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10 Second Health Tips...

(By the Editors of Men's Health)

(Extract from our September, 2008 Newsletter)

Live longer and stronger with this feel-good to-do list

- 1. Tea off in the morning:** Hot tea can slash your risk of kidney cancer by 15 percent, according to a review in the *International Journal of Cancer*. Try pu-erh tea, which is better than green or black tea at preventing DNA damage.
 - 2. Sleep smarter:** Too much sleep, or not enough of it, can kill you. A British study found that getting more than 9 hours of sack time a night, or less than 6, doubles your risk of an early death from any cause. Aim for 7 to 8 hours a night.
 - 3. Pop in your lenses postshower:** Soaping up while wearing your contacts can expose your eyes to infection-causing waterborne microbes, say University of Illinois at Chicago researchers.
 - 4. Drink wine, stay lean:** Polyphenols, the compounds found in red wine, help your body block fat absorption, an Israeli study found. Red-wine marinades work, too.
 - 5. Lose the lint:** Taking 2 seconds to empty the lint trap in your clothes dryer can prevent you from being one of the 315 dryer-fire victims each year in the United States.
 - 6. Check your neck:** An *American Journal of*
- Medicine* study found that a mildly underactive thyroid can boost your heart-disease risk by 65 percent. A quick blood test can assess your level of thyroid-stimulating hormone (TSH).
- 7. Lean back:** Parking your torso at a 90-degree angle strains your spine, say Scottish and Canadian researchers. Instead, give your chair the La-Z-Boy treatment and recline the seat back slightly. The ideal angle is 45 degrees off vertical.
 - 8. Scent your air safely:** Some air fresheners contain phthalates, compounds that may disrupt hormone processes, Natural Resources Defense Council testing reveals. Stick with Febreze Air Effects and Renuzit Subtle Effects.
 - 9. Boost your defenses:** An *Archives of Internal Medicine* review reports that 400 IU of vitamin D a day reduces your risk of an early death by 7 percent. Try Carlson's vitamin D
 - 10. Skip the spray:** Using household spray cleaners just once a week increases your risk of an asthma attack by 76 percent, say Spanish researchers. Use wipes instead.
 - 11. Steam your broccoli:** Italian researchers recently discovered that steaming broccoli increases its concentration of glucosinolates (compounds found to fight cancer) by 30 percent. Boiling actually lowers the levels.
 - 12. Stretch it out:** Genes in your body linked to heart disease, diabetes, and obesity can be "turned on" if you sit for hours on end, reports a study in *Diabetes*. Hit the "off" button by taking hourly laps during TV, book, and Web sessions.