

YOU

...could be a recipe tester for *Prevention!* If you love good food, then check out Cook! (p. 131), our new section, and help us perfect our delicious creations by joining our exclusive Cook! Recipe Test Panel. Members may evaluate our dishes or submit their own ideas. Apply at prevention.com/testpanel and you'll be entered for a chance to win a fun kitchen gadget! And as always, e-mail any other comments to faces@prevention.com.

YOUR MENTAL EDGE

47

THE PERCENTAGE OF COFFEE DRINKERS, AGES 35 TO 54, WHO BELIEVE COFFEE IMPROVES THEIR CONCENTRATION.

—Source: Mintel

WHY IT WORKS

RESEARCH SHOWS THAT WOMEN who drink more coffee over their lifetime perform better on attention, concentration, and memory tests than women who drink less. Experts believe caffeine counteracts adenosine, a compound that suppresses brain activity. But limit yourself to four cups of coffee daily. Heavier doses can cause restlessness, anxiety, and irritability.

CORRECTION On p. 209 of the September 2008 issue, an incorrect dose recommendation for vitamin D was given. The dose recommendation should have read: "Your parents should aim for 1,200 mg of calcium daily, coupled with up to 1,000 **IU** of vitamin D for absorption." We apologize for this error.

WHO WE ADMIRE



Chaya Lipschutz
THIS HEALTH HERO HELPS KIDNEY DONORS MEET THEIR MATCH

In 2005, Lipschutz, 51, responded to a newspaper ad—and donated a kidney to a stranger. But saving one life only made her want to save more. Now she dedicates herself to recruiting new donors. So far Lipschutz has arranged eight additional donations free of charge. "The recipients don't have to suffer anymore," she says. "That's payment enough."