

health news



THE CURE FOR

A Food Coma



The Physician

"Eating a major high-carb, high-sugar meal temporarily elevates your body's glucose—aka blood sugar—level, but that will soon plummet, leaving you feeling both stuffed and drained. Drinking lots of water will help your body break down what you ate, fast-tracking your digestion process so you won't feel bloated for long."

Gina Sam, MD, gastroenterologist at The Institute of Gastrointestinal Motility Disorders and Integrative Health



The Dietitian

"Walk it off. Light movement is your best bet because it speeds digestion, improves insulin sensitivity so that blood sugar doesn't spike and drop as quickly, and stimulates the internal muscles that keep your gut running smoothly."

Sonya Angelone, RDN, spokesperson for the Academy of Nutrition and Dietetics



The Ayurveda Expert

"Chew on 10 to 15 roasted fennel seeds. They'll help unleash more digestive enzymes, allowing you to process food more effectively. Find the seeds in the spice aisle at the grocery store, and put them in a pan over medium heat for two minutes, stirring occasionally—they should not turn brown."

Sheila Patel, MD, medical director of the Chopra Center in Carlsbad, California

THE NUMBER OF MINUTES YOU HAVE TO EXERCISE A DAY TO STIMULATE PARTS OF THE BRAIN THAT HELP YOU PROBLEM-SOLVE AND FOCUS, ACCORDING TO RESEARCHERS AT THE UNIVERSITY OF WESTERN ONTARIO.

By Caitlin Carlson



Ask Dr. Ashton

Q I know I should pee after sex. What about after masturbating?

A In theory, if there is any bacteria around your rectum, it can travel via a sex toy or your hands to your urethra, where it may trigger a urinary tract infection. That said, there is no conclusive link between UTIs and masturbation with or without toys. But it still doesn't hurt to shower before solo time to minimize the amount of bacteria on your body and to pee when you're finished.

Q My yoga teacher says I shouldn't do a headstand while on my period. Why?

A Some yogis believe that upside-down poses disrupt the natural expulsion of blood out of your uterus. But the flow during the typical period is minimal enough that brief inversions won't disrupt anything. And in general, there is no medical evidence that headstands cause any sort of period irregularities.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF WOMEN'S HEALTH CORRESPONDENT



Healthy Obsession

Remember when your Fitbit's coolest skill was counting steps? LOL. This new version plays music phone-free, replies to texts, guides you through workouts, and tracks your PMS symptoms. *Fitbit Versa, \$200, fitbit.com*

HOW BAD IS IT?

Popping Expired Meds

During the FDA's approval process, manufacturers only have to prove that drugs are potent for up to three years—so no one has really studied how long they last beyond that, says pharmacist Lee Cantrell, director of the California Poison Control System, in San Diego. Don't take chances with old prescription meds (like antibiotics) that are vital to your well-being. "If they are even just a fraction less effective, it could lead to serious health issues," says Cantrell. Outdated over-the-counter meds may work, but we need more research to determine which ones and for how long. In the meantime, just spring for a new bottle.

You'll Live

Just Don't

PILL: GALLERY STOCK. WOMEN WITH PIZZA: GETTY IMAGES.