

Better Health in a Bottle?

The lowdown on those trendy nutrition drinks everyone's clutching these days

Kombucha: This tea gets its funky flavor from yeast and healthy bacteria. Advocates say it boosts immunity, but "concrete evidence is hard to come by," says dietitian Ashley Koff, R.D. There's probably no harm, though. Just pick one with 60 calories or fewer per bottle.

Coconut water: Made from the liquid inside coconuts, this drink has as few as 60 calories per serving and is packed

with electrolytes like potassium—which makes it a good thirst quencher after a hard workout, says Los Angeles dietitian Rachel Beller, R.D., founder of the Beller Nutritional Institute. But stick with the plain stuff, she says; some flavored coconut waters con-

tain added sugar—and, therefore, calories.

Yerba maté: Fans of this drink swear it promotes weight loss, "but some research has suggested drinking large amounts may be linked to cancer," says Beller. "I don't drink it, but if you want to, just don't go overboard."

—Melinda Wenner Moyer



Eat...more!

YOU CAN HAVE THIS

Two 5-inch buttermilk pancakes with 1½ tbsp. butter and 3 tbsp. maple syrup
510 calories, 23 grams fat

OR ALL THIS

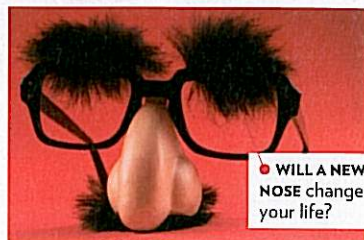
Two 5-inch buttermilk pancakes with 3 tbsp. light whipped cream and ¼ cup strawberries, 2 medium slices of bacon and 1 scrambled egg
408 calories, 20 grams fat



SO REMEMBER: Traditional pancake toppings are super high in sugar and calories. Have fruit instead and get some filling protein, too! —Marissa Lippert, R.D.

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



I hate my nose job! Is it safe to redo it? —E.M., CHICAGO

One rhinoplasty repair should be safe. But think about why you want to fix it. It's not uncommon for people to be unhappy with plastic surgery, but in many cases, it isn't due to a botched operation. Studies show that people tend to think plastic surgery will drastically change their looks (even their lives); that's rarely true. The key is to have realistic expectations.

Got a Q of your own? E-mail Dr. Manson at healthhelp@glamour.com.

If I decide to go for it, how do I find a good doctor?

Look for a board-certified plastic surgeon specializing in revision rhinoplasty (repairing nose jobs). Call top university medical centers in your area and ask for leading experts in surgery revisions. Consult with at least two doctors, and before you go through surgery again, ask yourself: Will these changes really make me happy?



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.

health quickie Another reason not to feel guilty about drinking coffee: It may actually lower your risk of diabetes.