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P.140

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The Men's Health Guy

**Ryan
Phillippe**

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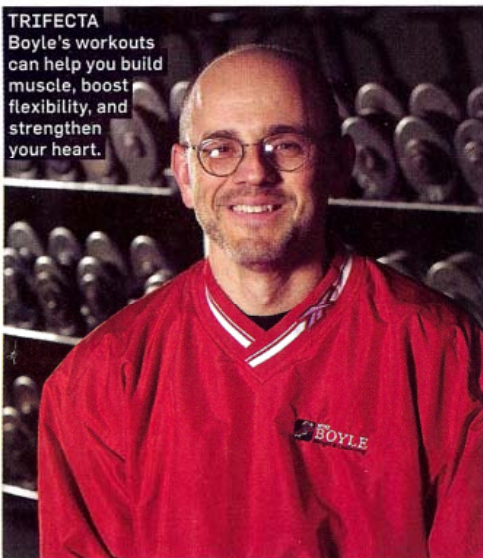
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MH EXPERT ADVISORS

TRIFECTA
Boyle's workouts can help you build muscle, boost flexibility, and strengthen your heart.



On call this issue

The Body Sculptor

If you want to stay in great shape all your life, you have to do more than just exercise regularly. "You also must adjust your workout and diet to match your body's physiological changes," says **Mike Boyle, A.C.T.**, an elite trainer based in Boston. We scoured the latest research and interviewed top doctors and nutritionists to create a decade-by-decade master plan. "**Look Great at Any Age**" starts on page 140.



The Graceful Communicator

Men need to learn to empathize more when talking to women, says **Audrey Nelson, Ph.D.**, a gender communication expert. "Don't sugarcoat. Empathy is 'I feel what you feel.'" Flip to "**Talk Your Way Into Her Heart**," on page 136, for tips on how to handle conversations that could sink your relationship.

The Cellphone-Cancer Sleuth

Your wake-up call: "Everyone, especially children and teens, should change the way they use their cell-phones to avoid potential cancers," says **Ronald Herberman, M.D.**, former director of the University of Pittsburgh Cancer Institute. Turn to *MH's Special Report*, on page 118, to learn how you can stay safe.



Ask the Docs on the MH Advisory Board

CARDIOLOGY

John Elefteriades, M.D.

Dr. Elefteriades is the chief of cardiac surgery at Yale University school of medicine. He is a past president of the International College of Angiology and serves on the editorial boards of seven journals, including the *American Journal of Cardiology*.

CARDIOLOGY

Prediman Krishan (P.K.) Shah, M.D.

Dr. Shah is the director of cardiology and atherosclerosis research at Cedars-Sinai Heart Institute and Medical Center, in Los Angeles, and a professor of medicine at the UCLA school of medicine.

CARDIOLOGY

Eric J. Topol, M.D.

Dr. Topol is a professor of genetics at the Scripps Research Institute, in San Diego. He is a member of the Institute of Medicine of the National Academy of Sciences.

WILL CONSUMING FOODS OR DRINKS THAT CONTAIN PROBIOTICS HELP MY DIGESTIVE SYSTEM?

"Probiotic beverages can provide relief from gassiness equivalent to the benefits from yogurt with or without added cultures. However, some relatively expensive products claim to have 'higher' concentrations of 'good' flora and are promoted for gastrointestinal health. The data behind these claims is not scientifically rigorous and does not support the added cost."

EXERCISE SCIENCE

Alexander Koch, Ph.D., C.S.C.S.

Koch is an associate professor of exercise science at Truman State University, in Missouri. He served on the USA Weightlifting sports science and collegiate committees.

FAMILY MEDICINE

GASTROENTEROLOGY MARK WELTON, M.D.

Dr. Welton is chief of colorectal surgery at Stanford University school of medicine, and the author of numerous research articles on colorectal cancer and other gastroenterological diseases.



UROLOGY

Larry Lipshultz, M.D.

Dr. Lipshultz is a professor of urology at Baylor College of Medicine. He also serves on the editorial boards of several medical journals.

UROLOGY

Judd W. Moul, M.D., FACS

Dr. Moul is chief of the division of urologic surgery at the Duke University medical center, in Durham, North Carolina. He is also director of the Duke Prostate Center.

WEIGHT LOSS

Louis Aronne, M.D., FACP

Dr. Aronne is a clinical associate professor of medicine at Cornell University's Weill Medical College and an adjunct clinical associate professor at Columbia University's college of physicians and surgeons.

WEIGHT LOSS

David Katz, M.D., M.P.H., FACP, FACP

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It's 7:30 p.m. You're tearing into a work file on your laptop, a beer on the table next to you and a ball game muted on the TV across the room. Enter your best girl; trailing closely behind her, inevitably, is *The Question*.

"How was your day?" she asks. This is a test. Can you engage?

It's not that men don't, won't, or can't talk. In fact, a 2007 University of California at Santa Cruz meta-analysis concluded that men are more talkative than women. Although women take more turns during conversation, men make more statements overall. Men also speak longer and make more suggestions.

Which she really hates.

Here's the problem: Women use language to bond, while men use it like a power tool. "Men are literal communicators," says Audrey Nelson, Ph.D., a gender communication expert. "It serves them well in the business world but often causes them trouble with women."

Learn how to minimize verbal damage, and you'll achieve more-satisfying intercourse—both the social kind . . . and the other kind.

SHE ASKS . . .

"How many women have you been with?"

Right answer

"I've had relationships with different women, but none worth holding on to."

Wrong answer

"Fourteen. And a half. Not counting rounding errors."

What she hears: "Unlike those other women, you're worth holding on to, babe." She hears that even if you don't yet know how you really feel. No woman wants to be a conquest, says Nelson. She wants to know you value her as a partner in and out of the bedroom. "Emphasize

the fact that your past behavior isn't an indication of where you are now," says Sandor Gardos, Ph.D., a sex therapist and founder of *mypleasure.com*. "You don't have to give her a spreadsheet."

SHE ASKS . . .

"Do I look fat in this?" (She does.)

Right answer

"It just doesn't do you justice. Wear that black dress you look so sexy in."

Wrong answer

"I wouldn't say fat . . ."

You call it annoying, blatant, and desperate. Psychologists call it "fat talk"—a way women bond with other women, but also a tactic to show that she pays attention to her body, according to a 2010 study in *Body Image*. Take "fat" out of your vocabulary—if you drop that f-bomb, she won't receive the message, says Nelson. "Accentuate the positive instead." No need to point out her muffin top. Just pull out a more flattering outfit and compliment her on the way it plays to her best assets.

SHE ASKS . . .

"Do you think that woman is hot?" (She is.)

Right answer

"She's attractive. What do you think?"

Wrong answer

"In a slutty kind of way."

If your girlfriend springs this question, she knows the woman is sexy. The key is tempering your honesty, says Chris Fariello, Ph.D.,

of the Council for Relationships. That means using mild, nonsexual words, such as "attractive" or "pretty," while avoiding erotic words that tip her off to your own lusty feelings. Then ask for her opinion; suddenly you're paired *Idol* judges, not individual ogles. "You take the focus off the other woman by turning it into a conversation," says Justin Lookadoo, author of *Dateable: Are You? Are They?*

YOU SUSPECT . . .

She's cheating.

Say

"I may be totally off base, but I'm concerned about your relationship with John. Will you be honest with me?"

Don't say

"You're screwing John, aren't you?"

In a *College Student Journal* study, 63 percent of men agreed that they'd cheat if they knew their partner wouldn't find out. Only 52 percent of women said the same. You're wired to be suspicious; male jealousy evolved to prevent the unknowing nurturing of another man's child. "Men tend to sling insults when they suspect infidelity," says Todd Shackelford, Ph.D., an evolutionary psychologist at Florida Atlantic University. "It may be an attempt to decrease her sense of value as a mate so she won't look elsewhere." But if you act like a litigation attorney, she'll react defensively and be more likely to hide the truth. Ultimately you need the truth, so proceed in a way that's most likely to lower her defenses so you can coax it out of her. "Present your suspicion not as a fact but as a feeling or concern," says Sheenah Hankin, Ph.D., a psychotherapist and the author of *Complete Confidence*. "You've opened the door for the truth."