

# LA HEALTH NEWS

February 2010 | ISSUE 107  
COMPLIMENTARY

IT'S ABOUT YOUR LIFE

## CHOOSING THE RIGHT GYM

Everything You  
Need to Know

## FAMILY DREAMS

LA Baby  
Fertility Agency

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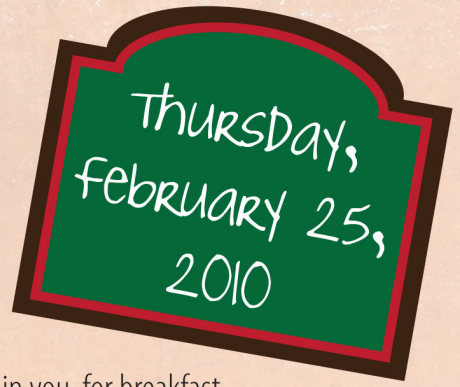
**12** ESSENTIAL  
EARTHQUAKE  
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TIPS



# Go Eat, Go Drink, Go Out on February 25th - and benefit others!



Make a difference and give "generous helping" a whole new meaning by visiting a participating restaurant, bar, club, or other business.



 **Go Eat**  
 **Go Drink**  
 **Go Out**  
 **Make a Difference**

Invite family, friends, and co-workers to join you for breakfast, lunch, dinner, a drink, or a night out on the town. On Thursday, February 25th, many of the Los Angeles area's most popular restaurants, bars, night spots, and other entertainment venues will donate 15% or more of their day's receipts to **Aid For AIDS** and **The Serra Project**.

For more two decades, these two charities have been working to prevent homelessness and hunger for individuals and families impoverished and disabled by HIV/AIDS.

Make plans now for February 25th—there's no easier way to support those in need in our community!



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FEBRUARY 2010

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## editor's letter

# First Lady Fights Obesity

**H**ealth officials have leveraged the star power of first lady Michelle Obama to roll out a new campaign against obesity, a preventable condition that drains billions of dollars from the economy.

Obama, who plans to take on childhood obesity as a cause, headlined the launch last month of Surgeon General Regina Benjamin's blueprint for what can be done at home, school and work to reverse the epidemic.

In her first initiative since becoming "America's doctor," Benjamin issued a report on the consequences of obesity to start a national dialogue on the subject.

"The number of Americans, like me, who are struggling with their weight and health conditions related to their weight remains much too high," she said.

Benjamin's report lists recommendations for preventing obesity. They range from simply eating more fruit and vegetables to adding "high-quality physical education" in schools and bringing more supermarkets to low-income communities.

Health and Human Services Secretary Kathleen Sebelius said at the launch that the Obama administration was investing \$650 million in economic stimulus money in wellness and prevention programs aimed at obesity and stopping smoking.

She introduced the first lady as "everyone's favorite vegetable gardener."

Obama, who created a White House garden with local school children, said the solution to the obesity epidemic cannot come from government alone. Everyone has to be willing to do their part to end the public health crisis.

"This will not be easy and it won't happen overnight. And it won't happen simply because the first lady has made it her priority," Obama told an audience of children's advocates at a recreation center

## Two-thirds of U.S. adults and nearly one in three children are overweight or obese

in Alexandria, outside Washington.

"It's going to take all of us. Thank God it's not going to be solely up to me."

Two-thirds of U.S. adults and nearly one in three children are overweight or obese -- a condition that increases their risk for diabetes, heart disease and other chronic illnesses.

The United States spends nearly \$150 billion a year on obesity and related complications -- twice what it cost in 1998 and more than every cancer cost put together, Sebelius said.

"The unhealthier we are as a nation, the more our health care costs will continue to rise and the less competitive we will be globally," she said.

In related news, a federal task force advised doctors last month to screen children and teens between 6 and 18 years for extra pounds.

For children who are found to be obese based on their body mass index (BMI), a standard measure of the relationship between height and weight, the task force also calls for referrals to a comprehensive program that includes dietary advice, physical activity, and behavioral counseling to promote weight loss.

Mark Ariel  
Editor-In-Chief

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## California Court Rejects Limits On Medical Marijuana

The California Supreme Court rejected limits on medical marijuana imposed by state lawmakers, finding that people with prescriptions for pot can have and grow all they need for personal use. The high court ruled last month lawmakers improperly “amended” the voter-approved law that decriminalized possession of marijuana for “seriously ill Californians” with a doctor’s prescription by limiting patients to eight ounces of dried marijuana and six mature or 12 immature plants. The Compassionate Use Act, passed by California voters in 1996, set no limits on how much marijuana patients could possess or grow, stating only that it be for personal use.

### SALT REDUCTION COULD SAVE 92,000 LIVES AYEAR

Shaving 3 grams off the daily salt intake of Americans could prevent up to 66,000 strokes, 99,000 heart attacks and 92,000 deaths in the United States, while saving \$24 billion in health costs per year, researchers reported last month. The benefit to the U.S. population would be comparable to cutting smoking by 50 percent, significantly lowering obesity rates and giving cholesterol drugs to virtually everyone to prevent heart attacks, researchers said. Salt, which contributes to high blood pressure and heart disease, is widely overused

in the United States, with 75 to 80 percent coming from processed food.

### MENU LABELS SPUR DINERS TO TRIM CALORIES

Restaurant menus that include calorie information do seem to encourage diners to exercise some restraint, a new study suggests. What’s more, researchers found, menus that give added information -- namely, the number of calories the average adult should get in a day -- could prove even more effective at curbing appetites. The findings, reported in the American Journal of Public Health, give some weight to the

growing movement to require restaurant chains to place calorie information on their menus and menu boards.

### TV ADS IMPLICATED IN CHILDHOOD OBESITY

Studies have linked TV time to children’s risk of obesity, but new findings suggest it might not be the sitting around that’s the problem, but the exposure to commercials. Researchers found that for children younger than 7, the amount of time spent watching commercial TV was related to weight gain over the next five years. But the amount of time the children spent on other sedentary activities -- such as watching videos, DVDs or commercial-free educational television -- had no effect on their weight. Moreover, the relationship between commercial TV and weight held up when the researchers accounted for a number of other factors, including kids’ physical activity and their mothers’ weight and education levels.

### 390 TONS OF GROUND BEEF RECALLED

Some 390 tons of ground beef produced by a California meat packer, some of it nearly two years ago, is being recalled for fear of potentially deadly E. coli bacterium tainting, officials said last month. It said it had received no reports of illnesses associated with consumption of the recalled products. E. coli is a potentially deadly bacterium that can cause kidney failure in the most serious cases.

### BLOOD PRESSURE DRUGS TIED TO LOWER PARKINSON'S RISK

People who use a particular class of blood pressure drug may have a decreased risk of developing Parkinson’s disease, a new study suggests. The medications in question are a type of calcium channel blocker called dihydropyridines -- which include drugs like nifedipine (brands such as Adalat), felodipine (Plendil) and nicardipine (Cardene). Researchers found that among the more than 11,000 Danish adults in their study, those who were using the medications were more than one-quarter less likely to develop Parkinson’s disease than people not on the drugs.



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# Go Eat, Go Drink, Go Out!

**WHERE YOU EAT, MEET FRIENDS, OR GO OUT ON FEB. 25TH COULD BENEFIT AID FOR AIDS AND THE SERRA PROJECT TO HELP PREVENT HOMELESSNESS AND HUNGER FOR INDIVIDUALS AND FAMILIES IMPOVERISHED BY HIV/AIDS** *By Patrick Tsakuda*

**G**o Eat, Go Drink, Go Out," is an annual, ONE-DAY fundraising event, where many popular Los Angeles-area restaurants, bars, clubs, and others give 15% or more of their day's proceeds to Aid For AIDS and The Serra Project to help prevent homelessness and hunger for individuals and families impoverished by HIV/AIDS. Some are donating 25%, 40%, or even 100% of their day's revenue. Many have participated for years.

Simply join family or friends for a meal, coffee, cocktails or a night out at a participating restaurant, club, or other business on February 25th, and you automatically will be helping those in need through Aid For AIDS and The Serra Project. The event lasts from your morning bagel to that late-night dessert or night cap...with 16 years of restaurant support!

Participants include many restaurants, clubs, cafes, and other places across Los Angeles County from the Beaches to Downtown and from the San Fernando Valley to the San Gabriel Valley. The restaurant and business list is updated regularly.

A partial list appears on this page. For the latest updated list - please visit: [www.GoEatLA.org](http://www.GoEatLA.org).

## Partial List of Participating Establishments

### 212 Degrees Bistro: 20%

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Long Beach, CA 90814  
562-439-882

**Aliston Yacht Club: 20%**  
1320 Echo Park Ave.  
Los Angeles, CA 90026  
213-481-045

**Bistro 39: 20%**  
39 W. Main Street  
Alhambra, CA 91801  
626-282-060

**Casita del Campo Restaurant: 20%**  
1920 Hyperion Ave.  
Silverlake, CA 90027  
323-662-425

**Club Ripples: 25%**  
5101 East Ocean Blvd.  
Long Beach, CA 90803  
562-433-035

**Coupa Café: 20%**  
419 N. Canon Drive  
Beverly Hills, CA 90210  
8:30 AM - 10:00 PM  
310-385-042

**Dar Maghreb Restaurant: 20%**  
7651 Sunset Blvd.  
Los Angeles, CA 90046  
323-876-765

**Domenico Ristorante: 20%**  
1637 Silverlake Blvd.  
Los Angeles, CA 90026  
323-661-661

**Dhaba Cuicine of India: 20%**  
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90405  
310-399-945

**Essential Chocolate Desserts: 20%**  
10868 Washington Blvd.  
Culver City, CA 90232  
310-287-069

**Hugo's Restaurant: 20%**  
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West Hollywood, CA  
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323-654-399

**The Ice House Comedy Nightclub: 16%**  
24 N. Mentor Ave.  
Pasadena, CA 91106  
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Star Comedy Shows  
626-577-189

**Johnny Rockets: 20%**  
7507 Melrose Ave.  
Los Angeles, CA 90046  
323-651-336

**Local: 100%**  
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213-662-474

**Michael's Bar & Grill: 20%**  
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**Mexicali Cocina & Cantina: 20%**  
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818-985-174

**Masa of Echo Park: 50%**  
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**Pop Champagne & Dessert Bar: 20%**

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**The Pizza Place & Garden Cafe: 20%**  
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**Sandella's Flatbread Cafe: 20%**  
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**The Theatre @ Boston Court: 20%**  
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Performance 8PM:  
Oedipus El Rey  
626-683-688

**Taste at the Palisades: 25%**  
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Pacific Palisades, CA  
90272  
310-459-980

**Taste on Melrose: 25%**  
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# Attention Pain Sufferers! Start Feeling a difference just after one treatment!

## Do you suffer from Chronic or Acute Pain?

### Pain Specialist Doctor Gives Hope Again To Pain Sufferers As New Uncovered Neurological Reflex Eliminates Chronic Pain in Seconds

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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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

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If you do need more proof visit the website at [www.drsteinhealing.com](http://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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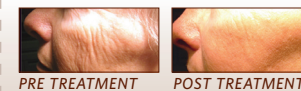
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By Jenny Evans, B.S., C.P.T.,C.F.T.

# & FITNESS SECRETS LIES

**Jenny Evans,  
founder and CEO of  
PowerHouse  
Performance Coaching  
and creator of  
PowerHouse Hit the  
Deck, busts common  
fitness myths**



## **1 Longer workouts at a lower intensity burn more fat**

Short and intense interval training sessions can improve whole body fat oxidation by 36% and may offer greater benefits than lengthy bouts of steady-state exercise. Interval training allows you to get more work done in the same amount of time because you can work at greater intensity levels than if you were doing steady state training. Your overall production (calories burned) will be greater despite the frequent breaks because you are able to work at a higher intensity. Interval training also

improves your level of fitness very quickly, typically in a matter of just a few weeks, and this improvement in fitness allows you to perform more work and burn more calories during an exercise session.

## **2 I should workout on an empty stomach so my body will burn fat**

You must put glucose (food) in the system before you exercise. If you are exercising with no glucose in the system, it sends your body into Emergency Mode. Emergency Mode = hold

on to body fat for as long as possible because it is valuable energy and will be necessary to survive. Instead of fat, your body will break down muscle tissue and use that as energy. It does this for two major reasons:

**a)** Muscle is metabolically active tissue. For this reason it's viewed as costly when there is not enough energy coming in. Your body is "doing you a favor" by getting rid of really needy, high maintenance cells. Emergency Mode is all about energy conservation: Get rid of muscle, hold on to fat.

**b)** Losing muscle mass slows down your

metabolism, which conserves energy. This is your body's goal when you are in Emergency Mode.

If you are working out - or even physically active - and there is no glucose in the system, your primary fuel source is muscle, not fat. Get your body out of Emergency Mode by making sure to keep adequate glucose in the system by eating several small meals and snacks throughout the day.

### **3** **If I don't have at least 30 minutes to exercise I should just skip it because I won't get any benefit**

Science has shown that you do not have to do long, continuous workouts to get benefit. Studies have taken two groups of exercisers and divided them in to '30 minutes of continuous exercise done in one session' and '30 minutes done in 3 bouts of 10 minutes each, spread throughout the day'. Guess which group got more benefit? The second group that spread out their three 10 minutes sessions reaped more benefit, and here's why: Every time you exercise, your metabolism increases. When you finish exercising, it takes a while for your metabolism to slow back down. This means free extra calories being burned! I like to think of this as the "Afterburner Effect". The group that did 30 consecutive minutes got only one "afterburner effect", whereas the second group got three!

Another benefit to splitting up your workouts is that it may be more do-able from a time management perspective. Finding a big block of time can be very challenging, but finding 10 minutes in the morning, 10 minutes mid-day and 10 minutes in the evening definitely has possibilities. Instead of bagging a workout because you don't

have 45 minutes or an hour, see how much you can accumulate throughout the day or week.

### **4** **If I stop exercising, all my muscle will turn to fat**

Muscle cannot turn into fat. Molecularly the two are as different as oil and water. As you begin to exercise your muscle fibers hypertrophy (grow), causing your metabolism to increase. This increase in energy expenditure creates an energy deficit, and so your body uses stored energy from the fat cells causing them to shrink in size. When you stop exercising the muscle fibers atrophy (shrink), causing your metabolism to slow. This decrease in physical activity and energy expenditure coupled with eating the way you did when you were working out creates an energy surplus, which is stored in the fat cells and they grow larger. It is just a matter of taking up space, not turning into something else.

### **5** **Working my abs all the time will get me a six-pack stomach**

Physical activity - including resistance training - will help reduce body fat, but not specifically or exclusively in the isolated muscle group being worked. Current theory shows that a reduction in calorie intake coupled with exercise results in fat reduction throughout the entire body, not in localized spots. You cannot "spot reduce" fat on specific areas of the body. Body fat decreases in an all over body sense - your body genetically decides where the fat goes to or comes from first and unfortunately you can't control it. Reducing body fat is best accomplished through a combination of cardiovascular activity, resistance training, and a healthy diet.

### **6** **I'm too old to have a firm stomach or toned legs**

Although studies indicate you may lose muscle mass as you become older, you can slow or even reverse the process through exercise. There is no reason why you cannot improve the strength, flexibility, and overall appearance of your body no matter how old you are. The old adage "Use it or lose it" applies here. Most people lose muscle mass because they stop exercising, not because they are old. They become sedentary. Depending on your present level of fitness, you can add muscle mass to some degree or another. You're never too old to receive the health benefits of exercise and to look great!



**Jenny Evans, B.S., C.P.T., C.F.T., is an internationally recognized expert on stress, exercise physiology, nutrition and performance. She is founder and CEO of PowerHouse Performance Coaching and creator of PowerHouse Hit the Deck(tm) - the ultimate new tool for combating stress and increasing fitness. For more info please visit [www.powerhouseperformancecoaching.com](http://www.powerhouseperformancecoaching.com)**



**Although studies indicate you may lose muscle mass as you become older, you can slow or even reverse the process through exercise. There is no reason why you cannot improve the strength, flexibility, and overall appearance of your body no matter how old you are**





## Well-balanced diet benefits women's mental health

Women who suffer from depression and anxiety may want to take a look at their diet as possible contributors to these conditions, study findings hint.

Dr. Felice N. Jacka, at the University of Melbourne, Australia, and colleagues report mood disorders were more common among women 20 to 93 years old who, over 10 years, ate primarily processed, refined, high-fat foods.

Eating a diet mainly of vegetables, fruit, whole grain foods, low fat dairy products, and

lean meat, and reserving processed and sweet treats to "sometimes foods," will aid physical health and may also support mental well-being, researchers said.

**PROCESSED, REFINED, HIGH-FAT FOODS LINKED TO GREATER LIKELIHOOD FOR DEPRESSION**

Jacka's team assessed diet and psychiatric evaluations from 1,046 women. A total of 925 women were free of mood disorders, whereas 121 had depressive and/or anxiety disorders, the researchers report.

When they assessed how diet might relate to mood disorders, they found that a "Western" diet -- eating primarily hamburgers, white

### LOSE WEIGHT BEFORE WEIGHT-LOSS SURGERY

Having weight-loss surgery? Shedding a few pounds before the surgery might reduce your risk of having surgical complications, a new study hints. A look back at the medical records of 881 patients who had weight-loss surgery found that the more weight patients lost before surgery, the less likely they were to suffer post-op complications, such as infections, blood clots, and kidney problems.

### SCREENING FOR OBESITY IN KIDS

Doctors should screen children and teens between 6 and 18 years for extra pounds, a federal task force recommends. For children who are found to be obese based on their body mass index (BMI), a standard measure of the relationship between height and weight, the task force also calls for referrals to a comprehensive program that includes dietary advice, physical activity, and behavioral



counseling to promote weight loss. The new recommendations update earlier ones from 2005. Skyrocketing rates of obesity have

reached between 12 and 18 percent in 2- to 19-year-olds, increasing up to 6-fold since the 1970s.



## Mediterranean Diet Offers Big Health Boost

**S**ticking strictly to a Mediterranean diet rich in fruits and vegetables offers substantial protection against cancer, heart disease and other major chronic illnesses, researchers said last month. Researchers reviewed studies which included more than 1.5 million people whose eating habits and health

were tracked for follow-up periods of three to 18 years. Strict Mediterranean diet followers had a 9 percent drop in death from heart disease, a 13 percent reduction in incidence of Parkinson's and Alzheimer's disease and a 6 percent reduction in cancer compared to those who were not as diligent, their study found. "These results seem

to be clinically relevant for public health, particularly for encouraging a Mediterranean-like dietary pattern for primary prevention of major chronic diseases," researchers said. The traditional Mediterranean diet is full of vegetables, fish and healthy fats such as olive oil, and low in red meat, dairy products and alcohol.

# THE RELATIONSHIP SECRET

IS LOVE PLAYING A CRUEL GAME? By Myke Zykoff HHP, C.Ht.



**T**here's a secret to having a long lasting and vibrant relationship. What might you think it is? (Answer before reading further.)

This secret is knowing the difference between "Love" and "Loving."

"Love" is that feeling that over takes us and launches us into a relationship. It's that

dreamy, floating feeling that seems other worldly. Love seems ethereal. But it's really not. In its most rudimentary form, love is simply an acknowledgement of being accepted for who we want to be. "Falling in love" is the freedom from having to manage how we're perceived. In turn we gift the other with this same freedom.

Typically, the free floating feelings (i.e.: honeymoon phase) begin to fade once we've been around the other for a consistent amount of time. The human mind tunes out repetitive information deeming it no longer worthy of acute attention. (Think of the pants on your legs. You probably weren't thinking of them a moment ago. Were you?) Once repetition sets in, we tune out. Relationships break down.

Is love playing a cruel game? Certainly not. Love is doing its job. It illuminates parts of us that we have allowed to fade into the shadows. It wakes us up.

In order to keep those parts of us alive we now must begin "Loving."


Loving is a choice. Period. To love someone means that you now choose to hold them

in their highest vision of themselves regardless of any errant behavior they may display. Think back to what attracted you to them in the first place. What seemed magical about them or freeing to you at first contact? Bring these mental files forward and choose to see them that way again. When you do, not only do you remind them of who they are designed to be but also you give them permission to be whom they want. This is what makes love powerful.

Whether you're just beginning a relationship or reigniting a life long one, be mindful of the distinction between love and loving. There is a gift in everyone. Choose to see it and your relationships will blossom.



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# Helping Your FAMILY DREAM Come

# TRUE



**Dr. Yoshiharu Morimoto, renowned for his research on immature eggs, leads the IVF JAPAN GROUP. IVF Japan's centers are known for being places where celebrities from Los Angeles go for treatment in large numbers.**

**By George Okagaki**

can receive advice on nutritional balance directly from a dietitian. These efforts at improving the physical constitution of the prospective mother make it easier to conceive.

The movements of Chinese Qigong are also incorporated, specially improved for effectiveness in the context of fertility treatment, and every other effort is made to help women build healthy bodies that can nurture an egg and conceive easily.

stars in the planetarium at the time of ovum collection.

According to IVF Japan's representative, Dr. Yoshiharu Morimoto, "the patients come to the centers with great hopes in us, so we should support the patients as much as possible, bringing together

Technologies from all over the world and developing our own original techniques to help make their dreams come true."

In the doctor's words, "we should

**I**t is very difficult to give up on the dream of having a child. If the condition of the wife's egg or of the sperm or the uterus is compromised, IVF centers will generally recommend other courses of action, such as surrogacy or adoption. Yet, many couples that find themselves in this position cannot make up their minds and suffer such anguish that they must consult a counselor for help.

In these cases, another option still exists. A couple that has no choice but to give up hope on fertility treatment in the United States can still turn to an overseas fertility center. Patients will find that there are excellent facilities in existence that pride themselves on their high levels of technology and insist on working with the wife's own eggs and the husband's sperm.

An IVF clinic representative of these overseas centers, located on the other side of the Pacific, is IVF Japan. Dr. Yoshiharu Morimoto, renowned for his research on immature eggs, leads the IVF JAPAN GROUP. IVF Japan's centers are known for being places where celebrities from Los Angeles go for treatment in large numbers.

IVF Japan is the most active of all centers in publicly releasing the results of noteworthy research in the

United States, Europe, and Asia.

As its name recognition is growing by leaps and bounds, we decided to look into the reasons why.

We found that IVF Japan ceaselessly pursues the most advanced treatment methods of both Western medicine and Asian holistic therapies. By supplementing modern high-tech treatment with traditional or alternative Asian techniques, addressing the areas that Western medicine cannot completely cover, IVF Japan has demonstrated significant capabilities for obtaining a range of results that simply are not achievable in the United States.

At the same time, IVF Japan maintains strong connections with medical institutions in the United States and Europe. By frequently traveling back and forth to observe evolving trends, IVF Japan endeavors to make

available to its patients the most advanced medical technologies of The United States and Europe at all times. IVF Japan also designs its facilities and fine-tunes the content of its programs so as to enhance the emotional support provided to the patients and eliminate stress.

Nutrition counseling offices have also been set up so that patients



**Dr. Yoshiharu Morimoto**

Thoroughgoing measures are taken to ensure privacy in the centers' waiting rooms and corridors so that patients do not meet - this is undoubtedly one of the reasons why celebrities frequent these centers.

When you enter the IVF Japan building, you are met with the sight of a waterfall flowing down from the third floor, and the building also houses a planetarium where patients can view the stars during embryo transfer. Fertilized eggs are stored in incubators into which classical music is streamed, and the entire building seems to encompass a mystical world.

One unforgettable sight was the scene of a patient wishing upon the

give it our all for the sake of seeing the patients smile."

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



# Couples Counseling with Dr. Bren

**I** realized my love and gift for counseling during my years in business management consulting as Senior Manager for Ernst & Young LLP," reveals Bren Hudson, Ph.D. (abd).



"I have a real knack for seeing the potential in people and providing them with the opportunities to shine," Hudson explains. "But just as I was helping my consultants reach their goals, I began to realize that the corporate world was not allowing me to self actualize. Deciding to leave this prestigious career was difficult but necessary," Hudson reveals.

"I devoted seven years to learning everything I could about psyche, psycho-dynamics, the unconscious and self-actualization including: doctoral studies from Pacifica Graduate Institute in Jungian Psychology, training from New Ventures West in Integral Coaching, and the experience of being "the client" in psychodynamic psychotherapy."

In Couples Counseling with Dr. Bren you will learn:

1. How to communicate safely and effectively.
2. How to detect unconscious agreements made in the beginning that are, by nature, unknown and seemingly set in stone.
3. How to discover and work through dysfunctional "family of origin" psycho-dynamics.
4. How to treat the "relationship" as a

psychic reality.

5. How to keep the mystery alive in yourself and in your relationship.

Relationships are psychologically messy: they carry the shadows and projections of the couple; they hold the unfulfilled needs and fantasies from childhood; and they struggle to stay afloat when one of the couple is wrestling with a major life transition or is feeling thirsty for spiritual fulfillment.

Most couples, and unfortunately most counselors, fail to recognize these deeper patterns causing relational strife. While most counselors treat the symptoms and teach communication techniques, Bren dives into the unconscious patterns causing the disruption. She is uniquely gifted in identifying the root cause of one's suffering, and in leading the couple through these painful transitions towards relational wholeness.



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## Sneaky Strategies Aim to Get Kids Moving

Is your rug rat becoming a sofa spud? To get that texting, tweeting, gaming child up and exercising, a new book suggests parents try sneaking fitness into the day-to-day routine.

“A sneaky fit kid can burn an extra 400 calories per day,” said Missy Chase Lapine, who co-authored “Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into Your Child’s Everyday Life” with personal trainer Larisa DiDio.

Her book contains over 100 toddler-to-tween-targeted strategies, games and tips for exercising children. “Sneaky Fitness” is the fourth book in a series that sets forth what Lap-

ine labels the sneaky lifestyle.

An activity dubbed “Slip and Slide” has kids sliding across the floor.

“You just say, Go make your socks as dirty as possible and put on some fun music, like the twist,” she said. “Now they’ve skated and twisted all over the floor, they’ve helped mommy clean up, and they burned three times the calories as they would watching TV.”

Similarly, “Dig to China” has kids digging in sand, filling up a pail and, Lapine says, burning 68 calories in 30 minutes.

Sneaky strategies include planting a mini trampoline or hula hoop in the TV room.

**PARENTS SHOULD INCORPORATE FITNESS INTO THE CHILD'S DAY-TO-DAY ROUTINE**

### STRENGTH TRAINING AIDS STROKE VICTIMS

Strength training improves hand grip and arm function in people who have suffered a stroke without causing increased muscle spasticity or pain, according to combined data from multiple studies. Stroke commonly weakens muscles and may temporarily cause muscle spasm and pain. The combined results suggest that strengthening may actually reduce muscle spasticity, researchers said.

### EXERCISE BENEFICIAL AFTER PROSTATE SURGERY

A healthy weight and regular exercise may help protect men from one of the most common side effects of prostate cancer surgery, a new study suggests. Researchers found that among 165 men who had their prostate glands removed due to cancer, those who were not obese and were getting regular exercise before



surgery had the lowest prevalence of long-term urinary incontinence. What's more,

even among obese men, those who had been physically active before surgery were less likely to be incontinent one year after surgery. Urinary incontinence and sexual dysfunction are common side effects, though both often improve over time.



## Too Much TV May Shorten Life

**S**itting in front of a television set for hour after hour day after day may raise the risk of death from heart disease and other causes - even in people who do not weigh too much, researchers say. Compared with adults who watched less than two hours of TV a day,

those who watched more than four hours had a 46 percent higher risk of death from all causes and an 80 percent higher risk of cardiovascular death during the six-year study period. Each hour spent sitting in front of the TV per day raised a person's risk of death from

cardiovascular disease by 18 percent. The increased risk was seen in obese people in the study as well as those with a healthy weight because prolonged periods of sitting have an unhealthy influence on blood sugar and blood fat levels, the researchers said.

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# THE NEXT BIG ONE



## DUCK, COVER, AND HOLD. ESSENTIAL EARTHQUAKE PREPAREDNESS TIPS

By Victor Melamed

**T**o those of us who live and work in the Greater Los Angeles area, earthquakes and other natural emergencies are a reality. In order to deal with this situation, emergency preparedness must become a way of life.

In the event of a major earthquake or disaster, freeways and surface streets may be impassable and public services could be interrupted or taxed beyond their limits. Therefore, everyone must know how to provide for their own needs for an extended period of time, whether at work, home, or on the road. Here are a few essential earthquake preparedness tips.

**1** If you're in a **HIGH-RISE BUILDING**, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators. Do not be surprised if the alarm or sprinkler systems come on. Stay indoors, glass windows can dislodge during the quake and sail for hundreds of feet.

**2** If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or electrical wires and poles.

**3** If you're on a **SIDE-WALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris. If you're **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.

**4** If you're in a **CROWDED STORE OR ANOTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.

**5** If you're in a **WHEEL-CHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.

**6** If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner. Avoid rushing toward exits.

**7** When you feel an earthquake, **DUCK UNDER A DESK OR STURDY TABLE**. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects that could fall. Watch out for falling

plaster and ceiling tiles.

**8** Always know all the **POSSIBLE WAYS TO EXIT** your house and work place in emergency situations. Try to discover exits that would only be available to you in an emergency (windows).

**9** Know the location of the **SHUT-OFF VALVES** for water, gas, and electricity, and how to operate the valves. If you are not sure, contact your utility company.

**10** A good rule of thumb is to store **5 GALLONS OF BOTTLED WATER** per person. Treat your pet as a family member when thinking about how much to store. Our bodies can tolerate the loss of food much better. With an ample water supply, starvation is delayed many days, even weeks. The City water supply is vulnerable to the effects of a large earthquake.

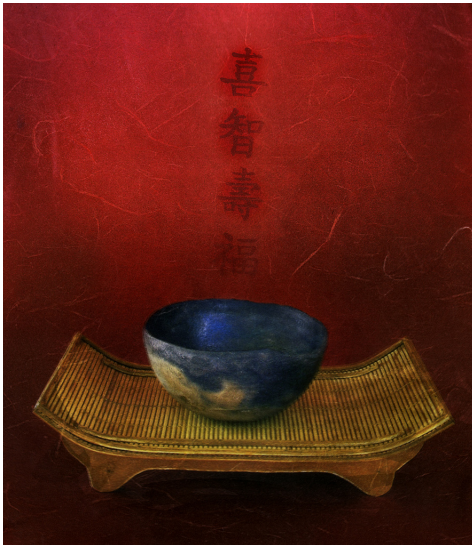
Contaminants can get into the drinking water supply through ruptures in the pipes, through the mixing up of sediments, through the adulteration of filtering systems, etc.

**11** **DO NOT STORE ANY PLASTIC WATER CONTAINER DIRECTLY ON CONCRETE**. The concrete will leech chemicals into the water, contaminating it and also degrading the plastic bottle.

**12** **DON'T USE MATCHES, CANDLES, OR OIL LAMPS**, especially right after the quake. Aftershocks are coming and they could cause candles or oil lamps to fall, causing fires. Immediately after an earthquake there is the danger of natural gas or propane leaks and any source of flame could cause an explosion. Make sure you have a Flashlight or battery-operated lantern for the home (plus extra batteries and rotate them).

# The Importance of your Biochemical Individuality

By Virginia Wagenknecht LAc



**H**ave you ever wondered why in the depth of winter we must have a “New Year’s Resolution” when all our body screams is hibernation? Have you ever wonder why even after you take your multi-vitamin on a regular basis you still feel run down and have cravings for “bad” foods?

Have you ever wondered why all those fad diets recommended by many don’t seem to work for you? Have you ever wonder why right before flowers blossom, trees grow leaves, the beautiful blue skies appear and your biological clock is starting to wake up, you are diagnosed with Seasonal affective disorder (SAD)? The answer is right inside your body: your biochemical individuality.

Unfortunately for years we have been conditioned to follow mainstream thought and we have not been taught to listen to our bodies. Each of us is metabolically and biochemically unique and the nutrient requirements are quite different from one person to another.

Also, not taken into consideration is that we have impaired nutritional absorption due to lifestyle, stress, age, prescriptions and others; our own personal genetic twists: such as food allergies and sensitivities (remember allergies are inflammation = water retention = weight gain). Last but not least, we also have unique nutritional deficiencies, which our bodies try to compensate in one way or another; remember weight gain is not the problem; it is

the RESULT of a problem.

We offer personalized nutritional counseling tailored to your specific needs; Working with advanced clinical testing that takes into consideration all the above factors and utilizing the ancient knowledge of Traditional Oriental Medicine, our clinic will identify specific deficiencies that could negatively influence your health and help you correct them.

Most importantly, you are not going to have to live on minimal strange foods for the rest of your life! We incorporate your biochemical individuality with your nutritional needs, your life style with your taste buds so that your body re-learns the true meaning of the word diet.



**Virginia Wagenknecht LAc is a Board Certified Acupuncture and Oriental Medicine Physician specialized in Pain Management and Women’s Wellness in Culver City, CA.**

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## Bariatric Surgery Can Act As Cure For Diabetes

Bariatric surgery is a procedure designed to help patients lose weight, but an unexpected side effect is that it can also help rid patients of diabetes.

“Diabetic patients who undergo bariatric surgery are often cured of diabetes following the procedure,” said Christopher Still, D.O., director of the Geisinger Center for Nutrition and Weight Management. “This is an incredible development for patients, as diabetes is often a very challenging condition to manage.”

A 2004 study by the Journal of the American Medical Association (JAMA) reported that diabetes was completely resolved for over 76 percent of the 22,000 surveyed patients, and 86

percent of patients saw improvement in their diabetes. In an Annals of Surgery study, 83 percent of diabetic patients were cured after undergoing gastric bypass surgery, the primary bariatric procedure used at Geisinger Medical Center.

The procedure is most effective against type 2 diabetes. It hasn't proven to be a cure against type 1 diabetes, but it can improve a patient's condition, Dr. Still said. By resolving diabetes via surgery, patients are able to avoid medications and insulin injections.

“Many non-surgical treatments for diabetes can be ineffective, expensive and can be difficult for patients to maintain,” Dr. Still said.

THE PROCEDURE IS MOST EFFECTIVE AGAINST TYPE 2 DIABETES

### NEW DETAILS ON FACE TRANSPLANT

Detailed information on the first facial transplantation procedure performed in the United States is presented in the January issue of Plastic and Reconstructive Surgery(r), the official medical journal of the American Society of Plastic Surgeons (ASPS). “We are pleased to report an excellent functional, psychological, and social outcome for our patient at 8 months following transplantation,” write Dr. Maria Z. Siemionow and colleagues of the Cleveland Clinic. Their article describes not just the transplant operation itself, but also the prolonged, arduous process of gaining approval, planning, and preparing for the groundbreaking procedure.

### SURGICAL OPTIONS FOR RHINOPLASTY

Rhinoplasty, sometimes referred to as a “nose job,” can improve the shape, size and general appearance of the nose. However, imperfections following



rhinoplasty are common, which is why some surgeons have turned to injectable fillers as a means of smoothing out irregularities and asymmetries that

remain after initial rhinoplasty surgery. “Injectable fillers allow surgeons to correct post-surgical imperfections without the expense, anesthetic risk, or recovery downtime involved with additional surgery,” investigators say.



## Laser Treatment Acne Benefit

**L**aser treatment can reduce inflammatory facial acne lesions with few side effects, new research shows. Moreover, it appears to work even with the darkest skin types. The findings are based on a study of 22 patients, with light to dark skin types, who underwent three treatments with the laser at 3 to

4 week intervals. The subjects received treatment at high or low doses on the left or the right side of the face. After three treatments, average acne lesion counts were reduced by about 75% and 70% with the low and high dose treatment, respectively, researchers report. These reductions basically persisted at a 12-month

follow-up examination. Side effects were minimal -- typically temporary redness and swelling -- and the procedure-related pain was well tolerated, the investigators note. The results indicate that the laser is a safe and effective treatment for facial inflammatory acne vulgaris, the researchers conclude.



# Safe, smooth & affordable liposuction

**DR. NATHAN NEWMAN ON TUMESCENT ANESTHESIA & MECHANIZED LIPOSUCTION** *By Dr. Nathan Newman*

**A**dvanced liposuction techniques have made liposuction one of the safest and most common cosmetic surgery procedures performed today. Prior methods of liposuction required the procedures be performed in a hospital under general anesthesia, and were associated with excessive blood loss requiring hospitalization for one or more nights before going home. Liposuction was also associated with significant post-operative pain, a relatively long recovery time and an expensive price tag.

Tumescent anesthesia & mechanized liposuction are the new technologies which have re-defined liposuction, ensuring the safest and best liposuction results with the least pain and down time, and the most cost-effective procedure available.

### **TUMESCENT ANESTHESIA**

In this technique, numbing medicine is mixed with salt water and injected into the fat marked for removal. This mixture surrounds the fat and separates it from other tissues, vessels, and nerves and

thereby reduces damage to the tissues near the fat. This technique also allows the surgeon to provide effective local anesthesia with diluted amounts of medicine. This technical advancement has revolutionized liposuction and has made the procedure safe, the results much smoother, the recovery time minimal and the cost much more affordable. Tumescent liposuction is now done as an outpatient surgery under local anesthesia and you may resume most of your daily activities with little or no down-time.

### **MECHANIZED LIPOSUCTION**

Some of us have seen doctors on television ramming the cannula into the patient and breaking a sweat to remove the excess fat. This older method, called Suction Assisted Liposuction (SAL), used the physician's strength to complete the procedure and caused excessive trauma to the tissues, as well as pain and prolonged recovery after the surgery. With mechanization of the liposuction cannulas, new techniques such as Power Assisted Liposuction

(PAL), Soft-Tissue Advanced Rotary Sculpture System (STAR), Ultrasound Assisted Liposuction (UAL), Laser Assisted Liposuction (LAL) and Water-Jet Assisted Liposuction (WAL) have minimized trauma to the tissues, thus reducing post-operative pain and down-time.

### **POST-OP RECOVERY**

After tumescent anesthesia and mechanized liposuction you may resume your daily routine almost immediately. Most of my patients report they feel soreness similar to that associated with a good workout and they do not need pain medication. The soreness and swelling is minimized by wearing a pressure garment given to you after surgery. For the first 2 weeks, you are asked to refrain from strenuous exercise to prevent excessive swelling and soreness. The body noticeably heals during the following weeks, the swelling subsides and the skin tightens and conforms to your new figure. Over the next year, the healing is gradually completed from the inside with new collagen formation and further contouring.

### **LIPOSUCTION SAFETY SUMMARY**

The following components will ensure the safest liposuction procedure available:

1. No general anesthesia, as it carries with it its own inherent risks.
2. Tumescent anesthesia is vital for your safety and to achieve the best results.
3. Mechanized liposuction methods will aid in achieving the desired results, reduce procedure time, minimize post-operative pain and shorten recovery time.



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

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

# Choosing the right gym for you

TIPS ON HOW TO FIND JUST THE RIGHT FACILITY TO ADD INSPIRATION TO YOUR PERSPIRATION *By Dorene Internicola*



one reason people use or don't use a gym," said Shawn Talbott, spokesperson for the American College of Sports Medicine.

"If it's not hyper convenient, don't think you're going to go out of your way," he said flatly.

Talbott says be sure to visit a prospect during the same time you expect to use it.

"If you check out a gym on Saturday afternoon it could be fine, but on Monday morning you might not be able to get on a treadmill," he explained.

"Also," he said, "Are the classes offered at hours convenient for you?"

And don't underestimate the importance of ambiance: just how comfortable will you be sweating in the space?

"A club filled with gorgeous 20-year olds might not be the best place for an overweight or older woman," Talbott explained. "If you're concerned about your body, you don't want to join one of those meat market gyms. You might want to go to a more family-oriented facility."

Carol Espel, spokeswoman for the Equinox chain of luxury health clubs, agrees: "Gyms can be intimidating in the wrong setting. Find a place that you see yourself going to easily after work and on weekends."

line? Do you like group classes? Commit to a place that can give you the tools you need."

In their guide, "How to Choose a Health Club," the American Council on Exercise (ACE) recommends using a day pass or trial membership to check on the following:

"How clean is the facility? Is the music too loud? Is most of the equipment in working order? Too many 'out of order' signs may indicate poor maintenance. Are new members provided with a club orientation and instruction on how to use equipment?"

ACE suggests talking to current members, checking the Better Business Bureau for complaints, and choosing a club that belongs to the International Health, Racquet, and Sportsclub Association (IHRSA) and must abide by their standards.

As always, read the fine print before signing on the dotted line. Does that deep discount come with a two-year commitment? Is there also an initiation fee? Find out exactly what the membership includes. Do you have to pay extra for towels, childcare?

Talbott says the right gym can make all the difference. "You can stay fit outside the gym but it's harder. The gym is a good crutch. It's part of your routine, a

**I**t's February and the health clubs are have amped up their marketing efforts.

Their sign-up sales, special offers and discounted rates have arrived just in time to prod your resolution to get fit in 2010.

But as one person's dream workout venue can be another's waste of money, experts have some tips on how to find just the right facility to add inspiration to your perspiration.

**"If you're concerned about your body, you don't want to join one of those meat market gyms. You might want to go to a more family-oriented facility"**

And topping their lists is location, location, location.

"Most important is, is it convenient to home or work? Far and away that's the number

She advised people to take time to do research.

"What's most important for you in a gym? Do you need a personal trainer to keep you in

place where you can go to every day."

As Woody Allen once said, "Eighty percent of success is showing up."



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## Folic Acid In Late Pregnancy Child Asthma Link

Young children whose mothers took folic acid supplements in late pregnancy may have an increased risk of developing asthma, a new study hints.

Researchers emphasize that it is too early to give pregnant women any specific advice based on the results.

Moreover, the study does not implicate folic acid use in early pregnancy.

This is an important finding, note the researchers, because adequate folic acid around the time of conception helps lower the risk of certain birth defects of the brain and spine. Known as neural tube defects, these anomalies include spina bifida, a paralyzing defect of the spine, and

anencephaly, a fatal defect where most or all of the brain fails to develop.

Experts advise women to take 400 micrograms of folic acid per day shortly before conceiving and in the first trimester of pregnancy, a critical window of time when neural tube defects take shape.

The current findings “don’t contradict” that advice, researchers said.

However, they added, since folic acid is necessary only in the first trimester to prevent neural tube defects, further studies should look at whether more-specific guidelines on folic acid use during the remainder of pregnancy can and should be developed.

**STUDY DOES NOT IMPLICATE FOLIC ACID USE IN EARLY PREGNANCY**

### ST. JOHN'S WORT MAY COOL HOT FLASHES

The popular herbal remedy St. John's wort may help ease menopausal hot flashes, a small study suggests. St. John's wort is probably best known as an herbal antidepressant, with some clinical trials suggesting that it can help relieve mild to moderate depression symptoms. “The findings suggest that this herbal medicine can be used to treat hot flashes due to menopause,” researchers said.

### GINKGO DOESN'T SLOW COGNITIVE DECLINE

The widely used herbal supplement Ginkgo biloba does not appear to slow the rate of cognitive decline in healthy older people or those with mild cognitive impairment, researchers said. Their study involved 3,069 people age 72 or older tracked for an average of six years. Half of them took twice-daily doses of 120 milligrams of the extract and half received a placebo. Compared with study partici-



pants who received a placebo, the use of Ginkgo biloba did not slow cognitive decline in those with normal conditions or those with mild cognitive impairment.

## Vitamin D Possible Cancer Benefit



**H**igher levels of vitamin D in the blood may help protect both men and women from cancers of the colon and rectum, confirm results of the largest study ever conducted on the topic. Among more than 1200 people who developed colorectal cancer and an

equal number who did not, researchers found that those with the highest levels of vitamin D in their blood had a nearly 40 percent reduced risk of developing colorectal cancer compared to those with the lowest levels. The findings “support a role for vitamin D” in the causes of colorec-

tal cancer, researchers said. “But this has to be balanced with caution regarding the potential toxic effects of too much vitamin D and the fact that very little is known about the association of vitamin D with either increased or reduced risk of other cancers,” they said.



# You Are Not a Victim

**THE PERSON WHO KNOWS THAT THEY PLAY A ROLE IN EVERYTHING THAT HAPPENS TO THEM IN THEIR LIFE IS A VICTOR** *By Jamelle Dolphin*

In every so-called victim is a victor. A victim becomes a victor when he/she realizes and accepts (1) the role he/she played in the drama and takes personal responsibility and accountability for their role in the drama (not the role of the other party, but just their role), (2) that everything that happens, happens for a reason (a higher spiritual reason), and (3) there is a valuable lesson to be extracted from the drama.

The man who believes that women cannot be trusted attracts to himself relationships with women whom are not trustworthy. The woman who believes all men are dogs constantly attracts to herself relationships with men who are dogs and who reinforce her belief in that all men are dogs.

The person who believes a thing "too good to be true" attracts situations whereby he/she loses the thing "too good to be true."

You have a choice TODAY and NOW! You can either see yourself

as a victim (loser) or a victor (winner). The choice is yours. The person who knows that everything that happens, happens for a reason, is a victor. The person who knows that they play a role in everything that happens to them in their life is a victor. The person that knows that there are valuable lessons to be learned from every situation, event, or circumstance in life, be it good or bad, positive or negative, is a victor.

Choose not to lose in the Game of Life! Be a victor in the Game. Choose victory! You have the freedom to do so! As soon as you take responsibility and accountability for yourself (your thoughts and actions) in any life drama, you are no longer a victim, but a victor - a POWERFUL Victor! The Victor is the inversion of the Victim.

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**DIRTY AIR  
PNEUMONIA RISK**

Air pollution may double the risk that an elderly person will be hospitalized for pneumonia, according to a new study. "We have shown that air pollution exerts a strong effect on hospital admissions for pneumonia," Michael Jerrett, of the University of California, Berkeley, who was involved in the study, noted in an interview with Reuters Health. About 600,000 people are hospitalized for pneumonia in the United States each year. Pneumonia is the leading cause of death in the elderly.

**THYROID DISEASE  
CHEMICAL LINK**

Scientists have linked a chemical used in consumer goods like non-stick pans and water-resistant fabrics with thyroid disease, raising questions about the potential health risks of exposure to the substance. A study by British researchers found that people with high levels of the chemical perfluorooctanoic acid (PFOA) in their blood have higher rates of thyroid diseases - condi-

**Group Urges FDA To Speed Up BPA Decision**

The Food and Drug Administration should immediately ban the use of the chemical bisphenol A in food and beverage containers, an environmental health advocacy group urged last month.

The nonprofit Environmental Working Group renewed a call for regulators to curb the use of bisphenol A, or BPA, citing a new study suggesting the widely used chemical poses a health risk.

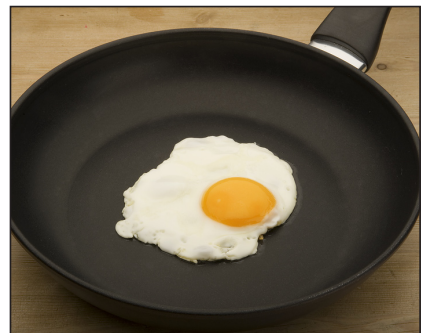
Bisphenol A has been used for decades to harden plastics and turns up in many food and beverage containers including some baby bottles, the coating of food cans and some medical devices. It appears to mimic the hormone estrogen in the body.

People consume BPA when it leaches from plastic into baby formula, water or food in a container.

"How much more does the FDA need to know to be convinced it must protect the national food supply from further contamination?," Environmental Working Group president Ken Cook said in a letter to FDA Commissioner Margaret Hamburg.

Last month British scientists reported a new analysis had confirmed earlier work that suggests people with high BPA levels were more likely to have heart disease and diabetes than those with lower BPA levels.

**NEW STUDY SUGGESTS WIDELY USED CHEMICAL POSES A HEALTH RISK**



tions which affect the body's metabolism. PFOA is a common chemical, used in industrial and consumer products including non-stick cooking pans, stain-proof carpet coatings and waterproofing for fabrics.



**New Standards On Smog Pollutant**

**T**he Environmental Protection Agency said last month it has set a new air quality standard for a pollutant linked to lung problems emitted by automobiles and industrial plants. The agency set the new one-hour standard for nitrogen dioxide, which contributes to smog and fine particu-

late pollution, at a level of 100 parts per billion (ppb). It is also keeping the exiting annual average standard of 53 ppb. "For the first time ever, we are working to prevent short-term exposures in high risk NO2 zones like urban communities and areas near roadways," EPA Administrator Lisa Jackson said. The EPA

will put new monitors near roadways in cities with at least 500,000 residents to measure the emissions. The move comes on top of tougher limits on smog the EPA announced earlier last month. Advocates say they hope the EPA would later require monitors for other traffic-related pollutants, such as particulates.



# KEEPING UP WITH Kramer

**ACTRESS, SINGER JANA KRAMER ON  
SENSIBLE DIETS, FITNESS REGIMES  
AND SECRET COLD REMEDIES**

*By Patrick Tsakuda*

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**H**er supermodel looks alone may have skyrocketed her to the top of every male poll in 2009, but Jana Kramer is so much more than just a pretty face. The recently-engaged (set to wed longtime boyfriend, actor Jonathan Schaech, *That Thing You Do*, in Summer 2010) actor/singer returns as “Alex” in the rock-steady seventh season of the cult-hit phenomenon “*One Tree Hill*” on the CW (Monday nights at 8 p.m.), while splitting her time between coasts to record her debut country album.

With hit roles on television’s hottest shows including HBO’s “*Entourage*,” CW’s “*90210*,” “NBC’s “*Friday Night Lights*,” ABC’s “*Grey’s Anatomy*” and *Private Practice*” and big-screen roles in *Click* alongside Adam Sandler and Kate Beckinsale, Kramer’s impressive body of work and striking appearance have made her a top pick among industry professionals and fans alike.

Kramer got her acting debut with a small

role on “*All My Children*,” while also working as a waitress at the W Hotel in New York. After three months, Kramer decided to try her luck in Los Angeles and moved out West with hopes of making it in Hollywood.

Kramer’s breakout role came in 2006 when she was handpicked by comedic/producing genius, Adam Sandler, himself for the role as “Julie” in *Click*. From there, Kramer acquired a string of movie roles, starring in a slew of films including the 2008 hit horror feature *Prom Night*, with Kellan Lutz, Brittany Snow and Jessica Stroup, *Boxboarders!*, *Approaching Midnight* and many more.

Additionally, this multifaceted beauty is also recording her debut album, whose sound is described as a country with a little bit of pop and a lot of soul.

Kramer is very passionate about her philanthropic work, with a dedicated involvement

in battered women’s charities and causes. She also enjoys spending time with her adorable puggle, “Sophie,” and watching her favorite sports teams (diehard Detroit Red Wings fan), while keeping up with her own fitness regime by running, kickboxing, and doing Pilates.

Diet-wise, Kramer follows the small meals every three hours plan. “Luckily,” she tells **LA Health News**, “I don’t really have a sweet tooth, so I don’t crave desserts... I don’t restrict what I eat - I believe you shouldn’t deprive yourself - but follow the ‘everything in moderation’ rule.”

When asked if she has any secret health tips she could share with **LA Health News** readers, Kramer offered the following tip: “If you want to get rid of a cold quickly - rub some Vicks Vapor Rub on the soles of your feet before going to sleep at night and put on warm socks. I did that a few weeks ago and it got rid of my cold the following morning!”



# The Silent Tooth Killer

**DR. G.S. FRANKEL URGES HIS PATIENTS TO UNDERGO A ROUTINE DENTAL EXAM TO CHECK FOR PERIODONTAL DISEASE**

*By Dr. G.S. Frankel*

**T**he major cause of tooth loss in adults is not decay - it's periodontal (gum) disease. And it's completely painless right up to an advanced stage.

More than half of all people over age 18 have at least the early stage of periodontal disease. After age 35 about three out of four adults are affected.

Sadly, the health hazards associated with chronic periodontitis (gum disease) extend way beyond the mouth. For years people have been warned that persistent periodontitis can cause heart disease. Now a new study suggests that gum disease may also be a risk factor for cancers of the head and neck.

As reported in the journal *Cancer Epidemiology, Biomarkers, and Prevention*, the study included 266 patients with cancers of the head or neck treated between 1999 and 2005, and 207 control subjects.

Periodontitis was determined by alveolar bone loss seen on x-rays. Alveolar bone is the ridge of bone that surrounds the roots of the teeth, holding them in place. Loss of this bone is typically seen with severe periodontal disease.

With each millimeter of alveolar bone loss, the risk of head and neck cancer increased more than 4-fold, the report indicates. (One millimeter is about the size of the head of a pin.) The link was seen even in subjects who had never used tobacco and alcohol.

In related news - people with gingivitis (gum disease) have worse mental function than their peers whose gums are in better shape, a new analysis of data shows.

The findings raise the pos-

sibility that system-wide inflammation due to gum disease could have harmful effects on brain function.

Most teeth lost after the age of 35 are from gum disease. In most cases, gum disease develops

silently with no warning signs and can be detected only by a dentist doing a careful examination with x-rays. Gum disease is caused by the formation of bacteria colonies that build up where the teeth meet the gums and is called plaque. Early treatment and prevention of gum disease should be a regular part of your dental care.

At my clinic, the Dr. G.S. Frankel Dental Group, advanced cases of periodontal disease are treated by staff specialists, experts in the

field of gum disease.

My belief is that dentistry should not be a luxury. Dentistry should be available to all at a reasonable fee. The group concept provides the alternative to today's high cost of dentistry. By having all

dental services and laboratories under one roof, savings are obtained and passed on to our patients. A dental lab on the premises makes changes and adjustments easy and keeps costs down.

***For more information please contact Dr. G.S. Frankel Dental Group, "A Group of Dentists Dedicated to Quality Dental Care at Low Cost," at 10801 Venice Boulevard, Los Angeles, Phone 310-836-3476.***

**••• The major cause of tooth loss in adults is not decay - it's periodontal (gum) disease. And it's completely painless right up to an advanced stage •••**

# 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*



**A**lthough 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 varicose.

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.

VNUS is the same technique as EVLT only using a different heat source, radio frequency energy rather

than laser energy.

## 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 bulging 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

**EVLT and VNUS Closure: No Surgery, No Scar. A better Choice in Eliminating Your Varicose Veins.**

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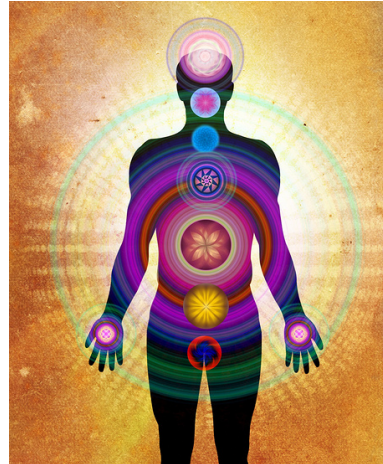
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### INTRODUCTION TO TRANSPERSONAL ENERGY HEALING

Sunday, February 7, 8:30am-6pm.



This workshop is designed to provide an understanding of the roots of dis-ease. It clarifies profound spiritual concepts that are the underlying basis upon which healing can unfold. You will learn to access the natural self-correcting mechanism of the human physiology and mind through the subtle nervous system, chakras and auric field.

For more information go to:  
<http://lionheartinstitute.com/>

### FREE YOGA & FITNESS SATURDAYS

**Saturdays. 11:30am. Sylmar Branch Library, 14561 Polk St.** Beginners are welcome to try some easy yoga moves under the Big Screen during free Saturday workshops from 11:30 am. until 12:30 pm. No reservation is necessary: just come as you are! For more information go to:  
[yoga.viviti.com](http://yoga.viviti.com)

### PASADENA MARATHON & HALF MARATHON, 5K, FUN RUN

**Sunday, February 21, 7am. 1570 E. Colorado Blvd. Pasadena.** The Pasadena Marathon provides an event to remember with five race-day options, including the Marathon, Half Marathon, Bike Tour, 5K and a 3.1-mile Fun Run/Walk, making this a day for everyone, from seasoned competitors to first-timers. For more information go to:  
[www.pasadenamarathon.org](http://www.pasadenamarathon.org)

### LOS ALAMITOS RACE ON THE BASE

**Saturday, February 27, 7:30am. Joint Forces Training Base, 11200 Lexington Dr. Los Alamitos.** The 1K, 5K, 10K & Triathlon courses are located on the Joint

Forces Training Base runways. Helicopters, planes and military vehicles will line portions of the course with music throughout the course. Separate 100% flat courses. Run next to strawberry fields and 3 golf courses All proceeds will benefit the USA Water Polo National Training Center at the Joint Forces Training Base. The 5K Walk is co-hosted by the Cancer Support Foundation and a portion of the proceeds, generated from the 5K Walk and through race registration, is donated to the organization. For more information go to:  
[www.ci.los-alamitos.ca.us](http://www.ci.los-alamitos.ca.us)

### GO EAT, GO DRINK, GO OUT

**Thursday, February 25. Various venues throughout Los Angeles County.** Simply join family or friends for a meal, coffee, cocktails or a night out at a participating restaurant, club, or other business on February 25th, and you automatically will be helping those in need through Aid For AIDS and The Serra Project. The event lasts from your morning bagel to that late-night dessert or night cap. For more information go to:  
[www.GoEatLA.org](http://www.GoEatLA.org)

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