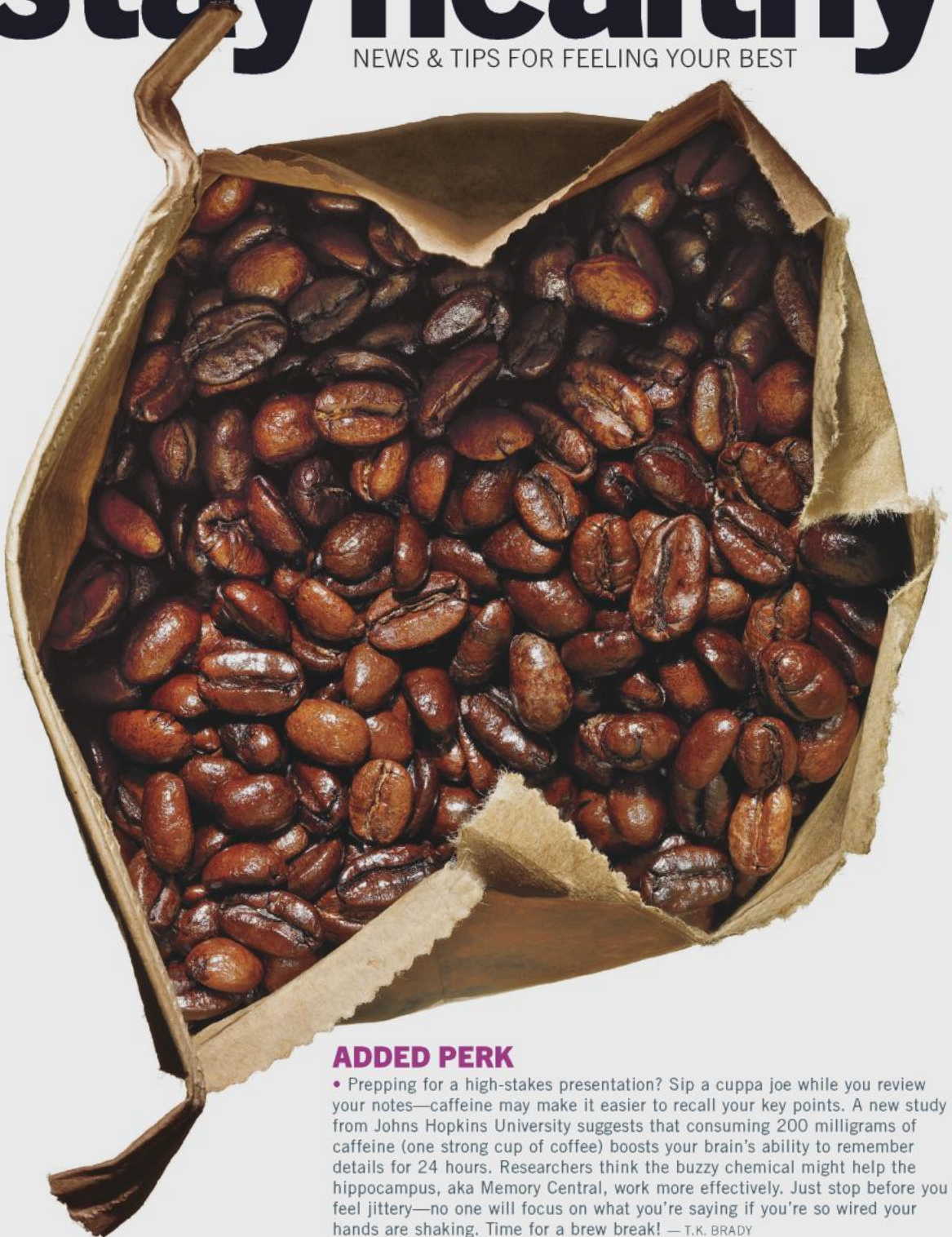


# stay healthy

NEWS & TIPS FOR FEELING YOUR BEST



## ADDED PERK

• Prepping for a high-stakes presentation? Sip a cuppa joe while you review your notes—caffeine may make it easier to recall your key points. A new study from Johns Hopkins University suggests that consuming 200 milligrams of caffeine (one strong cup of coffee) boosts your brain's ability to remember details for 24 hours. Researchers think the buzzy chemical might help the hippocampus, aka Memory Central, work more effectively. Just stop before you feel jittery—no one will focus on what you're saying if you're so wired your hands are shaking. Time for a brew break! — T.K. BRADY



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## SWEET ESCAPE

It's time to end the great internal debate over having just one more cookie. New research analysis in *Personality and Social Psychology Review* found the more time you spend mulling over whether or not to eat a treat, the more likely you are to justify the indulgence. ("It *is* her birthday party, after all.") Next time, don't think so hard—just walk away. —T.K.B.



## COOL COPPER

Millennia ago, the ancient Egyptians used copper to sterilize water and wounds. Now, the age-old element is showing up on store shelves as manufacturers' new fave health and beauty secret. Here's why you're about to see the earth- and body-friendly mineral everywhere:

It fights bacteria, viruses and fungi on a molecular level. Plus, once it's infused in a polymer—think hospital linens, sports bras and counter-tops—it doesn't lose its efficacy or breed superbugs over time. "Best of all, it works incredibly quickly," says Christopher Andrews, president of Cupron, a technology company that weaves the mineral into products like EPA-approved **PRO Therapy Socks**, which wipe out athlete's foot in 12 hours (\$75 for 3 pairs, [protherapysystem.com](http://protherapysystem.com)).

It may even smooth away wrinkles. Press the metal against your face, and it will absorb copper ions. Through a complex series of events, that absorption kick-starts skin regeneration. Look for lotions that contain the mineral, like **Kiehl's Powerful Wrinkle Reducing Cream** (\$52, [kiehls.com](http://kiehls.com)), or the satiny new **Illuminage Skin Rejuvenating Pillowcase** (\$60, [neimanmarcus.com](http://neimanmarcus.com)) to stave off signs of aging. — ANDREA BARTZ



## MIXED MESSAGES

Ever feel like you text your partner way more than he reciprocates? It's not in your head: Researchers from Brigham Young University looked at long-term couples' digital M.O.s and found some fascinating differences.

- Women feel more secure in their relationship when they send frequent casual correspondence, possibly because it makes them feel connected to their significant others.
- For men, it's the opposite: The more they text, the less stable they feel in their coupledness. The uptick might stem from texts being less intimate than in-person chats.
- Sweet missives ("You're the best!") boost happiness on both sides, but hurtful messages do more harm than you think. Avoid 'em at all costs. — T.K.B.