

## 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 TOOTHBRUSH:** 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.

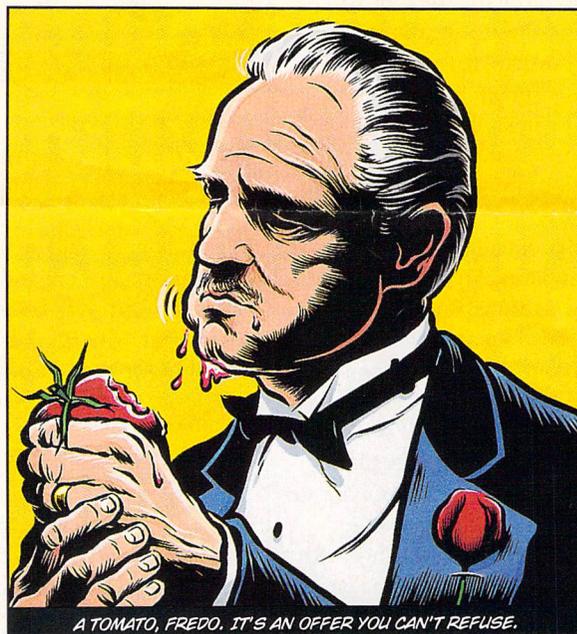
**KIDNEY STONES:** Drink at least eight glasses of water a day, limit your salt intake, and drink plenty of skim milk. The calcium

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.