THE MEN’S HEALTH GUY GERARD BUTLER
“I’m aiming for the stars. I’ll worry about the details later.”

BUILD WEALTH FAST!
BEST NEW MONEY TIPS

TAP YOUR SECRET SOURCE
DO-DR-DIE

NEW HEALTH, FITNESS, SEX & NUTRITION TIPS!

LOSE YOUR GUT!
SEE RESULTS IN JUST 8 DAYS!

DRESS FOR MORE SEX

GAIN MUSCLE, LOSE POUNDS

BETTER SLEEF!
BIGGER MUSCLES’

20 BEST FOODS FOR MEN Eat Up! p.170

TONS OF USEFUL STUFF

THE 15-MINUTE HOME WORKOUT

FAST FIXES

NEW, BEST, MONEY TIPS

BUILD WEALTH FAST!

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100% GUARANTEED

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BIGGER MUSCLES’
ON OUR RADAR

SEAFOOD THAT SAVES

Slurping raw oysters may lower blood pressure. In a 28-day experiment, Chinese researchers fed hypertensive rats a daily dose of an amino-acid solution derived from oyster proteins. The big finding: The rodents' systolic blood pressure (the top number) dropped an average of 30 points. Scientists believe the precise combination of amino acids in an oyster is nearly identical to that of the hypertension drug captopril. More research is needed, however, to determine if eating the mollusks provides a similar blood-pressure lowering benefit in humans.

WHEN BEER IS BAD

If you're already at risk for pancreatic cancer, a daily pilsner may speed the onset of the often fatal disease, report scientists at the University of Michigan. In the study, patients with pancreatic cancer who drank one brew a day had acquired the affliction about 5 years earlier than those who skipped the suds. "It appears that alcohol creates inflammation in the pancreas," says study author Michelle Anderson, MD. "The more you drink, the greater the inflammation and the greater your risk."

FIVE-STAR INFLATION

• Besides the candles, flowers, and tablecloths, upscale restaurants may use fancy menu fonts to help justify high prices. Researchers at the University of Michigan recently found that people who read a recipe for a meal in dense, italicized script thought the food took about 60 percent longer to prepare than if it was written in a plain font. How might this apply when you're, say, reading a menu? "It makes you feel like you're getting more value for a higher cost," says study coauthor Norbert Schwarz, Ph.D. Check out the font style at your next fine-dining experience. Are they trying to convince you that their food is worth the money?

GO GREEN, STAY HEALTHY

• Produce is powerful stuff. Case in point: Regularly eating broccoli may lower your risk of prostate cancer and heart disease. In a recent British study, scientists found a disease-fighting benefit from consuming just 4 servings of the vegetable a week. "It's likely that compounds found in broccoli, called isothiocyanates, can activate genes that disturb the chemical processes that may cause cancer and inflammation," explains study coauthor Richard Mithen, Ph.D. One serving of broccoli is equal to 1 cup raw or 1 1/2 cup cooked.

53 PERCENTAGE OF PEOPLE WHO COOKED FROM SCRATCH MORE OFTEN IN 2008, TO SAVE MONEY.

SOURCE: Information Resources, Inc.

WHY THEY'RE HEALTHY

One serving of dried goldenberries contains 4 grams of protein and 5 grams of fiber. They're also a great source of vitamin A and disease-fighting antioxidants. You can find them at grocers such as Whole Foods Market, or online at elfwholesale.com.