

LA HEALTH

SEPTEMBER 2008 | ISSUE 90 | COMPLIMENTARY

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editor-in-chief/publisher Mark Ariel

marketing director Stanford Altamirano

office manager Robyn Cohen

sales executive Ari Sussman

Eric Kim

Blake Fleisig

contributing writers Nathan Newman, M.D.

Dr. Arman Dayan

Bruce Beard, DDS

Dr. Neda Ladjevardi

Brendan Brazier

Dr. Mina Mortezaei

Lori Waston

Moeiz Koshki, D.D.S.

Zouhler Elias, M.D.

Manoucher Rashti, M.D.

Rob Brennan

Ellen Wulfhorst

Patrick Tsakuda

Rob Bernstein

Megan Rauscher

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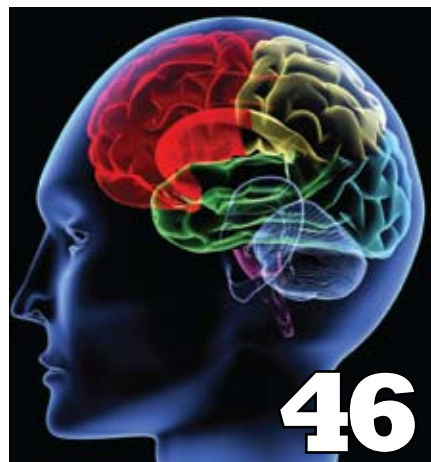
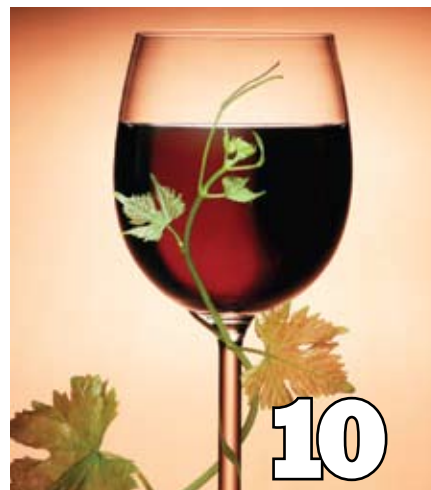
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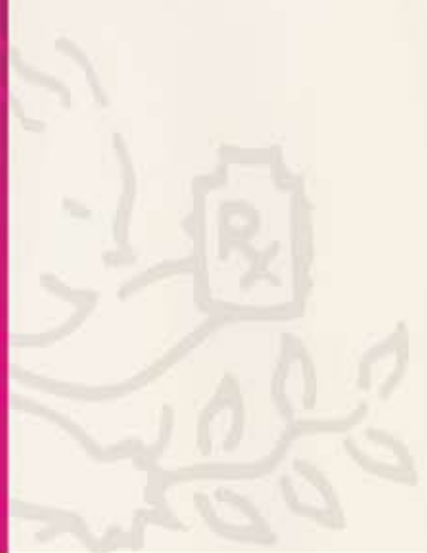
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Fax 323-655-1408
E-mail LAhealthnews@aol.com

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editor's letter

When is Thin too Thin?

Men who are slimmer in middle age are at greater risk of having osteoporosis later in life, a new study confirms.

And while losing weight between one's 40s and 70s increased osteoporosis risk, weight gain reduced it, Dr. Haakon E. Meyer of the University of Oslo in Norway and colleagues found.

"Although weight gain and high body weight might be beneficial for the skeleton, a stable, healthy weight is recommended for overall purposes," Meyer and his team write. "However, when considering weight loss interventions, the effect on osteoporosis and fracture should also be included and, if possible, counteracted."

Losing weight and being thin are both known risk factors for the brittle bone disease, the researchers note in the *American Journal of Epidemiology*. To understand the long-term effects of body weight and weight change in men, they looked at data from 1,476 men who had undergone health screenings in Oslo and Tromso, Norway, in the 1970s and again in 2000 and 2001.

Men in Oslo were 47 to 49 years old at the first screening and 75 to 77 at the second; for the Tromso survey, ages at the first screening ranged from 20 to 50 and from 47 to 76 at the second screening.

Men's body mass index (BMI) at the first screening was related to their bone mineral density (BMD) at the second, Meyer and colleagues found. BMI is a standard measure of how fat or thin a person is.

Among people who had lost 10 percent or more of their body weight between the two screenings, 15.1 percent had osteoporosis, compared to 0.6 percent for those who had gained 10 percent or more.

For individuals who were in the lowest fourth for BMI at the beginning of the study,

Thinness in midlife boosts later brittle bone risk

31 percent developed osteoporosis if they lost 5 percent or more of their body weight, compared to 4 percent of those who gained 5 percent or more,

the researchers found.

Changes in weight can affect bones through several mechanisms, such as stress on the bones from muscle and mechanical loading, hormonal changes that alter bone metabolism, or changes in eating habits.

The researchers were not able to look at the risk of hip fracture in the study participants, but they note that "increased risk is first and foremost seen in persons with BMI less than 25."

They say studies on the long-term effects of weight and weight change on the risk of hip fracture are needed.

Mark Ariel
Editor-In-Chief

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CALIFORNIA STOP-SMOKING CAMPAIGN SAVED BILLIONS

California's large-scale tobacco control campaign has saved \$86 billion in health care costs in its first 15 years, researchers said last month. The \$86 billion reduction in health costs, based on 2004 dollars, represents about a 50-fold return on the \$1.8 billion California spent on the program, they said.

INFECTIONS MAY CAUSE MANY PREMATURE BIRTHS

Undiagnosed infections may be causing a significant number of premature births, researchers reported last month after finding bacteria or fungi in 15 percent of the amniotic fluid samples taken from women in pre-term labor. The heavier the infection, the more likely the women were to deliver younger, sicker infants, researchers found.

NEW DIRECTION FOR DIABETES

Two experimental treatments suggest new directions for treating diabetes, both using compounds already made by the body, researchers reported last month. One of the two studies suggests that some current treatments for autoimmune diseases such as the bowel-cramping Crohn's disease may be taking the wrong approach and doing active harm in some patients.

VACCINE CURES DANGEROUS YEAST INFECTIONS IN MICE

A vaccine helped mice fight off a life-threatening type of yeast infection, researchers said last month in a finding that holds promise for preventing this severe condition as well as pesky vaginal infections.

BURNING INCENSE LINKED TO RESPIRATORY CANCERS

Burning incense may create a sweet scent, but regularly inhaling the smoke could put people at risk of cancers of the respiratory tract, researchers report. In a study of more than 61,000 ethnic Chinese living in Singapore who were followed for up to 12 years, the investigators found a link between heavy incense use and various respiratory cancers.

BRAIN CHEMICAL INVOLVED IN OBESITY

Researchers studying people with a rare genetic disorder have identified a brain chemical that may play a role in appetite and obesity, a finding they say could lead to new drugs to help some obese people. Previous animal studies had pointed to this chemical, known as BDNF, as helping to regulate appetite and weight, but the new study published in the New England Journal of Medicine is the first to show such a role in people.

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HOW TO LIVE LONGER

90 IS THE NEW 70. TEN TOP TIPS ON LIVING A LONGER, BETTER, HAPPIER LIFE

By Patrick Tsakuda

In 1981, researchers began enrolling men into a study on aging. They enrolled total of 2,300 healthy men with an average age of over 70. The men were given yearly surveys about their lifestyle and health. By the end of the study, 970 men (42%) made it to the 90s. Those 42% had different habits and behaviors that helped them live longer.

The study found five factors linked to surviving past 90: Non-smokers were twice as likely to see 90 as smokers; Diabetics had an 86% increase in a chance of death before 90; Obese people had a 44% increase in the chance of death before age 90; High blood pressure increased the death threats before 90 by 28%; Men who exercise reduced their death risk before 90 by 20 to 30% (depending on how much and how often they exercise).

Mark Stibich, PhD, a behavior change expert with experience helping individuals make lasting lifestyle changes, recently listed 10 pointers on About.com on living a longer, better life. Here's a summary.

1. DRINK RED WINE

Red wine is packed with resveratrol, an antioxidant. One or two glasses of red wine a day can help keep your body young.

2. EAT DARK CHOCOLATE

Dark chocolate is a wonderful food that contains a large amount of antioxidants that protect your body from aging. Find good quality dark chocolate, learn to appreciate it, and have a bit (that's a cube or two - not the whole bar) of it each day.

3. SMILE

Like relaxation, smiling can work to counteract the effects of stress.

4. BE INTIMATE

Sex, touching and intimacy in general release an assortment of beneficial chemicals in the body.

5. RELAX

Relaxation helps our bodies to rest, heal and function better.

6. MAKE EXERCISE PLAY

Physical games and sports are a great way to keep both



your body and mind healthy. Simple exercise routines are great for maintaining balance, flexibility, endurance and strength.

7. SLEEP

Sleep is an essential body function. The health benefits of sleep include more energy, better immune function, and more.

8. SPEND TIME WITH LOVED ONES

Relationships are an important part of health. Strong bonds with other people means protection from loneliness, depression, and mental illness.

9. BRAIN GAMES

Games like chess or bridge exercise your brain while keeping you connected with others.

10. BE POSITIVE

Having a positive attitude about aging can add to your life, according to researchers.

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Potassium May Help Lower Blood Pressure

Research shows that boosting levels of potassium in the diet may lower a person's risk of developing high blood pressure and may decrease blood pressure in people who already have "hypertension."

High blood pressure remains the chief reason for visits to doctors' offices and for prescription drug use in the U.S., researchers note in *The Journal of Clinical Hypertension*.

Researchers also pointed out that a healthy intake of potassium is thought to be one reason why vegetarians and isolated populations have a very low incidence of heart disease.

In isolated societies consuming diets low in sodium and high in fruits and vegetables, which have and therefore high levels of potassium, hypertension affects only 1 percent of the popu-

lation, they note. In contrast, in industrialized societies, where people consume diets high in processed foods and large amounts of dietary sodium 1 in 3 persons have hypertension.

High potassium foods include avocado, bananas, cantaloupes, spinach and tomatoes

The typical American diet contains about double the sodium and half the potassium that is currently recommended in dietary guidelines. Low potassium intake is thought to contribute to the prevalence of high blood pressure in Americans.]

"An increase in potassium with a decrease in sodium is probably the most important dietary choice (after weight loss) that should be implemented to reduce cardiovascular disease," researchers contend.

High potassium foods include avocado, bananas cantaloupes, spinach and tomatoes.

SPICES MAY BENEFIT DIABETICS People with diabetes may want to start spicing up their diets, if new lab research findings prove true in humans. In test-tube experiments, researchers at the University of Georgia, Athens, found that extracts of various herbs and spices -- such as cinnamon, cloves, sage and rosemary -- inhibited a damaging process that can result from high blood sugar levels.

CA RESTAURANTS TRANS FATS BAN Gov. Arnold Schwarzenegger signed legislation last month making California the first U.S. state to prohibit restaurants from preparing food with trans fats, which clog arteries and raise the risk of heart disease. The bill will be phased in starting in 2010 across California.

FISH & JAPANESE HEART HEALTH Japan's traditionally fish-rich diet may go a long way toward explaining the nation's low rate of heart disease, researchers reported last month. In a study of 868 Japanese and U.S. men in their 40s, researchers found that the Japanese men had a substantially lower rate of atherosclerosis -- a buildup of "plaques" in the arteries that can lead to a heart attack. The key difference, the researchers found, seemed to be the two-fold higher level of heart-healthy omega-3 fatty acids in the Japanese men's blood. Omega-3 fatty acids are found primarily in fattier fish, like salmon, mackerel and, to a lesser extent, tuna.



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Becky Lavelle, 33

*2007 Triathlon Long Course US National
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Want to Live a Long, Healthy Life? Run

People who want to live a long and healthy life might want to take up running.

A study published last month shows middle-aged members of a runner's club were half as likely to die over a 20-year period as people who did not run.

Running reduced the risk not only of heart disease, but of cancer and neurological diseases such as Alzheimer's, researchers at Stanford University in California found.

"At 19 years, 15 percent of runners had died compared with 34 percent of controls," researchers report.

Any type of vigorous exercise will likely do the trick, said Stanford's Dr. James Fries, who worked on the study.

Any type of vigorous exercise will likely do the trick

"Both common sense and background science support the idea that there is nothing magical about running per se," Fries said in a telephone interview. "It is the regular physical vigorous activity that is important."

Most of the runners have stopped running as they reached their 70s, Fries said. But it was difficult to find people who totally stopped exercising. "Almost all of them did something else. They continued their vigorous exercise," he said.

People who took up exercise when they were older also improved their health, he said.

The study also showed that people cannot use the risk of injury as an excuse not to run -- the runners had fewer injuries of all kinds, including to their knees.

STRETCHING NO HINDRANCE TO MUSCLE STRENGTH

While some research has raised the question of whether pre-workout stretching hinders muscle performance, a new study suggests that a few minutes of stretching may not sap the average exerciser's muscle strength. According to the current study, stretching can improve joint range of motion in the short term. And some studies suggest that over the long term, a regular stretching regimen can help build muscle strength.

LESSENING MIGRAINE PAIN

A combination of aerobic exercise and muscle relaxation may help ease migraine pain, a small study suggests. Researchers found that when 15 migraine sufferers added an exercise-and-relaxation routine to their usual care, the patients reported an improvement in migraine pain intensity over six weeks. The findings add to evidence that exercise may offer some relief from migraine pain.

EXERCISE KEEPS WEIGHT OFF

Results of a study show that overweight women who want to lose weight and keep it off should try to get at least 275 minutes of exercise a week, or about 55 minutes a day for 5 days a week, in addition to limiting calories. Dr. John M. Jakicic of the University of Pittsburgh and colleagues say their research "would suggest that the level of physical activity that may be necessary to sustain weight loss for as long as 24 months is approximately twice the public health recommendation for physical activity."





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THE VILLAGE AT NORTHRIDGE

By Yolanda Martinez



Thoughtfully designed to promote healthy aging, The Village at NorthRidge is a new luxury retirement community being developed in Northridge by Senior Resource Group (SRG). With wellness as one of the company's core values, SRG takes an integrated approach to support the vitality and health of its residents.

As part of the company's signature wellness program, Fitness Matters, The Village at Northridge will offer an environment that includes nutrition and fitness counseling, diversified exercise classes, preventative health workshops, wholesome dining options, a full calendar of social, cultural, educational, and recreational activities and the knowledge, resources and motivation to allow residents to create their own blueprint for wellness.

In the company's 20-year experience and focus on well-being, SRG has found that the combination of a supportive atmosphere, first-class resources, and service-enriched lifestyle has significantly aided in personal fulfillment and longevity of residents' life. In fact, research reveals that seniors who exercise three or more times per week delayed the onset of dementia and Alzheimer's disease and that meaningful activity such as learning, creating, working and volunteering improve seniors' mental and physical health.

To provide a stimulating and positive environment for healthy aging, The Village at NorthRidge will offer residents a balance of continued independence and the reassurance of supportive care. In addition to well-appointed one- and two- bedroom residences, The Village at NorthRidge's state-of-the-art design will include The Prairie Grille Restaurant open 12 hours daily; a fully equipped fitness center; Internet lounge; arts and crafts room; library; and swimming pool and spa.

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The Village at NorthRidge is currently under construction and scheduled to open Summer 2009. For more information about The Village at NorthRidge or to schedule a personal appointment, call 818-812-4600 or visit the community website at www.srgseniorliving.com.

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The MNR staff also works professionally as performers and choreographers working in TV and film for products such as GreyGooseVodka, PirelliTires (with Naomi Campbell), Chevrolet (with Guy Ritchie), Dreamgirls the movie, Fox Sports, Dance Wars With Bruno And Carrie Anne and many more.

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HOW TO ALLEVIATE STRESS THROUGH YOUR DIET

By Brendan Brazier

UNDER PRESSURE



Do you feel overwhelmed and worn down from the demands of your professional and personal lives? Do you find it impacts your daily life, your energy levels, your health and wish you could achieve more in a day without suffering the ill effects of an overworked, and rundown immune system? Stress is something that we are all familiar with—our modern world is a breeding ground for it. Yet, many of us aren't aware of how expansive its reach can be and just how deeply it can affect every aspect of our life. Simply put, stress is anything that causes strain. Mental or physical, and regardless of origin, stress, with its far-reaching consequences, affects everyone in some way. The sources of stress in modern life are many; everything from pollutants in our drinking water and poor nutrition, to relationship concerns and job dissatisfaction, to over-

exercising or under-exercising—all are stressors.

Stress is like fire: when controlled and used for a purpose, it serves us well. Left unbridled, it can consume us. In amounts that our body is capable of adapting to, certain stresses are beneficial. Exercise, for example, is a stress. Exercise and then rest, and your body will grow stronger. However, stress has become, now more than ever, a real threat to our health and livelihood, often overwhelming us and, in some cases, even controlling us.

Located on top of the kidneys, our two adrenals are small triangular glands that play a large role in the body's response to stress. During times of elevated stress, regardless of its source, the body's adrenal glands kick into action, secreting the hormone cortisol into the bloodstream. Cortisol is sometimes

referred to as the “stress hormone” for the simple reason that its release is triggered by stress. And while cortisol stimulates us to deal with an apparent threat, regular stimulation means fatigue: Since our adrenal glands were not designed to be used as often as they are today, they become overworked, resulting in exhaustion. Adrenal burnout, as it is commonly referred to, is today a widespread problem.

Many, if not all, of our modern-day health problems are caused by stress. Obesity, fatigue, mental fog, sleep disturbances, digestive problems, prematurely wrinkled skin, and depression ... the list goes on. If stress, and therefore cortisol, remains elevated, several problems arise to hamper our body’s smooth functioning. Stressed people, burn and in turn crave carbohydrates which the body begins to store as fat instead of using it for energy.

Stress can also cause hormonal imbalance. When cortisol levels change rapidly, the hormone’s symbiotic relationship with other hormones is altered. This leads to a host of problems-basic malnutrition being the most obvious. Hormone imbalance can also cause slowed mental ability and impair the delivery of messages from the brain to other parts of the body, slowing movement.

Furthermore, as stress mounts, the ability to sleep soundly is compromised. We have all likely had difficulty falling asleep after a traumatic event, or perhaps even after taking on a new, uncertain project at work. As you probably suspected, high cortisol levels are again to blame. And lack of sleep further raises cortisol levels. It’s a vicious circle: The body has an increased need for sleep at heightened times of stress yet is unable to get it.

Fortunately, relief from the largest source of stress we endure is entirely within our control. It is estimated that as much as 40% of all stress can be attributed to a poor diet. I believe the most effective way to reduce overall stress in the body

is through diet. A properly implemented whole food, plant-based diet can help alleviate nutritional stress, while poor dietary choices will perpetuate it. The solution is not as simple as just withdrawing from stress; it’s about reducing nutritional stress and making our diets work FOR us rather than against us. The following are some suggestions to get you started:

- **Choose foods rich in a wide spectrum of protein forming amino acids such as leafy greens, hemp, sprouts and legumes**
- **Ensure adequate intake of essential fatty acids, especially the elusive omega 3s which can be found in flax and hemp,**
- **Eat foods as close to their natural state as possible while avoiding overly cooked, processed foods that lack adequate fiber or are high in sugar and simple carbohydrates.**
- **Nourish the adrenal glands to help regulate hormone levels. Maca, a root vegetable grown in Peru, has been shown to do this and effectively curtail stress.**

For those who are always on the run (like me), an easy and convenient way to incorporate more plant-based whole foods in your diet is through a daily shake or smoothie. It’s easy to pack nutrients into liquid form, which improves absorption and requires less energy to digest. I have one or more nutrient-packed shakes daily to insure that I get all the nutrients I need to support my activity level and induce a quick recovery. Ideally, a shake should contain all the elements of a complete meal and be made from plant-based whole foods.

Demands on us may be increasing but the good news is there is a great deal one can do to control stress and ultimately achieve

more without feeling rundown

Brendan Brazier is a professional Ironman triathlete, two-time Canadian 50km Ultra



Marathon Champion and bestselling author of “The Thrive Diet”. He is also the creator of the award-winning VEGA line of whole food products.

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14 STRESS FIGHTING FOODS

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- 2 SPROUTS
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- 4 ANASAZI BEANS
- 5 BLACK BEANS
- 6 BLACK-EYED PEAS
- 7 CHICKPEAS
- 8 EDAMAME
- 9 FAVA BEANS
- 10 LENTILS
- 11 LIMA BEANS
- 12 RED KIDNEY BEANS
- 13 SOY NUTS
- 14 MACA

MEMORY LOSS CARE

A NEW COMPREHENSIVE APPROACH TO MEMORY LOSS AT LEEZA'S PLACE AT OLYMPIA MEDICAL CENTER

By Mark Ariel

During the past 20 years, Leeza Gibbons has been a TV news journalist and host, a radio personality, producer and businesswoman. A few years ago she formed the Leeza Gibbons Memory Foundation. "I promised my mother I would take her diagnosis of Alzheimer's disease and use it to educate and inspire. We're doing that through Leeza's Place, intimate settings in cities across the country where the newly diagnosed

with any memory disorder and their caregivers can get education, empowerment and energy free of charge as they prepare for the journey ahead," says Gibbons.

Olympia Medical Center in Los Angeles has partnered with Leeza's Place.

"The reason we reached out to Olympia Medical Center was because of their Center For Geriatric Health," explains Leeza's Place Care Advocate Yael Wyte.

"They have an incredible one stop shop, geriatric health unit. The medical director and social workers have all been in the field for close to 20 years. We wanted to be an extension of the clinic, offering support to caregivers and families," says Wyte.

"Basically, Leeza's Place is an intimate and safe setting where caregivers and loved ones recently diagnosed with any memory disorder can gather for education and support, and to prepare themselves for the challenging journey ahead. Developed in response to the challenges Leeza Gibbons and her family encountered while seeking specific and needed support, Leeza's Place offers supportive settings for the purpose of educating, empowering & energizing."

"We take an integrated approach to issues involving memory loss," explains the Director of the Center of Geriatric health at Olympia medical center Sheila Moore, LCSW, MSG.

"As a smaller facility, patient health isn't compromised by long waits to see a physician or getting lost in a sea of hospital corridors. We provide an intimate



setting where we address the immediate needs of our patients. Our multi-specialty team spends a day conducting a comprehensive evaluation and executive physical. We understand that a full day away from job, family or daily responsibilities can be inconvenient, so we ensure that all doctor visits and testing is coordinated. For our clients who are unable to spend an entire day at the facility, appointments can be split into two visits."

Once the evaluation is completed, the Clinic's medical director sits down with the client and their family and/or caregiver, if the client wishes, to answer questions, discuss test results and talk about treatment options.

The Center for Geriatric Health keeps in mind the special needs of the family who care for frail, older adults. The center provides ongoing services to educate the caregivers and families by offering ongoing support groups for those caring for a memory impaired family member; educational events for families focusing on legal, medical and caregiving issues; and updates on Alzheimer's Disease and related topics.

For more information regarding support groups, educational events or to make an appointment please call 323.932.5333 or HealthyAging@olympicmc.com. To learn about all services offered by Olympia Medical Center please visit www.olympiamc.com

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Garlic Supplements Help Lower High Blood Pressure

Garlic supplements may lower blood pressure just as effectively as some drugs used to treat hypertension can, according to a new research review.

"Supplementation with garlic preparations may provide an acceptable alternative or complementary treatment option for hypertension," researchers write.

Research to date on garlic and blood pressure has had "inconclusive" results, they note, while the last meta-analysis - in which the results of several studies are analyzed collectively -- only included studies done up until 1994.

To provide an updated perspective, researchers included more recently published studies in their analysis, identifying 11 studies in which the patients were randomly assigned to garlic or

placebo. In most studies, participants given garlic took it in powdered form, as a standardized supplement. Doses ranged from 600 mg to 900 mg daily, which study participants took for 12 to 23 weeks.

Garlic reduced systolic blood pressure by 4.6 mm Hg, on average

When the researchers pooled the data from the trials, they found that garlic reduced systolic blood pressure (the top number in a blood pressure reading) by 4.6 mm Hg, on average. An analysis limited to people with high blood pressure showed garlic reduced systolic blood pressure by 8.4 mm Hg, on average, and diastolic blood pressure (the bottom number) by 7.3 mm Hg. The higher a person's blood pressure was - at the beginning of the study, the more it was reduced by taking garlic.

MEDITATION SLOWS AIDS PROGRESSION

Meditation may slow the worsening of AIDS in just a few weeks, perhaps by affecting the immune system, researchers reported last month. If the findings are borne out in larger studies, it could offer a cheap and pleasant way to help people battle the incurable and often fatal condition, researchers said. The more often the volunteers meditated, the higher their CD4 T-cell counts -- a standard measure of how well the immune system is fighting the AIDS virus. The CD4 counts were measured before and after the two-month program. "This study provides the first indication that mindfulness meditation stress-management training can have a direct impact on slowing HIV disease progression," researchers said.

ST. JOHN'S WORT LABEL ALERT

In an analysis of product labels for St. John's wort preparations sold in the United States, investigators found that none mentioned all of the serious safety issues associated with using the herb. People taking St. John's wort "can't rely on these labels to give them the safety-related information they need," researchers report.

OXYGEN THERAPIES MAY EASE HEADACHE

Two forms of oxygen therapy may help manage two types of debilitating headache pain, a new research review suggests. In a review of nine small clinical trials, the researchers found that hyperbaric oxygen therapy showed promise for halting pain during migraine attacks. A similar treatment -- normobaric, or normal-pressure, oxygen therapy -- eased pain in people suffering from cluster headaches.



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DOCTOR IN THE HOUSE

LISA EDELSTEIN,
“DR. LISA CUDDY”
ON THE HIT MEDICAL
DRAMA “HOUSE M.D.”
ON ASHTANGA YOGA,
HEALTHY CHOICES
AND LIFE CHANGES

By Mark Ariel

From her introduction to television as Lisa E on MTV’s “Awake on the Wild Side” to her current role as “Dr. Lisa Cuddy” on *HOUSE*, Lisa Edelstein is no stranger to fearless roles. In the last several years, Edelstein has portrayed Rob Lowe’s call-girl girlfriend on “The West Wing,” the transsexual boyfriend of James LeGros on “Ally McBeal,” David Conrad’s lesbian sister on “Relativity” and an Orthodox Jew losing custody of her child on “Family Law.” David E. Kelley again tapped Edelstein, this time to play James

Spader’s love interest on “The Practice.”

In feature films, Edelstein starred as Ben Still-er’s aerobics-obsessed date in “Keeping the Faith,” directed by Edward Norton. Additional credits include Mel Gibson’s “What Women Want,” “Daddy Day Care” with Eddie Murphy, “As Good As It Gets,” and the comedies “Say Uncle” and “Grilled” with Ray Romano and Kevin James.

After honing her craft at NYU’s Tisch School of the Arts, Edelstein performed in numerous off- and off-off-Broadway productions, including the AIDS-related musical “Positive Me,” which she authored, composed and performed.

Edelstein lives in Los Angeles in a century-old home with her cat and rescue dog. She is an avid practitioner of Ashtanga Yoga and volunteers her time by working with the Best Friends Animal Sanctuary.

“Yoga has always been a big part of my fitness regimen,” Edelstein tells LA HEALTH NEWS. “Ashtanga is about focusing your mind and getting in touch with your breathing, because it’s a breathing system, every movement you do is connected to the breath. So for someone with a really chaotic life it’s a very wonderful practice to do everyday. I do it 6 days a week. When I actually do it depends on my schedule - if I have to be at work early in the morning I will do it at night.”

While Edelstein, a vegetarian, doesn’t believe in dieting - she’s an advocate of healthy alternatives. “I can gain weight easily, so I do have to make



choices. I do believe in, little by little, making healthier choices for yourself and learning your body. Especially with the yoga practice - you become so aware of the minor fluctuations in your body that it becomes like fine-tuning an instrument. It changes as life changes, and your hormones change.”

“I do like to look my best and I can be hard on myself as far as that is concerned,” Edelstein confides. “For me - living a life that makes you feel good and look good - means eating very clean, as clean as possible. That means lots of veggies and fruit... It’s definitely not a party,” she laughs. When asked if she ever deviates from healthy eating, Edelstein admits: “I eat a piece of chocolate every day... that’s my sin.”

The new season of “House M.D.” premieres on Tuesday, September 16 on Fox at 8pm.

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MEDICAL APPLICATIONS

The list of potential treatment areas for this technology is growing rapidly. Adult stem cells have been used in hu-

mans to repair tissues such as the heart muscle after a heart attack, to repair cartilage, meniscus, tendons and ligaments in the knees and other joints, to help repair nerves in neurological conditions, to help heal bone fractures and to regenerate parts of organs such as: the pancreas in diabetics.

HOW IT WORKS

Adult stem cells, which are derived from the fat, are able to differentiate and become unique tissue types including: fat, bone, muscle, cartilage and nerve covering. They are activated when there is an inflammatory response to an injury or procedure. Therefore, when it is used as part of a procedure to help heal and repair a defect, the inflammation caused from the procedure helps activate the stem cells and mend the damaged area. Adult stem cells will divide and grow; they then take the form of the surrounding tissue. For example, they will become bone next to bone and fat next to fat. Adult stem cells do not expand without limit; they are programmed to know when to stop growing in order to keep the natural form and size of the specific tissue in the area where they are injected.

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TENSION HEADACHE MAY BE TMJ DISORDER

The recurrent headaches that affect so many people might be diagnosed as tension-related but may actually be coming from temporomandibular muscle and/or a joint disorder (or TMJ Disorder). This has been confirmed by a study headed by a researcher from the University at Buffalo's School of Dental Medicine.

The temporalis muscle (muscle along the temple area) is responsible for closing the jaw and is involved in chewing. This pair of muscles often are ignored when the patient's complaint is "headache;" as opposed to jaw pain. This is because a "headache" is so incredibly common and is often regarded as inevitable. If sufferers label the pain as a "headache," they may not seek help. If they do seek help, the label of 'headache' typically will lead the individual to a physician or neurologist for consultation.

This can be complicating for the individual, because TMJ Disorder can be very easily treated by a dentist. But if a jaw disorder is ignored, then the treatment for the headache may not address all of the

factors contributing to the headache.

One should have a complete examination by a qualified dentist before making any treatment decisions. A patient may need to have a complete examination by a qualified physician, to rule out other factors before embarking on a complete TMJ therapy.

Bruce F. Beard, DDS, is an active member of the Dental Organization for Conscious Sedation, the American Academy of Cosmetic Dentistry, CDA, ADA and a Past Chairman of the SFVDS Peer Review, Trained at the Las Vegas Institute of Advanced Dental Studies, is a leader in cosmetic dentistry &, trained in laser dentistry. Author of the "Home Dental Tips for Dummies". For more info: www.SensationalSmileCenter.com or call at 818-276-1798



LOOK MA, NO WIRES !

As we age, many things aren't quite what they used to be than when we were in our early twenties. Our teeth are no exception, especially when it comes to the twists and turns of crowding in our upper and lower front teeth. As we mature our straight, pearly white smiles give way, bit by bit, to crowded and overlapped teeth that look dingy, build tartar easily and become more and more difficult to clean and floss properly.

This is a situation easily correct with orthodontics, but many adults avoid this as an option as they remember the hassle and look of the "Metal Mouths" of their youth. Fortunately, modern computer-based technologies allow us to orthodontically straighten teeth and improves smiles without the metal and wires!

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great advantage - the aligners are completely removable, so you can eat and maintain normal, proper oral hygiene without all the complications of brackets and wires trapping unsightly food and snacks and increasing the risk of cavities. Even though they are virtually invisible, another advantage is that should you have a critical social or business engagement, you can leave them in your purse or pocket.

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By Kathy Theodore

As one might expect, Massage Envy specializes in massage - offering a number of massage therapies such as Swedish, deep tissue, trigger-point, sports, reflexology and prenatal - one of them is sure to be just what you need. They also offer several kinds of facials - Anti-Aging, Vitamin C, Environ-

ment and Acne.

And well you might envy the lucky girl who gets to pamper herself at Massage Envy in Encino. Although Massage Envy is certainly not for girls only, it does have a feminine vibe - by which I mean nurturing and serene. They specialize in - what else? - massage! They offer a number of massage therapies such as Swedish, deep tissue, trigger-point, sports, reflexology and pre-natal - one of them is sure to be just what

you need. They also offer several kinds of facials - Anti-Aging, Vitamin C, Environment and Acne. And that's it. They don't spread themselves too thin by offering a million services - instead, they've perfected the services they do offer.

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Did you know that pain is the most common reason patients seek medical attention? Pain is one sensation nobody likes to tolerate. We all experience pain to a greater or lesser degree at some point in our lives. However, if there is one thing we need to realize about pain is that it exists because your body is trying to tell you something.

Chronic pain and pain syndromes can affect any part of the body, such as the neck, shoulders,

back and pelvic area. Chronic pain syndromes may result from injuries, overuse of joints, neurologic or orthopaedic causes, or diseases such as Osteoarthritis, Gout, Fibromyalgia, Rheumatoid Arthritis, Pelvic Pain, and other musculoskeletal and neurological conditions.

Although pain can never be documented, visualized or precisely quantified, physicians often resort to some diagnostic technologies to help localize and find the cause of the pain. Electrodiagnostic procedures, such as Electromyography (EMG) and Nerve Conduction Velocity (NCV) can aid physicians in determining which specific muscles and nerves are affected by weakness or pain. Some imaging modalities such as Magnetic Resonance Imaging (MRI), Computed Tomography Scans (CT), and different forms of X-ray make use of magnetic fields, radio waves and radiographic energy to help distinguish between healthy and diseased tissues.

Chronic low back pain is one of the most common pain syndromes known to man. This usually affects people in their prime years, hence is the single largest cause of lost productivity and income. Chronic low back pain is common in the workplace; it accounts for nearly a quarter of all workers' compensation claims. This seriously undermines a person's capability to function properly and continuously suppresses one's daily activities. The good news is that your Physical Medicine and Rehabilitation physician can recommend several treatment modalities which can significantly alleviate your pain symptoms and improve your quality of life.

People suffering from chronic pain syndrome can often benefit from physical therapy and reha-



bilitation, affording them temporary to long term relief of their pain symptoms. Drug therapy involving medications such as anti-inflammatory drugs, adjuvant analgesics and Opioids, can be very beneficial for the medical management of pain. Nonpharmacologic treatment options for the management of chronic pain syndromes, such as physical therapy and conditioning, occupational therapy, transcutaneous electrical nerve stimulation (TENS), neural blockade, acupuncture and acupressure, steroidal injections, and relaxation and stress management techniques also play a fundamental role in pain management.

Pain management is just a matter of listening to your body to figure out the source and to do something about it. If you are suffering from chronic pain, call California Sports and Rehab Center at 1-877-527-3715. We can help you deal with the pain at a clinic nearest you. If you are suffering from chronic pain, call California Sports and Rehab Center at 1-877-527-3715



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Prescription Cream May Relieve Acne-Like Condition

The prescription cream Elidel used to treat eczema leads to rapid improvement in symptoms and quality of life in people who suffer from a specific type of acne-like condition that typically occurs around the mouth, doctors from Germany report based on a study they conducted.

So-called "perioral dermatitis" or POD mostly affects young and middle-aged women and there currently is no generally accepted standard treatment, the study team notes in the *Journal of the American Academy of Dermatology*.

Overhydration of the skin caused by frequent use of moisturizers and abuse of topical steroids are two triggering factors. Treatment usually consists of stopping any

cosmetic products and topical steroids. "The current options to treat POD are quite limited and not very effective," Dr. Thomas Schwarz of the University of Kiel and colleagues note.

In their study, they had 124 patients with POD apply Elidel cream or a control cream twice daily for up to 4 weeks.

Far more Elidel-treated patients than control patients responded to treatment with a greater than 50 percent reduction in POD severity. Elidel cream worked best in patients with steroid-induced POD.

The current study, they conclude, suggests that Elidel cream "may represent an attractive treatment option for POD," especially in patients with a history of topical steroid use.

**Elidel cream
"may represent
an attractive
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SAFE ALTERNATIVE FOR RHINOPLASTY

For patients who undergo plastic surgery on the nose (rhinoplasty), GORE-TEX implants are a safe and inexpensive alternative to using tissue grafts taken from another part of the patient's body, according to the results of a 17-year review of more than 500 patients. For initial and subsequent rhinoplasty procedures in patients with enough internal nasal tissue and external soft tissue coverage, "GORE-TEX should be strongly considered for major and minor corrections of the nasal wall and bridge in properly selected patients," Dr. Krzysztof Conrad and colleagues, from the University of Toronto, advise.

BEAUTY SALONS ADDED BENEFIT

Beauty shops are not just a good place for a haircut anymore. In a new study, researchers describe how they used beauty shops to get their message across about stroke warning signs and risk factors. To improve knowledge about strokes, the researchers designed an educational intervention that took place in beauty salons in Cincinnati and Atlanta. "Our results suggest that the beauty shop is a potentially excellent educational setting for stroke and other health issues ... and should be used in future studies," the researchers conclude.

LASER RESURFACING FOR WRINKLES

Laser treatment can remove wrinkles better than some newer procedures, dermatologists reported last month. Carbon dioxide laser resurfacing was very effective and while there are some side effects, such as lightening or darkening of the skin, they almost always cleared up, Dr. Daniel Ward and Dr. Shan Baker of the University of Michigan reported.



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Global Warming Could Worsen Allergies: Report

If your hayfever becomes worse than ever this fall, you might be able to blame global warming, a new research review suggests.

The problem is that climate change affects air quality -- boosting both air pollution and pollen counts, according to the report authors.

Warmer temperatures mean longer pollen seasons, the researchers explain, while studies have shown that increased levels of carbon dioxide in the air increase pollen concentrations.

Climate change has already been linked with longer pollen seasons for late-summer weeds, including ragweed. Ragweed is the main cause of fall-allergy woes.

Individuals can take measures that not only combat greenhouse gas emissions, but also improve their health, researchers note.

Riding a bike or walking instead of driving cuts automobile exhaust and boosts physical fitness, researchers point out. And if enough people do it, local air quality might improve, which in turn would be a boon to people's lung health.

Similarly, eating locally grown, organic produce is good for the body, while it also reduces emissions from food transport and processing, and from the use of petroleum-based pesticides and nitrogen fertilizers.

Ragweed-allergy sufferers can also take immediate steps to combat their fall misery: keeping windows closed to keep the pollen outside; showering before bed to remove pollen from the hair and face and to keep it off the sheets; staying inside when counts are high; and changing clothes after spending time outdoors.

Tip: Close windows to keep the pollen outside

BABY BOTTLE CHEMICAL SAFETY

The FDA said it will hold a public meeting this month about the safety of a chemical found in baby bottles and many other products. Environmental groups say the chemical, bisphenol A, can hurt children and animals. But the FDA and European regulators, as well as the plastics industry, say it is safe. The FDA said its meeting would focus on this issue.

PCB EXPOSURE DIABETES RISK

People who have been exposed to high levels of toxic polychlorinated biphenyls (PCBs) may face an elevated risk of type 2 diabetes, a new study shows. Once used in products ranging from fluorescent lights and appliances to insulation and insecticide, PCBs were banned in the late 1970s as carcinogens and general health hazards. They linger in the environment, however. Researchers said that since "everyone" has detectable PCB levels in his or her body, it's possible that exposure to such pollutants has helped feed the widespread rise in diabetes in recent decades.

HIGHWAY ADVERSE BIRTH OUTCOMES

Living near a highway may raise a pregnant woman's risk of premature delivery or having a low birth weight baby. Researchers found that among all mothers residing within 200 meters of a major highway were 14 percent more likely to deliver prematurely (before the 37th week of pregnancy) and 17 percent more likely to have a low birth weight baby (less than 2500 grams, or about 5.50 pounds) compared with those residing further away.



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SISTERHOOD OF REMARKABLE WOMEN

CASA DE LAS AMIGAS: A PLACE OF RECOVERY FOR ADDICTED WOMEN

By La Quetia M. Shamblee

F When Doreen Garcia finally decided to confront her substance abuse issues and rebuild her life twenty years ago, she never imagined that she would graduate from the recovery program at Casa De Las Amigas to become its executive director a decade later. Plans to return to a former career in the banking industry got sidetracked once she began volunteering as a secretary at

this unique program for women with alcohol or drug addiction. Doreen's personal journey serves as inspiration, providing encouragement and a living testament to women in recovery that things can and do get better.

The agency employs the twelve-step recovery program made popular by Alcoholics Anonymous. Doreen credits the talented staff of fifteen for an impressive 78% success rate for women who complete the program. Their women on treatment model also contributes to this record. Absence of the day-to-day distractions of fleeting romances that evolve naturally in coed programs allow women to focus on activities during the early phases of recovery that are central to rebuilding their lives. They move on to live productive and sober lives, able to enjoy and contribute to their families and communities.

Other unique aspects are the agency's three stages of recovery that accommodate women in all

phases of substance abuse, which includes an intensive residential treatment program, sober living and out patient services. Yoga, aerobics, acupuncture, and courses to build self-esteem are among activities included to treat the whole person, supporting the women as they move through various phases of recovery. The outpatient component also customizes individual programs to accommodate work schedules for women who live elsewhere in the community.

Staff and clients benefit from an actively engaged, volunteer board of directors headed by President Fran Allen. "Having a wonderful board that trusts and supports my decisions in this role is a blessing," says Doreen. In addition to ongoing involvement, the board is preparing for the agency's biggest yearly fundraiser. Hosted by KNBC new anchor Colleen Williams, the 13th Annual Charity Golf Tournament will take place at Brookside Country Club on Monday, June 9th.

The most reward public celebration at the nonprofit happens as women receive certificates of completion during quarterly graduation ceremonies. Commencing new lives as alumni, they are forever connected to receive and give support to a close-knit sisterhood of remarkable women at Casa De Los Amigas.

For more info visit <http://casadelasamigas.org> or call 626-792-2770.

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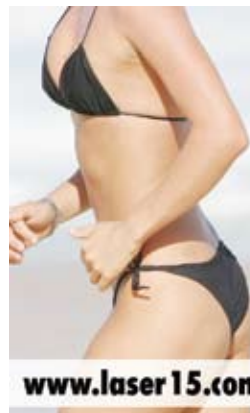
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By Hugh K. Wolfe, Jr., Ph.D.
Published December 1, 2007

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Kids Who Eat Dairy Have Stronger Bones As Teens

Children who get at least two servings of dairy products a day tend to have stronger bones as teenagers, a new study shows.

Milk and other dairy products have long been recommended for building children's bones. Yet the long-term benefits of childhood dairy intake have not been fully clear.

In the new study, researchers at Boston University School of Medicine followed 106 children for the time they were 3 to 5 years old until they were between the ages of 15 and 17. Throughout the study, parents periodically kept food diaries to record what their child was eating each day. A cup of milk or yogurt, 1.5 ounces of natural cheese and 2 ounces of processed cheese were all considered equivalent to a serv-

ing of dairy.

At the end of the study period, when the children were high school age, they underwent bone scans.

In general, the researchers found, children who ate at least two daily servings of dairy had greater bone mineral content and greater bone density as teens compared with their peers who ate less dairy throughout childhood.

The findings held true when the researchers accounted for other factors in bone density and health, like body weight, height and exercise levels.

Dr. Lynn L Moore and her colleagues report the findings in the *Journal of Pediatrics*. The study was partially funded by the National Dairy Council.

The study was partially funded by the National Dairy Council

OUTDOORS GOOD FOR KIDS' EYES

Parents now have another reason to shoo their kids outdoors to play, along with making sure they get enough fresh air and exercise. In a study, Australian researchers found evidence that children who spent the most time outdoors were the least likely to suffer from myopia, also called nearsightedness or shortsightedness. "Our evidence suggests that the key factor is being outdoors, and that it does not matter if that time is spent in having a picnic or in playing sport," Dr. Kathryn A. Rose told Reuters Health. "Both will protect a child's eyes from growing excessively, which is the major cause of myopia."

LESS TV, MORE EXERCISE KEEP KIDS TRIM

Children who regularly exercise and limit their time in front of the TV and computer are much less likely to be overweight than their peers, a new study suggests. The American Academy of Pediatrics recommends that children devote no more than two hours per day to watching TV and playing video games.

EAR INFECTIONS WEIGHT GAIN LINK

Children with a history of painful ear infections may be at increased risk of being overweight later in life, according to research presented at the National Meeting of the American Chemical Society (ACS). The connection may have to do with a diminished sense of taste, altering food preferences. "It is quite possible," researchers said, "that early diagnosis and treatment of ear infections may prevent obesity in some people."



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Brain Stimulation Improves Memory In Alzheimer's

Electrical stimulation of the brain may improve memory and recognition in elderly people who suffer from Alzheimer's disease, results of a study hint.

"Our preliminary data on Alzheimer's disease patients are promising as we observed beneficial effects after a single session of transcranial direct current stimulation," Dr. Alberto Priori told Reuters Health, "suggesting that chronic daily application might induce even greater improvement."

"Our studies encourage broader research programs using different stimulation protocols and longer clinical follow-up to clarify the impact this therapy might have on patients' daily functional activities," Priori added.

Priori and colleagues investigated whether electrical stimulation applied over an area at the side of the brain called the temporoparietal cortex could improve recognition memory in 10 patients with Alzheimer's disease. The treatment significantly improved word recognition

memory accuracy, they found, whereas sham treatment had no impact on memory.

The results were similar after correcting memory performance for guessing, the report indicates.

"Interestingly," the investigators say, the electrical stimulation-induced improvement in the word recognition test observed in patients with Alzheimer's disease is comparable to the 16 percent improvement induced by long-term treatment with cholinesterase inhibitors - drugs currently used to treat early memory problems in patients with dementia.

"We are assessing possible long-lasting effects of (electrical stimulation) in Alzheimer's disease patients using repeated session protocols in a larger sample with longer clinical follow-up," Priori said.

"We believe that the best results, especially in Alzheimer's disease patients, could be obtained by combining transcranial direct current stimulation with cognitive rehabilitation," Priori added.

THE TREATMENT SIGNIFICANTLY IMPROVED WORD RECOGNITION MEMORY ACCURACY

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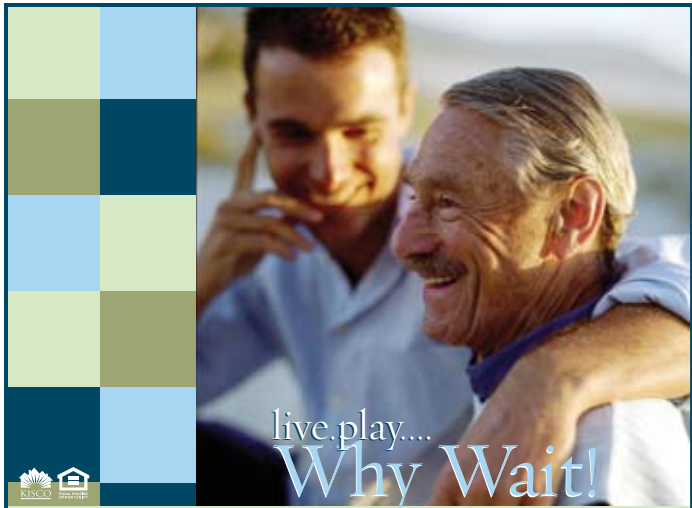
Older women with higher concentrations of vitamin D in their blood are less likely to sustain hip fractures, according to research published in the *Annals of Internal Medicine*. The findings provide additional evidence that taking vitamin D supplements is an easy, low-cost way to prevent hip fractures, which can have devastating consequences for older people, lead author Dr. Jane A. Cauley of the University of Pittsburgh told Reuters Health.

HOSPITALIZATION INCREASES FRACTURE RISK

The risk of fracture in elderly people is more than tripled during the year following a hospital admission, according to findings from the Health Aging and Body Composition Study. "Hospitalization is an unrecognized opportunity to assess and reduce the risk of fractures in a very large number of elderly women and men," researchers say. "Because the risk of fracture is greatest soon after hospital discharge, assessment and interventions to reduce risk should be started during the hospital stay or shortly after discharge," researchers recommend. Evaluations should include measurement of bone mineral density, assessment of the risk of falling and vision testing.

AGE NOT EXCLUSION FACTOR FOR SPINE SURGERY

The results of a literature review support the belief that advanced age, in and of itself, should not be a contraindication for spine surgery. The research to date suggests that elderly patients can expect similar risks and benefits from these operations as their younger peers, researchers from the University of California at San Francisco conclude.



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TURNING BACK TIME

EXERCISING PROTECTS THE BODY AGAINST THE AGING PROCESS

By McKerrin Kelly,
SuperSlow Brentwood

Last month Dara Torres garnered worldwide attention as she competed in her fifth Olympic games. Why all the attention? It wasn't that she was the fastest in her event or that she won the most medals. It was that at 41 she was training and competing with women half her age. In addition, she was doing it while maintaining a marriage, raising a two-year-old daughter and fighting through multiple injuries. While other women her age give in to pregnancy pounds and being 'over the hill', Dara looks like the 20 year olds she compete with.

What makes her different from other 41-year-old moms?

Exercise.

Because of exercise, Dara's body is actually younger on a molecular level than her out-of-shape counterparts. You see, studies have found that the act of exercising may actually protect the body against the aging process.

What does this mean to you?

It means that you literally can turn back the clock. By exercising efficiently and effectively, you can actually make your body more youthful as well as look and feel better. Now, does that mean that we all have to spend hours in the pool training like an Olympian? Thankfully, no. When you look at the workouts that Dara does, you may be surprised to see the amount of time she spends strength training instead of in the pool. She knows that weight training restores muscle, increases bone density, improves mobility and cardiovascular fitness, all of which allow her to do her job of swimming more efficiently.

Traditionally, conventional strength training required multiple hours in the gym and often ended up in strained muscles and joints. However, there is a different way of training that provides results in far less time with far less chance of injury. SuperSlow, or high intensity weight training, uses very slow repetitions (20 seconds per rep) along with vigilant



focus on form and intensity which results in quicker muscle gain and reduced wear and tear on joints and ligaments. By going slow, the aid of momentum is removed and more muscle fibers are engaged with each movement.

Although it is intense, it is safe enough to be done by the elderly those with injuries. Because of the increased intensity and effectiveness, the workout is far more efficient since a whole body workout takes 30 minutes each week as opposed to 3 - 6 hours in a traditional training program - giving you more time to do the things you really want to do. Whether it's training for the Olympics, taking another meeting, or getting more time with your family.

So if you really want to turn back time, take a lesson from the beautiful, powerful 41-year-old woman on all the magazine covers last month. Get moving and pick up those weights!

McKerrin Kelly is the Managing Director of Super-Slow Brentwood and holds certifications in Fitness for Older Adults, SuperSlow Training, Stress Management and Performance Enhancement, Postural Alignment and Kids Yoga. For more info please visit www.superslowbrentwood.com or call 310-979-0123.

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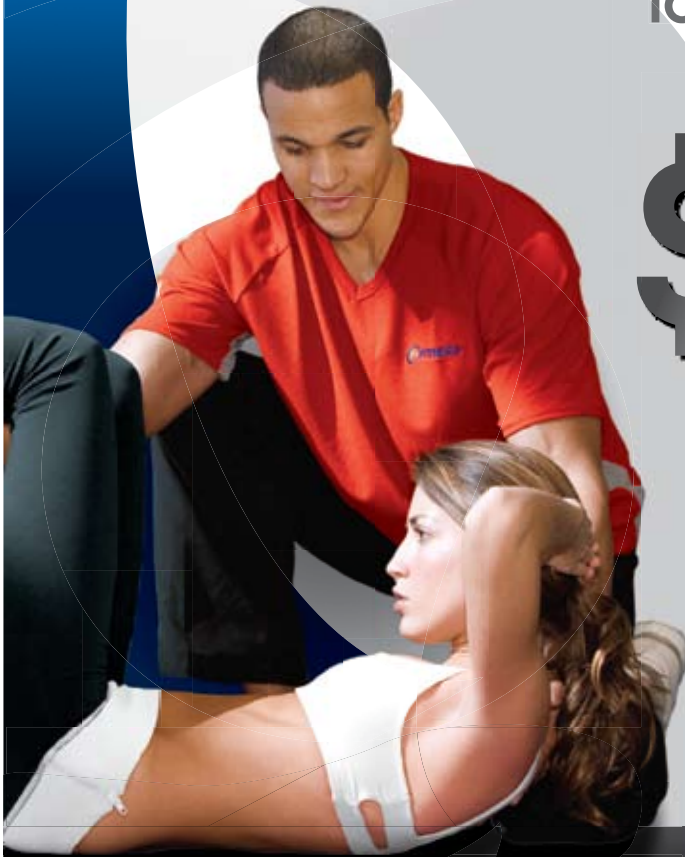
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GOOD MEDICINE HEALTH AND WELLNESS FESTIVAL

SUNDAY, SEPT. 14, 11AM. The Music Box @ Fonda, 6126 Hollywood Blvd, Hollywood. Good Medicine is a natural wellness festival produced by New Earth Organization. Their mission is to provide the experience, education, and resources necessary to awaken each individual's innate power to self-heal. For more info visit www.thegoodmedicine.org.

LOS ANGELES COUNTY HEART WALK

Saturday, September 27, 2008, 8am, Exposition Park. Join the American Heart/Stroke Association's fight against heart disease and stroke. For more info call 213-291-7000 or visit www.heartwalkla.org

PARKINSON'S DISEASE SUPPORT GROUP

First Thursday of every month. 2 to 3:30 p.m. Cedars-Sinai Medical Center, Thailians Mental Health Center. 2nd Floor Cafeteria. Affiliated

with the American Parkinson Disease Association Information and Referral Center at Cedars-Sinai Medical Center. For more info contact Linda O'Connor (310) 423-7933.

LA DOWNTOWN ART WALK

2nd Thursday of each month. The Downtown Art Walk is a monthly, self-guided tour of the art exhibition venues in Downtown Los Angeles, which includes commercial art galleries, public museums, and non-profit arts venues. For more info visit: downtownartwalk.com

IRISH SET DANCE CLASSES

Every Tuesday 7:30pm - 9:30pm. Columban Fathers House, 2600 N. Vermont Ave, Los Angeles. The Los Angeles Irish Set Dancers offer ongoing adult classes in set dance. No previous experience is necessary, nor do you need to bring a partner--everyone is welcome! Phone: (818) 504-2210. For more info visit: www.irishdancelosangeles.com



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