

5 easy ways to

Stop snoring

1 PUT A PILLOW BETWEEN YOUR KNEES!
And sleep on your side to keep your body aligned so your mouth stays closed, preventing throat-tissue vibrations from escaping.

2 SING LOUDLY!
In a study, more than half of the snorers who performed vocal exercises for 20 minutes a day reduced their bouts of snoring by nearly 18%. Singing—especially if it's loud—strengthens flabby tissues in the throat, making snoring less likely.

3 STEER CLEAR OF SMOKE!
Respiratory irritation from secondhand smoke can worsen snoring by inflaming your nose and throat.

4 GO ON A SHORT DIET
A study found that overweight men and women are more likely to snore. Extra pounds pad the fatty tissue in the throat, which narrows the airway and causes those "sawing" sounds. Losing just 10% is shown to make a dramatic difference.

5 USE THE PHARMACISTS' TOP CHOICE!



More than a snore?

Feel sleepy during the day? Irritable? Unable to concentrate? You may be one of 12 million Americans who suffer from sleep apnea.

A healthier tuna!

Good news if you're worried about the mercury and BPA in canned tuna! One brand, Wild Planet Albacore Tuna, uses BPA-free cans and contains only half the amount of mercury of other brands because it's made only with small fish that haven't accumulated as much of that heavy metal. Available in grocery stores and at WildPlanetFoods.com (\$3.50 for 5 oz.).



Smart ideas to
Make you healthier!

+ Using formula? Delay solid foods!
Formula-fed infants given solid foods before age four months are 25% more likely to be obese in childhood, reports the journal *Pediatrics*. The same, however, is not true for breastfed babies, researchers say.

+ Shoulder bags lead to back woes
It's in fashion for women and men to sport heavy shoulder bags in place of briefcases, but beware: The British Chiropractic Association says the weighty loads can lead to back pain and/or poor posture. If you or your guy carry one, prevent problems by keeping the strap short and making it a habit to alternate shoulders frequently.



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+ Mini pill doesn't cause heart woes
Contrary to previous reports, progestin-only (so-called "mini") birth control pills do not increase heart attack risk, reveals a new study of 1,800 women ages 16 to 44, in *The Journal of Clinical Endocrinology & Metabolism*.



stop

Cranberry juice offers so-easy protection



By now you know avoiding stomach and pylori bacteria heartburn prevention. Well, now we've covered that stomach care you do just the easiest, most effective ways to avoid this germ—or banish it fast if you already have it. The keys:

• Flushing out trouble with cranberry juice
Natural compounds in cranberries called proanthocyanidins prevent *H. pylori* from latching onto the stomach lining, research shows.

pathogens are destroyed when poultry is properly cooked to 165°F, the prime bacteria-killing temp, says the USDA. Just waiting until the flesh is no longer pink does

NEWS

To stretch or not to stretch?
It's your choice! Whether you stretch or not before your workout won't alter your risk of injury, concludes a new George Washington University study.

capsules can be found in health-food stores or at VitaCost.com or Amazon.com. Brands include Jarrow Formulas and Source Naturals. —Brenda Kearns