

TONS OF  
USEFUL STUFF

# Men's Health

SPECIAL

JUNE 2008

ASK MEN'S HEALTH

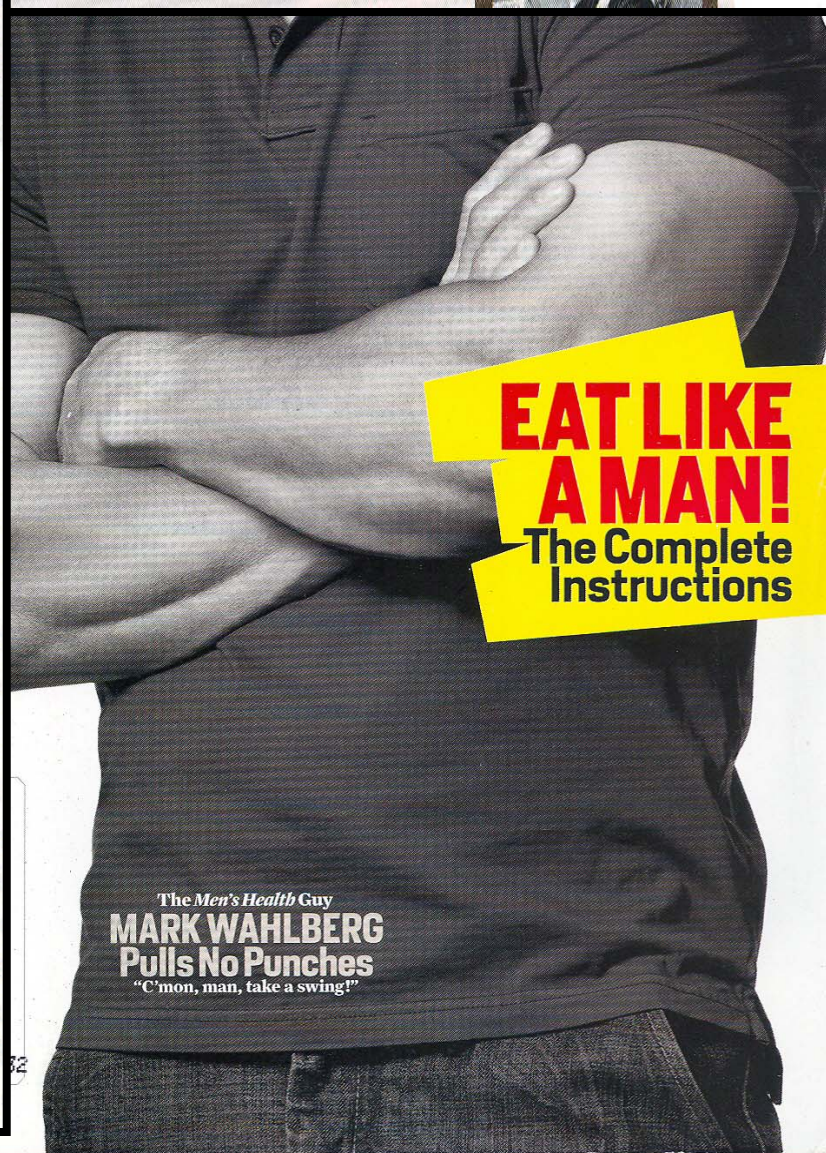
ASK THE GIRL NEXT DOOR > NICOLE BELAND



**I sweat through my shirts within minutes. What's the best anti-perspirant?**

ALAN, MADISON, WI

Fear not the high-five. Sweat experts from the University of Miami's Miller School of Medicine recommend rolling on Certain Dri four or five times a week. This superstrength antiperspirant contains 12 percent aluminum chloride, which has been clinically proved to reduce sweating by up to 45 percent, compared with standard antiperspirants that achieve only a 20 percent reduction. The key is to apply Certain Dri at night, says Leslie Baumann, M.D., the director of the University of Miami cosmetic group. She explains that because you sweat less when you sleep, an evening application gives the aluminum chloride time to enter your sweat ducts and form



**EAT LIKE  
A MAN!**  
The Complete  
Instructions

The Men's Health Guy  
**MARK WAHLBERG**  
Pulls No Punches  
"C'mon, man, take a swing!"