

IRAQ: THE PRICE OF VENGEANCE • BEYOND VIAGRA

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HEALTH

LIQUID DIETS

ATKINS ADHERENTS HAVE spawned a new revolution: the low-carb cocktail. While hard liquors like gin and vodka come carb-free, dieters should avoid sugary mixes. Oliver, a Beverly Hills restaurant opening this week, will offer \$10 Vitaminwater martinis (three grams of carbs) and wheat-grass martinis (two grams) made with



Splenda, and Loews Hotels recently rolled out an extensive "No Carbtails" drink menu.

If you're having friends over, look for Baja Bob's Low-Carb Mixers (bajabob.com), and log on to lowcarbpatties.com to swap drink recipes. Still, every vice has its price: all alcoholic drinks can interfere with the body's ability to burn fat. So imbibe at your own risk. -JENNY HONTZ



ASK TIP SHEET:

Do our bodies expend more calories when we're healing from a wound?

-MONICA NG, SAN FRANCISCO, CALIF.

The short answer is yes. To prove it, hold your hand over the wound. The heat you feel coming out is caused by energy (calories) being used to build or replenish tissue cells and fight possible infection. The process burns calories, though not enough to make self-induced injury a viable weight-loss technique.

-KYLE MONSON



To submit a question, go to Newsweek.com on MSNBC and click on TIP SHEET.