

What's That Rash?
Find out what those bumps are all about at Health.com/rash.
Health.com

NEWS WATCH

REALITY CHECK

Can't get pregnant? New reasons to try acupuncture

Couples who don't have any luck with in vitro fertilization may want to head straight to an acupuncturist. Research out of IVF centers in Colorado and New Mexico shows that combining in vitro with acupuncture may lead to 26 percent more pregnancies—if women undergo at least 11 acupuncture treatments. (Previous research showed that a smaller number of treatments could boost pregnancy rates, but not as much.) Acupuncture may improve uterine blood flow, which could help move fertility medicine to the ovaries and nurture eggs, as well as prepare the uterus for implantation. Relieving stress through acupuncture may also even out hormone problems that cause infertility. To find an acupuncturist for infertility treatment, go to Health.com/infertility.



Warning: You may be overcaffeinated

Some of the newest energy drinks contain enough caffeine to cause anxiety, insomnia, dehydration, stomach woes, or a dangerously fast heartbeat (and special dangers to pregnant women). The risks are so worrisome that Johns Hopkins University scientists who have spent decades researching the effects of caffeine are pushing the Food and Drug Administration to require warning labels and new caffeine



limits. They say it makes no sense that over-the-counter supplements like No-Doz (which has 200 mg) require warnings, yet energy drinks that may have much more caffeine don't. So how much caffeine are you really getting? Check our chart.

WHAT'S THE CAFFEINE COUNT?

Energy drinks	50–500 mg
Coffee	80–150 mg
Tea	47 mg
Soda	35 mg

MUST KNOW

WHO GETS LUNG CANCER— AND WHY



As many as one in seven people who develop lung cancer don't smoke, and now scientists at Louisiana State University think they know why. Widespread air pollutants that have flown under the radar—until now—seem to tax the body in the same deadly way cigarette smoke does. They form when gases cool down in smokestacks, car-exhaust pipes, and chimneys. The most polluted areas of the country (like Los Angeles and Pittsburgh) are the riskiest places to live. What can you do to fight back? Studies suggest that eating lots of fruits and veggies may help curb lung cancer risks by up to 23 percent.

VITAL STAT

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That's the **average number of miles you walk per day** over a lifetime—and that's all the more reason to try one of our top shoe picks in *The Health Guide To Happy, Beautiful Feet* (Health.com/happy-feet).



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