

No. 1
**If You Sleep In...
You'll Be Prettier**

Turns out, the whole beauty sleep thing is real after all. In a recent Swedish study, women and men ages 18 to 31 were photographed after getting eight hours of sleep and again after getting only five and staying awake for 31 hours. Unanimously, 65 observers—who were told nothing about the difference in photos—rated the sleep-deprived subjects as less healthy, less attractive and more tired-looking. Well, hello, snooze button!

No. 2
**If You Look at That
Funny Video...
You'll Be Smarter**

Who knew watching Maru the cat hilariously try to squeeze himself into a tiny box (YouTube it!) could boost brainpower? Researchers from the University of Western Ontario

tested how quickly people recognized certain patterns after they listened to music and watched a TV clip that was either neutral, happy or sad. The "happy" group performed the best, suggesting a good mood may enhance problem-solving skills.

No. 3
**If You Get Your
Hands Dirty...
You'll Be Healthier**

The skyrocketing use of antibacterial products may be contributing to our soaring allergy rates. Scientists at the University of Michigan in Ann Arbor found that people who had more triclosan, a popular antibacterial ingredient, in their body were more likely to be diagnosed with allergies. Many doctors believe our immune system is overreacting to bacteria and viruses because we're not exposing ourselves to healthy doses of

germs. So get muddy on your hike, and wash up with plain soap and water.

No. 4
**If You Snack on
Carrots...
You'll Be Sexier**

Derms know a diet with plenty of veggies like carrots and fruits like berries can give skin a golden glow (they contain pigment-enhancing carotenoids). Recently scientists put that info to the test: They showed subjects 51 faces on computer screens and offered two ways to make them more attractive: (1) Give the faces a sun-kissed look akin to a tan, or (2) add a golden glow like someone would get from eating veggies. The participants preferred the second method, "improving" the faces by adding enough carotenoids to equal five (how convenient!) servings of fruits or veggies a day. —Beth Shapouri

**HEALTH
ANSWERS,
PLEASE!**

From JoAnn E. Manson, M.D.



I know people who "pull the trigger," making themselves throw up after drinking to avoid a hangover. Is that bad for you?

—E.C., Swarthmore, Pa.

Yes. What you're describing can be considered a form of bulimia, and doing it even once in a while is harmful.

Why is it dangerous?

There's a reason your body empties your stomach only as a last resort: Vomiting can throw your electrolytes out of balance, which could disrupt your heart rhythm—the most worrisome risk. Frequent purgers can face dehydration, malnutrition, tooth decay and kidney and heart failure. Doing it infrequently doesn't carry the same consequences as the twice-weekly-or-more habit that many bulimics practice, but I still consider it troubling. If someone's forcing herself to vomit, whether to avoid a hangover or to control her weight, there are psychological issues at play. Seeing a therapist can help.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and

Women's Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women's health studies. Got a Q of your own? Email Dr. Manson at healthhelp@glamour.com.

Eat...more!

We do the calorie math for you.



You Can Have This

1 half rack baby back ribs (about 5 ribs, or 4 oz. meat)

480 CALORIES, 30 GRAMS FAT



Or All This

4 oz. barbecue pulled pork, one 2-oz. piece corn bread with a pat of butter, plus 1 cup collard greens

480 CALORIES, 20 GRAMS FAT

SO REMEMBER: A leaner cut of meat lets you have that barbecue taste plus fixings. In general, pork shoulder and chicken breast are leaner than ribs and wings. —Marissa Lippert, R.D.