

USA WEEKEND

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ANNUAL HOLIDAY MOVIE PREVIEW

18 fascinating facts
you didn't know
about this festive
season's best flicks

→ including how these two
stars met for the first time.



ThinkSmart:
Brain foods
for baby boomers

Hottest
new gaming
systems

EXCLUSIVE:
Visit with
country music's
newest stars



Comedians Sacha Baron Cohen
(as Borat), left, and *Night at the
Museum's* Mickey Rooney trade
quips in an exclusive event.

Plus, **win** a
private screening of
*Night at the
Museum* for you
and 150 of your
friends!



Feed yourself some good germs

BY SUSAN T. LENNON

BACTERIA for breakfast? If the thought makes you queasy, think again. Not all bugs are bad, and eating good germs can improve your health.

“Research into the positive effects of good bacteria has exploded in the last five years,” says Gary B. Huffnagle, Ph.D., a University of Michigan Medical School professor, “but most Americans have never heard of probiotics — our silent partners in health.”

These good microbes — lactobacillus and bifidobacteria — usually coexist in our bodies with the “bad” bugs we know and loathe. But stress, antibiotics and a poor diet can shrink the good-germ count, opening the door to illness.

Replenish your probiotics and not only will they crowd out their disease-causing cousins, they’ll reduce inflammation, boost immunity, promote proper digestion and treat acute diarrhea. Huffnagle says evidence about benefits also is accumulating in “unexpected areas” — kidney stones, heart disease, asthma and colon cancer. **☐**

Yogurt is your best bet

- To replenish your good germs, eat yogurt labeled as having “live, active cultures.”
- Boost yogurt’s power by eating it with “prebiotic” soluble fiber from oats, fruits and vegetables.