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AIR TRAFFIC CONTROL

Take a deep breath: A peel of passion fruit may stifle your asthma symptoms, reports a study in *Nutrition Research*. Every day for four weeks, asthmatics took 150 milligrams of an extract of passion-fruit peel. Afterward, they reported 76 percent less coughing and 81 percent less wheezing. The extract reduces the inflammation that causes airway constriction, says lead study author Ronald Ross Watson, Ph.D.



LUNGS HEART VEGGIES

People who eat at least one daily serving of veggies can lower their lung cancer risk by 50 percent compared with those who consume less, a recent study reports. Fruit had no such effect in the study. Veggies are high in vitamins and antioxidants, making them tough fighters against the carcinogenic effects of free radicals and tobacco smoke. To breathe easier, dine on fresh spinach and kale.

Source: Study co-author Alberto Ruano-Ravina, Ph.D.



Tastes great. Less killing.

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GARDEN-VARIETY KILLER

Broccoli sprout extract reduced the incidence of bladder cancer in mice, reports *Cancer Research*, giving scientists hope it may have similar effects in humans. Mice were injected with a carcinogenic compound, then some got a dose of the extract. Just 38 percent of those given a high dose of the extract developed tumors, versus 96 percent of the animals that weren't. The sprouts contain isothiocyanates, which may help fight carcinogens. Human trials are on deck.

A Rotten Shame

As if your dentist needed more ammo: **Energy drinks may wreck your teeth**, reports a study in *General Dentistry*. We knew that colas were highly acidic and could erode teeth, but it was unknown whether Red Bull and Gatorade had the same effect. Turns out that both overwhelm our saliva's natural ability to neutralize acids—which means more of the acidic stuff hangs out in our mouth to penetrate our grill. Only you can prevent tooth decay: Use straws (aim your drink toward the back of the mouth), rinse with water to dilute acids, and avoid brushing your pearlys for 30 minutes after downing energy drinks (all that scrubbing can remove enamel weakened by acidity).

Have a Cow

Keep it down, sister: **Low-fat dairy products may reduce your risk of high blood pressure**, reports a study in the journal *Hypertension*. Credit calcium: Previous research has shown that it relaxes blood vessels and keeps them from constricting, which helps control blood pressure, says lead study author Lu Wang, M.D., Ph.D. Fill your daily quota with eight ounces of skim milk, 1.5 ounces of part-skim cheese, or a cup of yogurt or cottage cheese.

Pick Your Poison

Prefer your beef still bleeding? How many of you. The sexes' tastes differ when it comes to foods that pose a high risk of carrying bacteria such as *E. coli*, reports a survey presented at the International Conference on Emerging Infectious Diseases. Knowing who likes what can help researchers target the right people in the event of another food-poisoning scare. Here's the breakdown:

