

Fit Tips

Six Health Threats With A Thread of Good

Some of the bad things in life actually have some REAL good in them.

1. **The Sun:** Ultraviolet rays, known to cause cancer, also make Vitamin D. Vitamin D enables calcium to leave the intestines and enter the bloodstream. “If you went outside for 10 or 15 minutes without sunscreen, the sun’s rays could make 100x more Vitamin D than one glass of milk,” said Dr. Sullivan of University of Maine.
2. **Flab:** “Fat on the hips and thighs correlates positively with the good type of cholesterol and negatively with the level of triglycerides in the blood, which are risk factors for heart disease,” said Dr. Gaesser. In one study, researchers concluded that thigh fat may store triglycerides, blocking them from circulating in the blood.
3. **Stress:** Short-term stress may be healthy. Job interviews, public speaking, or test-taking spur the body to increase antibodies that help fight infection or injury. A stress expert concluded, “short-term, sudden, acute stress jump-starts the immune system, stimulating it to work well.”
4. **Egg Yolks:** Egg yolks are one of the best sources of choline, a B-Complex vitamin important for pregnant women. Women with normal cholesterol levels can eat an egg a day without increasing their risk of heart disease. Egg yolks also contain lutein, which improves memory and protects eyes from severe vision loss with age.
5. **Fat:** Fats help to absorb nutrients: One study found that subjects who ate fat-free dressing of salads absorbed virtually no beta-carotene or lycopene. When reduced-fat and full-fat dressings were used, people absorbed more. Plus, indulging once a week can rev your metabolism.
6. **Carbs:** “If you are active, and especially if you exercise regularly, you need to base what you eat on starch carbohydrates to replenish glycogen levels, which is fuel in the muscles and liver,” said Dr. Phillips of British Dietetic Association. “A low-carb diet can severely deplete glycogen stores; and you won’t be able to exercise as efficiently.” In addition, eating healthy, starchy carbs ignites the production of serotonin (which is the hormone that creates the “full” feeling), but only when consumed without proteins.