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HUSBAND'S ONLINE FRIENDSHIP LEAVES WIFE UNEASY.
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OUR METABOLISM: GUIDE TO A HEALTHY LIFESTYLE | WASHINGTON STATE'S COFFEE CULTURE | TUESDAY, OCTOBER 14, 2014

SMALL PLATES

For kids with food sensitivities, snack time is complicated. P6



NEW PRODUCT MyAir Mask

OK, we all know — don't we? — that you can't catch Ebola fever by breathing in the virus. But in the general uneasiness about evil germs these days, what with enterovirus 68, along with plain old cold and flu season, here is a product that can help you board a crowded flight without breaking out — and look distinctive enough doing it that people will probably give you some space on their own initiative. The makers of MyAir Mask call their product stylish, which may be a stretch. But they have laboratory tests showing that it does the job, blocking practically every airborne pathogen you can think of, filtering allergens and pollen down to the size of .1 micron (that's small), and reducing moisture loss by 88 percent — important to keep you hydrated on airplanes and in cold weather. "With its unique technology and advanced filtration, keeps your nose and throat comfortable, and keeps out a whole host of things you don't want to be breathing." Each mask is washable and includes a lightweight sheath, three replaceable filters, and a carrying case — \$19.99 at myairmask.com.

— Barbara Peters Smith



explain why the same amount of coffee can have different effects in different people, said Marilyn Cornelis, the report's lead author.

"If we can understand some of the individual differences that underlie differences in response or overall intake, it could have important public health implications," said Cornelis, a research associate at the Harvard School of Public Health.

The researchers identified two genetic variants that affect caffeine metabolism, two that potentially play a role in the rewarding effects of caffeine and two involved in the interaction of fats and sugars in the bloodstream.

"They're regulating through modulating the amount of caffeine in our blood," Cornelis said. "If it's low, we'll tend to reach for another cup. If it's too high, we'll hold back. Other genes relate to the stimulating effect. If someone is feeling anxious, they will cut back."

— Nicole Ostrom, *Blending News*