

SLEEP Think you can make up for missed Zzzs on the weekend? Think again. Skipping out on sleep can stall weight loss by causing hormonal imbalances that increase your appetite and trigger weight gain. Research has found that neglecting a proper night's sleep can elevate levels of cortisol (the stress hormone), which in turn increases your appetite. Your body needs a full 7-8 hours of undisturbed sleep every night in order for you to perform at your best the next day. If you're not getting enough sleep, ask yourself why. Is it because you're staying up too late watching TV? Set new guidelines for TV time and get to bed on time. Are you waking up in the middle of the night feeling wired or with a full bladder? Don't drink caffeinated beverages within seven hours of bedtime or a lot of liquid right before you hit the hay. And be sure to empty your bladder before you go to sleep. Figure out what's keeping you up too late or making you wake up during the wee hours of the morning and fix it. Aim for a full eight hours of sleep every night and you'll wake up feeling rested and ready to make the most out of your day and your weight loss goals. (*LifeScript*)

Stash the grill and backyard smoker to slash your breast cancer risk. Recent research published in *Epidemiology* shows that postmenopausal women who eat more than one weekly serving of grilled and smoked meats have a 47% greater risk of breast cancer, compared with those who eat less. Pre-menopausal women who consume the same amount don't have the same risk, leading researchers to suspect that it takes years for carcinogens caused by grilling and smoking foods to accumulate and cause damage.

Bottom line: The earlier you change your habits (roasting is a healthier cooking technique), the better off you'll be. Eating five or more daily servings of fruits and veggies may also offer significant protective benefits. (*Prevention*)

Bulging Waistline is a Risk Several studies have shown that being significantly overweight may promote the development of a more aggressive form of prostate cancer. In one recent study, those men who had gained more than 3.5 pounds a year between the ages of 25 and 40 were twice as likely to have this cancer recur as men who gained less weight. Also, excess body fat that is located in and around internal organs and often indicated by more waistline fat may pose particular risks, even if a man is not obese. In a recent study, men with prostate cancer averaged about 50% more total abdominal fat than healthy men of the same age. (*LifeScript*)