BY MEHMET OZ

King Features

BY AMY DICKINSON

Tribune News Service

“Great ideas,” declared Thomas Edison, “originate in the muscles.” He meant that in- spiration actually comes from hard work. Well, researchers from the University of New South Wales have a great idea — about how fat loss can originate in the muscles, too. For years, the myth has been that you do aerobic exercise to burn fat, resistance training to build muscles. But the researchers found that in addition to improving bone mineral density, lean mass and muscle quality, strength-building exercise improves body composition in ways previously thought to come only from aerobics. Their research, published in Sports Medicine, looked at data from 54 studies and more than 3,000 people and found that doing between two and three sessions a week for 45 to 60 minutes was enough to convey fat-burning benefits comparable to aerobic exercise. This gives you some additional workout choices when it comes to aiming for a leaner body composition.

Important tips:

• Warm up on a bike or treadmill for 10 minutes before starting.

• The resistance exercises that burn fat and build muscle using your own body weight, try “10 Strength-Training Moves for Beginners” at DoctorOz.com.

• Mike is a fan of stretchy bands (hand weights, done with slow motion). And to get max muscle-building, ultimately, work with a resistance weight that’s 70% of your max capacity.

Even though it is the opposite of your stated intent, you and your husband seem to be letting his father’s money control you. It’s time to go.

A family member die by suicide initiates a kind of grief like no other; my recommendation would be for your husband to talk this through with a counselor. Con- fronting with his own confusion, anger, guilt, and longstanding heartache would be the way for him to become “whole.”

Dear Amy: I am going through my second divorce. My wife wants this — I don’t. We have only been married for seven months and she has told me she loves me but is not “in love” with me. I don’t want to lose her and our three-year commitment to each other, but she will not talk to me (or a professional) about her issues. What do you think I can do to save my marriage or possibly rebuild the love she once had for me? We have no biological kids together, but we have three teens in the house: her teenage daughter and my two sons. Her daughter is kind of a wild child and my boys are grounded.

She has been going into work early and coming home late. She told me her career is her priority and that our relationship would just “die there.” She said she doesn’t want to come home, due to not feeling wanted, needed, or loved. She says she feels unappreciated. I work from home, taking care of the kids, animals, shopping, appointments, my job, the yard work, etc. Can you help? — S

Dear S: When your wife said she felt unappreciated, unloved, etc., she is saying — something. You should en- courage her to expand on all of that — and assume a very non-defensive attitude when she does. The new household might be overwhelming for her. Some of the clues she is dropping indicate that there might be some- one else in her life. As painful as this is for you to confront, you should ask her about that, too. Marriage counseling works best when a couple participates, but individual counseling would be helpful for you.

Marriage counseling works best when a couple participates, but individual counseling would be helpful for you.

“Natural” for siblings to share an inheritance; it is about doing what is natural as siblings.

If offered a share, my husband would give his portion to charity. He does not have a relationship with these greedy people who continue their father’s legacy of ma- nipulation and of dangling money in exchange for adoration? — Upser

Dear Upset: Based on what you say, these siblings are NOT dangling money in front of you and your hus- band. They are simply choosing to keep money that was left to them. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.

It is not particularly helpful for you.

It infuriated him that he could not control us in order to get us to adore him. He wrote my husband out of his will and left his estate to my husband’s siblings. This was a pain that you cannot know unless it is done to you.

If it naives of us to think that his siblings would each give up a percentage of their inheritance to make my husband whole and even things out?

His father had dysfunctional relationships and rifts with all of his children at different times through- out his life. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.

“I do not think it is particularly helpful for you.

It infuriated him that he could not control us in order to get us to adore him. He wrote my husband out of his will and left his estate to my husband’s siblings. This was a pain that you cannot know unless it is done to you.

If it naives of us to think that his siblings would each give up a percentage of their inheritance to make my husband whole and even things out?

His father had dysfunctional relationships and rifts with all of his children at different times through- out his life. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.

If offered a share, my husband would give his portion to charity. He does not have a relationship with these greedy people who continue their father’s legacy of ma- nipulation and of dangling money in exchange for adoration? — Upser

Dear Upset: Based on what you say, these siblings are NOT dangling money in front of you and your hus- band. They are simply choosing to keep money that was left to them. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.

If offered a share, my husband would give his portion to charity. He does not have a relationship with these greedy people who continue their father’s legacy of ma- nipulation and of dangling money in exchange for adoration? — Upser

Dear Upset: Based on what you say, these siblings are NOT dangling money in front of you and your hus- band. They are simply choosing to keep money that was left to them. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.

If offered a share, my husband would give his portion to charity. He does not have a relationship with these greedy people who continue their father’s legacy of ma- nipulation and of dangling money in exchange for adoration? — Upser

Dear Upset: Based on what you say, these siblings are NOT dangling money in front of you and your hus- band. They are simply choosing to keep money that was left to them. It is not about the monetary value of the inheritance; it is about doing what is natural as siblings.