

The Truth Meter

By Julia Westbrook

Fish Makes You Smarter

TRUE Research has found that babies born to moms who ate low-mercury fatty fish at least three times a week during pregnancy show more advanced brain development at age 2. Another study reported that school-age kids who eat fish weekly have higher IQ scores (the omega-3s may improve sleep, supporting learning). Fishy diets appear to protect against cognitive decline later in life too.

Milk Helps You Sleep Better

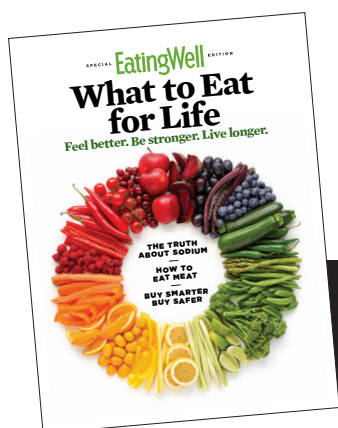
NOT REALLY Milk's snooze power is attributed to its tryptophan content. And research does suggest that this amino acid can help you nod off. But you'd need to gulp down about 10 cups of milk before bed to get a sleep-inducing dose. (And waking up to use the bathroom is *not* restful!)

Lavender Chills You Out

SORT OF Lavender aromatherapy has been shown to calm people down in a wide range of anxiety-provoking medical scenarios—from a routine trip to the dentist to serious surgery. However, a review of 15 studies on the herb found that while the research is promising, inconsistencies in study designs make it difficult to draw definitive conclusions. Still, it smells lovely—so it's worth a try.

Workouts Tax Immunity

FALSE In the '80s, researchers noted that many runners report post-marathon illness and concluded that exercise leaves you vulnerable to colds. But recent tests show that most of these coughs are caused by allergies or throat dryness from hard breathing. Legit colds were likely from being in a crowd (germs!). In fact, working out may *improve* immunity. 🍏



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