

antibody, the researchers used a sophisticated delivery vehicle: the genes of a very mild virus called adeno-associated virus (AAV). When scientists inserted the gene for the antibody into the AAV virus and then put the virus in the nasal lining of mice, the animals produced virus-fighting antibodies, which provided complete protection against lethal strains of flu. "These antibodies neutralize a whole array of flu viruses, so unlike current flu vaccines, the spray wouldn't have to be redeveloped each year," explains Dr. Wilson. He may collaborate with the U.S. government to develop a version for flu pandemics.

16 Easier Reading for Blurry Vision

One in six Americans over age 65 suffers from a vision impairment not correctable by glasses, such as age-related macular degeneration. Researchers found that patients with impaired vision improved their reading speed by at least 42 words per minute when they used an iPad on the 18-point-font setting compared with reading a printed book or newspaper, according to a study from the annual meeting of the American Academy of Ophthalmology. Experts believe the device's backlit screen, which creates contrast between the words and the background, is the key. (Patients who used the original Kindle, which wasn't backlit, achieved a more modest gain of 12 words per minute.)

17 Music: It Really Heals

The right tunes can improve your health in a number of ways:

- **Keep calm.** Listening to favorite music lowered anxiety among ICU patients by about one third, according to a recent Ohio State University study. And no, any old music won't do—it had to be familiar and comforting, according to researchers.
- **Eat less.** When Hardee's gave one of its restaurants a fine-dining makeover—including soft lighting and jazz—diners ate about 18 percent less and reported enjoying their food more, according to a Cornell study in the journal *Psychological Reports*.
- **Improve focus.** Uplifting concertos from Vivaldi's *The Four Seasons* can boost mental alertness, according to research from Northumbria University in the United Kingdom. When young adults were given a task that required intense concentration, they did better while listening to the uplifting "Spring" concerto versus the slower and more somber "Autumn" one.

18 Needles That Relax You

Acupuncture has long been touted as a treatment for everything from infertility to migraines. Now new research shows it helps relieve stress, according to a series of Georgetown University Medical Center studies. "When we looked at rats exposed to



You regenerated about 0.03 percent of your skeleton.

Your bones—strong as steel but as light as aluminum—aren't just some chalky-white lifeless scaffold; they are living tissues with blood vessels and nerves. They are constantly repairing and rebuilding—about 10 percent of your adult skeleton is replaced each year. Your bones are also a good example of “use it or lose it”: The bones of someone with a broken leg who is immobile for a few weeks will literally shrink during that time, but they will bulk up once the person starts bearing weight and exercising again.