

Health hints & helpers

BEST NEW TOOTH TOOL

Reach Access Daily Flosser, \$3
No more finger winding or trying to jam your fist in your mouth. Now it's easy to reach back teeth.



BEST BREATH FRESHENER

Crest ProHealth Rinse, \$4
Unlike some others, it's free of alcohol, which dries out your mouth.



BEST VIBRATOR

The Egg, \$30 to \$40
Why? It's compact, multispeed, plenty powerful and neither a neon color nor shaped like a penis.



BEST SEX ACCESSORY

Elexa Vibrating Ring, \$10
This ultralight battery-powered vibrator slides on top of a condom (included), adding sizzle to safe sex.



BEST STOMACH SOOTHER

Alka-Seltzer
A medicine-cabinet staple for a reason, easing the agony of everything from nausea to the flu



BEST HELP HOTLINES

Federal Breastfeeding Helpline, 800-994-WOMAN; Cancer Information Service, 800-4-CANCER; Eating Disorders Information and Referral Helpline, 800-931-2237

BEST NATURAL CURE

Acupuncture

There's strong evidence it may help insomniacs sleep and smokers quit. Studies show it may reduce knee pain, tame tension headaches, banish dry mouth, minimize vomiting after surgery and relieve pelvic pain during pregnancy.

BEST PLACE TO FIGHT FOR YOUR HEALTH

Congress.org
Head here to signal your support for a range of health-related issues to local, state and national leaders.

BEST SEX IMPROVER

Kegels at the Quickie-Mart

"When I pump my gas, every time I hear a click, I do a

Kegel," says Mary Jane Minkin, M.D., gynecology professor at Yale University School of Medicine in New Haven, Connecticut. "You'll enjoy sex more and keep your bladder healthy." Now *that's* self-serve!

BEST DO-IT-YOURSELF HEADACHE EASER

Visualization

"Visual imagery is a magical technique," says Mark A. Young, M.D., author of *Women and Pain: Why It Hurts and What You Can Do*. "Picture the blood vessels to the cranium slowly relaxing to allow blood to flow easily. If you have a burning pain, picture a fire team putting out flames with a cold, heavy stream of water."

BEST WAY TO LOWER YOUR DRUG COSTS

United Networks of America drug discount card
It's free, open to everyone and offers discounts of up to 75 percent on many prescriptions that may not be covered by health plans, including birth control. FreeDrugCard.us

BEST WAY TO START THE DAY

Sunrise Clocks, \$70 to \$150
When natural light is limited, as in winter, people tend to gain weight, feel moody and have trouble getting out of bed. A clock that wakes you by emitting light may help keep your biological clock more in sync. BioBrite.com



BEST UNEXPECTED ACTIVIST

Pamela Anderson
In 2002, Anderson announced she had contracted hepatitis C from a tattoo needle, making talking about the liver disease less taboo.

See how

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