

THE 3-DAY DIGITAL DETOX, p.52

September 2022

Prevention

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Men and Milk May Not Mix

Guys who are milk fans might want to reconsider their habit if milk plays a starring role in their daily diet. Consuming about 430 g of dairy per day (1¾ cups of milk) was associated with a 25% increased risk of prostate cancer compared with having just 20.2 daily grams (about ½ cup per week), according to a large new study by researchers at Loma Linda University. They analyzed health data from more than 28,000 North American men and took into consideration dietary patterns as well as other factors like demographics, family history of prostate cancer, and lifestyle habits. They ruled out calcium as the likely culprit—instead, they suspect that hormones in dairy might be to blame, as up to 75% of lactating dairy cows are pregnant and prostate

cancer is a hormone-responsive cancer. Another reason these findings make sense: A previous study by the same research team found an association between cow's milk intake and breast cancer risk in women. If you're already at higher risk for prostate (or breast) cancer, consider experimenting with dairy alternatives made from oat, soy, or nuts.



6K THE NUMBER OF **NONFATAL DROWNING-RELATED INJURIES IN CHILDREN UNDER 15** SEEN BY EMERGENCY DEPARTMENTS EACH YEAR, according to a recent report by the U.S. Consumer Product Safety Commission

TOOGA/GETTY IMAGES.

Back-to-School Snacks

Kids (and, let's face it, adults!) love snack time, and the right mix of nutrients can help supercharge their day. Protein, carbs, and fat make up the energy equation; fiber, vitamins, and minerals support kids' overall growth and well-being, says Jaclyn London, M.S., R.D., C.D.N., a New York City-based registered dietitian, author of *Dressing on the Side*, and host of the podcast *On the Side With Jackie London, R.D.* These fun snack ideas will fuel your little ones—and you!



Harvest Snaps

"Pulse-based snacks come in delicious flavors and also pack key minerals, plant-based protein, and fiber," London says. These are baked and made from green peas, red lentils, or black beans, and you can choose yummy flavors like Caesar, Parmesan roasted garlic, tomato basil, and more.



Maxine's Heavenly

Yes, these are cookies, and yes, they're a nutritious snack. They're made from wholesome ingredients like oat flour, flaxseed, and almonds, and they have only about 1 tsp of added sugar per serving. With flavors like chocolate chocolate chunk, snickerdoodle, and walnut banana bread, there's an option for everyone.



Love Corn

"These crunchy corn snacks are bound to become a kid favorite, thanks to their

simple ingredients, crunchy texture, and variety of flavors. I recommend these all the time for grown-ups too!" London says.



Lundberg Family Farms Organic Rice Cake Minis

They're made with whole grains (brown rice is the first ingredient) and come in fun flavors like white Cheddar, buffalo ranch, and apple pie.



Talty Bars

These feature real nuts and fruit, and the whole family will want to try every flavor: Peanut Butter & Jelly, Fig & Cashew, Dark Chocolate Espresso, Chocolate Coconut, and Apple Strudel.

