

coauthor of *The No Bull Book on Heart Disease*. "The sensation may actually be a racing heart-beat and elevated blood pressure, which could eventually hurt your cardiovascular system." Clorfene's love advice: "Being single and happy is better than being in an unhealthy relationship. It's a no-brainer."



**SWEET DREAMS**  
A good relationship may equal better rest.

recent research from the University of North Carolina at Chapel Hill shows. One possible explanation? "For modern couples, eating is their time together; it's enjoyable and they tend to indulge more," says Kansas City, Missouri, nutritionist Mitzi Dulan, R.D. (And any woman who's settled down knows

**YOUR SLEEP**

Women in stable relationships get more restful sleep—moving around less and waking up fewer times—than single women, new research from the University of Pittsburgh found. But you won't sleep as well if you've just started sharing a bed. Part of that could be because you're simply not used to sleeping

next to someone all of the time, says lead author Wendy Troxel, Ph.D. (Or, she says, "it could be a true 'newlywed effect,' as in they're engaging in bedroom activities other than sleep!")

**YOUR WEIGHT**

Women who live with their partner are 63 percent more likely to become obese than those who don't,

you often end up spending more time at home with your spouse or kids, where the temptation to snack and do sedentary things like watch TV is high.) But if you take a cue from your guy when it comes to exercise, you may be able to avoid weight gain and even get fitter: Young men work out more than their female peers, a new study has found. —*Kaitlin Menza*

# HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



**SCARY SAUSAGE?**  
Some meats have been linked to cancer.

**Is it true that preservatives in cured meats are dangerous? I love my bacon and sausage!** —A.J., NEW YORK CITY

Studies have shown that women who regularly eat cured meats like bacon, hot dogs, sausage and cold cuts have an elevated risk of stomach cancer, colon cancer and diabetes. The likely culprits are preservatives called nitrates (or nitrites). We can't prove that they cause cancer—but the evidence linking the two is solid enough that I'd advise women to eat these foods sparingly.

Got a Q of your own? E-mail Dr. Manson at [healthhelp@glamour.com](mailto:healthhelp@glamour.com).

**But life without bacon...**

Never say never! Just make bacon, sausage or cured lunch meats no more than a once-a-week treat, or opt for nitrate/nitrite-free kinds (check labels). When possible, pick poultry over pork or beef—eating a lot of red meat in general has also been linked to health problems.



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 SMALL MEAL**

Taco salad with ground beef, cheddar and sour cream in a crispy shell  
770 calories, 41 grams fat

**OR THIS BIG ONE ▶▶**

Fajitas with 3 oz. grilled steak, onions, peppers, 1 tbsp. sour cream, 2 tbsp. guacamole, 2 corn tortillas, 1/2 cup each black beans and rice, and a light beer  
700 calories, 17 grams fat



**SO REMEMBER:** Ground beef and fried shells make taco salad fattier than you think. Go with fajitas instead and you can have a bigger, leaner dinner and a beer. —*Marissa Lippert, R.D.*

*health quickie* Living close to parks or green spaces may lower the risk of depression, a study found.

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