

TRY BEANS FOR A HAPPY HEART

To help reduce your risk of heart disease, eat pinto beans (try them in soups and salads) and salmon. They're a good source of copper, which animal research shows can help improve cardiac function in the face of ongoing stress.

—*The Journal of Experimental Medicine*



Scalding burns are the most common ones in younger children. These burns often occur when a toddler knocks over a coffee cup, grabs the handle of a pot of boiling water on the stove or is exposed to hot water. To prevent these burns:

- Set the temperature on your hot water heater to 120 degrees.
- Test bath water before putting your child in the tub.
- Don't carry hot liquids or foods near your child.
- When cooking on the stovetop, use the back burners.
- Never leave a child unattended in the kitchen if you have something cooking on the stove.
- Don't use tablecloths. A child can easily grab and pull it, causing dishes to come tumbling down.

—*Vitality*



HOW HEALTHY IS YOUR APPETITE?

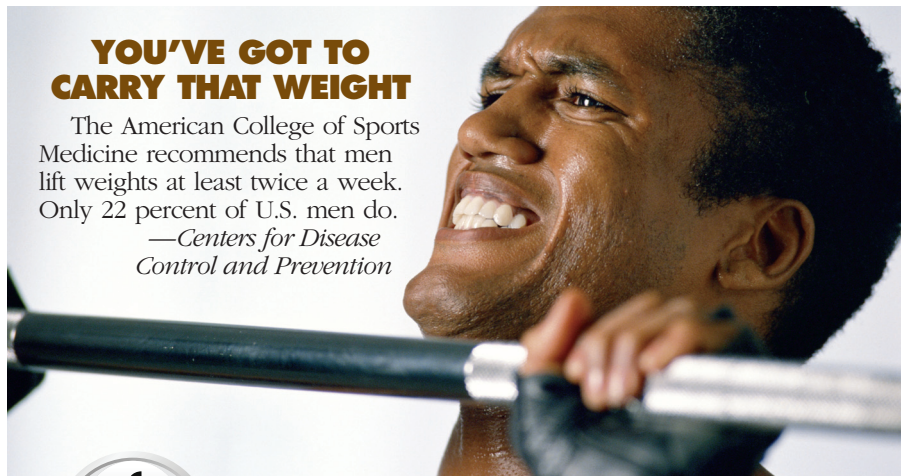
Women in their 40s, 50s and 60s have more than twice the risk of becoming binge-eaters than teens do—and they deny warning signs just as much, too. Older women are especially vulnerable thanks to stressors such as divorce, financial insecurity and changes related to menopause. “These can trigger an eating disorder and may cause you to overlook one,” says Jonathan Mond, Ph.D., a scientist at James Cook University School of Medicine in Australia. You don't need to be vomiting or passing up all meals

to have a problem. Here's a list of more subtle statements made by those with unhealthy eating habits:

- I eat uncontrollably—even when I'm not hungry.
- I hide food and toss “evidence” of what I eat.
- I eat late at night, or in secret, so nobody can see me.

If you agree with just one of these, talk with your doctor.

—*Prevention*



YOU'VE GOT TO CARRY THAT WEIGHT

The American College of Sports Medicine recommends that men lift weights at least twice a week. Only 22 percent of U.S. men do.

—*Centers for Disease Control and Prevention*



Save Your Breath

A sweat session can curb cigarette cravings, according to a report in the journal *Addiction*. Low- to moderate-intensity exercise such as a 15-minute walk aided smokers in resisting the urge to puff for up to 50 minutes—in fact, it may work as well as or better than a sugar fix or nicotine gum. Plus, the stroll helped squelch feelings of stress, anxiety and irritability, which often come from kicking the habit. Instead of a smoke break, break into a stride.

—*Self*