

# LA HEALTH NEWS

November 2009 | ISSUE 104  
COMPLIMENTARY

IT'S ABOUT YOUR LIFE

## ZAP YOUR FAT

LOSE INCHES  
IN 2 WEEKS

Dr. Nathan Newman

## BEAUTIFUL MIND

COSMETIC  
SURGERY &  
MENTAL HEALTH

## YOUR BABY

Selecting The Egg  
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## DEXTER'S JULIE BENZ

Fitness Pointers

## SWINE FLU PREVENTION

**10** ESSENTIAL  
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# **Skinny has its price: COPD**



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**Many women who have COPD may not know it.  
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**[www.BreatheLA.org/COPD](http://www.BreatheLA.org/COPD)**



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# contents

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Issue 104  
Volume 11  
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COVER PHOTO:  
JSquared Photography

## 10 STAYING ALIVE

Flu prevention tips

## 11 BIOLOGICA INSTITUTE

Aesthetic Medicine & Medical Spa

## 12 BEAUTIFUL MIND

Cosmetic surgery may boost mental health

## 13 NON-SURGICAL SKIN REJUVENATION

Dr. Alex Liu

## 15 PAIN SUFFERER'S ALERT

Dr. Yoav Stein

## 17 GREAT AMERICAN SMOKEOUT

Event challenges smokers to quit

## 18 YOUR BABY

Selecting The Egg Donor Program

## 21 ZAP YOUR FAT

Dr. Nathan Newman

## 22 KINETICS 360

Enhanced Endurance Training

## 24 DEXTEROUSLY JULIE

Dexter's Julie Benz

## 27 HOLISTIC HEALTH SERVICES

Dr. Nathan Raab

## 28 ALLURE DANCE & FITNESS STUDIO

Fitness Expert Nicole Williams

## 29 A-LIST FIT, INC.

Dulcinea Lee Hellings

## 34 BALANCEUTICALS

Natural Remedies from the Source



6 Editor's Letter 8 Flash 14 Diet 16 Fitness 20 Beauty  
26 Alternative 30 Environment 31 Health Profiles 33 Calendar

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## editor's letter

# Tracking the Virus

**R**esults of tens of thousands of flu tests indicate that the pandemic H1N1 virus is spreading from school-aged children to the rest of the U.S. population, makers of the tests say.

Quest Diagnostics, which makes a commercially available test that can confirm swine flu infection, said the findings suggest many more adults will be infected with the new H1N1 influenza.

"Based on tests performed since Quest Diagnostics began offering H1N1 testing in May 2009, children between the ages of five to 14 have experienced higher overall rates of H1N1 positivity than any other age group," the company said in its report.

The Quest test is a PCR test -- it magnifies the genetic material of the virus so it can be detected and is similar to the tests used by state health departments to confirm H1N1.

On-the-spot flu tests given in doctor's offices only tell if a person has influenza A or not. They cannot tell which strain, and they often miss the new H1N1 strain completely.

The Centers for Disease Control and Prevention has given up trying to count how many people have the new H1N1, saying only that is it well over a million. Only select cases are tested.

The CDC reported that data from 27 U.S. states shows 53 percent of people sick enough to be hospitalized with H1N1 flu are under the age of 25, with only 7 percent of hospitalizations among people 65 and older -- a reversal of the trend seen with seasonal flu.

Dr. Jay Lieberman, medical director for Quest Diagnostics and a pediatrician at the University of California, Irvine, says data from Quest's testing, based on 76,500 specimens taken between May 11 and October 11, 2009, can supplement the CDC's findings, which cover fewer than 5,000 patients.

## It is important to vaccinate children against influenza to slow the spread in the community

The sharp rise in cases in children came at the end of August and beginning of September, Lieberman told Reuters in a telephone interview.

"What is interesting is that we are now seeing delayed by several weeks a rise in other age groups -- in the elderly, in people aged 50 to 64 and in children under 5 years of age," Lieberman said.

Influenza often spreads from school-aged children to siblings, parents and eventually grandparents.

"What we have seen in the pandemic so far is that the elderly have been relatively spared. That may start to change in the weeks ahead," Lieberman said.

Many scientists think the elderly are less likely to be infected because they have some immunity to the H1N1 virus.

Lieberman said the findings show it is important to vaccinate children against influenza to slow the spread in the community.

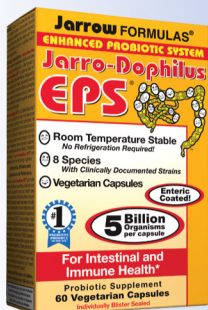
Cases are evenly divided by gender, Quest said, and about half of all samples sent for testing -- by doctor's offices, state and county health departments -- turn out to be H1N1.

Mark Ariel  
Editor-In-Chief

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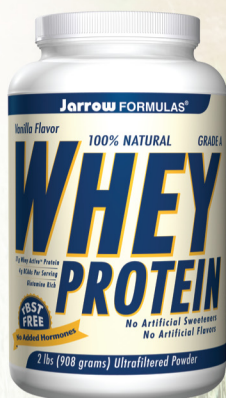
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# Glendale Memorial Hospital ranked #1 for Gastrointestinal Surgery, #3 for Heart Surgery



the Chest Pain Center to provide rapid assessment and treatment of chest pain patients.

HealthGrades' hospital ratings and awards reflect the track record of patient outcomes at hospitals in the form of mortality and complication rates. HealthGrades rates hospitals independently based on data that hospitals submit to the federal government. No hospital can opt in or out of being rated, and no hospital pays to be rated.

For 28 procedures and treatments, HealthGrades issues star ratings that reflect the mortality and complication rates for each category of care. Hospitals receiving a 5-star rating have mortality

Glendale Memorial Hospital and Health Center announced that in addition to being ranked #1 in state for Gastrointestinal Surgery, they are ranked among the top three hospitals in all of California and in the top five percent nationwide for Heart Surgery by HealthGrades, the leading independent healthcare ratings organization. HealthGrades has given Glendale Memorial the Cardiac Surgery Excellence Award. The recognition is based on HealthGrades' 12th annual Hospital Quality in America study, released today, which analyzes patient outcomes at virtually all of the nation's hospitals.

Glendale Memorial is also a recipient of HealthGrades Excellence Awards placing them in the top 10 percent of the nation for Stroke Care, General Surgery, Pulmonary Care, and Gastrointestinal Care.

## Glendale Memorial is a recipient of HealthGrades Excellence Awards placing them in the top 10 percent of the nation for Stroke Care, General Surgery, Pulmonary Care, and Gastrointestinal Care

Glendale Memorial is five star rated for Coronary Bypass Surgery, Treatment of Heart Failure, Hip Fracture Repair, Treatment of Pneumonia and Treatment of Chronic Obstructive Pulmonary Disease.

"We are proud to be part of a hospital that has achieved such high recognition, particularly for the quality of our heart and surgical services," said Mark A. Meyers, president of Glendale Memorial. "Our physicians and staff have worked hard to ensure our patients are receiving some of the best care and best outcomes in the nation."

The HealthGrades study, the largest annual report of its

kind, analyzed patient outcomes in nearly 40 million Medicare hospitalization records from 5,000 hospitals over the years 2006, 2007 and 2008. The new 2010 HealthGrades hospital ratings were posted today at [www.healthgrades.com](http://www.healthgrades.com), HealthGrades' public Web site.

Glendale Memorial is known for excellence in the community, and has been growing its services to better serve the community. This past year, Glendale Memorial Heart Center opened a new Congestive Heart Failure program to help patients better manage their illness. Last month the Heart Center opened

or complication rates that are below the national average, to a statistically significant degree. A 3-star rating means the hospital performs as expected. One-star ratings indicate the hospital's mortality or complication rates

in that procedure or treatment are statistically higher than average. Because the risk profiles of patient populations at hospitals are not alike,

HealthGrades risk-adjusts the data to allow for apples-to-apples comparisons.

More information on today's HealthGrades study, including the complete methodology, can be found at [www.healthgrades.com](http://www.healthgrades.com).





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# Staying Alive

OBAMA DECLARES SWINE FLU A NATIONAL EMERGENCY; ESSENTIAL FLU PREVENTION TIPS By Patricia Zengerle



**P**resident Barack Obama has declared 2009 H1N1 swine flu a national emergency, the White House said last month.

The declaration will make it easier for medical facilities to handle a surge in flu patients by allowing the waiver of some requirements of Medicare, Medicaid and other federal health

far earlier and with more waves of infection expected.

The White House statement said the declaration was intended to prepare the country in case of "a rapid increase in illness that may overburden health care resources." It was similar to disaster declarations issued before hurricanes hit coastal areas.

"It's important to note that this

Seasonal flu normally peaks sometime between late November and early March and kills about 36,000 Americans in an average year.

Swine flu has hit young adults and children the hardest, while seasonal flu normally is more dangerous for people over age 65.

Here are ten potentially life saving swine flu prevention tips.

**Most experts believe people will need two doses of the vaccine, delivered at least two weeks apart, to develop full immunity to the new H1N1 flu**

insurance programs as needed, the White House said in a statement.

The Centers for Disease Control and Prevention said last month that swine flu has become widespread in 46 of the 50 U.S. states, a level comparable to the peak of ordinary flu seasons but

is a proactive measure -- not a response to a new development," an administration official said.

"H1N1 is moving rapidly, as expected. By the time regions or healthcare systems recognize they are becoming overburdened, they need to implement disaster plans quickly," he said.

## **4 BOOST YOUR IMMUNE SYSTEM**

Keeping your body strong, nourished, and ready to fight infection is important in flu prevention. So stick with whole grains, colorful vegetables, and vitamin-rich fruits.

## **5 KEEP INFORMED**

Make sure to keep up to date on information provided by government agencies and act in a calm manner.

## **6 AVOID ALCOHOL**

Alcohol is an immune suppressant that can actually decrease your resistance to viral infections like swine flu.

## **7 BE PHYSICALLY ACTIVE**

Moderate exercise can support the immune system by increasing circulation and oxygenating the body. For example brisk walking for 30-40 minutes 3-4 times a week will significantly perk up your immunity.

## **8 KEEP AWAY FROM SICK PEOPLE**

Flu virus spreads when particles dispersed into the air through a cough or sneeze reaching someone else's nose. So if you have to be around someone who is sick, try to stay a few feet away from him or her and especially, avoid physical contact.

## **9 KNOW WHEN TO GET HELP**

Consult your doctor if you have a cough and fever and follow their instructions, including taking medicine as prescribed.

## **10 AVOID CROWDED AREAS**

Try to avoid unnecessary trips outside. Moreover, avoid touching your eyes, nose or mouth. Germs spread this way.

## **1 WASH YOUR HANDS FREQUENTLY**

Washing your hands often will protect you from germs.

## **2 GET ENOUGH SLEEP**

Try to get 8 hours of good sleep every night to keep your immune system in top flu-fighting shape.

## **3 KEEP HYDRATED**

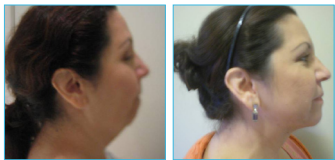
Drink 8 to 10 glasses of water each day to flush toxins from your system and maintain good moisture and mucous production in your sinuses.

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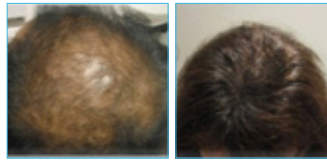


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## WHO TAKES CARE OF THE CLIENTS?

BIOLOGICA'S professional supervision and warm, personal touch has a lot to do with its founder-owners, Dr. Roberto Tostado, MD and Teresa Tostado, NP. Dr. Roberto Tostado has over 14 years of medical

practice and has been exclusively practicing aesthetic medicine in Pasadena. He is part of a new breed of innovative physicians practicing non-surgical cosmetic medicine. Dr. Tostado received his BA from Columbia University and his medical degree from the University of Michigan School of Medicine. He completed his residency at California Hospital Medical Center/ USC School of Medicine. His extensive training in aesthetic medicine integrates knowledge and the newest technology available from various parts of the globe. He is board certified in Family Practice. Teresa Tostado is a board-certified nurse practitioner with over 20 years of clinical experience. She obtained her masters degree in nursing and served as associate professor at UCLA school of nursing.

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# BEAUTIFUL MIND

**COSMETIC SURGERY MAY BOOST MENTAL HEALTH** *By Patrick Tsakuda*

**R**oughly a third of patients who take antidepressants and undergo cosmetic plastic surgery discontinue these medications after the operation, according to 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.

"The percentage of patients reporting an improvement in self-esteem was similar among patients who were and were not able to stop their antidepressants," noted Freedman, a surgeon in private practice in the Washington, DC metropolitan area. "So, it appears that it wasn't a self-esteem effect. Instead, it may relate to a

separate effect on quality of life."

The study involved 362 consecutive patients who underwent cosmetic surgery over a 1-year period. Most of the patients were middle-aged women. The most common operations performed

included breast augmentation, tummy tucks, and face lifts.

Sixty-one patients (17 percent) were antidepressant users before surgery. Freedman said that his team did not have information on the specific mental health diagnoses of these patients, or whether their depression related to a physical attribute that was to be altered with the surgery.

By 6 months after surgery,

the number of antidepressant users had dropped 31 percent to 42 patients. Ninety-eight percent of patients reported a marked improvement in self-esteem following surgery.

But not all research has linked

cosmetic surgery with beneficial effects on mental health.

A number of studies have come out in recent years showing an increased risk of suicide in women who undergo breast augmentation. Freedman said that this may be because the operation selects patients who are at heightened risk for suicide, rather than the procedure having any adverse effects that cause them to commit suicide.

In related news - psychologist David Sarwer, PhD, an associate professor of psychology at the Center for Human Appearance at the University of Pennsylvania School of Medicine - found that a year after receiving cosmetic

surgery, 87 percent of patients reported satisfaction following their surgery, including improvements in their overall body image and the body feature altered. They also experienced less negative body image emotions in social situations. The study, which was supported by a grant from the Aesthetic Surgery Education and Research Foundation, appeared in the *Aesthetic Surgery Journal*.

**A YEAR AFTER RECEIVING COSMETIC SURGERY, 87 PERCENT OF PATIENTS REPORTED SATISFACTION FOLLOWING THEIR SURGERY, INCLUDING IMPROVEMENTS IN THEIR OVERALL BODY IMAGE**



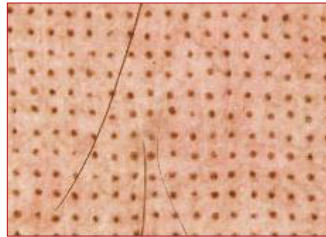
# Non-Surgical Skin Rejuvenation

## NEW FRACTIONATED CO2 LASER TECHNOLOGY HEALS SKIN QUICKER

By Dr. Alex Liu, Awaken Cosmetic Surgery Center

was very aggressive, requiring prolonged downtime (months) and was only safe for patients with light skin types.

A decade ago scientists were able to "fractionate" laser. They split a single laser beam into hundreds of smaller laser



technology are:

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- 2) less side effects
- 3) less risk of complications
- 4) significant skin tightening

Traditionally, one full CO2

laser treatment would need so much time to heal it would be years before you would be able to undergo another treatment. With the new fractionated CO2 technology, patients can split up their treatment into several sessions. This allows for flexibility with minimal downtime to recover.



Dr. Alex Liu

To schedule a consultation with Dr. Liu please call (310) 791-2233. For info visit

[www.awakencosmeticsurgery.com](http://www.awakencosmeticsurgery.com)

**A**s we age, so does our skin. Often times to rejuvenate our faces, we do not need surgery like a facelift. If you have fine lines, blemishes and wrinkles, rejuvenating your skin with skin resurfacing procedures will make a bigger difference than surgery.

The latest advancement in laser technology helps take care of our skin. Historically, the first laser was a carbon dioxide laser (CO2 laser). This laser not only eliminated lines, wrinkles, and blemishes but also tightened skin by stimulating new collagen growth. However, it

was very aggressive, requiring prolonged downtime (months) and was only safe for patients with light skin types. This allowed for intermittent spot treatment of skin; there were tiny dots of treated skin instead of confluent areas of treated skin.

The above pattern represents the new technology that allows areas of untreated skin to heal its neighboring area of treated skin (the dots) quicker.

By fractionating laser, recovery time and downtime are significantly reduced. Also reduced are risks, side effects, and complications making it safe for patients of darker skin.

This past year, fractionated CO2 laser finally appeared. Advantages of fractionated

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## Skinny friends may make you eat more, new research

That friend who stays thin despite eating anything and everything is not just annoying. She might also wreck your diet, new research suggests.

Researchers found that when they had college students watch a movie and snack with either a skinny or overweight companion, the students typically followed the thin friend's lead when she overindulged.

In contrast, study participants used more self-control when snacking with a heavier companion who overate.

The findings, published in the *Journal of*

*Consumer Research*, suggest that seeing a thin friend devour a big meal gives us implicit permission to do the same.

SEEING A THIN FRIEND DEVOUR A BIG MEAL GIVES US "PERMISSION" TO DO THE SAME

"We think 'if she can eat like that and stay thin, so can I,' or 'she is having cake, then I can too,'" explained

Dr. Brent McFerran, an assistant professor of marketing at the University of British Columbia in Kelowna, Canada.

"In other words," he told Reuters Health in an email, "the most dangerous person to eat with is not someone who is obese, but a thin friend with a large appetite."

### FOLATE-RICH DIET CUTS WOMEN'S CANCER RISK

Eating plenty of folate may sharply reduce the risk of colorectal cancer, at least for women, South Korean researchers report. In a study of 596 colorectal cancer patients and 509 healthy individuals, they found that the women who ate the most folate were at about two-thirds lower risk of the disease than women who consumed the smallest amount of the B vitamin.

### GREEN TEA MAY CURB RISK OF SOME CANCERS

Drinking green tea may lower your risk of developing certain blood cancers, but it will take about 5 cups a day, according to a study from Japan. Drinking green tea has been associated with lower risk of dying and heart disease deaths, Dr. Toru Naganuma, at Tohoku University School



of Medicine in Sendai, Japan told Reuters Health. The current study, Naganuma said, suggests drinking green tea

may have a favorable effect for blood and "lymph system" cancers. The lymph system is a major component of the body's immune system.

The 19,749 men and 22,012 women who participated in the study had no previous history of cancer, Naganuma and colleagues note.



## Whole Grains Blood Pressure Benefit

**E**ating lots of whole grains could ward off high blood pressure, according to a study in the *American Journal of Clinical Nutrition*. In the study, men with the highest whole-grain consumption were 19 percent less likely to develop high blood pressure than men who ate the least amount

of whole grains. While refining grains removes their outer coating, whole grains retain their bran and germ, so they are richer in many nutrients, Dr. Alan J. Flint of the Harvard School of Public Health in Boston and his colleagues note in their report. The most recent US guidelines recommend

that people get at least 3 ounces, or 85 grams, of whole grains daily, and that they consume at least half of their grains as whole grains.

The current findings, Flint and colleagues conclude, "have implications for future dietary guidelines and for the prevention of hypertension."

# Attention Pain Sufferers.... Do you suffer from Chronic or Acute Pain?

**“The Magician” Gives Hope Again To Pain Suffers As Uncovered Neurological Reflex Eliminates Chronic Pain in Seconds and Astonishes Over 400 doctors**

If you've been told you suffer from PAIN, then reading this article may be the most important thing you've done this year! Why? Because you're about to discover the truth about pain and why most people will always suffer from it no matter how many MDs they go to or how many surgeries they've had. **If you suffer from the constant, nagging pains, in your wrist, back, neck, hip, shoulder, knee, digestion, head, ankle or suffer from numbness and tingling, migraines, headaches, vertigo, hypothyroidism.** Then you must keep reading this article!

## **Many Doctors Don't Have A Clue About Treating YOUR Pain!**

If you've been to your family or company doctor complaining about the numbness or tingling, in your back or neck then chances are your doctor has said something along these lines, "You probably got Impingement Syndrome. Wear this brace when your pain starts up, take these pills too..."

This is a blaring alarm your doctor may not be the person to talk to if you really want to safely get rid of your pain quickly!

## **Dirty Little Secrets Of Pain Medications, Braces, And Cortisone Shots...**

Taking any pain medication (over the counter or prescription) will never be a cure for getting rid of your pain once and for all! At best, these drugs will only offer 4-6 hours of relief by sabotaging your brain's ability to feel the pain. This may be fine for getting you through a days work but taking these pills over and over can put you at risk in 2 ways:

1. Pain is your body's way of preventing further injury. Take away the pain and you may make your injury worse and your pain greater. And...

2. Taking these drugs can have adverse effects on your kidneys, liver, and stomach lining which is even worse than the pills you are taking for your pain in the first place.

A cortisone injection sweeps your pain under the rug just like your medications do, and like your medications, it will wear off and your pain will come back probably worse than ever. Wearing a splint or brace may be a temporary solution but if your constant pain reduces you to wearing a splint or brace all day, you can be put at risk of damaging your injured area more by allowing scar tissue to form.

## **Here's Why Surgery Has A High Failure Rate...**

If your doctor has suggested you to consult a surgeon or if you've already had surgery performed, there is important information you simply must know! You see, most doctors don't have the training or experience to detect what it is that is making you hurt. There are many blanket terms used to describe any number of problems you may be suffering from. If your doctor cannot tell you exactly what's wrong with you, then any treatment he gives you will never get you out of pain. **This is why surgery fails so often for pain victims...** the surgery is being performed in the wrong place! Worse yet...

## **You May Not Even Have The Problem Your Doctor Diagnosed You With!**

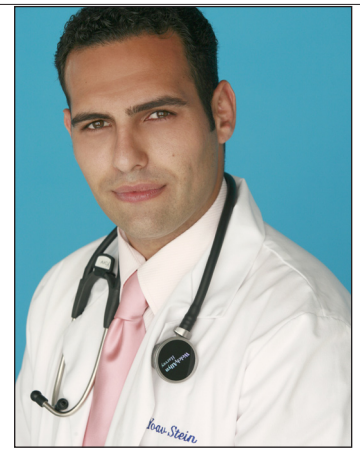
There are numerous conditions that can make you feel pain that have nothing to do with your actual location of pain at all! What if, all along, there was something else wrong with you and your doctor overlooked the hidden spot missed by 99% of the doctors who treat pain sufferers? What if all the attention paid on your area of pain turned out to be useless? What if there was a way to detect if you suffer from an injury in this hidden spot and could be pain free quickly without drugs or surgery?

**Dr. Stein has helped those in pain for years, and help them also be free of pain for well over 90% of patient that have walked into his office. People think that you have to deal with pain for the rest of your life. Dr. Stein's technique for pain has made him one of leading pain specialist in Los Angeles.**

Patients actually call it a "miracle", "revolutionary" and "phenomenal". This has even astonished 325 MD's in Phoenix and 35 MD's in Chicago. They were absolutely amazed to see how chronic pain was relieved in seconds.

**Here is the important fact; most of his patients feel better and get out pain without surgeries or medications. There are not many doctors out there that can get these kinds of results with their patients.** This is why to this day he has earned his nickname "THE MAGICIAN". Come see and experience it for yourself, how easy and simple it is to be PAIN FREE. In just a few short visit patients already will notice an improvement.

For those that are tired of pain and want



to be pain free call Dr. Stein D.C. at 310-308-2932. When you call say you want the "PAIN FREE SPECIAL" and your first visit is absolutely FREE. You may also visit the website at [www.drsteinhealing.com](http://www.drsteinhealing.com) to view the hundreds of testimonials of patients that suffered with pain like you, and to learn more about Dr. Stein and what he does to help hundreds of chronic and acute pain sufferers get out of pain quickly.

**Don't wait until your pain gets worse; you are only one phone call away from BEING PAIN FREE!!!**

**Call Dr. Stein at 310-308-2932, for your free consultation and visit our website for upcoming pain seminars every month to see and learn how easy it is to eliminate your pain once and for all!**

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## Supervised Diet and Exercise Best for Weight Loss

Overweight women who join a fitness center to lose weight are apt to fail unless they have a workout partner, personal trainer or "life coach" and cut their caloric intake at the same time, according to researchers.

The investigators examined the real-life experiences of a group of overweight women who either joined a fitness center or enrolled in Weight Watchers to lose weight.

The results, after 12-weeks, suggest that both weight loss tactics have pros and cons and that a combination of supervised dieting and exercise is apt to yield the best results.

**BETTER WEIGHT LOSS RESULTS WITH PERSONAL TRAINER, WORKOUT PARTNER, OR LIFE COACH**

Group support, investigators found, is very important to successful weight loss. Most of the women who attended group Weight Watchers sessions stuck with the program for the duration of the study, whereas many of the fitness center-goers dropped out of the study, they report.

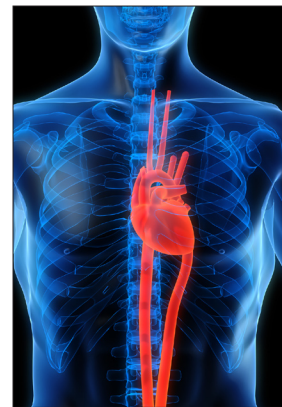
"These results imply that overweight women joining a fitness center with the intent of weight loss or body fat change will likely fail without additional support such as personal trainer, workout partner, or life coach," the investigators conclude.

### EXERCISE BOOSTS WELL-BEING AFTER BREAST CANCER

Being told you have breast cancer is tough emotionally, but regular exercise can help you keep your spirits up, a new study shows. Among Chinese women diagnosed with breast cancer, those reporting even low levels of regular exercise were more likely to report better physical, mental, and social well-being than those reporting no exercise, researchers found. Women who exercised at levels recommended by the Department of Health and Human Services fared best. They reported the highest capacity for daily living and work or study, less distress, better body image, and higher quality relationships, researchers report.

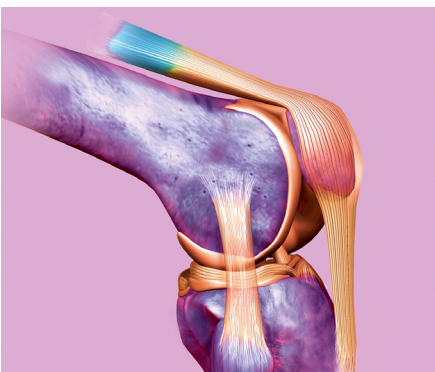
### WALKING HELPFUL AFTER A STROKE

People who suffer a stroke can substantially improve their ability to get around



independently if they take walks a few times a week, according to recent research. Strokes often occur in older people who have already lost some fitness

and muscle strength. Suffering a stroke may further weaken an older person by causing partial paralysis and other neurological problems.



## Training Cuts Knee Injury Risk

**F**emale athletes are at greater risk of a potentially serious knee ligament injury than their male counterparts -- but a fairly simple training regimen might help reduce those odds, a small study suggests. The injury affects the knee's anterior cruciate liga-

ment, or ACL. ACL tears are common in certain sports and are a particular threat to female athletes -- who have four to six times the risk of their male counterparts in the same sport. In the new study, Korean researchers found that among 22 high school basketball players they followed,

girls who followed the training regimen for eight weeks showed changes in jumping ability that could lower their odds of tearing the ACL. The researchers, led by Dr. Bee-Oh Lim of Seoul National University, report the findings in the *American Journal of Sports Medicine*.



# Great American Smokeout

## EVENT CHALLENGES SMOKERS TO QUIT USING TOBACCO PRODUCTS, FOR AT LEAST ONE DAY *By Victor Melamed*

**T**he American Cancer Society holds the Great American Smokeout(r) every year on the third Thursday in November.

This year the Great American Smokeout(r) will take place on November 19, 2009. The purpose of the event is to set aside a day to help smokers quit smoking, quit using tobacco products, for at least one day, with the hope that they will quit completely.

Not only does the event challenge people to stop using tobacco, it helps to raise awareness about the dangers of smoking and the many effective ways available to quit smoking permanently.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.<sup>1</sup>

The American Cancer Society launched the Great American Health Challenge to educate and motivate

Americans to take action to reduce their cancer risk. Many Americans are concerned about potentially developing cancer, but in fact, at least 50 percent of cancer deaths could be prevented through healthy lifestyle factors, including not smoking or using other tobacco products, maintaining a healthy body weight, getting sufficient physical activity, eating a healthy diet, limiting consumption of alcohol, and getting cancer screening tests. Research indicates that cutting cancer death rates by 50 percent nationally would save about 280,000 lives every year in the United States.

In related news - a new, natural product may assist ex-smokers by increasing lung capacity. AIRAIDE(tm) temporarily increases lung capacity to function at normal individual optimum levels, by helping to counteract the effects of many bronchial distress agents such as smog, allergens, and other environmental irritants which can lead to labored breathing,

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# SELECTING THE Egg Donor Program



**I**t takes a great deal of resolve to advance from General IVF to Egg Donation IVF. The reason for this is that you must set aside thoughts of passing along the genes you

inherited from your ancestors and create your own new family tree. You will need to give careful thought to what is most important to you and what is most important to your husband.



been wasted. Each patient has her own sense of values, and naturally she cannot go against its dictates. Even if the doctor refuses a woman treatment, that will not solve this problem because she will search for a doctor who will provide IVF and repeat the treatment elsewhere.

Women who are in this position need a counselor with whom they can discuss the situation. It is important to listen to third-party opinions as well. In cases where the woman cannot talk things over with a friend or her parents, one way to proceed is to consult an IVF counselor, a psychological counselor who specializes in Egg Donation, or an Egg Donation Agency that cooperates in many Egg Donation IVF and accepts consultations for counseling.

Generally speaking, a woman will feel a maternal instinct toward the baby that she carried and gave birth to, and love for that child will naturally blossom. However, there are exceptions. Ultimately, it is necessary to give careful thought to whether or

## COUPLES NEED THE ASSISTANCE OF A STRONG TEAM TO HELP THEM THROUGH THE MANY ISSUES OF CHOOSING THEIR EGG DONOR

*By George Okagaki,  
LA Baby Fertility Agency  
Program Coordinator*

You will need to talk it over thoroughly as a couple before making your decision. More than anything else, you will need to consider what is most important to you as a married couple, and to your children.

Some women undergo General IVF repeatedly, getting caught up in an endless IVF cycle. Believing in that 1% chance, they head to the IVF clinic over and over again, convinced that next time things will go well.

Even if they exceed their

budget, they can't seem to quit. Even if they are refused treatment by the IVF clinic for the reason that there is little chance of them becoming pregnant, they will simply knock at the door of the IVF clinic in the next town. They cannot extricate themselves from the cycle for fear that the money and time they have spent on treatment thus far will all have





not you yourself are capable of raising a child who does not carry your own genes.

You must not forget that proceeding to Egg Donation IVF does not represent a solution to your fertility treatment; it only solves the problem of your not having children. Remember that if your partner's sperm is used, his biological tree will be carried on, but you must put a stop, at least temporarily, to the extension of your own biological tree. If there

and valuable time is passing.

Apart from time, another important factor in fertility treatment is communication with your doctor and coordinator. It is important in both General IVF and Egg Donation IVF that you keep your physician and coordinator apprised of your physical and mental condition and any problem points in a clear and timely manner while proceeding with the treatment. Communicating with a greater number of specialists

consider what is important to the Recipient in terms of facial features, personality, academic history, medical history, etc. Should the donor remain anonymous or not? Will she someday meet with the child who is to be born? You will need to consider what is important to both the Recipient and the child. If you wish the donor to remain anonymous, it is a good idea to carry out a simulation of how you will reply to your child if he or she says in the future that



**IF YOU HAVE made the decision to forgo using your own eggs, you have the option of proceeding to egg donation ivf, but you also have the other choices of embryo donation and adoption. You should acquaint yourself with this variety of choices and think it over as a couple before making your decision**

is no problem with your own eggs, you have the option of searching for a Surrogate Mother. If you have made the decision to forgo using your own eggs, you have the option of proceeding to Egg Donation IVF, but you also have the other choices of Embryo Donation and adoption. You should acquaint yourself with this variety of choices and think it over as a couple before making your decision.

Some women, having finally decided to go on to Egg Donation IVF, will limit their donor search to a Proven Donor. They will wait for the Proven Donor, adding their names to her waiting list. This is the answer they arrived at as a couple, but it must not be forgotten that "time" is important in fertility treatment; it fact, it is one of the main points in success. While you are waiting for a donor, your body is aging

creates more time for you to think things over as a couple as well, and it helps to clarify your options when moving on to the next step.

Searching for an Egg Donor is not a simple matter. You must not forget that there are many risks involved for the Egg Donor as well. The Egg Donor must take medications to regulate the hormones in her body, and she must be anesthetized when the egg is being collected. She will be bound by the contract for a long period of time. Medical practice is involved, so the risks are limitless. Some Egg Donors suffer from side effects after collection of the eggs. The Egg Donor's biological tree will also branch out in a different direction. You should give careful thought to the Egg Donor's situation. Even if you have a cooperative Egg Donor, you will also need to

s/he wants to meet the Biological Parent.

Many people want to raise their child without telling the child that s/he was born with the help of an Egg Donor. The things that are most crucial in fertility treatment are "time" and "communication" with your doctor, coordinator, partner, and other important people. As long as you always keep this in mind, chances are high that you will find

answers to these issues that everyone involved can accept.



George Okagaki

**For more info contact George Okagaki at The LA Baby Fertility Agency at 310-775-9320.**



## Beauty Is In The Nose Of The Beholder, According to Study

North Americans and Europeans sniff out beauty by looking for a nose placed relatively high on the face, or at least not low on the face, according to studies. But if you're a Brazilian, you look for a low nose, according to a study. "The concept of 'what is beautiful' is highly influenced by cultural background," lead researcher Dr. Geraldo Augusto Gomes told Reuters Health.

In the study, participants examined the images of six women, each of which was altered with computer software so that the top of the nose - was at an average position (regular), below (low), or above (high) the level of the upper eyelid crease. For each woman,

the subjects were asked to rate which position looked best and which looked worst.

The low position was considered the most beautiful by slightly more than half of the participants, followed by the regular position by just more than a third of the respondents, said Gomes.

When asked which was the least beautiful, almost three-quarters of the participants picked the low nose.

Surgeons that perform nose surgery "must be aware of the different concepts of beauty, especially when working with people of non-Caucasian origin," Gomes said.

**SURGEONS PERFORMING NOSE SURGERY MUST BE AWARE OF THE DIFFERENT CONCEPTS OF BEAUTY**

### PERFECT SKIN TOP PRIORITY

Pampered, peeled and toned skin is the number one priority for image-conscious consumers around the world and they are going to increasingly extreme measures to get it, a survey showed last month. A survey by research group AC Nielsen across 46 countries found that one in three people spend most of their beauty budget on skincare, with Asian and U.S. consumers leading the trend. The survey also predicts a massive rise in the use of facial treatments such as masks, peels, serums and oils.

### COSMETICS SAID TO CUT FALL RISK

French researchers have shown that the application of make-up among elderly women may prevent them from a nasty fall. When women look good, they feel



better and walk better, the study shows. Positive improvements in speed and rhythm of gait are more apparent due to the higher vis-

ibility of make-up application compared to elderly women who mostly use skin care products. Some hospitals are starting to take this approach into account to reduce the risk of falls.

## Low-Dose Pill May Clear Acne

**W**omen with moderate acne may benefit from a low-dose oral contraceptive containing drospirenone and ethinyl estradiol, according to results of a multicenter trial. "Androgen overproduction can be a major contributory factor to acne," the investigators note. Androgens are typical male hormones such as

testosterone, but women also have them in small amounts, just as men have low levels of female hormones such as estrogen. Drospirenone is the only synthetic progesterone compound available in the US that is an anti-androgen, the researchers explain, while ethinyl estradiol triggers the production of a compound that binds to sex

hormones. Investigators note that this trial was one of two identically designed studies, and that "the consistency of the positive results between the two studies led to the recent FDA approval of this formulation for the treatment of moderate acne vulgaris in women who desire an oral contraceptive for birth control."



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*By Nathan Newman, MD*

## **WHAT AREAS CAN BE TREATED?**

All stubborn fat areas of the body can be treated with this non-surgical laser treatment. Target areas include: abdomen, arms, thighs, saddlebags, neck, under the chin, love handles, back, ankles, calves, breasts and cellulite areas. This laser may also help correct liposuction irregularities by smoothing out post-liposuction unevenness.

## **THE PROCEDURE PROTOCOL**

Treatment takes 40 minutes and needs to be administered three times a week for two weeks for best results. The laser will be applied over the targeted area i.e., waist, hips and thighs for 20 minutes and then the patient will turn over and do the same treatment on the opposite side. During this non-invasive procedure patients do not feel anything. The laser that is being administered is a low level laser that does not produce heat.

## **WHAT TO EXPECT**

After completion of the two week protocol, clinical trials resulted in an average of 3.5 inches lost; and some patients lost up to as much as 9 inches. As with any procedure, results will vary and may be more dramatic from one person to the next. Some patients may require adjuvant treatment protocols and/or additional treatment sessions to achieve their desired results.

## **ZERONA™ VS. LIPOSUCTION**

The low level laser treatments cause temporary holes in the fat cell walls through which the cell content leaks out. No long term study is available to see how long the results will last. It is possible that the fat cells will re-accumulate their cell content over time, as there is no permanent damage done to the cells. Liposuction has the benefit of physically removing the fat cell from the body and thereby reducing the number and volume of fat cells permanently. As in the past, some patients may need a combination of treatment modalities to achieve their desired goal.

## **SUMMARY**

With the ZERONA™ non-invasive laser treatment you may lose the inches and have your desired figure without having to endure the fear, risk, pain and cost of a surgical procedure.



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**I**f you have ever wished you can just zap away those stubborn fat pockets with a magic wand, your wish has come true. A new, non-invasive approach to using low level laser treatment with the ZERONA™ laser has shown to help patients lose up to 9 inches in just 2 weeks without fear of pain, anesthesia, down-time, diet or exercise. Low level lasers have been in use for over 40 years for treatment of many different conditions such as chronic pain, wound healing, and as part of liposuction procedures and has never shown any recorded side effects. A clinical study has shown that body

contouring and inch loss may be achieved with this laser without the need for the surgical removal of the fat cells.

## **HOW DOES ZERONA™ WORK?**

The low level laser therapy emitted by the ZERONA™ laser causes the fat contained in the fat cell to liquefy. The laser treatment induces transitory pores in the fat cell membrane, allowing the liquefied fat to leave the fat cells through these openings and accumulate in the interstitial space around the cells. Once the fat is in the interstitial space, it is naturally removed by the body through the lymphatic system.



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training is shown to bring better results for both the novice and the elite athlete” says Rom. “The group energy not only inspires you to do your best, but also gives you a sense of commitment to show up for the workout. The camaraderie it creates is an added value and is a great way to get motivated.”

Our mission is to help our clients set and achieve goals in fitness, nutrition, health and sports performance like triathlons of all distances or long distance running. We see how it positively affects people by significantly improving the quality of their lives”.

**KINETICS 360 is a coaching sponsor of the Los Angeles Triathlon Club. For more information please visit: [www.kinetics360.com](http://www.kinetics360.com) or contact Rom Levitzky at [info@kinetics360.com](mailto:info@kinetics360.com)**

**T**riathlon and running are few of the fastest growing sports in the country, and not without a reason. The challenge that comes with completing a race is a character builder. Embracing a healthy lifestyle, meeting like minded people and achieving personal athletic goals are all great ways to

stay active and enjoy the outdoors.

Rom Levitzky, a triathlon and running coach, founded Kinetics 360 a few years ago. The company offers unique coaching services that combine online individual training programs together with group workouts. The group workouts include swimming, biking, running



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## DEXTER'S JULIE BENZ ON RUNNING, WEIGHT TRAINING, AND NON-PROCESSED FOODS

By Patrick Tsakuda

**W**ith chameleon-like abilities to transform from a bubbly blonde to a tortured brunette, Julie Benz captivates any room she walks into with her radiant beauty and infectious energy. Best-known for her ongoing stint on Showtime's 2-time Golden Globe and Emmy-nominated series "Dexter" as the title character's wife "Rita Bennett," Benz stars in cult-classics such as "Buffy the Vampire Slayer," "Angel," and "Roswell."

Born and raised in Pennsylvania to a general vascular surgeon and a homemaker, Benz competed in the 1988 U.S. Championships in junior ice dancing with her partner David Schilling, coming in 13th. When Benz was 14, she suffered a crippling stress fracture and had to take time off, but once she stepped off the ice she was able to step onto the stage, something she had always been interested in, starring in numerous community theater productions that earned her a whirlwind of attention. "I'm a tornado - I run people over with my energy," Benz says of the passion and drive she puts behind achieving her goal-and because of her love of performing for an audience, her new goal was to be an actress. She attended New York University, where she received a Bachelor in Fine Arts in Acting. While attending, she graduated in three years with honors and studied abroad in Moscow, enriching her appreciation for the Stanislavski acting method.

Upon graduation, Benz moved to Los Angeles and immediately earned her first guest starring role on "Married with Children," which helped open the door to features, including a role as the receptionist in the two-time Academy Award winning film, *AS GOOD AS IT GETS*, with Jack Nicholson and Helen Hunt. However, it was her turn as the devilish vampire "Darla" in "Buffy the Vampire Slayer" that made Benz a star.

Currently Benz can be seen starring in her 2006 Golden Satellite Award winning role for "Best Supporting TV Actress" as Michael C. Hall's leading lady on Showtime's critically acclaimed, "Dexter."

Benz resides in Los Angeles with her Maltese/Poodle mix, Bamboo. She enjoys running, weight training, spinning and pilates. "I'm a fairly active person, I work out almost every day and I have a small gym in my garage," Benz confides.

Diet-wise, Benz is a firm believer in healthy, non-processed foods. "I wasn't raised on fast food," she reveals, "so McDonalds is not an option. I buy fresh food, and cook a lot at home." "As a rule of thumb," says Benz, "I try to put foods in my body that will give me energy."

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## Ear Acupuncture Curbs Back Pain In Pregnant Women

A special acupuncture technique can help ease lower back and pelvic pain in pregnant women, new research shows.

In a study, women who had pressure needles held in place with tape at three acupuncture points in their ears for one week, were more likely to experience significant reductions in lower back and pelvic pain than those who had the needles placed at three "sham" points or women in a control group who didn't get real or fake acupuncture.

Pregnant women often suffer from pain in the lower back and pelvis -- and this can set the stage for chronic pain later on. Ear acupuncture might offer a drug-free way to help ease pain in

these women, researchers say.

Investigators randomly assigned 159 women in the 25th to 38th week of pregnancy to receive real acupuncture, acupuncture delivered to points that would theoretically not affect pain in the pelvic or lower back area, and a control group.

Every woman was also instructed to use self-care as needed, including resting, taking acetaminophen, and applying warm and cold compresses.

All of the 152 women who completed the two-week study reported some degree of pain reduction and improvement in their ability to function.

**WOMEN REPORTED PAIN REDUCTION AND IMPROVEMENT IN THEIR ABILITY TO FUNCTION**

### CANNABIS MAY BENEFIT PROSTATE CANCER

Chemicals in cannabis have been found to stop prostate cancer cells from growing in the laboratory, suggesting that cannabis-based medicines could one day help fight the disease, scientists said. After working initially with human cancer cell lines, researchers also tested one compound on mice and discovered it produced a significant reduction in tumor growth. Their research, published in the British Journal of Cancer, underlines the growing interest in the medical use of active chemicals called cannabinoids, which are found in marijuana.

### CURRY COMPOUND KILLS CANCER CELLS

A molecule found in a curry ingredient can kill esophageal cancer cells in the laboratory, suggesting it might be developed as an anti-cancer treatment, scientists said. Researchers at the Cork Cancer Research



Center in Ireland treated esophageal cancer cells with curcumin -- a chemical found in the spice turmeric, which gives curries a distinctive yellow color -- and found it started to kill cancer cells within 24 hours. The cells also began to digest themselves, they said.



## Yoga May Decrease Dowager's Hump

**Are you at risk for dowager's hump? Findings from a small study suggest you may want to try yoga to decrease this age-related curve of the upper spine. Among a group of elderly study participants, those who did yoga for six months saw their upper spine curve lowered by about 5 percent compared**

**to those who did no yoga, Dr. Gail Greendale, at the University of California at Los Angeles, and colleagues report in the Journal of the American Geriatrics Society. Those with greater spinal flexibility showed a 6 percent improvement in their upper spine curve, which suggests yoga "when the spine is relatively more**

**malleable" may be most effective, Greendale said. "Men and women with more flexible spines at the start of the study got even more benefit from the yoga," Greendale told Reuters Health in an email. Greendale and colleagues call for further investigations yoga's value in larger groups.**

# HOLISTIC HEALTH SERVICES

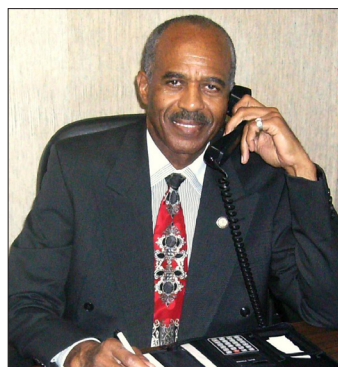
**REVERSING DIABETES, ADDRESSING MENTAL HEALTH, OVERCOMING SMOKING ADDICTION.** *By Dr. Nathan Raab*

**T**oday's article focuses briefly on three prevalent health issues. First - dia-

betes, specifically type 2 diabetes. Historically considered an old people's disease, it now affects children due to widespread dietary practices involving very fatty, sugary, low fiber diets. At Holistic Health Service (HHS), we have helped many people reverse Type 2 diabetes with a living plant based diet, good alkaline water, and natural supplements. Type 1 (insulin-dependent) diabetes is harder to address, but the right diet and supplements can lessen the amount of

insulin needed. Long-term use of insulin creates more damage in the person's body. Next - mental illness. This has a lot to do with excess mucus buildup in the cranial region blocking proper neuron function and the flow of electrical energy from the brain throughout the body. Pharmaceuticals often make the patient docile but don't really correct the problem, and sometimes cause other worse conditions. While mental health is not a simple situation to correct, living plant and enzyme-rich foods with natural vitamins and minerals and good alkaline water all help to regenerate healthy cells throughout the body, including the brain. Finally - smoking addiction. Smoking causes lung cancer, emphysema, and just a general shortness of breath. HHS has had some success in helping people to break the smoking habit if the client follows the practitioner's directions. If you want to quit smoking, there is hope for you in the holistic approach; we have also found that Tahitian Noni helps to break various addictions, including smoking.

Dr. Nathan Raab also appears on "The Natural Way" on KTYM 1460AM on Tuesdays at 2:30pm PST. Contact Dr. Raab at 310-419-4372 or visit his website at: [www.drnathanraab.com](http://www.drnathanraab.com)



betes, specifically type 2 diabetes. Historically considered an old people's disease, it now affects children due to widespread dietary practices involving very fatty, sugary, low fiber diets. At Holistic Health Service (HHS), we have helped many people reverse Type 2 diabetes with a living plant based diet, good alkaline water, and natural supplements. Type 1 (insulin-dependent) diabetes is harder to address, but the right diet and supplements can lessen the amount of

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Allure Dance & Fitness Studio was created by Fitness Expert Nicole Williams. Nicole comes from an athletic background and has been a gifted and well-respected Personal Trainer for over 9 years. She added pole dancing into her workout routine in 2007 to add some variety as she was getting bored with the gym. Nicole got her own pole at home and within a few months taught herself to become a Pole Dancing Diva. After spreading

the word to friends and clients about her new found love and the intense workout she was receiving, everyone wanted to join in on the fun and Pole Dance Allure was formed, now Allure

Dance & Fitness Studio. "I no longer have to go to the gym, I haven't touched a dumbbell since 2007 and my body looks better than when I was lifting weights. The Pole is my new Workout Partner. I've been a tomboy all my life and now I feel like a Woman. I feel Sexy, Strong, and Empowered."



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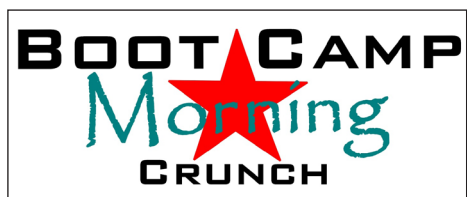
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Looking to the future, this feisty and happy spirit is riding the waves of Group Fitness to the next level with planning her Mexican Group Fitness Cruise from May 2 -May 9, 2010. As

little as \$499 gets you onboard this 7-night cruise with fitness package upgrades available. Over 55 fitness oriented activities and nutrition events, designed by the Master herself, will be available for you to join on board.



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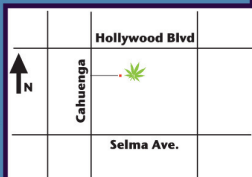
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## “Green spaces” tied to better health, lower disease rates

People who live in green environs may be less likely than those surrounded by concrete to suffer a range of health problems, particularly depression and anxiety, according to a new study.

Researchers found that among more than 300,000 Dutch adults and children, those living near more “green spaces” tended to have lower rates of 15 different health conditions.

The link was especially strong when it came to depression and anxiety, suggesting, the researchers say, that respite from stress and the hustle and bustle of urban life may be an impor-

tant for reason for the benefits of green.

The findings are published in the Journal of Epidemiology and Community Health.

Past studies have found that people who live in greener environments tend to report better subjective health. But this study is the first to use objective data on specific mental and physical health diagnoses, lead researcher Dr. Jolanda Maas, of the VU University Medical Center in Amsterdam, told Reuters Health in an email. The findings build on evidence that green space has a positive effect on health and is “more than just a luxury good,” Maas said.

**BENEFITS ESPECIALLY STRONG WHEN IT CAME TO DEPRESSION AND ANXIETY**

### HEALTHY NEIGHBORHOODS CUT DIABETES RISK

If you are what you eat, you may also be a product of where you live: Living in a neighborhood where it’s pleasant and easy to walk and fresh fruits and vegetables are close at hand can slash a person’s risk of developing type 2 diabetes, new research shows. In fact, the risk of diabetes associated with living in such a “healthy” ‘hood was 38% lower than for people who lived in the unhealthiest places, researchers found.

### HEALTH IMPACT OF WEED KILLER REVIEWED

The Environmental Protection Agency said last month it is reviewing the health impacts of an herbicide known as



atrazine, a widely used weed killer that recent studies have tied to birth defects, low birth weight and premature babies. Atrazine is used to control

broadleaf and grassy weeds and is primarily used on corn, sorghum, and sugarcane. It is used mostly in the Midwest. The concern is that the chemical can contaminate the water supply and can cause health problems even at low levels.



## More Climate Health Preparedness

**C**limate change will mean new health problems for the United States, but public health officials play only a limited role in decisions about how to cope with the changing environment, a report said last month. A study by the Washington-based health advocacy group Trust for America’s

Health predicted that warming temperatures will mean more infectious diseases while changes in rainfall are likely to bring new disease and safety challenges whether from floods, storms, droughts or wildfires. Changes in crop-growing conditions and yields could even threaten rural communities with

food insecurity. But only five U.S. states -- California, Maryland, New Hampshire, Virginia and Washington -- have plans for dealing with the health implications of climate change, while another 28 states have climate change plans without public health elements and 17 states have no climate plans at all, the report said.



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**SANTA CLARITA MARATHON AND FITNESS EXPO**

**Sunday, November 8, 2009.**  
 The Santa Clarita Marathon, which is an official qualifying race for the Boston Marathon, will test the physical boundaries of the human body. The day will include a full marathon, a half marathon, a 5K Run/Walk and a Kid K run. All races will begin at 7:00 a.m., with the exception of the Kid K, which will begin at 8:30 a.m. For more info visit: [www.scmarathon.org](http://www.scmarathon.org).

**VACCINE SAFETY WITH LAUREN FEDER M.D.**

**Sunday, November 8th, 1:30pm - 4:30pm.**  
 Dr. Feder will present an overview of health, disease and each immunization: including the pros and cons surrounding the vaccine controversy, mercury toxicity, prevention of vaccine side effects, and school exemptions. this workshop is for parents who are seeking optimum health for their children, whether or not you have chosen to vaccinate. Golden Bridge Yoga, 6322 De Longpre Avenue, Los Angeles. For more info visit: [www.goldenbridgeyoga.com](http://www.goldenbridgeyoga.com)

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**Thursday, November 19, 2009, 5pm - 8pm.**  
 The Breastfeeding Class is excellent for those planning on breastfeeding their babies. Topics discussed include common myths, feeding frequency, trouble-shooting, pumping and going back to work, medications, nutrition, and breastfeeding resources. Good Samaritan Hospital, 1225 Wilshire Boulevard, Los Angeles. For more info visit: [goodsam.org](http://goodsam.org).



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Korea and contributed enormously to good health. In recent years they have been thoroughly scrutinized and extensively researched by specialists. What we offer are the validated, improved, updated and enriched versions of the traditional remedies.

Beside the idea of biological balance, other unique approaches to good health in TCM include emphasis on building up the immune system that leads to preventive health, on maintaining healthy blood circulation and detoxification from the human body. Under the Balanceuticals line you find Blood Circulator, Blood Pressure Balance, Sugar Balancer, PainEase, Easy Move & Colon Clean, etc.

Cultural emphasis on harmony with nature, continuation of the family line (human reproduction), respect for the elderly, moderation of life style, etc, Chinese traditional remedies excel in many areas of health concerns including pediatric, gynecologic and gerontological health and

natural healing. Examples in the Balanceuticals line include Healthy Pregnancy, Female Regularity, Mammary Care, Uterus Care, Ovary & Uterus Clean, Britemind Elder, Lung & Bronchial Pacifier, Trauma Natural Healing Promoter, etc.

Following the principle of TCM, a special attention is paid to digestive health in the Balanceuticals line. Beside Stomach Peace and Stomach Fortifier, the latest addition is the formula Aperitive, designed to stimulate the hypothalamus to improve digestion and assimilation of nutrients, herbal remedies as well as medication.

To ensure safety and effectiveness of the herbs, Balanceuticals products are made of extracts manufactured by modern first class facilities supervised by TCM specialists.

**Want to try these natural alternatives without side-effects? Check out [www.healthkingenterprise.com](http://www.healthkingenterprise.com) or call 1-888-838-8938**



## herbal remedies from the source

*Used for centuries, proven by clinical trials & research in China, made of herbal extracts free of pollutants.*












**Lung & Bronchial Pacifier:** Expectorant, lung nurturing, detoxifying and natural healing promoting properties to pacify the lung, and resolve congestion.

\*\*\*\*\*

"I had lumps in my breast for 2 years. Last April I had a sono-mammogram done, it showed one of them was the size of a lemon. I began using **Mammary Care** given by my doctor, and when I visited my doctor again they were gone."

- Miroslava Luciano Andugar, Ponce PR

"My husband was having problems with his sugar spiking. He tried the **Sugar Balancer** capsules. Now his glucose level has stabilized. His energy has returned and he feels better all around." - Susie, TN

\*\*\*\*\*

"I suffered from nerve pain all over my body for 13 years. Any activity caused migraine headache attacks that could last 7-10 days and no medication from the doctors could stop the pain. Thank God!! I found **NervEase**, 90% of the pain was gone after 5 bottles and no migraine headaches anymore. I can do housework and take care of myself, I have a life now. Can't thank you enough, long live TCM." - April Alexander, Port Angeles, WA

"I have 5 discs in my back and neck from an accident. The medicine prescribed by my doctor can only stop the pain 50%. I tried **PainEase** and it helps 99% of the pain. On a scale of 1 to 10, I would rate this product a 10."

- Ray Barron, Indiana

\*\*\*\*\*

**Stomach Peace:** Discomfort soothing, tranquilizing and anti-toxic properties to soothe the stomach, neutralize acidity and pacify the digestive system.

"My sister had a very bad swollen knee, she couldn't feel her kneecap and couldn't bend her knee properly to use the restroom. She was hospitalized for one month but that didn't help. After trying 3 bottles of **JointFlexer** the swelling was gone. For the first time in 6 years she can feel her kneecap and is able to use the restroom without pain. She is very happy and grateful she found Balanceuticals Group." - Joanne, Chicago

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**Uterus Care:** Enhances excitability and tension, smooth muscles, promote regular contraction and avoid excessive uterus bleeding.

Available at fine health food stores nationwide

**Health King Enterprise 238 W 31st St., Chicago IL 60616 888-838-8938 [www.healthkingenterprise.com](http://www.healthkingenterprise.com)**

Disclaimer: As everyone is different, customers should not expect the same results. The above statements have not been evaluated by the F.D.A. and this product is not intended to treat, cure or prevent any disease. The above products are used as dietary supplement support.

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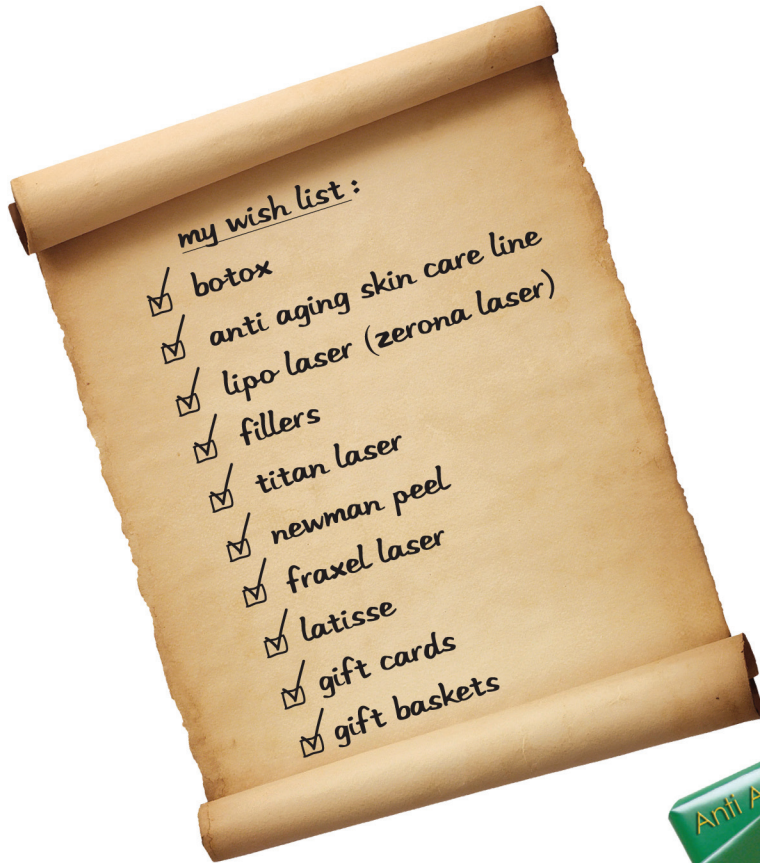
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