



Calm COMMUTES

Breathe deeply at every red light during your morning and afternoon commutes. Doing so will help you de-stress.

— *Vitality*

LESS FAT, MORE CASH \$825

The amount obese people saved on medical expenses the year after losing just 5 percent of their weight (nine pounds if you weigh 185).

— *Prevention*



T A X I N G

PERFECT POTATOES

Use evaporated milk, not whole milk, when making mashed potatoes. The evaporated product is thicker, so you get the creaminess without the fat, plus it has three times the calcium per cup.

— *Men's Health*

oral fixations

A balanced diet, exercise and staying lean can cut your risk for periodontitis by 40 percent, notes a study in the "Journal of Periodontology." Each habit may reduce high inflammation levels linked to the gum disease.

— *Self*

QUESTIONS

If you itemize your deductions on Schedule A of Form 1040, you may be able to deduct expenses you paid that year for medical and dental care, including the following:

- Prescription drugs and insulin
- Doctor, dentist, surgeon, psychiatrist and psychologist visits
- Medical supplies and equipment
- Hospital, long-term care, nursing and lab services
- Acupuncture and chiropractor visits
- Treatment for alcohol or drugs
- Quit smoking programs and prescription drugs
- Prescription eyeglasses or contact lenses, laser eye surgery, hearing aids, crutches and wheelchairs
- Dental treatment, including X-rays, fillings, false teeth, braces, extractions and dentures
- Transportation for medical care
- Ambulance service

— *Vitality*

M I X I T U P

For a pre-workout snack, mix carbs and protein, such as yogurt and a granola bar or a peanut butter sandwich. Combos like these help stimulate muscle growth.

— *Men's Health*

The Dye May be Why

That diaper rash that just won't go away may actually be caused by the dye used in disposable diapers and training pants. University of Massachusetts Medical School researchers report that red, irritated skin that aligns with colored areas on diapers and training pants may be a sign of a dye allergy. Switch to diapers labeled dye-free and the rash may disappear in a few days.

— *Prevention*

