

Breakthrough research! Easy ways to Improve your health right now!

Your Good Health

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Get the scoop from leading doctors on the latest—and most surprising!—ways to protect yourself from breast cancer, heart disease, brittle bones and more. . .

You've got dietitians chattering about how many bushels of fiber you need to eat to prevent colon cancer, researchers preaching about how you need to do complicated word puzzles to avoid Alzheimer's and your mom insisting that you give the kids Tylenol the minute their temperature inches past 98.6°F. Add in the conflicting advice from friends, news reports and your neighborhood drugstore clerk—all sure that they're giving you the very best health advice, and whom do you believe?

Well, help is here at last. We asked top health gurus to cut through the confusion to reveal five of the latest truths about how to stay healthy!

1. A little sun keeps bones strong!

No doubt about it: Letting the sun's ultraviolet rays pummel you all day can lead to skin cancer unless you protect yourself with a top-quality sunscreen. But lounging in the sun lotion-free for just 15 minutes each day *is* a good idea! The latest research shows this single move can cut your risk of osteoporosis and high blood pressure by as much as 33%, while cutting your chances of suffering from depression, insomnia and many cancers in half. "Your body needs sunlight to produce vitamin D, a nutrient that affects the function of virtually every cell of your body," explains nutrition researcher Georgianna Donadio, Ph.D., director of the National Institute of Whole Health in Boston.

2. Two pills can ward off colon cancer!

It's the fourth most common cancer in women, and, yes, eating fiber-rich foods like Brussels

sprouts, cabbage, beans and bran cereal can help shield you from it. But few of us can down the bushels of fiber it would take to make a significant difference. Enter folic acid and calcium! New research shows taking a mere 400 mcg. of folic acid and 1,200 mg. of calcium daily can slash your risk of colon cancer fivefold-something even a whopping 33 grams of fiber daily can't do!

—*Brenda Kearns*