

# THE INDIANAPOLIS STAR

THURSDAY, MARCH 12, 2009 ★ "Where the spirit of the Lord is, there is liberty" II COR. 3:17 ★ 75 CENTS ★ CITY FINAL

**EXTRA**  
healthy living

## Media scan

A peek at useful health and fitness books, magazines and Web sites:

» If you want to be as "green" as you are thin, then **Go Green Get Lean: Trim Your Waistline With the Ultimate Low-Carbon Footprint Diet** (Rodale Books, \$19.95) might be your kind of diet. Author Kate Geagan, a registered dietitian who gives nutrition advice on TV, radio and in print publications, offers an easy-to-follow green routine. It includes seasonal meal plans, cost-saving tips and many recipes. She says the plan can help you shed up to 9 pounds in the first two weeks, as well as help you avoid foods that take more fossil fuel energy to get to your plate. One tip: If you're on a limited budget, the most important things to buy organic are foods from animals (meat and dairy products).



» Exercising your brain is just as important as getting physical exercise. That's why author Marcel Danesi, an anthropology professor at the University of Toronto, has compiled 450 puzzles in **The Total Brain Workout** (Harlequin Nonfiction Books, \$16.95). They target core parts of the brain that control language, logic, memory, reasoning and visual perception. Each of nine chapters includes 50 puzzles, such as optical illusions, word searches, brainteasers, Sudoku, logic puzzles and cryptograms.



» The March issue of **Vegetarian Times** features tips on turning up the health-enhancing antioxidant power of 10 superfoods. The magazine's top 10 beneficial foods are cocoa, tart cherries, blueberries, tomatoes, kale, artichokes, red beans, acai berry, apples and pecans. Suggestions: Steam artichokes, refrigerate pecans, use cherry juice concentrate, eat dark chocolate with at least 70 percent cocoa and choose wild blueberries.

Dealing with nagging pain or debilitating injuries can be frustrating. Methodist Sports Medicine/The Orthopedic Specialists and Clarian Human Motion give information on causes, symptoms, prevention, home care and when to seek medical advice at [www.mykneehurts.info](http://www.mykneehurts.info), [www.myshoulderhurts.info](http://www.myshoulderhurts.info), [www.myfoothurts.info](http://www.myfoothurts.info), [www.myhandhurts.info](http://www.myhandhurts.info), [www.myhiphurts.info](http://www.myhiphurts.info) and [www.mybackshurting.info](http://www.mybackshurting.info). All sites include physician blogs with health-related tips and findings from studies.

— Barb Berggoetz