



Now See This

As if you needed another reason to keep taking photos of amazing meals or selfies with your best friend, the University of California, Irvine, just released some picture-perfect research. A new study says playing photographer can make you feel more positive—and that's only for starters.

Snap & Savor

"Participants who shot things that made them happy became more reflective and appreciative of life," says lead study author Yu Chen, PhD, a postdoctoral scholar in UCI's department of informatics.

Snap & Send

People who clicked an image they believed would make another person happy—and sent it to them—became calmer.

Snap & Smile

Grinning selfies helped some people become more comfortable with their self-portraits.



Q&A

I've heard that there's no solid research supporting the benefits of flossing. Do I still need to do it?

The science behind flossing unraveled recently, after the Associated Press found there was little clinical evidence backing the longtime claim that it can prevent gum disease and cavities. For now, fluoride toothpaste remains your best tool. But the American Dental Association isn't suggesting you toss your floss quite yet. It's still a great way to get rid of food particles that may contribute to plaque buildup and reduce swollen or bleeding gums, says Mark S. Wolff, DDS, professor and chair at New York University's College of Dentistry. Flossing also helps eliminate bad breath.



That's your increased risk of hypothyroidism if you suffer from a headache disorder like migraines. While experts aren't sure of the reason for the connection, they recommend getting tested for an underactive thyroid if you suffer from frequent headaches.

Source: University of Cincinnati College of Medicine



Winter Skin Fixes

Harsh outdoor temps combined with dry indoor air can cause flare-ups in some skin conditions. Use a humidifier and follow this head-to-toe advice from dermatologist Kally Papantoniou, MD, a clinical assistant professor at the Mount Sinai Hospital in New York City.

Acne

Use a moisturizer with hyaluronic acid, which provides extra hydration to combat dryness caused by vacillation between warm and cold temps.

Switch from cleansers with drying agents (such as salicylic acid) to a gentle foaming product.

Psoriasis

Take a daily vitamin D supplement, which has been shown to reduce psoriatic flare-ups in winter.

Moisturize twice daily. For best absorption, apply lotion right after showering.

Eczema

Switch from a lighter lotion to a thicker one containing ceramides and apply twice a day.

Use your hands to apply a mild cleanser daily in the shower—sponges and washcloths can be irritating.

Rosacea

Sip green tea. The antioxidants may reduce skin inflammation.

Apply a cream with SPF 30 or higher before heading outdoors. UV rays can trigger flare-ups year-round.

Living Longer, Stronger

Being overweight can rob you of future birthdays, says new research from the USC Institute for Global Health. Along with losing weight, limiting alcohol and not smoking, adopt these three habits to put candles back on your cake.

Up your downtime. Women dealing with chronic stress have significantly lower levels of a hormone that helps slow aging and enhance cognition. Unwind with proven tension-taming techniques like meditation or creating artwork.

Get moving. Regular light jogging is one of the best activities for longevity, but any exercise that keeps you active does the trick.

Hit the sack—early and often. Getting less than seven hours of sleep daily is associated with chronic health conditions that can lessen your life span, such as diabetes and high blood pressure.



24%

While cigarette smoking among teens is on the decline, nearly one in four high school students report having vaped in the past 30 days. Warn your kids about the dangers of nicotine addiction (including heart disease and elevated blood pressure) from e-cigarette use.

Source: Centers for Disease Control and Prevention