

FISH FOR COMPLIMENTS

■ Not only will it not make your skin look scaly, but fish oil may also prevent wrinkles. When South Korean scientists treated skin with eicosapentaenoic acid (EPA), an omega-3 fatty acid in fish

oil, and then exposed the epidermis to light, the number of collagen-destroying proteins dropped by 75 percent. EPA also raised levels of "transforming growth factor-beta," a hormone that boosts collagen and elastin formation. While researchers work to

develop a topical EPA treatment, saturate your skin from the inside by swallowing 3 grams of omega-3s in supplement form. We like Nordic Naturals (nordicnaturals.com).



Trade crow's-feet for crab claws—these crustaceans contain 400 mg omega-3s.

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THE FAT THAT FIGHTS CANCER

■ Buy a bottle of prevention: European scientists determined that downing olive oil can reduce your risk of cancer. In the study, researchers asked 182 men to replace 25 grams of other fats in their daily diets with 5 teaspoons of the oil, consumed uncooked (think: "oil" in "oil and vinegar"), for 3 weeks. The result: Measures of the participants' DNA damage, which is closely linked to cancer risk, decreased 13 percent. That's like going from being a smoker to being a nonsmoker, says study author Henrik E. Poulsen, M.D. The scientists speculate that the high levels of monounsaturated fatty acids found in the olive oil are what safeguard the DNA.