

4 THINGS EVERY MAN SHOULD KNOW HOW TO DO



STAMPS CAN
LICK ERECTION
PROBLEMS...



Check the equipment. You should have an erection at least once a night while you're sleeping. To test yourself, wrap postage stamps around the base of your penis, and secure the ends together. If the stamps are torn along a perforation the next morning, everything's working correctly.

Go in the wee hours of the morning. Turning on a light to use the bathroom makes it harder to fall back to sleep. To hit the target, try a flashlight or a night-light.

Avoid bathroom dribble. After urinating, apply gentle upward pressure under the base of your penis. This will squeeze out any remaining drops.

Beat the blues. To cure testicular aching from prolonged, unrelieved sexual arousal, divert the blood flow elsewhere. Just strain against an immovable object, such as your car's bumper, for 30 seconds. Repeat.

14 PROBLEMS YOU CAN PREVENT!

BACK PAIN: Seventy-five percent of all lower-back problems can be prevented by building your abdominal muscles. Aim for 12 to 15 crunches a day.

BLISTERS: Apply a light coating of petroleum jelly to your heels and any other hot spots on your feet.

CAVITIES: Use a drinking straw. You may feel like your 4-year-old nephew, but a straw limits the amount of contact between your teeth and sugary sodas or fruit juices, so less dental damage occurs over time.

COLON CANCER: If you're over 40 years old, have your doctor test for hidden blood in your stool—it can be a sign of growths on the wall of the colon that may turn cancerous.

GERMS ON YOUR TOOTH-BRUSH: Store your brush bristles-down in a glass of mouthwash (which you should replace every few days).

HANGOVER: Saying no to that fifth beer is one option, but if it's too late, try this: Before you go to sleep, eat honey on crackers or toast.

HEART DISEASE: Aim for this ratio: 4.5 points or less of total cholesterol to 1 point of "good" HDL cholesterol. Also, watch your blood pressure: For every point your diastolic pressure (the second, smaller number) drops, your heart-attack risk falls 2 to 3 percent.

HIGH CHOLESTEROL: A clove of fresh garlic every day can decrease your total cholesterol by almost 10 percent.

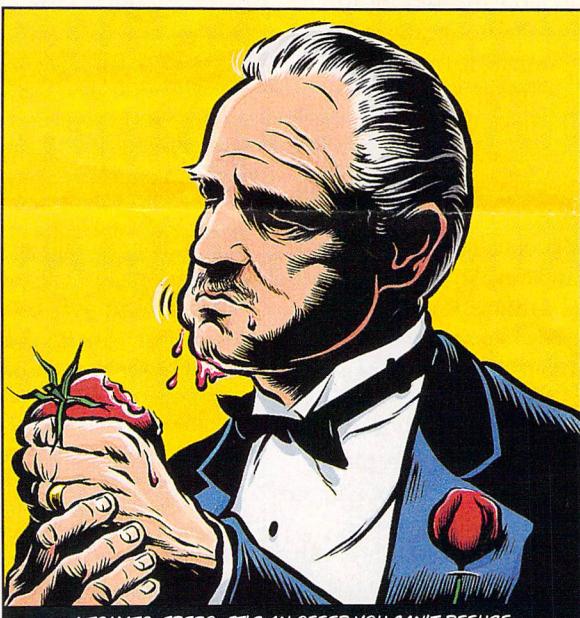
KIDNEY STONES: Drink at least eight glasses of water a day, limit your salt intake, and drink plenty of skim milk. The calcium

binds with the stone-causing minerals and ushers them out of the body.

LUNG CANCER: Eat carrots, squash, yams, or other foods that contain antioxidants. Your risk of this cancer will decrease.

MONDAY MORNING GROGGINESS:

Avoid sleeping late on Sunday mornings. It throws off your body clock and makes it difficult to get up for work on Monday.



A TOMATO, FREDO. IT'S AN OFFER YOU CAN'T REFUSE.

PROSTATE CANCER: Eat like a character in *The Godfather*. Two to four servings of tomato sauce a week can cut your risk for prostate cancer by 34 percent.

RAZOR BURN: Instead of shaving first thing in the morning, have breakfast and move around for half an hour. Then shave. Your face won't be as puffy and you'll get a closer shave.

STROKE: Cut your risk 40 percent by eating a banana and a carrot every day. The potassium and beta-carotene can help prevent plaque buildup on artery walls.