

Health News

A roundup of discoveries, updates, and advice to keep you living
(and looking) your best. **by MELAINA JUNTTI**

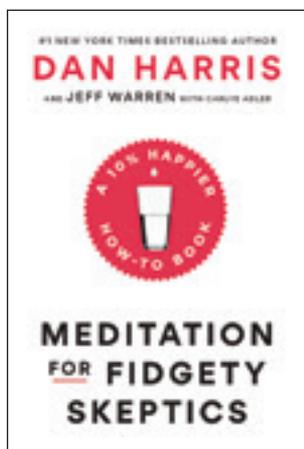


Yet Another Reason to Eat Organic



Your grocery bill is about to go up. Findings from a 23-year study at the University of California, San Diego, have shown that Californians may have high levels of glyphosate, the active chemical in the herbicide Roundup. In the 1990s, only 12 of the 100 people researchers followed had detectable levels of the weed killer, which is sprayed on nonorganic wheat, oats, barley, and soybeans. Now, 70 of them have glyphosate, and their overall levels jumped 1,200 percent. The herbicide's long-term effects are unclear, but California classifies it as a "known carcinogen," and animal studies suggest it causes liver damage. Unlike the hoops pharmaceutical companies go through to get drugs on the market, "with herbicides, the industry can say, 'We ran a few studies and everything's fine,'" explains study author Paul Mills. He recommends eating organic as much as possible, including packaged foods that contain grains.

READ THIS



MEDITATION, MINUS THE EYE ROLLS

If you're intrigued by meditation, but find some of it a little hokey, this is the book you're looking for. Dan Harris, ABC newsman and author of *10% Happier*, lays out some research, offers practical advice for adding five or 10 minutes of meditation to your day, and shares some ideas for making life a little easier—all while not taking himself too seriously. Here's what he says is the best piece of advice he's ever received to quit worrying so much: "Whenever I find myself carried away by anxious thoughts, I ask myself one simple question: 'Is this useful?' Is my next book going to be a classic case of sophomore slump? Will it end up like that second, critically panned *Strokes* record? I actually liked that record... Whoa, whoa, dude. Is this worrying useful? Probably not."

Sauna Away High Blood Pressure

Scandinavian guys are onto something. A 25-year study from the University of Eastern Finland found that sweating in a sauna slashes high blood pressure risks. Of 1,621 men, those who got in a sauna two or three times a week were 24 percent less prone to hypertension versus those who went once. "Relaxing your body and mind after a stressful workday may be the important contributor," says study author Jari Laukkanen. Saunas widen blood vessels, causing blood pressure to drop, and "saunas lead to sweating-induced fluid loss, which works like a diuretic to lower blood pressure." Who knows? Maybe it evens out all the Finnish vodka, too.

PETER GROENENDIJK/GETTY IMAGES

ASK DR. IMBER



Gerald Imber, M.D., is a world-renowned plastic surgeon with more than 40 years of medical experience and director of Youth Corridor Clinic in New York City.

I put on SPF, so why do ski trips still end in raccoon eyes?

Goggle-shaped pale skin against a very tanned face is not a good look. Worse, it means your skin is suffering. It's great you wear sunscreen, but it may not be enough. At altitude, the atmosphere is thinner, so there's less resistance to UVA and UVB rays. For every thousand meters above sea level you are, the sun is 10 percent stronger. Snowboarding in the Rockies is five times harder on your skin than surfing in Malibu. And the reflection off the snow nearly doubles the sun's intensity. Add in low relative humidity, and your skin can get so parched that it can flake or even crack. This is the basis for sun damage, premature aging, and skin cancer. Combat this with a mountain-specific regimen. Apply a serum containing 15 percent L-ascorbic acid (the active form of vitamin C), vitamin E, and melatonin. Follow it with a sunscreen of SPF 30 or higher and reapply every hour, ideally. Apply moisturizer to moist skin in the morning, after serum and sunscreen. And combat dryness overnight. Before you go to bed, wash your face, dab it dry, and use a moisturizer to seal in moisture and form a protective barrier between your body and the outside environment. And stay hydrated. If you're parched, your skin is, too.

HAVE A QUESTION FOR DR. IMBER?
Email him: AskDrImber@MensJournal.com

TEENAGE HEAD INJURIES MAY HAVE LONG-TERM EFFECTS

One in five teens has suffered a concussion, according to research in *JAMA*. And a study out of Sweden found that teens who'd had just one head injury were 22 percent likelier to get multiple sclerosis later in life. More than one and the risk goes up sevenfold. Some people have a genetic predisposition to MS, so most of those teens won't get the degenerative autoimmune disorder, insists study author Scott Montgomery. The lesson isn't to keep the kids indoors but to make sure they wear protective headgear.



Most "Hypoallergenic" and "Fragrance-Free" Lotions Are a Sham

Northwestern University researchers tested the 100 top-selling moisturizers and found that 83 percent of hypoallergenic lotions contained at least one allergen, while 46 percent of fragrance-free products included a fragrance. This is problematic for people with eczema, allergies, and other skin issues.

7 million

THE NUMBER OF MEN WHO NOW CARRY CANCER-CAUSING HPV

One in nine American men carry oral human papillomavirus, new research from the *Annals of Internal Medicine* finds. Seven million have the riskiest strain, which can cause throat, head, and neck cancers. Next time you have blood work, screen for HPV. If it comes back positive, talk to your doctor about reducing your risk of passing it to your partner.

FROM LEFT: TETRA IMAGES-ERIK ISAKSON/BETTY IMAGES; METTA IMAGE/ALAMY STOCK PHOTO

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