

## hair scare

Regularly sporting super-tight braids, weaves or any hairstyle that exerts too much tension can lead to permanent hair loss, reports a new study of more than 325 African-American women in *Archives of Dermatology*. Nearly 60 percent of those surveyed showed symptoms of a scarring hair-loss condition that starts at the crown and spreads out—a result of excessive trauma caused to the hair shaft.

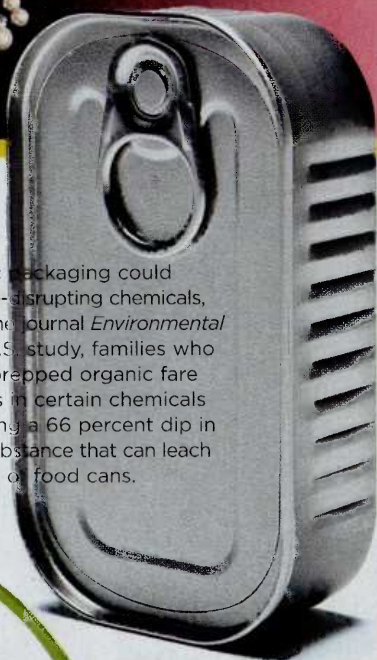


## counter INTELLIGENCE

Dieting 101 dictates that shedding pounds is a matter of math—burn more calories than you consume—but figuring out those numbers is easier said than done. The BodyMedia FIT Armband BW, \$249 (plus monthly website fee), promises to tally them with ease. The gadget keeps tabs on your caloric intake, tracks the energy used with every move you make (by measuring skin temperature, motion and other factors), and even rates how well you snooze. Then just review your real-time stats online or with the mobile app to check your progress. Bonus: Jenny Craig's new Metabolism Max Program is also designed to work with data from the high-tech device for a tailor-made weight-loss plan.

## Detox Diet

Forgoing canned foods and plastic packaging could drastically cut our intake of hormone-disrupting chemicals, suggests new research reported in the journal *Environmental Health Perspectives*. In the small U.S. study, families who switched to a diet of only freshly prepped organic fare for three days showed major drops in certain chemicals excreted from their bodies, including a 66 percent dip in their levels of BPA, a controversial substance that can leach from certain plastics and the lining of food cans.



## HULA HOOPLA

Beyoncé, Zoey Deschanel and Selena Gomez have all taken the fitness trend for a whirl, but is hula-hooping just fun and games or a bona fide calorie-blast? Researchers enlisted by the American Council on Exercise tested a group of hoopers and found that the workout was more intense than they expected: A 30-minute session burned about 210 calories and got heart rates up to 151 beats per minute on average. That makes the cardio benefits of hula-hooping similar to step aerobics, cardio kick-boxing classes and even boot camp-style exercise, the researchers concluded.



## More than 1/3

LESBIAN, GAY, BISEXUAL OR TRANS YOUTH WHO HAVE ATTEMPTED SUICIDE TO THE IT GETS BETTER PROJECT (ITGETSBETTER.ORG), A CAMPAIGN AGAINST ANTI-GAY INITIATIVE'S NEW BOOK, IT GETS BETTER OUT, OVERCOMING BULLYING, AND LIFE WORTH LIVING, \$27.50. FEATURING WORDS OF SUPPORT FROM 100+ COMMUNITY LEADERS. ALL PROCEEDS DONATED TO LGBT YOUTH SERVICES.

