



Think she's hiding something? Read her body language (but try not to stare).

Q HOW CAN I TELL IF MY GIRLFRIEND IS LYING?

CHARLIE, ST. PETERSBURG, FL

You already have the original lie detectors: your eyes. You just haven't been trained to use them to read the body language of lying. Enter former FBI agent Joe Navarro, an expert in nonverbal communication and the author of *Clues to Deceit*. To decipher signs of deception, he says, ask her questions and watch for any of the six discomfort cues below. "You're looking for biological tics originating in her survival instinct to protect herself," says Navarro. "It's like connecting the dots."

SHE PURSES HER LIPS If her lips are compressed as if she's about to kiss you, it's an indicator of stress, says Navarro. "It's ancient in our biology and something we share with apes."

SHE CRINKLES HER NOSE Imagine someone pushing a plate of something foul in front of you: You crinkle your nose. Well, people react the same way when faced with something off-putting, like a question that hits too close to home.

SHE IDLY STROKES HER THROAT When a woman feels threatened, she tends to touch the front of her neck, says Navarro. It's a physically vulnerable area. "Playing with a necklace is equally damning; for guys, touching the necktie is a giveaway," he says.

SHE RAISES HER SHOULDERS Navarro calls it the turtle effect: Raising the shoulders while speaking shows that the speaker is not committed.

SHE CLEARS HER THROAT Stumbling with words doesn't indicate anything. But if her pitch rises, or if she starts an answer by clearing her throat, something could be amiss, says Navarro.

SHE RUBS HER EYES If she starts rubbing her eyes with her thumb and index finger, she's unconsciously trying to block her line of vision. This "tell" is evident even in blind people when they lie, says Navarro.

I find planks boring. What's another great ab exercise?

MIKE, CHARLESTON, SC

Take an ab wheel for a spin. "It turns out that ab-wheel rollouts train the exact same muscles in your core as planks do, except they hit them harder," says Mike Robertson, M.S., C.S.C.S., head trainer at Robertson Training Systems in Indianapolis. "Plus, you're moving, so it's not as boring." To do an ab-wheel rollout, kneel on the floor with your shoulders over the wheel, and grab the handles using an overhand grip. Slowly roll the wheel forward, extending your body as far as you can without letting your hips sag. Stiffen your core and squeeze your glutes to keep your lower back from collapsing. Then use your core to pull the wheel back to your knees. That's 1 rep. Do 3 sets of 10 reps, three times a week. An ab wheel is inexpensive (\$13 at performbetter.com), but to save money you can use a barbell with a 10-pound plate on each side.

Why do men masturbate more than women?

LEONARD, LA JOLLA, CA

Nature and nurture. From an evolutionary perspective, men are hardwired to want to orgasm because it's necessary for reproduction, says John Bancroft, M.D., a senior researcher at the Kinsey Institute.

Tony Anderson/Getty Images

"It isn't the same for women; they don't need to have orgasms in order to procreate." There's also the old societal taboo associated with masturbation, particularly among women. "But this is changing with the increasing visibility of sex toys and bolder female sexuality," says Dr. Bancroft. In fact, the 2010 National Study of Sexual Health and Behavior found that 56 percent of women masturbated in the past year; Albert Kinsey, in his landmark 1953 survey, estimated that only 20 percent did. Curious if your partner is among that pleasure-seeking 56 percent? Ask her. Whatever the answer, encourage her to touch herself the next time you're in bed together. A recent study of vibrator users published in the *Journal of Sexual Medicine* found that 41 percent of women were willing to play while their partners were present.

I've heard that taking a daily baby aspirin might help prevent cancer. Should I start?

JACOB, BRYN MAWR, PA
Depends on your demographics. Are you over 35? Has cancer killed anyone in your family under the age of 60? If you answered "yes" to both questions, then talk to your doctor about popping a daily low-dose aspirin, says Peter Rothwell, M.D., Ph.D., a professor of medicine at the University of Oxford. "Aspirin may prevent cancer by affecting the way DNA repairs itself," he says. His recent study in the *Lancet* showed that people who took a daily aspirin for at least 4 years reduced their risk of dying of any kind of cancer over the next 20 years by 34 percent. No fatal tumors in your family tree? Dr. Rothwell recommends waiting until you're 45 before considering an aspirin regimen. That's the age when the average man's cancer risk outweighs aspirin's risk of causing gastrointestinal bleeding.

What's the fastest way to eliminate a crick in my neck?

OMAR, BEND, OR
Get hot under the collar. "To relieve a crick—an involuntary neck muscle contraction—apply heat to the area and then stretch it," says Monica Rho, M.D., a physician at the Rehabilitation Institute of Chicago. Her Rx: Take a shower. Position the showerhead toward your neck, and stand under it for 15 minutes. Next, tilt your head toward your shoulder (as if you're cradling a phone in the crook of your neck) and away from the side that hurts. If the pain is on your right side, stretch your head to the left; grab the top of your head with your left hand and gently pull, holding for 10 seconds. Keep your right hand at your side and

reach for the floor, holding the position for 5 more seconds. Then slowly swing your head around to the other side and repeat the move. That should help speed your recovery. To quell any lingering pain, pop an anti-inflammatory, such as ibuprofen, says Dr. Rho.

I hear ringing in my ears. Is it serious?

CARL, FORT WAYNE, IN
Sounds like tinnitus to us. This condition, characterized by a constant ringing tone, occurs when your auditory nerve fibers and the neurons that decode noises fall out of sync, causing you to become aware of sound being processed, says William Luxford, M.D., an otolaryngologist at the House Ear Clinic in Los Angeles. "It's often due to irritation of the inner ear from exposure to loud noise, or to changes in blood circulation to the inner ear, which can be caused by

high blood pressure." So check your BP—it's high if it's above 120/80 mmHg. And schedule a checkup with an ear, nose, and throat specialist, especially if only one ear is affected or you experience hearing loss or dizziness. "Those can indicate a benign intercranial tumor or Meniere's disease, a hearing and balance disorder," says Dr. Luxford.

I often work late. What's the best way for me to reboot mentally and finish strong?

JOSEPH, QUEENS, NY
Schedule a few coffee breaks, minus the coffee. Evening caffeine may provide a quick brain boost, but you'll pay later with disrupted sleep. What will help is unchaining yourself from your desk every 50 minutes for 10 minutes, says Mounir Soliman, M.D.,

I'm in my 20s and already have some gray. Is this normal?

KARL, MANCHESTER, NH
Check out the hair at your next family reunion—we're betting you blend right in. Scientists now believe that about 80 percent of graying is genetic, says Desmond Tobin, Ph.D., a professor of cell biology at the University of Bradford, England. "The genes for early graying can be passed down by the mother, father, or both." No one knows what actually drives hair to lose its ability to make natural pigment and turn gray, but Tobin's research has shown that oxidative stress can damage the pigment cells in hair follicles. To slow graying naturally, eat a diet rich in antioxidants and avoid environmental pollutants, especially cigarette smoke, says Tobin. Of course, there's always the dye option. "Try a demipermanent color, which fades out and doesn't show a line as your hair grows," says Francine Nash, national technical director of John Allan's grooming clubs. "Dark-brown 'lowlighting' can give you a natural, smoky look."



ONE-WORD ANSWER®

What's the best alternative treatment for premature ejaculation?

ACUPUNCTURE

Don't worry: The needles go into your hands, legs, and feet. In a study in *European Urology*, men who received acupuncture twice a week for 4 weeks reported that they lasted 31 percent longer. The researchers believe acupuncture may alter the release of serotonin, a neurotransmitter that makes you happy and may also help you control ejaculations.

ASK MEN'S HEALTH

of the University of California at San Diego's department of psychiatry. "When you're working at your desk for too long, blood gathers in your lower body because of gravity." To boost blood-flow to your brain, go for a short, brisk walk and follow it up with this 5-minute breathing drill: Take several deep breaths, and then breathe naturally and count to one silently as you exhale. The next time you exhale, count two, and so on up to five. Then begin a new cycle, counting one on the next exhalation. Never count higher than five, and count only when you exhale. And if you still need a lift, sip some caffeine-free peppermint tea, says Dr. Soliman. The scent can enhance alertness and reduce fatigue.

Do I really need to spend more than a few hundred bucks on a mattress?

JARED, AUSTIN, TX

Yes, because otherwise you'll be spending several hundred more on a good physical therapist. In a recent study in *Applied Ergonomics*, people who slept on mattresses that cost less than \$500 woke in the morning with more back pain than those who slept on pricier beds. However, things evened out after \$500: Sacking out on a \$2,000 mattress was no more restful than using one that cost a quarter of that amount. "There's no magic mattress technology that makes you sleep better," says *Men's Health* advisor W. Christopher Winter, M.D., medical director of the sleep medicine center at Martha Jefferson Hospital in Virginia. "The two things to consider are its balance of pressure and support, and your sleeping position." If you're a side sleeper, narrow the field to soft mattresses, which can help ease pressure on your hips, shoulders, and knees. A back or stomach sleeper needs a medium-firm model for spine support. Next, lie down and check for gaps between your body and the mattress. (There shouldn't be any.) Finally, make sure the store accepts exchanges if sleeping on your new bed turns out to be a nightmare.

Which is the best tap-water treatment—faucet filter or pitcher filter?

STEVE, CLIVE, IA

First, find out what's lurking in your tap water. Contact your water company and ask for its Consumer Confidence Report, which lists the types and amounts of contaminants present. "Once you know, look for filtration systems certified by NSF International to remove those contaminants," says environmental epidemiologist Robert Morris, M.D., Ph.D. Both pitcher and faucet systems tend to use the same kind of carbon filtration, so your choice is really about what's most convenient. However, the EPA is currently considering more-stringent standards for water, which may require monitoring for carcinogens such as hexavalent chromium. A study by the Environmental Working Group discovered this toxic metal in the tap water of 31 out of 35 cities tested. (Check your city at ewg.org/chromium6-in-tap-water.) If you have hexavalent chromium in your H₂O, you'll need more protection, specifically a combo carbon and reverse osmosis filter, says Dr. Morris. We like the Watts Premier RO Pure Reverse Osmosis System (\$270, wattspremier.com). ■

New kinds of "milk" keep popping up in the supermarket. Are any worth trying?

SAM, CLACKAMAS, OR

Sure, if you want to wake up your cereal and earn a little nutrition boost to boot. We asked Andrea N. Giancoli, M.P.H., R.D., of the American Dietetic Association, to help us select the cream of this crop. One caveat: If you view milk more as muscle fuel, then don't bother with these alternatives; their protein content is negligible.



WHOLE COW'S MILK*
150 calories
8 grams (g) protein
12 g carbohydrates
8 g fat
25% RDA vitamin D
30% calcium

A variety of recent research extols milk's benefits: Its high calcium content can lower blood pressure, and its fat can help you feel fuller longer while not clogging your arteries.



HEMP DREAM, ORIGINAL
100 calories
4 g protein
8 g carbohydrates
6 g fat
25% vitamin D
30% calcium

Made from (THC-free) hemp seeds, this creamy, nutty drink is a good source of the bone-strengthening minerals calcium and magnesium.

TRY IT . . . with cereal or in a protein shake.



SO DELICIOUS COCONUT MILK
unsweetened
50 calories
1 g protein
1 g carbohydrates
5 g fat
30% vitamin D
10% calcium

Naturally sweet and healthy: Its fat, which is composed of 65 percent lauric, capric, caproic, and caprylic acids, can boost satiety and positively affect your cholesterol.

TRY IT . . . straight up, with cereal, or in a protein shake.



ALMOND DREAM
unsweetened
30 calories
1 g protein
1 g carbohydrates
2.5 g fat
25% vitamin D
30% calcium

The pros: It's low in calories and high in calcium and healthy monounsaturated fat, and it has a nutty flavor. The cons: It has a watery, chalky consistency.

TRY IT . . . in a protein shake.

* All nutritional data is for 8 ounces.

Have a question no one else can answer? Ask at MensHealth.com/experts.