



Hey!
 Life certainly is different here — in a good way! Sure, some days feel so hot you want to see if there are room rentals in a meat locker, but most days feel really sunny and nice — thanks to your advice to take Estroven. Mostly, I'm l-o-v-i-n-g the "me" time! I even took up windsurfing!

Kisses,
 xoxo
 Sandy



Mrs. Laura Ramirez
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When you arrive at menopause, start managing your journey naturally with new and improved Estroven first. Now with vitamin D, Estroven has just the right balance of clinically tested, all-natural ingredients like soy, black cohosh, vitamins and minerals your changing body needs so you can spend less time on your symptoms and more on enjoying your journey. So pick up Estroven and start enjoying your journey today!



Estroven. The natural place to start for menopause relief.

menopauseland.com

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No more sick days!

Natural kid-friendly ways to keep coughs and sniffles from staging a comeback

At this point in the cold season, it's particularly difficult to keep kids healthy. "Most children have already had *at least* one or two colds," notes Kathi J. Kemper, M.D., director of complementary and integrative medicine at Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina. "Since these infections compromise the immune system, kids end up highly susceptible to repeat bouts of illness." To the rescue: a trio of proven late-winter health enhancers.

IMMUNITY BOOSTER: FLAXSEED OIL

This nutty oil is rich in the plant-based omega-3 fatty acid *alpha-linolenic acid* (ALA). Unlike fish-derived omega-3s, ALA helps convert immunity-sapping compounds in the body called *eicosanoids* into a beneficial form that actually fights infection, explains Janet Brill, Ph.D., an adjunct professor of dietetics and nutrition at Florida International University in Miami. The beneficial dose: 2 Tbs. of flaxseed oil daily, which can easily be concealed in kid faves like mashed potatoes, smoothies and pan-

IMMUNITY BOOSTER: VITAMIN D

Research in *The Journal of Immunology* reveals that vitamin D in the body (produced in the skin after exposure to sunlight) is largely activated by the lungs—not just the liver and kidneys, as previously believed. This is a boon for immunity since lung-activated vitamin D signals a pair of genes to markedly improve the lungs' resistance to viruses and bacteria, according to the research. To optimize your child's D levels, natural-health expert Jacob Teitelbaum, M.D., advises sending your child outdoors (sans sunscreen) for 30 minutes four times a week for sun exposure on his hands and face.

IMMUNITY BOOSTER: JUMPING JACKS

Doctors have long known that the central marrow of bones, called the *stroma*, produces germ-disabling white blood cells. Now comes word from British researchers that engaging in 30 minutes per week of jumping jacks, hopscotch or other high-impact activities stimulates the growth of new stromal cells—and provides a rise in the body's output of white blood cells.

Coconut butter (Refrigerate the oil to prevent the breakdown of ALA.)

handy info

Alert! Heavy toilet seats hazardous to boys

After reviewing hospital-admission records, a team of British researchers is warning that toilet seats made of wood or ceramic can crash down unexpectedly, seriously injuring the penises of preschool boys who urinate while standing. Parents of young boys are now advised to keep a hand on heavy seats while children are using the bathroom, or switch to a lighter plastic model that won't cause harm.

SOURCE: *British Journal of Urology International*, 2008

SMILE FILE



"You forgot to text me good night."

Dogs keep children's weight in check

This news from Jo Salmon, Ph.D. Her team found that children between the ages of 5 and 12 who owned a dog were less likely to be overweight or obese than those with no family dog. Surprisingly, this held true even if the children weren't responsible for walking the pet—simply playing with a pooch offers enough physical activity to keep kids slim.

SOURCE: Jo Salmon, Ph.D., associate professor of exercise and nutrition sciences, Deakin University, Australia



From top: Media Bakery; Susan Findlay/Masterfile. Cartoon: Randy Glasbergen. Text: Olga Norstrom-Ojeda.

handy info

Viagra's surprising downside for couples

In a recent study, 97 percent of men who used Viagra became fixated on intercourse and highly resistant to foreplay. One reason is that Viagra's small window of effectiveness (just four hours) made men feel rushed. As an alternative, *First* columnist John P. Mulhall, M.D., recommends Cialis, a prescription erectile-dysfunction drug that works for up to 36 hours.

SOURCE: *The Journal of Sexual Medicine*, 2008

NEW AT-HOME FERTILITY TEST IS 98% ACCURATE

Called Fertility Scope (\$40, at FertilityScopeUSA.com), the reusable test involves applying a drop of saliva to a magnification lens, then viewing the sample through an eyepiece. Saliva that forms a "ferning" pattern indicates that the body's estrogen levels—and thus, the odds of conception—are high. Studies show that this method is 98 percent accurate at tracking fertility.



Study: Mild sleep apnea saps pleasure

In women, mild forms of sleep apnea (marked by breathing interruptions during slumber) can suppress genital sensation and the ability to climax, likely due to the hormonal disruptions caused by the disorder. Women with such symptoms can log on to SleepCenters.org to find a facility that tests for and treats apnea.

SOURCE: Bülent Erol, M.D., urology researcher, Zonguldak Karaelmas University, Turkey

procedure that extracts a small amount of *ductal fluid* through the nipples for microscopic evaluation. Since breast cancer tends to originate in the ducts, the theory is that any abnormal cells will provide an early tip-off to cancer risk (not the disease itself, as some reports have stated). The problem is that ductal abnormalities are not always an accurate measure of risk—and unreliable results can cause unnecessary worry or provide false reassurance. Another consideration is that the exam generally costs \$100 and is not covered by most insurance companies.

But since breast cancer runs in your family, you are already aware of your elevated risk. So in addition to performing monthly self-exams, try adhering to these risk-reducing guidelines: Consume no more than one alcoholic drink per day, aim to get 30 minutes of exercise four times weekly and limit fat intake to less than 35 percent of your calories.

about him

? COULD BOTOX HELP WITH HIS EXCESS SWEAT?

My husband has a problem with sweating near his privates. Even in cold weather, the sweat soaks right through his pants! It's a total turnoff. I've heard that Botox can stop armpit sweating. Could it work in the groin area, too?

It sounds like your husband is suffering from *hyperhidrosis*, a condition that occurs when nerve signals overstimulate nearby sweat glands. Botox works by blocking this nerve activity, so it could bring relief. Just bear in mind that Botox shots are about \$600 each, and

maintenance injections are needed every three months or so. Insurance may cover some of the cost if a dermatologist documents the condition. But failing that, a good alternative is a prescription antiperspirant containing 20 percent *aluminum chloride*, which prevents sweat from reaching the skin's surface.

? WHY DOES HE CARE ABOUT SIZE MORE THAN SEX?

When we make love, my husband insists on turning the lights off because he thinks he has a small penis. Now he's bought these penis-enlarging pills that

are making things even worse: He has trouble getting an erection, and the pills have had no effect whatsoever on his size. How can I get our sex life back?

Pills that purport to enlarge the penis are bad news. Not only are they ineffective at living up to their claims, but they are loaded with pernicious ingredients that can cause side effects ranging from erectile trouble to unwanted hardness. Fortunately, you can assure your husband that these symptoms usually abate once a man stops taking the pills.

On the other hand, Kegel exercises are proven to make an erect penis appear larger and stand a bit higher (by enhancing penile blood flow). To do, your husband should imagine stopping the flow of urine while squeezing the rectum tight and holding for five seconds before releasing.

If he does 10 reps three times daily you both should start to notice that his erections appear larger within a week!



Wondering about a male problem?

John P. Mulhall, M.D., is a urologist, director of the Male Sexual and Reproductive Medicine Program at the Memorial Sloan-Kettering Cancer Center in New York City and author of *Saving Your Sex Life: A Guide For Men With Prostate Cancer* (Hilton, 2008). To ask him a question, e-mail him at privatehealth@firstforwomen.com or write to him using the address at left.