



Part
2.

50 WAYS TO BEAT THE REAPER

**It's simple: Employ these scientific strategies now
and add years of good living to your future**

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Photograph by KEN ANDERSON

WE'VE BEEN TOLD THAT the only sure things are death and taxes. But just as creative accountants have helped many men triumph over their 1040s, we can help you outrun the reaper. Maybe it's a game you can't ultimately win. But by following these 50 tips, you sure as hell can send it into overtime.

1

DRINK AT
LEAST FIVE
8-OUNCE
GLASSES OF
WATER A DAY

Scientists at Loma Linda University found that men who drank this amount of H₂O were 54 percent less likely to suffer a fatal heart attack than those who drank two glasses or less every day.

6 SAY NO TO FROOT LOOPS

In a review of 53 studies, Australian researchers found that regularly eating cereal made from refined grains raises insulin and C-reactive protein, and lowers good cholesterol—all factors that boost your odds of developing heart disease. A better choice for your morning bowl: Post Shredded Wheat cereal, which is made from 100 percent whole grains and contains no sugar.

7 TAKE A MAGNESIUM SUPPLEMENT

Over an 18-year period, French researchers determined that men with the highest blood levels of magnesium are 40 percent less likely to die of any cause than those with the lowest levels. Magnesium can make multivitamins too bulky, so add a 250 milligram (mg) pill from iherb.com or GNC to your daily regimen.

8 BURN 1,100 CALORIES A WEEK

Duke University scientists discovered that this amount of exercise prevents the accumulation of visceral adipose tissue—the dangerous belly fat that causes arterial inflammation and hypertension. Falling short? Join a league: A recent *British Medical Journal* study reported that people who exercised in groups boosted their average calorie burn by 500 a week.

9 TAKE A DAILY MULTIVITAMIN

Researchers at the University of California at Berkeley discovered that this helps prevent the DNA damage that causes cancer. We like Centrum Silver.

10 HIT THE WEIGHTS

University of Michigan scientists found that men who completed three total-body weight workouts a week for 2 months lowered their diastolic blood pressure (the bottom number) by an average of eight points. That's enough to reduce the risk of stroke by 40 percent and heart attack by 15 percent.

11 SET A THREE-DRINK LIMIT

Harvard researchers determined that downing more than three drinks in a 24-hour period increases your risk of atrial fibrillation, a condition that may boost your odds of a stroke fivefold during that time. An important note: When the average man pours himself a glass of wine, it's typically twice the size of a standard drink (4 ounces), report researchers at Duke University.



If you think you're having a heart attack...

12 PLOP AN ALKA-SELTZER

It contains 325 milligrams of aspirin, the same as a regular aspirin, and begins fighting blood clots almost 3 minutes faster than a pill, according to a study in *Thrombosis Research*.

13 ... AND CALL A RIDE

Walk-in patients wait almost twice as long in the E.R. as those who arrive by ambulance, according to a University of New Mexico study.



14 TREAT A KILLER BEE STING

You may not know if you're allergic to the venom of a bee, wasp, or hornet until you've already been stung. But if you start to experience the symptoms of a life-threatening reaction—hives, wheezing, abdominal cramping—you can save yourself in 3 steps: **Step 1. Call 911.** **Step 2. Take a Benadryl.** **Step 3. Lie on your back and elevate your legs** while you wait for help, says Steven Kernerman, D.O., an allergist at the Spokane Allergy and Asthma Clinic. An allergic reaction can constrict your blood vessels, and our three-step strategy counteracts that by improving bloodflow to your heart.

15 EAT PRODUCE AT EVERY MEAL

If you consume more than five servings of fruits and vegetables per day, you have a 26 percent lower risk of stroke than people who eat fewer than three servings, according to a recent U.K. study.

16 MONITOR YOUR BLOOD SUGAR

Johns Hopkins University researchers recently determined that people with the highest blood-sugar levels have twice the risk of heart disease as those with the lowest. A warning sign: fasting blood sugar that's greater than 100 mg per deciliter.

2 TAKE A LAUGH BREAK

Watching 15 minutes of funny video can improve bloodflow to your heart by 50 percent, report researchers at the University of Maryland. "This may reduce blood-clot formation, cholesterol deposition, and inflammation," says study author Michael Miller, M.D. For your daily dose, click on the "hilarious" video link at ebaumsworld.com.

3 DON'T GO TO WORK SICK

Over a 3-year period, men who clocked in despite feeling under the weather had double the heart-attack risk of guys who stayed in bed, according to a U.K. study.

4 PUT OUT THE FIRE IN YOUR CHEST

Untreated heartburn can lead to a heart attack, according to a study in the *International Journal of Cardiology*. Scientists dis-

covered that as acid levels in the esophagus rise, the incidence of blocked bloodflow to the heart also rises by 20 percent. A natural remedy: Analyze your diet. Don't make a habit of drinking wine, juice, or carbonated beverages, all of which are highly acidic and may trigger heartburn, say South Carolina researchers.

5 INDULGE YOUR CHOCOLATE CRAVING

In a 15-year study, Dutch scientists determined that men who ate just 4 grams of cocoa a day had half the risk of dying from heart disease than those who ate less. That's the equivalent of two 25-calorie Hershey's Kisses—an amount that can fit into any diet.



17.

THINK POSITIVE
Purdue scientists discovered that constant worrying shortens your life span by 16 years.

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18 KEEP YOUR COOL Men who frequently express anger outwardly are more than twice as likely to have a stroke than guys who control their tempers, according to the journal *Stroke*. If you have anger-management issues, try fish oil. National Institutes of Health scientists found that hostile, aggressive men often have low blood levels of DHA—one of the main omega-3 fats found in the oil. We like Nordic Naturals Ultimate Omega (\$27 for 60 1,000-milligram (mg) softgels; nordicnaturals.com). Take 1,000 to 2,000 mg every day.



22 TRY A NATURAL REMEDY According to Israeli scientists, eating one red grapefruit a day lowers LDL (bad) cholesterol by 20 percent, even in people who don't respond to statins.

23 HAVE BREAKFAST WITHIN 90 MINUTES OF WAKING A University of Massachusetts study found that men who waited longer than that were 50 percent more likely to become obese. And U.K. researchers determined that increases in body mass were directly proportionate to the likelihood of dying of gut cancers—specifically rectal, bladder, colon, and liver.

24 VACUUM FOR 30 MINUTES Doing 150 calories' worth of chores a day can lower high blood pressure by 13 points, according to *Medicine & Science in Sports & Exercise*. The reduction lasts only 8 hours, but make it a daily habit and you can lower your BP in the long term. (Helping out more with housework may improve your sex life, too.)

25 EAT BERRIES The antioxidants in cranberries, blueberries, strawberries, and raspberries have been shown to offer protection from a stroke, keep you mentally sharp as you age, and ward off cancer.

26 DROWNPROOF YOURSELF If you're dumped in the water without a life preserver, the key to survival is staying warm and conserving energy. Use the method taught to U.S. Navy pilots: Float facedown in the water with your knees tucked against your chest in the fetal position. (This slows the drop in body temperature.) Exhale bubbles slowly,

turning your head to one side only to inhale deeply. Repeat until help arrives.

27 SLEEP ON YOUR SIDE This can halve the number of sleep-apnea-related wakeups you experience during the night. Such interruptions make you up to six times more likely to be involved in an auto accident, due to residual fatigue, according to researchers at University Hospital in Bern, Switzerland. To keep from rolling over onto your back as you sleep, stuff a small, firm neck pillow down the back of your T-shirt before dozing off.

28 LIGHT A JASMINE-SCENTED CANDLE Men who did this for just 1 minute before bed fell asleep faster, tossed and turned less, and felt more refreshed in the morning than those who didn't inhale the aroma, report scientists at Wheeling Jesuit University. That's important, because insufficient sleep boosts your risk of diabetes, and restless sleep increases your odds of a stroke.

LIVE LIFE IN A SMOKE-FREE ZONE
Secondhand smoke, besides boosting your risk of lung cancer, raises your diabetes risk by 40 percent—nearly the same as smoking does.

30 DODGE A DEADLY LIGHTNING BOLT Stay off the toilet during severe thunderstorms. If lightning hits within even 60 feet of your house, it can not only jump through phone and electrical lines but also run through plumbing, according to the National Weather Service.

31 PUT YOUR IPOD ON A MOUNT Reaching for an unsecured object as you drive makes you eight times more likely

to swerve into a road barrier, according to the Mayo Clinic.

32 CHECK YOUR SMOKE ALARMS The most likely reason a house fire ends in a fatality: no early warning. While just about every U.S. residence has smoke alarms, a Morehouse School of Medicine study revealed that the devices were nonfunctioning in one-third of homes due to dead or absent batteries. If you've ever let the juice in any of your detectors dwindle—or removed the battery

simply to disable the low-power beep—consider installing at least one DuPont self-charging smoke alarm (\$26; target.com). It screws into a ceiling light socket and feeds off your home's electricity.

33 SIP ON MINT TEA It contains the powerful antioxidant hesperidin, which reduces the inflammation and oxidative stress associated with diabetes by 52 percent, according to a

study at the University of Buffalo. And despite its lack of caffeine, mint tea also increases alertness.

34 DON'T JAYWALK This is particularly good advice if you've had too much to drink, because 77 percent of pedestrians killed while crossing the road aren't at intersections. And 53 percent of those killed at night had blood-alcohol concentrations at or above .08 percent, the legal limit in all 50 states.

35 DON'T GET BLOWN TO BITS Keep bleach, paint stripper, fabric softener, glue, and sidewalk salt away from gas appliances. The chlorine or fluorine in these products breaks down into ionized gas, which can eat holes in the pipes that deliver the fuel for your furnace, range, or dryer. Think you smell fumes? Don't call for help from inside your house; using your phone could create an electric spark and set off an explosion.

Improve your outlook, save your life

Scandinavian researchers have observed that deep depression (and its spinoff, suicide) is often caused by job stress. Here's how to lower stress, boost your mood, and simultaneously improve your overall health.

36 FIND TIME TO EXERCISE . . . People who exercise at any intensity for 2 hours a week—an average of about 17 minutes a day—are 61 percent less likely to feel highly stressed than their sedentary counterparts, according to researchers in Denmark.

37 . . . THEN TAKE IT OUTSIDE British researchers found that people who exercised outdoors reduced their

depression by 71 percent, while indoor exercisers' depression decreased by only 45 percent after their workouts.

38 CUT OUT THE SWEET STUFF Tufts University researchers found that men on low-sugar diets had lower levels of depression and anxiety than those who consumed all types of carbs. The happier people also limited their total carb intake to 40 percent of total calories.



FoodPix (image/fruit)



39 DOUSE YOUR SALAD WITH OIL AND VINEGAR

European scientists determined that unheated olive oil reduces cancer risk. As for vinegar, eating it prior to a high-carbohydrate meal (like pasta) slows the absorption of carbs into your bloodstream. This prevents the spikes in blood sugar and insulin that signal your body to store fat.

40 ADD CURRY TO VEGETABLES

Rutgers University scientists discovered that a combination of turmeric (found in curry powder) and phenethyl isothiocyanate (a compound in broccoli, brussels sprouts, and cauliflower) helps fight prostate cancer. The researchers believe that dusting your vegetables just once a week will provide protection.

41 BE A CAREER COACH

A man married to a woman who is upset by her work is 2.7 times more likely to develop heart disease. If your wife won't find a new job, help her practice her negotiating skills. A Harvard study found that due to anxiety, women don't initiate money talks at work as often as men do, especially when the boss is male.

42 STASH A CINNAMON AIR FRESHENER IN YOUR CAR

The strong, spicy smell can help you stay alert as you drive. Researchers at Wheeling Jesuit University found that a whiff increases alertness by 25 percent. Sucking on an Altoid may work, too.



43 TEST YOURSELF FOR HIV

A recent British study confirms that early detection is the key to extending your life. You can order a take-home HIV test online (\$44, homeaccess.com), mail in your blood sample, and receive your results in the mail just 7 days later.

5 WAYS TO LIVE FOREVER

IMMORTALITY IS ATTAINABLE, AS LONG AS YOU'RE WILLING TO DIE FOR IT

Be the next Bonds

People remember record setters—and you can become one without possessing skills or taking steroids. Can you tie a Windsor knot in less than 32 seconds? Swallow seven doughnuts in 3 minutes? If so, the editors at Guinness will fete your feat (guinnessworldrecords.com). “Choose a record in a category that excites you,” advises Ashrita Furman, who holds the most Guinness World Records (66).

Preserve yourself in alcohol

Design your own wine, and they'll be toasting you long after you're gone. San Francisco-based winery Crushpad will guide you to the grapes, bottle, and label that best reflect your tastes. And while you have to buy a minimum of 25 cases (starting at \$4,500), there are oenophiles online at crushpadwine.com with whom you can partner to split both the cost and the drinking duties.

Become an exhibitionist

Turn your gross anatomy into fine art by bequeathing your corpse to the folks behind the Gunther von Hagens Body Worlds exhibitions. They'll give your body the “plastination” treatment: dissect it, drain it of fluids and fats, impregnate it with silicone rubber, and finally twist it into a permanent pose for public display. Go to bodyworlds.com and click on “Body Donation” for details.

Go down in history

Shelve yourself in the Library of Congress by participating in StoryCorps (storycorps.net), an ongoing project to create an oral history of America. For a suggested donation of \$10, you'll spend an hour in a recording booth being interviewed about your life by a friend or family member. Afterward, you'll be given a CD of the interview, and a copy will be stored in the American Folklife Center at the Library of Congress.

Save the world

You can go to war against global warming and be remembered for the effort by giving a tree to a city park. (Most parks will display the donor's name on a nearby stone or plaque.) Check with your local municipality, or donate through arborday.org. And for a bigger plot in which to plant your legacy, \$5,000 will buy a tree in New York City's Central Park (centralparknyc.org). LISA JONES

44 FALL ON YOUR BUTT

If you feel yourself losing balance on the stairs, crouch so that your butt hits first, says Robert Nirschl, M.D., a spokesman for the American Academy of Orthopaedic Surgeons. Don't be afraid to bounce down a few steps—it'll make a fatal blow less likely.

45 DESIGN A COLORFUL MENU

Colorado State University scientists discovered that men who eat the widest variety of fruits and vegetables gain greater cancer-fighting benefits than those who eat more total servings but choose from a smaller assortment. That's because the plant chemicals that protect against disease vary between botanical families. Mix it up by choosing one serving from five different color groups: blues and purples, greens, whites, reds, and yellows and oranges.

47 STEEP YOUR TEA FOR AT LEAST 3 MINUTES

Any less than that lowers the number of disease-fighting antioxidants.



48 USE WATERCRESS IN YOUR SALAD

A study from the American Journal of Clinical Nutrition reveals that eating 3 ounces of watercress every day increases levels of the cancer-fighting antioxidants lutein and beta-carotene by 100 and 33 percent, respectively.

49 ENJOY YOUR JOE

Brooklyn College researchers recently discovered that drinking 4 cups of coffee a day lowers your risk of dying of heart disease by 53 percent. If you like Starbucks, choose a Caffè Americano: A grande counts as 4 cups and contains just 15 calories.

50 ASK FOR THE HEEL

Bread crust has up to eight times more prolyl lysine—an antioxidant that fights cancer—than what's in the center. Similarly, the skin of produce is loaded with healthy nutrients, too. ■

46.

TAKE A NOONTIME NAP

Breaking up your day with a 30-minute snooze can reduce coronary mortality by 37 percent, report Greek researchers. Why? It reduces stress that can damage your heart. Even a short nap once or twice a week was found to decrease the risk of early death.