

LA HEALTH NEWS

January 2010 | ISSUE 106
COMPLIMENTARY

IT'S ABOUT YOUR LIFE



INCREASE YOUR METABOLISM NATURALLY TO LOSE WEIGHT

Dr. Nathan Newman

THE FUTURE OF FITNESS

10 TOP NEW TRENDS

Key Factors Affecting Women's Wellness

Virginia Wagenknecht Lac

ARE YOU SET UP FOR FAILURE?

Myke Zyckoff
HHP, C.Ht.,
Life Care Specialist

SAMRA UNIVERSITY OF ORIENTAL MEDICINE

Where Ancient Tradition Meets Modern Technology

The Spy Next Door KATHERINE BOECHER

On Overcoming Food Allergies

KEEPING IT REAL

7 NEW YEAR'S RESOLUTIONS POINTERS



P.A., before hair restoration



P.A., after hair restoration.
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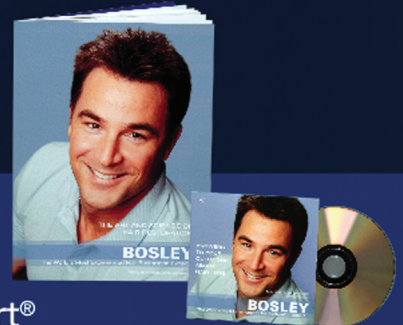
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PROUD MEMBER OF:



editor's letter

Fitness Resolutions

New Year's resolutions: We make them, we break them, we make them again.

So it's no surprise that "Get Fit" tops many of the same lists year after year.

Fitness experts say if you're serious about shaping up this time, start by trading in your impossible dreams for some attainable goals.

"People will say, 'I'm going to lose 30 pounds,' when 10 pounds would be more doable. They'll say, 'I'm going to exercise every day,' when three times a week may be more likely," said Shawn Talbott, spokesperson for the American College of Sports Medicine (ACSM).

The researcher and program developer advises people to set realistic expectations.

"Compliance is the big sexy thing in fitness research: How do we get people to comply with their program?"

He suggests seeking out that sweet spot of balance between too much exercise and too little.

"Not so little that there are no benefits, and not so much that you can't do it."

And he says exercise loves company.

"I recommend making that resolution along with a buddy. Research shows that having someone you're accountable to can double, even almost triple, your effectiveness. Then stick to your plan," he said.

"Make gradual, graded workout goals, say twice a week for two months, then up your goal to three times a week for two months."

One ACSM study showed that motivation to be physically active was higher when sports - instead of just exercise - were involved.

"Competitive is good," he said. "You feel like you've got some skin in the game."

Carol Espel, director of group fitness for the Equinox chain of health clubs, says

It comes down to establishing a routine that you enjoy and sticking to it

that every January, clients enter health clubs with high hopes and no plan.

"They might have the best intentions but not the right tools," she said. "People say, 'I really want to start exercising but I don't know what to do.'"

She said it can be daunting.

"But if you've decided to take that New Year's resolution seriously, and you're upset that it comes up year after year, commit to the resources you need," she said, "whether it's a day-to-day planner, group classes or a personal trainer to keep you in line."

Espel said even those without the will or the funds to join a club can achieve their fitness goals.

"Just get off the couch. When you come home from work, go out for a brisk walk," she said. "Studies document that three 10-minute bouts of exercise a day can be very practical."

Espel says it comes down to establishing a routine that you enjoy and sticking to it.

"A little soreness shows that you've done some pretty effective work," she said. "Well exercised muscles burn calories more effectively."

Then, of course, nothing succeeds like success.

"When people start to feel differently, when their clothes fit better or they have more energy," she said, "that's the most powerful motivating factor."

Mark Ariel
Editor-In-Chief

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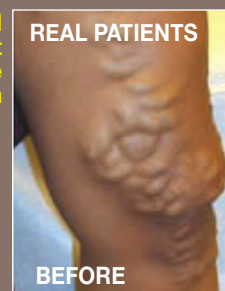
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annual Hospital Quality in America study, the largest annual report of its kind, analyzed patient outcomes from nearly 40 million Medicare hospitalization records.

Top-performing hospitals had dramatically lower mortality rates than other hospitals, according to the study. For the 17 procedures and diagnoses for which HealthGrades analyzed mortality rates, patients at top hospitals had a 72 percent lower chance of dying when compared with the lowest-performing hospitals.

Additionally, to better serve the community at large, Alhambra Hospital Medical Center has joined the ranks of the country's premier healthcare providers by acquiring one of the world's most

A study issued by HealthGrades, the leading independent healthcare ratings organization, finds that Alhambra Hospital Medical Center is among the top 5 percent in the nation for Pulmonary Care demonstrating excellent patient care quality outcomes when treating pneumonia and chronic obstructive pulmonary disease.

In fact, Alhambra Hospital is ranked #1 in the state of California for pulmonary care this year and a recipient of the Pulmonary Care Excellence Award(tm) for the seventh year in a row. The nation's nearly 5,000 nonfederal hospitals were all included in the HealthGrades Twelfth Annual Hospital Quality in America Study(tm), which examined mortality rates and complication rates from government data from 2006, 2007 and 2008.

In addition, Alhambra

“As a community hospital, AHMC is extremely proud to receive this award. Our mission at AHMC is to provide the highest quality medical care to our community”

Hospital Medical Center received the following high quality ratings:

- Five-Star Rated for Overall Pulmonary Services for 8 years in a row
- Received the Highest Possible Star Ratings for Treatment of Chronic Obstructive Pulmonary Disease
- Received the Highest Possible Star Ratings for Treatment of Pneumonia for 5 years in a row

“As a community hospital, AHMC is extremely proud to receive this award. Our mission at AHMC is to provide the highest quality medical care to our community...” stated John Stewart, MD, Chairman, Governing Board of Alhambra

Hospital Medical Center. “On behalf of the medical staff of Alhambra Hospital Medical Center, we are happy to see that our hard work and dedication to patient care is being recognized. We have spent a lot of time and effort in developing clinical protocols and processes to ensure prompt, quality care is offered to our patients,” said Dr. David Gu, Chief of Staff at Alhambra Hospital Medical Center. “We will continue to partner with AHMC to strive for better care for our community.”

Hospital Medical Center.

“On behalf of the medical staff of Alhambra Hospital Medical Center, we are happy to see that our hard work and dedication to patient care is being recognized. We have spent a lot of time and effort in developing clinical protocols and processes to ensure prompt, quality care is offered to our patients,” said Dr. David Gu, Chief of Staff at Alhambra Hospital Medical Center. “We will continue to partner with AHMC to strive for better care for our community.”

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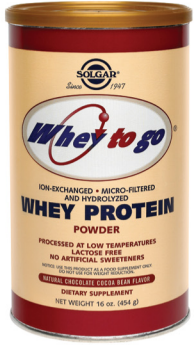
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TOP 10 FITNESS TRENDS FOR 2010

John Rowley, best selling author of "Climb YOUR Ladder of Success Without Running Out of Gas" and Director of Fitness and Wellness at the American Institute of Healthcare & Fitness, provides the top 10 fitness trends for 2010 below - helping to shape the "New You" of 2010 and beyond.



1 PUMPING IRON

Strength training builds healthy bones and muscles. Your metabolism is driven by muscle and more and more people will be pumping iron in 2010.

2 HEALTHY CHILDREN PROGRAMS

As a society we are seeing an alarming trend with obese children. I think we will see more and more programs tailored made for overweight and obese children and gyms that will cater exclusively to children. They will make fitness fun and help them to develop a fitness lifestyle

3 CORE TRAINING

This type of training works on conditioning the core muscles, including the obliques, pelvis, lower back, hips and abdomen - all of which provide needed support for the spine. A good well rounded fitness program will take care of this but since we have so many people with big bellies this

type of program will have mass appeal even though spot reducing doesn't work.

4 MEDI-GYMS

This is the future of healthcare. Medi-gyms bridge the gap between the Medical and fitness communities. The baby boomer population is reaching retirement age and many are not ready grow old gracefully, they want to fight it every step of the way and are tired of going to 15 different doctors and then trying to figure out how diet and exercise fit in. Medi-Gyms like AIHF Wellness are beginning to emerge as the wave of the future where you can get comprehensive wellness exams that address all of your healthcare and fitness needs and then you are given a lifestyle plan to enhance your health.

5 FUNCTIONAL FITNESS

This is a growing trend toward using strength training to improve balance and ease of

daily living for everyone including older adults. More and more trainers are focusing on this type of training using regular weights and kettle bells. Kettle bells have reemerged after a few decades of being placed in moth balls.

6 PILATES

Incorporating core training using the entire body and these classes are very popular in many gyms today.

7 GROUP TRAINING

This trend reflects the economy and makes a lot of sense. Instead of training one on one with a trainer you will work out with a small group with the trainer. It makes training more affordable but also fun.

8 FITNESS MENUS

More restaurants will offer foods that are in line with the needs of people living a fitness lifestyle.

9 MIRACLE POTIONS

Unfortunately I think we will see more "miracle" products that over promise and under deliver. For example the berry that will not only have you loose weight but make you two inches taller and more handsome (only a slight exaggeration). Fat burners that will not only have you loose 80 lbs in 12 weeks it will have all your body hair vanish and give you an incredible, vibrant tan plus have you ready for the cover of a magazine (another slight exaggeration). "Snake oil" products have been around for a long time and I don't think they will disappear in 2010.

10 REPACKAGED TRUTHS

Last but not least I think you will see old school training principles from the bodybuilding community renamed and sold for a huge profit to hungry consumers.

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Feeling Old And A Little Blue? Green Tea May Help

Older men and women who sip on several cups of green tea a day may be less likely to have the blues, hint findings of a study from Japan.

Investigators found men and women aged 70 and older who drank four or more, versus one or fewer, cups of green tea daily were 44 percent less likely to have symptoms of depression.

Researchers studied associations between drinking green tea and symptoms of depression in 1,058 relatively healthy elderly individuals.

About 34 percent of the men and 39 percent of the women had symptoms of depression. These symptoms were severe in about 20

percent of the men and in about 24 percent of the women.

Overall, 488 participants said they drank four or more cups of green tea a day, 284 said they downed two to three cups daily and the remaining 286 reported having one or fewer cups daily.

According to the investigators, the apparent protective effect of greater green tea consumption on symptoms of depression did not fade after they factored in social and economic status, gender, diet, history of medical problems, use of antidepressant medications, smoking, and physical activity.

FOUR OR MORE CUPS OF GREEN TEA A DAY REDUCED SYMPTOMS OF DEPRESSION

ADEQUATE SLEEP HEALTHIER DIETS

Getting plenty of sleep not only helps keep truck drivers safe and alert on the road, it also seems to fuel healthy eating habits, new research hints. In surveys of truckers working at U.S. trucking terminals, those who felt they regularly got adequate sleep tended to consume more fruits and vegetables and fewer sugary drinks and snacks, researchers found. These real-world findings are consistent with laboratory studies showing that insufficient sleep increases hunger and “induces greater eating, especially unnecessary snacking.”

COLA DIABETES PREGNANCY RISK

Drinking lots of sugar-sweetened cola may increase women’s likelihood of developing diabetes during pregnancy, a condition known as gestational diabetes, new research shows. Compared to



women who had less than one such beverage a month, women who drank at least five servings of non-diet cola a week were at greater

risk of gestational diabetes, even after accounting for their body mass index (BMI), level of physical activity, and other diabetes risk factors, researchers found.



Fried Chicken With A Side Of Diabetes

Avoiding “fast food” burgers and fried chicken may cut your risk of developing type 2 diabetes -- the kind closely linked to obesity, new research hints. Regularly eating “super sized” portions of high calorie fast foods is widely viewed as a contributing factor to the growing

number of Americans with bulging waistlines. Moreover, “it is well established that becoming overweight or obese greatly increases a person’s chance of developing (type 2) diabetes,” researchers said. According to the study, black women who ate fast food burgers or fried chicken at least

twice a week were 40 to 70 percent more likely to develop type 2 diabetes over 10 years than their counterparts who never ate these calorie-laden foods. Researchers noted greater likelihood for the blood sugar disorder in frequent burger and fried chicken eaters, but not eaters of other fast foods.

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Though the term might sound dated, "middle-age spread" is a greater concern than ever. As women go through their middle years, their proportion of fat to body weight tends to increase more than it does in men. The ratio of fat to lean tissue shifts and fat storage begins favoring the upper body over the hips and thighs. Even women who don't actually gain weight may still gain inches to the waist.

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TESTIMONIALS

"In addition to losing 25 pounds, my energy shot through the roof. Mental clarity increased. My skin developed a glow. The most notable miracle was that I had suffered from chronic sinusitis and bronchitis for over 20 years and had to take medication. Since the fast, I no longer need the twice

daily medication." - Deborah

"I've gone from 211 to 184 pounds. I sleep and feel so much better now. My systolic and diastolic blood pressure each dropped four points. My body fat went down 16%. Myself confidence is at an all time high." - Christopher

Tahara detox weight loss center is located at Los Angeles and Buena Park(Orange County).

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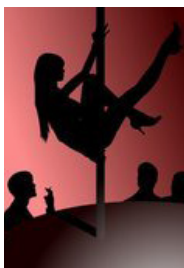


Archer Pilates & Wellness

PILATES AND MORE: IT STARTS FROM THE CORE! LOOK BETTER, FEEL BETTER, MOVE BETTER. PERSONALIZED TRAINING IN A TRANQUIL AND INTIMATE ENVIRONMENT *By Patrick Tsakuda*

Archer Pilates & Wellness is a full-service health studio, offering professional and personalized Pilates instruction in a fully Stott equipped environment for women and men alike. But as the beginning of their slogan rhyme's "Pilates and more!..." they not only specialize in Pilates, also there are a variety of other services to aid the body to strengthen and heal. Like physical therapy and chiropractic care with the onsite licensed caregivers, and yes there is even personal training! How about a relaxing Massage, therapeutic or for pleasure, you can find it there. If you have children, well bring them along for one of their kid's yoga/pilates classes while you train.

For those of you into something different - yet still fun and exciting - then there are 'Pole Fitness' classes and all new 'Polates.' You read it right POLATES, this all new



class, created by Melanie Archer and only offered at Archer Pilates, c o m b i n e s the principal training of Pilates and Pole

Dancing to make a mind blowing, fat burning, body sculpting workout that is guaranteed to bring your sexy back (yeah!) and has proven to be among the greats in



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training methods. All instructors, trainers and health care givers are fully knowledgeable, licensed and/or certified in their craft. Your benefit is our aim and goal, and if that was not enough of a jump starter, they also accept certain insurance. (Call for verification).

Archer Pilates & Wellness teaches the True Pilates Method with experience and quality using the system of exercises and philosophies first developed and taught by Joseph Pilates.

Pilates has been the workout of choice for dancers and gymnasts for decades. It has just recently worked itself into mainstream society because the program works. It will make you look better, feel better, and move better. There is no question "if Pilates can help you." The question is - "Where should you take your lessons?" and the answer is at Archer Pilates & Wellness where you will get hands on personalized training in a tranquil and intimate environment.

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& Wellness is the place to start. Join us, you will feel better for it. If you sign up in the month of January for a monthly membership and commit to a year of health and wellness, you will receive a FREE monthly massage!!!



Archer Pilates & Wellness is located at 6504 Arizona Ave, Los Angeles CA 90045 (Corner of Sepulveda &

Centinela, in the Dinah's center across from The Bridge and down the block from Fox's Hills Mall). 310-215-0300 ARCHER-PILATES.COM.



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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?

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.



Don't wait until your pain gets worse; you are only one phone call away from BEING PAIN FREE!!! At first most people are skeptics until they actually experience their first treatment.

If you do need more proof visit the website at www.drsteinhealing.com to view the testimonial's of patients to this day that have already been pain free!

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

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Exercise Shows Opposing Effects On Appetite

Exercise seems to simultaneously make people hungrier, yet more readily satisfied by a meal -- and differences in these responses from person to person may help explain why some exercisers shed pounds more easily than others, researchers say.

In a study of 58 overweight and obese adults who started an exercise regimen, researchers found that exercise tended to boost participants' hunger before a meal, compared with their sedentary days.

On the other hand, they were also more easily satisfied by their morning meal than they had been before becoming active.

But while both effects were generally at

work across the study group, there were subtler differences between participants who were more successful in their weight loss and those whose extra pounds stubbornly hung on.

In general, exercisers who did not meet their expected weight loss were both hungrier after fasting -- that is, right before breakfast -- and throughout the day, compared with their hunger ratings at the study's start.

In contrast, those who were more successful in shedding pounds generally saw their pre-breakfast appetites increase after becoming active. But they were not hungrier throughout the day.

**EXERCISE
MAKES
PEOPLE
HUNGRIER, YET
MORE READILY
SATISFIED BY
A MEAL**

EXERCISE PROSTATE CANCER BENEFIT

As little as 15 minutes of physical activity a day can substantially cut death rates in men with prostate cancer, new research hints. "We saw benefits at very attainable levels of activity," lead investigator Dr. Stacey A. Kenfield said. "We recommend that men with prostate cancer do some type of physical activity for their overall health, even if it is a small amount, such as 15 minutes of activity per day of walking, jogging, biking, or mild gardening."

PHYSICALLY ACTIVE BOYS SMARTER

Jocks get new respect in a large Swedish study that suggests physically active teen boys may be smarter than their couch-potato counterparts. The findings, the investigators say, have important implications for the education of young people. Increasing, not decreasing, physical education in schools can not only slow



the shift toward sedentary lifestyles but, by doing so, reduce risk of disease and "perhaps intellectual and academic underachievement," they concluded.



Vigorous Workout Cuts Stroke Risk

Older men who regularly jog, swim or engage in other moderate- to high-intensity exercise may have a lower risk of suffering a stroke than their less-active counterparts, according to new research. The study, which followed 3,300 older adults for 9 years, found that

men who got moderate- to high-intensity exercise were almost two-thirds less likely than sedentary men to suffer a stroke caused by a blood clot -- the most common form of stroke. Lighter exercise, such as walking, did not show a similar benefit. Nor was exercise protective for women

-- though, the researchers say, this was possibly because so few women in the study were active that it may not have been possible to detect a benefit. Regular exercise is a well established way to control body weight, blood pressure, type 2 diabetes and other risk factors for stroke.

Managing Your Weight

By Aram A. Akopyan LAc. Diplomat Oriental Medicine

Weight management has become the number one concern in the civilized western world today. The health implications of obesity are numerous and very serious. Diabetes, hypertension, heart and coronary disorders thy-

tion of excess cellular residue.

In my practice I focus on a total balanced treatment protocol which includes nutritional assessment, acupuncture for metabolic enhancement and appetite suppression, herbal remedies to help improve digestion and speed up metabolic functions and exercise regiments for mind body and emotional regulation.

Here are some simple steps you can take to help start the New Year on the right path for your health and wellness. Begin each day with a cup of lukewarm water, with one tablespoon apple cider vinegar and a teaspoon of maple syrup. This helps kick start the metabolism and improve digestion. Throughout the day drink hot boiled water with a slice of lemon to help reduce water retention. Do not consume any food after 7:00pm. And always consume a healthy breakfast.



IN MY PRACTICE I focus on a total balanced treatment protocol which includes nutritional assessment, acupuncture for metabolic enhancement and appetite suppression, herbal remedies to help improve digestion and speed up metabolic functions and exercise regiments for mind body and emotional regulation

roid problems and depression are amongst some of these serious and life threatening conditions. Pediatric obesity has placed many of our future generation at risk of developing severe health problems including developmental problems, insulin resistance and even cancer. In my practice I have also noticed a direct correlation of obesity to infertility.

In traditional Oriental Medicine, obesity is a combination of stagnancy and accumulation of "dampness." Stagnancy is both physical lack of activity and sedentary life style. The dampness is a result of inefficient digestive system combined with stress and emotional imbalance leading to accumula-

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.

A stylized illustration of a woman with blonde hair, wearing a pink dress and a black jacket, holding a martini glass. The background is black with various text elements.

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KEEPING IT REAL

Easy to make, easy to break. Advice on maintaining your New Year's Resolutions

BAD HABITS that keep you from optimal health such as smoking, drinking or overeating don't have to follow you into the New Year. You must prepare yourself psychologically, however, if you don't want them hanging around for another 12 months, according to a recent University of Maryland Medical Center report by Noël Holton, at www.umm.edu.

Experts agree that no matter how stubborn a habit you've developed, there are ways to break negative patterns and keep healthy resolutions throughout the New Year. The trick is to keep everything in perspective.

"Focus on realistic goals with measurable results," said Jill RachBeisel, M.D., director of community psychiatry at the University of Maryland Medical Center and

an associate professor of psychiatry at the University of Maryland School of Medicine. "You need to break things down into small steps that you can manage."

For example, RachBeisel said that instead of trying to lose 50 pounds, focus on losing five pounds at a time. And instead of trying to lose five pounds a week, focus on losing a pound a week.

"Create bite-sized jobs for yourself that you'll be able to accomplish," said RachBeisel. "If your goal is too big, you'll feel defeated before you even get started."

When deciding on your New Year's resolutions, it is easy to get swept up in hopeful yearning. As the clock ticks away the final minutes of the old year, the excitement of it all can be intoxicating.

You believe you'll be able to tackle your goals effortlessly. But after the rush of New Year's celebration fades and reality sets in, your ambitions can once again seem insurmountable.

According to Hinda Dubin, M.D., a clinical assistant professor of psychiatry at the University of Maryland School of Medicine and psychiatrist at the University of Maryland Medical Center, the key to achieving even your most lofty goals is to get started immediately.

"Action precedes motivation, not the other way around," said Dubin. "People often think that they should wait until they are motivated to start doing something good for themselves. They'll say, 'I'll start that diet or fitness program when I'm really well rested

and have a lot of energy'. But it doesn't work that way."

Dubin said that instead of waiting for inspiration to act on your goals, you need to take action first and inspiration will follow. Your initial action doesn't have to be anything big. Just by putting on your sneakers and hopping on the treadmill for 10 minutes, you will make that energy you are "waiting" for materialize.

"Once you initiate an action -- the smallest of actions -- you pick up momentum and you'll realize 'hey, this isn't so bad' and it will be a lot easier to keep moving forward, and to stay motivated," Dubin said.

UM experts offer these additional tips to help you reach your goals:

1 Avoid perfectionist thinking.

While we certainly always want to better ourselves, it is healthier to think in positive terms than it is to focus on how much we fall short of our aspirations. In other words, students should view the grade of an A- as better than a B, rather than not as good as an A.

2 View setbacks as lessons for growth.

Mistakes can be and usually are opportunities for learning. If you fall short of your goals, ask yourself what kept you from achieving them and then try to make corrections.

3 Don't make absolute resolutions.

Keep them realistic. For example, Dubin suggests that instead of saying you won't yell at your kids anymore, resolve to yell at them less often.

4 Don't keep your resolutions to yourself.

“You need to break things down into small steps that you can manage”

Tell someone you trust about your resolutions. Dubin said that it helps to share your goals with friends, who can gently nudge you in the right direction when you veer off course.

5 Give them some meaning.

According to RachBeisel,

people sometimes make goals that aren't necessarily meaningful to them. Your goal should be something you really desire to change or achieve, not something that society says is good for you to do or your family members would like to see you do. If you don't have strong, internal motivation within yourself, you won't be successful.

6 Take baby steps.

Set realistic goals that are attainable and then take small steps that are likely to be met with success toward those goals. Don't try to lose 10 pounds in a week or quitting smoking cold turkey with no preparation. Instead, try joining a weight loss program and try to lose a pound a week, or join a smoking cessation group.

7 Fine-tune your spirituality.

Dubin said that it is important to add a spiritual dimension to your goals. For example, if one of your goals is to get fit, you may also resolve to get outdoors more

often instead of going to the gym. Time outside will help you get in balance with nature, and will honor both the physical and spiritual sides of yourself.

For more info on this and other related topics visit The University of Maryland Medical Center's web site at: www.umd.edu.



NEW YEAR, NEW YOU!

COULD THIS BE A SET UP FOR FAILURE?

By Myke Zykoff HHP, C.Ht

How many times have you made a new year's resolution only to find that you weren't keeping it less than a month later?

Although they are created with the best of intentions, new year's resolutions tend to drop self destruct time bombs in the subconscious. If a resolution is not realized to the vision in which it was created, failure is registered. Perceptions of failure accumulate over time. The inertia of these perceptions begin to dictate one's future. We create more of what we know. So it goes.

But here's the good news... it works for successes, too!

The more we practice accomplishing little things, the more our brains register "success." The more we register success, the more we are able to create it. There's no magic to this. Strength is built through repetition.

We all know that a weak body cannot lift much weight. Attempting to do so will create damage and pain. Beginning with smaller weights not only allows for strength building, but for

us to refine our form. Your brain works exactly the same.

As you consider your new year's resolutions, or any other intention for life improvement, consider it's smallest common denominator and begin there. I know it may seem a bit silly to acknowledge such a small accomplishment as tying your shoes if you're intending to run a marathon but remember, you're retraining the deepest levels of your brain. As you celebrate the simplest of successes you are building momentum towards the loftier ones. And doesn't the thought of many successes in a day just feel good?

Remember, there's nothing you can imagine that you can't accomplish. Start small and build up. Success is a habit. Here's to the new you... on every level!



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Treating Spider & Varicose Veins

GET YOUR LEGS BACK! NO PAIN. LOOK GREAT. ALUNA IS YOUR DESTINATION OF CHOICE FOR PERSONALIZED, COMPREHENSIVE VEIN TREATMENT *By Yolanda Martinez*



Although varicose veins may just be unsightly, they also have serious consequences such as bleeding, skin irritation and ulceration. They are best treated before they reach this stage.

The Problem: Varicose veins occur in the superficial veins in the leg. These veins have a system of valves which should ensure that the blood runs from the legs back up to the heart. Varicose veins occur when these valves fail, allowing blood to run back down into the veins in the leg, damming up in these veins and causing them to dilate and become varicosed.

All treatment is aimed at removing (traditional surgery) or sealing off (endovenous laser ablation/VENUS Closure/foam sclerotherapy) these veins to prevent this happening.



EVLT (Endovenous Laser Treatment): is a state-of-the-art laser treatment for lower extremity venous insufficiency which often leads to varicose veins.

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Here are a few frequently asked questions:

How do EVLT or VNUS Closure work?

The laser energy damages the vein walls, shrinking them and closing the faulty vein so that the blood cannot flow through it. This eliminates vein budging at its source.

Is loss of this vein a problem?

No. After treatment, the blood in the faulty veins will be diverted to the many normal

veins in the leg.

What are the complications of this procedure?

The only minimal complications experienced with EVLT and VNUS Closure have been a small number of cases of numbness that passes quickly

Am I at risk from the laser?

No. Just as a precaution against accidental firing of laser energy outside the body you will be given a pair of special glasses to protect your eyes.

How successful is EVLT or VNUS Closure?

Publisher clinical studies show that EVLT and VNUS Closure treatments have a 98% initial success rate with excellent long-term results

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Key Factors Affecting Women's Wellness

OVERCOMING PHYSICAL AND MENTAL FATIGUE, DIFFICULTY LOSING WEIGHT, DEPRESSION, HEADACHES, LOW SEX DRIVE AND MORE UTILIZING AN INTEGRATIVE APPROACH *By Virginia Wagenknecht LAc*



As women, we are always busy ensuring the care and well-being of all those who surround us; we are trying to achieve professional heights, maintain relationships, care for our homes, parents, children, spouses, friends, pets; give our hand when is needed in our community and unfortunately our health is at the bottom of an endless list.

Unfortunately we are not the only ones overlooking these needs; In this day and age, where women hold major key roles in society, it has not been until recently that some emphasis has been placed in providing optimal health-care by taking into consideration the higher demands that are placed on our bodies and how it is affecting our health.

There are several key factors affecting women's wellness such as endogenous toxicity, from our own metabolic processes, exogenous toxicity from all the hormones, chemicals and additives in our food and environment; we also have overuse and misuse of prescription medications, psychosocial stressors and others that lead to physical and mental stress, hormonal imbalances, nutritional imbalances and ultimately disease.

We have the symptoms: physical and mental fatigue, feeling agitated, moody, bloated; we have difficulty losing weight around the abdomen and thighs, depression, headaches, low sex drive, high cholesterol, high blood

pressure.

Then comes the prescriptions: for migraines, for depression, for cholesterol, for blood pressure; at this point there are enough ailments that the side effects are not on the top of the list of concerns. Does it sound familiar? The good news, it does not have to be this way.

Through an Integrative approach, utilizing Acupuncture, Traditional Oriental Medicine, state of the art functional testing and working together with other highly skilled Doctors, our clinic provides the highest level of care for the most important part of society: Women!



Virginia Wagenknecht LAc is a Board Certified Acupuncture and Oriental Medicine Physician specialized in Pain Management and Women's Wellness in Culver City, CA. For more info visit www.FundamentalHealing.com or call (310) 230-5489



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See Page 29 for details**





Botox Spared Over Tanning Beds In Health Fight

In the rush to fund a healthcare overhaul, Botox injections to smooth wrinkles will not be taxed, but visiting a tanning salon will be.

Plastic surgeons and Botox maker Allergan Inc successfully fought a proposed 5 percent tax on breast implants, face-lifts and other elective cosmetic procedures in Senate Democrats' healthcare legislation.

Senate Majority Leader Harry Reid dropped that plan, nicknamed the "Botax" after the popular wrinkle fighter, in changes released last month. It was replaced with a 10 percent tax on indoor tanning services. California-based Allergan launched a ma-

inor offensive against the Botax plan after it was included as a late addition to the Senate's healthcare reform bill in November.

CALIFORNIA-BASED ALLERGAN LAUNCHED A MAJOR OFFENSIVE AGAINST THE "BOTAX" PLAN

Allergan Chief Executive David Pyott personally raised objections with lawmakers and the company launched a website and Facebook page to rally tax opponents. The website called the plan "a tax on self-improvement."

Plastic surgeons also lobbied heavily against the Botax. They argued the tax would unfairly hit middle-class, working women who make up a large portion of their patients, not just the wealthy.

CHEMOTHERAPY DRUG FOR AGING SKIN

Topical application of the chemotherapy medication fluorouracil appears to reduce potentially precancerous skin patches and improve the appearance of sun-damaged skin, according to a recent study. Fluorouracil stops the body from synthesizing thymine, a building block of DNA. This drug is used to treat cancers of the colon, head and neck, pancreas and other organs. In early studies of patients with cancer undergoing treatment with systemic fluorouracil, clinicians noticed changes in skin appearance, which led to the development of a topical therapy for the treatment of actinic keratoses.

TAKING A SHOT AT PAIN

No longer just a wrinkle fighter, Botox may have indications as a pain medication to fight Chronic Regional Pain Syndrome (CRPS), according to a recent study. Traditionally, treatments for the nervous system-based pain disorder have included



massage, physiotherapy, stretching and strengthening exercises, and heat/cold therapy. Despite those, many patients often continue to experience disruptive pain. The study found injecting Botox

into the area affected by pain provides significant pain control.

New Technique Injectable Facial Fillers

Less pain during injections for wrinkle-fighting facial fillers. Less swelling afterward. Less time in the office waiting for anesthesia to take effect.

These and other benefits of a new injection technique that UT Southwestern Medical Center plastic surgeons are helping pioneer are outlined in a recent issue

of Plastic and Reconstructive Surgery. The procedure combines lidocaine with injections of facial fillers to instantly minimize the pain and allows plastic surgeons to begin injection procedures without waiting for traditional anesthesia to take effect. "People are more at ease and have far less discomfort," said Dr. Rod

Rohrich, chairman of plastic surgery at UT Southwestern. There is significant time savings in not having to wait for traditional dental block anesthesia to take hold, and the procedure is more pain-free with shorter recovery time. Dr. Rohrich demonstrates the procedure in an online video that accompanies the journal article.



A New Solution For Your New Year's Weight Loss Resolution

By Dr. Nathan Newman

Realize Your New Year's Weight Loss Resolution with the Avacen Normalizer. This technological breakthrough helps restore your body's balance and improve your metabolism through optimization of your core body temperature.

INCREASE YOUR METABOLISM NATURALLY TO LOSE WEIGHT

Until now weight loss treatments beyond a healthy diet and regular exercise resorted to pills, to suppress appetite or to increase metabolism, and to surgery, such as

liposuction, lap band or gastric bypass to reduce the body's fat content. Now, this new technology has made it possible for you to safely and naturally increase and maintain your metabolism by optimizing your core body temperature. Most people who cannot lose weight or regain their weight after dieting, using pills and even surgery suffer from lower body core temperatures that reduce their metabolism. The Avacen Normalizer improves your body's temperature and thereby increases your metabolism. The optimized body temperature in-

creases your metabolism, causing you to burn off more calories and therefore lose weight.

HOW DOES AVACEN WORK?

The Avacen technology has the ability to non-invasively raise or reduce your core body temperature through adjusting the temperature in the blood vessels found in your hands and fingers. You simply put your hand in a device and lightly hold on top the heating/cooling cone inside the machine. There is no pain, injections, or down time. After the treatment the brain is signaled to adjust the body temperature to a more optimal degree.

IS IT SAFE?

Yes. The machine has many safety features and works in a natural and safe way to optimize your body temperature without over heating/cooling you.

HOW LONG IS THE TREATMENT?

Each treatment session takes about 7 to 10 minutes. Over time, the brain learns to keep the core body temperature closer to the optimal 98.6_ F. This adjustment time varies from person to person and is dependant on many factors, such as your hormonal balance, your basal metabolic rate (BMR), your level of stress, your lifestyle and your social habits.

CAN I GET THE MACHINE TO USE AT HOME?

Yes. If you are unable to come to my office in Beverly Hills to receive the Avacen treatment, you can purchase the machine to use at home. You may learn more about how you can benefit from this technological breakthrough by visiting www.AVACEN.com/newman.html

COMBINATION TREATMENTS

This New Year, 3 new technologies can help you realize and keep your New Year's resolution safely, easily, naturally, effectively, quickly and non-invasively, without down-time, rigorous exercise or dieting, or need for recovery. First, the optimization of your core body temperature with the Avacen Normalizer can increase your basal metabolic rate and help you burn off calories. Second, the Zerona(tm) laser can help you shrink your fat cells and lose inches in just 2 weeks. Third, Kangen Ionized Water can help restore your body's balance, detoxify, and reduce your weight.

SAFE, FAST, EASY, EXTREME MEASURES MAY NOT BE NECESSARY

Sometimes there is no need to take extreme measures in order to achieve noticeable improvement in your appearance and overall well-being. These new and advanced methods are the perfect example of how such simple yet efficient treatments can improve your bodily functions, while at the same time rewarding you with a slimmer self.



Dr. Nathan Newman is a world-renowned cosmetic surgeon in Beverly Hills who is at the forefront of scar free face, neck

and body lifts. He has been interviewed on news TV, radio and published in prestigious medical journals. To schedule a consultation for your individualized treatment plan call 310-273-3344 or e-mail to info@orchidsurgery.com.





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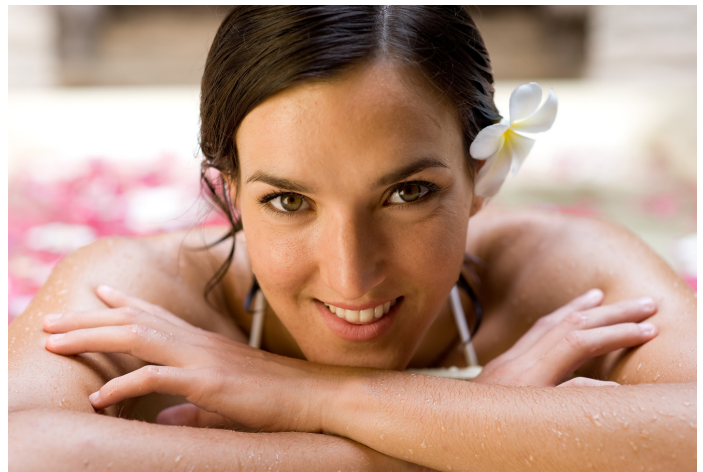
CHANGING YOUR THOUGHTS, DIET, LIFESTYLE, AND PERIODICALLY DETOXIFYING YOUR BODY By Djehty Ma'at-Ra

To say you've "lost weight" is to create a flip-flop effect of "retrieving or regaining weight" in accordance pursuant to higher and inner law that the body's mind-body intelligence adheres to. This is the real reason why 90% of people who've "lost weight" gain all, most, or some of the waste back.

This is why at Dherbs.com, we consciously utilize the word or phrase "weight release" because you are consciously releasing the 'unhealthy weight', which is really

To truly "lose weight," you must "release waste." Diet fads will never be successful because they are not holistic in nature. To successfully "release weight (waste)" one must change their thoughts, change their diet (what they consume), change their lifestyle, and periodically detoxify their body.

This day forward, refrain from seeing yourself (in your mind) as obese or fat (if you are). Start seeing yourself (with mind-sight) how you desire to be - this is how the



"waste." We don't call the formula or 20-day cleanse "Waste Loss" because people would not make the connection. The keyword to grab people's attention is "weight" because most people have issues with their weight in general, and usually pertaining to excess weight or overweight.

We attract people with the word "weight" and then we educate them on the difference between "weight" and "waste" and then assist them in consciously releasing the waste (which constitutes their unhealthy weight).

People don't need or have to lose weight. They simply need to release their waste (dietary and emotional) they've been holding on to. The best way to release waste is to perform the Dherbs.com Full Body Detox followed by our 20-day Weight Release Cleanse.

subconscious mind can help you naturally release unhealthy stored waste. This is called mental science and you must start using this science in addition to watching what you eat and periodically cleansing your body.

Make this your New Year's resolution and for all year long.

Recommended Dherbs.com products for naturally and safely releasing waste and toning down your weight include: Full Body Detox, Weight Release Cleanse, Weight Release Formula, Weight Release Tea, Sugar Buster (formula/extract/tea), The Mental Science Manual

Oh, and yes, we purposely got your attention with the title of this article so that we could properly educate you. Thank you for reading!

This article is compliments of **Dherbs.com: 1-866-434-3727.**



Finding Your Voice

IS THE SOUND OF YOUR CORPORATE VOICE ATTRACTING CLIENTS AND INCREASING YOUR SALES? *By Mary Sala*

Public speaking is one of the number one fears people face. Because of this, many lack the self confidence to speak up for their desires personally and professionally.

The average person has a variety of concerns and misconceptions about the quality of their speaking voice and a deep desire to improve this crucial physical feature they use every day. But the sound of your voice is more than just a cosmetic consideration. The confidence to speak your word, sharing your creative ideals and commitments has the power to transform your life, your career, your community and our global community.

Voice, speech and body awareness training is an invaluable tool for personal empowerment, creative self expression and the development of professional voice, speech and public speaking skills. It is also one of the most powerful daily Spiritual Practices because it teaches you how to anchor your attention in the present moment where the richness of your creative power resides. Communicating, moving and living from this center of awareness on a daily basis brings greater peace, creative joy and authority to your life experience.

If you own a business, your sales and customer service staff is your front line to your clients. They make your first and lasting impression. Is the sound of your corporate

voice attracting clients and increasing your sales? Just as an individual's personality and character are evaluated by the sound of their voice, so is a business or corporation. Do your current clients feel welcome and recognized when they call or come into your office? Do your potential clients hear confidence and authority when they make first contact with your company? What is the tone or energy you'd like to create for your company?

With vocal and physical awareness training, your sales staff has the potential to engage current and prospective clients with ease and confidence which means increased sales. The Sound of Your Corporate Voice Coaching Program(r) is available for your business or corporation to inspire and train your sales, customer service and management staff with body language awareness tools, voice and speech for clear and confident public speaking skills and professional customer service and courtesy training.



Mary Sala is a certified voice, speech and movement trainer in Los Angeles, CA. Coaching is available in person, via phone and online. For more information visit www.flashpointlearningsystems.com or call 818-618-5921

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SPYING ON Katherine

ADAM HENDERSHOTT

THE SPY NEXT DOOR'S KATHERINE BOECHER ON STAYING FOCUSED, EXERCISE AND GLUTEN FREE DIETS *By Patrick Tsakuda*

Katherine Boecher can next be seen playing a lead role opposite Jackie Chan and George Lopez in the upcoming feature comedy "The Spy Next Door," scheduled for release this month. Boecher trained with a professional stunt team to prepare to play the nemesis of Jackie Chan in the film, which shot in Albuquerque, New Mexico.

Boecher also played a supporting role in 2008 Sundance Film Festival Official Selection "The Last Word" with Wes Bentley, Winona Ryder and Ray Romano.

On television, the versatile actress is known for her recurring role as "Lilith" in Supernatural. Her other work includes guest starring roles on The Closer, Mad Men and CSI: NY.

Born in Beaumont, Texas, Boecher later moved with her family to Kansas City, Kansas where she spent several years before being discovered at a young age. At 14, Boecher signed with the elite Ford Modeling Agency. This began an exciting period of extensive traveling, first between Los Angeles, Kansas, and New York City, and later around the world as an international model. Throughout her modeling career, Boecher

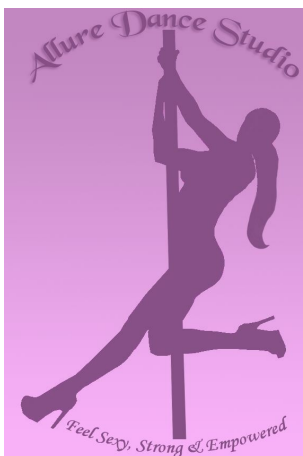
lived in cities including Milan, Paris, London and Tokyo.

Though she was enjoying success in her career, Boecher wanted to delve further into her creative side and moved to Los Angeles to pursue acting, quickly booking her first commercial and a television guest-starring role shortly thereafter.

In her free time, Boecher enjoys horseback riding, yoga, lifting free weights at the gym and intensive daily biking. "I actually enjoy exercising, Boecher tells ***LA Health News***. "When I don't exercise enough I feel as though I'm not as focused as I like to be."

Diet-wise, Boecher prefers organic, gluten free food. "I used to have constant stomach pain, itchy skin and headaches," she reveals. "After going to many different doctors I found out from an allergy specialist that I have an allergic reaction to certain foods. I'm not very wheat tolerant, and I don't react well to refined sugar. After modifying my diet the pain vanished."

Boecher recommends to those suffering from stomach or skin issues to consider getting checked for food allergies. "Truly," she says, "It made a huge difference in my life."



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Rebuilding Your Health In The New Year

CLEAN YOUR COLON TO IMPROVE YOUR HEALTH. *By Dr. Nathan Rabb*

Now that the celebratory eating period is over with the coming of the New Year, it is time to do some serious waste removal to fortify the Immune System.

You are what you assimilate and don't eliminate, a catchy, albeit straight-to-the-point phrase, it refers to all those by-products that get lodged in your colon or lower intestine. The colon's job is to remove water from digested food so that the remaining solid, waste products (stool) may continue seamlessly along their journey out of the body from the rectum down through the anus. Along with the skin, kidneys and lungs, the colon is one of the body's principal organs involved in the elimination process of toxins and waste. When waste matter does not get fully eliminated, what you have is known as constipation, which makes you irritable, and uncomfortable due to the extra mass you are now lugging around. Not only is constipation an issue, but it also sets the stage for Autointoxication, which results from

waste products and toxins that collect in the bowel. Serious health issues can develop from this process.

The Holistic Health Service provides excellent Detoxification Programs to assist in removing this unwanted waste from the body. We are offering a 15% discount on all of our complete programs through January 31, 2010. Clean up your body and improve your health for the New Year.



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

90301, or call (310) 419-4372. We are open 9 a.m. to 6 p.m. Monday through Friday. For more info visit: www.drnathanrabb.com.

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THE LOS ANGELES FITNESS EXPO GUIDE

The largest health and fitness consumer show on the West Coast returns to the Los Angeles Convention Center on January 23-24. Below is a list of exhibitors and their booth locations.

EXHIBITOR	BOOTH Number	EXHIBITOR	BOOTH Number	EXHIBITOR	BOOTH Number
All American EFX	830, 832, 834	GAT	TBD	MRI	201, 200, 309
Allmax	738, 739	Genr8	234	Myogenix	835,934
Axis Labs	200, 201, 300, 301	GNC	432, 534	Nutrabolics	TBD
Alpha Dog Nutrition	208, 229, 316	Gaspari Nutrition	547-551,646-650	Nutrition Express	430
Alpha Omega Distributors	540, 541, 640	Heartland Farms	340	Optimum Nutrition	501, 600
ALR Industries	317, 319, 416, 418	Isatori	701, 601, 501	Premier Nutrition	528
BNRG	TBD	ISS	747, 846	Pro Fight	TBD
Bodybuilding.com	546-552	in2it Nutrition	800, 801	2:1 Protein Bars	940
BSN	431,433,435	Labrada Nutrition	341,440, 441,540	SAN	201,300, 203, 302
Champion Nutrition	529-535,628-634	MET-Rx	109-113, 208-212	Ultimate Nutrition	739, 741, 838, 840
Con Cret	749, 751, 850	MTI	640, 641, 646	VS Enterprises	741, 641, 540
Celsius	TBD	Muscledog.com/Triarco	429	VPX	746, 748, 647, 649
EAS	835-940	Muscle Milk	539, 541	Worldwide Nutrition	109-113, 208-212
Enlytened Sports Guys	TBD	MHP	746	Xero Limits	647





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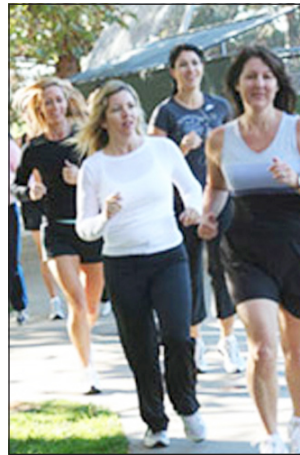
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It takes hard work, preparation, dedication and determination to achieve athletic success. Chances are much of that takes place *before* a big game or workout. But what about *after* exercise?

When it comes to performing at the highest level, an athlete's post-game recovery routine is just as important as their pre-game prep. Experts suggest there's a two-hour recovery window after exercise – the best time to refuel and rehydrate your body to keep it in top shape and help you get back in the game. Follow these insider tips to help you refuel and rebound for your next big game – just like a pro.



REPLENISH FLUIDS & ELECTROLYTES Drinking lowfat chocolate milk after exercise not only provides the carbohydrates and protein to refuel and repair muscles, it also helps replenish fluids and electrolytes (like calcium, magnesium and potassium) that are lost in sweat. In fact, milk is 90 percent water! Some research suggests milk may be especially effective as a post-exercise rehydration drink due to its unique mix of nutrients.





Supplement May Offer A Statin Alternative For Some

Red yeast rice supplements may offer a cholesterol-lowering alternative to people who've suffered muscle pain as a side effect of statins, a small study suggests.

Researchers found that among 43 people who'd stopped using statins due to muscle pain, most were able to use either red yeast rice or the cholesterol drug pravastatin (Pravachol) for 12 weeks without suffering the side effect again.

The supplement and the statin were also similarly effective at lowering "bad" LDL cholesterol, the researchers report.

However, while red yeast rice is available over-the-counter, patients should still talk with their

doctors before using it, researchers said.

When it comes to using red yeast rice for lowering cholesterol, the researchers noted that a continuing obstacle is the lack of regulation.

The Food and Drug Administration does not regulate dietary supplements as it does drugs, and consumers cannot be sure of what they are getting when they buy an herbal remedy.

A 2008 study by ConsumerLab, an independent testing company, found that 10 brands of red yeast rice supplements varied widely in their potency, and four were contaminated with citrinin, a potentially kidney-damaging substance that can form as a byproduct of the fermentation process.

RED YEAST RICE SUPPLEMENTS WERE EFFECTIVE AT LOWERING "BAD" LDL CHOLESTEROL

SELENIUM SUPPLEMENTATION CHOLESTEROL RISK

Taking too much selenium, an essential mineral touted for immune boosting and anti-cancer benefits, could increase cholesterol levels by 10 percent and, as a result, raise the risk of heart disease, a new study suggests. The findings warn consumers against taking too much selenium until more research is done to gain a better understanding of the risks and benefits of selenium supplementation.

MILK THISTLE MAY LIMIT LIVER DAMAGE

An herb used since ancient times to treat liver ailments may help reduce the liver damage caused by some cancer drugs, a study published last month suggests. In a study of 50 children undergoing chemotherapy for acute lymphoblastic leukemia (ALL), researchers found that an herb called milk thistle appeared to reduce



treatment-related liver inflammation. The findings are "promising" -- particularly since there is currently no way to help protect the liver from chemotherapy-induced damage, said senior researcher Dr.

Kara M. Kelly, a pediatric oncologist at Columbia University Medical Center in New York.



High-Dose Vitamin C Cataract Alert

Women who take high-dose vitamin C supplements may be increasing their risk of age-related cataracts, hint findings of a Swedish study. Among nearly 24,600 adult women followed for more than 8 years, those who reported regular or occasional vitamin C supplementation of about 1000 milligrams per serving

were about 25 percent more likely than those who did not take supplements to have age-related cataracts removed. Women who took extra vitamin C for 10 years or longer; or in combination with being 65 years and older, or taking hormone replacement or corticosteroid medications had even greater risk, researchers found. However, researchers

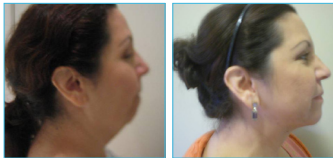
emphasize that the apparent association between vitamin C and cataract risk does not involve vitamin C obtained from fruits and vegetables. Rather, their study assessed cataract risk related to the high-dose vitamin C supplements common in Sweden. Their findings, the researchers note, support results from some previous studies.

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FRAXEL LASER



RESURFACE your way to uncovering smooth, fresh, even-toned, luminous skin. Fraxel(r) is the most advanced laser resurfacing procedure available to improve acne scars, uneven pigmentation, and fine to moderate lines and wrinkles. Downtime is minimal, and improvements are seen over a period of two to three months.

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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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Plastics Chemical Phthalate May Shorten Pregnancy

Pregnant women who are exposed to higher levels of an increasingly controversial chemical in certain plastics may deliver their babies slightly earlier than women with less exposure, results of a study hint.

"The magnitude of the effects seen," the study team said, "might be associated with adverse health effects in newborns."

The chemical, DEHP -- short for di(2-ethylhexyl)phthalate -- is a "plasticizer" used widely in consumer products to help make vinyl plastic soft and flexible.

"Exposures (to DEHP) are ubiquitous," Dr. Robin M. Whyatt from Columbia Center for Chil-

dren's Environmental Health told Reuters Health. DEHP breakdown products "have been detected in 95% of the general U.S. population."

In recent preliminary studies, DEHP exposure has been linked to some health risks.

In animal studies, for example, exposure to this and other so-called phthalates has been linked to lower-weight babies and shorter pregnancies.

In preliminary human studies, researchers found that the higher the level of DEHP breakdown products in the mothers' urine during pregnancy, the earlier the infant was born. Babies with the highest level of exposure were born about five days earlier than those exposed to the lowest levels.

THE CHEMICAL IS USED TO HELP MAKE VINYL PLASTIC SOFT AND FLEXIBLE

DIRTY AIR MAKES FOR WHEEZY KIDS

Small particles from traffic and heating oil combustion may cause children younger than two to wheeze and cough, according to a new study.

"This study shows that there are multiple components of air pollution that we should be looking at in terms of health effects," Dr. Rachel L. Miller, lead investigator of the study, said.

HIGHER BLOOD LEAD BOOSTS DEPRESSION

Lead exposure well within levels generally considered safe may harm mental health, new research suggests. Men and women in their 20s and 30s with the highest levels of lead in their blood were more than twice as likely to suffer from major depression as their peers with the lowest blood lead levels, while their risk of panic disorder was nearly five times greater, researchers found. The current



findings, the researchers say, suggest that efforts must be made to reduce people's exposure to lead in the environment, for example from tap water contaminated by corroding pipes.

Pollution May Lessen Inhaler Benefits



Air pollution, which tends to inflame the airways in people with asthma, might also reduce the effectiveness of the rescue inhalers they count on for quick relief of their asthma symptoms, study findings hint. Researchers studied 85 asthmatic children, ages 7 to 12, to determine wheth-

er outdoor air pollution had any impact on how well their rescue inhalers worked. The children all lived in Mexico City, where traffic-related air pollution is usually very high. Fifty-three of the children had mild intermittent asthma, 20 had mild persistent asthma, and 12 had moderate persistent asthma. As

they report in the journal *Chest*, investigators found that higher levels of certain air pollutants, specifically nitrogen dioxide and ozone, made the rescue inhalers less effective - not because the devices didn't function properly, but because the children did not seem to respond as well to the medication.



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These formulas epitomize the quintessence of oriental wisdom combined with latest modern scientific developments. The fore runners have been used effectively for centuries in China and other East Asian countries including Japan and

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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.

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"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

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WORKOUT WORLDWIDE

Saturday, January 9, 10am. Griffith Park.
Los Angeles Personal Trainer Sandy Liebman will be hosting the inaugural Workout Worldwide. It will be the world's largest international charity fitness boot camp workout of all time with all net proceeds going to the American Heart Association. There will also be over 50 remote locations worldwide performing the workout on the same day. For more info call Sandy at 818-998-5032.

13.1 MARATHON LOS ANGELES

Sunday, January 10. Santa Monica Beach.
Starts and ends along the shores of the Santa Monica Bay. For more info visit: www.131marathon.com

THE HEALING MIND

Thursday, Jan 14, 7:30pm. The Fairmont Miramar Hotel Santa Monica.
Dr. John Demartini, world renowned human behavioral specialist speaks about the power of the mind to maximize human potential. For further information and reservations, call 713-850-1234 or go to www.drdemartini.com.

ONTARIO MILLS 5K/10K RUN

Saturday, January 23, 7am.
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LOS ANGELES FITNESS EXPO

Saturday, Sunday, January 23-24. Los Angeles Convention Center.
The largest health and fitness consumer show on the West Coast. For more info visit: <http://thefitexpo.com>

ENVIRONMENTAL SUSTAINABILITY CONFERENCE

Friday, January 29. Vanguard University, Costa Mesa. Educating our business community, Orange County residents, and the emerging generation of leaders about the effects their choices have on the health of the environment. For more info visit: www.greenconf.snappages.com

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Saturday, January 30, 9am. Studio City.
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- Had sex with a man recently?
- Used methamphetamine recently?

If so, you may qualify to participate in a research study to decrease methamphetamine use and sexual risk behaviors for HIV.

If interested, you will be asked to...

- Submit 3 urine samples a week for 8 weeks.
- Submit blood samples.
- Attend one or more visits with a physician for a physical.

Your participation is voluntary and confidential. You may be able to earn up to \$430 in vouchers for your time and for submitting urine samples without evidence of methamphetamine use. You will also have access to free PEP (post-exposure prophylaxis) to be taken in case you ever have a sexual exposure to HIV during your study participation and to information on sexually transmitted infections.

If you are interested or have any questions, please call Paymon at 323-387-6079.

Friends Community Center

A Division of Friends Research Institute, Inc.

Friends Care

This study is conducted at:
Friends Community Center.

1419 N. La Brea Ave.

www.friendscarepep.org

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