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December 2009 | ISSUE 105
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Dr. Nathan Newman

SURVIVING THE HOLIDAYS

12 TOP TIPS TO
OVERCOME
HOLIDAY
STRESS

Acupuncture Fertility Benefit

Aram A. Akopyan
LAc. Diplomat
Oriental Medicine

HEALTHY HOLIDAY EATING

Dr. Nathan Rabb

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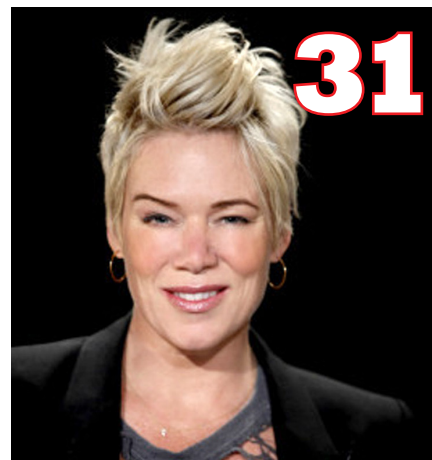
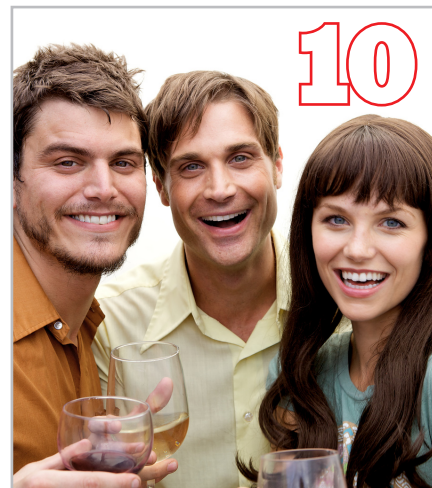
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editor's letter

Holiday Heart; Eye To Eye

Cold weather and some holiday-related behaviors can exacerbate existing heart conditions, and deaths from heart disease hit their peak every December and January, with spikes on Christmas Day and New Year's Day, according to a University of California-San Diego study.

There are several weather-related factors that affect heart health, Dr. Cam Patterson, chief of cardiology and University of North Carolina at Chapel Hill said. Exposure to cold weather can increase blood pressure, which stresses the heart. Blood also becomes thicker in the cold, which can increase the risk of clotting. And lower temperatures lead the blood vessels to constrict, which reduces blood flow. All three of those factors can combine to spell disaster for someone with heart disease, he said.

People tend to drink more than usual during the holidays as well, which can lead to something doctors refer to as "holiday heart" -- a rapid, irregular heart-beat called atrial fibrillation, caused when alcohol irritates the muscle of the heart's top chamber.

Changes in diet can also have an impact that sticks around well past January. For adults, most of their weight gain comes during the holidays, Patterson said, and that extra weight tends to still be there by the same time next year.

There's plenty that can be done in advance to avoid visiting an ER during the holidays. The best thing you can do is pay attention to your portion sizes during meals. Patterson suggests putting healthy items on your plate first, leaving less room for unhealthy options. He also recommends choosing a few special days for dietary splurges, rather than a few weeks. "Don't think of it as a holiday season, think of it as a holiday."

Longer term, a regular exercise routine

Eye surgery: it's not just Lasik anymore

will help you stay heart-healthy throughout the year. And it's always important to know your blood pressure and cholesterol numbers, Patterson said. Keeping track of these health statistics can help catch heart problems early.

And now, on a personal note, I have decided this upcoming year to implement a few personal changes, which I will document in upcoming issues of **LA Health News**. The first major change will be to undergo eye surgery. My eyesight is extremely bad, and after wearing contact lenses for over 25 years, I decided to look into surgical options.

The procedure recommended to me by my doctor, **Dr. Rajesh Khanna M.D.**, is something called Presbyopic Lens Exchange (PRELEX). It is a refractive eye procedure in which the natural lens of the eye is replaced with an artificial lens that corrects presbyopia. PRELEX is a good choice if you are severely nearsighted or farsighted.

I will be writing more about my experience with this procedure next month. If you would like to learn more now, visit Dr. Khanna's web site: www.khannainstitute.com

Mark Ariel
Editor-In-Chief

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Los Angeles Councilwoman Halts Fast Food Establishments In South Los Angeles



something that is currently lacking in our community.”

On September 25, 2009, Superior Grocers opened its doors in South Los Angeles -- the first full-scale market to open in that area in at least five years. They will serve as the anchor of a \$27.5-million mixed-use development called Central Village: 45,000 square feet of retail space and 85 affordable-housing apartments. Additionally, early next year, another full-service grocery, a Fresh & Easy Neighborhood Market, is set to open in South Los Angeles that will anchor another mixed-use project, a \$32-million development with 18,500 square feet of retail

Los Angeles Councilwoman Jan Perry, a trailblazer in the local health field, has declared war on fast food establishments. “Obesity is of local and national concern and just because you don’t have a lot of money to spend on food, does not mean that you can’t have good, nutritional food,” says Perry. The Councilwoman authored and proposed the groundbreaking “Fast Food Ordinance” which was unanimously approved by City Council in a 12-0 vote that now prevents new fast food establishments from opening in Jan’s turf. Now in her third term as the Councilwoman for the City’s Ninth District, Perry represents some of the most challenging communities in Los Angeles County -- South Los Angeles, Bunker Hill, Little Tokyo and Central City East, commonly known as Skid Row.

Los Angeles Councilwoman Jan Perry: “Obesity is of local and national concern and just because you don’t have a lot of money to spend on food, does not mean that you can’t have good, nutritional food”

A recent Los Angeles Times analysis of the city’s roughly 8,200 restaurants found that South Los Angeles has the highest concentration of fast-food eateries. Per capita, the area has fewer eating establishments of any kind than the Westside, downtown or Hollywood, and about the same as the Valley. But a much higher percentage of those are fast-food chains. South L.A. also has far fewer grocery stores. Compared with the Westside, for example, that area has far fewer restaurants - about 900 versus 2,200 according to The Times’ analysis. And about 45%

of the restaurants in South Los Angeles are fast-food chains or restaurants with minimal seating, compared with 16% on the Westside

“We need to attract sit-down restaurants, full service grocery stores, and healthy food alternatives and we need to do so in an aggressive manner,” said Councilwoman Perry. “Ultimately, this ordinance is about providing choices-



LA Councilwoman Jan Perry

space and 79 affordable-housing apartments. “South Los Angeles is a dramatically underserved neighborhood,” says Perry “It used to be nearly impossible for many families to buy fresh fruit and vegetables and now, approximately 120,000 households now have the sudden availability of fresh produce. That’s significant.”



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HOLIDAY Survival

12 TOP TIPS TO OVERCOME HOLIDAY STRESS



STRESS and depression can ruin your holidays and hurt your health. However, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years.

The following tips, according to a recent Mayo Clinic report, will help you cope with holiday stress and depression.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if you know the holidays have taken an emotional toll in previous years.

The following tips, according to a recent Mayo Clinic report, will help you cope with holiday stress and depression.

1 Acknowledge your feelings

IF A loved one has recently died or you aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season. Be yourself.

2 Seek support

IF YOU feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship.

3 Be realistic

AS FAMILIES change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of oth-

ers. For example, if your adult children and grandchildren can't all gather at your house as usual, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

4 Set differences aside

TRY TO accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness. Set aside grievances until a more appropriate time for discussion.

5 Stick to a budget

BEFORE you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. Don't try to buy happiness with an avalanche of gifts. Give homemade gifts or start a family gift exchange.

6 Plan ahead

SET ASIDE specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients - and you'll have time to make another pie, if the first one's a flop. Expect travel delays, especially if you're flying. With time to spare - those delays won't affect your stress levels all that much.





7 Learn to say no
 BELIEVE it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed.

8 Don't abandon healthy habits
 DON'T LET the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and schedule time for physical activity.

9 Take a breather
 MAKE some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

10 Rethink resolutions
 Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past ex-

cess. Instead, try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame.

11 Forget about perfection
 Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, your partner may burn the cookies, and your mother may criticize how you're raising the kids. All in the same day. Accept imperfections in yourself and in others.

12 Seek professional help if you need it
 DESPITE your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

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INFERTILITY IS ONE OF THE FASTEST GROWING AREAS WHERE CHINESE MEDICINE AND ACUPUNCTURE HAVE MADE A DRAMATIC IMPACT *By Aram A. Akopyan LAc. Diplomat Oriental Medicine*



The female reproductive system needs to produce enough viable eggs so that at least one can mature and be deposited in the fallopian tubes at the right time. The male has to have sufficient amount of properly motivated sperm that have to navigate through an inhospitable environment in a short period of time to reach the site of fertilization and then have to find the egg and penetrate the tough protective outer layer to finally fertilize it.

The fact that on average only one sperm out of 40 million finally reach the egg is in itself indicative of the oddity of conception. Today over 6 million American couples of the reproductive age are unsuccessful at conceiving children. Fertility problems have been

steadily rising since the industrial revolution and it is anticipated to continue. Affecting both men and women equally, it has wide ranging physical, economic, social, and emotional ramifications. Because of the complex nature of conception, the underlying causes affecting fertility are also numerous and complex. Some of reasons for infertility include non-viable eggs that do not fertilize, sperm that are not able to reach the egg, and fertilized eggs that fail to develop well in the early stages. Specific causes attributed to the female include endometriosis, blocked fallopian tubes, irregular ovulation, hostile uterine environment, low progesterone levels and advanced age (over 34). Western medicine has developed solutions

for infertility by intervening in the process of conception with such techniques as In-Vitro Fertilization (IVF), sperm or egg donors, surrogate conception. Yet even with these advances the process of conception is still a chance game. For example in IVF, a costly and often painful procedure only one in three fertilized eggs have a chance of implantation and they still have to endure the rough first stages of growth in the womb.

Infertility is one of the fastest growing areas where Chinese medicine and acupuncture have made a dramatic impact. For example recent research has shown that IVF procedures conducted in unison with acupuncture treatments for the couples, can double the chances of implantation from

30% to over 60%. Chinese medicine, in its treatment of fertility, does not interfere with the process of conception, but rather, works with the person's body as a whole and treats the entire system to regulate the hormonal balance, strengthen the reproductive organs, and enhance quality and quantity of eggs and sperm. As such, Chinese medicine is an optimum complementary approach to infertility. The scientific and medical community has recognized this fact, as evidenced by the many fertility clinics offering comprehensive treatments including acupuncture and Chinese medicine to their patients. In my clinic, we often work with the local fertility clinics to offer comprehensive treatment protocols for fertility, involving herbs, acupuncture, dietary / lifestyle changes and energetic exercises. We focus on working with couples to prepare their bodies and minds for a successful conception.

For more information on this topic, please visit my web site: www.aramakopyan.com or call me directly at 818-507-6168.



Aram Akopyan LAc. Dipl. OM, completed his Masters in Traditional Chinese Medicine from Yo San University of TCM in Los

Angeles with Highest Honors. After obtaining the NCCAOM and California Board Licenses for Acupuncture and Traditional Chinese Medicine, Aram Traveled to China to complete his post graduate and doctorate residency at Sichuan Academy of TCM in Chengdu, Aram Specializes in Dermatology, Endocrinology and Fertility fields.



Attention Pain Sufferers....

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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 to 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?

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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.

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What Kids Drink At 5 Could Affect Weight At 15

Parents may be setting their daughters up for weight problems simply by allowing them to drink two or more sweetened drinks daily while young, study findings hint.

Higher sweetened beverage intake, such as sodas and fruit and sport drinks, at age 5 years was linked to more body fat during the following 10 years, researchers found.

Higher body fat during the teen years has been tied to long-term overweight and other health problems such as diabetes and later heart disease, researchers note.

Researchers looked at what 166 non-

Hispanic white girls drank between the ages of 5 and 15. They also measured their weight, height, and body fat.

Body fat and weight did not vary depending on how much milk or juice made from 100 percent fruit the girls drank.

By contrast, after allowing for other factors tied to weight and body fat levels, girls who drank two or more sweetened drinks daily had higher percentages of body fat, weighed more, and were more likely to be overweight than girls who drank lesser amounts of such beverages.

HIGHER SWEETENED BEVERAGE INTAKE AT AGE 5 LINKED TO MORE BODY FAT LATER ON

OBESITY PILL SHOWS HEART BENEFIT

Arena Pharmaceuticals said last month detailed results from a second pivotal trial of its experimental obesity drug, lorcaserin, show that it improves cardiovascular risk factors. The company reported in August that the 4,000-patient trial found that 47.2 percent of subjects taking lorcaserin, an oral drug, lost 5 percent or more of their weight after a year, compared with 25 percent of placebo patients.

UP FIBER INTAKE TO DEFEAT BELLY FAT

Eating just a little bit more fiber could have a big impact in trimming the waistlines of America's young people, new research shows. Latino adolescents and teens who increased their fiber intake over a two-year period had significant decreases in the amount of fat around their waists, while young people whose fiber intake fell saw their bellies expand,



researchers found. Based on the current findings, researchers noted, increasing fiber intake by six grams a day -- the amount found in

half a cup of beans or a single whole-wheat tortilla -- could have a significant impact on young people's belly fat. "



Study: Menu Labeling Affects Behavior

New York's mandate that fast-food restaurants post calorie information on their menus has changed consumer habits, the city said last month, contradicting a recent independent study showing no effect. The city's Department of Health and Mental Hygiene released preliminary data showing evidence

that people bought food with fewer calories at nine of the 13 fast-food and coffee chains included in a study on the effects of menu-labeling laws that went into effect in 2008. Researchers surveyed more than 10,000 customers at 275 locations in early 2007 and another 12,000 this year. They found statistically significant decreases at four

chains - McDonald's, Au Bon Pain, KFC and Starbucks - and said diners who saw and acted on calorie information bought food containing 106 fewer calories on average than those who did not notice the postings. All told, 56 percent of fast-food customers reported seeing the calorie information, researchers said.

The Emotional Aspect of Pain

At some point in our lives we all have dealt with pain: from bones, joints, muscles or skin injuries to damage to nerves or spinal cord; we have names for it: neuropathic, visceral, somatic; we have the diagnostic

Acupuncture and Oriental Medicine make an emphasis on the individuality of every person, anatomically, functionally as well as emotionally. As a result, a condition is not treated according to a particular model or pattern, but rather emphasis is placed on supporting the healing processes of the patients and allowing them to regain control of their lives.

As David Schechter MD very eloquently writes in his book *The Mind-Body Workbook*, "self-awareness and utilization of the mind-body connection can actually cure some conditions" (www.schechterMD.com); the absolute unity of the mind and the body has to be taken into consideration when treating pain.

Acupuncture and Oriental Medicine as an Integrative treatment modal-

ity has been very successful in treating acute and chronic pain among many other ailments. Try it! Acupuncture Works!

Virginia Wagenknecht LAc is a Board Certified Acupuncture and Oriental Medicine Physician specialized in Pain Management and



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tools to tell us exactly the cause of our pain, but very rarely is taken into consideration the emotional aspect of pain.

The emotional affects of pain can be similarly devastating as the physical injury itself and include depression, anger and anxiety, which arise from having limitations set to one's life and not knowing when is going to stop, from having a myriad of chemicals running through our bodies affecting literally every aspect of our lives; it is like a sentence without expiration date. In addition to this, the perception of pain is circumstantial and can be influenced by the person's state of mind, surroundings, relationships, weather, diet changes, among others.



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FINE WINE

A LITTLE WINE MAY MAKE FOR A LONGER LIFE; WINE MAY CURB TOXIC SKIN EFFECTS OF RADIATION

By Michelle Rizzo

icantly associated with lower mortality risk. The investigators found that the life expectancy of men with a long-term alcohol intake of up to 20 grams per day was 2.3 years longer than that of non-drinkers.

Drinking more than that decreased the benefit. For men who consumed more than 20 grams of alcohol per day, life expectancy was 1.9 years longer compared with non-drinkers.

Independent of total alcohol intake, wine consumption was highly protective. Long-term intake of 2 grams of alcohol from wine per day, on average, increased life expectancy by 2.5 years compared to drinkers of beer or spirits, and by 4.7 years compared to nondrinkers.

In the study, 70 percent of wine consumed was red wine.

The link between wine and longer lifespan remained when the analysis factored in socioeconomic status, dietary factors and other lifestyle habits.

In related news - cancer patients undergoing radiation treatment may want to sip some red wine before treatment.

A study in women with breast cancer found that drinking red wine can help limit the toxic effects of radiation therapy.

"The possibility that particular dietary practices or interventions can reduce radiation-induced toxicity is very intriguing," Dr. Gabriella Macchia, of Catholic University, Campobasso, Italy, said.

It's already known that some wine components may protect

against the harmful effects of radiation. These components include polyphenols in particular, and the tannins.

In the current study, Macchia and colleagues evaluated the potential protective effects of varying levels of self-reported red wine consumption in 348 women treated with radiation therapy after breast cancer surgery.

The findings were "interesting," Macchia said.

The incidence of radiation-induced skin toxicity greater was 38.4 percent in non-drinkers, 31.8 percent in women drinking only half a glass of wine daily, 13.6 percent in those drinking one glass daily, and 35 percent in those drinking two glasses daily.

Women who drank only one glass daily had a much lower risk of suffering skin effects from radiation therapy. Specifically, their risk of significant skin toxicity was about 75 percent less than that in non-drinkers, the researchers found.

"If wine can prevent (radiation) - induced toxicity without affecting antitumor efficacy, as we observed, it also has the potential to enhance the therapeutic benefit in cancer patients without increasing their risk of serious adverse effects," Macchia said.

"The possible protective effect of wine, which we assessed only in women with breast cancer, should also be evaluated in male and female patients with other types of tumors (e.g., prostate carcinoma) who are undergoing radiotherapy," she concluded.

Very light wine consumption -- the equivalent of about half a glass a day -- over the long term appears to lead to a longer life, new research shows.

Among a group of randomly selected Danish men who were repeatedly monitored between 1960 and 2000 as part of the Zutphen Study, long-term light wine consumption was associated with an increase in life expectancy of

nearly 5 years.

The benefit was independent of total alcohol consumption, Dr. Martinette T. Streppel from Wageningen University, the Netherlands, and colleagues report.

According to the report, during the 40-year monitoring period, 1,130 of the 1,373 men in the study died. The average age at death was 77 years.

Mirroring past studies, long-term light alcohol intake was signif-



Remain Healthy While Eating Through The Holiday Season

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

days. Here are some tips to help you survive this round of holiday binging.

First, it's important to chew food thoroughly. Our saliva contains digestive enzymes, so the longer you chew, the longer these enzymes can work on your food while it's still in your mouth. Chewing mashes food into small pieces and partially liquefies it, making it easier to digest and saving your digestive tract lots of stress.

Second, we should never drink liquids while eating - this dilutes digestive juices, leaving them too weak to break down our food well enough to "feed" our cells. As a result, though we eat until we feel full, our cells can't get the nourishment they need, so very soon we feel hungry again and continue eating while our last meal sits undigested, expanding our waistline.

Third, it is important to wait at least three hours before eating desserts. Sweets eaten too soon after other foods causes fermentation and/or putrefaction. As a result, we can't

assimilate the nourishment we need, we feel hungry again too soon, and the above eating cycle repeats.

This can happen at any meal, but it's a greater problem at those larger holiday meals. No wonder we gain so much weight!

So remember these easy eating guidelines and let's eat smarter during this holiday season.

Happy Holidays and Bon Appetit!



For consultations, eating guidelines, cleanses, and healthy holistic supplements, visit Dr. Nathan Rabb, Jr.'s Holistic Health Service at 429 W. Manchester

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FIGHTING DEPRESSION

MANY MEN DO NOT RECOGNIZE, ACKNOWLEDGE, OR SEEK HELP FOR THEIR DEPRESSION, ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH. ASKING FOR HELP TAKES COURAGE, BUT IT CAN MAKE ALL THE DIFFERENCE *PATRICK TSAKUDA*

An estimated six million men in the United States have a depressive disorder—major depression, dysthymia (chronic, less severe depression), or bipolar disorder (manic-depressive illness).

Although these illnesses are highly treatable, many men do not recognize, acknowledge, or seek help for their depression, according to the National Institute of Mental Health.

While both men and women may develop the standard symptoms of depression, they often experience depression differently and may have different ways of coping. Men may

be more willing to report fatigue, irritability, loss of interest in work or hobbies, and sleep disturbances rather than feelings of sadness, worthlessness, and excessive guilt, which are commonly associated with depression in women. Also, tragically, four times as many men as women die by suicide, even though women make more suicide attempts during their lives.

The truth is, depression is a real and treatable illness. It can strike at any age, from childhood into late life. With proper diagnosis and treatment, the vast

majority of men with depression can be helped.

WHAT MAKES DEPRESSION DIFFERENT FROM THE BLUES?

Depression is a serious medical condition that involves the body, mood, and thoughts. It affects how you eat and sleep. It alters your self-perception. It changes the way you think and feel. Men with a depressive illness can't just "snap out of it" or "pull themselves together," because depression isn't the same as a passing mood. Left untreated, depression may last for weeks,

months, or years at a time.

Depressive illnesses can make routine tasks unbearably difficult. Pleasures that make life worth living—watching a football game, playing with children, even making love—can be drained of joy. Depression brings pain and disruption not only to the person who has it, but also to his family and others who care about him.

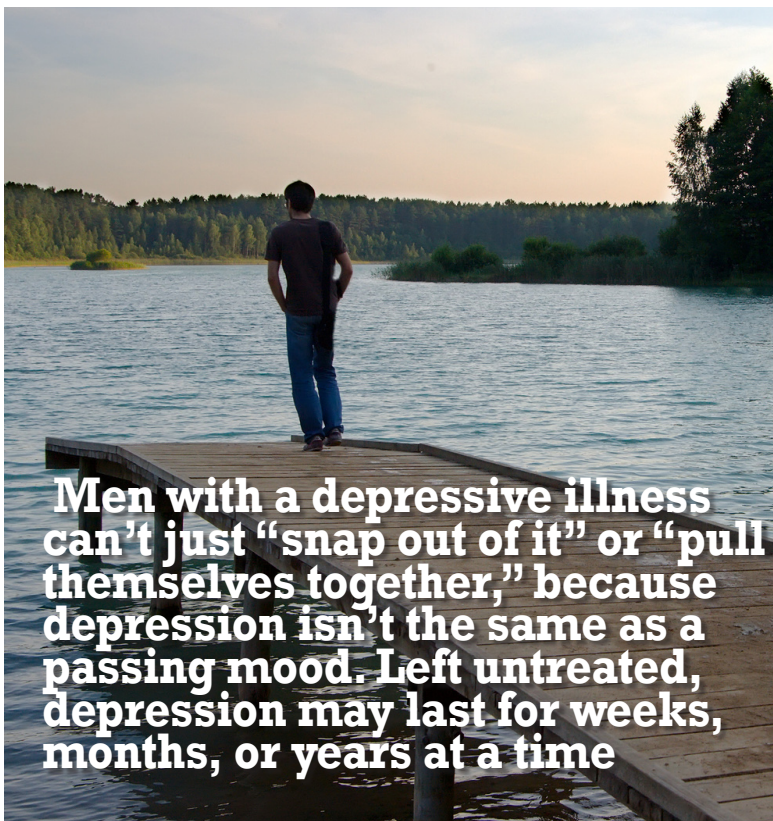
If you are experiencing some of the following symptoms, you may have a depressive illness. Ask yourself if you are feeling: sad or "empty;" irritable or angry; guilty or worthless; pessimistic or hopeless;

tired or "slowed down;" restless or agitated; like no one cares about you; or like life is not worth living. You may also: sleep more or less than usual; eat more or less than usual; have persistent headaches, stomachaches or chronic pain; have trouble concentrating, remembering things or making decisions; lose interest in work or hobbies; or lose interest in sex.

If these symptoms are familiar, it's time to talk with your doctor. Depression is a real, medical

It's important to remember, however, that depression is a real, treatable illness and is nothing to be ashamed about.

Thanks to years of research, a variety of effective treatments including medications and short-term psychotherapies are available for depressive disorders. Treatment choice will depend on the patient's diagnosis, severity of symptoms, and preference. In general, severe depressive illnesses, particularly those that are recurrent, will require a com-



Men with a depressive illness can't just "snap out of it" or "pull themselves together," because depression isn't the same as a passing mood. Left untreated, depression may last for weeks, months, or years at a time

illness that can be successfully treated, most often with medication, psychotherapy ("talk" therapy), or a combination of both. Support from family and friends plays an important role as well.

IT TAKES COURAGE TO ASK FOR HELP

The feelings and behaviors that are part of depression can hinder a person's ability to seek help. In addition, men in particular may find it difficult to admit depressive symptoms and ask for help.

combination of treatments for the best outcome.

If you are feeling depressed, tell someone about your symptoms. Speak with a doctor, nurse, psychologist, social worker, or employee assistance professional. Asking for help takes courage, but it can make all the difference.

For more information visit the National Institute of Mental Health web site at: www.nimh.nih.gov.



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On-The-Job Exercise Good for Employee And Employer

Programs in the workplace designed to get people to exercise can improve fitness, cut cholesterol levels, reduce job stress and even improve attendance, a new analysis of the medical literature shows.

"We do have really good evidence that the interventions do work," researchers said.

Investigators looked at dozens of studies of workplace physical activity interventions. The studies included about 38,000 people.

They found significant positive effects for the interventions on "physical activity behavior," meaning whether or not people became more active. The programs also helped fuel healthy

changes in lipids (meaning harmful fats in the blood such as triglycerides), measures of body size, work attendance, and job stress, the researchers report.

WORKPLACE PHYSICAL ACTIVITY REDUCES ABSENTEEISM, COULD SAVE COMPANY MONEY

The more effective programs had several characteristics in common: a facility for exercising on site; they were developed with the help of the company; and people were able to exercise during the workday rather than having to come in early or stay late.

While evidence is scarce on the long-term costs of workplace physical activity interventions, researchers noted, the fact that they reduce absenteeism suggests they could indeed

DIABETES DELAYED WITH DIET, EXERCISE

People on the brink of developing diabetes who get a lot of support and encouragement to diet and exercise can turn things around and avoid the disease, researchers said last month. "Millions of people could delay diabetes for years and possibly prevent the disease altogether if they lost a modest amount of weight through diet and increased physical activity," said Dr. Griffin Rodgers, director of the National Institute of Diabetes and Digestive and Kidney Disease. In the United States, about 11 percent of adults -- 24 million people -- have diabetes.

STEROIDS KIDNEY DAMAGE ALERT

Anabolic steroids - the kind used by some athletes to build muscle mass - can cause lasting kidney damage, according to recent research. According to studies a high percentage of men taking steroids



for more than a decade - and had a higher probability of kidney disease. However, much of the damage was reversible. Eight of the men in the

study could be treated successfully with medications. Those who stopped using steroids and reduced the amount of exercise lost weight, and their kidney function improved.



Regular exercise helps battle flu

Regular exercise may help reduce the misery of the flu by boosting the immune system's response to the virus, a study in mice hints. Studies have suggested that people who exercise moderately suffer fewer and less severe colds and flu infections than couch potatoes

do -- while exhausting workouts may increase a person's vulnerability to these infections. In theory, the benefits of moderate exercise may stem from its effects on immune defenses. Research has found that exercise boosts activity in various parts of the immune system that help limit a viral attack

or help clear an invading virus from the body more quickly. These findings, researchers write, suggest that exercise boosts "early innate antiviral defenses" -- though the exact mechanisms remain unclear. For now, the results offer one more potential reason to get regular moderate exercise.

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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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CAN YOU HEAR ME NOW?

STUDY CHARTS LINKS BETWEEN MOBILE PHONES, TUMORS *By David Morgan*

Studies on whether mobile phones can cause cancer, especially brain tumors, vary widely in quality and there may be some bias in those showing the least risk, researchers reported last month.

So far it is difficult to demonstrate any link, although the best studies do suggest some association between mobile phone use and cancer, the team led by Dr. Seung-Kwon Myung of South Korea's National Cancer Center found.

Myung and colleagues at Ewha Womans University and Seoul National University Hospital in Seoul and the University of California, Berkeley, examined 23 published studies of more than 37,000 people in what is called a meta-analysis.

They found results often depended on who conducted the study and how well they controlled for bias and other errors.

"We found a large discrep-

ancy in the association between mobile phone use and tumor risk by research group, which is confounded with the methodological quality of the research," they wrote in the *Journal of Clinical Oncology*.

The use of mobile and cordless phones has exploded in the past 10 years to an estimated 4.6 billion subscribers worldwide, according to the U.N. International Telecommunication Union.

Research has failed to establish any clear link between use of the devices and several kinds of cancer.

The latest study, supported in part by the Centers for Disease Control and Prevention, examined cases involving brain tumors and others including tumors of the facial nerves, salivary glands and testicles as well as non-Hodgkin's lymphomas.

It found no significant association between the risk of tumors and overall use of mobile phones,

including cellular and cordless phones.

Myung's team said eight studies that employed "high quality" methods to blind participants against bias found a mild increased risk of tumors among people who used mobile phones compared with those who never or rarely did.

An increased risk of benign, not malignant, tumors was also found among people who used the phones for a decade or longer.

The "high quality" studies were funded by the Swedish Work Environment Fund, the Orebro Cancer Fund and the Orebro University Hospital Cancer Fund, Myung's team said.

By contrast, studies that used "low quality" methods to weed out bias found mobile users were at lower risk for tumors than people who rarely used the devices.

Myung's team suggested those results could be marred by random errors and bias because of

the quality of the methods.

Funding for some of the lower-quality studies included two industry groups, the Mobile Manufacturers Forum and the Global System for Mobile Communication Association, the researchers said.

Overall, the studies examined were not broad enough to shed light on whether mobile phone use could cause tumors. Myung's team said larger studies of a type called cohort studies are needed to answer that question.

Such studies follow a group of people who share a characteristic, in this case cellphone use, and compare them with other groups over time.

The only cohort study published to date showed no association between mobile phone use and tumors. But the study, conducted in Denmark, relied on telephone subscriptions and did not evaluate actual exposure to mobile phones.



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ing better. Also, you'll meet great people who share in the same vision of striving to reach their goals for a healthier mind and body.

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Liposuction: A Source For Breast Augmentation

Worried about what to do with fat you've had liposuctioned from pudgy areas? Researchers have turned it into stem cells in the lab, but here's a more immediate use: Fat liposuctioned from other parts of the body can safely be used to increase a woman's breast size, according to study findings presented last month at the Plastic Surgery 2009 meeting in Seattle.

Many surgeons are already "using liposuctioned fat to reconstruct breasts after mastectomy," Dr. Luis Zapiach, told Reuters Health.

However, injecting fat into the "breast for cosmetic purposes has been a controversial issue ever since the American Society of Plastic Sur-

geons banned the procedure in 1987," Dr. Roger K. Khouri, a plastic surgeon in Key Biscayne, Florida, who performed the current study, told Reuters Health.

"The procedure had the reputation of being ineffective, unreliable and potentially dangerous," Khouri said, and at present is not permitted outside of clinical studies.

With reconstructions following breast cancer surgery, Zapiach explained, all of the breast tissue is removed before the fat is injected, so there is no danger that fat - which excretes estrogen, a hormone that stimulates breast cell growth - will bring the cancer back.

LIPOSUCTIONED FAT CAN SAFELY BE USED TO INCREASE BREAST SIZE

FAT-DISSOLVING PROCEDURE QUESTIONED

French researchers are calling into question the safety of a cosmetic procedure that offers to melt away fat without surgery, exercise or pills. The doctors, writing in the journal *Clinical Infectious Diseases*, warn that the procedure, known as mesotherapy, can also leave patients with particularly hard-to-treat and potentially disfiguring bacterial infections. Mesotherapy involves the injection of a reportedly fat-dissolving solution into unwanted fat deposits. Over weeks or months, the broken down fat disappears as it is absorbed by the body.

STRETCHING DEVICE ADDS LENGTH

A device that claims to lengthen the penis by exerting increasingly powerful traction on the organ seems to work, Italian



researchers have found. In a small pilot study, men who used the device for six months saw an average increase of 2.3 centimeters in penis length. Just two men

withdrew from the study, due to pain and bruising of the penis. Given the safety and effectiveness of the device, researchers say, it could be considered a "first-line treatment for patients seeking a penile lengthening procedure. For more info visit: www.andropenis.com/



How Young Is Too Young

A survey carried out last month by *Girl Guiding UK* revealed that 24% of girls aged 16-21 would consider having cosmetic surgery. The researchers found the turning point was around the age of 10 when it came to worrying about appearances. Between the ages of 7 to 11-year-olds,

2% were not happy with their appearance but this increased to 11% in 11 to 16-year-olds. According to Dr. Dai Davies, Consultant for Plastic Surgery Partners: "Girls are under so much pressure to conform to society's view of what is beautiful, that it's no wonder they are considering plastic surgery so young."

Dai has performed rhinoplasty on a patient of 13 and prominent ear surgery on children as young as 7 years old. Davies says parental consent is not enough. "Even at such a young age the children must have a clear understanding of what is happening and agree to the procedure."

Lose Inches in Two Weeks

NO PILLS, NO EXERCISE, NO DIET, NO SURGERY, NO DOWNTIME *By Dr. Nathan Newman*



Being an out-of-the-box thinker, I have put together a novel combination of weight loss regimen to help you lose inches using the most advanced technologies. My patients have lost 2 to 4 inches in just 2 weeks of treatment without changing their daily rituals and habits. With this unique, safe and non-invasive treatment combination you do not need to worry about side-effects of traditional weight loss methods associated with diet pills, liposuction or lap band surgeries.

What is the treatment?

The treatment is a combination of the Zerona laser, Kangen alkaline water, and the Avacen Normalizer machine. Treatments take about one hour and are done 3 times a week for 2 weeks.

What is the Zerona Laser?

The Zerona is a cold laser used to cause the fat cells to leak their contents and shrink. The laser is completely painless and without any downtime. You do not need any medications or creams with the laser treatment. You may resume your normal daily activity immediately after the treatment. It is safe to have more than one treatment cycle to lose more inches or to target unwanted fat pockets in different areas of the body.

What is Kangen Alkeline Water?

Water has different effects on the cells and the body as its properties changes with its pH. Tap water is a neutral pH of 7. When the pH is less than seven it becomes acidic

and when the pH is above 7 it is basic. Water that has a pH of 11.5 has the ability to emulsify fat. This water intake is an important part of removing the released contents of the fat cells from the body.

What is the Avacen Normalizer?

Many people with excess fat have been found to have lower than normal core body temperatures. Even small temperature changes can have a great impact on bodily functions, such as enzymatic and hormonal functions, and may be a cause of slower metabolism. The Avacen Normalizer is used to correct the core body temperature and thereby increase your body's metabolism and optimize bodily functions to help remove the undesired fat content from the body.

Your wish has come true. Lose inches without crazy diets, rigorous exercise, dangerous diet pills or risky surgery. Like a magic wand, this treatment combination of Zerona laser, Avacen Normalizer and the Kangen water may help you reduce inches in just 2 weeks of safe and easy treatment.



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is the innovator of the Stem Cell Lift™, Cutting edge cosmetic surgery, without cutting. Call 310-273-3344 or write to info@NathanNewmanMD.com for more information and to schedule your appointment.



Antibiotic Overuse Threatens Modern Medicine: Experts

Overuse of antibiotics in Europe is building widespread resistance and threatening to halt vital medical treatments such as hip replacements, intensive care for premature babies and cancer therapies, health experts say.

Dominique Monnet of the European Center for Disease Prevention and Control's (ECDC) scientific advice unit said the "whole span of modern medicine" is under threat because bugs are become resistant to antibiotics, rendering the drugs useless.

"If this wave of antibiotic resistance gets over us, we will not be able to do organ transplants, hip replacements, cancer chemotherapy, intensive care and neonatal care for premature babies," he said.

Antibiotics are needed in all these treatments to prevent bacterial infection. But drug-resistant bacteria are a growing problem in hospitals worldwide, marked by the rise of superbugs such as methicillin-resistant Staphylococcus aureus (MRSA).

Such infections kill about 25,000 people a year in Europe and around 19,000 in the United States

The six most common multi-drug-resistant bacteria -- often referred to as superbugs -- cause around 400,000 infections a year in Europe, killing around 25,000 people and using 2.5 million hospital days a year.

The ECDC is planning an "antibiotic awareness" campaign to urge doctors to stop overprescribing antibiotics.

DRUG-RESISTANT BACTERIA ARE A GROWING PROBLEM IN HOSPITALS WORLDWIDE

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.



Patch plus lozenge quitting success

S smokers who are ready to quit will have the most luck if they combine the nicotine patch with nicotine lozenges and some counseling or coaching, a new study shows. Among study participants who used this combination, 40 percent were still smoke-free at six months. The success rate

for people who try to quit on their own is around 5 percent, Dr. Megan E. Piper of the University of Wisconsin School of Medicine and Public Health in Madison, the study's lead author, told Reuters Health. While it's not clear why the patch plus lozenge might work best, Piper noted, the patch lets smokers

maintain a steady level of nicotine in their blood, which helps fight withdrawal symptoms. When a person has a craving for a cigarette, she added, they can pop a lozenge instead. Given that cigarette prices are skyrocketing, the researcher added, now is a great time for people to try to quit.



MERCIFULLY

JAMES TUPPER, DR. CHRIS SANDS ON THE NBC MEDICAL DRAMA "MERCY," CONTINUES TO CONQUER HOLLYWOOD

By Victor Melamed

Currently appearing as Dr. Chris Sands on the NBC series "Mercy," Canadian actor James Tupper is probably best known for his role as Jack Slatery on the ABC television series "Men in Trees." In his claim-to-fame role, starring opposite his significant other, actress Anne Heche, Tupper played a fish and wildlife biologist, single, vulnerable and clearly at his best alone in the woods.

Most recently, Tupper guest starred opposite Christina Applegate on "Samantha Who?" and co-stars in the film "Me & Orson Wells," starring Zac Efron and Claire Daines. The film gained momentous excitement at both the 2008 Cannes and Toronto Film Festivals.

Additional acting credits include "How I Met Your Mother," "CSI: New York," "Gilmore Girls," "Time of Your Life," and "Dr. Vegas." He starred in the critically acclaimed

Tupper enjoyed a starring role alongside Hollywood elite Sissy Spacek and Alfre Woodard in "Pictures of Hollis Woods" for CBS and the Hallmark Channel.

On top of taking on television and film roles, Tupper continues to pursue his passion for the stage. He has performed in "King Lear" opposite James Gammon and in "The Things We Do For Love" at the Odyssey Theatre in Los Angeles.

Born and raised in Nova Scotia, Canada, Tupper was devoted to football, and in high school played on the varsity team. After graduating high school, he traveled to London and Africa, finally residing in the foothills of Mount Kenya where he worked on a locally owned coffee and tea farm.

When Tupper returned home, inspired by his experiences, he started and successfully ran Blue Shoe Theatre Company, then went on to Concordia University

Tupper

independent film "Peroxide Passion," for which he won the Toronto Planet Indie Film Festival's Best Actor Award. He co-conceived and wrote "Loudmouth Soup," a fully improvised film about actors trying to make it in Hollywood, released in 2005. He starred in the Hallmark Channel's original movie "Love's Abiding Joy," written and directed by Michael Landon, Jr. of "Little House on the Prairie" fame.

He also starred in the independent films "For Heaven's Sake," playing the son-in-law of Florence Henderson, and the biopic "Who Flew?" playing legendary novelist Ken Kesey during his time spent writing the award-winning "One Flew Over the Cuckoo's Nest" (the directorial debut of Ryan Hurst).

in Montreal and eventually to Rutgers University where he received a Master of Fine Arts.

After Rutgers, Tupper moved to New York where he was immediately spotted by talent agents and managers. While there, he produced and starred in the off-Broadway play "After the Rain," which won the Moliere Prize in Paris the same year.

In his spare time, Tupper enjoys relaxing in his Los Angeles home with his beloved Great Dane, Harold, whom Tupper named after his grandfather. He worked as a carpenter between acting jobs for 15 years, and still enjoys building things for his friends, as well as bird watching, jogging and playing the guitar.



Los Angeles Fitness Expo

OVER 250 EXHIBITS OFFERING THE LATEST IN FITNESS, DIET, NUTRITION, STRENGTH AND WELLNESS PRODUCTS AND SERVICES

The 2010 Bodybuilding.com Los Angeles Fitness Expo(tm) presented by Gaspari Nutrition and Pro Fight Supplements, California's largest health and fitness weekend, returns Saturday and Sunday, January 23-24 to the Los Angeles Convention Center, 1201 South Figueroa Street, South Halls G & H.

"2010, our 7th year, is going to be our biggest and best yet," said Los Angeles Fitness Expo Executive Director, Erin Ferries. "Southern California is the center of the fitness world and it is exciting to see the tremendous growth our event has had as we introduce new competitions, exhibits, and guest speakers."

Attendees will find over 250 exhibits offering the latest in fitness, diet, nutrition, strength and wellness products and services.

The Los Angeles Fitness Expo also offers 10 major competitions, including three new events introduced this year.

NEW EVENTS FOR 2010 ARE:

- **The AAU USA WARRIORS CLASSIC WRES-**

TLING CHAMPIONSHIP (Saturday) offers High School students the chance to compete at The Los Angeles Fitness Expo.

- **The LA OPEN MARTIAL ARTS COMPETITION** This two day event features the best in

Karate and Sport Martial Arts Competition with extreme forms and weapons expertise.

- **TapouT Live!** Come hang with TapouT Magazine as they bring you a jam packed weekend of MMA celebrities, fashion shows, demos and live remotes at TapouT Live!

Expo attendees will also cheer on competitors participating in returning contests including The Gaspari Nutrition All American Strongman Challenge, The Scot Mendelson Pro Bench Press Classic, The Gracie US Nationals and Gracie Kids World Championships, and USPF American Cup Powerlifting.

Attendees can also get in on the contest action by participating in Champion Nutritions MAX REPS competition, The Pro Fight Fit-test Couple Contest and Bodybuilding.com's BodySpace Spokesmodel Search where one lucky man and woman will grace the cover of Iron Man Magazine and appear in a feature spread and represent Bodybuilding.com and the BodySpace community at the 2010 Arnold Expo in Columbus, Ohio and the 2010 Olympia Expo in Las Vegas, Nevada.

The Los Angeles Fitness Expo offers something for everyBODY!

Adult admission tickets are \$15 per day or \$20 for the full weekend, children 12 years and under are \$5 per day and children under six are free. Show hours are Saturday, 9:30 AM - 6:30 PM and Sunday, 10 AM - 5 PM. Plenty of parking is available.

For more information on ticketing, exhibiting or sponsorship opportunities call (818) 545-0290 or visit www.thefitexpo.com

"Southern California is the center of the fitness world and it is exciting to see the tremendous growth our event has had"





LESS IS MORE

EATING 30 PERCENT LESS MEAT GOOD FOR HEALTH, PLANET *By Kate Kelland*

Cutting meat production and consumption by 30 percent would help to reduce carbon emissions and improve health in the most meat-loving nations, scientists said last month.

Using prediction models, British and Australian researchers found that improving efficiency, increasing carbon capture and reducing fossil fuel dependence in farming would not be enough to meet emissions targets.

But combining these steps with a 30 percent reduction in livestock production in major meat-producing nations and a similar cut in meat-eating, would lead to "substantial population health benefits" and cut emissions, they said.

The study found that in Britain, a 30 percent lower intake of animal-source saturated fat by adults would reduce the number of premature deaths from heart disease by some 17 percent -- equivalent to 18,000 premature deaths averted in one year.

In Sao Paulo, Brazil, it could mean as many as 1,000 premature

deaths averted in a year, they said.

According to the United Nations Food and Agricultural Organization, 18 percent of all greenhouse gas emissions are from meat production and experts say rising demand for meat, particularly in countries with growing economies, could drive livestock production up by 85 percent from 2000 levels by 2030.

The scientists said global action was needed to maximize the benefits of cutting meat production and consumption, and that the environmental advantages "may apply only in those countries that currently have high production levels."

The study was published in The Lancet medical journal as part of a series in climate change and health ahead of the Copenhagen global climate summit scheduled next month.

In a second study, British scientists found that increased walking and cycling, and fewer cars, would have a much greater impact on health than low-emission vehicles in rich and middle-income countries.



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Passive Work Means Less Activity Off The Job

Do you have an unchallenging job with little control over what you do? You may be more likely to be a couch potato in your leisure time, a new study shows.

"These characteristics of the job spill over into their non-working life," says lead researcher Dr. David Gimeno of University College London.

Gimeno and his colleagues looked at how working in "passive jobs"-where the worker has little stress and little control-affected leisure time activity by looking at 4,291 male and 1,794 female British civil servants, who ranged in age from 35 to 55. Over a five-year period, the study par-

ticipants were categorized at three different time points based on how passive their jobs were and their amount of leisure-time physical activity.

INTERVENTIONS THAT REDUCE UNCHALLENGING JOBS MAY BE WORTHY OF CONSIDERATION

Job passivity didn't influence how active women were outside work. But men who were in passive jobs at all three time points were 16 percent more likely to have low levels of leisure time physical activity than men who had never worked in a passive job.

Given the health risks of a sedentary lifestyle, he and his colleagues note, "upstream interventions that reduce dull, demotivating and unchallenging jobs may be worthy of consideration."

HEALTHY HOME WEIGHT LINK

If you've lost a lot of weight and want to keep it off, banishing high-fat foods and getting rid of your TV sets might help, along with eating less and staying active, new research hints. Researchers found that people who had lost weight and had maintained a normal weight for 5 years were much more physically active than obese people who hadn't lost weight and were also being better able to control their food intake. But people's home environment also mattered, Dr. Suzanne Phelan of California Polytechnic State University in San Luis Obispo and her colleagues found. The weight loss maintainers had fewer TVs in their homes, and were less likely to be stocking their shelves with fatty foods.

CANCER MORE COMMON NEAR VOLCANOES



People who live in volcanic areas may have an elevated risk of developing thyroid cancer, a new study suggests.

Italian researchers found that between 2002 and 2004, rates of papillary thyroid cancer -- the most common form of thyroid cancer -- were twice as high in Sicily's volcanic region compared with the rest of the island.



TV Aggression Link In Kids

The more TV a 3-year-old watches, the more likely he or she is to behave aggressively, a new study shows. Just having the TV on when the child wasn't watching it was also linked to aggressive behavior, although the relationship wasn't as strong, Dr. Jennifer A. Manganello of the University

at Albany, State University of New York, Rensselaer, and her colleagues found. After accounting for factors known to be associated with aggressive behavior, such as living in a violent neighborhood or having a mother who suffers from depression, TV watching and household TV time were both still significantly

associated with aggressive behavior, such as hitting others, having angry moods, being disobedient, and screaming a lot. The American Academy of Pediatrics recommends no TV at all for children two and younger, and two hours a day or less for older kids, Manganello and her team note in their report.



PHOTO: Mia Michaels

TOUCHING PEOPLE'S LIVES WITH PASSION

THE AMAZINGLY CREATIVE, INSPIRING AND TOTALLY UNIQUE CHOREOGRAPHER MIA MICHAELS ON WHY DANCE AND HEALTH DON'T ALWAYS GO HAND IN HAND *By Mark Ariel*

From stage to screen, Mia Michaels has turned dance into inspired and unique works of passion and beauty. Up until last season, Michaels was the ever-popular judge and contributing choreographer for Fox's hit TV show (and touring company) "So You Think You Can Dance." Michaels has won an Emmy award for outstanding choreography on a television series for her dance piece "Calling You" on SYTYCD. Recently, Michaels' role in SYTYCD contributed to the show receiving the "Best Reality TV Show" award at the 2008 Reality TV Show Awards. Additionally, her expertise in the field of choreography has led her to share her talents as a regular guest choreographer and judge with SYTYCD Canada.

On stage, Michaels' choreography has entertained and thrilled countless audience members. Her work on the Celine Dion show, *A New Day*, played at Caesars' Palace in Las Vegas for over five years and received stunning reviews. The show featured a cast of 50 dancers with two hours of pure dance artistry. Other shows featuring Michaels' choreography includes Celine Dion's world Tour, *Taking Chances* and *Cirque du Soleil's* first touring show, *Delirium*, which premiered March 2006. She has also created works for numerous recording artists including Madonna, Ricky Martin, Gloria Estefan, Anna Vissi, and Prince.

Michaels' dedication to the art of dance naturally carries a presence in the dance concert arena. Included in her diverse concert and stage work is the critically acclaimed New York based dance company, RAW for which she was the founder, artistic director, and choreographer.

Michaels' expertise in the area of dance has made her a highly sought after guest instructor and choreographer worldwide. She has held faculty positions at prestigious institutions of dance around the world including Alvin Ailey, the Joffrey Ballet, and the International Dance Festival of Italy.

Michaels is constantly striving for new inspirations for her work. Her students and peers around the world have noted her as a memorable influence. She has a way of touching people's lives with passion, emotional expression and style of dance. Mia currently resides in Los Angeles.

Health wise, Michaels admits, dancing is probably the worst thing you can do for your body. "Dancing is the opposite of what your body wants to do," Michaels tells **LA Health News**. To counteract these negative affects, Michaels, in her spare time, practices yoga, which physically, she explains, works more organically with your body. While she doesn't adhere to any particular diet, Michaels advocates clean eating. "I enjoy vegetables, fruit, fish and chicken... but I'm not fanatic, if I feel like a bowl of pasta - I'll go for it."

Beverly Hills Cosmetic Dentistry At Affordable Fees

DR. G.S. FRANKEL DENTAL GROUP: "DENTISTRY SHOULD NOT BE A LUXURY. DENTISTRY SHOULD BE AVAILABLE TO ALL AT A REASONABLE FEE"



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per year) is \$288. Savings average 25% as compared to fees in Los Angeles.

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Full mouth X-Rays: regular fee \$80, discount dental plan: **no charge**

Adult cosmetic cleaning: regular fee \$80, discount dental plan: **no charge**

Child cleaning and fluoride: regular fee \$65, discount dental plan: **no charge**

ADULT DENTISTRY

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\$325, discount dental plan \$220.

Porcelain fused to metal crown, regular fee \$1050, discount dental plan \$601.

Full gold crown, regular fee \$1450, discount dental plan \$945.

Upper and lower denture, regular fee \$2400, discount dental plan \$1575.

Molar root canal, regular fee \$1050, discount dental plan \$853.

Orthodontics (braces payable over 24 months) includes records and retainers, regular fee \$5200, discount dental plan \$3974.

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By The Skin Of Your Teeth

NEW TREATMENT FOR RECEDING GUMS WORKS LONG-TERM

By Amy Norton

A therapy that helps regenerate receding gum tissue seems to hold up over the long term -- and may offer patients an alternative to more-extensive dental surgery, a small study finds.

One option for treating severe gum disease is surgery to replace tissue lost from around the teeth and their roots. Traditionally, that has meant taking tissue from the roof of the patients' mouth and "grafting" it onto the receding gums.

The surgery is effective, but requires stitches in the roof of mouth and leaves patients in pain afterward.

In the new study researchers at Tufts University in Boston looked at the longer-term results of an alternative procedure known as guided tissue regeneration, or GTR.

The study looked at a specific GTR technique, developed at Tufts, that involves drawing blood from the patient to retrieve blood cells known as platelets, which are rich in proteins called growth factors that aid in tissue repair and wound healing.

A membrane made of collagen is soaked in the platelets

then sutured over the receding tooth root.

Drs. Terrance J. Griffin and Wai S. Cheung followed six patients who had had the procedure done on a total of 37 teeth. After six months, new tissue was completely covering the roots of two-thirds of the treated teeth. After three years, 57 percent still had complete root coverage.

The long-term results are comparable to what is seen with traditional graft surgery, Griffin told Reuters Health.

"The new treatment reduces pain and discomfort, offers excellent root coverage, and results in increased patient satisfaction with the results," he said. "We now know that it is stable after three years."

The treatment is not yet widely available, according to Griffin, though it is becoming better known.

He noted that receding gums, the condition targeted by this particular treatment, is just one form of gum disease. "The good news is that researchers are making strides in tissue regeneration treatments."



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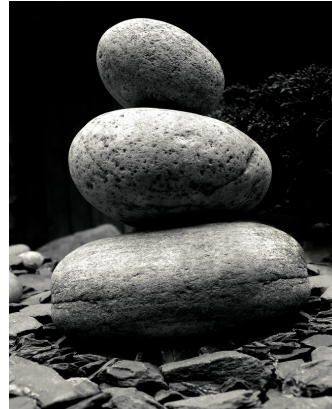
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information visit:
www.w2promo.com

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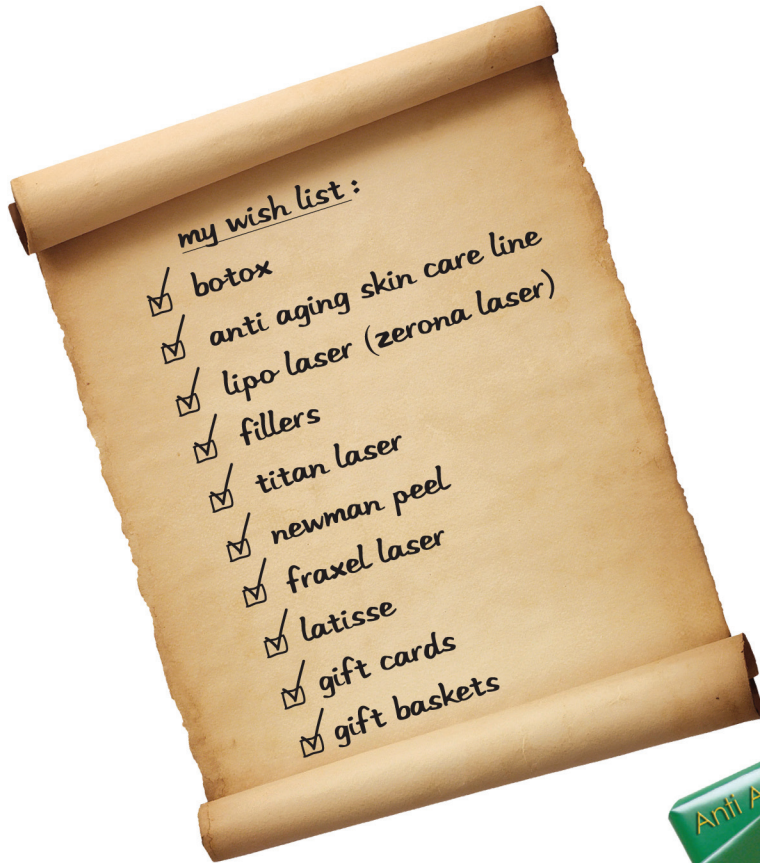
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