

EXTEND YOUR SUMMER! TERRIFIC TRIPS FOR LABOR DAY & BEYOND

LIVE THE INTERESTING LIFE

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Brett Favre

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by Matt Taibbi

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NEWS + NOTES

A Safer Way to Grill Meat

NUTRITION

Cooking raw meat over high heat brings out cancer-causing compounds known as heterocyclic amines. Short of changing your dinner menu, you can protect yourself by using chopped rosemary in your marinade or just sprinkling it over your burger or steak. The herb contains antioxidants that block up to 92 percent of carcinogens, according to a recent study at Kansas State University. Other tasty add-ons can also help: Research has shown that adding both garlic and lemon juice to your marinade will do the trick, too. This recipe for tri-tip includes all three cancer blockers:

- Pour 1/4 cup of olive oil into a small bowl;
 - Add 4 medium garlic cloves, chopped;
 - 1 tablespoon of finely chopped rosemary leaves; and
 - The juice of 1 medium lemon.
- Rub salt and pepper on the tri-tip, then brush on the marinade and let it sit at room temperature for about 20 minutes before grilling. —J.H.

The Sunscreen Wristband

LIFESTYLE

Not knowing when to reapply sunscreen is one of the main reasons so many of us are at risk of getting skin cancer. To help you remember, UVSunSense has developed a wristband to which you apply lotion at the same time as you slather it on yourself. When the band fades from bright purple to lavender, it's time to reapply. You'll know you've had enough sun for the day when the band turns pale yellow (\$7; uvsunsense.com). —J.H.



THE CURE

The Truth About Fish Oil

THE SUPPLEMENT HAS PROVEN BENEFITS, BUT YOU NEED TO CHOOSE THE RIGHT ONES.

FOR YEARS FISH OIL SUPPLEMENTS have been touted as a miracle cure for everything from heart disease to arthritis. But recent indictments from health watchdogs, who claim they're full of PCBs and mercury, and environmentalists, decrying the damage they cause endangered fish populations, have devotees wondering if they're worth the potential risk.

Fish oil's primary benefit is its ability to reduce inflammation — the swelling and pain caused by infection, irritation, or injury — which has far-reaching positive

TAKING FISH OIL HELPS REDUCE AILMENTS FROM ALLERGIES TO ARTHRITIS.

effects on ailments such as allergies and psoriasis. "No other food has been so proven to promote health as omega-3 polyunsaturated fatty acids, which are found predominantly in fatty fish and fish oil supplements," says Floyd "Ski" Chilton, an inflammatory-disease researcher at Wake Forest University. In his book, *The Gene Smart Diet*, Chilton cites a 2009 Harvard study that proclaims low levels of omega-3s are the eighth leading cause of death. Other studies, such as one from the

National Institutes of Health and another from Purdue, support his claims, showing, respectively, that taking omega-3 supplements reduces the incidence of colon cancer and improves bone density.

Humans need omega-3s as part of our diet. The vast majority of us, however, are eating less and less of that fatty acid, while our levels of omega-6s, found in foods like eggs, nuts, and vegetable oil, have increased dramatically. (In the past, when cattle were raised primarily on diets of grass, omega-3s could even be found in beef. But since most cattle now consume omega-6-heavy diets of corn, beef contains little to no omega-3s.)

While both omega fatty acids are good for us, Chilton says that a higher ratio of omega-6s to omega-3s actually increases inflammation throughout the body rather than reducing it. Our hunter-gatherer ancestors, who ate fish all the time, typically had ratios of about 2:1 or 3:1 between omega-6 fats and omega-3 fats; it's common for modern Americans' blood tests to reveal a 15:1 ratio — 20:1 if they eat a lot of fast, processed food. According to scientists those ratios play a role in heart disease, arthritis, and asthma. In fact, recent research shows that people who maintain a high level of omega-3s in their blood reduce their chances of a heart attack by as much as 90 percent.

In order to ingest the right amount of omega-3s, you would either have to eat three and a half ounces of fresh or canned wild-caught salmon, mackerel, trout, or albacore tuna every day, or take one teaspoon of fish oil. Thus, a supplement is probably easiest for most people.

This March, however, a lawsuit filed by health advocate Mateel Environmental Justice Foundation accused eight sellers of fish oil, including Rite Aid and CVS, of peddling products laced with PCBs, the cancer-causing chemicals that were a popular cooling agent used by many U.S. factories in the 1970s. "Fish feed in contaminated areas and bio-accumulate the stuff," says David Rowe, a plaintiff attorney.

There are also moral concerns behind using a fish oil supplement. Environmentalists point out that global warming, pollution, and imprudent fishing practices are devastating the world's marine species, and the production of fish oil is contrib-

uting to diminishing fish populations. That complaint has inspired greater exploration of plant-based omega-3 alternatives, but none so far that has proven as effective as fish oil.

"Alternatives like flaxseed oil, rich in omega-3s, simply aren't converted as efficiently as omega-3s from fish," says Stanford University associate professor of medicine Dr. Randall Stafford, a researcher of chronic-disease prevention.

Stafford acknowledges that barely any fish are completely free of PCBs but believes that the benefits of fish oil far outweigh the health risks of contamination. He says that picking a safe oil is as easy as reading

the label: "Buy products made from wild-caught baitfish like anchovies and sardines. They're tiny and haven't lived long, so they haven't had time to store toxins."

As for the environmental concern, some are saying the answer is krill — tiny shrimp-like crustaceans near the very bottom of the food chain. While their population has been hurt by global warming, the shellfish are abundant, making krill oil one of the most sustainable options for now. However, as illustrated in the chart below, not all fish oils have the same benefits. The compositions of certain other products may better suit your individual needs. —BRYCE HUBNER

How to Choose the Right Fish Oil

A CAREFUL ANALYSIS OF THE FOUR MOST POPULAR FISH OILS AND THEIR SPECIFIC HEALTH BENEFITS



BAITFISH OIL
Carlson's Very Finest Fish Oil; carlsonlabs.com



COD LIVER OIL
Nordic Naturals Arctic Cod Liver Oil; nordicnaturals.com



KRILL OIL
Source Naturals Neptune Krill Oil; sourcenaturals.com



DISTILLED BAITFISH OIL
Ascenta; ascentahealth.com

	BAITFISH OIL	COD LIVER OIL	KRILL OIL	DISTILLED BAITFISH OIL
BEST FOR	Pretty much everyone, but especially those with a history of heart disease or those dealing with pain.	Those living north of Atlanta, where our natural source of Vitamin D, the sun, doesn't shine enough.	Anyone suffering from high cholesterol or diabetes, since krill oil seems to lower blood-sugar LDL.	Those who have family history of cancer, since ingesting PCBs or mercury can trigger cancer cells to form.
PROS	Rich in omega-3s, which have been proven to help everything from heart health to cognitive disorders.	Not quite as rich in omega-3s as standard fish oil, but cod liver oil contains bone-fortifying vitamin D.	A McGill University study says krill oil helps reduce glucose, triglycerides, and LDL-cholesterol levels.	A regular baitfish oil that's distilled in such a way as to ensure that it is free of PCBs and mercury.
CONS	Since it's a supplement, and therefore unregulated, some producers use fish full of toxins.	Less omega-3s means you have to take more, and cod, a larger fish, is more likely to contain toxins like PCBs.	Krill oil's benefits are questionable, since much less research and data are available than with other fish oils.	Some argue that overprocessing fish oil removes many of the benefits, as well as the toxins.
COST	62 cents per daily dose (one teaspoon)	\$1.22 per daily dose (five soft-gels)	\$1.46 per daily dose (two pills)	\$1.14 per daily dose (one teaspoon)

NEWS + NOTES

A Pain-Free Colonoscopy

HEALTH

Colonoscopies remain the best protection against colon cancer, but a recent British study reported that a much cheaper, pain-free five-minute exam could reduce the incidence of colon cancer by 33 percent. Called a sigmoidoscopy — wherein a small endoscope is inserted to examine the bottom third of the colon — the exam is done just once in a person's lifetime and has been shown to reduce death from the disease by 43 percent. But critics argue that since cancer can occur anywhere in the colon, a sigmoidoscopy is not enough and that, at age 50, everyone should get a colonoscopy every 10 years. —SARA REISTAD-LONG

The Case Against Pre-Workout Stretching

EXERCISE

"Stretching right before exercise impairs your performance," says researcher Kieran O'Sullivan at the University of Limerick, Ireland. In a recent study, he asked 18 volunteers to perform a static hamstring stretch prior to a workout on one day, and then had them do a gentle aerobic warm-up the next. O'Sullivan found that the hamstring — notoriously vulnerable to tweaks and pulls — was better prepared for activity following the aerobic warm-up. Though it's a small study, it's just one of many suggesting that pre-exercise stretching is a bad idea. Instead, O'Sullivan recommends a light, sports-specific activity. Going for a run? Walk for a minute or two, and then move into a slow jog for another couple of minutes before working your way up to your normal pace. —J.H.