

LOVE YOUR WHOLE LIFE

February 2013

# Prevention

## Get back in shape

Walk off  
10, 20, 30 lb

No yo-yo dieting,  
just great results

30 Days to a  
healthier heart

Cut your risk of heart  
disease by more than 80%

19 Best new drinks  
for energy and health

Surprising ways to  
cure pain naturally

Choose happiness

Kris Carr's life-changing lessons

Better  
than ever  
for you

plus  
6 Tools  
that make  
weight loss  
easier



# Medical Breakthroughs

BY Leah Zerbe

## Needle-Free Injections on the Horizon

Your trip to the doctor's office may one day be less painful, thanks to a new needle-free device developed by the MIT BioInstrumentation Laboratory. Instead of using a needle to pierce the skin, **this jet injector delivers a microscopically thin, high-pressure stream of medicine** through the skin and into body tissue. Not yet on the market, the device improves on earlier attempts because it gives doctors more control over the amount and delivery speed of the medication they're injecting. It's being tested for applications now.

## Beating a Deadly Infection—With Feces

Transplanting healthy human stool into the digestive tracts of people with the potentially deadly infection caused by *C. difficile* bacteria cured more than 90% of patients, researchers found at Henry Ford Hospital in Detroit. Healthy feces were transferred into the digestive tracts of 49 *C. diff* patients (donations came from family members) using a nasogastric tube or during a colonoscopy. Researchers believe that **the healthy bacteria in the transplanted stool helped rebalance the ecology of the patients' guts, jump-starting their immune systems** and enabling them to fight off the often antibiotic-resistant infection, which causes 14,000 deaths yearly in this country.

## A Natural Way to Halt Hard-to-Treat Breast Cancer

BreastDefend—a currently available botanical supplement made of mushrooms, herbs, and a natural compound derived from cruciferous vegetables, such as broccoli—significantly suppresses triple-negative breast cancer tumors and reduces their spread to the lungs by 70%, a new animal study from Indiana University found. And the supplement didn't cause the side effects that can come with chemotherapy (which may not work on these tumors anyway). **"This is a potential game changer for people seeking nontoxic support against breast cancer,"** says study coauthor Isaac Eliaz, MD, founder of the Amitabha Medical Clinic and Healing Center in Santa Rosa, CA, who helped formulate the supplement. "As natural formulas gain scientific substantiation, we expect more-sophisticated, better-targeted therapies to emerge." Human trials may begin this year.

## An Arthritis Drug to Help Depression?

Shedding new light on depression, researchers from Mount Sinai School of Medicine found that when mice with hyperactive immune systems were put in stressful situations, they produced too much of an inflammation-causing protein called interleukin-6—an excess similar to that found in people with hard-to-treat depression—and were likely to show signs of depression. **Researchers hope this will lead to new treatments that target the immune system,** which may include at least one existing arthritis drug.