

Introduction

➔ I know what you're thinking: "There's nothing 'lethal' about my lifestyle. I have a simple, perfectly safe desk job. And I don't have dangerous hobbies like mountain climbing, scuba diving, or running the rapids on rain-swollen rivers. My idea of an action-packed adventure is an all-day shopping spree with my girlfriends. This book can't possibly apply to me."

Wrong you are, my friend. In fact, you could be dead wrong! Take a moment to ponder your daily routine and ask yourself the seven questions below. If any one of your answers is yes, then guess what?—you're living a lethal lifestyle. And if you give an affirmative nod to more than one query, you're on a fast track to big trouble.

- 1.** Do you frequently have trouble getting a good night's sleep (as 7 out of 10 Americans do)? You may be shortening your life by as much as 8 to 10 years (see page 17).
- 2.** Do you talk on a cell phone for 30 minutes or longer at least once a week? According to a recent study by the World Health Organization (WHO), those seemingly innocent chats could be upping your risk of a deadly brain tumor by 40 percent (see page 22).
- 3.** Do you buy your meat and poultry at your neighborhood supermarket? Then there's a 50-50 chance that you're consuming staph bacteria, possibly including the potentially deadly MRSA strain (see page 103).

50 to 70 million Americans **suffer** from **sleep disorders** that affect health and longevity.

4. Do you use common commercial cleaning products in your home? If so, then you're exposing yourself to chemicals that might increase your risk for fatal cancer by as much as 54 percent (see page 247).
5. Are you overweight or obese (as two out of every three Americans are)? You're a sitting duck for literally every health problem under the sun (see page 124).
6. Do you routinely watch television for more than four hours a day? That makes you 80 percent more likely to die from cardiovascular disease than folks who spend fewer than two hours in front of the boob tube every night (see page 162).
7. Worst of all, do you smoke? This disgusting habit is the number one cause of preventable death, killing more Americans each year than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs *combined* (see page 8).

The good news is, it's never too late to clean up your act—and you can actually have fun doing it! This book is crammed full of terrific tips and tricks for improving your health, boosting your happiness, and lengthening your life. For instance, you'll learn how to break bad habits like excessive drinking and overeating, get off your butt and get moving, and nix the noxious chemicals and invisible toxins that can impair your immune system and bring on health woes, ranging from constant colds to deadly diseases.

But that's not all! You'll also find fantastic features like **Jaw-Dropping Discoveries**, which contain the latest mind-boggling findings from top-notch medical researchers. For example, studies show that owning a cat can reduce your risk of suffering a heart attack by as much as 60 percent (see page 160), and simply by switching to dinner plates that are 2 inches smaller, you can lose 2 pounds in 30 days—without changing a single food in your diet (see page 133)!



In **Yikes!** I'll share some seriously sobering facts guaranteed to jolt you into mending your ways—that is, if you want to spend more quality time on this planet.



Sneak preview: People who drink two or more sodas a day—regular or diet—raise their risk for pancreatic cancer by a whopping 87 percent (see page 148)!



Remarkable Remedies deliver astounding (and sometimes unbelievable-sounding) treatments for physical and psychological woes of all kinds. Here's just one oddball—and highly versatile—cure: Giving bushels of big ol' bear hugs to your favorite people releases a hormone that banishes the blues; enhances your ability to handle stress; lessens addictive cravings for drugs, alcohol, and sweets; and even helps reduce inflammation and speed up wound healing (see page 60).

Finally, **Fix-It-Fast Formulas** are super-duper recipes that can help you solve or prevent health problems of all kinds. A case in point: Toodle-oo Tick Spray will keep you and your family free of disease-spreading ticks, with none of the potential health hazards of chemical insect repellents (see page 335).



While this book is chock-full of sensational strategies for taking charge of your own health and well-being, none of this information is intended to replace professional medical care. The CALL 911 features spell out—loud and clear—when you need to forgo the DIY measures and hightail it to your doctor's office or the closest emergency room.

Also, always consult with your health-care provider before you use any of the remedies presented in these pages. That's especially crucial if you are suffering from a chronic medical condition, are taking drugs of any kind, are a nursing mom, or are pregnant or think you might be pregnant.

