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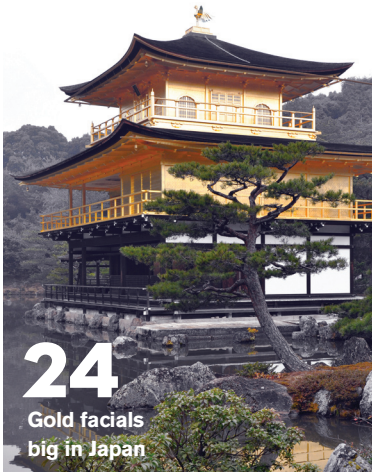
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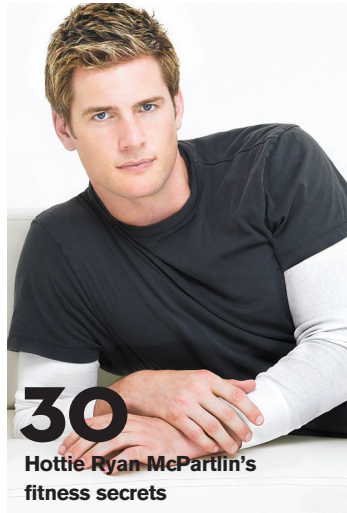
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#### MASTHEAD

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## Happiness Makes For A Healthy Heart

**P**ople who are usually happy and enthusiastic are less likely to develop heart disease than those who tend to be glum, scientists said last month, and boosting positive emotions could help cut heart health risks.

Researchers said their observational study was the first to show an independent relationship between positive emotions and coronary heart disease, but stressed that more work was needed before any treatment recommendations could be made.

**“We desperately need rigorous clinical trials in this area. If the trials support our findings, then these results will be incredibly important in describing specifically what clinicians and/or patients could do to improve health,”** Karina Davidson of Columbia University Medical Center wrote in the study in the European Heart Journal.

Heart disease is the leading killer of men and women in Europe, the United States and most industrialized countries. Together with diabetes, cardiovascular diseases accounted for 32 percent of all deaths around the world in 2005, according to the World Health Organization.

Over 10 years, Davidson and her team followed 1,739 men and women who were taking part in a large health survey in Canada. Trained nurses assessed the participants' heart disease risk and measured negative emotions like depression, hostility and anxiety, as well as positive emotions like joy, happiness, excitement, enthusiasm and contentment - collectively known as a “positive affect”.

The researchers ranked the “positive affect” across five levels ranging from “none” to “extreme” and found that for each rank the risk of heart Davidson, who led the research, said her findings suggested it might be possible to help prevent heart disease by enhancing people's positive emotions.

“Participants with no positive affect were at a 22 percent higher risk of... heart attack or angina ... than those with a little positive affect, who were themselves at 22 percent higher risk than those with moderate positive affect,” she wrote.

Davidson's team said one possible reason for the link between happiness and heart risk could be that people who are happier tend to have longer periods of rest or relaxation, and may recover more quickly from stressful events and not spend as much time “re-living” them.

**“Heart disease is the leading killer of men and women in most industrialized countries.”**

**Mark Ariel**  
Editor-in-Chief



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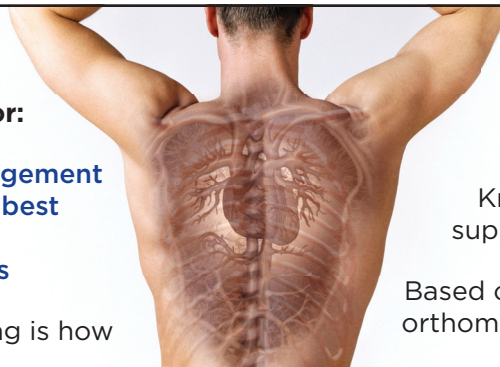
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## California Soda Tax Bill To Fight Childhood Obesity

A California lawmaker introduced legislation last month that would tax sodas and other sugar-sweetened drinks and use the proceeds to bankroll programs to battle obesity in children. The bill, introduced by Democratic Senate Majority Leader Dean Florez, would slap a 1-cent levy on every teaspoon of added sugar and other caloric sweeteners in commercial beverages sold. The tax would be paid by companies that bottle soda and make finished beverages or syrup for fountain drinks, sponsors said. Initial projections from the **California Center for Public Health Advocacy** estimated the excise tax on beverage distributors could raise \$1.5 billion a year, with funds going directly to cities and schools to pay for childhood obesity prevention programs throughout the state.



## Anthem

### HEALTH INSURER in hot water

A review of 3,000 consumer complaints against **Anthem Blue Cross**, California's largest for-profit health insurer, has found over 700 violations of state law during the past four years, state regulators said last month. The investigation into claims-handling practices by Anthem comes as the company fends off sharp criticism from the Obama administration for its plans to raise premiums for some individuals by up to 39 percent. On a third front, lawyers delivered opening statements in the Los Angeles trial of a breach-of-contract suit brought against Anthem by a man who claims the insurance company wrongfully denied coverage for a life-saving liver transplant.

A

B

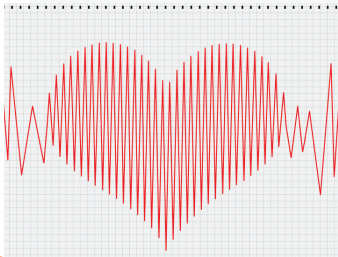
## physical academic fitness link

PHYSICALLY FIT STUDENTS TEND TO score higher on standardized tests than their less fit peers, hint findings from a new study. Test scores dropped more than one point for each extra minute it took middle and high school students to complete a 1-mile run/walk fitness test, researchers at the University of California found. Schools and parents seeking to optimize their students' academic performance should take heed, researchers said.



C

### NEWER HEART CTS LESS RADIATION



Newer CT technology that can capture an image of a beating heart in a single beat may offer one way of reducing a patient's exposure to excess radiation, researchers said last month. They said patients who got a type of heart scan called coronary angiography using the newer CT scanner technology received 91 percent less radiation than those who were scanned the traditional way using a computed tomography or CT scanner.

D

### RISKY FOOD, DRUG IMPORTS SURVEILLANCE

Border inspectors nationwide will soon start using a new computer system to identify risky food and medicine from abroad, the FDA said last month. The project follows recalls of tainted toothpaste, pet food, seafood and other products from China, as well as a contaminated blood thinner blamed for dozens of deaths in 2008.

Under the new system, border staff can check products in a computer database that gives a score for the risk level. The score is calculated in part based on whether the maker has a history of recalls and how susceptible the product is to contamination. High-score products can be set aside for further checks.



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by L. Ron Hubbard

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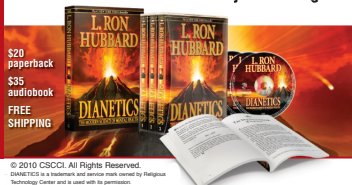
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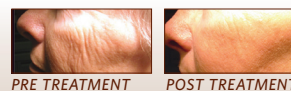
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# the flu and you

Everyone should get flu vaccine, experts say

BY MAGGIE FOX

**E**veryone in the United States over the age of six months should get seasonal influenza vaccines every year, federal vaccine advisers said last month.

The Advisory Committee on Immunization Practices made the long-awaited vote to recommend virtually universal flu vaccination -- something public health experts have long recommended.

"The new recommendation seeks to remove barriers to influenza immunization and signals the importance of preventing influenza across the entire population," the U.S. Centers for Disease Control and Prevention said in a statement.

Earlier, experts told the committee that people who were morbidly obese and school-aged children were much more likely to become seriously ill or to die from H1N1 swine flu, as opposed to seasonal flu, which mostly kills the frail elderly.

Preliminary data showed the morbidly obese had four times the rate of hospitalizations and deaths, while the death rate for children was five times higher than usual, CDC experts said.

The World Health Organization says it is too early to say the pandemic had peaked globally, although it has clearly waned in North America and Europe.

Experts said the pandemic version of H1N1 had clearly replaced its distant cousin, seasonal H1N1, this year.

WHO and advisers to the FDA chose last month to replace the seasonal H1N1 component in next season's flu vaccine with the swine flu strain.

Vaccine makers must reformulate the three-ingredient seasonal flu vaccine every year because of such changes.

The United States has contracts with five influenza vaccine

makers - Novartis, AstraZeneca unit MedImmune, Sanofi Aventis, GlaxoSmithKline and Australian vaccine maker CSL.

The CDC estimates H1N1 has killed up to 17,000 people in the United States alone.

That figure compares to about 36,000 people killed every year by seasonal flu, but experts noted that it takes months to gather data on deaths. Flu weakens people, who then can die of heart attacks or strokes, and investigators said once that data is included; deaths this season from swine flu may be more than the normal 36,000.

The CDC and WHO both say people who have not been vaccinated should still get an H1N1 vaccine.

## » PREVENTIVE ACTIONS

- » 1 Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- » 2 Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- » 3 Avoid touching your eyes, nose and mouth. Germs spread this way.
- » 4 Try to avoid close contact with sick people.
- » 5 If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

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# The Benefits of A Virtual Colonoscopy

The American Cancer Society recommends getting a colonoscopy at age 50, and every five to ten years thereafter. LA Health News editor **Mark Ariel** underwent the procedure last month at Parkview Imaging in Santa Monica **BY MARK ARIEL**

**T**hough it commands less attention than cancers of the breast or prostate, colorectal cancer is the leading nonsmoking-related cancer killer of Americans. It is the third most common type of cancer and the second leading cause of cancer deaths.

The American Cancer Society recommends getting a colonoscopy at age 50, and every five to ten years thereafter.

While all this is good to know - many folks hit their fifties and do not rush to undergo the procedure, due to the perceived discomfort of the process. I confess - I was one of those people. What can I say - the thought of having a colonoscope (a long, flexible instrument about 1/2 inch in diameter) inserted into my rectum, advancing through my large intestine - didn't appeal to me.

However - this is an extremely impor-

tant health screening and - it turns out - there are other options.

Last month I underwent a "Virtual Colonoscopy" at Parkview Imaging in Santa Monica. It was quick - the entire process took under 45 minutes - and I received my results the next day.

The procedure, Virtual Colonoscopy (CT Colonoscopy), is the evaluation of the colon utilizing CT. After cleansing the

liquid fast 24 hours before the procedure and drinking a laxative to cleanse your colon. Plan to spend the night at home.

The main advantages of a virtual colonoscopy over other procedures are as follows:

» **Virtual Colonoscopy** does not require the insertion of a colonoscope into the entire length of the colon. Instead, a thin tube is inserted into the rectum to

**"We strive to reduce anxiety and provide patients the friendliest, warmest and most stress-free environment."**

colon the exam is performed by distending the colon with air and scanning the abdomen and pelvis. The images are "reconstructed" in multiple planes and interpreted by the radiologist. This procedure is faster and less invasive than conventional colonoscopy and does not require sedation.

There is a preparation required for the Virtual Colonoscopy, which is the same as a standard colonoscopy. It includes a clear

expand the large intestine with air.

» **No sedation** is needed. A patient can return to usual activities or go home after the procedure without the aid of another person.

» **Virtual Colonoscopy** provides clearer, more detailed images than a conventional x ray using a barium enema - sometimes called a lower GI series.

» **Virtual Colonoscopy** takes less

# Fast Facts

Fill with some hedcal dummy text about the fact cas tien tenen,e.

- 1** March is National Colorectal Cancer Awareness Month.
- 2** Most colorectal cancers develop from polyps.
- 3** Removal of colon polyps can prevent colorectal cancer.
- 4** Colon polyps and early cancer usually have no symptoms.
- 5** Colorectal cancer is the leading nonsmoking-related cancer killer of Americans.



time than either conventional colonoscopy or a lower GI series.

» **Virtual Colonoscopy** can see inside a colon that is narrowed due to inflammation or the presence of an abnormal growth.

» **The CT** scan also includes visualization/evaluation of the solid organs in the abdomen and pelvis (liver, pancreas, spleen, kidneys) as well as the gall bladder and aorta.

Upon arriving at Parkview Imaging for my appointment - I found the staff extremely courteous and efficient. According to Dr. Jerry Dalrymple patients' experience at Parkview Imaging is of "paramount importance."

"We strive to reduce anxiety and provide patients the friendliest, warmest and most stress-free environment. We know that medical procedure or test can be unsettling. Understanding this, we created the Parkview Ambassador Program with our patients needs in mind," says office manager, Maria Murillo.

"We consider everyone who works at Parkview an Ambassador. We're all intimately involved with the day-to-day operations and an integral part of the office. Everyone from the front desk to our physicians take pride in being Ambassadors."

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For me the experience was virtually stress free - and - I'm happy to say, no polyps were found.

► For more info on how to schedule a virtual colonoscopy contact Parkview Imaging at 310.315.1000.



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## » BRIEFS

### SOFT DRINKS PANCREATIC CANCER RISK

People who drink two or more sweetened soft drinks a week have a much higher risk of pancreatic cancer, an



unusual but deadly cancer, researchers report. People who drank mostly fruit juice instead of sodas did not have the same risk, the study of 60,000 people in Singapore found. "The high levels of sugar in soft drinks may be increasing the level of insulin in the body, which we think contributes to pancreatic cancer cell growth," researchers said.

### MOM'S DIET INFANT'S ALLERGY LINK

Eating lots of vegetables and fruits during pregnancy may lower the chance of having a baby with certain allergies, hint study findings from Japan. Greater intake of green and yellow vegetables, citrus fruit, and veggies and fruits high in beta carotene (generally those colored red and orange) may lessen the risk of having a baby with eczema (itchy, dry, red patched skin), researchers found. Foods high in vitamin E, found in some green vegetables, similarly may lessen the risk of having a wheezy infant, they report.



## Low-Carb Diet Can Increase Bad Cholesterol Levels

» **Cutting down on carbs may** help people lose weight, but it may not be so good for lowering cholesterol, new research shows.

People who ate a diet low in carbohydrates but relatively high in fat lost the same amount of weight over six weeks as those who consumed a high-carb diet. Cutting down on carbs may help people lose weight, but it may not be so good for lowering cholesterol, new research shows.

People who ate a diet low in carbohydrates but relatively high in fat lost the same amount of weight over six weeks as those who consumed a high-carb diet.

But levels of low-density lipoprotein (LDL) or "bad" cholesterol increased significantly in the low-carb group, while they fell in the high-carb group. High LDL levels are a risk factor for heart disease because they are linked to clogged arteries.

**Study participants on the low-carb diet actually had an average increase of 12 milligrams per deciliter increase in their LDL levels, up from 109 milligrams per deciliter** (less than 100 is considered optimal); the high-carb diet group showed a 7 milligram per deciliter decrease, down from 102.

The low-carb group also showed greater increases in their levels of free fatty acids, which are released into the blood when the body breaks down stored fat. High levels of free fatty acids make it more difficult for the liver to store glucose, which in turn ups sugar levels in the blood. Consistently high sugar levels define diabetes. But levels of low-density lipoprotein (LDL) or "bad" cholesterol increased significantly in the low-carb group, while they fell in the high-carb group. High LDL levels are a risk factor for heart disease because they are linked to clogged arteries.

Study participants on the low-carb diet actually had an average increase of 12 milligrams

**"High LDL levels are a risk factor for heart disease."**

per deciliter increase in their LDL levels, up from 109 milligrams per deciliter (less than 100 is considered optimal); the high-carb diet group showed a 7 milligram per deciliter decrease, down from 102.



## Binges Undo Alcohol's Heart Benefits

**W**hile research has linked moderate drinking to better heart health, a new study suggests that those benefits disappear when drinkers add the occasional binge to the mix.

Researchers found that those who drank heavily every so often were 45 percent more likely to develop coronary heart disease – where plaque buildup in the heart arteries impedes the flow of blood and oxygen.

Occasional heavy drinking was defined as having five or more standard drinks in a day at least a dozen times per year. "Regular" heavy drinkers – those who averaged at least five drinks per day, were excluded from the analysis.

The findings suggest that bingeing at even irregular intervals may undo any heart benefits of lighter drinking, the investigators report in the *American Journal of Epidemiology*. In general, moderate drinking – a drink or two per day – is considered a potentially heart-healthy habit.





# Attention Pain Sufferers! Still in Pain! New Pain Technique Helps Eliminate Pain for Chronic And Acute Pain Sufferers

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've suffered from the constant, nagging pains, in your wrist, back, neck, hip, shoulder, knee, digestion, head, ankle or suffer from numbness and tingling, migraines, headaches, vertigo, hypothyroidism. Then you must keep reading this article!

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

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

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

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

Taking any pain medication (over the counter or prescription) will never be a cure for getting rid of your pain once and for all! At best, these drugs will only offer 4-6 hours of relief by sabotaging your brain's ability to feel the pain. This may be fine for getting you

through a days work but taking these pills over and over can put you at risk in 2 ways:

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

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

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

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

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

place! Worse yet...

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

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

**Dr. Stein has helped those in pain for years, and help them also be free of pain for well over 90% of patients 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.**

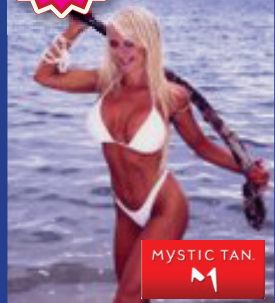
**If you do need more proof visit the website at [www.drsteinhealing.com](http://www.drsteinhealing.com) to view the testimonial's of patients to this day that have already been pain free!**

**Call Dr. Stein at 818-922-0535, 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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# goodbye face lift, hello stem cell lift

The Stem Cell Lift™ is a true advancement that has brought us closer to the everlasting search for the fountain of youth. In this article I will explain the change in concept in cosmetic surgery and the advancement in technology that has made this innovation possible.

By Dr. Nethan Newman

**L**ooking back at plastic surgery results for face lifts over time has made many cosmetic surgeons aware that the nip tuck of the past made the face look tighter and plastic not youthful and natural. As we age, the youthful fullness of the face starts to deflate and the skin loses its elasticity. This process causes the skin to droop and loosen causing us to look tired, unhealthy or sad. One of the first places that we notice this loss of volume is under the eyes and the cheeks. This loss makes the remaining fat which supports the eyeball appear as if it is bulging. The adjacent skin then skin drops down and inward to create noticeably deeper laugh lines, marionette line and jowls. Until now, the traditional plastic surgery concept was to remove the bags under the eyes, to cut the loose skin out

and to pull the skin tight. In reviewing the face lift results of this plastic surgery concept, cosmetic surgeons noticed that this method not only made people look tight and plastic, it actually accentuated the loss of volume and the hollowed appearance and made one look older.

## Loss of Proportions

**01** As we age and lose the volume of our face, the desirable attractive and healthy...

proportions of the face lose their balance, causing us to look aged and tired. As the cheeks deflate and flatten, the height distance from the cheeks to the nose and eyes increases, causing the visual effect of the nose protruding making it appear larger, and causing the under eyes to appear sunken and baggy. The Stem Cell Lift™ technique allows the cosmetic surgeon to sculpt the face and restore the pleasing and eye-catching proportions of the face with out scars or the need for general anesthesia.

## Why Fat Injections Failed

**02** Fat injection methods used in plastic surgery failed for many reasons.

First, the removal of fat used instruments and techniques that caused much damage to the fat cells. The cleansing and preparation process of the fat to be injected used an open system that not only exposed the tissues to the environment and increased the risk for contamination and infection, but the technique actually removed much of the vitally needed stem cells in the process. Next, plastic surgery techniques used large instruments to inject boluses, or masses, of this fat into one or more area of the face. This practice reduced the ability of the fat to take and graft into its new place, giving poor results.

## Problems with Face Lifts

**03** The old concept of the face lift used scalpels to cut the skin. The skin was then...

pulled and tightened, resulting in a lifting effect on the neck and jowls. Additional procedures then needed to be performed to treat the eye area, the forehead and the nose. The cheek and chin areas could also be augmented with the use of foreign implants. All of these procedures unnaturally altered the face so that others would be able to detect the surgical change. The scars under the skin reduced blood flow to the areas, reducing the nutrients and viability of tissues. Pulling on the skin also thins out the skin making it more susceptible to environmental damage, such as sun damage and loss of elasticity. This reduces the length of time that the results last.

## The Stem Cell Benefit

**04** The stem cells found in our fat are unique to each person. They are cells that...

repair and replace damaged tissues.



Amy K.  
Before  
Stem Cell Lift™ to face



Amy K.  
After  
Stem Cell Lift™ to face

When they are taken from one part of the body and placed in another, they become incorporated into their new environment. Stem cells induce the production of new collagen, blood vessel formation, breakup scar tissues, and replace damaged fat cells next to them. Not only do they incorporate themselves into their new area, they recognize their new surroundings and take on the attributes of the surrounding tissues. The stem cells are vital for the graft survival in this new environment. Once the fat has taken and is secured in the new position, the stem cells help to maintain the results for many years by ensuring adequate blood supply and by replacing older cells.

## Why Stem Cell Lift™ Works

**05** I have innovated the Stem Cell Lift™ technique using scientific and technological

advancements to harness the power of the stem cells found in your own fat to provide you cutting-edge cosmetic surgery - without cutting. Specially designed blunt advancements to harness the power of the stem cells found in your own fat to provide you cutting-edge cosmetic surgery - without cutting.

Specially designed blunt instrument are used to remove the fat from an unwanted part of your body into a closed system that reduces damage to the fat cells, exposure to the environment and risk for contamination. Next, a portion of the fat is reserved to separate and concentrate the stem cells found in there. Then, these stem cells are added to the fat to be injected into the face, exponentially increasing the number of stem cells in the fat which will be used to sculpt your face. This stem cell enriched fat is injected using small blunt instruments to perform micro injections in a layered fashion, sculpting the face to the desired proportions. The stem cells then help to ensure the success of the procedure and maintain long term results.



**Dr Nathan Newman** is a world renowned cosmetic surgeon in Beverly Hills and the innovator of the Stem Cell Lift™. To learn more about Dr. Newman and his

advanced cosmetic surgery procedures please visit, [NathanNewmanMD.com](http://NathanNewmanMD.com) and to schedule a private consultation with Dr. Newman, please call 310-273-3344.

## Stem Cell Lift™ Benefits

The Stem Cell Lift™ has many advantages over face lifts done with the knife.

- 2 > No need for general anesthesia
- 3 > No scars
- 4 > Minimal risk for infection
- 5 > Looks natural and youthful
- 6 > Sculpts the face to restore beautiful proportions
- 7 > Can do all areas of the face and body (eg. hands) in one procedure
- 8 > Much more cost-effective
- 9 > Long lasting
- 10 > Little down time

The Stem Cell Lift™ is ushering in a new era in plastic surgery by making it possible to restore the lost volume of our youth and sculpt the face to the desired proportions with exactly what used to be there, our own stem cell rich fat.

A romantic couple in profile, smiling at each other, with text overlaid. The man is on the left, wearing a dark suit jacket and a purple and white striped shirt. The woman is on the right, wearing a light blue dress with ruffles. The background is a soft-focus outdoor setting with greenery and a bright light source, possibly the sun, creating a warm, golden glow.

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## BRIEFS

### CHRONIC AILMENT? TRY EXERCISING

Does heart disease or another chronic illness have you anxiety-ridden? Starting an exercise program may help calm your nerves, according to a review of published studies. The authors of the

review say they found **“solid evidence”** that exercise can curb anxiety in patients dealing with a chronic illness, such as heart and circulatory problems, fibromyalgia, arthritis and other pain conditions, mental health problems, cancer, as well as the breathing disorder COPD.

## » Moderate Exercise During Pregnancy Benefits Health

**Women benefit from light-intensity resistance exercise during pregnancy** and this type of physical activity is not apt to alter the way they deliver their baby, study findings hint.

Regular exercise during pregnancy offers overall health benefits, researchers note. However, few investigations have focused on the effects of resistance-type exercise during pregnancy and whether this alters actual childbirth.

Therefore, they compared delivery outcomes after supervised toning and resistance exercises for shoulders, arms, pelvis, and

**“No adverse effects with supervised toning and resistance exercises.”**

legs, plus toning and mobilization of associated joints, in 80 women during mid to late pregnancy, compared with 80 non-exercising peers.

All of the women previously obtained less than 20 minutes of exercise on 3 or fewer days each week, a low level of exercise the “controls” maintained. By contrast, the exercise group participated in 3 weekly toning and resistance sessions of less than an hour each from pregnancy week 12 or 13 through delivery.

There were no adverse effects noted in the 72 exercising women or the 70 controls that completed the study.

And, in contrast to a previous report of increased vaginal delivery associated with regular exercise during pregnancy, researchers found no differences in delivery mode between the groups.



## EXERCISE IMPROVES AGING BRAIN

**T**wo new studies provide more evidence that regular aerobic exercise not only staves off the problems with thinking and memory that often come with age, but it can actually help turn back the clock on brain aging. In one study, researchers found evidence that engaging in moderate physical activity such as brisk walking, swimming, or yoga in midlife or later may cut the risk of developing mild thinking problems. In the other study, a group of elderly individuals who already had mild problems had improvements in their mental agility after six months of high-intensity aerobic activity.



## Olympics Trickle-Down Fitness Effect

**It's thrilling to watch those Olympians perform in Vancouver,** but what have their superhuman feats to do with the fitness needs of us mere mortals? Industry experts say the Olympic example can be a tool to uproot couch potatoes and fire the workouts of everyday athletes. “Millions of people who are watching the games will start to think about the importance of regular physical activity,” said Kara Thompson, spokeswoman for the International Health, Racquet and Sportsclub Association (IHRSA). “The Olympics demonstrate how we can push our bodies physically and how perseverance can yield extraordinary results,” she said. The lesson is translatable to the world of fitness. Thompson said health clubs can use the Olympics to invigorate clients' workout routines. “It's certainly an opportunity for clubs to connect their in-club programming with the Olympics and create excitement.”



# Medical and Sports Massage can Help!

Overcome your pain utilizing the secrets of Russian rehabilitative sports medicine at Prestige Medical Center **BY PATRICK TSAKUDA**

**T**he science of Russian Medical and Sports Massages was originally developed by professor Anatoli Sherbak in the nineteen thirties. Later, in the sixties and seventies many scientists of the former Soviet Union countries contributed to this development. Yet, very little in regards to the Medical and Sports Massages was known in the West. During the “Cold War” Soviet propaganda tried to portray the Soviet system and Soviet way of life as far superior to the one adopted by the West. In order to somehow substantiate this myth, Soviet propaganda utilized Olympic sports and the dominance of the Soviet Union athletes, especially of the USSR and Eastern Germany during Olympic Games in the sixties, seven-

ties and eighties. Longevity of the Soviet Union athletes compared to their Western counterparts was obviously longer and the majority of Olympian gold medals went to the Soviet Union during these years. The vast majority of the Soviet Union athletes were competitive for ten to fifteen years. The real secret of such longevity was the elaborate system of pre-event and post-event rehabilitative Sports Massage. Such powerful, scientifically based methods ensured that joints were stable enough to withstand huge competitive loads and to perform to the maximum physiological potential of individual athletes. One of those rare, top echelon people, who were educated, trained in secrets of Russian rehabilitative sports medicine and

worked extensively with elite athletes under the Soviet System, was Boris Prilutsky, who collectively possesses 37 years of clinical, research and education experience. Prilutsky currently resides in Los Angeles and works at Prestige Medical Center in West Hollywood.

The medical director of Prestige Medical Group, Dr. Vlad Nusinovich, is a second generation medical doctor who believes in an integrative medicine approach and is personally involved in the treatment of his patients.

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Vlad Nusinovich, MD

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# substitute for love

Tiger Woods case puts spotlight on "sexual addiction"

By Andrew Stern

**G**olfer Tiger Woods' admission that he is undergoing therapy after having adulterous affairs has focused attention on the issue of sex addiction, a condition some experts say is becoming much more common.

But sex addiction is a controversial concept not currently recognized as an official diagnosis in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, considered the definitive word on psychological disorders.

Dr. Ken Zucker of the University of Toronto, who heads a working group dealing with the next edition of the manual, said he expected "hypersexuality disorder" to be listed.

"Certainly a lot of clinicians believe there is a clinical phenomenon of people who experience a lot of distress or get into a lot of trouble from having excessive sex," Zucker said.

"Anything in the sex and gender domain is controversial. Everyone has an opinion about sex. These issues raise the boundary between what's normal and what isn't - and where do you draw the line," he said.

Some psychologists opposed to conferring recognition on a diagnosis of "sexual addiction" describe it as a habit or a compulsion, akin to unrestrained gambling, and not an addiction that has a direct impact on brain chemistry.

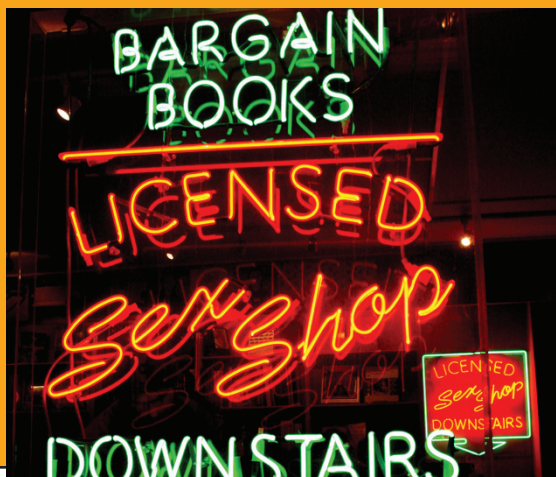
"Sex addiction by itself is not a diagnosis we currently use," said Craig Fabrikant, a "It's like a lot of patterned behaviors that could be better described as obsessive-compulsive traits," he said. "Are people in a loving relationship oversexed? Is loving sex a sign of addiction? If it feels good, you do it."

"A chronic adulterer who gets caught might hide behind the term sexual addiction," Fabrikant said.

Nevertheless, treating someone who has numerous sex partners might be similar to treating a drug addict - prescribing medication to calm anxiety and talk therapy to learn techniques to handle the urge, Fabrikant said.

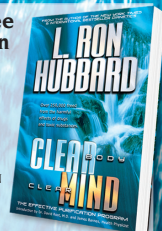
## Addictive Sexual Behaviors May Include:

- 1 Excessive Masturbation
- 2 Multiple Affairs
- 3 Excessive use of Pornography
- 4 Unsafe Sex
- 5 Excessive Phone, Cybersex
- 6 Obsessive Dating
- 7 Prostitution



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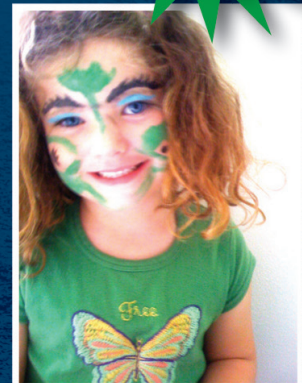
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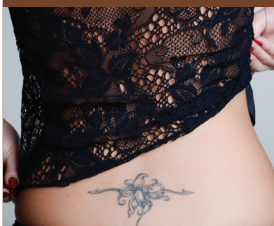
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## NOTES

### TATTOOS, PIERCINGS HEART ALERT

Teenagers with congenital heart disease should be discouraged from getting tattoos or piercings because



they could lead to a potentially deadly infection of the heart, such as endocarditis and other serious infections. Endocarditis occurs when bacteria or fungi attaches and begins to grow on the valves of the heart. If left untreated, it can lead to a fatal destruction of heart muscle. A recent study found that up to half of body piercings can lead to acute infection.

### AMERICANS SEE FAT AS NORMAL

Carrying a spare tire or two around the waist has become socially acceptable in the United States as the population's waistlines have expanded, according to a recent study. In 1994 the average woman tipped the scales at 147 pounds but she wanted to weigh only 132 pounds; less than a decade later the average woman weighed 153 pounds but said her desired weight was 135 pounds. "This is a social force that we are trying to document because the rise in obesity has occurred so rapidly over the past 30 years," researchers said.



## Gold Leaf Facials Big In Japan

They say Cleopatra maintained her youth by wearing a face mask of pure gold to bed. Now in luxury-obsessed Japan, you too can gild your features and feel like a modern-day queen.

A Japanese firm recently showcased a "pure gold skin treatment" which investors say rejuvenates the skin and helps remove wrinkles and blemishes.

Gold leaf is placed on the face to accelerate cell growth in the basal layer of the skin, Umo Inc. said.

"The effects of gold include anti-ageing. It can also remove wrinkles and blemishes that women often worry about," said a spokesman for the company.

The luxurious treatment is available at some 30 salons and spas across Japan and one session, which lasts between one and two hours, starts at 20,000 yen (\$170).

The gold facials appear to be part of a trend in Japan towards a return to the good life.

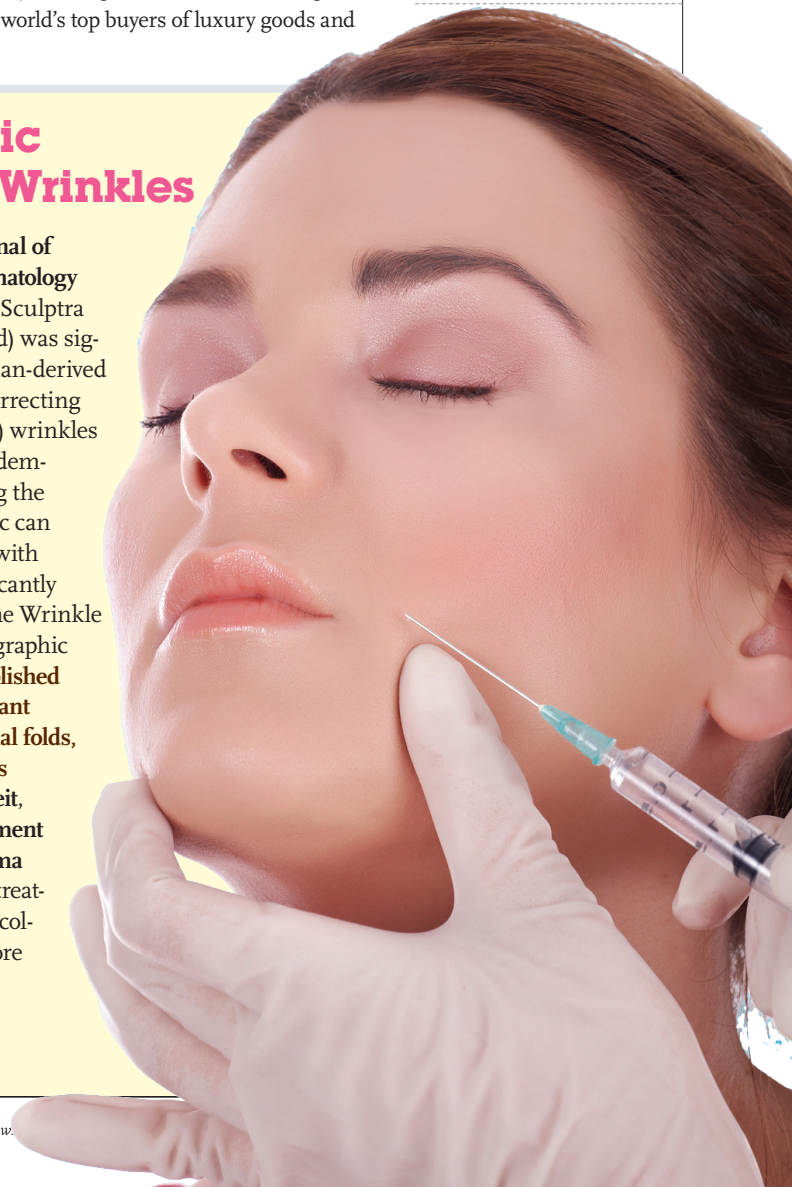
In the 1980s "bubble economy" years, wealthy Japanese were known to sprinkle gold on food and drink pink champagne by the magnum. And even during the recession, Japanese were among the world's top buyers of luxury goods and diamond jewelry.



Gold leaf is placed on the face to accelerate cell growth

## SculptraAesthetic Corrects Facial Wrinkles

Results published in the *Journal of American Academy of Dermatology* showed that treatment with Sculptra Aesthetic (injectable poly-L-lactic acid) was significantly more effective than a human-derived collagen treatment CosmoPlast in correcting shallow to deep nasolabial fold (NLF) wrinkles (smile lines). In addition, this study demonstrated that the effect in correcting the NLF wrinkles with SculptraAesthetic can last for up to 25 months. Treatment with SculptraAesthetic resulted in significantly higher scores than CosmoPlast on the Wrinkle Assessment Scale, a validated photographic measurement tool. "This study established that SculptraAesthetic offers significant improvements in correcting nasolabial folds, which are considered one of the signs of facial aging," said Dr. Gary Monheit, Associate Clinical Professor, Department of Dermatology, University of Alabama Medical Center, "We found that the treatment works gradually to replace lost collagen due to aging, resulting in a more natural-looking appearance that can last up to two years."



# How to Heal Faster

Listening to your body **BY MYKE ZYKOFF HHP, C.H.T.**

**A**t some time or other we've all experienced not feeling well. Sometimes it lasts longer than we'd like. Some people even get labeled with terminal nomenclature that suddenly dictates every subsequent thought they have. A downward spiral ensues. What does it take to stop this? How can one begin to take back control and become the master of their health?

First off let's acknowledge what an "illness" really is: a symptom. Your body is meant to be healthy. When something gets in the way of this, you experience discomfort. ALL discomforts, including illness, are merely signals your body is sending you to let you know something's not right. To heal we must give it the attention it calls for.

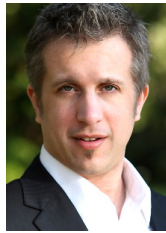
Here's a simple example: Bang your knee and it hurts. (The pain tells you something is wrong.) You rub it, it feels better. (You give your body the attention it requires and it returns to wellness.)

To begin healing faster, no matter the level of discomfort, let go of the concept of illness as a problem. (Thinking this way makes one a victim and allowing oneself to be "victim" creates secondary gains that may keep you in a discomfort for much longer than necessary.) Acknowledge that any form of un-wellness is a strong message that you've overlooked a core self value.

Have you let yourself get run down? Have you allowed yourself unhealthy habits? Have you been neglecting your body's needs in order to keep up with a lifestyle that stresses you out?

No matter what state of health you're in right now, begin to listen to your body. Acknowledge a self-truth that you may have been harboring for some time. Put your needs first. Consider yourself to be your most intimate partner. How might you appreciate you differently?

Claim responsibility for your health. Don't leave it up to others. Begin right now. How would your life be different if you maintained perfect health in all ways? Focus on wellness and you will lead yourself to it.



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# phalloplasty surgery

What Is Important For You To Know About Surgical Male Enhancement  
**BY PATRICK TSAKUDA**

**T**

**he Rheinschild Clinic specializes** in surgical male enhancement.

The clinic's Director and Founder, Gary W. Rheinschild, M.D., is a Board Certified Urologist and a Fellow of the American College of Surgeons. He is a founding member of the American Academy of Phalloplasty Surgeons. Dr. Rheinschild was the first physician in the United States to pioneer Phalloplasty surgery in the early '90s.

Dr. Rheinschild, and his trained protégés, have performed over 7,000 surgeries - half of them have been penis reconstruction cases due to the fact that the patient went to a doctor not qualified to perform Phalloplasty. The Rheinschild Clinic utilizes the latest and most advanced techniques currently being performed today in the world of Phalloplasty.

As a family business, The Rheinschild Clinic's number one priority is to provide the best medical care. "The quality of care is more important to us than the quantity of patients," states Linda Rheinschild, Dr. Rheinschild's daughter and Patient Care Coordinator.

**"We perform our Penis Lengthening and Penis Thickening surgeries in two stages, since it's best for the healing process and also to achieve maximum results,"** Linda explains.

"For both surgeries there are no incisions made on the penis itself," Linda reveals. "Our patient has to first focus on getting their length achieved by performing our Penile Lengthening Spacer Technique. We have been using this new method for almost 2 years with amazing results. Our patients are seeing results faster. We go transscrotally making a very small, aesthetically pleasing incision, placing the spacer to prevent scar tissue & retraction of the ligaments. We release the man's hidden penis' in cutting their ligaments, placing the spacer in, which stabilizes and pushes down the penis making it automatically longer. You can start using the most popular traction device 'The Grip' which has the best results starting the day after surgery due to the fact of where we make our new incision. Jimmy Mathewuse, a former patient, invented 'The Grip' utilizing his engineering

background. He has been helping train our patients over the last 15 years. In conjunction with our new Spacer Technique, our patients are achieving 1-3+ inches within a couple of weeks to the first 6 months and in some cases up to 4+ inches within the year," says Linda.

"Now that your penis is longer, you can come back within 6 months up to a year and a half, to undergo your penis thickening surgery. You can use your own tissue - called the Dermal Graft or Porcine Graft, which is pig tissue. The Porcine Graft has been the most popular method to date since no incisions are made on your body. It has been approved for penis thickening surgery by the company we buy it from. This product is also used in other plastic surgery procedures



**"For both surgeries there are no incisions made on the penis itself."**

as well as in hernia and abdominal repair surgery. We have been using this new method over the past year having excellent results, gaining an average 2 inches in girth."

At The Rheinschild Clinic, former patients (who have undergone enlargement surgery at the clinic) provide you support through a patient's perspective. They will give you answers to any questions you may have through their knowledge and personal experience. Additionally, The Rheinschild Clinic also offers Testosterone Replacement Therapy for men - and also surgical procedures for women, such as breast augmentation, tummy tucks, rhinoplasties, skin care treatments and more.

► To learn more about The Rheinschild Clinic, contact Linda Rheinschild, Patient Care Coordinator at 714.616.0415 or visit their web site: [www.therheinschildclinic.com](http://www.therheinschildclinic.com)

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 MONTHS

# Love of Money: The Root of All Evil?



If one is not careful, intense and selfish desire can make a person lose everything **BY DJEHUTY MA'AT-RA**

**E**ver heard of the saying “For the love of money is the root of all evil?” Well, logic would dictate that if the love of money is the root of all evil, then it stands to reason that the hatred of money is the root of all good. Sounds absurd, right? Well, that’s because it is. How can an inanimate object such as paper (dollar bills) when loved by people be the root of all evil?

Money is amoral, neither moral nor immoral. In our society, money physically is paper bills or dollar bills. These bills represent energy; energy in the form of belief and this belief is what gives the paper bills their value.

Even if our paper bills (Federal Reserve Notes) were still backed by gold and silver the value wouldn’t really be in these two tangible substances because these substances also only have value based upon people’s individual and collective belief.

All value is based upon perception and because perception can be manipulated, so can the value of things. Because perception changes, so does the value in things.

“He who controls perception, controls value.”

Now, I would beg to differ that it is love of money that is the root of all evil and instead is GREED as the root of all evil. That’s right, greed!

Greed is a result of not trusting in Universal abundance, prosperity, and affluence - believing that there is not more of a particular thing.

A greedy person acts as if when they receive something, they won’t receive anymore of it. They fear more of what may not come in addition to fearing losing what they already have. So they want more and more but many times when this happens, one is sure to lose everything he has in the end. It doesn’t happen all the time, but it happens enough.

Greed has robbed many a man (and woman) of everything. They lose everything trying to get more. It’s like that Debbie Harry (Blondie) song with the lyrics: More, More, More! But if one is not careful, intense and selfish desire can make a person lose everything.

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## Flame Retardant May Affect Fertility



97%

OF AMERICAN ADULTS HAVE DETECTABLE LEVELS OF PBDE

### ►► Having difficulty getting pregnant?

Perhaps your sofa is to blame. Or your stereo or carpet or any of the things in your house that contain common flame-retardant chemicals known as PBDEs that a new study suggests may be associated with decreased fertility. PBDEs, or polybrominated diphenyl ethers, are hormone-disrupting pollutants that build up in the blood and tissues.

Researchers found that for each 10-fold increase in PBDE blood concentration, women experience a 30 percent decrease in the odds of getting pregnant each month.

"This study is the first to report that higher PBDE concentrations in women's blood are associated with significantly longer time to pregnancy and this finding needs to be replicated in other populations," the researchers wrote.

"If confirmed, this finding would have strong implications to women trying to conceive given that exposure to PBDEs is nearly universal in the United States and many other countries," they add.

According to recent data, 97 percent of American adults have detectable levels of PBDE in their blood. Concentrations have been doubling about every five years since the 1970s, noted researchers, and California residents, perhaps because of strict fire regulations, have the highest levels of exposure.

### California residents have the highest levels of exposure

### AGE OF MOTHER CHILD AUTISM RISK

Being an older mother significantly increases the risk of having a child with autism, but being an older father only increases the risk when the mother is under the age of 30, researchers said last month. They found that a 40-year-old woman's risk of having a child later diagnosed with autism was 50 percent greater than that of a woman between 25 and 29. But being an older father - 40 or older - only contributes significantly to autism risk when the mother is under 30. **"The older the mother, the more the risk that the child will develop autism, regardless of whether the father is young or old,"** said Irva Hertz-Picciotto of the University of California Davis MIND Institute, who worked on the study. The findings contradict a 2006 study of children born in Israel that suggested paternal age played a much larger role.



### CHEMICAL LINKED TO CANCER

**A** Chemical commonly used to make rubber products may cause cancer in people exposed to fumes during the manufacturing process, according to researchers. Workers exposed to 2-mercaptobenzothiazole, or MBT, at a rubber chemicals plant in North Wales were twice as likely to develop colon cancer and four times as likely to get bone marrow cancer compared to the general population, they said. **"People using rubber goods wouldn't be exposed because MBT wouldn't be given off,"** researchers said.



### NEW STANDARD 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 particulate pollution, at a level of 100 parts per billion (ppb). It is also keeping the existing annual average standard of 53 ppb. **"We are working to prevent short-term exposures in high risk NO2 zones like urban communities and areas near roadways,"** the EPA said.



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TIP

STRENGTH TRAINING IS THE KEY TO KILLER ABS AND LOSING BODY FAT.

Actor and board certified personal trainer **Ryan McPartlin** (Chuck's "Captain Awesome") on killer abs, mind games and giving in to temptation

BY MARK ARIEL

PHOTOGRAPH BY GIULIANO BEKOR/CPI SYNDICATION

# awesomely » Ryan

**B**orn and raised in Chicago, actor Ryan McPartlin has gone from achieving success on the football field at the University of Illinois to achieving success on screen with his midwestern charm.

After graduating, where he played football in the Big Ten Conference, with a degree in Speech Communication, McPartlin decided to spend six months in Australia and New Zealand to explore the outback and decide which career path he should follow. He initially moved to California years ago to pursue acting.

En route to primetime success, McPartlin caught the eye of photographer Bruce Weber; thereby garnering a prime campaign for Abercrombie & Fitch. It wasn't long before he parlayed a coveted role on daytime's "Passions" into a lead role as Fran Drescher's younger live-in love on the comedy "Living With Fran." No stranger to romancing an older leading lady, McPartlin recently starred opposite Gina Gershon in the acclaimed Lifetime mini-series "Everything She Ever Wanted." Amidst his series regular role on Josh Schwartz's hit NBC action dramedy "Chuck" as Devon "Captain Awesome" Woodcomb, he's managed to guest star on such series as "Mad Men," "Swingtown," and "CSI: NY" among others. Additionally, he's voiced the title role of Universal's animated feature "The Adventures Of Clutch Powers."

A board certified personal trainer and sports enthusiast, (his passions include scuba diving, tennis, snowboarding, racquetball) an "I became a certified trainer because fitness has always interested me, and I figured, if the acting career didn't work out, I'd have what to fall back on," McPartlin confides. As it turns out, his acting career took off before McPartlin had a chance to acquire any paid clients. However, as fitness remains a passion, McPartlin agreed to share a few training and diet tips with *LA Health News* readers.

## » RYAN'S TIPS

▶ 1

### Best Way To Lose Weight

If you want to lose body fat, doing cardio after strength training is best. It's tough but it's the best. Yesterday I ran four miles on 6.5 after lifting for an hour. It wasn't easy but I have to take my shirt off for the next episode of "Chuck" and I had to work off the Superbowl pizza ahead of time.

▶ 2

### Getting Killer Abs

Strength training is the key to killer abs and losing body fat. I like to do crunches, sit ups, leg lifts, Pilates, planks, etc. Consistency is the most important thing. Four to five times a week will give you the best results.

▶ 3

### Diet Regimen

I have a simple diet that consists of yogurt, almonds, fiber one and fruit for breakfast. I eat salads with light dressing and lean protein for lunch and dinner and I'll snack on Detour or Zone Bars a couple of times a day. If I need to get cut then I avoid sugar, starches and alcohol for a while.

▶ 4

### Giving In To Temptation

I think it's okay to cheat on your diet - every once in a while - when you put the extra time in the gym. If you build muscle, that muscle will keep your metabolism higher.

▶ 5

### Mind Games

My best advice is not to deprive yourself of anything by playing a little mental game. I don't say that I'm not going to eat that cheeseburger or cupcake. I choose to eat the healthy choice first and then I tell myself, if you're still hungry, then eat that cheeseburger. Once I fill up on a big salad, I never eat the cheeseburger because my hunger is gone.



*"I went in for her consultation and after thorough testing, she put me on bio-identical hormones. We age because our testosterone and other hormone levels drop. I had results almost immediately. I am in perfect health and very fit, with no problems, and have more energy like I had in my 30's. Also my sexual level is normal for a 30 year old."*

*-RAYMOND, rugby player (62)*

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## Slow Breathing May Soothe Chronic Pain

**ACT NOW!**



The simple practice of slow breathing may help people deal with the physical and emotional reactions to moderate pain, a small study suggests.

Researchers say the findings offer support for the idea that yoga-style breathing exercises and meditation can help ease chronic pain.

The study gauged pain responses among 27 women with the chronic pain condition fibromyalgia and 25 healthy women the same age.

Researchers found that when they had the women perform slow breathing, it dampened their reactions to a moderately painful stimulus -- brief pulses of heat from a probe placed

on the palm. Overall, the women rated the pain intensity as lower and reported less emotional discomfort when they slowed their normal breathing rate down by half.

**“Breathing techniques may help with lower back pain, osteoarthritis.”**

### HIDROXYCUT LIVER DAMAGE LINK

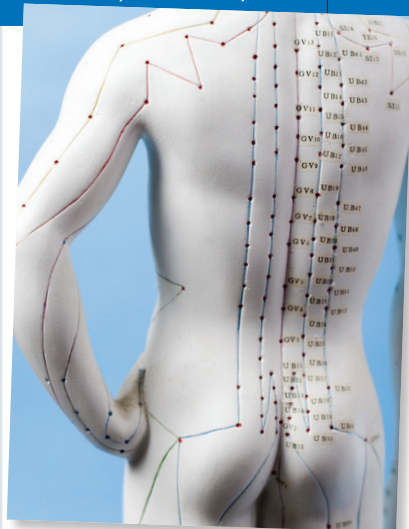
A new study strengthens evidence that the once widely advertised weight-loss supplement Hydroxycut caused serious liver damage in some users. Last May, 14 Hydroxycut products were recalled after the FDA issued a warning to all consumers to stop using the supplements. The warning was based on reports ranging from inflammation to tissue death severe enough to require a liver transplant. The supplement was also linked to one death. Investigators said that the lesson for consumers is to be wary; dietary supplements, even ones touted as “natural,” are not necessarily “bad.”

The benefit was greater and more consistent among the healthy study participants than those with fibromyalgia.

However, the findings suggest that breathing techniques could offer an additional way to deal with fibromyalgia or other types of chronic pain, according to researchers.

### HYPNOSIS MAY IMPROVE Type of Hair Loss

PEOPLE WITH A PATCHY FORM OF HAIR LOSS called alopecia areata might be helped with hypnosis, a preliminary study suggests. “Hypnotherapy may enhance the mental well-being of patients with alopecia areata and it may improve clinical outcome,” researchers said. Alopecia areata is an autoimmune disease characterised by sudden, recurrent hair loss in round spots from the scalp or any part of the body that has hair. Psychological factors, such as stressful events and psychotrauma have also been reported to play a role in the onset of the condition. Exactly how hypnosis might stimulate hair growth is unknown. In the past, researchers have shown that the hypnotic suggestion to improve blood flow in the scalp was linked to an actual increase in blood flow and skin temperature of the scalp. Researchers speculate that hypnosis may also indirectly lead to certain immune system changes.



According to traditional Chinese medicine, acupuncture points are situated on meridians along which qi (a “life energy”), flows.

### Acupuncture May Relieve Cramps

1 Acupuncture may be helpful in alleviating menstrual cramps, which affects up to half of all young women, an extensive review of past studies has found.

2 In a review of 27 studies researchers found that acupuncture may be more effective than drugs or herbal medicines.

3 “There is convincing evidence on the effectiveness of using acupuncture to treat pain as it stimulates the production of endorphins and serotonin in the central nervous system,” researchers said.



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# CALENDAR / MARCH

## CARIBBEAN SOUNDS 5K WALK 10K LA RACE

**Saturday, March 6, 8am.**  
Kenneth Hahn Park  
4100 South LaCienega Blvd.,  
Los Angeles. For more info visit:  
[caribbeansoundrace.com](http://caribbeansoundrace.com)  
Caribbean theme event filled with  
Soca music, themed mile mark-  
ers, great prizes and a nice route.  
Raise funds for  
Sarcoidosis Research.

## 6TH ANNUAL RUN THE WAVES

**Saturday, March 6, 8am.**  
Zuma Beach, Malibu.  
For more info visit:  
[www.pepperdinec4c.org/run](http://www.pepperdinec4c.org/run)  
Run along beautiful Zuma Beach  
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Lifesaving Foundation.

## VENTURA 1/2 MARATHON & 5K

**Sunday, March 7, 8am.**  
Ventura Unified  
School District (VUSD) facility,  
255 W. Stanley Ave. Ventura.  
For more info visit:  
[www.venturahalf.com](http://www.venturahalf.com)  
The race begins at the Ventura  
Unified School District (VUSD)  
building and runs along the  
Ventura-Ojai bike path.

## GLENDALE DOWNTOWN DASH

**Sunday, March 14, 7am. 216 N.  
Brand Boulevard, Glendale.**  
For more info visit:  
[GlendaleDowntownDash.org](http://GlendaleDowntownDash.org)  
Benefits Glendale Adventist  
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**Saturday, March 20, 8am.**  
For more info visit:  
<http://pasadenatriathlon.com/>  
This event is for everyone: whether  
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enced triathlete or somewhere in  
between. Register the day before  
(Friday, March 19 from 4-7pm) at  
Whole Foods Market Pasadena  
located at 3751 E. Foothill Blvd,  
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## SPRING PIER TO PIER RUN/WALK

**Saturday, March 20, 7am.**  
For more info visit:  
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21	22	23	24	25	26	27
28	29	30	31			



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## NPN LA MARATHON 5K

**Saturday, March 20, 8am,**  
Dodger Stadium. For more info  
visit: [lamarathon.com/event/5k-  
run/](http://lamarathon.com/event/5k-run/) The official warm-up race for  
the Honda LA Marathon.

## HONDA LA MARATHON

**Sunday, March 21, 7:20am,**  
Dodger Stadium. For more info  
visit: [www.lamarathon.com](http://www.lamarathon.com)  
For the first time, this year's  
"Stadium to the Sea" race course  
will begin at Dodger Stadium  
and finish overlooking the Pacific  
Ocean near the Santa Monica  
Pier, passing through the cities of  
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and the developments that insure  
American citizens have access to  
a variety of healthcare options that  
create a vibrant life.

### ONGOING EVENTS

#### DIANETICS SEMINAR

**Every Sat and Sun, 9am-6pm,**  
both days. Church of Scientology  
Celebrity Centre, 5930 Franklin  
Ave, Los Angeles. For more info  
call: 323-960-3100.

Learn the basic principles of the  
technology that has made dramati-  
c and permanent improvements to  
more than 20,000,000 people in  
more than 150 nations.

#### FREE YOGA & FITNESS SATURDAYS

**Every Saturday. 11:30am.**  
Sylmar Branch Library, 14561  
Polk St., Sylmar. For more info  
visit:  
[yoga.viviti.com](http://yoga.viviti.com)  
Beginners are welcome to try  
some easy yoga moves under the  
Big Screen during free Saturday

# Meth + Sex = PEP



## Protect Your Negative Status

### Are you...

- At least 18 years old?
- HIV negative?

### Have you...

- 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](http://www.friendscarepep.org)

Sponsored by:

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