

CELEBRATING OUR 100TH ISSUE

LA HEALTH NEWS

July 2009 | ISSUE 100 | COMPLIMENTARY TIPS ABOUT YOUR LIFE

MAYBE BABY

The L.A. Baby Fertility Agency

GETTING OVER A DIVORCE

Dr. Edward A. Dreyfus

MALE MENOPAUSE

Myth or Reality?



CORE CONDITIONING CROSSFIT

(See pg 15)

SIMPLY KENDRA

E! Television's Kendra Wilkinson

3 POWER PREGNANCY POINTERS

The Latte Factor

5 Money Saving Diet Tips



Nature's Selecttea

Experience the Health Benefits and Refreshing Taste



Citron



Original



Pomegranate

T2U The Authentic Green Tea

- ✓ All Natural Ingredients
- ✓ Brewed from Organic Certified Green Tea Leaves
- ✓ Enriched Anti-Oxidant with EGCG (Epigallocatechingallate)
- ✓ Light, Portable, Recappable, and Pre Sterilized Aluminum.
- ✓ Special container keeps beverage cold

Available at
**WHOLE
FOODS
MARKET**

www.drinkt2u.com

DONGWON F&B



Serving Mid-City Los Angeles
Communities for Over 60 Years



**Inpatient & Outpatient Services
and a 24-Hour Emergency Room**



P.S. We Care
OUR GOAL IS PATIENT SATISFACTION

It's the oldest medicine in the world, and a cornerstone at Olympia Medical Center. We have been practicing it for over 60 years. Our concern and expertise extend beyond the patient to the family members and loved ones. Individuality, dignity, and respect are the focus of our team as we work together to achieve the highest quality of life possible for each individual.

Olympia Medical Center 5900 W. Olympic Blvd., Los Angeles, CA 90036 (310) 657-5900
www.olympiamec.com Call for free physician referral at (800) 874-4325

Issue 100
Volume 10
July 2009

editor-in-chief/publisher Mark Ariel
marketing director Stanford Altamirano
art director Miguel J. Delgado
webmaster Rod Rodriguez
office manager Steve Kille

marketing consultants Rudy Lopez
Kenny Malloy
Isis Bottger
Rose Hilario

contributing writers Megan McCrary
Nathan Newman, M.D.
Bruce Beard, DDS
Dr. Neda Ladjevardi
Brendan Brazier
Victor Melamed
Ellen Wulforth
Patrick Tsakuda
Rob Bernstein
Megan Rauscher

NEWS PROVIDED BY
REUTERS

**FOR DISPLAY ADVERTISING
PLEASE CALL
323-297-4001**



COVER PHOTO:
J Squared Photography

contents

JULY 2009

VOLUME 10, ISSUE 100

10 HEALTH CARE FOR ALL
Obama wants gov't-run health insurance

12 BOTOX VERSUS DYSPORT
FDA approves new wrinkle treatment

13 SUMMER SLIM DOWN
Weight loss and beauty options

**14 THE LA BABY
FERTILITY AGENCY**
Reproductive medicine

15 JUST DO IT
Celebrity trainers' workout program

**16 METABELLA
PILATES**
Designed for mind, body, and soul

**18 STAYING
HYDRATED & HEALTHY**
Take it slow, drink lots of water

20 ASK DR. DREYFUS
Dr. Edward A. Dreyfus answers your questions

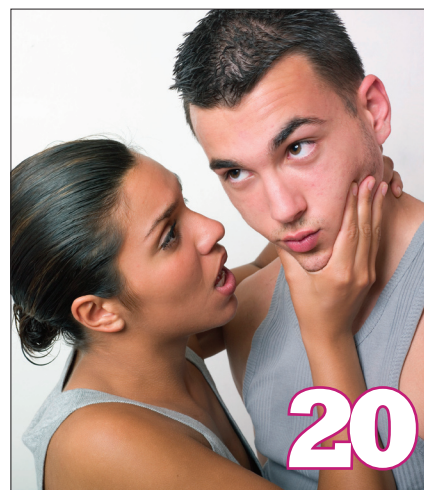
**22 SFACOR:
CHANGING ONE
WOMAN AT A TIME**
Pole dancing and striptease workout

**25 SPINAL
STENOSIS PAIN RELIEF**
Olympia Medical Center

26 SIMPLY KENDRA
E! TV's Kendra Wilkinson forges ahead

28 MALE MENOPAUSE
The Angel Longevity Medical Center

Etcetera Medical Group



6 Editor's Letter 8 Flash 17 Diet 23 Fitness 29 Environment 31
Alternative 32 Seniors 33 Health Profiles 34 Calendar

NEWCHAPTER *Organics*



EVERY WOMAN'S ONE DAILY
Nourishing Fulfillment of Every Woman's Needs

- Rich in fermented soy, which is a key component of every woman's healthy diet
- Supports dynamic female energy



EVERY MAN'S ONE DAILY
Nourishing Power and Protection for Men

- Promotes endurance and immune function
- Supports dynamic male energy



BONE STRENGTH TAKE CARE
Whole-Food Cal/Mag Vitamin D3 and K2 Complex

- Bone-strengthening calcium your body recognizes as food
- With AlgaeCal®, a proprietary plant source of calcium



PERFECT PRENATAL
Nourishing Fulfillment for You and Your Baby

- Nature's organic probiotic whole-food prenatal vitamin
- Promotes physical stamina and emotional well-being while nurturing mother and baby



shop online or visit our store

N101.com

- choose from 1000s of products and brands!
- huge savings everyday!
- free shipping with minimum purchase online!
- frequent buyer program for in-store purchases!



N101 Nutrition, Health & Sport

6252 Romaine St. in Hollywood near Gold's Gym

HOURS: M-Th 9am-8pm; F 9am-7pm; Sat 9am-6pm; Sun 11am-5pm

(323) 467-6123



* Excludes sale and volume discount items



www.lahealthnews.com

If you would like to offer L.A. Health News at your location, please call 323-297-4001

Publisher
Meir Doron

Distribution
MDMA Publishing

Subscriptions
To receive L.A. Health News via first class mail send a check or money order payable to:
LA Health News, 3183 Wilshire Blvd.,
196-K23, Los Angeles CA 90010
Subscription rates:
\$15.00 for 6 months (6 issues)
\$25 for 12 months (12 issues)

LA Health News is published monthly by
MDMA Publishing, Inc.
3183 Wilshire Blvd.,
196-K23, Los Angeles CA 90010

Telephone 323-297-4001
Fax: 323-297-4022
E-mail info@lahealthnews.com

LA Health News LEGAL CAVEATS

By listing in L.A. Health News, advertisers acknowledge that they do business in a spirit of cooperation, fairness and service, maintaining a high level of integrity and responsibility. Providers of products or services are fully and solely responsible for providing same as advertised. L.A. Health News assumes no liability for improper or negligent business practices by advertisers.

Advertisers and their agencies assume responsibility and liability for the content of their advertisements in L.A. Health News.

Publisher assumes no liability for safekeeping or return of unsolicited art, manuscripts or other materials. L.A. Health News reserves the right to edit all material for clarity, length and content. All contents © 2008 MDMA Publishing, Inc., all rights reserved. Content may be reproduced with permission.

L.A. Health News assumes no liability for any claims or representations contained anywhere in this magazine, and reserves the right to cancel or refuse advertising at publishers' discretion.

PROUD MEMBER OF:



editor's letter

Overcoming Boomeritis

Fifty may be the new thirty, but baby boomers' bodies haven't heard the news.

Orthopedic surgeons are seeing a "tidal wave" of 45- to 64-year-olds suffering from exercise-related injuries they've dubbed "boomeritis," Dr. Ray Monto, a spokesman for the American Academy of Orthopedic Surgeons (AAOS), told Reuters Health.

Exercise- and exercise equipment-related injuries sent more than 166,000 people in this age group to the emergency room, clinic or doctor's office in 2008, according to the US Consumer Products Safety Commission.

These injuries are largely due to people not giving themselves enough time to rest up after tough workouts, according to Monto, an orthopedic surgeon practicing in Nantucket and Martha's Vineyard, Massachusetts. "You can't beat yourself up the way you did when you were 20 because it takes longer to recover," he said.

Middle-aged people today are a lot more active than their parents were, he added, which is a good thing. "We're basically fitter and more athletic now longer into our lives than we ever were."

But, he added, older athletes need to take a few precautions to protect themselves from injuries like rotator cuff tears, tendonitis and stress fractures. Monto and AAOS offer the following tips:

Get a doctor's OK. Check with your physician before starting any type of exercise program. This is especially important if you've sustained athletic injuries in the past. Your doctor can make sure your heart is healthy, and offer advice on sports and activities that fit your fitness level.

Mix it up. Don't do the same workout day after day. "The problem is not running or biking, it's doing everything every day,"

"You can't beat yourself up the way you did when you were 20 because it takes longer to recover"

Monto said. For example, instead of running 5 miles every day, an older athlete could try logging 8 miles every other day, and doing something completely different on the days in between.

Work on your flexibility. Monto said he's increasingly recommending that his older patients take up yoga. And it's crucial to stretch and warm up before a workout, and cool down and stretch again, the AAOS advises.

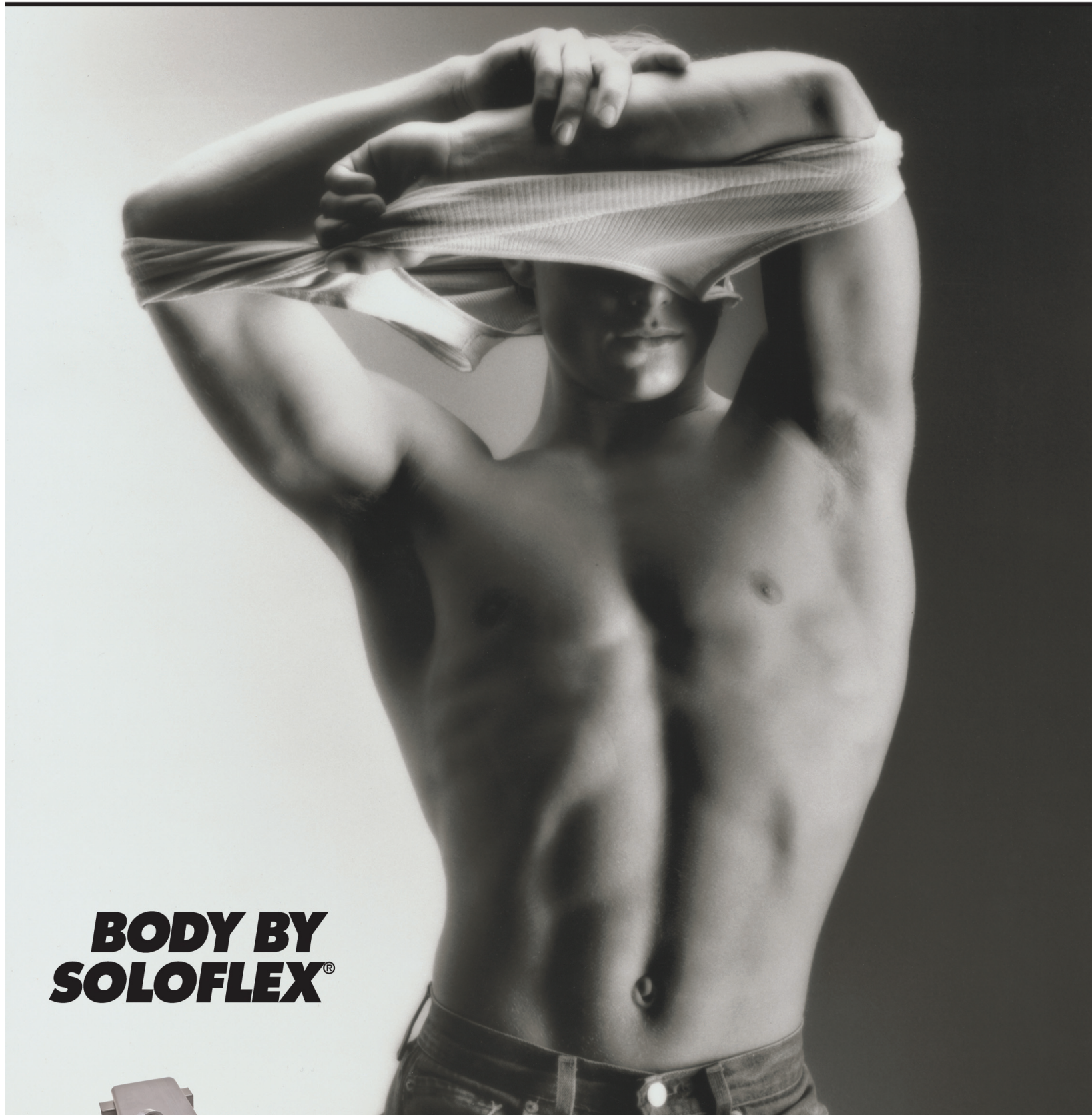
Feed your body. Eat well and take calcium and vitamin D supplements daily to keep your muscles and bones healthy.

Get some tips. Taking lessons in your sport of choice can help improve your form and reduce your injury risk.

Stay balanced. Make sure your exercise regimen includes a mix of cardiorespiratory workouts, strength training, and flexibility exercises.

Give it a rest. After a particularly tough workout, give yourself a couple of days to recover, and be sure to schedule days off into your exercise regimen.

Mark Ariel
Editor-In-Chief



**BODY BY
SOLOFLEX®**



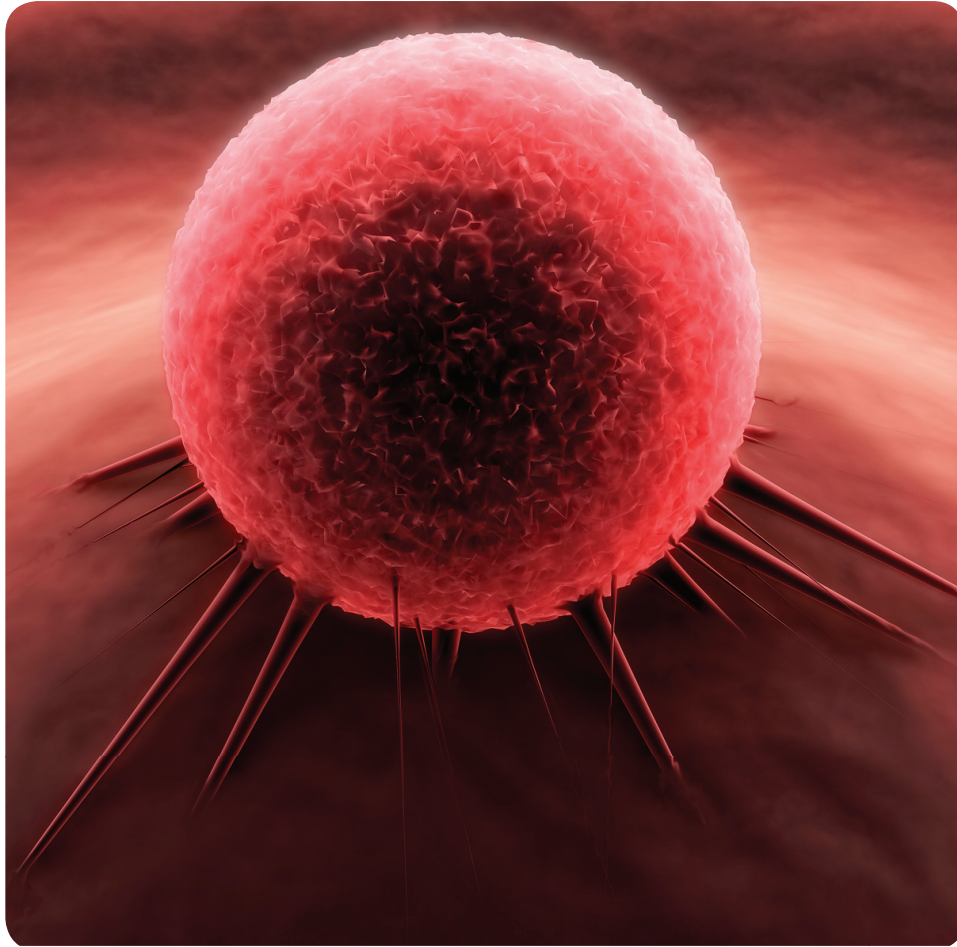
www.soloflex.com

To unlock your body's potential we proudly offer the new **Soloflex Whole Body Vibration Platform**. With the Soloflex WBV Platform you can stretch, pump iron, or just stand and let the vibration do the work. The Soloflex WBV Platform will help you obtain greater results in much less time and it is so safe and easy.

Go to www.soloflex.com or call 1-800-547-8802

for a free brochure, to place an order, or to find out more information about Whole Body Vibration.

**BODY BY
SOLOFLEX®**



Scientists Kill Cancer Cells With “Trojan Horse”

Australian scientists have developed a “trojan horse” therapy to combat cancer, using a bacterially-derived nano cell to penetrate and disarm the cancer cell before a second nano cell kills it with chemotherapy drugs. The “trojan horse” therapy has the potential to directly target cancer cells with chemotherapy, rather than the current treatment that sees chemotherapy drugs injected into a cancer patient and attacking both cancer and healthy cells.

PANEL URGES STRONGER LIMITS FOR SOME PAIN DRUGS

An advisory panel called for greater restrictions on the widely-used pain reliever acetaminophen last month, even recommending banning some medications that contain it, in a bid to prevent potentially fatal overdoses. The Food and Drug Administration panel of outside experts, said the agency should take steps to curb the public’s exposure to acetaminophen in both over-the-counter and prescription products that include the ingredient.

BEEF RECALL EXPANDED, 18 ILLNESSES SUSPECTED

A Colorado meat company is expanding a recall of beef due to possible contamination by E.coli O157:H7 bacteria after an investigation found 18 illnesses may be linked to the meat, the company and the Agriculture Department said last month. Greeley, Colorado-based JBS-Swift Beef Co is voluntarily expanding its June 24 recall to include about 380,000 lbs of assorted beef products, for a total recall of about 421,000 lbs, USDA and the company said.

FDA URGED TO RELEASE INFO ON REJECTED DRUGS

The Food and Drug Administration should make more information available to the public, even on drugs and devices that never make it to the U.S. market, consumer advocates told the health agency last month. But industry representatives cautioned that findings or data containing confidential company information could harm competition if made widely available.

DAILY SEX MAKES FOR HEALTHIER SPERM

Having sex every day improves the quality of men’s sperm and is recommended for couples trying to conceive, according to new research. Until now doctors have debated whether or not men should refrain from sex for a few days before attempting to conceive with their partner to improve the chance of pregnancy.

ZICAM NASAL PRODUCTS RECALL STARTS

Matrixx Initiatives has started to notify customers of its recall of nasal versions of its Zicam cold remedy, a week after regulators told the company to stop selling the products. Matrixx said last month that it was in the process of formally notifying retailers, wholesalers and distributors of its recall of all Zicam Cold Remedy Nasal Gel and Zicam Cold Remedy Gel Swabs, even as the company maintained it “vigorously disagrees” with the Food and Drug Administration over allegations that the products are not safe and were unlawfully marketed.

TEENS’ IDEA OF DEATH RISK LINKED WITH BEHAVIOR

A sizable minority of adolescents believe they are likely to die at a young age, and this perception is a powerful predictor of involvement in high risk behaviors and poor health outcomes, according to a report in the journal Pediatrics.

FREE EASY PARKING IN BACK / USE REAR ENTRANCE

MUST BE 21 FOR MEMBERSHIP

FREE DOCTORS REFERRALS

FREE GIFT FOR FIRST TIME PATIENTS

TUONO

COLLECTIVE



OVER 20 OG's IN STOCK



LOCATED BETWEEN JOE PEEPS PIZZA AND THE POST OFFICE

EASY PARKING / ENTRANCE IN REAR

12458 MAGNOLIA BLVD. VALLEY VILLAGE / N.HOLLYWOOD

PHONE:(818) 761-8973 FAX:(818) 761-9581

MONDAY-SATURDAY 9-9 SUNDAY 1-9

UP TO 80 STRAINS IN STOCK

HIGHEST QUALITY CANNABIS • AFFORDABLE PRICES

HIGHEST QUALITY CANNABIS • AFFORDABLE PRICES





HEALTH CARE FOR ALL

OBAMA SAYS GOV'T-RUN HEALTH INSURANCE "MAKES SENSE" *By Victor Melamed*

President Barack Obama said last month he firmly believed that a government-run health insurance plan "made sense" in a broader overhaul of the U.S. healthcare system and private insurers should find ways to compete for clients.

But Obama declined to answer a direct question on whether he would veto any healthcare legislation that did not include a public plan option, saying it was too early in the process to "draw lines in the sand."

"A public plan is in an important tool to discipline insurance companies," Obama told a news

"When it comes to health care, the status quo is unsustainable. Reform is not a luxury, it is a necessity"

conference. "I think there is going to be some healthy debate about the shape that this takes."

Republicans and private insurance companies have raised concerns over a public health plan, arguing that it would lead to a government takeover of the entire U.S. healthcare system and drive private insurance companies out of business.

Democrats, who are developing healthcare reform legislation

in Congress, hope to keep a public option in the bill but have also suggested that non-profit medical cooperatives could be formed to compete with insurers.

Obama said a government-run plan could help to drive efficiencies throughout the system.

"If it turns out that the public plan, for example, is able to reduce administrative costs significantly, then I'd like the insurance companies to take note," he said.

"That's good for everybody in the system."

He added that he did not accept insurers' arguments that they would be unable to compete with a government-run plan.

"If what the insurance companies are saying is true, that they are doing their best to serve their customers ... they should be able to compete," he said.

Obama opened his news conference saying he was confident over the progress being made on healthcare reform in Congress, which he hopes will send him a bill by the end of the year.

He repeated his vow not to allow healthcare reform - which early estimates could cost in excess of \$1.6 trillion - would not add to the record deficits the United States already faces.

"It will not add to our deficits over the next decade. We will find the money through savings and efficiencies within the health care system, some of which we've already announced," Obama said in prepared remarks.

"When it comes to health care, the status quo is unsustainable. Reform is not a luxury, it is a necessity. And so I hope that Congress will continue to make significant progress on this issue in the weeks ahead," he said.





DONGGUK UNIVERSITY

LOS ANGELES

In today's uncertain economy, a wise person plans for the future
START ON THE PATH TO BECOME A LICENSED MEDICAL PROFESSIONAL

Call **(213) 487-0110** to speak with an Admissions Counciler and schedule a FREE guided tour of our Campus and Health Center

THE Graduate School of Oriental Medicine Setting the "Gold Standard". As an ACAOM accredited university, we pride ourselves on small classes, a large array of student services, and a world renowned faculty who are committed to your success.

- Master of Science in Oriental Medicine Degree Program
- State of the Art Oriental Medicine Clinic for Students & Community
- Program Designed to Work with Your Schedule
- USC Externship Program
- F-1 Students Welcomed
- Financial Aid Available if Qualified

The Master of Science in Oriental Medicine program of Dongguk University Los Angeles is accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), which is the recognized accrediting agency for the approval of programs preparing acupuncture and Oriental medicine practitioners.

**Complementary
Evaluation & Acupuncture
Treatment!**
See Page 22 for details



AGIMedia



STILL ROCKIN' AFTER 35 YEARS

Los Angeles • 323.634.3203

agisales@agimedia.com

New York • 212.318.5626

BOTOX VERSUS DYSPORT

FDA APPROVES NEW WRINKLE TREATMENT. DYSPORT TENDS TO WORK FASTER BUT MAY NOT LAST AS LONG AS BOTOX IF NOT DOSED CORRECTLY *By Dr. Nathan Newman*

Nearly 2.5 million Americans had Botox injections in 2008 for cosmetic reasons. The FDA has ended the longstanding monopoly of Botox (botulinum toxin type A) by approving the European made Dysport (abobotulinumtoxinA) for both cosmetic and therapeutic

use in the United States. Dysport (formerly known as Reloxin) is made from the same active ingredient as Botox, Clostridium botulinum toxin type A.

Unlike fillers, these botulinum toxin products temporarily prevent the action of the muscles of expression that cause the lines,

creases and wrinkles on the face. The most common areas for treatment include the frown lines, forehead wrinkles, the crow's feet around the eyes, the rabbit lines on the nose, the creases on the upper lips, and the chin groove. Advanced techniques in use of Botox can help shape the eyebrows, the nose, the chin and

site, upper respiratory tract infection, eyelid swelling or drooping, sinus inflammation, and nausea.

Although, cosmetic surgeons in the United States now can give you an alternative to Botox, the patient should be cautioned to have Dysport injected by a doctor that is well versed in the use of and the differences in Dysport and Botox.

The most common areas for treatment include the frown lines, forehead wrinkles, the crow's feet around the eyes, the rabbit lines on the nose, the creases on the upper lips, and the chin groove



even improve the turkey neck effect caused by the neck muscles.

Like Botox, Dysport is administered via an injection at the site of the muscle of expression that is targeted for treatment. Clinical trials comparing these products have shown that at a four to one ratio Dysport to Botox is necessary to achieve similar results. Dysport tends to work faster but may not last as long as Botox if not dosed correctly. The cost difference will be dependant on the unit ratio as Botox and Dysport units are not equal in strength and duration.

The cost of these products will not change much in the near future, as the companies have priced these products at competitive rates.

The most common side effects of Dysport are nose and throat irritation, headache, pain and skin reaction at the injection



Dr. Nathan Newman is a world-renowned cosmetic surgeon in Beverly Hills who is at the fore-

front of scar free face, neck and body lifts. He has been interviewed on news TV, radio and published in prestigious medical journals. Dr. Newman's belief in and practice of medicine in the time-honored tradition of caring and compassion for his patients along with his vast experience, artistic talent and expertise in cosmetic surgery is a rare combination and a treasure for any patient. To schedule a consultation for your individualized treatment plan call 310-273-3344 or e-mail to info@orchidsurgery.com.

SUMMER SLIM DOWN

YOUNGYOU REJUVENATION CENTER'S TOP WEIGHT LOSS AND BEAUTY OPTIONS *By Susan Meyer*

Worried about excess body weight? Especially now, during the summer season? Don't fret - help is on the way! Here are a few services and products that will help you slim down.

1 One popular option is Endermologie, a cutting-edge non-invasive treatment guaranteed to slim down fatty tissues and reduce cellulite while re-establishing your skin's natural firmness. The treatment, offered at the beautiful and luxurious YoungYou Rejuvenation Center in Tarzana, acts on the



core of the fat cell through mechanotransduction to trigger lipolysis and release trapped fat tissue. The highly trained professionals at YoungYou perform meticulous evaluations and contour your treatment program to best help you achieve the figure you desire.

2 A high quality weight loss supplement is a must for

anyone seeking to shed those extra pounds.

YoungYou has developed a unique weight loss formula, clinically proven to help you lose weight fast. One Weight Loss Pill is an all-herbal supplement designed to help you lose 30 pounds or more by stimulating your body to increase its natural rate of metabolism while promoting a decrease in your daily caloric intake. One Weight Loss Pill is a necessary addition to any serious weight loss regimen.

3 As you start dropping those excess pounds - you want to make sure you're skin is radiant and youthful. YoungYou provides vitalizing facial treatments, performed by L.A.'s top estheticians, giving you instantly younger, radiant skin. From the simplest, oxygenating European facial to the world's most luxurious 24k Gold Facial, YoungYou will take years off of your skin in just minutes. Remove sun-damaged skin and lessen scars pigmentation with Microdermabrasion, or experience the most soothing waxing treatment available with Perron Rigot French Wax.

Offering an impressive array of skin care products from reviving anti-wrinkle facial creams to invigorating facial masks, YoungYou brings professional grade skin care into your home with the Selvert skin care line, imported directly from Switzerland.

To learn more about YoungYou Rejuvenation Center's unique products and services - visit their web site at www.youngyourejuvenation.com or call 818-344-3344.

APPETITE CONTROL!



#1 One Weight Loss Pill

Lose 8 pounds in one week - easy!



- ✓ *Control your appetite*
- ✓ *Burn off excess pounds*
- ✓ *Detoxify and purify your body*
- ✓ *Boost your energy levels*

NATURAL SUPPLEMENT



Try One Weight Loss Pill today and see — it really works!

**To order please call 818-344-3344 www.youngyoucorp.com
FOR WHOLESALE AND DISTRIBUTION PLEASE CALL US AT (818)344-3370**



THE LA BABY FERTILITY AGENCY

“REPRODUCTIVE MEDICINE IS BECOMING MORE COMPLEX, AND HOSPITALS CAN NO LONGER HANDLE IT ALL. THAT’S WHY FERTILITY AGENCIES ARE NECESSARY” *By Patrick Tsakuda*

The LA Baby Fertility Agency was established in Los Angeles in response to a growing medical need in countries around the world. LA Baby has dealt with a wide variety of infertility cases.

Here are a few examples of assistance extended to those dealing with fertility issues.

“A woman facing difficulty conceiving, living in a rural area in a less developed country, contacted the agency,” reveals LA Baby Fertility Agency program coordinator George Okagaki. “We referred her to treatment facilities in a more technically advanced country, with a more reliable legal structure and a solid history of treatment with the newest technologies... Ours is a mission of hope that shines a ray of light into the lives of women who have given up on ever giving birth to a child,” says Okagaki.

Another example, reveals Okagaki, was “a woman in her forties who was told to abandon hope by everyone she consulted in the United States, where she was not even considered a candidate for General IVF. We recommended she undergo a program of fertility treatment in Japan, and as a result she conceived and gave birth.”

“Our agency,” Okagaki explains, “coordinates such programs because we have high

hopes for the kinds of remarkable results that have come out of Japan’s sophisticated medical technology and the exhaustive research that Japanese scientists have conducted on age-related infertility. The woman I mentioned earlier gave her newborn son the Japanese name ‘Yamato,’ and she is filled with hope for the future.”

“In yet another case,” says Okagaki, “we were consulted by a couple whose hobby was surfing. The wife, who loved the ocean, was troubled by her experiences with fertility treatment. We introduced her to a fertility clinic in Hawaii with which we have a close relationship, and she became pregnant as a result. Did her treatment succeed because she was able to follow the course of treatment surrounded by the ocean she loved? Or was it because she was able to achieve a calm state of mind? Both of these issues may have played a part in her success,” Okagaki reveals.

“Once we were contacted by a woman in Los Angeles who had undergone fertility treatment without success. Listening to her story, we learned she had been born and brought up in New York and had been experiencing a lot of stress since moving to Los Angeles 10 years prior... I immediately introduced her to a reliable

fertility clinic in New York and arranged to have the backup tests performed at a hospital in Los Angeles where her present life was based,” Okagaki explains.

“Another distraught patient came to us saying she was seeking an egg donor in Japan. She had hoped to follow a donor program in the United States, where medical technology and the legal system are both sound and well developed, but she had been unable to find a donor and didn’t know what to do. I searched for and found a fertility treatment facility, an attorney, and egg donor for the woman and coordinated her treatment so it could be carried out in accordance with U.S. law,” says Okagaki.

According to the staff at The LA Baby Fertility Agency - there should be no barriers to treatment. “There must be a way to overcome the walls that stand in one’s way,” says Okagaki.

“At LA Baby, we search for such a way together with the patient.”

For more info contact please contact The LA Baby Fertility Agency at 310-775-9320.



George Okagaki

JUST DO IT

CELEBRITY TRAINERS JOIN FORCES TO CREATE A TOP NOTCH WORKOUT PROGRAM *By Mark Ariel*

JOY DIPALMA AND ERIN MCFARLAND have spent years training celebrities, keeping them fit and getting them ready for whatever their latest role may require.

Through their television appearances, they have been able to reach a wider audience, getting their prescription for a healthy lifestyle into living rooms across America. They recently joined forces to create Core Conditioning CrossFit (CCC) - the first workout program of its kind in Los Angeles. CCC combines every aspect of training: cardio, strength, flexibility, core, stability, and interval conditioning with principles of CrossFit and Bootcamp. It will get you in the best shape of your life - feeling great - with maximum results in half the time of conventional workouts.

"We currently have clients off

sessions. They just feel good; they have more energy and confidence, and their clothes are fit better," says DiPalma.

"Throughout the sessions we answer questions our clients may have about diet. We encourage them to write a food diary and submit it to us. We can then give



Get in the best shape of your life - with maximum results in half the time of conventional workouts

all ages, sizes, with different abilities or disabilities, and at various fitness levels. If some exercises seem too advanced or too simple for certain clients we offer several different variations of the particular exercise to keep everyone involved," explains McFarland. "We keep out classes smaller to give each student personalized training."

"Our program will not only build lean muscle and tone, but the client will definitely notice a weight loss. Our clients start noticing changes within the first few

them suggestions on how to get the most out of their calories or any changes with think they should make," explains McFarland.

Each session, offering a total of 40 classes, Monday-Friday morning and evening, is \$299. You can attend as many classes as you'd like during each 4-week session. Classes are outdoors at Pan Pacific Park.

For more info call Erin at 310-600-9826 (www.erinmcfarland.com) or Joy at 310-722-8014 (www.trainerjoy.com).

CORE CONDITIONING CROSSFIT PERSONAL TRAINING

Get a total body workout that is effective and efficient with every aspect of training: cardio, core strength, and flexibility.

**PERSONAL TRAINING
FOR LESS THAN \$15!**

**\$299 PER 4
WEEK SESSION**

2 CLASSES OFFERED EACH DAY
10 TOTAL CLASSES OFFERED WEEKLY
MORNING AND EVENING SESSIONS

MORNING SESSIONS:

MONDAY/FRIDAY @ 7:00A
TUESDAY/WEDNESDAY @ 5:45A
THURSDAY @ 7:15A

EVENING SESSIONS:

MONDAY-FRIDAY @ 6:30/7:00P

OUTDOOR INSTRUCTION AT PAN
PACIFIC PARK, 7500 BEVERLY BLVD.
SPECIAL GROUP RATES OFFERED

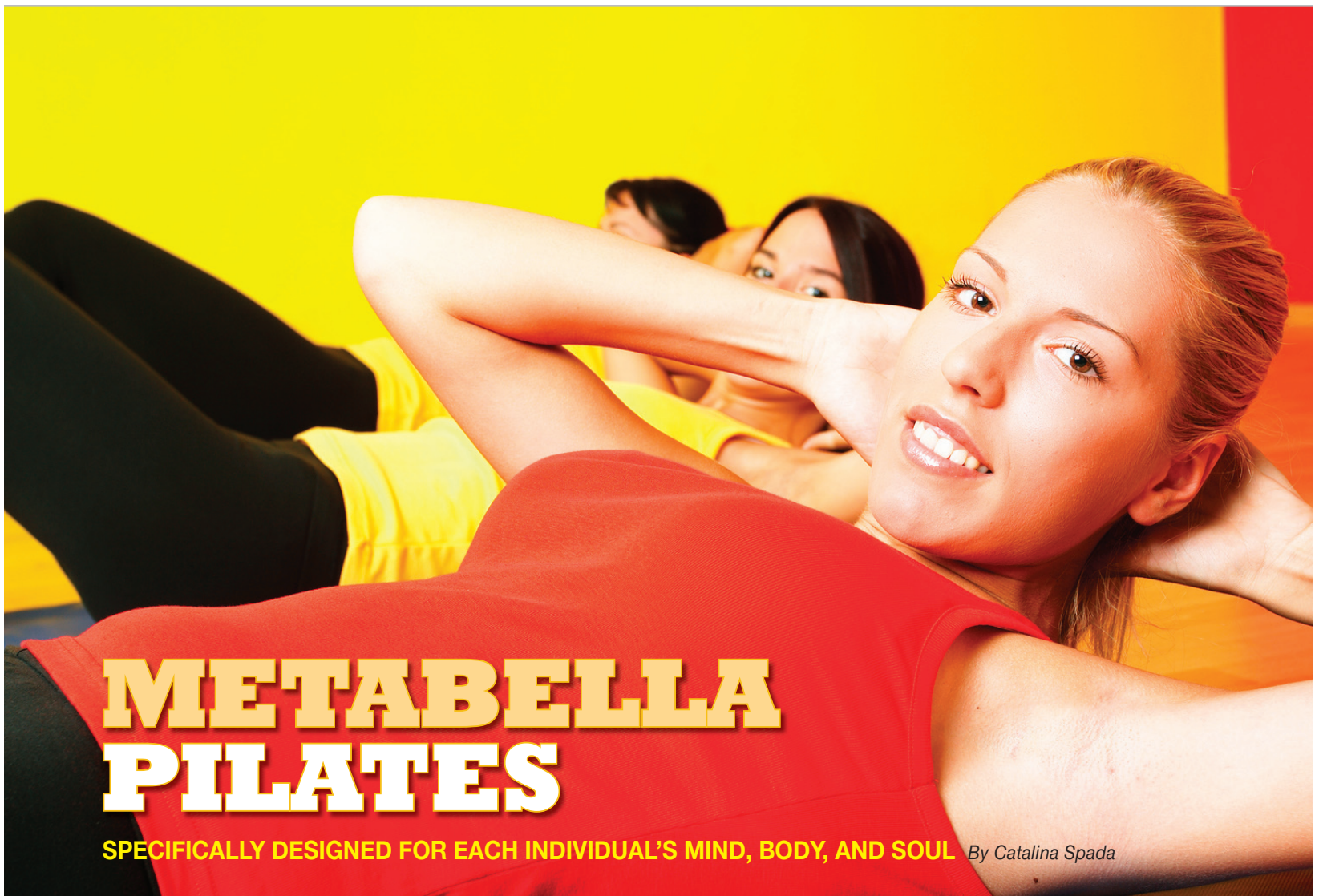
**FOR MORE INFORMATION AND TO REGISTER
CALL OR EMAIL**



TRAINERS:

**ERIN
McFARLAND**
(pictured right)
310.600.9826
erin@erinmcfarland.com
www.erinmcfarland.com

**JOY
DI PALMA**
(pictured left)
310.722.8014
trainerjoy@earthlink.net
www.trainerjoy.com



METABELLA PILATES

SPECIFICALLY DESIGNED FOR EACH INDIVIDUAL'S MIND, BODY, AND SOUL *By Catalina Spada*

Metabella Pilates is more than just a Pilates studio, it is a healthy lifestyle choice. After your private Pilates class, you are offered acupuncture treatments to help release stress, followed by a luxurious massage, then your own private chef freshly prepares a delicious meal!

Natalie Pierre is the owner and the brains behind this brilliant operation. "Metabella means beyond beauty and that is exactly what I have created," pronounces Pierre. "I wanted to create an environment that monitors each individual's health, nutrition, and their stress levels."

The remarkable services that Metabella offers is a product of the meticulous attention to detail. The Pilates classes can be private or as a group, yet it never fails to create body awareness in each individual. It is accessible to a variety of

people, including cancer patients, pregnant women and elderly and injured students. "We provide a safe, supporting environment in

order to focus on each student's physical needs," states Pierre. The most exhilarating concept of Metabella is the way you feel after walking out of the studio. After an intense work out, a detoxing session with the acupuncturist, a deep tissue massage, ending with a delicious healthy southern meal, you are glowing.

After your private Pilates class, you are offered acupuncture treatments to help release stress, followed by a luxurious massage, then your own private chef freshly prepares a delicious meal

All of Metabella's chefs cook healthy meals but they differentiate in five cuisine styles. "We have Laura Rabin, specializing in vegan and raw food. Chef Roberta Scar-

don on healthy Southern Comfort food. Chef Paul is a fantastic chef who can cook all sorts of cuisine."

"I hired Chef Andrea who fo-

cus on an Alkaline diet so that cancer, aids and diabetes student can regulate their PH levels more accurately," reveals Pierre. She also employs a massage therapist who specializes in deep tissue, Swedish and prenatal. "The cranial sacral unwinding massage is more of a metaphysical massage, targeting emotional trauma in your muscles," explains Pierre.

Offering more than anyone can imagine, Metabella targets your needs by creating an environment that is nourishing to your

body, mind, and soul.

On a personal note, Natalie Pierre is one of the most caring individuals I have ever met. She is

also highly trained and skilled - all this - combined with her extremely flexible schedule - lead to a brilliant experience.



Metabella Pilates is located at 4301 Barham Blvd, #2, in Studio City. Call 310-402-8813 to schedule an appointment. For more info visit their web site: www.metabellapilates.com

WWW.LAHEALTHNEWS.COM

Get weekly health updates at

●●● diet



Whole-cooked carrots cancer fighting benefit

The anti-cancer properties of carrots are enhanced 25 percent if they are cooked whole rather than chopped up beforehand, a study has found.

They taste better too, according to scientists at Newcastle University, because more of their sugar is retained.

“Chopping up your carrots increases the surface area so more of the nutrients leach out into the water while they are cooked,” said lead researcher Dr Kirsten Brandt.

“By cooking them whole and chopping them up afterwards, you are locking in both taste and nutrients.”

Brandt, along with colleagues at the University of Denmark, discovered the health benefits of the anti-cancer substance falcarinol in carrots four years ago.

A blind taste test they conducted among 100 people also found 80 percent preferred the taste of whole-cooked carrots.

“The great thing about this is it’s a simple way for people to increase their uptake of a compound we know is good for you. All you need is a bigger saucepan,” Brandt said.

“BY COOKING THEM WHOLE YOU ARE LOCKING IN BOTH TASTE AND NUTRIENTS”

For more diet news - visit www.lahealthnews.com



Collagen with Hyaluronic Acid

Develop the necessary building blocks for an improved vibrant, youthful looking complexion and discover all of the powerful health benefits of Fresh Face.

- Skin becomes firmer
- Wrinkles decrease and fill in
- Nails grow faster & increase in strength
- Hair grows faster, healthier & fuller
- Promotes joint health



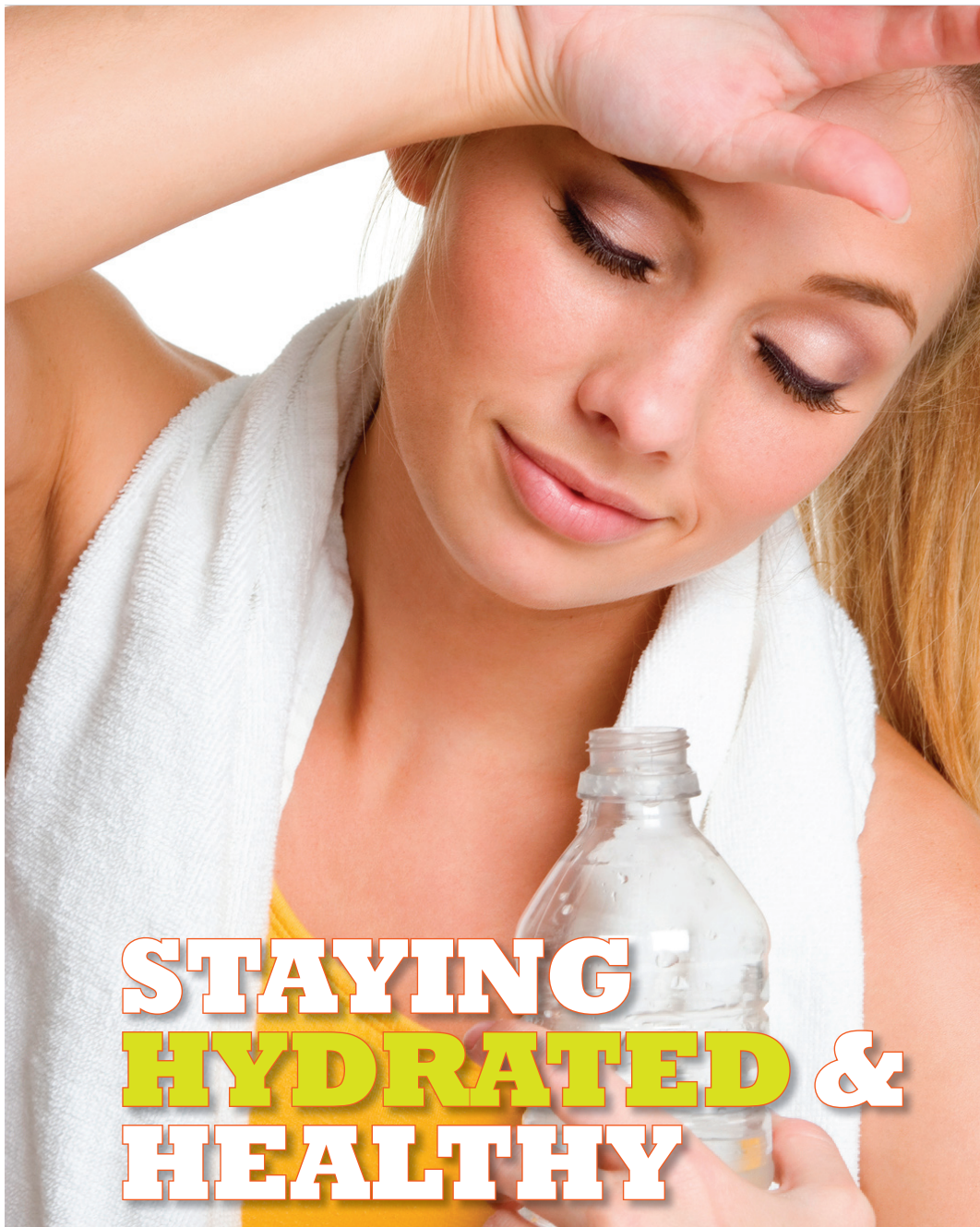
1 lb Jar Powder | Single Serve Packet

Fresh Face is not a cream, lotion, injection or laser treatment. Simply add a scoop of Fresh Face to your favorite beverage.

FRESH FACE beauty from the inside out

freshfacecollagen.com
888.466.9941 | 714.449.9787

Please call for wholesale and distributions.
Manufactured by Dr. Smoothie® Brands in the USA



STAYING HYDRATED & HEALTHY

TAKE IT SLOW, DRINK LOTS OF WATER, TO KEEP HOT-WEATHER WORKOUTS SAFE *By Anne Harding*

The best strategy for keeping up your exercise routine as the temperature climbs is, in a nutshell, acclimatization, the National Athletic Trainers' Association (NATA) advises.

On the first hot days of summer, exercisers should cut back on the intensity of their outdoor workout, Brendon McDermott, an athletic trainer at the University of Connecticut, told Reuters Health. Once they've gotten used to the heat, they can gradually begin to exercise more strenuously.

"Somebody who's in shape will acclimatize more easily," McDermott added in an interview. "But if somebody is in shape, it doesn't necessarily make them immune" to heat-related problems.

NATA urges proper hydration before and during outside activity, and says that dark urine is a quick indicator of dehydration.

Not getting enough rest between bouts of exercise can increase the risk of conditions like heat exhaustion, McDermott noted, while new research shows that getting enough sleep is also key to coping with hot weather. Lack of sleep stresses the body's thermoregulatory systems, he explained, making it more difficult for people to handle the heat.

Heat exhaustion is the most common type of heat-related ailment that occurs among exercisers, he said, and it occurs when a person loses too much fluid or sodium in the heat. Symptoms of heat exhaustion include dizziness and loss of coordination; pale skin;

profuse sweating; nausea, vomiting, stomach and intestinal cramps, and diarrhea; and muscle cramps that don't go away.

Heat exhaustion can progress to exertional heat stroke, which can be fatal. People with symptoms of heat exhaustion should lie down with their feet up in a cool, shady spot and drink fluids.

T2U: "THE AUTHENTIC GREEN TEA"

A few cups of green tea each day may help prevent heart disease, researchers recently reported.

A STUDY published in the European Journal of Cardiovascular Prevention and Rehabilitation showed further evidence of the potential health benefits from a brew already linked to a reduced risk of a range of cancers and other conditions.

The study showed that green tea improves blood flow and the ability of arteries to relax, researchers said.

Selecting only the finest tea leaves grown in 2300 ft. high and environmentally clean regions, T2U, "The Authentic Green Tea," utilizes the freshest first crop of green tea leaves hand picked in April of each year.

The beverage comes in three different flavors: Original, Citron and Pomegranate.

T2U Organic Green Tea provides a natural way to slim down. The powerful anti-oxidant, EGCG, in T2U Green Tea helps to boost your metabolism to burn unwanted calories much more effectively. With no sugar and zero calories slimming down is easier and healthier than ever with T2U organic green tea.

With 3 times more vitamin C than lemon, **T2U Citron Green Tea** helps to boost your immune system for healthier body. With the thirst quenching T2U Citron Green Tea, staying healthy is now effortless!

Pomegranate juice contains powerful anti-oxidant that reduces the effect of aging. When blended with green tea, this effect doubles to provide maximum benefit. With the natural sweet and tangy flavors of **T2U Pomegranate Green Tea**, discover the new "Fountain of Youth!"

For more info visit www.drinkt2u.com.



pure *ahhh*
words can't describe it
 (but we think delicious comes pretty close)

- vapor distilled purity you can taste
- electrolyte enhanced hydration you can feel

©2009 glacéau, glacéau®, smartwater®, bottle design and label are registered trademarks of glacéau.

MEDI-SPA • WEIGHT MANAGEMENT www.etceteramedical.net

etcetera

MEDICAL GROUP

The finest Medical Care given by our specially trained Providers, in a comfortable Spa-like setting.

Gift Certificates Available!

MEDI-SPA SERVICES

- BOTOX
- JUVEDERM ULTRA
- JUVEDERM ULTRA PLUS
- RESTYLANE
- PERLANE
- IPL LASER PHOTO FACIAL
- IPL LASER HAIR REMOVAL
- FRACTIONAL SKIN RESURFACING
- LuxIR SKIN TIGHTENING
- YAG LASER VEIN TREATMENT
- SCLEROTHERAPY
- MEDICAL SKIN PEELS
- SKINCEUTICALS

Latisse™

FDA APPROVED TO GROW EYELASHES
Longer, Thicker & Darker

MESOTHERAPY

Fat & Cellulite Removal without surgery

BOTOX

\$10 per unit
Plus \$25 Botox Gift Card

IPL LASER

PHOTO FACIAL: Full Face \$195 per treatment
HAIR REMOVAL: Basic Bikini \$75 per treatment

LuxIR SKIN TIGHTENING

\$400 per area (reg \$1,100)
Offer good until 7.31.09

AGOURA HILLS

30423 Canwood St. #101
818-889-5580

CAMARILLO

370 N. Lantana #14
805-383-9908

ENCINO

17609 Ventura Blvd. #203
818-385-0163

SANTA CLARITA

24868 Apple St. #202
661-259-8884

SIMI VALLEY

1960-10 Sequoia Ave.
805-582-0555

NEW FDA APPROVED! DYSPORT™ Soften Lines & Wrinkles



ASK DR. DREYFUS

CLINICAL PSYCHOLOGIST, A MARRIAGE, FAMILY, CHILD THERAPIST, AND CERTIFIED SEX THERAPIST DR. EDWARD A. DREYFUS ANSWERS YOUR QUESTIONS

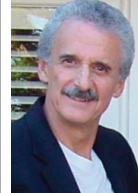
months. I found out this weekend that he is intimate with someone else. Why can't I let go? I'm depressed and just want to cry.

Dr. Dreyfus answers: One of the most difficult experiences for people to endure is betrayal by a spouse. When a spouse has an affair, he or she violates the intimate bond and trust that is the foundation of a relationship. The affect on the betrayed spouse can feel devastating, often undermining his or her self-esteem. The magnitude of the reaction to the betrayal will depend in large measure upon the ego strength and self-esteem of the person who was betrayed. Of course, there will be anger, hurt, and resentment. If the person has a high self-esteem and is able to confront the betrayer with his or her infidelity expressing the anger and hurt and receiving sincerely delivered act of contrition and apology with a request for forgiveness, it is often possible for couples to move on and develop a stronger relationship than they previously had. For-

giveness is essential for one to move on.

In your situation, it appears that you have not completely dealt with your ex-husband's infidelity and what it meant to you personally. Apparently you have interpreted his affair as reflecting something negative about you, leaving you perceiving yourself in an inferior or less than position. I would strongly recommend that you seek the help of a licensed mental health professional to help you sort through your feelings so that you can move on with your life in a healthy and productive way.

Dr. Edward A. Dreyfus is a Clinical Psychologist, a Marriage, Family, Child Therapist, and a Certified Sex Therapist. Questions?



E-mail Dr. Dreyfus at ead@docdreyfus.com or call 310-208-5700. You can visit his website at www.docdreyfus.com as well as his blog at www.psychologicallyspeaking.net.

Dear Dr. Dreyfus:

I've been separated for 4 years and divorced for 2. My husband had an affair after 8 years of marriage and we tried to work it out and lived together for 21 years after the affair. I don't think that I ever forgave him. He suggested we have no more contact and haven't for the last six

children'sbureau
A LEADER IN CHILD ABUSE PREVENTION & TREATMENT

Adoptive & Foster Parents Needed!..

There are over **100,000** children in the U.S. waiting for a home. Help keep brothers & sisters together. Photos available. Training and financial support provided. Information meeting: June 13 from 10:00 - Noon.

Children's Bureau
Magnolia Place, 1910 Magnolia Avenue,
Los Angeles, CA 90007 or call (800) 730-3933.
www.all4kids.org

Magnolia Place Family Center 1910 Magnolia Avenue, Los Angeles, CA 90007. (800) 730-3933

P R P
Platelet
Rich
Plasma

Heal your injuries!
Stop your pain!
..with your body's own platelets.

PRP injections heal joint injuries naturally by repairing damaged tendons and ligaments.

OPTIMUM WELLNESS MEDICAL
818-547-5400

G. Megan Shields, MD

J. Keller Wortham, MD

AQUA-RELIEF

Mix with water to soothe your sore throat!

All Natural Formula

Order today at:
www.Aqua-Relief.com



SFACTOR: CHANGING ONE WOMAN AT A TIME



“S FACTOR EMPOWERS YOU TO FIND YOUR INNERSELF”

S FACTOR is the original and most popular pole dancing and striptease workout design by a women for women.

Caroline Netzorg, manager of the Los Angeles studios, talks about how profoundly S Factor has changed her life. “I had a friend who kept on talking about S Factor, but at the time I didn’t really understand how a class could change so much. So I finally decided to take a class and that was it. They had me for life.”

“When I think of how S Factor changed my life and how I see it change every women, my eyes start to welled up with tears,” states Caroline. “We get a wide demographics of women; moms, divorcee, cancer patients, wives,

powerful career women, and some of them are emotionally beaten and tired,” acknowledges Caroline. “When you walk into a classroom, you realize that everyone there honors, respects and supports you no matter where you are in life.”

“Many of us wear a mask to keep up with society’s standard of what type of woman you are.

S Factor empowers you to find the purity of your inner self,” reveals Caroline.

“What makes me happy is that these women have no idea how S Factor will change them internally, mentally, and of course physically,” confesses Caroline.” I notice that fear, sadness, stress, is all replace with laughter, energy,

and self confidence. It is an incredible transformation.”

“I always wore work out pants when I started dancing at S Factor,” laughs Caroline. “I didn’t own a pair of shorts because I hated my legs.” “After the first six months at S Factor, I started to become aware of my body. I have ankles?” She remembers asking herself, “I realized that I own my body with no excuses!” proclaims Caroline.

“Give yourself the gift of empowerment, support, love and movement. It will change you physically but more importantly transform you into the inner Goddess you have in you,” is what Caroline wants to broadcast to every woman in the world.

Advertise in

LAHEALTH NEWS

323-297-4001

NATIONAL LIFE CENTER

PREGNANCY HELP IS AS NEAR AS YOUR PHONE.
CALL ANYTIME 24 HOURS A DAY

Please Mention This Ad

DIRECT CONNECT TO OVER 3,500 CENTERS NATIONWIDE

800-848-5683 (LOVE)

Et cetera MEDI-SPA WEIGHT MANAGEMENT

Overweight?
We have the Answer!

OPTIFAST® PROGRAMS
PERSONALIZED MEDICATION PROGRAMS
FREE CONSULTATION
MEDICALLY SUPERVISED

Please call to visit one of our FIVE convenient locations
800.862.3844

www.etceteramedical.net

DONGGUK UNIVERSITY
LOS ANGELES

Complementary

Evaluation and Acupuncture Treatment
FIRST (1ST) VISIT FOR NEW PATIENTS ONLY

(213) 487-0150 (Tue - Sat)
to schedule your appointment
440 Shatto Pl., Los Angeles, CA 90020



Indoor Cyclists Get More Mileage In Class

Who says they're just spinning their wheels?

As indoor cyclists ride stationary bikes up and down simulated hills, they might not be going anywhere, but they're controlling every push of the pedal.

"It's a group setting but really you're doing your own thing," said instructor Bethany Lyons. "In spinning the knob that controls resistance is right in front of you.

"You don't have to look like an idiot in class. That's a huge factor," explained Lyons, a group coordinator for a fitness chain.

Lyons said spinning appeals

to teenagers and 80-year-olds alike "because everyone works at their own rate."

"If the instructor suggests you turn it up, you don't have to," she said. "In some other class-

es, an instructor will say 'beginners stay here' but a beginner will try it anyway because they don't want to stand out."

In the absence of weather and potholes the cyclist can go a lot farther, theoretically of course, than in the inconveniently changing real world.

"In 45 minutes you'll ride a lot more miles in a spin class than you would on an outdoor bike," Lyons explained.

YOU RIDE MORE MILES IN A SPIN CLASS THAN YOU WOULD ON AN OUTDOOR BIKE



"I went in for her consultation and after thorough testing, she put me on bio-identical hormones. We age because our testosterone and other hormone levels drop. I had results almost immediately. I am in perfect health and very fit, with no problems, and have more energy like I had in my 30's. Also my sexual level is normal for a 30 year old. "

-RAYMOND , rugby player(62)

Anju Mathur, MD, Anti-aging Physician has developed programs that utilize:

- **Bio-Identical* (NOT Synthetic) Hormones**
- **A Customized Nutritional Plan**
- **A Customized Fitness Plan**

* Bio-Identical Hormones are identical to your body's naturally created hormones so no unwanted chemical side effects are produced.

Call now to schedule a FREE consultation:
323-661-7661

**ANGEL
LONGEVITY
MEDICAL CENTER**
Live Healthier. Longer.



Take the First Step to a Heart-Healthy Life.

Start! Walking. Start! Something.



Start! your heart at the **2009 Start! Los Angeles County Heart Walk**. You and your family can make a **positive change through walking** – both in your lives and in the lives of others.

REGISTER TODAY and join thousands of Angelenos as they help themselves by taking the first steps toward a heart-healthy lifestyle, and **help others by raising funds for the fight against heart disease and stroke.**

Visit **www.HeartWalkLA.org** to learn how you can create a team, raise funds, and love your heart!

Start! Los Angeles County Heart Walk

Oct. 3, 2009 • Rose Bowl, Pasadena

For information:

(213) 291-7073
mirella.miranda@heart.org
www.heartwalkla.org

Nationally Sponsored by:



Locally Sponsored by:



SPINAL STENOSIS PAIN RELIEF

OLYMPIA MEDICAL CENTER'S INSTITUTE FOR SPINAL RESEARCH CLINICAL TRIAL OFFERS AN ALTERNATIVE TO THE TREATMENTS OF SPINAL STENOSIS, A COMMON CAUSE OF PAIN AND IMMOBILITY IN MIDDLE AGE TO ELDERLY ADULTS By Patrick Tsakuda

Carl Laurysen, MD, a renowned spinal neurosurgeon and the Director of Spine Research and Development at the Olympia Medical Center's Institute for Spinal Research in Los Angeles, is leading a clinical trial that offers an alternative to the treatments of spinal stenosis, which is a very common cause of pain and immobility in middle age to elderly adults. Interspinous spacers act as a barrier and limit extension at symptomatic disc levels.

Mike, a 51 year-old racket

ball player and all around athlete reached a point where he could no longer stand up straight in the shower. For a patient suffering from Spinal Stenosis difficulty standing up becomes a forced way of life. Fortunately for Mike, he was screened and was a candidate for the procedure.

"When I first met Mike," explains Dr. Laurysen, "he was suffering from pain and numbness in his left leg and in his back. He was frustrated by his inability to play sports, which had been his

love for most of his life. He met the qualifications for an interspinous implant clinical trial which offered a minimally invasive treatment with a rapid recovery time."

"Within five hours of surgery, I walked around the hospital area. Within five days, I was back at work. I feel like I am in my 40s and I am pain free," explains Mike.

Dr. Laurysen has twice been awarded the Young Investigator Award from the American Association of Neurological Surgeons for his work on cervical disorders

and stem cell research. He is also a founding member of the Spine-Mark SRO of Los Angeles.

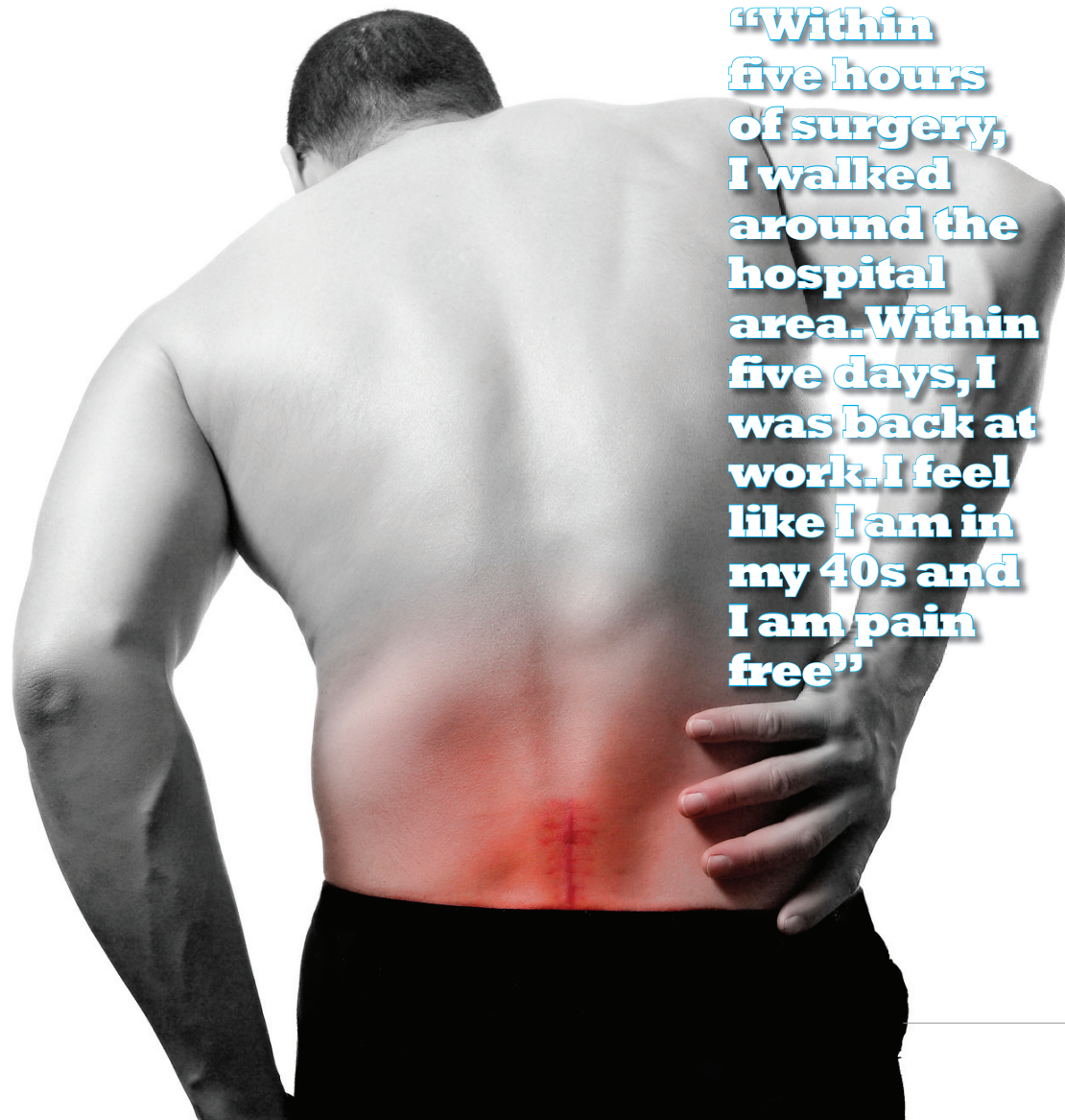
This clinical trial aims to measure the effectiveness of inserting an interspinous spacer between the problematic discs and whether this procedure is effective at relieving the pressure on the spinal nerve and preserving mobility. If approved by the FDA, this treatment will serve as an alternative to more invasive surgical treatment.



Olympia Medical Center is located in the heart of Los Angeles and has been providing medical care to its

community since 1948. Services at the 204-bed acute care hospital include comprehensive inpatient and outpatient services and a 24-hour emergency room. The hospital is dedicated to clinical excellence and delivering health care services in a patient-centered, community focused environment. Services include the California Digestive Diseases Institute, the Los Angeles Center for Spine Care and Research, the Southern California Sports Medicine Institute, the center for Wound Management and Hyperbaric Medicine, the Continent Ostomy Center, the Center for Geriatric Health, Reflections and the Memory Institute. Olympia Medical Center is fully accredited by the Joint Commission on Accreditation of Health Care Organizations, the nation's oldest and largest hospital accreditation agency. To learn more about Olympia Medical Center, visit www.olympiamedicalcenter.com

"Within five hours of surgery, I walked around the hospital area. Within five days, I was back at work. I feel like I am in my 40s and I am pain free"





SIMPLY KENDRA

JUST MARRIED, WITH A NEW REALITY SHOW, AND A BABY ON THE WAY, E! ENTERTAINMENT TELEVISION'S KENDRA WILKINSON FORGES AHEAD

By Mark Ariel

American personality and glamour girl Kendra Wilkinson, best known for her role on the E! reality series "The Girls Next Door," continues to conquer hearts and other body parts with her new reality series, aptly entitled "Kendra." The show debuted to high ratings last month on E! Entertainment Television.

Wilkinson, 23, a self-described tomboy and avid sports fan, tied the knot last month in a lavish ceremony at the Playboy Mansion with Philadelphia Eagle Hank Baskett.

Wilkinson recently announced the happy couple is expecting, and that she's looking forward to being a mom. "... Hank and I are going to have a little athlete running around the house. Seriously, the first thing this kid is going to see when it's born is a football, hahaha... I'm the luckiest girl in the world!" Wilkinson wrote last month on her blog.

In an interview with ***LA Health News*** Wilkinson says her upcoming baby is her motivation to stay in shape and live a healthy lifestyle. "I've seriously cut down on fast food," she confides. "I make sure to eat way more fruit and veggies than I used to."

Workouts have changed slightly, says Wilkinson. "I stretch a lot more than I used to - and I don't do as much ab work. I try to get in a lot of cardio and I work out with lightweights... Obviously,

ly, being four months pregnant, the workouts are less intense," she explains.

In general, confides Wilkinson, she has adapted specific pregnancy lifestyle changes. Here are her top three tips.

Catch Wilkinson's reality show "Kendra" on E! Entertainment Television. For more info visit www.eonline.com.

1 RELAXATION

"I try to monitor my crazy lifestyle. I take more breaks, and put things on hold if I feel tired."

2 FITNESS AT HOME

"I prefer getting my exercise at home, rather than being outside, exposed to the elements. Listen to your body, don't overexert yourself..."

That doesn't mean you should become a coach potato - it just means you have to pace yourself."

3 DIET

"I don't believe you have to totally change your diet - just lessen the bad stuff and increase the good stuff. If I have a specific craving - I don't deny myself - but I try overall to eat healthier, things like grilled chicken, cooked vegetables, and fruit."

More Energy
for the Things you Love...

airaideTM
For Active Lifestyles

airaide is an all natural blend of botanical ingredients derived from Root, Fruit & Flora extracts which have been Clinically Shown to Enhance Breathing and help sustain Energy.



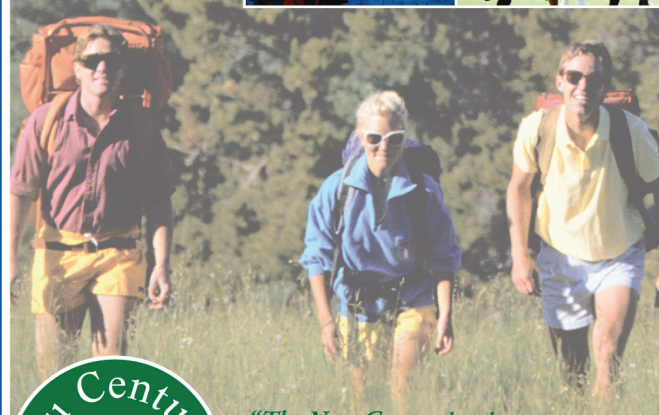
AIRAIIDE Supplements can help you Breathe More Life into EverydayTM, so that you can more fully enjoy the best part of every day...The Great Outdoors. Breathing Easier and Clearer enhances life around us and creates a sense of freedom that refreshes the body and reinvigorates the soul.

Seasonal allergies, pollutants, and other environmental irritants can inhibit upper respiratory functions and reduce normal energy levels—AIRAIIDE's effective Herbal Action works to naturally replenish lost energy through aerobic revitalization.

Supplementing daily regimens with AIRAIIDE can help maintain the intricate balance of the respiratory system while enhancing your active lifestyle.



For more information, visit our website at:
myairaide.com



"The Next Generation in
Natural Product InnovationTM"

Michigan City, Indiana 46360
1-877-359-0445

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MALE MENOPAUSE

ANDROPAUSE IS A NAME THAT HAS BEEN GIVEN TO A MENOPAUSE-LIKE CONDITION IN MEN. THE GOOD NEWS IS THAT ANDROPAUSE SYMPTOMS CAN BE EASILY AND SAFELY CORRECTED WITH TESTOSTERONE TREATMENT

By Dr. Anju Mathur

Women may not be the only ones who suffer the effects of changing hormones. Many doctors are noticing that their male patients are reporting some of the same symptoms that women experience in perimenopause and menopause.

Andropause is a name that has been given to a menopause-like condition in men.

Andropause affects all men - no one escapes it. We are seeing a significant increase in younger men - age 32 to 35. The cause is a decline in hormones--primarily testosterone, thyroid, growth hormone and DHEA that normally starts about age 25 to 27. Replacing these hormones to healthier levels can and will reverse symptoms starting in about a week. And, yes it is safe.

Andropause Symptoms include:

- **Decreased mental quickness and sharpness**
- **Decreased energy, strength and endurance**
- **Less desire for activity and exercise**
- **Decreased muscle and increased body fat**
- **Night sweats and trouble sleeping**
- **Mild to moderate depression and irritability**
- **Depression and/or loss of eagerness**
- **Decreased sexual function and/or sensitivity**

The good news is that andropause symptoms can be easily and safely corrected with

testosterone treatment. Testosterone is a "male hormone" -- a sex hormone produced by the testes that encourages the development of male sexual characteristics, stimulates the activity of the male secondary sex characteristics, such as a deep voice and a beard. It also strengthens muscle tone and increases bone mass. Chemically, testosterone is 17-beta-hydroxy-4-androstene-3-one.

Testosterone is truly a life source to the male body. It is the most potent of the naturally occurring androgens. High levels of testosterone appear to promote good health in men, for example,

- **Reduce depression in men**
- **Increased energy and vitality**
- **Increase male bone density**
- **Increased strength and endurance**
- **Regulate distribution of body fat**
- **Increase body hair growth**
- **Reduce risk of heart disease**
- **Develops lean muscle mass**
- **Lowering the risks of high blood pressure**
- **Lowering the risks of heart attack.**
- **It also improves diabetes and reduces the need for anti diabetic medications as seen in clinical studies.**

Testosterone treatment is safe if done correctly. It should be noted that testosterone replacement does not increase but rather decreases the chances of developing prostate cancer. One of the primary causes of prostate cancer is excess estrogen. Excess estrogen in men occurs as testosterone declines allowing the male body to accumulate fat--primarily belly fat. Fat contains an enzyme called aromatase, which converts testosterone to estrogen. Estrogen may convert to a metabolite, 16 alpha hydroxyl estrone, a carcinogen. Controlling the level of estrogen is a very important part of this treatment

There is simply no better way that a man age 35 or older can take an action, spend a reasonable amount of money and have a more significant effect on improved quality of life than to treat testosterone deficiency. If you are having symptoms, please see a physician trained in hormone replacement therapy and enjoy a good quality of life. Consider that your father and grandfather had the same problem -- they did not have a choice, you do. You can fix it. You can have the zest for life as you once had!

For more information, and a free consultation, contact The Angel Longevity Medical Center at 323-661-7661.



Experts Worried About Plastics, Chemicals

Hormone experts say they are becoming worried by a chemical called bisphenol A, which some politicians say they want taken out of products and which consumers are increasingly shunning.

They said they have gathered a growing body evidence to show the compound, also known as BPA, might damage human health. The Endocrine Society issued a scientific statement last month calling for better studies into its effects.

Studies presented at the group's annual meeting show BPA can affect the hearts of women, can permanently damage the DNA of mice, and appear to be pouring into the human body from a variety of

unknown sources.

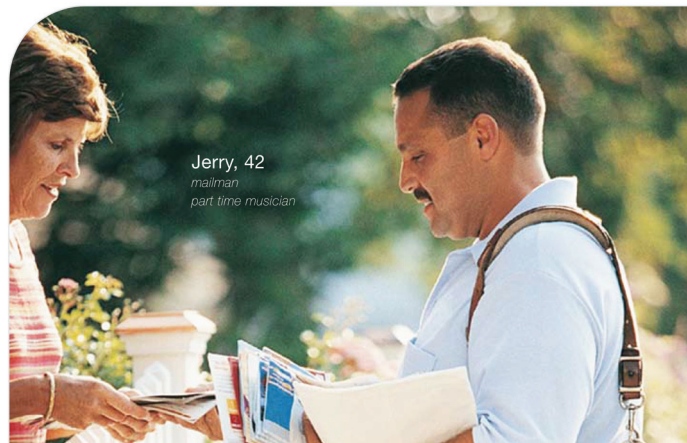
BPA, used to stiffen plastic bottles, line cans and make smooth paper receipts, belongs to a broad class of compounds called endocrine disruptors.

The FDA is examining their safety but there has not been much evidence to show that they are any threat to human health.

The Endocrine Society issued a lengthy scientific statement about the chemicals in general that admits the evidence is not yet overwhelming, but is worrying.

Government toxicologists at the National Institute of Environmental Health Sciences expressed concern last year that BPA may hurt

GROWING BODY EVIDENCE LINKS BPA TO VARIOUS HEALTH AILMENTS



Jerry, 42
mailman
part time musician

A TYPICAL STONER

JERRY SUFFERS FROM LOWER BACK PAIN

Using medical marijuana decreases inflammation and the pain he's suffered for 17 years. It can be used topically on joints for immediate relief, and frees him from fatigue-inducing muscle relaxers. Medical marijuana makes his days easier and helps him perform his job (and the occasional gig).

Jerry never thought he was the type of person who would use marijuana as medicine, until he did - and realized that

MARIJUANA WORKS.

1.866.632.6627
www.medicannusa.com

MediCann
A PRESCRIPTION FOR CHANGE

Medical Cannabis Consultations and More!



William S. Eidelman, M.D.

Consultations with Dr. Eidelman are unique. You can feel that he cares. His insights into your medical and psychological conditions are frequently life changing.

NOW WITH 24/7 ONLINE VERIFICATION!

Consultations include effective treatment with revolutionary healing technology:

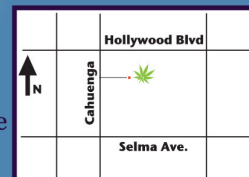
- Stress
- Pain
- Depression
- Cravings



323.463.3295 | www.DrEidelman.com

1654 N. Cahuenga Blvd.,
(at the corner of Hollywood Blvd)

The doorway is in the middle of the International Newsstand.



DIETING SAVES MONEY!



DAVID BACH, AUTHOR OF THE AUTOMATIC MILLIONAIRE, SAYS AMERICANS LOSE MONEY EVERY YEAR ON WHAT HE CALLS THE “LATTE FACTOR” *By Joyce Barwick*

We are all pinching pennies in this economy, but that doesn't mean your health or waistline should be affected. Many people may run to their comfort foods when times get tough or some may feel they can't afford to buy the healthy food or nutritional supplements they used to. However, a comparison done by Nestles and one by the Robard Corporation, manufacturers of high protein supplements, of weekly grocery food costs when a person is not dieting to weekly food costs while on a diet, showed that dieting was actually less expensive.

Based on official USDA Food Plans: Cost of Foods at Home Averages for January 2009 and the USDA Economic Research Service Food Away From Home Expenditures, the average woman or man (age 19-50) spends \$89 to \$94 on food. They spend only \$60 to \$62 when on a Very Low Calorie Diet (VLCD), a savings of \$29 to \$32 per week.

David Bach, author of the Automatic Millionaire, says Americans lose money every year on what he calls the Latte Factor. The money spent everyday on things like fancy drinks, bottled water, eating out, etc.

The Latte factor has significant implications for weight management. You can save hundreds of dollars and tens of thousand of calories just by changing your “Latte” habits.

The average cost of a medium-size (16 oz) coffee house latte based on a medium city pricing (a large city will be higher) is \$3.50. If you make it with whole milk it contains 135 calories, skim milk 90 calories. The medium size version of fancy lattes, like a Mocha or Vanilla cream can have as many as 430 calories. Order a large and you'll be sipping down a hefty 530 calories and the cost goes up too.

If you consumed one medium latte, 5 days a week, 49 weeks of the year the cost for a whole milk latte adds up to \$857.50 plus tax and is 33,075 total calories (10 pounds each

year). The cost of a fancy latte adds up to \$967.75 plus tax and the calorie count goes to 102,900 (29.5 pounds a year).

Besides the saving on food, by achieving weight loss of just 5% of your total body weight, you can prevent the health consequences associated with obesity. The cost of health insurance, doctor visits, prescriptions and over the counter medication, and loss of work are huge savings.

When your budget is tight, there are many options that allow you be on a diet and save money.

Here are some tips offered by **Etcetera Medical:**

- Replace some meals and/or snacks with meal replacements and protein supplements. Consult Etcetera's medical professionals specializing in weight loss for encouragement, prescription supplements and/or medication that works.
- Start your meal with a low fat soup. Studies show that dieters eat less when starting with a low-fat, high protein soup.
- Eggs fit in your budget and your diet. Add some low-fat cheese and veggies for a complete meal. Two large eggs are only 150 calories.
- Frozen veggies are a good way to bulk up your dinner and stay within budget.
- Get together with some friends or family and check out some bulk stores- remember to think healthy- and steer clear of processed food isles. Splitting the cost between the items can save everyone money.
- Portion food into small re-usable containers to provide single serving calorie control and to prevent waste.

For more information about all of our Medical Weight Loss Plans and a Free Consultation contact Etcetera Medical Group today! Agoura Hills 818-889-5580, Encino 818-385-0163, Camarillo 805-383-9908, Santa Clarita 661-259-8884, and Simi Valley 805-582-0555.



Red Yeast Rice Offers Cholesterol Benefit

Together with lifestyle changes, red yeast rice can help reduce so-called "bad" cholesterol in people who cannot tolerate treatment with popular cholesterol-lowering drugs known as statins, according to a new study.

Moreover, red yeast rice does not seem to have the side effects, including muscle pain, often experienced by those who cannot tolerate statin treatment, lead author Dr. David J. Becker, from the University of Pennsylvania School of Medicine, Philadelphia, and colleagues note.

Red yeast rice is a dietary supplement that has been used for centuries in China as an herbal

medication.

Becker and his colleagues studied 62 patients with high cholesterol who had stopped taking statins because of muscle pain. According to study results, after 12 weeks and 24 weeks, those who received the red yeast rice saw their LDL levels, and their overall cholesterol levels, fall more than those who took the dummy pills. By contrast, levels of other forms of cholesterol and fats in the blood did not change.

The results suggest that the combination of red yeast rice supplements and lifestyle change may be a treatment option for those who cannot tolerate statins, the authors conclude.

**MAY BE
A TREATMENT
OPTION FOR
THOSE WHO
CANNOT
TOLERATE
STATINS**

ALTERNATIVE THERAPIES 37th Annual Cancer Convention

FOR THE GENERAL PUBLIC AND PROFESSIONALS

Sept. 5, 6 & 7, 2009

Sat., Sun. & Mon. – Labor Day Weekend

SHERATON UNIVERSAL

(Across from Universal Studios Hollywood)

LEARN ABOUT THE PREVENTION & CONTROL OF CANCER THROUGH NUTRITION, TESTS & NON-TOXIC CANCER THERAPIES SUCH AS LAETRILE, GERSON, HOXSEY, POLY-MVA, ENZYMES & IMMUNOTHERAPY FROM MEDICAL DOCTORS, CLINICAL RESEARCHERS, NUTRITIONISTS & AUTHORS.

ALSO, LEARN ABOUT CHELATION, DMSO, OXYGEN, HERBAL, CELLULAR & ELECTRO-MAGNETIC THERAPIES.

IN ADDITION, NATURAL THERAPIES FOR HEART, DIABETES, ARTHRITIS, MS & EYE DISEASES.

Pay at Door
Cash or Check

\$40.00/Day

\$20.00/Day
Exhibits Only

For Doctor Referrals and Programs contact:

CANCER CONTROL SOCIETY

(323) 663-7801 www.cancercontrolsociety.com

DOCTOR'S SYMPOSIUM – Tuesday, September 8
CEU's for Nurses & Dentists \$45.00/Day

Time to go Green

818.980.1122



- ★ Monday special free gram with any 1/8 donation.
- ★ Tuesdays free Eatables with any 1/8 donation.
- ★ Wednesday is Green day, get any four clones, 5th is free.

11306 Ventura Blvd. Studio City CA. 91604



**Medical
Wellness
Center**

Medical Wellness Center
**OPEN 7 DAYS
A WEEK**
 MON-THURS 11AM-10PM • FRI 11AM-8PM
 SAT 11AM-9PM • SUN 12AM-6PM

M.W.C.

- 1 GRAM BLUNT/JOINT OR EDIBLE FOR 1ST TIME PATIENTS! MIN. \$45 DONATION
- FRIENDLY AND KNOWLEDGEABLE STAFF.
- PLENTY OF SAFE & EASY PARKING.
- SSI AND VETERAN DISCOUNTS.
- LARGE SELECTION OF HIGH QUALITY MEDS.
- DAILY SPECIALS
- GREAT VARIETY OF EDIBLES.



Donations CAPPED AT \$55 1/8*

ONE COUPON FOR EVERY VISIT
 Bring in this Coupon & Receive
Buy 1 get 1 FREE
ON EDIBLES!!!
LIMIT ONE PER PATIENT.

Bring in this Coupon & Receive
\$5.00 OFF
Anything
On Sundays
ONE COUPON FOR EVERY VISIT
 LIMIT ONE PER PATIENT.

COUPONS ARE FOR RETURNING PATIENTS ONLY!
 FIRST TIME PATIENTS GET FIRST-TIME PATIENT SPECIAL ONLY!

818-881-8744
19654 VENTURA BLVD. TARZANA, CA 91356

●●● seniors



Obesity Surgery Safe, Effective for Seniors

Gastric bypass conducted using laparoscopic techniques is just as safe and effective in patients over 65 years of age as it is in younger patients, according to study findings.

"This is the largest reported study of lap gastric bypass in patients over 65," senior author Dr. Joseph A. Kuhn, from Baylor University Medical Center, Dallas, told Reuters Health. "This study shows excellent outcomes with laparoscopic gastric bypass utilizing standardized care paths, leading most patients to be discharged home on the day following surgery."

Laparoscopic gastric bypass helps patients lose weight by altering the shape of the stomach, "bypassing" a portion of it to reduce

the amount of food that can pass through to the small intestine. Because of this, the body does not absorb all the calories from all of the food that is eaten. The procedure is less invasive than the traditional "open" surgery, requiring just a small incision. The time to recovery is also faster with laparoscopy than with open surgical procedure.

"When one considers the low threshold for the typical 70-year-old patient who might undergo hip, cardiac, or major (cancer) surgery, it seems quite reasonable to consider a similar low threshold for considering gastric bypass in the 70-year-old with diabetes, sleep apnea, severe reflux, (high cholesterol), hypertension and coronary artery disease," Kuhn said.

MOST PATIENTS ARE DISCHARGED HOME ON THE DAY FOLLOWING SURGERY



T.L.M.D. COLLECTIVE

Once a registered patient enters this pharmacy, you can usually hear a sigh of relief “Finally! This is what I’ve been looking for!” Being compassionate caregivers T.L.M.D. Collective welcomes all patients. Their staff focuses in on your needs-asking questions to help them meet your expectations. When you leave their facility you are more knowledgeable, confident, and pleased with your purchase and well on your way to feeling better. Each patient is addressed individually, walked through the process and given information on the California guidelines. T.L.M.D. Collective encourages all patients to resource their friendly and highly educated staff on any and all matters related to the industry. With 80 different strains in stock, they have a price range and a strain for every patient. **T.L.M.D. Collective, 12458 Magnolia Blvd. Valley Village. Mon-Sat: 9-9, Sun: 1-9. Tel: 818-761-8973.**

WILLIAM S. EIDELMAN, M.D.

Medical cannabis relieves pain safely, without danger to your liver, kidneys, stomach, and other organs. Daily opiates, acetaminophen, or NSAIDs, with their risks and side effects, may not be a better, safer option. Medical cannabis may relieve your pain and reduce your anxiety better than regular medicines. If you have problems tolerating prescription or non-prescription pain relievers, or they don’t relieve your pain, or both, medical cannabis may be a safe, effective alternative. Or cannabis might enable you to reduce the doses. You will be offered complimentary treatment in the office with cutting edge non-drug therapies for pain, depression, anxiety, and addiction. Most patients leave the office without the pain and stress they walk in with. Dr. Eidelman has natural treatment programs for many of the diseases for which patients need cannabis. His knowledge, based on 30 years experience in natural medicine, is unique.”



For more info visit: www.dreidelman.com.



CYBERWIZE

Like ancient healers from centuries past, CyberWize uses super herbs known as adaptogens to create its proprietary formulas. CyberWize offers the benefits of a unique and proprietary formula in a 32-ounce liquid drink or fast-acting oral sprays. Tunguska Blast, for example, is a powerful supplement that delivers a daily source of adaptogens for energy, mental clarity, and better sleep at the end of a more productive day. The antioxidant-rich infusion supports the immune system, enhances physical performance, and boosts overall health and vitality.

For more info visit: <http://cyberwize.com/difri>

America’s First Full Spectrum Green Farmacy

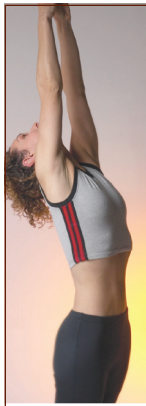


THE FARMACY™

GLOBAL MEDICINE FOR LOCAL PEOPLE

Herbalist ~ Acupuncturists ~ Nutritionist

The Farmacy Venice 1509 Abbot Kinney Blvd • Venice, CA 90291 • Tel: 310.392.3890
The Farmacy Westwood 1035 Gayley Avenue • Westwood, CA 90024 • Tel: 310.208.0820



Et cetera

MEDICAL GROUP

- **MEDI-SPA**
- **WEIGHT MANAGEMENT**

The finest Medical Care given by our specially trained Providers, in a comfortable Spa-like setting.

You Won't Be Hungry!

A Safe and Sensible Way to Lose Weight

WEIGHT MANAGEMENT

Over 30 Years Experience

- **OPTIFAST®**
- **MEDICATION PROGRAMS**
- **PEDIATRIC PROGRAMS**
- **DIET SHOT**
- **MESOTHERAPY**
Fat & Celllite Removal without surgery

NEW FDA APPROVED!

DYSPORT

Soften Lines & Wrinkles

Latisse™



WEEK 16



FDA APPROVED TO GROW EYELASHES

- **Longer!**
- **Thicker!**
- **Darker!**

INITIAL VISIT FOR
Weight Loss Management
\$100 (reg \$200)

Gift Certificates Available!



AGOURA HILLS
30423 Canwood St. #101
818-889-5580

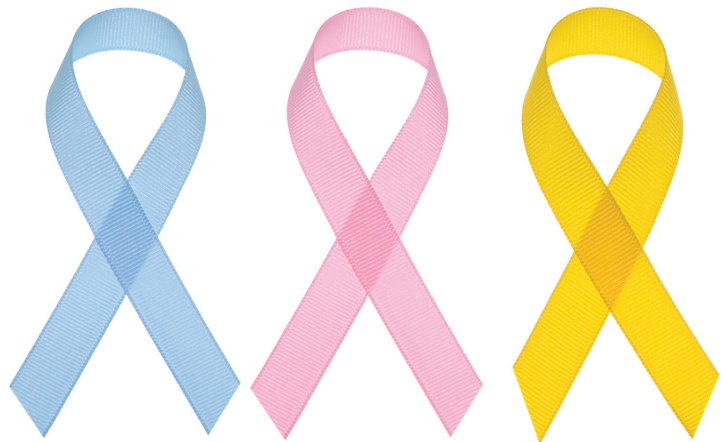
ENCINO
17609 Ventura Blvd. #203
818-385-0163

SANTA CLARITA
24868 Apple St. #202
661-259-8884

SIMI VALLEY
1960-10 Sequoia Ave.
805-582-0555

www.etceteramedical.net

calendar



37TH ANNUAL CANCER CONVENTION ALTERNATIVE THERAPIES FOR ALL DISEASES

General public and professionals invited: September 5, 6 & 7 (Labor Day Weekend) at the Sheraton Universal Hotel. Over 50 speakers, 5 movies and 80 exhibits, \$40/Day. Tour of Mexican Clinics September 9 & 19, \$75/Trip. Nurses and dentists CEU's available. For programs, doctor referrals and patient lists contact the Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027 (323)663-7801. www.cancercontrolsociety.com



MEDICAL CANNABIS FOR PATIENTS THAT SUFFER FROM...

**CHRONIC PAIN • AIDS • CANCER • NAUSEA
MIGRAINS • GLAUCOMA • DEPRESSION
ANXIETY • CHROHN'S • FIBROMPALGIA
EPILEPSY • ASTHMA • MS**



323.798.5681
1669 N. Western Ave. Hollywood, CA 90027
(Off of Hollywood Blvd. MTA accessible)
OPEN 7 DAYS A WEEK • 10AM TO 12 AM

I'm 1 of 4,000 New
teens every day who
take their first step
towards suffering A
heart attack
or stroke.
I smoked
my first
cigarette.



You have the chance to empower the Food and Drug Administration to regulate cigarettes and protect our youth. Heart disease and stroke are the nation's No. 1 and No. 3 killers and one out of every three deaths caused by smoking is related to cardiovascular diseases. Yet the tobacco industry and its deadly products remain unregulated.

Pass the Family Smoking Prevention and Tobacco Control Act.



American Heart Association® | American Stroke Association®

Learn and Live™

Heart Disease and Stroke. You're the Cure.

www.americanheart.org/yourethecure



BE GORGEOUS

FRAXEL LASER

Smooths & improves texture and minimizes pores. Have more youthful and radiant skin.

3 Sessions Only \$2500.00

TITAN LASER

Tighten your face and neck without surgery and without downtime.

3 Sessions Only \$2500.00

LEV-LITE SPECIAL

Acne - Rosacea - Acne Scars - Sun Damage.

3 Sessions Only \$2500.00

V-BEAM

Scars, Keloids, Leg Veins, Broken Blood Vessels on the Face.

3 Sessions Only \$1000.00

THE NEWMAN PEEL

Freshen up your skin with The Newman Peel.

3 Sessions Only \$600.00

*All Laser Specials subject to some restrictions apply. Call for Details.

(Come join us for a Day of Beauty)

25% off Botox • Juvederm

Please Call for Appointment

**July 28th, 2009
12pm - 6pm**

Dr. Nathan Newman is a part of a selected number of elite cosmetic surgeons across the world specializing in the latest surgical and non-surgical methods. Dr. Newman specializes in lipo-sculpture and correction of undesirable liposuction results.

Read this month's
article by Dr. Newman
on page 12

NathanNewmanMD.com

ADVANCED COSMETIC SURGERY

9301 Wilshire Blvd., Suite 303 Beverly Hills, CA 90210 310.273.3344