

The Sex of Your Dreams (& Hers)!

TONS OF
USEFUL STUFF

Men's Health

Amazing New Plan!

LEAN MUSCLE DIET

STRIP AWAY PURE FAT!

A FLAT GUT
FOREVER!

BUILD ABS. START HERE

DRESS FOR
MORE SEX

9 Get-Rich
Money Rules

1,776

COOL HEALTH, FITNESS,
FOOD & SEX SECRETS!



THE HOT ISSUE

The Men's Health Guy

**Matt
Damon**

with Emily Blunt

Matt wears a Lucky Brand shirt and J Brand jeans.
Emily wears a Dodo + Angelika top and
Citizens of Humanity jeans.

LOOK
BETTER
THAN EVER!
BONUS
32-PAGE
GUIDE

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of the back program at Schwab Rehabilitation Hospital in Chicago. Standing can also decrease your chances of dying of cardiovascular disease by 42 percent, a Canadian study found. Plus, some researchers believe that standing not only requires you to use more energy but also may activate a crucial fat-burning gene in your legs. Your mission: Build a workstation that allows you to sit as well as stand—the ideal ratio is 45 minutes standing to 15 sitting. The simplest solution is to find two lightweight but sturdy supports you can place on your desk to elevate the keyboard and monitor. We like either a pair of large wooden bins, one upside down and one vertical (feathergrain, \$30, containerstore.com) or an Allsop metal art monitor stand for your keyboard (\$30, amazon.com) and an oak Safco vertical desktop sorter for your monitor (\$45, amazon.com). “Your arms should be bent 90 degrees as you type, and your eyes should be level with the top of your monitor,” says Bill Hartman, P.T., C.S.C.S., co-owner of Indianapolis Fitness and Sports Training. Start by standing for 20 minutes every hour and add time as your fitness improves. If your office doesn’t allow stand-up desks, try these spine-saving moves at MensHealth.com/mhlists/work_stretches/index.php.

I see more guys at the gym wearing mouth guards. What’s the point?

GREG, VIA FACEBOOK.COM/MENSHEALTH

They’re pumping up by chomping down. That’s because wearing a mouth guard allows you to safely clench your teeth, which can help you heft more iron, says William P. Ebben, Ph.D., an exercise scientist at the University of Wisconsin at Parkside. “It’s a concept called ‘concurrent activation potentiation’: When your brain signals your jaw to clench, it may also cause a little more activation of the other muscles.” The result: You might lift as much as 15 percent more weight, according to Ebben’s research. If you want to give it a try, pick up the Cramer dental vinyl mouth guard (\$1.50 for the basic model, sportsunlimitedinc.com); it’s the same gym bit used in Ebben’s study.

Could I be addicted to junk food?

HOWIE, ORLANDO, FL

Until recently, scientists didn’t believe people could become junk-food junkies. But a new Scripps Research Institute study reveals that the same neurological and behavioral patterns seen in cocaine and heroin addicts are also present in obese rodents that are given extended access to a sweet, fatty buffet. “High-calorie foods trigger the release of dopamine, which results in a feel-good high,” says Louis Aronne, M.D., a clinical professor of medicine at Weill Cornell Medical College. But eat too much junk food for too long and dopamine will overwhelm your brain, causing it to compensate by decreasing the number of pleasure receptors. This means you’ll need to eat increasingly more food to achieve the same dopamine high, says Dr. Aronne. Before you know it, you’ll be like a cokehead snorting a pile of powder—except you’ll be inhaling a pile of powdered doughnuts instead. Of course, for most people the best way to kick your habit is to go cold turkey: Replace chips, ice cream, and candy with popcorn, yogurt,

and fruit. When you want a filling snack, eat crunchy vegetables, like carrots, celery, and radishes, dipped in salsa. Dr. Aronne also says it’s critical to reduce consumption of sodas (even diet ones) and juices because the sweetness can trigger overeating. Wean yourself by mixing your beverages with an equal part of water or club soda.

I keep hearing about indoor air pollution. How can I test the air quality in my home?

SIMON, MASON, OH

You already have a finely calibrated pollution detector: your immune system. It will alert you to the most common air invaders—dust, dander, pollen, mold—by making your eyes itch, your nose run, and your lungs wheeze. If you’re always suffering from these symptoms, it could be because of what you’re inhaling at home. Start by upgrading your doormat to one that traps particles and kills microbes, like [Dr. Doormat](http://Dr.Doormat) (\$40, drdoormat.com), and remove your shoes right after you wipe them clean. “We carry in 80 percent of all indoor air particles on our shoes,” says Richard Shaughnessy, Ph.D., director of indoor air research at the University of Tulsa. Next, vacuum weekly using a machine with a HEPA filter (like the Electrolux EL8502B, \$270, cpoelectrolux.com); also, make sure you change the filter on your central air unit every 3 months. Think you have mold? For small amounts, use a bleach-and-water solution on nonporous surfaces to remove what’s already there, and then prevent future attacks by eliminating the moisture source. If necessary, consider using an Energy Star-compliant dehumidifier, such as the Danby DDR500REE (\$195, amazon.com). Finally, Shaughnessy does recommend testing for radon, an invisible odorless gas that causes only one symptom: cancer. The AccuStar Alpha Track Test Kit is approved by the EPA and costs \$20 (4radon.com). ■

Stamp out dust bunnies

A comparative analysis of dust levels on a living-room floor

HOUSE CONDITIONS

Bare floor with shoes removed at the front door

1

Carpeted floor with shoes removed at the door

35

Carpeted floor, track-off mat at the door with shoes kept on

70

Carpeted floor, no track-off mat with shoes kept on

260

RATIO OF DUST PER SQUARE METER

Source: *Bulletin of Environmental Contamination & Toxicology*

Have a question no one else can answer? Ask at MensHealth.com/experts.