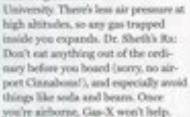
Coult the + body you love

Tixes for Four ommon 1. BUMPS ON YOUR TONGUE These small white or red "tongue. pimples' are actually inflamed taste buds, says Rochester, New York, dentist Ellie Phillips. Too-hot drinks, spicy stuff, acidic foods like tornatoes, or even a good jab with a chip can cause tiny abrasions of the sensitive. nubs, which then become swollen and irritated. Unless the bumps spread or don't go away after 7 to 10-days, they're nothing to warry about. Simply rinse with salt water to speed healing.

2 AIRPLANE STOMACH

If you get really gases when you fly, you're not alone. "Believe it or not, there is something that's called high-altitude flatus expalsion," says Anish Sheth, M.D., a gustro-enterologist at Yale



5. EXERCISE ITCH

If your legs itch when you've been exercising outdoors—say, in the cool morning air—temperature is probably to blame. It's not well understood, but increased blood flow to the skin in cold air can trigger the release of histamines, the same substances released during allergic reactions. Preworkout stretches can help, as do antihistamines like Benadryl. But



if you're hitting the gyes for the first time in a while and then feel the firsh, it's your body's way of telling you you've been spending too much time on the couch. "During workouts, capillaries in the skin expand to make room for in-

ernssed blood flow," says New York City physical therapist Andrew Barde. "These ressels lose flexibility if you're sodentary. So when exercise forces them open, your nerves interpret the irritation as an itels." Only regular exercise will help in those cases.

4. EYELID TWITCH

That irritating eyelid spasm is a sign you are way, way too tired, says Christine Neisco, M.D., an ophthalmologist at the University of Michigan in Ann Arbor. "Physical exhaustion and stress can make your facial nerves fire spontaneously for no reason," she explains. In plain English: Your eyelid muscles go rogue. Just eatch up on sleep and lay off caffeine—the stimulant can make muscle spasms worse. — Jill Procent

Eat...more!

YOU CAN HAVE THIS

McDonalds 5-pace Chicken Selects Remium Breast Stops (27 oz.) with BBQ sauce

OR ALL THIS

8-piece Chicken McNaggets (3.4 cz.) with BBG sauce, a Caesar salad with low fat virusgrette and a baked apple pie 10-causes, tr cause sar

SO REMEMBER

When you hit fast food, portions are key. Stick with little nuggets, and you'll get a full meal plus dessent! --Jackie Newyors, R.O.

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



My mom had cancer at 38-now I'm afraid to see an M.D. How can I get over it?

C.S., HUNTINGTON BEACH, CALIF.
What I'm going to say may seem harsh, but snap out of it!
Fear is your worst enemy right now. Think about it: What's the worst that could happen if you got a checkup today?

My doctor could say that I have cancer, like my mom.

OK, there is a chance you could get that scary diagnosis. but cancer is more treatable when found early. Conversely, if you wait months to see a doc and the cancer grows, you may miss your window for a cure: Survival rates for breast cancer, for example, drop from more than 95 percent to 27 percent if the disease spreads. Now, what's the best that could happen? Your doc could give you a clean bill of health and the info you need to lower your risk. So do whatever it takes to get yourself into her affice.



Clamour symbology atter Johns E. Manon, N.D. in that of the distinct of presentive medicine or floorosis (bighum and Women's Hospital, professor

of medicine at Harvard Medical School and a

health quickie Booze binges (4 or more drinks in a sitting) may increase your stroke risk by 56%, a study found.