

Quick: What's the Dirtiest Spot in Your Bedroom?

Your pillow! It hosts a miniature ecosystem of human skin cells and dust mites (microscopic bugs that eat those dead skin cells—yuck!), plus up to 47 different types of fungi, a British study found.

To healthify yours:

• **WASH IT.** Not just the pillowcase, but the pillow *itself* (many people don't do that). Check your pillow tags for specific instructions, but most synthetic and down pillows can be machine-washed or dry-cleaned (one exception: "memory foam" types like Tempur-Pedic).

• **COVER IT.** Use a zippered fabric protector beneath pillowcases to help keep



sweat, skin oils, saliva—and, more important, bacteria and fungi—from seeping in, says germ guru Donna Duberg, an assistant professor of clinical laboratory science at Saint Louis University in Missouri.

• **REPLACE IT.** Ideally, even washed and covered pillows should be replaced every two to three years, says Duberg. —*Leslie Goldman*

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



• **BUTTERFLIES IN YOUR BELLY** can really hurt!

I get terrible stomachaches when I'm anxious. Do I need medication? —P.W., BROOKLYN

It's normal to feel nauseated or even get intestinal cramps when you're nervous. Stress can increase stomach acid and lead to spasms in the digestive tract.

What's *not* normal is persistent diarrhea or bloody stools. Those may be signs of ulcers or other issues.

Would an antacid help?

Probably not. Overproduction of acid isn't always the culprit for anxiety-induced pain. But relaxation techniques, like exercise or deep breathing, can bring relief. A few things you can do in advance to prepare for a tough situation: Avoid caffeine, alcohol, over-the-counter pain meds, and spicy and high-fat foods—all of which can irritate the stomach and make it more likely to act up.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

Eat...more!

◆ YOU CAN HAVE THIS

Banana-nut muffin
530 calories,
23 grams fat

OR ALL THIS ◆

English muffin with 2 tsp. peanut butter, 6 oz. nonfat Greek yogurt with 2 tsp. honey, 1 cup sliced strawberries, an egg and a large coffee with 1/4 cup skim milk
430 calories,
12 grams fat



SO REMEMBER: Breakfast muffins can pack a surprising amount of sugar. Go for a balanced breakfast instead. You'll stay energized longer and save calories! —*Marissa Lippert, R.D.*