

BREAST CANCER AWARENESS: EARLY DETECTION, PG. 18

LA HEALTH NEWS

October 2008 | ISSUE 91 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

PLASTIC
BOTTLE
ALERT

5 TIPS FOR
AVOIDING
BPA

Vision
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CORRECTIVE EYE
SURGERY OPTIONS

Dr. Paul J. Dougherty, Dr. Joseph J. Gindi,
Dr. James J. Salz, Dr. Thomas S. Tooma

WORST
WEEK'S

Erinn
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On Fitness, Carb Control & Discipline

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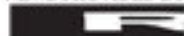
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editor-in-chief/publisher Mark Ariel
marketing director Stanford Altamirano
office manager Robyn Cohen
sales executive Ari Suszman
Eric Kim
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contributing writers Nathan Newman, M.D.
Dr. Arman Dayan
Bruce Beard, DDS
Dr. Neda Ladjevardi
Brendan Brazier
Dr. Mina Mortezaei
Lori Weston
Moeiz Koshki, D.D.S.
Zouhler Elias, M.D.
Manoucher Rashti, M.D.
Rob Brennan
Ellen Wulhorst
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PROUD MEMBER OF:



editor's letter

Lose Weight, Feed the Hungry

Want to drop those excess pounds and help a worthy cause? Now, losing weight can improve someone else's life as well as your own.

Weight Watchers is kicking off a program that it hopes will not only inspire Americans to lose weight, but to help those at home and abroad who are suffering from hunger and malnutrition.

The company said it will donate the cost of a pound (0.45 kilos) of food aid for every pound its members shed for a six-week period, up to \$1 million, to the charities Share Our Strength and Action Against Hunger.

"I love the fact that we will be able to contribute up to \$1 million" to these groups, said David Kirchoff, president and CEO of Weight Watchers International.

"But if we can inspire in our own little way this grass-roots movement of doing local food drives all across the country, maybe that is the example we can help set and others will join us."

Kirchoff got the inspiration for the program when he visited a local chapter of Weight Watchers in Seattle last year. The coordinator at the chapter encouraged clients to save a pound of food at home for every pound they lost.

The Seattle group donated over 2,000 pounds of food to local food banks.

There are 1.6 billion overweight people in the world and 862 million who are underfed, according to the World Health Organization.

Kirchoff said the company will also encourage its local chapters to donate non-

**There are 1.6 billion
overweight people
in the world and
862 million who
are underfed**

perishable foods to local food banks and pantries where the need is great.

During a recent visit to a distribution center of the Food Bank for New York City, which helps an estimated 1.3 million people annually, Kirchoff said they only had three million pounds of food on hand but the center had the capacity to hold 10 million pounds of food.

He added that rising food and energy prices are forcing more working families to turn to food banks for help.

Mark Ariel
Editor-in-Chief

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Stress May Increase the Risk of Breast Cancer

The results of a new study support an interaction between severe life events, psychological distress, and breast cancer. The findings appear in the online BioMed Central journal BMC Cancer. "Young women who are exposed to severe life events more than once should be considered as a risk group for breast cancer and treated accordingly," first author Dr. Ronit Peled said in a telephone interview with Reuters Health.

EXERCISE MAY HELP PREGNANT WOMEN STOP SMOKING

Physical exertion may help pregnant women stop smoking, researchers said last month, after two small studies showed a quarter of women who exercised regularly while expecting a baby quit smoking. The British scientists said the quitting rate was about the same as for people who use nicotine replacement.

GENE LINKED TO MELANOMA

A variation of the gene for the vitamin D receptor appears to increase the risk of melanoma, a serious and sometimes fatal skin cancer, researchers report. The authors believe that the altered form of the receptor is less able to bind to vitamin D, a vitamin that can be produced in sun-exposed skin. Prior research has suggested that this binding helps protect against melanoma.

BODY PAIN MAY BE DUE TO CHRONIC SINUS TROUBLE

Ongoing sinus inflammation, also called chronic sinusitis, may be at least partly to blame for the aches and pains in older adults, according to recent research. The research also shows that endoscopic sinus surgery to clear clogged sinuses can bring significant pain relief.

CALORIE RESTRICTION NOT LINKED TO BONE LOSS

A calorie restriction diet does not cause bone loss in young, overweight adults, provided adequate amounts of calcium and other nutrients are maintained, according to recent research. The aim of a calorie restriction diet is to reduce daily calories by 20 to 40 percent compared with the average intake, while still maintaining optimal nutrition. As such, it is sometime referred to as CRON, for "calorie restriction with optimal nutrition."

HORMONE DISCOVERY MAY HELP COMBAT DIABETES

Scientists have identified a member of a new class of hormones produced by body fat that they think could lead to fresh approaches to combat diabetes and other conditions related to obesity. The hormone prevents the liver from accumulating fat and enhances the body's ability to control glucose, scientists led by Gokhan Hotamisligil of the Harvard School of Public Health wrote on Thursday in the journal Cell.

COVIDIEN MAY UP LEUKEMIA RISK

Covidien Ltd has warned doctors its injectable drug, Phosphocol P 32, may increase the risk for leukemia when used to treat conditions not approved by regulators, the Food and Drug Administration said last month. Phosphocol P 32, made by its Mallinckrodt Inc unit, is approved to treat fluid leaking in the lungs or abdominal cavity caused by spreading diseases such as cancer or infection.

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PLASTIC BOTTLE SCARE

COMPANIES SEEK ALTERNATIVES TO PLASTIC CHEMICAL

By Will Dunham



Worries about a chemical found in many plastic products have created opportunities for companies catering to the growing market for products made without bisphenol A.

But the plastics and food packaging industries, which defend the safety of bisphenol A or BPA, argue that particularly for certain uses there are no alternatives that can do everything BPA can do.

And they caution that chemicals that may be embraced now as safer alternatives to BPA eventually might turn out to pose their own set of health concerns.

Some scientists and activists said a major study published last month linking BPA to heart disease and diabetes will put more pressure on regulators to crack down on the compound. They want BPA banned at a minimum in children's products such as baby bottles.

BPA has been used in many products for decades. It is used to make polycarbonate plastic, a transparent, durable and shatter-resistant material in products including water bottles, plastic utensils and medical devices.

But it can leach out of plastic into liquid such as baby formula, water or food inside a container.

Some retailers, including Wal-Mart and Target, are phasing out products made with BPA.

Industry officials said the big chemical companies and food package manufacturers are exploring alternatives to BPA, but said banning the chemical would be unwise and unwarranted.

"An alternative would have to be found that, number one, works, that provides the necessary function. The second big hurdle is that the alternative should be at least as safe," Steven Hentges of the American Chemistry Council industry group said in a telephone interview.

5 TIPS FOR AVOIDING BPA

Although completely eliminating exposure to BPA may not be possible, there are steps you can take to reduce your family's exposure to this chemical, according to the Environmental Working Group.

1. When possible it is best to avoid #7 plastics, especially for children's food. Plastics with the recycling labels #1, #2 and #4 on the bottom are safer choices and do not contain BPA.
2. Find baby bottles in glass versions, or those made from the safer plastics including polyamine, polypropylene and polyethylene. Soft or cloudy-colored plastic does not contain BPA. Bottles used to pump and store expressed breast milk by the brand Medela are also labeled BPA-free.
3. Many metal water bottles are lined with a plastic coating that contains BPA. Look for stainless steel bottles that do not have a plastic liner.
4. While the levels of BPA that leach from hard plastics are generally low, the group recommends avoiding use of plastic containers to heat food in microwaves. Ceramic, glass, and other microwaveable dishware are good alternatives.
5. Avoid using old and scratched plastic bottles.

For more info visit the Environmental Working Group, www.ewg.org.

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Whole Grains, Leafy Greens May Lower Diabetes Risk

A diet filled with plenty of whole grains, fruits and vegetables, and low-fat dairy may help people lower their risk of type 2 diabetes, regardless of their race or ethnicity, a new study suggests.

On the other hand, researchers found, a diet high in red meat, high-fat dairy and refined grains may boost the odds of diabetes development.

Type 2 diabetes is closely linked to obesity and it's known that maintaining a healthy weight through diet and exercise reduces the risk of developing the disease. There is also evidence that diet affects diabetes risk independent of a person's weight.

The new findings, reported in the

medical journal *Diabetes Care*, highlight the importance of the whole diet -- rather than focusing on certain foods or food groups that might be beneficial.

A diet high in red meat, high-fat dairy and refined grains boosts diabetes risk

Overall, the researchers found that people whose diets were highest in whole grains, fruits, nuts, low-fat dairy and vegetables -- particularly leafy greens -- were 15 percent less likely to develop type 2 diabetes over 5 years than those who ate the lowest amounts of these foods.

In contrast, adults whose diets were high in red meat, high-fat dairy, refined grains like white bread, plus beans and tomatoes, saw their diabetes risk go up by 18 percent as a group.

STRICT MEDITERRANEAN DIET BENEFIT

Sticking strictly to a Mediterranean diet rich in fruits and vegetables offers substantial protection against cancer, heart disease and other major chronic illnesses, Italian researchers said last month. People who did this had a 9 percent drop in death from heart disease, a 13 percent reduction in incidence of Parkinson's and Alzheimer's disease and a 6 percent reduction in cancer compared to those who were not as diligent, their study found. The traditional Mediterranean diet is full of vegetables, fish and healthy fats such as olive oil, and low in red meat, dairy products and alcohol.

DIABETES DRUG MAY HELP TREAT OBESITY

Obese men and women may enhance a weight-loss program of lifestyle changes by adding a drug to lower blood sugar levels, researchers report. Pramlintide is currently approved by the FDA for diabetes to take in combination with insulin to control their blood sugar levels. Larger, longer-term studies must confirm the safety and efficacy of pramlintide as a weight loss medication, researchers said.

DIETARY TRANS FATTY ACIDS FETAL LOSS LINK

Trans fatty acids, the much maligned 'solid' fats implicated as artery-clogging contributors to cardiovascular disease, may also increase the risk of fetal death during pregnancy, study findings suggest. Researchers found a higher percentage of fetal loss among women who consumed higher levels of trans fatty acids. Trans fatty acids, also known as trans fats, are common in processed foods that list partially hydrogenated oils as an ingredient.



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MONEY TROUBLE

MANAGING YOUR STRESS IN TOUGH ECONOMIC TIMES

By Patrick Tsakuda

Money and work are two of the top sources of stress for almost 75 percent of Americans, according to recent American Psychological Association survey. Add to the mix headlines declaring a looming economic recession, and many begin to fear how they

can handle any further financial crunch.

But, like most of our everyday stress, this extra tension can be managed. Psychologists first recommend taking pause and not panicking. While there are some unknown effects in every economic downturn, our nation has experienced recessions before. There are also healthy strategies available for managing stress during tough economic times.

The American Psychological Association offers these tips to help deal with your stress about money and the economy:

1. Pause but don't panic. Avoid the tendency to overreact or to become passive. Remain calm and stay focused.

2. Identify your financial stressors and make a plan. Write down specific ways you and your family can reduce expenses or manage your finances more efficiently. Then commit to a specific plan and review it regularly.

3. Recognize how you deal with stress related to money. In tough economic times some people are more likely to relieve stress by turning to unhealthy activities like smoking, drinking, gambling or emotional eating. The strain can also lead to more conflict and arguments between partners. Be alert to these behaviors -if they are causing you trouble, consider seeking help from a psychologist or community mental health clinic before the problem gets worse.

4. Turn these challenging times into opportunities for real growth and change. Think of ways these economic challenges can motivate you to find healthier ways to deal with stress. Try taking a walk-it's an inexpensive way to get good exercise. Having dinner at home with your family may not only save you money, but help bring you closer together. Consider learning a

new skill. Use this time to think outside the box and try new ways of managing your life.

5. Cut back on stimulants. Stress, anxiety, insomnia, and a racing mind are byproducts of taking in too much caffeine. Switch to decaf coffee, or better yet, drink herbal tea. Also, cut out sodas and other drinks that are packed with stimulants.

6. Breathe deeply. Inhale deeply through your nose. Pull the air all the way down, deep into the lungs. Hold the breath for a count of six. Exhale slowly through the mouth to the count of six. Do this for several minutes.

7. Ask for professional support. Credit counseling services and financial planners are available to help you take control over your money situation. If you continue to be overwhelmed by the stress, you may want to talk with a psychologist who can help you address the emotions behind your financial worries, manage stress, and change unhealthy behaviors.

For more info visit The American Psychological Association APA Help Center at www.apahelpcenter.org.





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Take The Stairs For A Healthy Heart

Using the stairs at work instead of taking elevators could be a life saver.

A small Swiss study released on last month showed that walking up and down stairs for three months, without recourse to the lift, increased levels of fitness dramatically.

In fact, the improvement in aerobic capacity was equivalent to a 15 percent fall in the risk of dying prematurely from any cause.

Subjects also saw marked reduction in waist size, body fat, blood pressure and cholesterol -- all of which are known risk factors for heart disease.

Philippe Meyer of the University Hospital in Geneva studied 69 employ-

ees of the university with a sedentary lifestyle, defined as less than two hours of exercise a week and fewer than 10 flights of stairs climbed a day.

After not using elevators for 12 weeks, they increased their use of stairs to an average of 23 stories ascended or descended a day from five before, with a resulting sharp increase in fitness levels.

"This suggests that stair climbing at work may have major public health implications," Meyer told the annual meeting of the European Society of Cardiology. "However, the results of the pilot study need to be confirmed in a larger randomized controlled trial."

Subjects also saw reduction in waist size, body fat, blood pressure and cholesterol

EXERCISE CUTS CANCER RISK

Adults who are regularly active, whether through exercise or work, are less likely to develop a range of cancers, a new study suggests. The study, which followed nearly 80,000 Japanese adults for up to a decade, found that regularly active men and women had lower risks of developing any type of cancer. When the researchers looked at specific types of cancer, they found that exercise was linked to lower risks of colon, liver, pancreatic and stomach cancers.

SWEATING MAY OFFER ASTHMA PROTECTION

Active people who are prone to sweating may have some built-in protection from exercise-induced asthma attacks, a new study suggests. The unusual connection suggests that the same mechanisms responsible for generating a person's sweat "volume" also determines the amount of water secreted by the airways, the researchers speculate. Essentially, they say, people who sweat less may also have drier airways, which could make the airways more likely to constrict and cause breathing problems during exercise.

TREADMILL IMPROVES WALKING AFTER STROKE

For people who have suffered a stroke, walking can be improved by treadmill exercise, researchers report. The exercise appears to help the brain re-learn walking. "The results clearly demonstrate that long-term stroke damage is not immutable and that with exercise it's never too late for the brain and body to recover," Dr. Daniel F. Hanley, from Johns Hopkins University School of Medicine in Baltimore, said.



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FIGHTING BREAST CANCER

OCTOBER IS DESIGNATED AS BREAST CANCER AWARENESS MONTH. CANCER TYPES, TREATMENT OPTIONS, SCREENING

By Yolanda Martinez

Breast cancer is the most common cancer in women in the United States. Right now there are slightly over 2 million women living in the United States who have been treated for breast cancer.

Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast.

There are several different types of breast cancer that can be divided into two main categories - noninvasive cancers and invasive cancers. Non-invasive cancer may also be called "carcinoma in situ." Noninvasive breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues. The two types of noninvasive breast cancers are ductal carcinoma in situ (referred to as DCIS) and lobular carcinoma in situ (referred to as LCIS).

It is known that hormones in a woman's body,

such as estrogen and progesterone, can play a role in the development of breast cancer. In breast cancer, estrogen causes a doubling of cancer cells every 36 hours. The growing tumor needs to increase its blood supply to provide food and oxygen. Progesterone seems to cause stromal cells (the woman's own cells to send out signals for more blood supply to feed the tumor.

- Non-invasive breast cancer. The majority of non-invasive breast cancers are DCIS. In DCIS, the cancer cells are found only in the milk duct of the breast. If DCIS is not treated, it may progress to invasive cancer.

In LCIS, the abnormal cells are found only in the lobules of the breast. Unlike DCIS, LCIS is not considered to be a cancer. It is more like a warning sign of increased risk of developing an invasive breast cancer in the same or opposite breast. While LCIS is a risk factor for invasive cancer, it doesn't actually develop into invasive breast cancer in many women.

• **Invasive breast cancer.** Invasive or infiltrating breast cancers penetrate through normal breast tissue (such as the ducts and lobules) and invade surrounding areas. They are more serious than noninvasive cancers because they can spread to other parts of the body, such as the bones, liver, lungs, and brain.

There are several kinds of invasive breast cancers. The most common type is invasive ductal carcinoma, which appears in the ducts and accounts for about 80 percent of all breast cancer cases. Not all breast cancers are alike - there are different stages of breast cancer based on the size of the tumor and whether the cancer has spread. For doctor and patient, knowing the stage of breast cancer is the most important factor in choosing among treatment options. In recent years, there's been an explosion of life-saving treatment advances against breast cancer, bringing new hope and excitement. To learn more about various treatment options and side effects - visit: www.breastcancer.org/treatment



EARLY DETECTION

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipple
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on one nipple

Mammography screening remains the best available method to detect breast cancer early. It is suggested women Obtain regular mammography screening starting at the age of 40; obtain annual clinical breast exams; perform monthly breast-self exams and obtain a risk assessment from a physician.

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EMOTIONAL EATING 101

DR. MIGNON MARQUINA EXPLAINS WHY DIETS DON'T WORK

Why is it so difficult to give up the chocolate bars, chips and soda? Or the late evening nightcap that converts readily to fat while you sleep?

For many, emotional eating and food addiction are at the helm of binge eating and over-eating. We've all heard that diets don't work. Why is it that you can deprive yourself of all the things you really enjoy eating, and still be overweight when it's all said and done?

Of course cutting calories will help you lose weight, but losing weight won't solve your desire to be happier, have more fun, fall in love, have more friends, be less critical of yourself, or many of the other goals people hope to achieve from calorie slashing alone. Losing weight and improving your nutrition, will help lower your risk for

many weight related health problems. However, the sense of deprivation you sometimes feel when you don't eat what you crave can unleash your inner binge eater, and lead to rapid weight regain if you haven't addressed the reasons why you eat.

For many it often has nothing to do with hunger. In the end, it's a better understanding of the problem that helps you get past it. It's not the chocolate, chips or soda that has to be eliminated. It is the reason why you need them that deserves your focus.

For help with emotional eating and food addiction, contact **Dr. Mignon Marquina**, author of this article. Dr. Marquina is a graduate of Stanford School of Medicine and USC Department of Family Medicine. She is a member of the American Bariatric Society, and founder of the Live-RiteLA Program. Visit www.live-riteLA.com or call 888-516-1191 for more information

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Mignon Marquina, MD

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VISION QUEST

LA DOCTORS
DISCUSS
CORRECTIVE
EYE SURGERY
OPTIONS. WHICH
PROCEDURE IS
RIGHT FOR YOU

By Mark Ariel

Until contact lenses were popularized in the 1950s, eyeglasses - for at least the past seven centuries - had been the only practical way to correct refractive vision errors.

Now, several modern approaches to corrective eye surgery range from laser reshaping of the eye's surface in procedures such as LASIK and PRK to surgical insertion of artificial lenses to correct eyesight.

"There are 3 main ways to correct refractive error (blurring of the eyes requiring glasses or contacts to see well)," explains ***Dr. Paul J. Dougherty, M.D.***, medical director of Dougherty Laser Vision. "Laser vision correction (LASIK and PRK), Visian ICL and refractive lensectomy (cataract surgery with and intraocular lens (IOL). All three types of surgery take between 3 and 8 minutes per eye, with both eyes typically having surgery the same day. Despite a common misconception, all 3 types of surgery can be performed in a way that maintains or creates reading vision for patients over age 40 with a technique called monovision (blended vision) - where one eye is corrected or left as a distance eye and the other eye is corrected or left as a reading eye. Unfortunately, many surgeons offer laser vision correction as their only vision correction alternative because of lack of experience or familiarity

with the other procedures, which may be better suited to the patient," says Dr. Dougherty.

LASIK, PRK

LASIK is the most common surgery performed and can treat nearsightedness, farsightedness and astigmatism. LASIK involves creating a flap in the cornea (clear window in the front of the eye) and then gently sculpting the underlying cornea with an excimer laser (cool ultraviolet light laser that removes tissue without scarring). With LASIK, vision returns within a few hours with minimal discomfort. PRK (photorefractive keratectomy), also known as flapless LASIK, involves brushing away the surface cells (epithelium) of the eye and then using the excimer laser to gently sculpt the front surface of the cornea to treat the same conditions as LASIK. Because the surface cells are removed and take time to heal in PRK, vision is blurry for the first week and continues to improve over the first 3 months after the procedure. Patients may experience burning, stinging or discomfort in the first few days after PRK. "Typically, patients prefer to have LASIK, and only have PRK when recommended by the surgeon because of thin corneas, irregular corneal shape or severe dry eyes," explains Dr. Dougherty. Costs range from \$1500 to \$3000/eye for laser vision correction.

"LASIK is my preferred method, as it provides the patient with the most rapid and predictable visual improvement with a minimum of discomfort," states Dr. Joseph J. Gindi, M.D., of Century City Eye Laser Center. PRK is somewhat more uncomfortable for the patient, with symptoms of discomfort and less rapid visual correction. In the presence of cataracts, these procedures are superseded by cataract surgery with lens replacement, in itself a refractive procedure, which helps eliminate the need for glasses while eliminating the haziness and distortion created by the cataract," explains Dr. Gindi.

VSIAN ICL

The Versian ICL is an alternative to laser vision correction for nearsightedness where an implant is placed in the eye in front of the natural lens through a tiny incision in the cornea. Surgery is performed both eyes on the same day. Vision returns immediately, but may remain blurry for the first few days. Discomfort is minimal. Versian ICL treats both nearsightedness at ranges equivalent to LASIK as well as patients that have a prescription too high for LASIK.

REFRACTIVE LENSECTOMY/IOL

Lastly, refractive lensectomy/IOL is reserved for patients with age greater than 48 (since younger patients still have zooming of the natural lens that allows for

reading) and either a very high prescription outside the range of LASIK or early or advanced cataract (clouding of the natural lens), explains Dr. Dougherty.

Patients up to age 65 or 70 (if they do not have a cataract) are still eligible for LASIK or Versian ICL, which are both a little less invasive than lensectomy.

Deciding which surgery suits which patient best is a complex process based on the experienced surgeon's determination of the patient's prescription, age, occupation, hobbies and driving habits, which determine the patient's visual needs.

"To summarize," concludes Dr. Dougherty, "LASIK is for low and moderately nearsighted, farsighted and astigmatic patients, PRK is for those who can't have LASIK because of the corneal thickness or shape. Versian ICL is for patients with low to moderate nearsightedness who demand the highest quality vision and can afford to pay a little more than LASIK or for patients with higher nearsightedness who can not have LASIK. IOLs are reserved for patients over 48 years of age who have cataracts or are outside the range of LASIK or ICL.



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CREAM GUARDS SKIN FROM UV DAMAGE

A cream containing vitamin C, vitamin E and ferulic acid protects the skin from sun damage and reduces cancer-associated mutations in skin cells, new research shows. The cream's "mechanism of action is different from sunscreens and would be expected to supplement the sun protection provided by sunscreens," Dr. Sheldon R. Pinnell of Duke University Medical Center reports. Pinnell is a consultant to SkinCeuticals-L'Oreal, which makes the cream and also helped to fund the study.

TOO MUCH SUN SKIN AGING LINK

Extended sun exposure may contribute to skin aging by blunting the skin's ability to produce collagen in response to estrogen, new research published in the Archives of Dermatology suggests. In both natural skin aging and skin aging due to sun exposure, known as photo aging, the skin's production of the key structural protein collagen is reduced, while existing collagen in the skin is degraded, researchers report.

ACUPUNCTURE "NON-SURGICAL FACELIFT" OPTION

Facial acupuncture treatment, dubbed "non-surgical face-lift" has grown in popularity over the past few years, according to a recent Reuters Health report. Acupuncture, which has been used for more than 2,000 years, involves stimulating certain points on the body, known as "qi" with needles, heat, pressure. Practitioners specializing in cosmetic acupuncture insert between 25 and 75 needles on the face to increase the circulation and stimulate collagen production, which fills in wrinkles, tightens sagging skin and eyelids and brightens a dull complexion.



Report Raises Alarm Over Girls' Beauty Obsession

America's obsession with beauty is posing serious problems for the health and economic well-being of women and young girls, according to a report on Monday on the pursuit of physical perfection and the rise in cosmetic surgery.

The nonprofit YWCA in the United States said women and girls are spending increasing amounts of money to look like idealized, air-brushed magazine models.

The report, Beauty at any Cost, noted U.S. women spent some \$7 billion a year, or an average of about \$100 each, on cosmetics and beauty products.

That \$100 a month, if saved and invested for five years, would pay for a full year of tuition and fees at a public college, the report calculated.

"We believe that the obsession with idealized beauty and body image is a lifelong burden that takes a terrible toll on all young girls and women in this country," said YWCA USA Chief Executive, Dr. Lorraine Cole.

"What's really new here is the sheer extent to which women and girls are now willing to go...to be 'beautiful,' according to standards perpetuated by a youth-obsessed media culture with literally thousands of messages, 24 hours a day," she said.

Nearly 11.7 million cosmetic surgical and nonsurgical procedures were performed in the United States in 2007 -- a 446 percent increase in 10 years, according to the American Society for Aesthetic Surgery.

U.S. women spend \$7 billion a year on cosmetics and beauty products

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BEST WEEK

ERINN HAYES,
MELANIE CLAYTON
IN THE NEW CBS
COMEDY SERIES
WORST WEEK: "IT'S
REALLY ALL ABOUT
DISCIPLINE"

By Mark Ariel

No drama, no embarrassing indiscretions, no diva-like behavior, Erinn Hayes, currently playing Melanie Clayton in the new CBS comedy series "Worst Week," seems to be a rare commodity in Hollywood these days: just a hard working, down to earth actor, dedicated to her craft.

Hayes' first series regular role was in "On The Spot" opposite comedy legend Tim Conway. More recently, Hayes appeared as the female lead in the television series "The Winner."

Her other television credits include "Kitchen Confidential," "Unhitched," "Notes From the

Underbelly," "Will & Grace" and "Shark," on the Network. In addition, Hayes starred as "Pam Dawber aka Mindy" in the television movie "The Unauthorized Story of Mork and Mindy."

Fitness-wise, Hayes works out 4 to five days a week, dividing her workout time between cardio and weights. She also enjoys snowboarding, playing volleyball and yoga.

"I consider staying in shape and eating right part of my job," Hayes confides. "I'm not really a diet person - so I don't follow a set plan. But I watch what I eat. Lean protein, lots of veggies, keeping refined sugar to a minimum - that's more or less the game plan."

"I'm not obsessive about my diet - but if I need to be strict with myself - I can do that," Hayes reveals.

A few weeks before shooting "Worst Week," for example, Hayes says she cut out carbs and sugar completely. "It's really all about discipline. You do what you have to do."

Catch Erinn Hayes on "Worst Week," Mondays at 9:30pm on CBS.



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Yoga Eases Physical And Mental Menopause Symptoms

Yoga can reduce hot flashes and night sweats among women going through menopause, and also appears to sharpen their mental function, researchers from India report.

To investigate whether yoga would help women with physical and cognitive symptoms of menopause, they randomly assigned 120 menopausal women, 40 to 55 years old, to yoga practice or simple stretching and strengthening exercises five days a week for eight weeks.

The postures, breathing and meditation included in the yoga intervention were "aimed at one common effect, i.e. 'to develop mastery over modifications of the mind' ... through 'slowing down the rate of flow of thoughts in the mind,'" the researchers explain.

Women in the yoga group also listened to lec-

tures on using yoga to manage stress and other yoga-related topics, while those in the control group heard lectures on diet, exercise, the physiology of menopause, and stress.

After eight weeks, women in the yoga group showed a significant reduction in hot flashes, night sweats, and sleep disturbances, while the women in the control group did not, researchers found.

Both groups showed improvements in a test of attention and concentration, although improvement in the yoga group was significantly greater. In a test of memory and intelligence with 10 components, the yoga group improved on eight, while the control group improved on six. Improvements were significantly greater in the yoga group than in the control group on seven of the subtests.

**YOGA PRACTICE
REDUCED HOT
FLASHES, NIGHT
SWEATS, AND SLEEP
DISTURBANCES**

PINE BARK EXTRACT MAY REDUCE PAIN

An inflammation-fighting plant extract may offer some pain relief to people with mild knee arthritis, a new study suggests. Researchers found that knee arthritis sufferers who took pine bark extract (marketed under the brand-name Pycnogenol) for three months reported an improvement in their pain, while those given a placebo had no improvement.

AUDIO RELAXATION HEALTH BENEFIT

Listening to an audio relaxation program may help lower blood pressure in the elderly more so than listening to a Mozart sonata, according to a recent report. It may be that the guided relaxation group members were better able to connect their mind with their body, researchers explained, or perhaps some of the Mozart listeners may have just listened to the music without consciously trying to relax their body.

OLIVE LEAF EXTRACT MAY LOWER BLOOD PRESSURE

A supplement containing olive leaf extract may help lower blood pressure and cholesterol in people on the brink of developing high blood pressure, a new study suggests. The leaves of the olive tree have been used for medicinal purposes since ancient times, and modern lab research suggests that olive leaf extracts have antibacterial, anti-inflammatory and antioxidant actions. There is also evidence that the extracts have properties that could lower blood pressure. Olive leaf extracts are available over the counter, but people with high blood pressure, or any medical condition, are advised to consult their doctor before self-prescribing a supplement.



MEDICAL INTUITION ENERGY MEDICINE

WHEN WE DISCOVER
THE REAL CAUSES OF
ILLNESS USING
INTUITION, WE CAN
CULTIVATE HEALTH
AND WELL-BEING

By Dr. Liliana Cerepnalkoski

Medical Intuition and Energy Medicine are emergent disciplines derived from ancient spiritual traditions. Today, these subjects are being rediscovered and researched using western scientific methodology.

Intuition is a sixth sense, an innate ability we all possess but have been discouraged from using. We often ignore, dismiss or rationalize

intuition and rely on the rational mind. There are more ways of knowing beyond our five physical senses and our technology. The mysteries of existence, consciousness, and the Universe are immense. The more we know, the more there is to know.

Intuition is not a gift, but a skill. Just like everybody can learn how to play the piano or play tennis up to a certain level, everybody can learn to use intuition. Training, study, practice, innate ability and talent create a good medical intuitive, just like they create a concert pianist or a tennis champion.

Intuition includes clairvoyance (seeing, without the physical eyes), clairaudience (hearing, without the physical ears), clairsentience (kinesthesia, feeling with the body), and claircognizance (direct knowing, not based on the logical mind.) All forms provide access to the non-physical worlds and non-physical guidance.

When we discover the real causes of the illness using intuition, we can cultivate health and well-being. We habitually expend more time and energy fulfilling the ego's (the "image" created about us) agenda while the incarnational purpose of the soul is ignored. This leads to imbalances in the energetic system which may eventually manifest as physical or mental illness, emotional disharmony, difficult relationships or radical disconnection from the self, others, the Earth and the Universe.

Dr. Liliana Cerepnalkoski is a pioneer in the fields of medical intuition and energy medicine. She maintains a consulting practice in Los Angeles and also works long distance on the phone. For more information please visit www.DrLiliana.com or call (310) 772-8270.



Dr. Liliana

Medical Intuitive and Energy Healer



p (310) 772-8270

f (310) 772-8270

info@DrLiliana.com

DrLiliana.com

Dr. Liliana Cerepnalkoski is a medical intuitive, energy healer and lecturer. She is a pioneer and a new voice in the fields of medical intuition, energy medicine, human consciousness and transformation. She completed her medical studies at the University Saints Cyril and Methodius School of Medicine in Skopje, Macedonia (former Yugoslavia).

She completed the Three Level Master Training Program in Intuition at the National Institute for the Clinical Applications of Behavioral Medicine, and also attended numerous seminars and courses with eminent visionaries in the fields of medical intuition and energy medicine.

Also, she is a member of the International Society for the Study of Subtle Energies and Energy Medicine, a member of the Institute of Noetic Sciences, and an ordained Christian minister.

Is Cosmetic Dentistry Right For You?

By Bruce F. Beard, DDS

People seek cosmetic dentistry for a variety of reasons. Some people simply want to look younger, and cosmetic dentistry is like a dental facelift that can quickly "reverse" the natural aging process of the teeth. Others, the majority, have had unattractive teeth their whole lives and have always felt self-conscious because of them. They will rarely smile, which can often hide a warm side of their personality.

Modern dentistry offers a wide variety of treatment options for people seeking to enhance their smile. The options range from Porcelain Veneers to Tooth Whitening to Implants to braces! In many cases, a combination of these techniques is required to deliver the best results.

PORCELAIN VENEERS

Porcelain Laminate Veneers, or simply "veneers", are custom-made porcelain shells that are placed over the front of the teeth to enhance their appearance and also to repair damage. Veneers can dramatically change a person's smile and help improve their self-confidence. Veneers can be used to improve a wide variety of cosmetic dental problems. They can whiten stained or discolored teeth, close gaps between teeth, "correct" a crooked smile without the need for braces, repair chips and imperfections, and create a more attractive or youthful looking smile. This process improves the teeth's appearance and strength.

TOOTH WHITENING

Tooth whitening involves the use of peroxide-based materials to whiten teeth. Most dentists use an in-office and/or at-home whitening system to achieve the desired results. The in-office systems peroxide gels coupled with a high intensity light to whiten the teeth. In about an hour, the teeth become four to six shades lighter.

TOOTH-SHAPING (ENAMELPLASTY)

Tooth shaping involves polishing or removing a small amount of the enamel of the teeth. Tooth shaping can shorten long teeth, round off pointed teeth, and help create a pleasing smile that gently follows the contour of the lower lip. The procedure is quick and painless (the enamel has no nerves), and is usually completed in less than 30 minutes.

RESIN OR TOOTH COLORED FILLINGS

Resin fillings, also referred to as composite, white fill-

ings or bonding, can make a substantial improvement in the appearance of the teeth in a short period of time. Resin is what dentists use to repair small cavities or chips in front teeth, as well as fill cavities cosmetically in back teeth. Resin cosmetic procedures can usually be completed in about an hour.

BONDED-BRIDGE

A bonded-bridge can replace a missing tooth in far less time than a traditional porcelain bridge or an implant. It is basically a resin or porcelain tooth with resin or metal wings on each side of it. It is ideal for a missing tooth in the front of the mouth, where biting forces are not that strong. I prefer the all resin bonded bridge. The procedure takes two appointments and very often does not need anesthetic.

GUM-LIFTS

Gum-lifts (gingivectomy) involve the removal of gum to make the teeth appear longer, and the gum-line even. People who have excess gum covering the front teeth and an upper lip that comes up high when they smile are often self-conscious about their "gummy" smile. An uneven gum-line can make the teeth appear to have different lengths, which takes away from the appearance of an attractive smile. When I do a veneer case, I often include a gum-lift, if needed, at no extra cost.

ORTHODONTICS

Orthodontics or braces can improve the appearance of teeth in children and adults who have crooked teeth or teeth with wide gaps. The new Invisalign procedure is totally cosmetic and very versatile.

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".

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In the U.S. and Canada, Yakult's cultured probiotic dairy shot-drink is sold in grocery stores primarily in California and some southwest regions. Around the world, Yakult is the world's leading probiotic beverage and is sold in more than 30 countries and regions. Consumption of the petite probiotic dairy drink exceeds 25 million bottles daily. Yakult was originally produced by microbiologist Dr. Minoru Shirota in 1935 in Japan.

While studying microbiology at the Medical School of Kyoto University, Dr. Minoru Shirota adopted the philosophy that intestinal health leads to a long life and set out to find certain lactic acid bacteria that could help fight harmful bacteria in the body. At this point in history, health care was expensive and many people lost their lives to infectious diseases caused by poor nutrition.

During his research, Dr. Shirota cultured a bacterial strain that was strong enough to survive harsh acids of the stomach and reach the intestines alive and, in turn, have a beneficial effect on the body. The probiotic strain was named *Lactobacillus casei* Shirota in his honor.

Thinking of a way that people would be motivated to ingest probiotics every day and be spared from suffering and disease, Dr. Shirota had the idea to pair the "friendly bacteria" with a delicious flavorful mixture that everyone would want to drink every day.

In 1935, he manufactured this drink for the Japanese market as "Yakult," which derived from the word "yogurt" in Esperanto, the proposed universal language of the 1880s.

For more info visit www.yakultusa.com.

PROBIOTICS MAY HELP SUPPORT DIGESTIVE HEALTH AND SAVE HEALTH CARE COSTS

By Victor Melamed

According to the National Center for Health Statistics, digestive system symptoms prompt approximately 33 million visits to the doctor's office and 3.6 million visits to the hospital each year. But there may be hope for sufferers. Individuals may try probiotics, or "friendly" bacteria, to help quell common digestive discomforts.

Clinical studies suggest that probiotic *Lactobacillus casei* strain Shirota helps to balance the digestive system and regulate motility, therefore potentially reducing the number of trips to the doctor and saving Americans in health care costs. *L. casei* Shirota, the first cultured probiotic in the world, is exclusive to The Yakult Company and is available in the affordably-priced consumer dairy beverage, Yakult.

Yakult's website, www.yakultusa.com, includes product information, nutrition facts, recommended use, searchable store locator database as well as the potential health benefits of probiotics.



Early Daycare Linked To Lower Asthma Risk

Children who attend daycare may have a lower risk of developing asthma later on, particularly if they start daycare between the ages of 6 and 12 months, a new study suggests.

The findings, published in the *Journal of Allergy and Clinical Immunology*, lend more support to the "hygiene hypothesis" — the theory that the increasingly germ-free surroundings of modern life are actually contributing to an increase in allergies and asthma.

It's thought that exposure to the coughs and sneezes of daycare may affect the developing immune system in a way that makes allergic reactions less likely. Exposure to viruses and other bugs may help push a baby's immune system toward infection-fighting mode, and away from a tendency to over-react to the normally

benign substances.

In the current study, researchers followed 1,085 children from birth to age 5. They found that those who attended daycare had a lower risk of wheezing by the time they were 5 years old, compared with children who stayed at home or with a babysitter.

The risk was particularly low among children who entered daycare when they were between the ages of 6 and 12 months. These children were 75 percent less likely than their peers who were cared for at home to develop a wheezing problem.

Similarly, children who went into daycare after the age of 12 months had a 35 percent lower risk of wheezing.

Exposure may push immune system toward infection-fighting mode

COPD PUTS BLACKS AT HIGH CANCER RISK

Blacks with a history of the chronic breathing disorder COPD have a far greater risk of developing lung cancer than whites who have the lung disease, researchers said last month. They said the high risk for blacks with chronic obstructive pulmonary disease highlights the need for better risk assessment tools that take race and ethnicity into account.

FIRE RETARDANT CHEMICAL FOUND IN CHILDREN

A fire retardant chemical used in electronics, toys and furniture has been detected in children's blood at triple the levels found in their mothers, the Environmental Working Group reported last month. A spokesman for the Bromine Science and Environment Forum, a trade group, said the flame retardant manufacturers group supported monitoring and analysis of "potential concerns" raised by the environmental group's study.

SCORCHING SUMMER DAYS BY 2100

Dangerously hot days are set to become more scorching by 2100 because of climate change with the U.S. Midwest or the Mediterranean region sizzling well above 40 degrees Celsius (104F), Dutch scientists said last month. They said the likely jump in temperatures on the hottest summer days would far outpace the average of year-round global warming this century projected by the U.N. Climate Panel. Heat waves can be a big threat to human health. "Such temperatures, if lasting for some days, are life-threatening and receive relatively little attention in the climate change debate," they wrote.



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PLAN TO LOSE

PLANNING MEALS MAKES YOU LESS SUSCEPTIBLE TO BAD CHOICES

By Joyce Barwick

Planning is key to weight management. Here are a few essential dieting tips to help you lose those unwanted extra pounds.

- Start your day with protein. Research shows that skipping breakfast makes it harder to get all the nutrients needed, slows your reaction time, and compromises weight control. Dieters who eat protein-enriched meals are less hungry and tend to eat fewer calories during the day.
- Learn the calorie value of food and practice portion control. When dining out plan to eat only half of what is on your plate.
- Aim for a greener plate. Cover 2/3 of the dish with plant-based foods (grains, vegetables, and fruit.) Plan your menu to use whole grains and mostly green vegetables. Fill the remaining third with lean protein.
- Fill up on low calorie fruits and vegetables first to keep your calories down and satisfy the appetite.

- Drink lots of water. Not only is water healthy, an ice-cold glass can do wonders for curbing your appetite.
- Eating small meals 4 to 5 times a day helps curb your appetite and keep your metabolic rate steady. Keep healthy snacks and low calorie finger foods on hand to avoid eating those high calorie ones.
- Plan your meals before you make that grocery store trip. Do not go to the store hungry!
- Contact ETCETERA MEDICAL, medical professionals specializing in weight management. They can formalize your program with the help you need and offer medication to curb your appetite when appropriate. Like anything worth doing, guidance from a professional is always key.

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Exercise Helps Seniors Cut Pounds, Keep Muscle

A combination of diet and exercise may help overweight older adults lose pounds without losing muscle, a new study suggests.

The study, which followed 64 overweight or obese adults ages 60 to 75, found that those who lost weight through diet and exercise became more fit and preserved more muscle mass than those who shed pounds by dieting alone. Exercise also helped the study participants burn more fat for fuel.

The findings suggest that the best way for older adults to lose excess weight is through diet and exercise together, according to the researchers.

"Exercise seems to be the key for maintaining muscle mass when older adults lose weight through dieting," Dr. Bret H. Goodpaster of the University of Pittsburgh told Reuters Health.

In addition, he said, some other benefits of exercise -- like increased fitness and fat-burning capacity -- are not seen with diet alone.

In their study, the researchers randomly assigned overweight, sedentary older adults to one of three groups: a reduced-calorie diet; a supervised exercise regimen; or a reduced-calorie diet plus the exercise program.

After 16 weeks, all three groups had lost weight, on average - but the diet-only and diet-plus-exercise groups were more successful than the exercise-only group.

However, dieters lost substantially more muscle mass compared with their exercising counterparts, the researchers found. What's more, both exercise groups improved their fitness levels and boosted their body's fat-burning capacity.

Exercise seems to be the key for maintaining muscle mass

SEIZURE DRUGS TIED TO BONE LOSS IN OLDER MEN

Use of certain seizure drugs called non-enzyme-inducing antiepileptic drugs or NEIAEDs (clonazepam, ethosuximide, gabapentin, and others) raises the risk of bone loss in older men, new research indicates. In the journal *Neurology*, Dr. Kristine E. Ensrud points out, "antiepileptic drug use may be associated with higher rates of bone loss because (the drugs) may have adverse effects on bone metabolism. On the other hand, antiepileptic drug use may be a marker of factors such as poor health...that are associated with greater rates of bone loss."

COLLABORATIVE CHARTS HELP TRACK MEDS

A simple chart can help older people taking multiple medications to stay organized, new research shows. Taking drugs as prescribed can be a major challenge for anyone, let alone senior citizens, who must often keep track of several medications at once, Dr. Daniel Morrow of the University of Illinois at Urbana-Champaign, the lead researcher on the study, told Reuters Health.

LOW VITAMIN B12 LEVELS TIED TO BRAIN SHRINKAGE

Older adults whose vitamin B12 levels are low but within the normal range may have a quicker rate of brain shrinkage as they age, researchers report. Vitamin B12 is vital for maintaining healthy nerve cell, and overt deficiency in the vitamin can damage the nervous system. Foods naturally rich in B12 include lean meat, fish and milk products -- as well as fortified breakfast cereals. The recommended dietary allowance for B12 in adults is 2.4 micrograms per day.





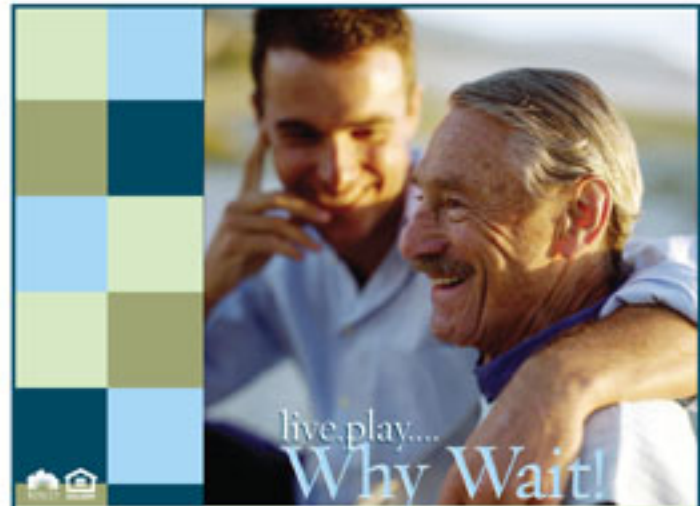
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CHEMOTHERAPY AND HAIR LOSS

By Marilyn Wayne
President, Hair Solutions of South Bay
www.sobayhairsolutions.com
310-375-3120

Chemo patients face an entirely different challenge dealing with hair loss brought on because of Chemotherapy treatments, unlike our fellow sisters who have lost their hair because of dozens of different medical reasons. Chemotherapy/radiation hair loss is only temporary and in some cases it grows back thicker. But expect changes. If it were straight before, it may come in curly and visa versa. Even the color may be different. The texture, pigment, and quality of the hair may be altered. Quite often, as an additional side effect, patients will have drier hair than they did before. It may come in thinner and leave patches that do not cover the scalp.

For many men and women, the prospect of losing their hair during chemotherapy and/or radiation therapy is devastating. If you're one of the people who have lost your hair or have patchy hair growth because of this, or are worried that you will lose your hair, Low Light Laser will help. It is painless, doesn't require messy topicals, pills, or painful needles.

Low Light Cool Lasers speed up the regrowth process and recover a healthy head of new hair. It is called The Revage 670 laser bringing faster recovery of the health of the hair and scalp, as well as improving the texture and quality. If the pigment has been altered, the laser helps restore it to the original color.

Low Light Lasers have been used for years to stop hair from falling out and to stimulate a dormant or dying follicles that are no longer producing thick, healthy hair. 30 lasers circulate around the scalp for 30 minutes, increasing blood flow by 55% bringing the much needed nourishment to the follicle. Hair stops falling out and after 3 to 6 months, in most cases new growth is noticeable. This process is approved by the FDA for safety, cosmetic and medical use. In fact, in 1903 the second Nobel Prize in medicine was awarded to the doctor who invented this photo therapy based treatment.

Laser treatments may be started after your last Chemotherapy.

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THE NUTRITIONAL VALUE OF FOOD AS STATED BY THE "LABEL CLAIM" IS PERTAINING TO WHAT IS IN THE FOOD, NOT WHAT THE BODY ACTUALLY GETS FROM IT

THE NET GAIN EFFECT

BOOSTING ENERGY THROUGH CONSERVATION, RATHER THAN CONSUMPTION

By Brendan Brazier

Are you a food label reader? Something to keep in mind is that the nutritional value of food as stated by the "label claim" is pertaining to what is in the food, not what the body actually gets from it. A more sensible way to assess the energy-providing attributes of food is to consider its net gain. The net gain of food is the term given to what we are left with once the food has been processed for energy by the body. We all know that the body gets energy from food in the form of several nutrients. However, the more energy the body has to expend to digest, assimilate and utilize the nutrients in the food we give it, the less we are left with.

An example would be the consumption of white bread. Have you ever eaten at a restaurant that served French bread before the main course? In the past, I would wolf down the bread and though my stomach was physically full, I would still be hungry. Since white bread is basically void of any useful nutrients, my body wanted to continue eating despite the fact that my stomach was full. To digest, assimilate and then eliminate the white bread requires large energy expenditure. As a result, the net energy gain from it is very low. In fact, if the bread is buttered or if a trans-fat containing spread is added, the result can actually be a net loss!

In today's hectic, fast-paced world, we are inundated with nutrient lacking foods. Consumed mostly for convenience sake, processed and refined foods have led us to a decline in health and elevated medical costs. Having to consume more of them to "fill up" due to their absence of usable nutrients, yet high sugar and calorie counts, we have become an obese, energy depleted society.

Back a few years in my more conventional thinking days I would try to gauge my caloric intake requirements based on my activity level and body weight. Eating about 8,000 calories on heavy training days, I would usually need a rest day soon after. I realize now, a large part of my need for the extra rest day was not just to recover from the energy expended during training, but primarily from the energy expended digesting all that food!

By consuming more easily assimilated foods, a large amount of energy can be conserved due to two main reasons. Firstly, the nutrient rich, easily digested foods

can be assimilated with less expenditure, and secondly, the more nutrient rich foods that are present in the diet, the less the body needs to function than if it were fed "average" foods. As a direct result, not as much needs to be eaten and therefore digested. This is a huge net energy gain, to be spent as you please. If the body is left to decide it will likely choose improved immune function and quickened restoration of cells damaged by stress-essentially, "anti-aging" activities.

Once realizing the value in nutrient density, assimilation, and absorption of food, I began eating in terms of net gain, with no adherence to calorie consumption guidelines. Instead, I focus on consuming nutrient dense, easily assimilated foods. As a result my recovery rate has significantly improved. I no longer need an extra day to recover from eating copious amounts of conventional food. Enhanced by simple means of increased efficacy, my body now pools its retained energy resources to more quickly recover from muscle damage associated with training. Today, I consume about 30% fewer calories than I did just two years ago yet have more energy—by means of conservation, as opposed to consumption.

Instead of feasting on common refined foods, I now consume whole foods almost exclusively. Raw, alkalizing, enzyme intact, living foods have become the foundation of my diet. Switching my main carbohydrate source away from refined starches to whole fruits, vegetables and grains was my starting point. Raw nuts and seeds, with an emphasis on hemp and flax, as well as legumes supply me with protein and essential fatty acids. The majority of vitamins and minerals I require come from fresh, raw vegetables - dark leafy green ones in particular.

SPECIFICALLY, FOODS THAT OFFER A SUPERIOR NET GAIN ARE

1. Alkaline forming, high in chlorophyll
2. Rich in enzymes, raw and alive
3. Rich in pre and probiotics
4. Best consumed in liquid form

It's easy to pack nutrients into liquid form thereby improving assimilation; basically allowing the body to get what it wants while expending less energy to get it. I have one or more nutrient-packed shakes daily to insure that I get all the nutrients I need to support my activity level. Also, since it's important to eat several meals and/or snacks a day, it's convenient to make one or more of the liquid variety when you're busy.

Ideally, a shake should contain all the nutrients that a complete meal does. First, make sure that the protein is an easily digestible one, such as hemp, which is packed with live enzymes that improve digestion and absorption. For essential fatty acids (especially Omega 3), I use ground-up whole flax seeds. Maca, as an adaptogen, adrenal tonic and a source of sterols and sterolins, is also a critical ingredient. Chlorella, for its detoxifying properties, naturally occurring vitamin B12, growth factor, nucleic acids and rich chlorophyll content, is another worthy addition.

Hemp, flax, maca and chlorella are the four primary ingredients in all my shakes. After adding them, I blend it all up with whole fruit and water or nut milk. Feel free to experiment with all kinds of fruit for variety. Berries are always desirable as they are loaded with antioxidants. Raw carb powder is also a nice addition.

Remember, when it comes to improving net gain, the key lesson is if you don't spend it, you'll still have it. Think in terms of energy conservation when it comes to vital body functions such as digestion and assimilation to help you perform better at work, home and play.

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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Kids Need Vigorous Activity For Best Bone Health

To build strong bones, boys and girls may need at least 25 minutes of vigorous exercise daily, a new study in *Pediatrics* shows.

Childhood and adolescence are key times for building bone mass and strength, researchers note. While exercise is known to help people accumulate bone density in their early years, they add, the amount of activity children need for optimum bone health remains unclear. This is largely because past research has relied on children's reports of their own activity, which are not considered reliable.

For a detailed picture of the children's bone health, the researchers evaluated the compressive, bending, and impact strength of the femoral neck -- is the upper part of the thigh bone.

Overall, the researchers found, the boys had stronger femoral necks than did the girls. The main type of activity related to femoral neck strength was vigorous exercise, which the researchers define as brisk walking, jogging, running or jumping.

Among boys, those who got more than 26 minutes of this type of activity daily had greater compressive, bending and impact strength than boys who got 12 minutes or less each day. For girls, those who got at least 25 minutes of vigorous activity had greater bone mineral content in their femoral neck and more bending strength in the bone than those who were active for eight minutes a day or less.

CHILDHOOD AND ADOLESCENCE ARE KEY TIMES FOR BUILDING BONE MASS

IBUPROFEN MAY BE BEST FOR KIDS' FEVER

The optimal method of reducing fever in children is to start with ibuprofen alone and then consider using paracetamol plus ibuprofen later, results of a new clinical trial suggest. Ibuprofen is the ingredient in brand-name products like Advil or Motrin, while paracetamol -- called acetaminophen in many regions -- is found in Tylenol, for example. Both ibuprofen and paracetamol are widely available as generic products.

OUTDOOR POOLS BOOST CHILD'S ASTHMA RISK

Swimming in outdoor chlorinated pools appears to increase the odds a child will develop asthma, Researchers said on last month. Other studies have linked chlorine and asthma but the new findings published in the *European Respiratory Journal* cast doubt on the idea outdoor pools are safer than indoor ones, where chlorine vapours remain trapped inside an enclosed space. "The more you swim, the higher the risk," said Alfred Bernard, a toxicologist at Catholic University of Louvain in Brussels, who led the study. Asthma, which affects more than 300 million people worldwide, is the most common paediatric chronic illness.

ALLERGIC REACTIONS OFTEN TRIGGERED BY NUTS

A review of allergic reactions in children shows that most reactions occur at home, most are triggered by peanuts or cashews, and treatment is often delayed. "Health care professionals should ensure that children and their parents are able to recognize the signs and symptoms of allergic reactions," Dr. Mimi L. K. Tang from Royal Children's Hospital, Melbourne, Australia, told Reuters Health.



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BREAST CANCER NETWORK: RIDE TO EMPOWER

The Ride to Empower is a destination bike ride, with fully-supported route lengths ranging from a 100-mile century to less than 32 miles. The Ride will take place during National Breast Cancer Awareness Month in Solvang, Calif., October 23-26, 2008, with the 1-day ride on **October 25**. Funds raised through the Ride to Empower will help Network of Strength ensure that no one faces breast cancer alone. For more info call the Ride Info Line: (877) YME-7223

PARKINSON'S DISEASE SUPPORT GROUP

First Thursday of every month. 2 to 3:30 p.m. Cedars-Sinai Medical Center, Thalians 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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