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# Men's Journal

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# Health News



## DIABETES BUSTERS

As you may have heard, the country is in the midst of a diabetes epidemic. If current trends hold, *one in three Americans will get type 2 diabetes*, with an average decrease in life span of 12 years. Sort of gets your attention, doesn't it? Fortunately, in the past few months two studies have come out offering strategies that can slash your risk by as much as 33 percent. The best defense? Ingesting the recommended 400 daily milligrams of dietary magnesium (a well-rounded diet should get you there, but spike your intake of leafy greens and whole grains to be sure) or — get this — three or more cups of coffee a day.

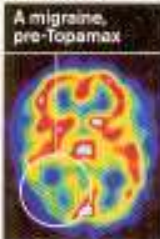
## RAPID REPORTS

**HARD TRUTH** Viagra's impact on one aspect of male performance is indisputable; just don't count on using the potency drug to try to start a family. Preliminary studies at Queen's University in Belfast, Northern Ireland, show that "vitamin V" triggers sperm to prematurely release the enzyme involved in breaking down the surface of the egg, so when the sperm arrives at its destination it can't get in. More studies are under way.



**THE JET LAG DIET** A diving trip in Indonesia is great, but think how awesome it would be without the jet lag. The Argonne Anti-Jet Lag Diet could take care of that. Three days before your flight, the diet has you begin alternating days of feasting and fasting; then you get to your destination, eat breakfast — and skip the nap. National guard members who used the diet in a study were 75 times less likely to feel lagged when flying east and 16.2 times less likely when flying west (\$17; [antijetlagdiet.com](http://antijetlagdiet.com)).

**MIGRAINE MIRACLE** Migraine sufferers — there are 28 million of them in the U.S. — would be willing to give their right arm for a treatment that works. It may be time to break out the saw. Researchers have found that Topamax, already commonly prescribed as an anti-epilepsy drug, is also effective at combating migraines. And you don't need to wait for the onset of an attack before taking the drug (as with other remedies). If you're a sufferer, ask your doctor if you should go on a 100-mg-per-day dose.



## PAGING DR. BOB

BOB ARMY IS A FORMER NBC MEDICAL CORRESPONDENT AND THE AUTHOR OF 10 ROCKS: SEND HEALTH AND FITNESS QUESTIONS TO [BOB@10ROCKS.COM](mailto:BOB@10ROCKS.COM)



*My big toe hurts and my doctor diagnosed it as gout. He told me that it could be because I've been on the Atkins diet. Could this be true?*

Your doctor's right: A 12-year study of more than 47,000 men recently published in the *New England Journal of Medicine* found that eating more meat increases the risk of gout — an inflammation of the joints, especially in the big toe. So what's going on here? Chemicals called purines, found in meat, break down into uric acid in your body, and deposits of uric acid cause the gout attack. The study found that the more meat — beef, pork, and lamb — men ate, the higher their risk of gout. Increasing your intake of vegetable and dairy products reduces the risk.

*I always wear a protective cup for my softball games, but some of my teammates give me a hard time about it. Has modern medicine decided that cups are unnecessary?*

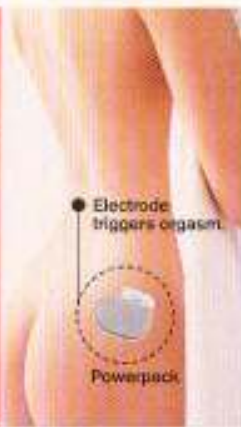
While fewer and fewer men seem to be sporting athletic cups, wearing one is still the single best thing you can do to prevent (gulp) testicular injury to testicles are basically internal organs in a highly vulnerable external location, so unlike, say, your heart, you don't have much shielding your boys. It seems only sensible to use a little protection. I don't wear a cup for tennis or skiing, since those sports don't usually put me at risk. But I wouldn't be caught without one on a hockey rink or squash court — or softball diamond.

*Settle a bet: How many glasses of water should I drink a day?*

Eight glasses a day has been the conventional wisdom for decades. But Dartmouth professor Dr. Heinz Valtia published a study in 2002 debunking the eight-glasses-a-day myth, and the Institute of Medicine recently released a report saying that most people get enough water through the food they eat (fruits and vegetables are mostly water) and the drinks they consume. The institute did not set an exact guideline for how many glasses to drink, so my not-so-scientific method of making sure I'm hydrated is simply to make sure that my urine is light yellow.

## PRODUCT OF THE DECADE The Orgasmatron

Say hello to man's new best friend: Dr. Stuart Meloy has developed — and the FDA has approved — a device Meloy has dubbed the Orgasmatron, a simple electrode (and powerpack), surgically implanted in a woman's lower back, that stimulates the spine and triggers orgasms. And it's operated — we kid you not — by remote control. Meloy offers the device in permanent and temporary (10-day) models. At \$17,000 for the permanent version and \$3,000 for the quickie, the Orgasmatron doesn't come cheap; but can you really put a price on an invention that makes the big O available at the touch of a button? We didn't think so. (336-714-6400 or [papa.com](http://papa.com)) —Mike Guy



## THE 30-SECOND GUIDE: TRAINING WITH CLUBBELLS

**L**OOKING TO ADD A LITTLE POP to your swing for the softball season? Clubbells — weights that look like baseball bats on steroids — work your muscles in three planes (as opposed to one plane with your standard presses or curls) and more closely simulate the moves your body makes when swinging a bat. The result: You'll be more likely to knock the softball into the Good Humor truck, and you'll be less likely to get injured.

Here, we've detailed one exercise to get you started. For a more in-depth program pick up *Clubbell Training for Circular Strength*, by Scott Sonnan, or visit [circularstrength-training.com](http://circularstrength-training.com) (15-pound clubbells are \$110 each or \$200 per pair).

**SHIELD CAST** Stand with your right elbow tucked to your side and your forearm extended in front of you holding the clubbell straight up. Slowly raise the bell toward the opposite

shoulder, and over until it's behind your head with the barrel pointing down. Then cast the bell — as you would a fishing rod — in front of you to return to the starting position. Do one to three sets of five to 15 reps with each arm.

—STEVE STEINBERG

**JOIN THE CLUB** The Clubbells workout will have you going yard this softball season.

