

ULTIMATE TRAINING GUIDE **7 PERFECT BRAIN FOODS**

TONS OF USEFUL STUFF

Men's Health

SEXPLOSION!
27 SIZZLING SEDUCTION SECRETS

100 WAYS TO LOOK GREAT

Free Workout Poster!

MELT YOUR GUT!
4 WEEKS TO A FLAT BELLY

8 FOODS THAT GROW MUSCLE

HUGE BICEPS NOW!

189 INSTANT HEALTH FIXES
No Doctor Required!

EXCLUSIVE **ARE YOU SPECIAL FORCES FIT?**

WIN THE MONEY GAME & FATTEN UP YOUR WALLET

JOHN CARTER STAR
Taylor Kitsch
SHARES HIS 8 RULES OF FITNESS

APRIL 2012
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Men'sHealth.com

See Your iDoctor

WITH A SMARTPHONE, THE KEY TO BETTER HEALTH IS IN THE PALM OF YOUR HAND

FIND A DOCTOR

With **ZocDoc**, you can search for physicians and dentists in many major U.S. markets. Read the reviews, and then book an appointment—no phone calls needed. FREE; ANDROID, BLACKBERRY, IPHONE

TRACK YOUR MEDICAL HISTORY

Recommended by *Men's Health* urology advisor Larry Lipshultz, M.D., **Gazelle** can store your medical records for later viewing, log your Quest Diagnostics lab results, and help you remember medication names and doses. FREE; ANDROID, BLACKBERRY, IPHONE

STRAIGHT

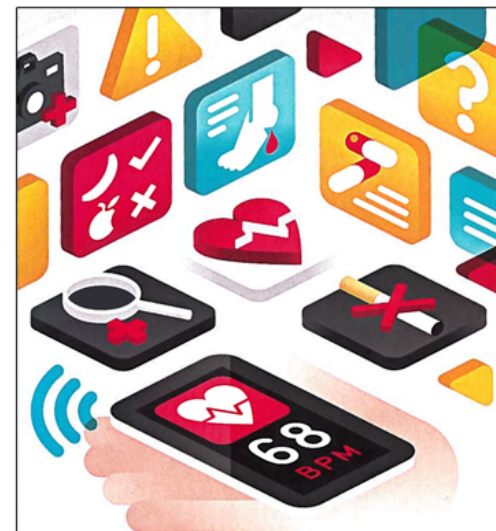
Need a reality check to nudge you off the sofa and away from the fast-food fries? Use the **Heart Disease Risk Calculator** to estimate your odds of having a heart attack, stroke, or heart failure within the next 10 years. It can't replace a doctor, but it can help encourage healthy habits. FREE; IPHONE

KNOW YOUR MEDS

Is it okay to take aspirin with your cholesterol prescription? Find out with **Medscape**, an app that tracks drug interactions and provides safety data on more than 8,000 drugs. The reference section, which features medical news and info on some 4,000 diseases and conditions, is the "best out there," says Adam Cifu, M.D., an associate professor of medicine at the University of Chicago medical center. FREE; ANDROID, BLACKBERRY, IPHONE

IDENTIFY YOUR INJURY

Hurt? **SportsInjuryClinic** has the lowdown on more than 100 different sports-related injuries. Compare symptoms, receive rehab info, and watch YouTube treatment videos, a favorite feature of Moshe Lewis, M.D., chief of physical medicine and rehabilitation at California Pacific Medical Center. Just make sure you clear any new exercises with your doctor first. \$3; IPHONE



QUIT SMOKING

Make it stick: **My Last Cigarette** reminds you how much cash you're saving and how much you've increased your life expectancy. It also provides motivational messages—which, a British study says, may increase your chances of being smoke-free at the 6-month mark. \$1; IPHONE

CHECK YOUR HEART RATE

A smartphone camera plus **Instant Heart Rate** equals one of the most accurate heart-rate monitor apps, Dr. Lewis says. FREE; ANDROID, IPHONE

SPOT SKIN CANCER

Thanks to pattern-recognition technology and

a Johns Hopkins image database, **MeLApp** can assess your melanoma risk by scanning photos of questionable lesions. The next step: Follow up with a dermatologist. \$2; IPHONE

AVOID FOOD ALLERGIES

Allergy Caddy helps you avoid triggers at more than 30 restaurant chains by consulting the chains' public allergy data. \$2; IPHONE

UNDERSTAND STDs

STDIQ provides information on common sexually transmitted diseases, evaluates your risk factors, and identifies nearby testing clinics. For something this sensitive, you'll appreciate the privacy. FREE; IPHONE *KIERA AARON*