

BONUS! BEAUTY AND FITNESS SPECIAL

EBONY

*Transform
your
Life*

**175 TIPS
TO MAKE OVER
YOUR**

*Relationship,
Health,
Money and
Career*

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Love or Leave?
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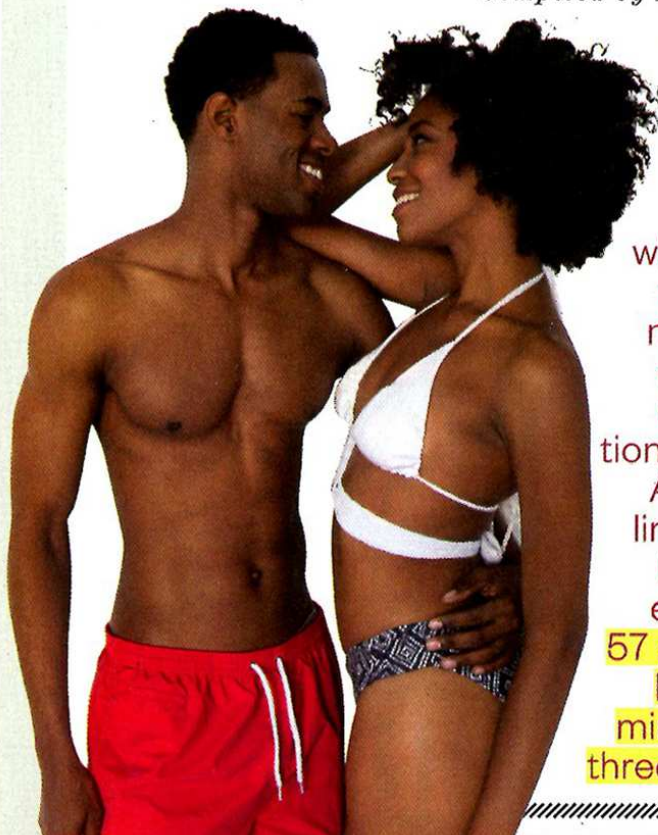


APRIL 2014
USA \$3.99 CANADA \$4.99
A JOHNSON PUBLICATION
EBONY.COM

Good Medicine

NEWS AND IDEAS FOR A HEALTHY MIND, BODY AND SPIRIT

Compiled by DARRYL WASHINGTON JR.



Sexercise, Anyone?

Who wants to exercise on a treadmill when you can have sex to stay in shape? You may not burn as many calories as you would working out the traditional way, but it's a start! A study published online compared calories burned during sex vs. exercise. Sex for 10 to 57 minutes will help men burn four calories per minute; women will burn three calories per minute.



A NUTTY PREGNANCY

If you're pregnant, you might want to go a little nuts. A new study from the Dana-Farber Children's Care Center, published by JAMA Pediatrics, shows that a baby whose mother is not allergic to nuts and who eats a lot of them during her pregnancy has a lesser chance of developing peanut and tree allergies. Since it doesn't matter which nuts you eat, munch on as many varieties as you can.

For Ages

6-12

ONLINE EMOTIONAL DEVELOPMENT

Everywhere you turn, someone is tapping into an app on a smartphone or tablet. Now there is one that teaches children how to be better people. Trip Hawkins, creator of *Madden NFL*, has created the app IF to help kids with social and emotional development. It will measure 20 "emotional intelligence" skills. Go to **ifyoucan.org** for more information.

TRAVEL SMART There's nothing worse than having your stomach off-kilter while you're traveling. The next time you hit the road, consider taking along Good To Go, a four-day travel pack that helps prevent constipation, gas, bloating and cramps. It has natural ingredients such as a blend of chia seeds, psyllium and osmotic laxative ingredients to help calm your stomach. For more information, visit **BeGoodToGo.com**.



AN EXTRA SIDE OF FIBER

Adding more fiber to your diet is a good idea if you're trying to lower your risk of heart disease. A British study has found that there are two types of

heart malady: coronary and cardiovascular. It also reported that every extra seven grams of fiber you eat each day will lower your risk for both.

