

NEW IN HEALTH
warm ups

Be the Leanest, Fittest Family on the Block!
EAT THIS NOT THAT!
 FOR KIDS

Health Care Collection
 # 09908
 # AUG 2008
 10310 RA

coconut Bliss
 What Galactos...
 Cherry Apples...
 Naked Coconu...
 Dark Chocolate...
 Hazelnut Fudge...
 Premium Breast Strips...
 Luscious Tiramisu...

TUNNEL VISIONARY
 Wrist braces make aching arms feel better after a long day at the laptop. Wellgate's iBracelet (\$10, Target) does, too, and it looks like it comes from Paris, not Orthopedics "R" Us. Squishy rubber "pearls" relieve carpal tunnel symptoms without calling undue, unfashionable attention to your forearm.

'NUT WORTHY
 Soy and rice have attempted to transform into ice cream and failed. Behold Coconut Bliss (Coconutbliss.com, \$8 per pint), a vegan, low-glycemic dessert that lives up to its name. "Naked Coconut" is refreshing, "Chocolate Hazelnut Fudge" is addictive.

BOWELED OVER
 There's no excuse not to schedule a colonoscopy, especially if you're over 50. But between procedures, it couldn't hurt to use the at-home test Colon Health Check (\$35, Colonhealthcheck.com). It takes just minutes to detect blood in the stool — always a bad sign.

THE EAT BEAT
 Chicken McNuggets win a McDonald's matchup in "Eat This, Not That! For Kids" (\$20, Rodale) by David Zinczenko. The loser? Those "Premium Breast Strips" — the breading shoots up their calorie count. Find out the other stars of fast food and vending machines.

