



HOW SAFE IS IT?

Plane Air

We hear employees are taking legal action against British Airways for allegedly pumping potentially toxic air into their planes' cabins, which crews claim caused fatigue and headaches. What's up? The issue seems to lie in filtration. Air inside the cabin flows through a HEPA filter, which catches 99.9 percent of unwanted particles. It's then mixed with sterile air outside the plane and returned to the cabin. The process isn't considered toxic, but it does dry things out, which can cause headaches, sore throats, and dry eyes. Sounds icky, but the process is technically cleaner than most since the air is replaced about 10 to 15 times hourly. In a public building, it's refreshed only about two to five times an hour.

Source: Petra Illig, M.D., pilot and aerospace medicine specialist



HOW HEALTHY ARE MY... **NAILS?**

No matter your skin tone, a smooth, pink nail bed with a white half-moon at the base signals you're in the clear. But beware of these shady signs:

CRACKS OR PEELING

Too many manis could dry out your nails. Go polish-free to let the damaged parts grow out. Still cracked? It might be a signal of a metabolic disorder such as thyroid disease.

YELLOW-TINTED HUES

Uniformly yellow nails? It's probably a reaction to chemicals in your polish (especially darker shades). Consider lightening up. If the yellow is streaky, it may be a fungal infection. See your dermatologist.

DARK, VERTICAL STRIPES

These could indicate a malignant melanoma in the layer of cells that form the base of your nail—get to your dermatologist ASAP. A biopsy can be taken from the nail base to rule out this skin cancer.

CLOUDY WHITE NAILS

Could be a liver disease, especially if the skin around the nail bed is yellow and nail tips appear darker. Your dermatologist can send you to a physician if necessary.

When Good Clothes Go Bad

A 35-year-old woman recently ended up in the hospital with muscle-tissue damage and numbness in her legs after wearing skinny jeans while helping her friend move. You guys, she couldn't even walk for a few days! If you're gonna be bending and squatting, leave the too-tight denim in the closet. Just chillin' in your skinnies? You should still be able to pinch some fabric.



This guy's all ears! **Fifty percent of cat owners** say they make better decisions after talking to their clawed friend, according to a recent survey.

"By talking out loud, you can hear what you're thinking and reflect with a little more distance," says psychiatrist Amy Banks, M.D. (Plus, pets are more accepting than people!) Research also shows that having a feline bud can lower stress, anxiety, and blood pressure. So bitch to Mr. Jinx about Emily in accounting—he won't judge.