

health



Instagram Trend Alert: Infrared Saunas

Sharing your sauna selfie is officially a thing, thanks to influencers like Lady Gaga, Bella Hadid, and Gwyneth Paltrow, who've all posted from inside the hot boxes. The infrared treatments (typically 30 to 60 minutes)

heat your body without warming the air around you, says Jennifer Chwalek, MD, a dermatologist at Union Square Laser Dermatology in New York City. They cause major sweating, which may have detox benefits. Early research is promising, confirms Michael Roizen, MD, chief wellness officer of the Cleveland Clinic: "Future studies could show that infrared saunas give you the same benefits as cardio exercise, without the actual exercise."

YAY, SCIENCE!

Paying for Things That Save Time (Hello, Takeout) Delivers Bliss

Harvard says so. The university's biz school led a study that found people who buy time by outsourcing tasks like cleaning, grocery shopping, and cooking are happier and less stressed. "Anything you don't like doing that you can pay someone to do—that's a possible pathway to well-being," explains lead researcher Ashley V. Whillans, PhD. The mood boost may come from being able to devote that saved time to more enjoyable things (like, say, catching up on *Riverdale*).



Healthy Obsession

Still using a plastic water bottle? C'mon! We'll make the switch easy for you: This BPA- and phthalate-free glass number holds 500 ml of liquid, and its spiky, no-slip silicone case is at once totally practical and savagely chic. BKR, \$40, mybkr.com



NEWS

HOW BAD IS IT?

Sitting on a Public Toilet Seat

Just Don't

No need to master the hover-pee, says Barbara S. Taylor, MD, associate professor in the Division of Infectious Diseases at the University of Texas Health Science Center at San Antonio. Instead, relax and take a seat. "As long

as you have no cuts or open wounds, your skin is an incredible protective barrier," says Dr. Taylor. The germs that lurk on public (and, btw, private) toilets can't penetrate it. Instead of crouching or building a TP nest to sit on, Dr. Taylor suggests focusing on your hands. Touching anything in a

public restroom—and then rubbing your eyes, nose, or mouth—can expose you to infectious nasties. So less squatting, more hand scrubbing. And when you're done, use a paper towel to turn off the sink and open the door.

Totes Fine



Ask Dr. Ashton

Q "Can my IUD strings poke through a condom?"

A _ It's not likely. The strands, which hang just outside the cervix, are flexible and soften over time. They should get swept to the side during sex. Very rarely would they stand at attention long enough (or be sharp enough) to poke through a condom. In my 17 years as an ob-gyn, I've never seen or heard of that happening. The only risk factor would be if your strings were cut wrong. If your partner ever says he can feel your IUD during sex, see your doctor for an exam.

Q "Is it true that if I'm on the Pill, I'm not losing any eggs?"

A _ Nope. You're still shedding eggs. Let me explain: Your birth control does prevent your ovaries from releasing eggs each month, but eggs are cells—and like all other cells in the body, they don't live forever. The average woman is born with up to 2 million (!) eggs, but by the time she reaches puberty, only 300,000 to 400,000 remain. Losing them is a natural process, Pill or no Pill. So the idea that you're currently "saving up" your eggs is just not true.

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