

Men's Journal

A Survival Story You'll Never Forget
A Plane Crash, An 11-Year-Old Alone In the Wild

Rafael Nadal Fears No One*

Inside the Mind of the World's Fiercest Competitor

*(except his mama)



The Last, Craziest Adventure
One Man vs. the Amazon

BEST SUMMER GEAR
FROM SUNGLASSES TO FLIP-FLOPS,
DUNE BUGGIES TO DIVE WATCHES
& THE PERFECT SWIM TRUNKS
PLUS WHAT YOU NEED FOR YOUR NEXT
MOTORCYCLE ADVENTURE

Mind & Body

NEWS & NOTES



Train Right
The Hotel Gym Arms Race
By the end of 2009, Sheraton will have added 56 state-of-the-art gyms to various hotels around the country. But one of its main competitors, Hilton, already has an impressive stockpile of new weights. The hotel recently refurbished 500 workout facilities and built several new ones, including our favorite, this gym that overlooks the Baltimore Orioles' Camden Yards (from \$380; hilton.com).

Staying Well

Modern Drugs vs. Natural Remedies

Know when to go natural and when it's smarter to go to the pharmacy.

AILMENT	CONVENTIONAL REMEDY	HERBAL REMEDY	VERDICT
ALLERGIES	Antihistamines block the body's production of histamine, a chemical released by the immune system to fight off irritants (pollen, for example) that also trigger allergy symptoms. Common side effects of antihistamines are nausea, headaches, and drowsiness.	Butterbur pills, made from <i>Petasites hybridus</i> , a shrub native to Europe and Asia, have been found to prevent allergy symptoms by inhibiting leukotriene synthesis and histamine binding, two processes that cause allergic reactions.	Reach for the butterbur. "Results so far have been positive," says Dr. Brent Bauer of the Mayo Clinic's Complementary and Integrative Medicine Program. "The extracts have been shown to reduce some allergy symptoms, but without drowsiness."
JOINT PAIN	Ibuprofen inhibits the production of enzymes that cause inflammation and pain. Used properly, they're very effective at relieving mild to moderate pain. Risks from long-term or excessive use include high blood pressure and kidney damage.	Glucosamine and chondroitin , usually taken together, are found naturally in cartilage. When ingested, they're thought to regrow cartilage—helping ease joint pain. The pill forms, often harvested from animals like sharks and cows, are generally taken twice daily.	Stick with the ibuprofen. "The clinical efficacy is not established for glucosamine and chondroitin," says Bauer. "They're both pretty inert substances, and only provide some relief. For immediate relief that you know will knock out pain, take an Advil or two."
HIGH CHOLESTEROL	Statin drugs like Lipitor work by blocking a substance your body uses to produce cholesterol. While generally considered safe, there's debate about their effectiveness in preventing heart conditions. In rare circumstances, side effects can be severe, including liver damage.	Plant sterols work by blocking the absorption of bad cholesterol and have been shown to help reduce cholesterol levels by more than 10 percent. Found naturally in fruits and vegetables, you will need a supplement to consume a beneficial amount.	Both work. "Plant sterols have been shown to lower cholesterol in patients in many studies," Bauer says. "If you've got a mild problem and are committed to a diet and exercise regimen, they can help you avoid the side effects of statins." —JOSH FULMER

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