



Cellphones dial up your stress and pain

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THE YOU DOCS

The miracle way to reduce stress and stop neck and elbow pain: Reach out and talk to someone – in person. Because while we're reaching out and touching someone digitally, our devices are touching us back, often not in the gentlest of ways.

The trouble includes BlackBerry thumb (a repetitive stress injury that's basically tendinitis in your thumbs), cellphone elbow (burning, numbness and tingling in your forearm and hand from too much time holding your cellphone up to your ear), and now texting neck (neck pain caused by hunching over your digital device and typing with one thumb).



MANU FERNANDEZ/AP PHOTO

Cellphones even can mess with your mind. Researchers planned for cellphones to ring in a classroom at certain times. When students got a pop quiz, they got more questions wrong on the material that was presented while the phone was ringing.

Connecting in other ways has been effective for years. So when we walk tomorrow evening with Nancy and Lisa (our wives) we promise to leave the phones home. Honest.

Boob tube linked to bad mood: When researchers analyzed more than 30 years' worth of data, they saw not only that grumpy people were often merged with the remote, but that higher-spirited folks spent more time on hobbies other than TV, including mingling with friends and family, attending religious services and reading newspapers.

Detaching yourself from the remote affects more than your mood: For women, more time in front of the TV (except *The Dr. Oz Show*, debuting this fall) is likely to mean higher blood glucose levels and a higher risk of diabetes. Watching a little TV here and there isn't a huge threat to your quality of life but you do need balance. **Financial gain outweighs diets:** Weight loss brings with it plenty of rewards – your body gets younger, you feel more energetic, people compliment the way you look, you do a takedown on the risk of many diseases, and maybe you fall back in love with between-

the-sheets fun. So, would getting a few extra dollars for weight loss make you more likely to lose?

One study says an emphatic yes. Researchers put obese people into one of three weight-loss plans. Two of the programs included a cash-reward incentive, one did not. The goal: Lose 16 pounds in 16 weeks. When time was up, the cash-reward groups lost 14 and 13 pounds. The control group? Only 3 pounds.

Bet a friend that you both will lose, or set aside a little money each week (doesn't matter how much it is). If you make your goal, you buy yourself something you want. If you miss your goal and your buddy misses too, the money goes to charity. It's win-win.

Blueberry punch: The fact that they're still in season, they add naturally sweet perfection to your morning yogurt, they make an easy snack and are a perfect dessert should be enough to make you rush out to buy blueberries.

Blueberries are rich in the same potent anticancer and heart-protective compound – called resveratrol – found in abundance in red wine. (Even better: Blueberry indulgences won't leave you with a hangover.) Scientists also recently identified other phenols with power in different species of these little berries, too: piceatannol, a cancer fighter; and pterostilbene, a compound credited with helping control blood sugar. This fruit isn't just high in tongue-twisters: Blueberries are also loaded with fibre, which keeps your waist where you want it and your heart healthy.

The latest research suggests all the health-promoting substances packed into these little berries may work synergistically to dramatically slash disease risk. That's probably why studies link the berries to lower cancer risk and possibly even improved stroke outcomes.

There's more: These little round packages also oxidative stress and inflammation, which appear to play a part in Alzheimer's disease.

You Docs Mike Roizen and Mehmet Oz are authors of the best-selling YOU: On a Diet. Send questions to the doctors on their website, realage.com

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