

How healthy is your chicken? Should you get tested for lead? Find out here.



06.16

ASK DR. OZ ANYTHING

Your Burning Questions Answered!

Q

Lending out your lip balm—bad idea?

OZ SAYS Think of that handy little tube the same way you would a tissue: After someone “borrows” yours, you don’t want it back. “Some strains of bacteria and viruses can live for several weeks on lip products,” says David Bank, M.D., an assistant clinical professor of dermatology at Columbia Presbyterian Medi-

cal Center. That includes the herpes simplex virus type 1 (the stuff most commonly associated with cold sores, although it can sometimes cause genital herpes, too). And there’s a pretty good chance that the borrower will leave

some bugs behind: 67% of the global population currently has this virus.

It may seem ungenerous not to help a dry-lipped friend in need, but Bank says that “wiping your balm off after getting it back is unlikely to get rid of all the germs.” So if you hand it over, tell your friend it’s a gift.

I'LL STICK WITH YOU, THANKS!



PROP STYLING BY MEGUMI EMOTO



Q

DO YOU HAVE TO APPLY SUNSCREEN FOR A 10-MINUTE WALK TO WORK?

On an average day, you don't need a serious, ready-for-the-beach slather. A moisturizer with broad-spectrum SPF 30 or higher should be fine.

OZ SAYS My question right back to you is this: Why wouldn't you? Even a little sun exposure adds up over a lifetime and can lead to skin cancer and premature aging, says Joshua Zeichner, M.D., director of cosmetic and clinical research for the department of dermatology at Mount Sinai Hospital in New York. Think about it: Ten minutes each workday adds up to more than 43 hours a year!

Plus, it's Murphy's Law: The day you opt out of sunscreen, you'll also find yourself running to the dry cleaner and the post office, then waiting in the sun for someone who's late—all when rays are most potent (between 10 A.M. and 2 P.M.). So just take 10 seconds in the morning to apply your SPF product and be worry-free all day.

?

All the news about lead in the water is scary. Should everyone get tested?

OZ SAYS Adults probably don't need to, says Elaine Schulte, M.D., a lead-toxicity expert and pediatrician at the Cleveland Clinic. Lead poisoning is rare in fully grown folks, so experts recommend testing only if you have signs like unexplained memory loss, headaches, or abdominal pain. But kids are very vulnerable to this element, which affects brain and

nervous system development. They need a blood test between 9 and 12 months and again at age 2. Through age 6, docs should ask about symptoms like attention, learning, and behavior problems as well as exposure. Water has been in the news, but watch for lead at home: The largest risk is still flaking lead paint in houses built before 1978.

TRY IT
OR
SKIP IT

Immersion Tanks

THE CLAIM Drifting around in a flotation tank—a dark, soundless pod (about 8 feet by 4 feet) filled with warm salt water—creates a “sensation-free” experience that helps you relax fully and free your mind.

OZ SAYS These tanks can provide a break from a go-go life and might help lower your blood pressure. I liked the feeling, but some people get claustrophobic or uncomfortable with the weightlessness. And there are cheaper ways to get those benefits. (Tank sessions can cost between \$60 and \$90 an hour.)

For instance, you can try mindfulness meditation in your own home, says psychology professor Shauna Shapiro, Ph.D., coauthor of *The Art and Science of Mindfulness*. Sit with your eyes closed and focus on your breath. Don't expect to shut your brain off; just observe your thoughts, then return to your breath. That's where the calm is. Can't quite get it? Try an app that guides you through the process, such as Headspace or 10% Happier.

Both offer free trials.

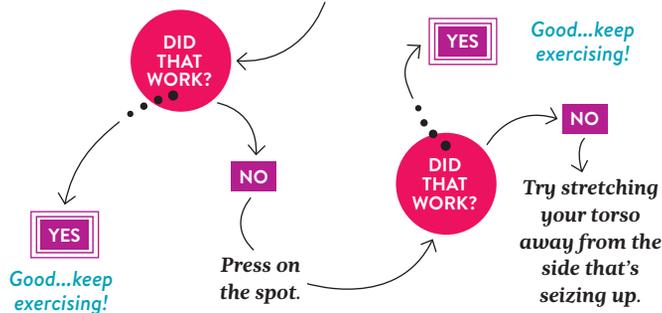
SKIP IT

Q

WHAT SHOULD YOU DO WHEN YOU GET A SIDE STITCH DURING EXERCISE?

OZ SAYS **START HERE**

First, pause what you're doing and take a deep breath.



WHY SIDE STITCHES HAPPEN

It's likely a matter of irritation. Exercise can affect the fluid that usually prevents your organs and muscles from rubbing together, says stitch researcher Darren Morton, Ph.D., of Avondale College of Higher Education in Australia. That may allow side-to-side motions to create friction, and voilà—that sharp pain. What makes stitches worse: eating or drinking too close to exercise—especially sugary foods, soft drinks, and even sports drinks.



Q

Protein water— as good as a meal?

UNCAP, SWALLOW. STILL HUNGRY?

OZ SAYS Technically, your body could meet its protein needs from these drinks. They have about 15 grams of the nutrient per bottle (16.9 ounce), the same amount you'd get from a quarter of a roasted chicken breast, two 5-ounce low-fat yogurts, or a cup of cooked black beans. But you don't want to rely too much on the liquid stuff. "That would mean missing out on key nutrients, like B vitamins, that are found in many high-protein foods," says Lisa Young, Ph.D., R.D., an adjunct professor of nutrition at New York University. Plus, fast-digesting liquid protein doesn't satisfy you like an actual meal does; chewing and having food move through the digestive process contributes to feelings of fullness. So protein water and salad for lunch could leave you with vending-machine temptation soon after. And adding one of these drinks to an already protein-rich diet could put you over the top on calories from this nutrient, which can pile on pounds and stress your kidneys, Young says. Bottom line: You really can't bottle all the benefits of a tasty, *chewable* meal.

TRY IT
or
 SKIP IT

Wool Workout Gear—for Summer

THE CLAIM Superthin weaves of merino wool keep you cool and comfortable when it's hot out.

OZ SAYS A wool sports bra might seem like an itch-fest waiting to happen, but this natural, sustainable fabric is actually a great call for warmer temps. The fibers are breathable—some sources say even more so than synthetics—so moisture evaporates rather than getting trapped in the fabric and making you hot (and chafed).

You just have to pick the thinnest summer-weight wools, which are surprisingly soft. (Feeling adventurous? Two words for you: *merino underwear*.)

What's more, the anti-smell property of this material is legendary. "You can wear the same item a few days in a row without a reek," says Stephen Regenold, editor of the outdoor product review company GearJunkie.com—who wore the same wool shirt in Patagonia every day for a week straight.

The potential drawback? Merino wool styles cost roughly twice as much as all-synthetic workout wear. However, they last for many years and many workouts. (Regenold still wears that shirt, seven years later.)

TRY IT



COOL WOOL FINDS

Ibex Shadow Stripe Dolman (\$110, ibex.com), Smartwool PhD Printed Capri (\$100; smartwool.com), Icebreaker Sprite Racerback bra (\$60, icebreaker.com), Ibex Hailey Tank Mosaic Print (\$65, ibex.com)



Is rotisserie chicken from the grocery store as healthy as roast chicken you'd make yourself?

OZ SAYS I get why you'd think the moist, tender birds from a store are dripping with bad-for-you stuff. But they're not all that different from homemade. One exception: The rotisserie kind is often far higher in sodium, packing about three times as much as home-roasted. Three ounces of breast meat with skin—a serving about the size of your palm—can deliver 300 to 350 mg. (Aim

for less than 2,300 mg a day.) Removing the skin doesn't change the count, because almost all the sodium is in the meat itself. Many birds are marinated in or injected with a saltwater solution that pumps up flavor and moisture. (Some packaged parts are too; you'll see broth or salt on the ingredients list.) So when you have these, just stay away from salty sides.