

# LA HEALTH NEWS

August 2009 | ISSUE 101 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

## SEXUAL LEARNING

All About The New "Sex Academy"

## BEAT THE HEAT

# 5 ESSENTIAL SUMMER TIPS

## NEW BEAUTY

Dr. Nathan Newman on Green Beauty Facials

## SUSPICIOUS MINDS

Dr. Edward A. Dreyfus on Trust Between Lovers

## TIRED OF BEING TIRED

Dr. Anju Mathur on Adrenal Fatigue

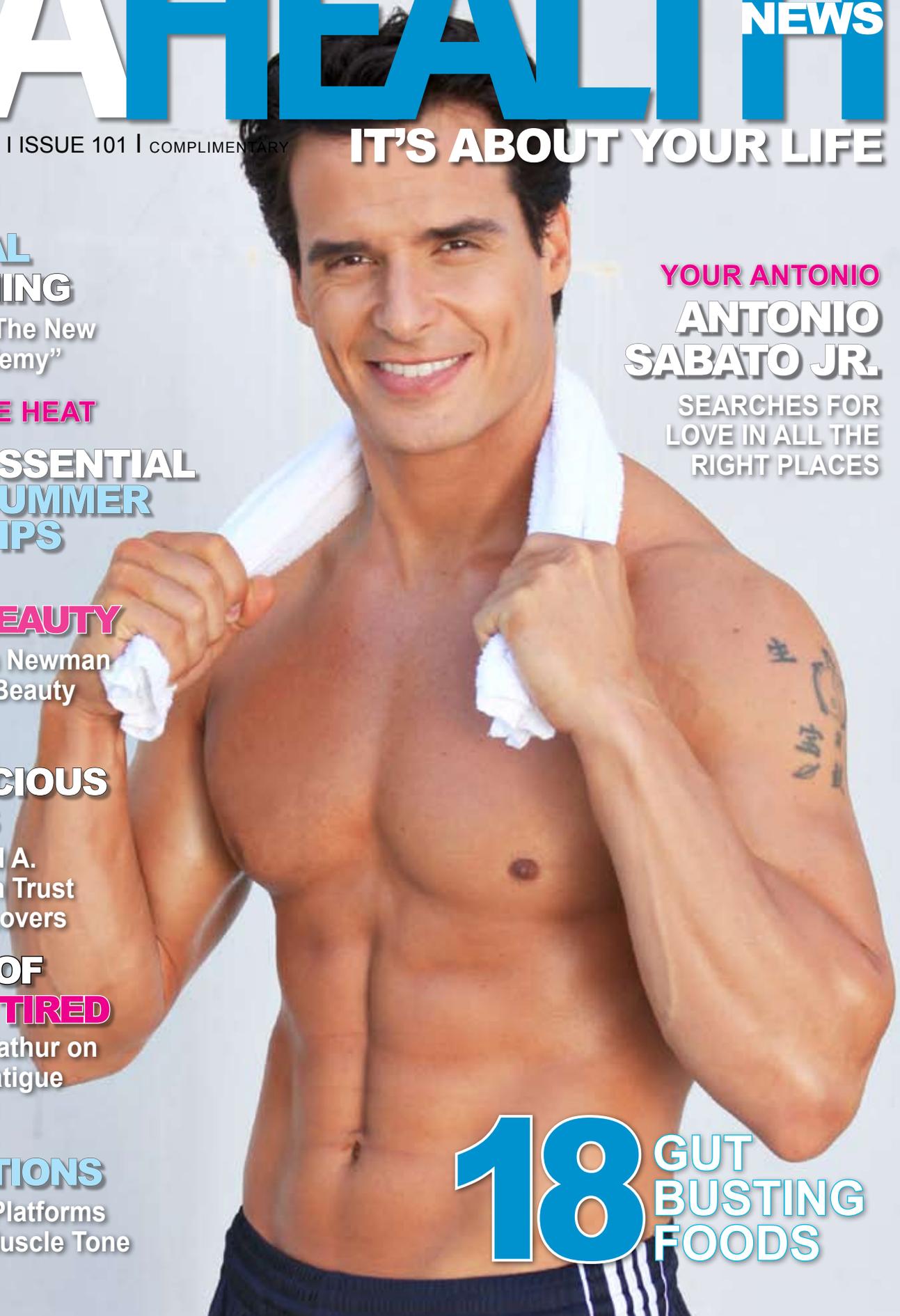
## GOOD VIBRATIONS

Vibrating Platforms Improve Muscle Tone

## YOUR ANTONIO ANTONIO SABATO JR.

SEARCHES FOR LOVE IN ALL THE RIGHT PLACES

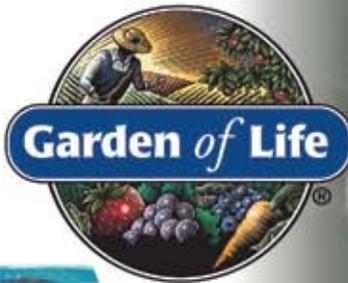
# 18 GUT BUSTING FOODS



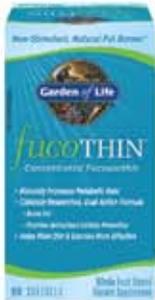
## Don't supersize him.

Childhood obesity is a growing epidemic that increases death and disability from heart disease. Requiring minimum standards for physical education, such as 150 minutes per week of physical education for elementary schools and 225 minutes for middle schools, gives children a fighting chance against obesity and heart disease. And, coordinated school health programs will ensure that children have sound minds and healthy bodies. You can prevent supersized children who suffer more health problems and grow into unhealthy, less productive and disabled adults. Don't miss your chance to shape a whole new generation of Americans and stop the nation's No. 1 killer—heart disease.

**Heart disease. You're the Cure.**



**Garden of Life**



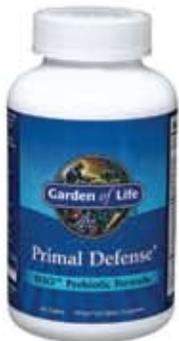
**FucoThin**  
Naturally Increases Metabolic Rate  
Supports Healthy Breakdown of Fat



shop online or visit our store  
**N101.com**



**Vitamin Code Multi**  
Raw Food-Created Nutrients  
Targeted Cellular Delivery  
Utilization



**Primal Defense**  
The Leading Whole Food Probiotic



**Oceans 3 Beyond Omega-3**  
EPA & DHA from Ultra Pure, High  
Potency Fish Oil



**New Customers  
Save 10%\***  
Use Coupon Code  
"LAH2288"

# 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

# contents

AUGUST 2009

VOLUME 10, ISSUE 101

**LAHEALTH** NEWS

www.lahealthnews.com

Issue 101  
Volume 10  
August 2009

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

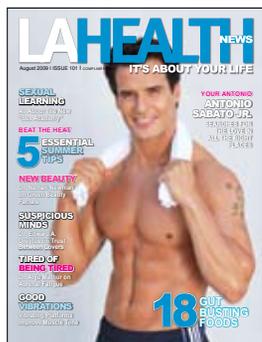
marketing consultants Kenny Malloy  
Isis Bottger

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:  
Jason Ellis Photography

## 10 BEAT THE HEAT

Five essential summer health tips

## 14 GOOD VIBRATIONS

Vibration training improves muscle tone

## 18 YOUR ANTONIO

Antonio Sabato Jr. searches for love

## 21 METABELLA PILATES

Nourishing your body, mind and soul

## 22 GO GREEN BEAUTY FACIALS

Dr. Nathan Newman

## 25 ASK DR. DREYFUS

Trust between lovers

## 26 CANNABIS TREATMENTS

New research into cannabis-based medicine

## 29 TIRED OF BEING TIRED

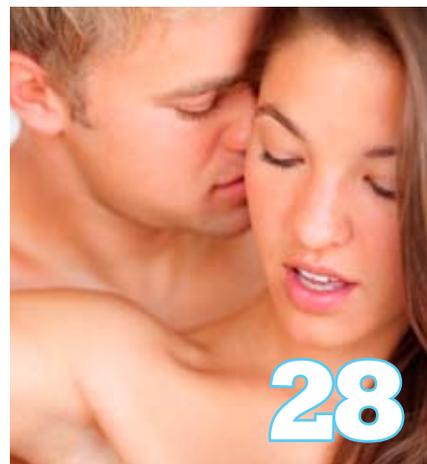
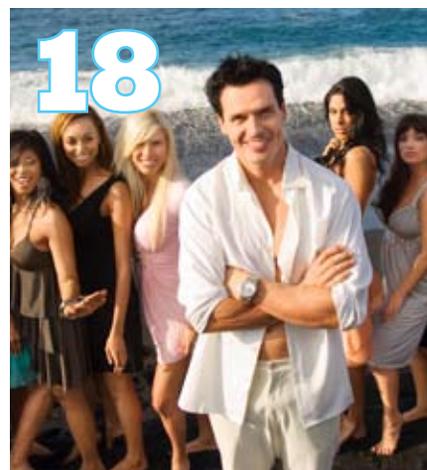
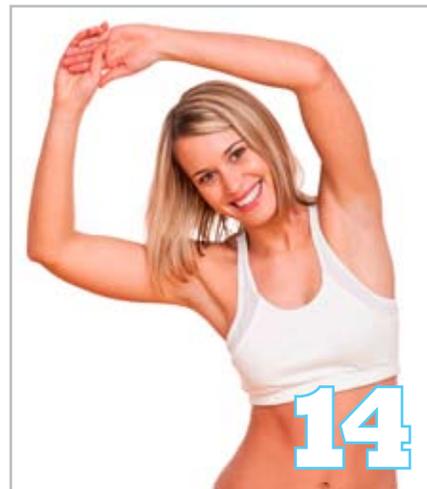
Dr. Anju Mathur on adrenal fatigue

## 30 TOP 18 FAT-FIGHTING FOODS

Increase your body's fat-burning power

## 32 THE WEIGHT OF STRESS

Economic woes can mean weight gain



6 Editor's Letter 8 Flash 12 Diet 16 Fitness 20 Environment 24 Beauty  
28 Alternative 33 Health Profiles 34 Calendar



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.olympiamic.com Call for free physician referral at (800) 874-4325

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

# New Stem Cell Rules Loosen Some Restrictions

**T**he government released final rules last month governing federally funded research on human embryonic stem cells, loosening some requirements that scientists said could have cost them a decade of work.

But the new rules keep many of the restrictions on the research. Federal funds may not be used to actually make the cells using human embryos -- only to work with them after someone else has made them.

In March, President Barack Obama lifted restrictions on human embryonic stem cell research that had been put into place by his predecessor, former president George W. Bush. He asked the National Institutes of Health to draw up new guidelines.

Supporters say work on the cells can transform medicine, with new understanding of how to regenerate tissues destroyed in diabetes, by injuries and by diseases such as amyotrophic lateral sclerosis or Lou Gehrig's disease.

Opponents say it is wrong to destroy human embryos for any reason and the issue has become a politically divisive one.

But over the years Congress reached a middle ground, with many social conservatives, such as Utah Republican Senator Orrin Hatch, saying they could support such research if it used embryos left over at fertility clinics.

"The guidelines reflect the broad public support for federal funding of research using human embryonic stem cells created from such embryos based on wide and diverse debate on the topic in Congress and elsewhere," the new rules said.

The new rules limit such research to

**Stem cells can transform medicine, with new understanding of how to regenerate tissues destroyed by disease**

these in vitro fertilization or IVF leftovers. They also establish stringent "informed consent" rules meant to make clear to the people whose eggs and sperm were used to make the embryos what they will and will not be used for.

The new guidelines also loosen restrictions on using human embryonic stem cells made in other countries.

The rules prohibit federal funding of embryos made by cloning, using a human egg only in a process called parthenogenesis, and those created specifically for research.

They do not affect what scientists do using private funds or state funds.

Representatives Diana DeGette, a Democrat, and Michael Castle, a Republican, have said they would introduce legislation broadening the guidelines further.

Mark Ariel  
Editor-In-Chief

# Bring your Sexy back.

Are you suffering from no or low libido and not ready to give up your sex life? Your lack of sex drive can be the direct result of low hormone levels.

Experts say that loss of desire and sex drive may be directly related to lower estrogen, progesterone, or testosterone levels, which often happens during menopause and andropause (the male menopause). This hormonal

imbalance can be the cause for low libido and general disinterest in sex for both men and women.

BodyLogicMD's anti-aging physicians offer bioidentical hormone therapy, fitness and nutrition services for women and men suffering from stress induced adrenal fatigue, symptoms of menopause and andropause. This preventive medical approach helps

put an end to symptoms of hormonal imbalances and will help you get your sexy back.

Unlike synthetic hormones, more



commonly used by other physicians, bioidentical hormones replicate the body's own natural hormones. They make men and women feel normal again. Using bioidentical hormone therapy can help patients regain their sexual

desires and feel alive again.

If you are not ready to give up your sexy, contact the highly trained physicians at BodyLogicMD and get your hormones checked today.

Testing is quick and easy.  
Call today! 877-835-1536



Dr. Travis Deuson  
BodyLogicMD of Encino  
16260 Ventura Blvd #105  
Encino, CA 91436

[www.bodylogicmd.com/LAhealth](http://www.bodylogicmd.com/LAhealth)

As seen in...



Hormone Therapy | Fitness | Nutrition

# Half of U.S. Should Get H1N1 Swine Flu Vaccination: Officials



About half the U.S. population should get vaccinated against H1N1 influenza and pregnant women and healthcare workers should be at the front of the line, U.S. health advisers agreed last month.

Up to 160 million doses of flu vaccine will be available for the start of a vaccination campaign planned for mid-October. The Advisory Committee on Immunization Practices recommended that state and local health officials prepare to vaccinate as many as 160 million people.

Each person will likely need two flu vaccine doses and officials said it was not clear exactly how much vaccine would be available when.

"The main message is that it's half the population (who are the priority to be vaccinated).

And it's the younger half of the population, as well as healthcare workers," Kathy Neuzil, the advisory committee's influenza work group chairwoman, said in an interview.

The group nearly unanimously accepted advice from the Centers for Disease Control and Prevention. The Health and Human Services

The recommendations said pregnant women, people who care for babies, and healthcare workers should be the first protected against the virus -- a total of around 41 million people -- in the event that not enough vaccine is available.

Department almost always follows the advice of the committee.

The recommendations said pregnant women, people who care for babies, and healthcare

workers should be the first protected against the virus -- a total of around 41 million people -- in the event that not enough vaccine is available.

Children between the ages of 6 months and four years were also included in that group. The vaccine was not recommended for infants under six months.

People at risk of serious

complications from catching the flu should follow, including those with asthma, diabetes and heart disease -- and then healthy young adults aged 19 to 24, the panel said.

Members of the panel said young adults should be a priority because they are more likely to become infected and tend to work in places that would accelerate the flu's spread.

Pregnant women are at special risk from the new strain and vaccinating them protects their newborns, too, the CDC's Dr. Anthony Fiore told the committee. Surveys show that people over 65 are at lower risk of contracting H1N1.

A CDC report released earlier last month showed pregnant women were four times as likely as other people to suffer severe complications and even die from H1N1 infection.

Five companies are making H1N1 vaccine for the U.S. market -- AstraZeneca's MedImmune unit, Australia's CSL Ltd, GlaxoSmithKline Plc, Novartis AG and Sanofi-Aventis SA.

It is not clear how many doses of vaccine will be available right away but the United States would need 600 million doses to immunize everyone.

H1N1 swine flu is now so widespread that the World Health Organization has stopped

counting individual cases. Health experts are afraid it could worsen, especially when the Northern Hemisphere's influenza season starts in the autumn.



**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 13 for details

# AGIMedia

## MWV

**STILL ROCKIN' AFTER 35 YEARS**

Los Angeles • 323.634.3203

agisales@agimedia.com

New York • 212.318.5626

# BEAT THE HEAT

FIVE ESSENTIAL SUMMER HEALTH TIPS *By Victor Melamed*



**N**o matter what summertime activity you choose to participate in - some fun and games with family or friends at the park, a refreshing swim, or a backyard barbecue - those hot can take a toll on you physically, as well as present some hidden dangers. Here are some tips on how you can manage the heat and keep cool during the dog days of summer.

## 1 DRINK WATER

The risk of heat exhaustion and heat stroke rises along with the temperature and humidity. Heat illnesses occur when the body's cooling mechanism becomes overloaded. When the heat starts to rise - slow down. Regardless of your activity level, drink more fluids - your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar.

## 2 OUTDOOR ACTIVITY GUIDELINES

Stay indoors or in shaded locations; wear lightweight, light-

colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

## 3 SWIMMING

"Swimmer's ear" is an infection of the ear and/or outer ear canal, which can cause the ear to itch or become red and inflamed. More common in children and young adults, movement or touching the ear can be extremely painful. Reduce your risk of getting Swimmer's ear:

- Dry your ears after swimming.
- Check with the pool staff about the chlorine and pH-testing pro-

gram at the pool. Those with good control are unlikely to spread Swimmer's Ear.

- Avoid swimming in locations that may have been closed because of pollution.
- Avoid putting objects (e.g. fingers, cotton swabs) in your ear that may scratch the ear canal and provide a site for infection.

Swimmer's Ear can be treated with antibiotic eardrops - contact your doctor if you think you might have Swimmer's Ear.

## 4 SKIN ISSUES

"Swimmer's Itch" is a skin rash caused by an allergic reac-

tion to infection caused by certain parasites found in contaminated salt or fresh water. You may experience tingling, burning, or itching of the skin. Small reddish pimples may later occur and could develop into blisters. Swimmer's itch cannot be spread from person-to-person, and most cases do not require medical attention. If you have a rash - try not to scratch as this may cause the rash to become infected. You may try the following for relief:

- Cool compresses
- Anti-itch lotion; calamine lotion
- Corticosteroid cream
- Apply a baking soda paste to the rash

## 5 OUTDOOR COOKING

No matter what time of the year, more and more people are cooking outdoors. But outdoor cooking during the summer seems to pose a few extra challenges - leaving food out for just a short period of time under the hot sun can result in harmful bacteria rapidly multiplying and it increases the chance of getting food borne illness. Here are some basic guidelines for safe food handling during the hot summer months:

- Purchase refrigerated or frozen items after you have selected all your non-perishables.
- Put raw meat/poultry in a plastic bag so juices won't cross-contaminate your fruits or vegetables.
- Immediately refrigerate all perishable items when you get home.
- Completely defrost meat/poultry, so that it cooks more evenly and doesn't leave raw or poorly cooked places.

children'sbureau

A LEADER IN CHILD ABUSE PREVENTION & TREATMENT



## Adoptive & Foster Parents Needed!..



Felipe, 13  
& Cindy, 10

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](http://www.all4kids.org)



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



## New Health, New Life.

We'll work together to ensure that you achieve your goals, feel great, and improve your overall health and well-being. I will construct a program that is specific to your goals, body type, and preferences. I train clients in the gym, privately out of their homes, the beach, parks, or wherever works the best. I also do 4-week group training sessions in a local park to help make having a personal trainer affordable for everyone.

# EVERY ANGIE FITNESS

BY ERIN

New 4-week group personal training sessions.

**Call for more information**

## ERIN MCFARLAND

Certified Personal Trainer, Nutritionist

310.600.9826 • [erin@erinmcfarland.com](mailto:erin@erinmcfarland.com)  
[Erinmcfarland.com](http://Erinmcfarland.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



# Diet Lowers Breast Cancer Risk Before Menopause

Women who want to protect themselves from developing breast cancer before menopause should be sure to eat their carrots, the results of new research suggest.

Dr. Laura I. Mignone of the Harvard School of Public Health in Boston found that the more servings of carotenoid-rich vegetables premenopausal women ate every day, the lower was their risk of developing the disease.

Carotenoids are plant pigments with powerful antioxidant properties. They are found in “carrots, kales, green leafy vegetables, the things that your mom always told you to eat,” Mignone said.

Most breast cancer risk factors are hormone dependent, for example, the age at which a woman begins menstruating or how old she was when she had her first child, Mignone noted. “These are

things that women aren’t able to change.”

But, she added, diet could be a modifiable risk factor. She and her colleagues examined the relationship between levels of carotenoid-rich fruits and vegetables in the diet and breast cancer risk by comparing the diets of 5,707 women with invasive breast cancer and 6,389 healthy controls.

Higher levels of the carotenoids vitamin A, beta carotene, alpha carotene, and lutein/zeaxanthin reduced breast cancer risk among premenopausal women, but not postmenopausal women. Eating at least two servings of carotenoid-rich vegetables each day reduced the risk by 17 percent, Mignone explained.

Carotenoids have been shown to interfere with estrogen signaling, the researcher noted.

**REDUCED RISK IN PREMENOPAUSAL WOMEN WHO ATE CAROTENOID-RICH FRUITS AND VEGETABLES**

## LOW-CALORIE DIET SLOWS AGING

A 20-year study of monkeys shows that a reduced-calorie diet pays off in less disease and longer life, researchers said. They said rhesus monkeys on a strict, reduced-calorie diet were three times less likely to die from age-related diseases like heart disease, cancer and diabetes over the study period than monkeys that ate as they liked. “We have been able to show that caloric restriction can slow the aging process in a primate species,” Richard Weindruch of the University of Wisconsin in Madison, whose study appears in the journal *Science*, said in a statement.

## HIGH-FIBER DIABETIC BENEFIT

High-fiber diets may slightly reduce calcium levels in patients with type 2 diabetes, according to a report in *Diabetes Care*. High-fiber diets can help improve blood sugar levels and cholesterol levels in diabetics, but it is important that the diet is rich in soluble fiber as well as in calcium, said senior author Dr. Abhimanyu Garg in an email interview with Reuters Health. Otherwise, Garg added, patients may need to take calcium supplements.

## GO EASY ON THE SALT

People with high blood pressure that isn’t controlled by multiple medications are likely eating too much salt, new findings in the journal *Hypertension* show. Individuals with so-called resistant



hypertension showed sharp reductions in their blood pressure when they dramatically cut their salt intake, Dr. Eduardo Pimenta of the University

of Queensland School of Medicine in Brisbane, Australia and his colleagues found.

# AQUA-RELIEF



Mix with water to soothe your sore throat!

All Natural Formula

Order today at:  
[www.Aqua-Relief.com](http://www.Aqua-Relief.com)



## DONGGUK UNIVERSITY

LOS ANGELES

### Complementary

Evaluation and Acupuncture Treatment

FIRST (15T) VISIT FOR NEW PATIENTS ONLY

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

### PRP

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 Shiekh, MD

J. Keller Wortham, MD

## 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)

## MEDI-SPA • WEIGHT MANAGEMENT

[www.etceteramedical.net](http://www.etceteramedical.net)



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

MEDICAL GROUP

**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



BASELINE

WEEK 16

### Latisse™

FDA APPROVED TO GROW EYELASHES  
Longer, Thicker & Darker

### FRACTIONAL SKIN RESURFACING



PRE TREATMENT POST TREATMENT

Removes lines, wrinkles, stretch marks, acne scars & dark spots

**\$400** per area (reg \$1,100)

Offer good until 8.31.09

### 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

**\$300** per area (reg \$800)  
Offer good until 8.31.09

**NEW FDA APPROVED!**  
**DYSPORT**  
Soften Lines & Wrinkles

<b>AGOURA HILLS</b> 30423 Canwood St. #101 818-889-5580	<b>CAMARILLO</b> 370 N. Lantana #14 805-383-9908	<b>ENCINO</b> 17609 Ventura Blvd. #203 818-385-0163	<b>SANTA CLARITA</b> 24868 Apple St. #202 661-259-8884	<b>SIMI VALLEY</b> 1960-10 Sequoia Ave. 805-582-0555
---	--	---	--	--

# GOOD VIBRATIONS

**“VIBRATION TRAINING IMPROVES MUSCLE TONE AND INCREASES CORE BODY TEMPERATURE BECAUSE IT ALLOWS FOR STIMULATION OF THE NEUROLOGICAL SYSTEM”** *By Dorene Internicola*



**T**here's a whole lot of shaking going on in gyms these days.

The machines responsible may look like locker room scales on steroids, and the idea of using them to jiggle the flab away may seem a bit wacky. But experts, celebrities and true believers say that squatting and pressing atop these vibrating platforms can perk up tired bodies and ignite weary workouts.

“Vibration training improves muscle tone and increases core body temperature because it allows for stimulation of the neurological system,” David Harris, director of personal training for the Equinox Fitness, said in an interview.

Over 100 gyms in the United States and more than 80 countries worldwide feature the vibrating platforms, according to Patty Stapleton, spokesperson for Power Plate, the California-based company which manufactures them.

Model and television presenter Heidi Klum, actors Clint Eastwood and George Clooney, and entertainers P-Diddy and Madonna are among its celebrity users, according to the company.

“Many people are using the machines to improve flexibility and reduce muscle soreness,” Fabio Comana, an exercise physiologist and spokesperson for the American Council on Exercise (ACE), said in an interview.

“There is quite a bit of research from Europe and United States to support some of the benefits,” said Comana, who teaches at the University of California at San Diego.

The principles of whole-body vibration therapy were originally developed for the Russian space program to combat the degenerating effects of zero gravity on muscle and bone.

Scientists found that vibrating therapy allowed cosmonauts to stay in space for up to three months longer.

Russian Olympic trainers began using it in the 1970's to improve their athletes' competitive edge, and in 1999 Dutch trainer Gus Van de Meer designed a device for the fitness community.

But really the technology reaches back much further -- to 1687 and Sir Isaac Newton's second law of motion.

“It works on Newton's principle where force equals mass times acceleration,” Comana explained.

“The vibration activates neurological systems and muscle response. It also places stress on the bones to increase their density and it certainly stimulates blood flow, improves flexibility and reduces muscle soreness,” he said.

“Many athletes use Whole Body Vibration to help maximize their results,” said a spokesperson for Soloflex. Soloflex revolutionized the way people pumped iron back in 1978 with the introduction of the Classic Soloflex. Now, they are shaking things up again with their new WBV Platform. Any exercise you add will get a boost. Touch your toes. Stretch. Pump some iron. If you're tired, just stand there and let the impact do the work.

**For more info visit [www.soloflex.com](http://www.soloflex.com)**

# Strengthen Bones Without Risking Drug Side Effects.



Impact has long been known to improve bone strength. The gentle but rapid tapping from the Soloflex Whole Body Vibration Platform is recommended for 10 minutes a day.

Our bone treatment has side effects too; stronger muscles, improved circulation and better balance. Other user-reported side effects may include weight loss, better sleep and reduced pain associated with arthritis, restless leg syndrome and fibromyalgia.

Commercial WBV platforms cost up to \$12,000. Our home unit costs only \$445.

**SOLOFLEX<sup>®</sup>WBV**  
*Exercise and Eat Right.<sup>™</sup>*

**Visit us online or call us today!**

**[www.soloflex.com](http://www.soloflex.com)   1-800-547-8802   <http://blog.soloflex.com>**

© 2009 Soloflex, Inc. Hillsboro, OR 97124 Est. 1978

*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.*



# Balance Training May Help Prevent Ankle Sprains

Athletes who have suffered an ankle sprain can significantly cut their chances of spraining their ankle again by doing balance exercises, a study from the Netherlands shows.

Ankle sprains are common and costly injuries. In the United States, an estimated 23,000 people sprain their ankle every day. Athletes are at high risk of repeat injury in the first year after an ankle sprain.

Researchers report that an unsupervised, in-home 8-week training program made up of a series of exercises to improve balance and motor coordination skills is effective in preventing re-injury to the ankle.

They studied 522 athletes (274 men and 248 women) between 12 and 70 years old who had suffered a sprained ankle in the 2 months

before entering the study. All of them received usual rehabilitative care for an ankle sprain and an "intervention" group of 256 athletes also performed three 30-minute balance training sessions per week as part of their warm-up

for their normal sporting activity. The exercises, such as balancing on a balance board, got progressively more difficult.

Over the course of 1 year, fewer athletes in the intervention group than the usual care group sprained their ankle again -- 56 (22%) athletes in the intervention group versus 89 (33%) in the usual care group re-sprained their ankle.

Balance training was associated with a 35% reduction in the risk of recurrent ankle sprains compared to the control group, the researchers report.

**ATHLETES ARE AT HIGH RISK OF REPEAT INJURY IN THE FIRST YEAR**

## WEIGHT-BEARING EXERCISE FOR BONE HEALTH

Higher-impact exercise, including running and jumping, is the most important type of activity for building stronger bones -- especially around the time of puberty, according to a research review. Weight-bearing activities, such as running, jumping rope and lifting weights, put the bones under stress. This forces the bones to respond by becoming stronger. In contrast, low-impact exercise, like biking or swimming, works the heart and trims the waistline, but puts little strain on the bones.

## WALK FARTHER, MORE OFTEN

Walking far and often may be the best exercise prescription for overweight adults with heart disease, a recent study suggests. In a clinical trial of 74 overweight heart disease patients, researchers found that a calorie-burning regimen of longer-distance, moderately paced walking improved patients' risk factors to a greater degree than shorter, more-intense bouts of exercise.

## TENNIS ELBOW? GET A RUBBER BAR

People who suffer from tennis elbow may find relief by adding simple home-based exercises, using an inexpensive rubber bar, to standard physical therapy, according to a recent study. In a study of 21 tennis elbow patients, those that did the rubber



bar exercises "got significantly stronger and had significantly less pain and a better outcome than the people that did standard physical therapy alone," researchers said. The FlexBar used in the study is made by the Hygenic Corporation of Akron, Ohio, which also makes the Thera-Band physical therapy products. The company donated the FlexBars used in study but did not sponsor the study.

# 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](http://www.youngyoucorp.com)  
FOR WHOLESALE AND DISTRIBUTION PLEASE CALL US AT (818)344-3370



# 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

*Softens Lines & Wrinkles*

**Latisse™**

BASELINE



WEEK 16



**FDA APPROVED TO GROW EYELASHES**

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

## INITIAL VISIT FOR Weight Loss Management

**\$100** (reg \$200)

*Gift Certificates Available!*

**Et cetera**  
MEDICAL GROUP

**CAMARILLO**  
370 N. Lantana #14  
**805-383-9908**

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

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

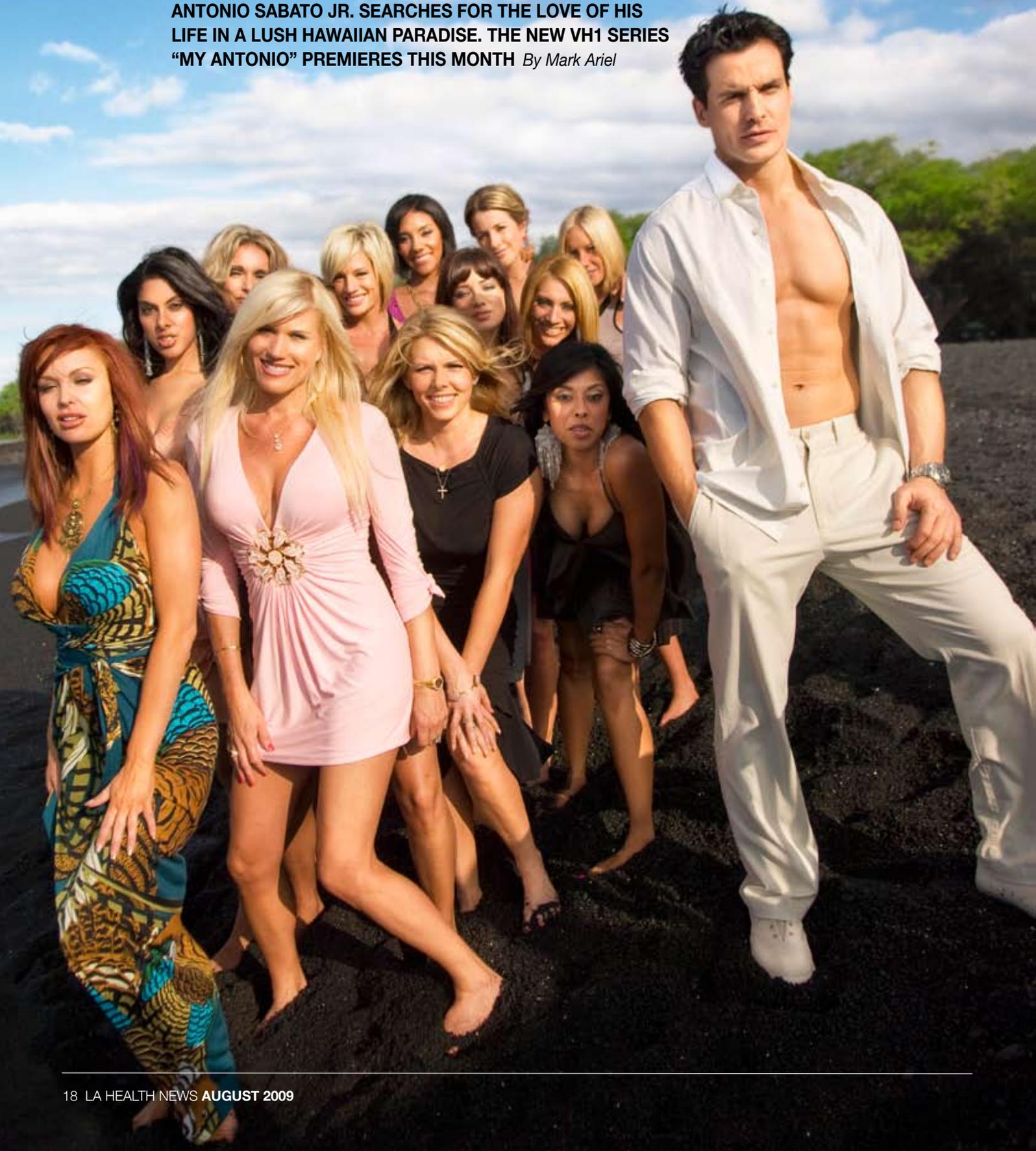
**ENCINO**  
17609 Ventura Blvd. #203  
**818-385-0163**

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

[www.etceteramedical.net](http://www.etceteramedical.net)

# YOUR **ANTONIO**

**ANTONIO SABATO JR. SEARCHES FOR THE LOVE OF HIS LIFE IN A LUSH HAWAIIAN PARADISE. THE NEW VH1 SERIES "MY ANTONIO" PREMIERES THIS MONTH** *By Mark Ariel*



**U**ltimate bachelor Antonio Sabato Jr. is looking for love-and VH1 captures every twist and turn of the battle for his heart in "My Antonio."

Thirteen beautiful women travel to an exotic paradise in Hawaii, hoping to make a love connection with the General Hospital star, Calvin Klein underwear model and fitness-conscious hunk extraordinaire. Who will win the heart of one of the most desired men on the planet? Find out on "My Antonio," premiering Sunday, August 16th, 2009 at 10pm on VH1.

"My Antonio" is a real-life soap opera, with romance, betrayal and a show-stopping plot twist: A woman from Antonio's past will shock everyone when she shows up to compete for his love. And she's not just any woman. She's Antonio's ex-wife! Now she's determined to win him back-at any cost.

And there's another lady causing trouble-- Antonio's momma. She arrives to help him make

Antonio is in charge.

"I've been with some of the most amazing women in the world," says Sabato, "and at the age of 37, I'm finally ready to settle down. I really hope to meet that special someone. For me this is not a game. This is real. This is my life."

While fitness has always been a part of Sabato's life, (his book "No Excuses: Antonio Sabato Jr. Workout For Life" published in 1999, is still available on amazon.com), the model/actor has found a few new interests in the field. "I recently got into gymnastics," Sabato reveals in an interview with **LA Health News**. "Regular workouts at the gym are fine - but I really enjoy the competitive aspect of gymnastics. Gymnastics provide an increase in muscular strength, flexibility



**"THE FOOD YOU CONSUME AND THE LIFESTYLE YOU LIVE WILL SHOW IN YOUR FACE, SO REMEMBER TO EAT LIKE YOU WANT TO LOOK... IT'S REALLY ALL ABOUT COMMON SENSE"**

the most important decision of his life. But is anyone good enough for her number one son?

The 10-episode series begins with Antonio's sexy swim ashore to meet the 13 beauties vying for his attention. Within the first few moments, Antonio makes a shocking elimination, leading the women to realize that anything can happen when Anto-

and endurance, and to top it off, it's fun," says Sabato.

Diet-wise, Sabato doesn't follow any strict regimen, however, he says, you are what you eat. "The food you consume and the lifestyle you live will show in your face, so remember to eat like you want to look," says Sabato. "It's really all about common sense."



*"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.*





## Risk of Certain Birth Defects Higher in Teen Moms

Birth defects not involving chromosomes are more common among the offspring of teenage mothers than among older mothers, UK investigators have found.

Teenage mothers are known to have a higher risk of some "nonchromosomal" birth anomalies, they explain, but there is little information on the overall risk.

Researchers found that the overall prevalence of nonchromosomal birth defects was 22.4 per 1000 births, and it ranged from 26.5 per 1000 births among mothers who were younger than 20 years old, to 21.4 per 1000 births among mothers who were 35 to 39 years.

Teenage mothers were 6.3-times more likely than mothers who were 25 to 29 years old to have a baby born with a defective closure of the abdominal wall through which the intestines

protrude -- a condition called gastroschisis -- and nearly 5-times more likely to have a baby born with malformations resulting from maternal infection during the first trimester.

The likelihood of two heart defects -- tricuspid atresia and stenosis -- was almost 3-times more common among teen mothers.

The risk of anencephalus (a brain abnormality) and nervous system and digestive system anomalies was also higher in the adolescent moms.

"The maternal age pattern of risk differs between countries, suggesting that it is not biological age that is associated with risk of nonchromosomal congenital anomalies, but reproductive, social, ethnic, exposure, or lifestyle factors that have a different relationship with maternal age in different European countries," the investigators point out.

**THE  
LIKELIHOOD  
OF HEART  
DEFECTS WAS  
ALMOST 3-TIMES  
MORE COMMON  
AMONG TEEN  
MOTHERS**

### STRESS, AIR POLLUTION ASTHMA RISK

Children with stressed-out parents may be more prone to developing asthma associated with environmental "triggers" such as high levels of traffic-related pollution and tobacco smoke, hints a study published today. In the study, researchers found that children whose parents reported high levels of psychological stress and who were exposed to cigarette smoke in the womb and to traffic-related pollution early in life had a much higher risk of developing asthma, compared to children only exposed to pollution.

### PESTICIDE EXPOSURE PARKINSON'S LINK

New research provides more evidence for a link between pesticide exposure and Parkinson's disease and pinpoints a specific risky chemical. Researchers found that Parkinson's disease patients were more likely to have detectable levels of beta-hexachlorocyclohexane (beta-HCH) in their blood, and also had higher average levels, than healthy individuals or Alzheimer's disease patients. Beta-HCH belongs to a class of pesticides known as organochlorines, which were banned in the US in the 1970s. But these pesticides can persist in the environment -- and in people's bodies -- for decades.

### POLICE OFFICERS & HEART DISEASE

Police officers may have a higher-than-average risk of developing heart disease -- not all of which can be explained by

traditional risk factors, a new study suggests. Researchers found that compared with the general population, officers with the Buffalo, New York, police force showed an elevated rate of early atherosclerosis -- a build-up of fatty deposits in the arteries than can lead to heart disease or stroke.



# METABELLA PILATES

SPECIFICALLY DESIGNED FOR EACH INDIVIDUAL'S MIND, BODY, AND SOUL

By Catalina Spada



**METABELLA** means The workout is centered on your beyond beauty and that needs and progress. The is exactly what I have created," pronounces Natalie Pierre, owner and founder of Metabella Pilates. More than a pilates studio, Metabella Pilates is a healthy life style choice. Pierre's mission is to provide an environment that nourishes your body, mind, and soul.

**It's easy to create a healthy plan for each individual once you have researched and found the problems.** treatments that follow are designed according to your stress levels, intoxication, and nutrition. Such details educate you on the state of your body. It's easy to create a healthy plan for each individual once you have researched and found the problems. Re-

search shows that when you're under stress, you may find it harder to keep up healthy-eating habits. That is why it is crucial to evaluate all aspects of you in order to produce a healthy alternative. Metabella has everything you need in order to enhance your health and wellness.

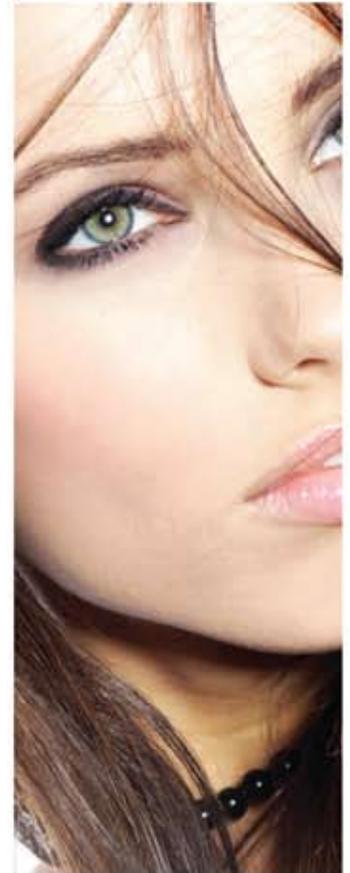
Here are five reasons why you should to try Metabella:

- 1** You get a one on one private training focusing on your physical needs.
- 2** You can see an acupuncturist and a massage therapist at the facility.
- 3** You can choose from different cuisines from world-renowned chefs who will prepare you a private, healthy meal after your workout
- 4** Scheduling is flexible. Classes and treatments are designed to fit your schedule.
- 5** You will walk out of Metabella with a beautiful, healthy glow.

**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](http://www.metabellapilates.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 to 10 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  
BUILT FOR THE INSIDE OUT

[freshfacecollagen.com](http://freshfacecollagen.com)

888.466.9941 | 714.449.9787

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

# GO GREEN BEAUTY FACIALS

USING IONIZED WATER TO FIRM AND TONE YOUR SKIN *Dr. Nathan Newman*

**W**ith the green revolution, comes the integration of alternative medicine into traditional western medicine to help you live longer, younger and healthier. In Japan, hospitals use a very acidic ionized water to help clean wounds, treat diabetic ulcers and help disinfect the bacteria and viruses without the need for caustic chemicals. This acidic ionized water can also be used on the skin to help reduce inflammation, irritation and itching. It has been further noted that people who regularly use ionized acidic soft water to wash their face tend to have younger looking skin. The go green ionized beauty water has been integrated into traditional facial techniques to help give you clear, soft, youthful and healthy skin.

## What is a Facial?

A professional facial may include the following steps: Skin analysis, cleansing the skin, removing excess oils and dirt, removing rough dead skin, extractions to open clogged pores such

as black heads, exfoliation (microdermabrasion, Newman Peel, Other chemical peels), facial massage, customized facial masks to treat a variety of skin conditions (acne, sun damaged and aging skin), application of toners and protective creams, and advice on skin care products to maintain your results.

## The Benefits of Facials

There are many variations and additions to the traditional European facial, yet all facials are done to restore the youthful softness, clear complexion and even-toned glow to your skin. Facial treatments may help clear acne, sun spots and skin discoloration, and wrinkles.

## Ionized Beauty Water

### Facials: The pH Effect

It has been discovered that the characteristics of water change based on its pH. The presence of excess sediments, such as calcium, in water causes the pH of the water to rise and become

alkaline. This water is called hard water and is harsh on the skin. As the water is ionized to a lower pH, the water is acidified and this acidic water is called soft water. Applying the ionized soft acidic water to the skin will help to keep the pores open and help clear up excess bacteria reducing acne and other blemishes. In addition, it works as an astringent to firm and tone the skin and to help reduce wrinkles, premature aging, accelerating oxidative cascades of cell wall destruction, creating wrinkling, age spots.

## How Often Should I Get A Facial?

Your facial needs are based on your skin type (dry, oily, combination, sensitive, mature) and medical skin conditions. You may need to start a series of treatment sessions that are spaced close together to give you the desired results and then maintain your results with facials at longer intervals. Depending on your skin condition you may benefit from getting a facial at every two to six week intervals initially followed by quarterly continuation treatments.

## Facials & Cosmetic Procedures

A professional facial is a non invasive and economical treatment that will help in maintaining a clean, glowing and youthful appearance and may prevent the need for more complicated and more costly treatments. Regular facial treatments and a proper skin care regiment will help to maintain and even enhance the results of your cosmetic procedures.

## Go Green Beauty Facial

The Go Green Beauty Facial combines the unique and natural advantages of ionized acidic water with traditional facial methods to benefit you with the desired fresh, smooth, toned, clear and beautiful skin.

**Dr. Nathan Newman is a world-renowned cosmetic surgeon in Beverly Hills who is at the forefront of scar free face, neck and body lifts. He has been interviewed on news**

**TV, radio and published in prestigious medical journals. To schedule a consultation for your individualized treatment plan call 310-273-3344 or e-mail to [info@orchidsurgery.com](mailto:info@orchidsurgery.com).**



**FREE EASY PARKING IN BACK / USE REAR ENTRANCE**

MUST BE 21 FOR MEMBERSHIP

FREE DOCTORS REFERRALS

FREE GIFT FOR FIRST TIME PATIENTS

HIGHEST QUALITY CANNABIS • AFFORDABLE PRICES

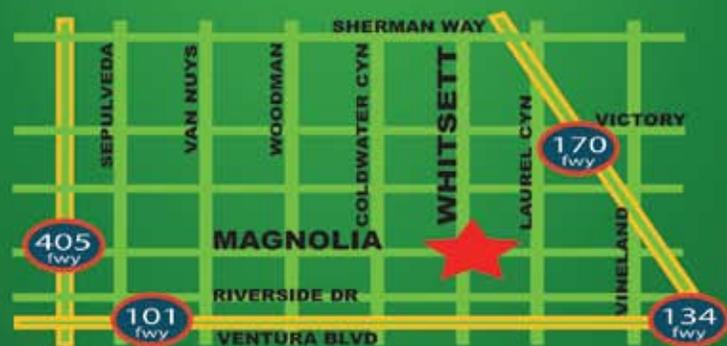
HIGHEST QUALITY CANNABIS • AFFORDABLE PRICES

# TUMMO

## COLLECTIVE



**JOIN THE MOVEMENT - FREE MEDICAL MARIJUANA**



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**





# Safe and Effective Treatment of Varicose Veins

Got varicose veins? British doctors are singing the praises of ultrasound-guided foam sclerotherapy, as safe and effective for the treatment of varicose veins. The technique safely achieves complete occlusion in 91 percent of legs with varicose veins, doctors report in the British Journal of Surgery. Established sclerotherapy techniques use liquid injections to treat varicose veins or spider veins. Ultrasound-guided foam sclerotherapy is a variation that uses a solution that has been transformed into foam by being forcibly mixed with air.

A study reported in 1944 provided the first evidence that adding air to liquid "sclerosants" enhanced their efficacy in treating varicose veins. However, this concept received little attention until about a decade ago when researchers

showed that sclerotherapy with foam was more effective than with liquid sclerosants, particularly under ultrasound guidance.

In their report, Dr. S. G. Darke and S. J. A. Baker, from the Royal Bournemouth Hospital in the UK describe 192 patients referred for varicose vein treatment over a 15-month period. Eleven of these patients selected surgery, while the remainder chose ultrasound-guided foam sclerotherapy. Of the 220 legs treated with ultrasound-guided foam sclerotherapy, 163 were successfully treated, showing complete occlusion of varicosities after one intervention. With a second treatment, 32 additional legs achieved complete occlusion and with a third, 1 more responded. Thus, overall rate of complete occlusion was 91 percent.

**DOCTORS ARE SINGING THE PRAISES OF ULTRASOUND-GUIDED FOAM SCLEROTHERAPY**

## ANTI-WRINKLE DEVICE APPROVED

Palomar Medical Technologies Inc said health regulators approved over-the-counter (OTC) marketing of its laser device for treatment of wrinkles around the eyes, sending the aesthetic device maker's shares up as much as 22 percent. The device was developed by Palomar and completed together with Johnson and Johnson Consumer Companies, under a previously announced deal to develop light-based anti-aging devices, the company said in a statement.

## LASER ACNE BENEFIT

Laser treatment can reduce inflammatory facial acne lesions with few side effects, new research shows. Moreover, it appears to work even with the darkest skin types. The findings are based on a study of 22 patients, with light to dark skin types, who underwent three treatments with the laser at 3 to 4 week intervals. Side effects were minimal -- typically temporary redness and swelling -- and the procedure-related pain was well tolerated, the investigators note. The results indicate that the laser is a safe and effective treatment for facial inflammatory acne vulgaris, the researchers conclude.

## COSMETIC SURGERY MAY BOOST MENTAL HEALTH

Roughly a third of patients who take antidepressants and undergo cosmetic plastic surgery discontinue these medications after the operation, according to new study findings. Lead



researcher Dr. Bruce Freedman told Reuters Health that while the cosmetic procedures were associated with marked improvements in self-esteem, this did not explain why many

antidepressant users were able to stop taking the drugs after surgery.



# ASK DR. DREYFUS

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

**Dear Dr. Dreyfus:**

\*I have lived with my boyfriend for 9 months and love him dearly. However, we have trust issues. He is suspicious by nature and reads my emails and constantly 'checks up on me'. He often cites Dr. Phil as an excuse and says there should be total transparency in a relationship. I agree but don't think this should be taken to extremes. He insists on knowing my passwords etc.\*

**Dr. Dreyfus answers:** There is a big difference between transparency and privacy. Transparency refers to a genuine and open relationship, where no attempt is made to deliberately hide important information from one's partner that might affect the relation-

ship. Transparency offers each partner the opportunity to fully know one another. It requires that each individual voluntarily make an effort to reveal themselves to one another in an effort to be real. While total transparency might be a goal, it does not mean that individuals in a relationship are not entitled to privacy. The concept of transparency does not give license to the parties to violate personal boundaries, to invade personal space, or to be intrusive. Even the most transparent of individuals have areas of thought and action that are not open to public scrutiny. These areas might include reading someone else's mail whether postal mail or email, reading a personal diary or journal, demanding to know the content of all conversations held with other people, etc.

Trust is a two-way street. It suggests that each party will take a leap of faith that says that each believes that the other will not

do anything to intentional harm the other person. Trust is gradually built as we learn more about each other. Transparency facilitates trust. When you describe your boyfriend as checking up on you, this suggests that he has not made that leap of faith. He does not respect your privacy. And he is not building intimacy. He seems more concerned about his own insecurities than he is about the affect of his behavior on the relationship. I suggest that either he backs off or that you back out.

*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.*



*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](http://www.etceteramedical.net)

Advertise in

**LAHEALTH NEWS**

**323-297-4001**

*Time to go Green*  
**818.980.1122**

**Cor**

*Open 7*  
*From 10 Am TO 10 Pm*

- ★ 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**

# CANNABIS TREATMENTS

NEW RESEARCH INTO CANNABIS-BASED MEDICINE FOR DIABETES, MULTIPLE SCLEROSIS *By Ben Deighton*

**C**annabis plant extracts could potentially form the basic ingredients for a market-leading diabetes drug, the scientist who developed a former world-beating treatment for the condition believes.

Professor Mike Cawthorne led the team that developed GlaxoSmithKline's Avandia, which became the company's second-biggest selling drug until sales plunged in 2007 after a study linked it to a higher risk of heart attacks.

"I sincerely believe it is possible to improve on it (Avandia), and plant-based medicines could be one way to do that," he told Reuters in a telephone interview.

Cawthorne is collaborating with GW Pharma, a specialist developer of cannabis-based medicines, at a new laboratory dedicated to looking for plant-based treatments for diabetes.

The GW Metabolic Research Laboratory will look the different cannabinoid molecules that have

been found within the cannabis plant, as well as range of other plants extracts.

There are 60-70 cannabinoid extracts, though only one of those - THC - has the psychoactive properties traditionally associated with the plant.

The researchers will conduct preclinical studies to evaluate them all as possible treatments for diabetes, with a view to getting licensing deals if they strike it lucky.

Cawthorne said that the cannabinoid CBD, used along with THC in GW Pharma's Sativex drug, has been seen to raise levels of 'good' cholesterol in animals.

While 'bad' cholesterol can build up in the blood vessels and cause strokes or heart attacks,

'good' cholesterol is thought to protect against heart attacks.

Cannabis-related diabetes treatments have a checkered history, with Sanofi-Aventis discontinuing development of its Acompla obesity drug after European authorities requested that it was withdrawn from sale over fears of psychiatric side effects.

It had been seen as Sanofi's biggest new drug hope, and the withdrawal dealt a blow to CB1 receptor antagonists-the class of medicines to which Acompla belonged-in general.

Cawthorne says he is working with actual cannabis extract rather than its synthetic equivalent, giving the basic ingredients of his potential treatments very different phar-

maceutical properties.

The center would look to treat specific symptoms of diabetes, such as non-alcoholic fatty liver or increased energy expenditure, rather than focusing on specific molecules, which is the route the pharmaceutical industry has taken to date.

"One needs to... not worry too much about the individual targets, but look and see what individual plant-based materials can do to (treat) the whole disease," he said.

"There really have been relatively few developments in finding new diabetes drug treatments... This new approach might be more productive in answering the unmet clinical need."

In related news - a pioneer-

**While 'bad' cholesterol can build up in the blood vessels and cause strokes or heart attacks, 'good' cholesterol is thought to protect against heart attacks**



ing cannabis-based medicine for multiple sclerosis (MS) from British drug maker GW Pharmaceuticals has been filed for approval in Europe, paving the way for its potential approval at the end of 2009 or early in 2010.

Clinical trials have shown GW's drug Sativex, which is sprayed under the tongue, reduces spasticity in multiple sclerosis patients who do not respond adequately to existing therapies.

The spray contains two active cannabinoids, CBD and THC. The latter substance is responsible for the euphoria associated with smoking cannabis.

Further clinical trials need to be completed before the medicine is ready for submission for approval in the United States, where GW's partner is Otsuka.

## 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](http://www.DrEidelman.com)

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

The doorway is in the middle of the International Newsstand.



Mary, 65  
retired teacher  
grandmother

## A TYPICAL STONER

### MARY WAS DIAGNOSED WITH CHRONIC ARTHRITIS

She's a regular user of medical marijuana. Marijuana use decreases swelling and pain, and can be used topically on arthritic joints for immediate relief. Mary still gets stiff, but medical marijuana makes her days easier, and allows her to keep up with her grandchildren on the playground.

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

### MARIJUANA WORKS.



1.866.632.6627  
[www.medicannusa.com](http://www.medicannusa.com)

MediCann  
A PRESCRIPTION FOR CHANGE



**MEDICAL CANNABIS  
FOR PATIENTS THAT SUFFER FROM...**

**CHRONIC PAIN ■ AIDS ■ CANCER ■ NAUSEA  
MIGRAINS ■ GLAUCOMA ■ DEPRESSION  
ANXIETY ■ CHROHN'S ■ FIBROMYALGIA  
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

## We Carry a Wide Variety of High Quality Medicine Healers on Third



311 1/2 S. Sweetzer Avenue  
Los Angeles, CA 90048

Convenient Parking  
on the side of the building

Tel. 323 951-9612  
Fax 323 951-9613

### COUPON

10% OFF Veterans and  
Disabled Persons  
Benefits Identification  
card or Medicare card.

First-Time Patients Only.  
Thank you.

### COUPON

Free gift bag with 1/8  
donation for Sativa.

For First Time Patients only.  
Thank you.

### COUPON

Free Gram with 1/8  
Donation for Indica.

For First Time Patients only.  
Thank you.

- Nausea
- Aids
- Cancer
- Insomnia
- Chronic Pain
- Scoliosis
- Depression
- Migraines
- Arthritis

Menu: (TBA)



**All Farmers Welcome!**



Handicap accessible

Open 7 days a week from Mon-Fri 10am to 10pm  
Sat-Sun 11am - 10pm



## Back To School: “Sex Academy” Offers Tips

Wannabe Latin lovers can improve their technique by playing with the erogenous zones of naked mannequins at a new interactive exhibition that has now opened in Berlin.

The “Amora sex academy” that opened in Berlin last month welcomes visitors with the wry slogan, “Finally -- an exhibition for those who always have to touch everything.”

More than 50 interactive displays guide visitors through the intimate areas of the male and female bodies, offering helpful tips on everything from striptease to oral sex and how to achieve a perfect orgasm.

“A lot of couples come in here together to learn something,” said manager Uta Barkow. “It’s

been very well received so far. A lot of exhibits have that ‘aha’ effect on a lot of people.”

The show features several life-sized plastic models, naked and in various positions.

One female mannequin light ups when touched in the right spot.

A voice shrieks “That’s it!” when the visitor manages to put his finger on the elusive G-spot.

“So far we’ve had just as many women in here as men,”

Barkow said. “Women coming in tend to have fewer inhibitions while the men tend to be a bit more embarrassed.”

The museum also shows film clips of various sexual positions, including the “Italian chandelier” that the viewer learns can burn up to 920 calories per hour.

**INTERACTIVE DISPLAYS GUIDE VISITORS THROUGH INTIMATE AREAS OF THE BODY**

### ALTERNATIVE MEDICINE BIG BUSINESS

Complementary and alternative medicine such as acupuncture, herbal supplements and meditation are big business in the United States, totaling nearly \$34 billion in out-of-pocket spending, according to a government report released on last month. “Despite this emphasis on self-care therapies, 38.1 million adults made an estimated 354.2 million visits to practitioners of complementary and alternative medicine,” the report said.

### ACUPUNCTURE HELPS EASE PCOS

Acupuncture can help ease symptoms in women with polycystic ovary syndrome (PCOS), a difficult-to-treat hormonal condition affecting about one in 10 women of childbearing age, a small new study shows. Women with PCOS have high levels of testosterone and other “male hormones,” cysts on their ovaries, irregular menstruation, and fertility problems, along with symptoms like excessive facial and body hair and acne. The current report is part of a larger study of 74 women, and researchers are currently conducting a more extensive analysis of the effects of acupuncture treatment on PCOS symptoms in these women, including whether it improves their quality of life.

### RELAXATION TECHNIQUES DECREASE ANXIETY

Acupressure and Montessori-based activities decrease agitation in institutionalized residents with dementia,



according to a report in The New England Journal of Medicine. “This study confirms that a noninvasive, traditional Chinese medical procedure,

acupressure, coupled with a Western activities program, could be useful in caring for people with dementia and that in-service training for formal caregivers in private and institutional settings would be beneficial,” the investigators conclude.



# TIRED OF BEING TIRED

**EVERYTHING YOU NEED TO KNOW ABOUT ADRENAL FATIGUE** *By Dr. Anju Mathur, The Angel Longevity Medical Center*

**T**ired for no reason? Get tired especially when faced with stress? Having trouble getting up in the morning? Need coffee, colas or sweet snacks to keep going?

If you answered yes to one or more of these questions, you may be suffering from Adrenal Fatigue, the 21st century syndrome. Adrenal fatigue could occur in anyone who is suffering from severe or constant physical or emotional stress. It is also an important contributing factor in many ailments ranging from obesity to allergies. Despite its prevalence, the medical community has largely ignored it. Although it affects millions of people throughout the industrialized world, conventional medicine does not recognize it as a clinical syndrome.

This syndrome has been largely known also as Hypoadrenia, Non Addison's disease, neurasthenia, adrenal fatigue, and adrenal apathy. Adrenal fatigue can wreck havoc in your life. Adrenal fatigue is produced when the adrenal gland cannot meet the demands of stress being faced by the individual. In more severe cases the adrenal is working so way below its optimum that a person is tired throughout the day and can hardly function for more than a few hours a day. The adrenal function is so compromised that it affects all the systems in the body including fluid and electrolyte bal-

ance, carbohydrate and protein and fat metabolism, heart and even sex drive. Whether you have an emotional crisis or physical stress like surgery, if the adrenal cannot provide the hormone production in enough quantities, you will experience some fatigue.

## WHO GETS ADRENAL FATIGUE?

Anyone can suffer from adrenal fatigue sometime in his or her life. An illness, a life crisis or a difficult situation can drain the adrenal resources of even a healthy person. However there are factors that can make you prone to getting adrenal fatigue. They include certain lifestyles e.g. smoking, drugs, too little sleep, poor diet or too many pressures or repeated infections e.g. chronic bronchitis or recurrent infections pneumonia etc.

## HOW COMMON IS ADRENAL FATIGUE?

Since 9-11 occurred in the US, over 80% of North Americans suffer from adrenal fatigue sometime in their life. Sometimes it is temporary or it could last for a long period of time and could be very debilitating.

## HOW CAN YOU TELL IF YOU HAVE ADRENAL FATIGUE?

If you suffer from the following symptoms frequently, then you may be suffering from Adrenal fatigue:

- If you feel tired for no reason most of the time.
- Can't get out of bed in the morning even if you go to bed at a reasonable hour?
- Feeling rundown or overwhelmed.
- Can't bounce back from illness or stress?
- Crave sweet or salty foods?
- Feeling best only in the evening?

## Other adrenal fatigue related health conditions include:

- Low blood sugar
- Muscle pains
- Diabetes
- Chronic recurrent infections
- Allergies
- Rheumatoid Arthritis
- Sleep disorders
- Difficult Menopause
- Female hormone imbalance

Adrenal fatigue is an important health problem and should be handled. It could be diagnosed and handled with nutritional and occasionally bioidentical hormones are needed to fully recover from adrenal fatigue.

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



# TOP 18 FAT FIGHTING FOODS

**INCREASE YOUR BODY'S FAT-BURNING POWER BY EATING THESE TOP FAT-FIGHTING FOODS**

*By Patrick Tsakuda*

**I**t's not too late to drop a few extra pounds this summer - and it might not be as hard as you think!

You can increase your body's fat-burning power by eating more foods that help your liver (your body's main fat-metabolizing organ) to burn fat better, resulting in a leaner body.

Michelle Schoffro Cook, DNM, DAc, CNC, on her web site [www.energyeffect.com](http://www.energyeffect.com), recently listed her main fat burning food choices. We added a few of our own - and created our Top 18 Fat-Fighting Foods.

**1 OATMEAL**  
A recent study found that in addition to lowering cholesterol, eating oatmeal can also be part of a weight loss plan. The results of the study found that people who ate a bowl of Quaker Instant Oatmeal Weight Control as part of an overall reduced calorie weight loss plan, which included walking, lost significant amounts of weight and body fat when compared to control subjects who only exercised.

**2 LEAFY GREENS**  
Spinach, spring mix, mustard greens, and other dark leafy greens are good sources of fiber and powerhouses of nutrition. Research demonstrates that their high concentration of vitamins and

antioxidants helps prevent hunger while protecting you from heart disease, cancer, cataracts, and memory loss.

**3 OLIVE OIL**  
Choosing extra virgin olive oil as your main source of dietary fat, combined with eating a healthy diet that is high in plant foods, may reduce your risk of cardiovascular disease and diabetes. Research has shown moderate amounts of olive oil may also reduce abdominal fat, if eaten as part of a diet high in plant foods.

**4 GARLIC**  
Garlic contains the compound allicin which has anti-bacterial effects and helps reduce unhealthy fats and cholesterol. In laboratory tests on rats, researchers found that garlic prevents weight gain and might even lead to weight loss.

**5 TOMATOES**  
Packed with vitamin C and the phytochemical lycopene, tomatoes stimulate the production of the amino acid known as carnitine. Research has shown that carnitine helps speed the body's fat-burning capacity by one-third.

**6 NUTS**  
Raw, unsalted nuts provide your body with essential fatty ac-

ids that help burn fat. Their high nutrient content also lowers the risk of heart attack by 60 percent.

## 7 CAYENNE

This hot spice lessens the risk of excess insulin in the body by speeding metabolism and lowering blood sugar levels before the excess insulin can result in fat storage.

## 8 TURMERIC

Turmeric contains the highest known source of beta carotene, the antioxidant that helps protect the liver from free radical damage. It also helps your liver heal while helping your body metabolize fats by decreasing the fat storage rate in liver cells.

## 9 CINNAMON

Researchers found that adding a quarter to one teaspoon of cinnamon with food helps metabolize sugar up to twenty times better than food not eaten with cinnamon. Excess sugar in the blood can lead to fat storage.

## 10 FLAX SEEDS

These seeds and oil attract oil-soluble toxins that become lodged in the fatty tissues of the body. Once attracted, they help to escort fat-soluble toxins out. That spells fewer fat stores and a trimmer you.

## 11 APPLES

The skin of apples contains pectin, an insoluble fiber that serves as nature's own appetite suppressant.

## 12 BEANS

High-fiber beans such as chickpeas, lima beans, and kidney beans make you feel fuller longer so you eat less and temper those unnatural cravings.

## 13 GREEN TEA

Studies show that green tea extract boosts metabolism and may aid in weight loss. This mood-enhancing tea has also been reported to contain anti-cancer properties and help prevent heart disease.

## 14 GRAPEFRUIT

Researchers found that participants who ate half a grapefruit with each meal in a 12-week period lost an average of 3.6 pounds. The study indicates that the unique chemical properties in this vitamin C-packed citrus fruit reduce insulin levels, which promotes weight loss.

## 15 BROCCOLI

Study after study links calcium and weight loss. Broccoli is not only high in calcium but it's also loaded with vitamin C which boosts calcium absorption. This member of the nutritious cabbage family also has plenty of vitamin A, folate and fiber. And, at just 20-calories per cup, this weight loss superfood not only fights fat but also contains powerful phytochemicals that boost your immunity and protect against disease.

## 16 LEAN TURKEY

Countless studies have shown that protein can help boost metabolism, lose fat and build lean muscle tissue so you burn more calories. A 3-ounce serving of boneless, skinless lean turkey breast weighs in at 120 calories and provides 26 grams of appetite-curbing protein, 1 gram of fat and 0 grams of saturated fat.

## 17 HOT SAUCE

Forget bland condiments. If you want to burn fat, spice things up. In a study of 36 men and women, Australian researchers found that following a spicy meal, levels of insulin - the hormone that triggers body fat storage - were lowered by as much as 32 percent.

## 18 SOUP

Here are the benefits: They are filling; a bowl of soup can be an entire meal. They are satisfying. For many people, they are more satisfying than raw vegetables, while many give you all the benefits of veggies (if you choose the soups chock full of vegetables). They are inexpensive, convenient, easy, and quick to make. Soups don't make you feel like you're on a diet.

# 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](http://www.cancercontrolsociety.com)

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

## Would You Like to Be Featured on a Cover of a Fitness Magazine?



Want to be a fitness model, or get on a Magazine Cover but don't know what to do or who to contact?

If you have what it takes, we will help you submit your pictures to all the top fitness magazines. Nationally recognized fitness photographer is working with the top magazines to find new models for covers and editorials.

Call Now and Learn how you can get a photo shoot with one of Americas Top Fitness Photographers for **FREE!!**

**Call: 800-881-0609**



\*All Covers on this page photographed by Jason Ellis

[jasonellisphotography.com](http://jasonellisphotography.com)



## FOR THE HEAVY, ECONOMIC WOES CAN MEAN WEIGHT GAIN

By Anne Harding

having trouble paying the bills and experiencing heavy job-related demands were linked to weight gain for men and women, lack of control over one's life and strained family relationships influenced weight gain in women, but not men. For men, having less autonomy on the job and less opportunity to use skills and learn new things also boosted the likelihood of gaining weight.

Both men and women with generalized anxiety or depression who were heavy at the beginning of the study put on more weight over time than heavy people who weren't anxious or depressed.

While his study didn't look at how stress might cause weight gain, Block noted, there are a couple of ways that make sense. Social subordination and stress up levels of the so-called stress hormone cortisol in people and animals, while high levels of the hormone also are associated with abdominal obesity. And eating causes the brain to release feel-good chemicals called endogenous opiates, he added, so certain people may rely on eating as a way to soothe themselves and release stress. "It appears to be a kind of comfort-eating thing as well as a cortisol thing."

People should be aware that times of stress may be risky times for weight gain, the researcher said, especially if they are already heavy, and prepare themselves accordingly. "If

**B**eing under stress -- including worrying about paying bills in today's economy -- may make overweight and obese people gain more weight, although stressed-out normal-weight individuals don't have this problem, new research in the American Journal of Epidemiology shows.

"Where you start in terms of your weight seems to matter in how stress is associated with weight gain," Dr. Jason Block of Harvard Medical School in Boston, who conducted the research as a Robert Wood Johnson Foundation Health & Society Scholar at the Harvard School of Public Health, told Reuters Health.

While psychosocial stress may increase people's risk of many health problems, from high blood pressure to cancer, less is known about how it might influence weight gain over time, Block and his team note in their report.

To investigate, they looked at data on

# THE WEIGHT OF STRESS

1,355 men and women 25 to 74 years old in 1995 who were followed for nine years as part of the Midlife in the United States study. All had completed a telephone survey to assess their levels of psychosocial stress and identify psychiatric problems at the study's outset.

The higher a person's body mass index (BMI) -- a measure of the ratio between height and weight -- at the beginning of the study, Block and his colleagues found, the more weight they gained in response to stress.

And the effects varied by gender. While

you can prevent that weight gain it's a lot easier than having to deal with it after you've already gained the weight," Block noted.

One main weapon against stress-induced weight gain, he added, is taking steps to cope with stress. "It's something that I talk to patients about all the time."

He said he advises patients to do two things: make sure they have some time to themselves each day to meditate, exercise or even just have a break from family and work demands; and be sure to get enough sleep.



**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](http://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 Pharmacy**



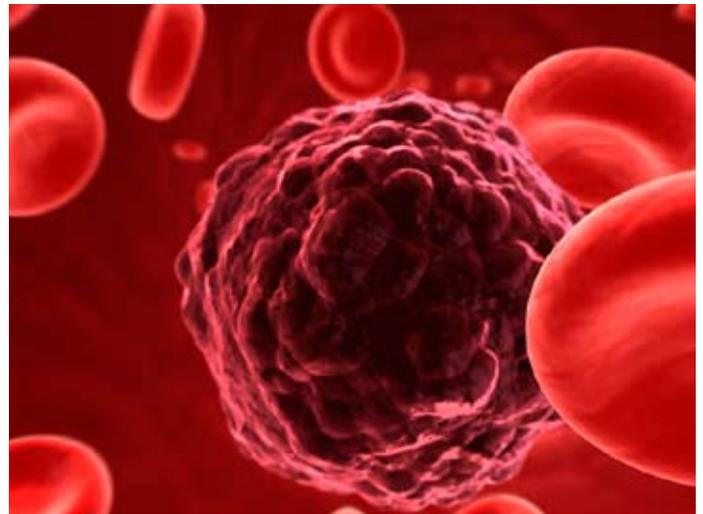
**THE FARMACY™**



**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



**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](http://www.cancercontrolsociety.com)



**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/yr**

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

September 12-13 • Pasadena

**BODY MIND SPIRIT EXPO**

Pasadena Masonic Center  
200 S Euclid Ave  
Sat 10-6, Sun 11-5  
All Weekend Just \$12

**\$2 Off**  
one entry with ad

[www.bmse.net](http://www.bmse.net) 541.482.3722

# 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](http://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](mailto:mirella.miranda@heart.org)  
[www.heartwalkla.org](http://www.heartwalkla.org)

Nationally Sponsored by:



Locally Sponsored by:



# Cosmetic Treatments Going **Green**

Who said that recycling  
is only for bottles and paper?

## **Recycle Your Fat!**

Dr. Nathan Newman is the innovator of scar free face lift using your own stem cells. This unique and novel technique, harness the power of your own body's stem cells found in the fat to rejuvenate and sculpt your face and body safely and naturally without scars & without the need for general anesthesia.

## **Look Young, Not Done!**



(Model)

Introducing the **Go Green Cosmetic Treatments** for Men and Women. Hydrating Facials, Anti Aging Peels and Exfoliating Microdermabrasion treatments are all done with Kangen Beauty Water which has been proven to tone and firm the skin

## **Get 25% off your first treatment!**

From our Express Summer Kiss to our Red Carpet Glow, Call us today to learn more about our Green treatments

## **Celebrate and save!**

For limited time, get a \$50 rebate on BOTOX\*

\*Minimum purchase of \$500 required. \*Must be applied on date of treatment.

\*May not be combined with any promotion. \*While Supplies Last

**NathanNewmanMD.com • 310.273.3344**

**Advanced Cosmetic Surgery • 9301 Wilshire Blvd., Suite 303, Beverly Hills, CA 90210**

**READ THIS MONTH'S ARTICLE BY DR. NEWMAN ON PAGE 22**