTHER PEOPLE**?

ADDITION SQUARE

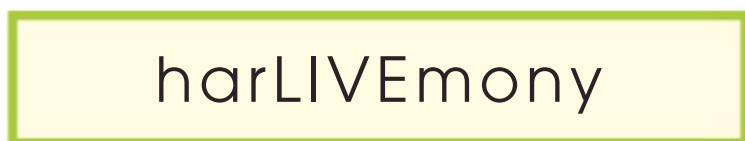
Fill in the empty boxes with single-digit numbers so that they add up to the numbers in the bold boxes. You can use numbers more than once.

2		5		16
1			5	24
	5	2		16
	6			18
20	23	17	14	

ADDITION SQUARE AND RIDDLE ADAPTED FROM
THE TOTAL BRAIN WORKOUT BY MARCEL DANESI, PH.D.

EARTH DAY REBUS PUZZLES

What message is each of these word pictures trying to send?



BIRD'S-EYE VIEW

Which image below is the view of this pyramid from above?



A



B



C



D

ANSWERS: Riddle: Your name. **Addition Square:** Row 1: 2, 3, 5, 6. Row 2: 1, 9, 9, 5. Row 3: 8, 5, 2, 1. Row 4: 9, 6, 1, 2. **Earth Day Rebus Puzzles:** Go green. Put the earth first. Live in harmony. **Bird's-Eye View:** C.