

HEALTHY NOW

→ The latest trends and tips to live better this month

THE VERDICT

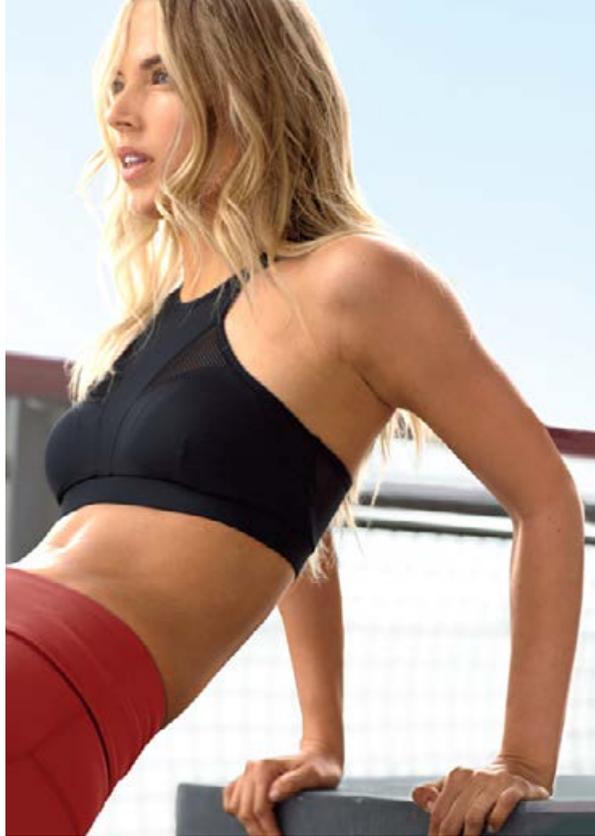
Should you soup?

Souping is the new juicing: Companies are concocting purees that supposedly detox with a meal's worth of nutrients. Soup does contain more beneficial fiber than juice, but some are "ultra-low in calories," says Laura Cipullo, R.D., which can slow down your metabolism. Bottom line: Soup isn't a meal unless it contains a mix of carbs, protein and fat, so eat yours with fish, grains and (more) veggies.

48

PERCENTAGE OF TOP COLLEGES WITH INDOOR-TANNING FACILITIES EITHER ON CAMPUS OR IN OFF-CAMPUS HOUSING (DESPITE UV RADIATION'S PROVEN LINK TO SKIN CANCER—ESPECIALLY IN TEENS AND YOUNG ADULTS)

SOURCE: JAMA DERMATOLOGY



Natural energy boosts

Energy drinks can cause insomnia and anxiety, a new study reveals, so try these caffeine-free uppers.

- 1/ MINT GUM** Research shows that the scent of peppermint can decrease fatigue, "and the strong mint flavor can boost alertness," says Michael Joyner, M.D., an exercise researcher at the Mayo Clinic.
- 2/ CONTROLLED BREATHING** Tuning in to your breath and establishing a steady rhythm helps you feel more focused and ready to go, Dr. Joyner says. (Bonus: It may also lower your perception of effort.)
- 3/ PLAIN WATER** Drinking cold water before you work out can stimulate the nervous system, Dr. Joyner says.

CLOCKWISE FROM TOP RIGHT: JUSTIN STEELE; STYLING, LINDSEY FRUGIER; HAIR, STACI CHILD FOR REDKEN; MAKEUP, ALEXA RODULFO USING CHANEL LES BEIGES; MANICURE, RACHEL SHIM AT ABTP.COM; MODEL, COURTNEY SCHREIBER AT SILVER MODELS; ZACH DESART; PROP STYLING, JAMIE KIMM; ZACH DESART; FOOD STYLING, CHRIS LANIER AT APOSTROPHE; PROP STYLING, ALMA MELENDEZ; SEE GET-IT GUIDE.

FEEL BETTER FASTER

More than 80 percent of us reach for over-the-counter painkillers when we need relief, according to a Mintel market-research report. Here's how to match your medication to your needs.

ACETAMINOPHEN
(E.G., TYLENOL)

IBUPROFEN
(E.G., ADVIL)

NAPROXEN
(E.G., ALEVE)

ASPIRIN
(E.G., BAYER)

WHAT IT IS

An analgesic—aka pain reliever—and fever reducer that blocks pain signals and cools down the body

A nonsteroidal anti-inflammatory drug (NSAID) that inhibits hormonelike substances

A longer-lasting NSAID (you take one every 12 hours, versus one ibuprofen every 4 to 6 hours)

A blood thinner that works similarly to ibuprofen and naproxen to relieve inflammation

WHAT IT HELPS

Cold and flu symptoms, pain (e.g., sprains), headache. Often mixed with caffeine and aspirin in migraine meds.

Muscle or dental pain, exercise injuries, body and ear aches, period cramps especially

Same as ibuprofen, but it affects your body differently; try both to see which works best for you.

Toothache, sore throat, headaches (may be as effective as Rx migraine meds). Skip for muscle pain.

TAKE NOTE

It's sometimes found in OTC cold meds, so check before you accidentally double up.

Frequent use for more than 10 days is tied to GI bleeding and kidney damage.

Excessive long-term use of naproxen may in rare cases up your risk for stroke.

Like other NSAIDs, aspirin can irritate the stomach.

WHAT HURTS?
EACH PILL HELPS
A DIFFERENT PAIN.



SOURCES: CHARLES ARGOFF, M.D. AMERICAN ACADEMY OF PAIN MEDICINE. REBECCA BRITTON, PHARM.D. OREGON HEALTH & SCIENCE UNIVERSITY, PORTLAND. JESSICA FROST, M.D. AMERICAN ACADEMY OF FAMILY PHYSICIANS.