

**Sculpt Your Nose: Without Surgery** By Dr. Nathan Newman

# LA HEALTH NEWS

December 2008 | ISSUE 93 | COMPLIMENTARY

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**MONEY  
MATTERS**

Overcoming  
Financial Stress

**Winter  
Survival  
Guide**

Top Tips to Avoid  
Over-Eating

**BLONDE  
AMBITION**

Actress SHIRLY BRENER  
on Getting Back into  
Shape After Pregnancy

**SWEET  
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**10** Essential  
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office manager Steve Kille  
sales executive Eric Kim  
Kristy Zinnes, DC  
Bert Wang

contributing writers Megan McCrary  
Nathan Newman, M.D.  
Bruce Beard, DDS  
Dr. Neda Ladjevardi  
Brendan Brazier  
Victor Melamed  
Lori Waston  
Marilyn Wayne  
Amy Norton  
Rob Brennan  
Ellen Wulforth  
Patrick Tsakuda  
Rob Bernstein  
Megan Rauscher

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# contents

DECEMBER 2008

VOLUME 8, ISSUE 93

## 10 PROOF POSITIVE

Bone marrow transplant suppresses AIDS

## 12 WINTER BLUES

SAD causes, treatment options

## 14 HOLIDAY SURVIVAL GUIDE

Tips to avoid overeating

## 18 SWEET DREAMS

Essential shut-eye suggestions

## 20 BLONDE AMBITION

Shirly Brener on the 80-20 rule

## 26 FOUR MINUTES

Lose weight in 4 minutes a day

## 30 SCULPT YOUR NOSE WITHOUT SURGERY

By Dr. Nathan Newman

## 34 A CELEBRITY SMILE

Without the red carpet budget

## 39 STARLIGHT SLEEP CENTER

Your first step to recovery

## 40 RAW ADVANTAGE

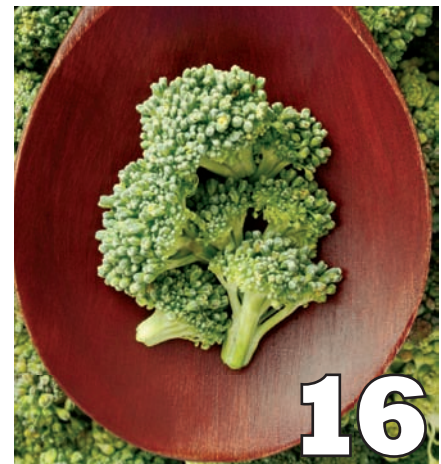
Ironman triathlete Brendan Brazier

## 44 STOP HAIR LOSS

By Marilyn Wayne, Hair Solutions

## 48 ALL YOU NEED IS LOVE

Intimacy may defend couples against stress



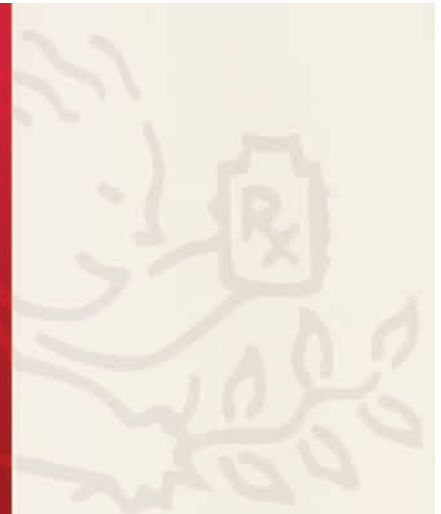
6 Editor's Letter 8 Flash 16 Diet 20 Fitness 24 Money 28 Beauty  
34 Environment 36 Alternative 46 Seniors 50 Calendar



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## editor's letter

# MONEY MATTERS

**I**n a recent online poll, the American Psychological Association (APA) found that nearly half of Americans report that their stress level has increased over the past year, and as many as 30 percent rate their average stress level as extreme.

"It is normal to feel overwhelmed during the holiday season. The pressure to have the perfect holiday can be extraordinary," says Dr. Katherine Nordal, executive director for professional practice at APA. "It is important to put things in perspective and realize that the materialism of the holidays isn't the real spirit of the season. The holidays are about family and togetherness, not tinsel and presents."

Stress from the ailing economy and the increasing costs of gas, housing and healthcare can leave you especially vulnerable to increased anxiety during the holidays. However, it is important to view the current economic situation as an opportunity to enhance your psychological well-being. There are conscious steps you can take to prevent holiday stress and ensure a worry-free season.

First of all - take time for yourself. Go for a long walk, get a massage or take time out to listen to your favorite music or read a new book. All of us need some time to recharge our batteries-by slowing down you will actually have more energy to accomplish your goals.

Secondly - have realistic expectations. No holiday celebration is perfect; view inevitable missteps as opportunities to demonstrate flexibility and resilience. If your children's wish list is outside your budget, talk to them about the family's finances

## The economic situation is an opportunity to enhance your psychological well-being

this year and remind them that the holidays aren't about expensive gifts.

Remember what's important. When your holiday expense list is running longer than your monthly budget, scale back and remind yourself that what makes a great celebration is family, not store-bought presents, elaborate decorations or gourmet food.

Lastly - seek support. Talk about your anxiety with your friends and family. Getting things out in the open can help you navigate your feelings and work toward a solution for your stress. If you continue to feel overwhelmed, consider seeing a professional such as a psychologist to help you manage your holiday stress.

Mark Ariel  
Editor-In-Chief

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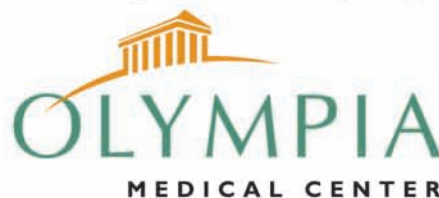
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## 24-Hr Blood Pressure Test Better at Seeing Risks

Blood pressure readings done in the doctor's office may have little value at predicting which patients who continue to have high blood pressure despite treatment will have a stroke, heart attack or heart failure, Brazilian researchers said last month. About 10 to 30 percent of people with high blood pressure do not respond to treatment. For these patients, measuring blood pressure at regular intervals over a 24-hour period may prove a better way to manage their disease, they said.

### TRACE OF MELAMINE IN BABY FORMULA

Health officials have found trace amounts of the chemical melamine in one sample of infant formula sold in the United States, a Food and Drug Administration spokeswoman said last month. "There's no basis for concern because we're talking about trace levels that are so low ... that there's absolutely no risk," FDA spokeswoman Judy Leon said.

### CANCER CASES DROPS FOR FIRST TIME

Cancer rates have dropped for the first time in the United States and previous declines in cancer deaths are accelerating, a report released last month showed as cancer-fighting efforts produced solid results. Regular screening for breast and colorectal cancer, declining smoking rates and improved treatments helped lead to the improvements described in a comprehensive study of cancer in the United States by government and private health experts.

### INACTIVITY A RISK TO DEPRESSED HEART PATIENTS

The main reason depressed heart disease patients are at higher risk for further heart trouble is because they exercise less and adopt other unhealthy habits, researchers said last month. In their study of 1,017 heart disease patients whose conditions were stable, the 20 percent who were depressed were at significantly higher risk of cardiovascular problems.

### INHALED STEROIDS UP PNEUMONIA RISK IN COPD

People with the lung ailment chronic obstructive pulmonary disease are more likely to get pneumonia if they use inhaled corticosteroid drugs and doctors should be more cautious in prescribing them, researchers said. People with smoking-related chronic obstructive pulmonary disease, or COPD, who took the drugs for symptoms such as cough, wheezing, shortness of

breath and exhaustion from light exercise were 34 percent more likely to develop pneumonia than those who did not, according to a study published last month.

### SOME BREAST CANCERS MAY NATURALLY REGRESS

Researchers who tracked breast cancer rates in Norwegian women proposed the controversial notion last month that some tumors found with mammograms might otherwise naturally disappear on their own if left undetected. **But leading cancer experts expressed doubt about the findings and urged women to continue to get regular mammograms, saying this screening technique unquestionably saves lives by finding breast cancer early on when it is most treatable.**

### NEW INHIBITOR DRUG SEEN FOR ARTHRITIS, LUPUS

Researchers in Australia have designed a drug which appears effective in treating arthritis in mice, and they hope it can be used to treat diseases like rheumatoid arthritis and lupus in people. In an article published in Immunology and Cell Biology, the scientists said they zeroed in on a certain human receptor, FcγRIIIa, which appears to be linked to the development of auto-immune diseases like rheumatoid arthritis and lupus.

### INSIDE-OUT CELLS OFFER TARGET FOR ANTIVIRAL DRUGS

An experimental drug cured guinea pigs infected with a fatal hemorrhagic fever virus, raising hope for its use in a broad range of viral diseases including influenza, hepatitis C, HIV, Ebola and others, U.S. researchers said last month. "This is a whole new strategy for making antiviral drugs," said Dr. Philip Thorpe.

### HOME INTERVENTIONS BENEFIT OLDER CANCER SURVIVORS

A home-based diet and exercise program may improve physical functioning in elderly, long-term cancer survivors, results of a controlled study indicate. "Today, two thirds of individuals diagnosed with cancer survive their cancer," Dr. Wendy Demark-Wahnefried.

# salad dressing



## Isn't it about time to change your oil?

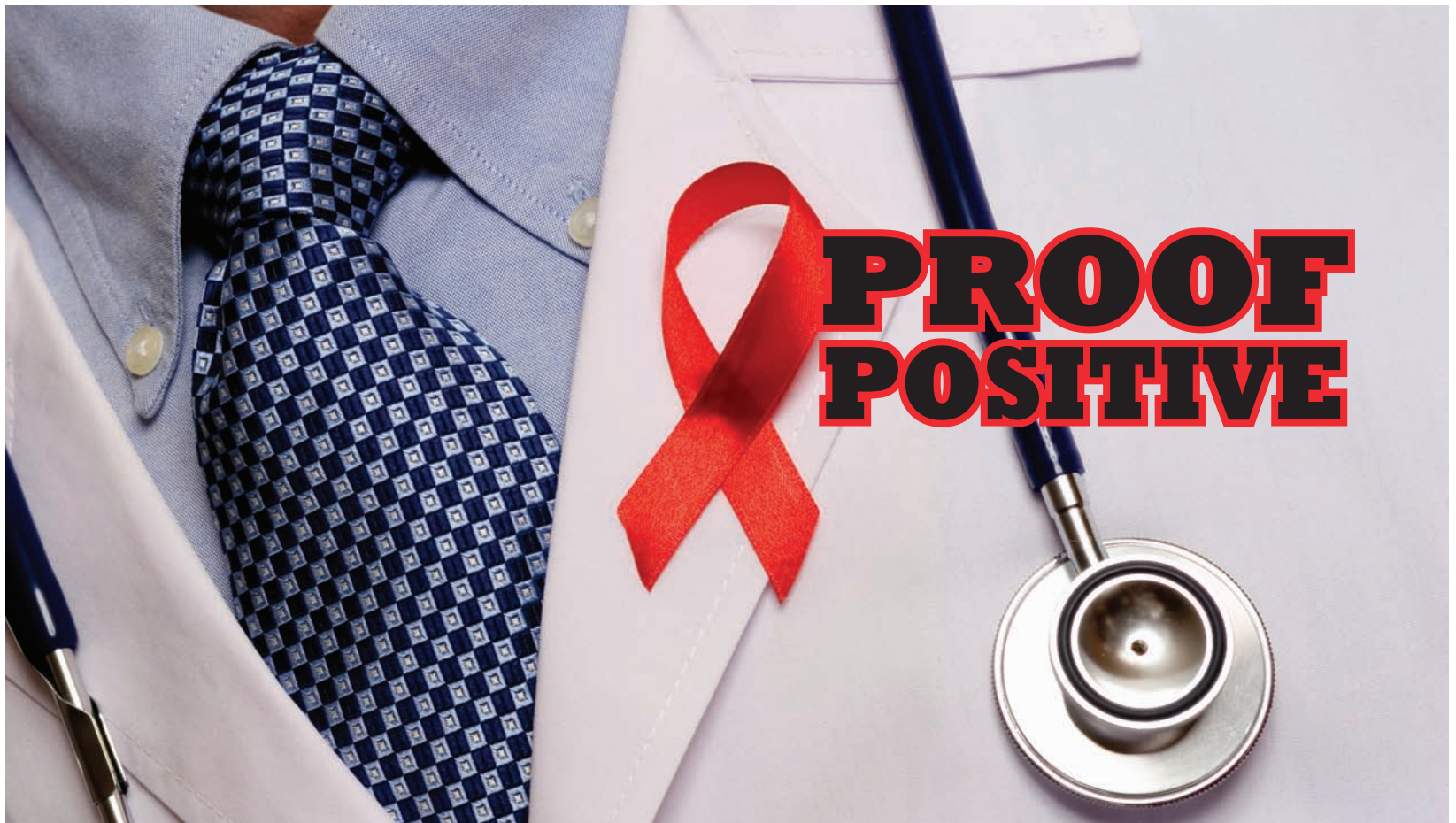
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## BONE MARROW TRANSPLANT SUPPRESSES AIDS IN PATIENT

By  
Victor Melamed

**A** bone marrow transplant using stem cells from a donor with natural genetic resistance to the AIDS virus has left an HIV patient free of infection for nearly two years, German researchers.

The patient, an American living in Berlin, was infected with the human immunodeficiency virus (HIV) that causes AIDS and also had leukemia. The best treatment for the leukemia was a bone marrow transplant, which takes the stem cells from a healthy donor's immune system to replace the patient's cancer-ridden cells.

Dr. Gero Hutter and Thomas Schneider of the Clinic for Gastroenterology, Infections and Rheumatology of the Berlin Charite hospital said on Wednesday the team sought a bone marrow donor who had a genetic mutation known to help the body resist AIDS infection.

The mutation affects a receptor, a cellular doorway, called CCR5 that the AIDS virus uses to get into the cells it infects.

When they found a donor with the mutation, they used that bone marrow to treat the patient. Not only did the leukemia disappear, but so did the HIV.

"As of today, more than 20 months after the successful transplant, no HIV can be detected in the patient," the clinic said in a statement.

"We performed all tests, not only with blood but also with other reservoirs," Schneider told a news conference.

"But we cannot exclude the possibility that it's still there."

The researchers stressed that this would never become a standard treatment for HIV. Bone marrow

stem cell transplants are rigorous and dangerous and require the patient to first have his or her own bone marrow completely destroyed.

Patients risk death from even the most minor infections because they have no immune system until the stem cells can grow and replace their own.

HIV has no cure and is always fatal. Drug combinations can keep the virus suppressed, sometimes to undetectable levels. But research shows the virus never disappears -- it lurks in so-called reservoirs throughout the body.

Hutter's team said they have been unable to find any trace of the virus in their 42-year-old patient, who remains unnamed, but that does not mean it is not there.

"The virus is tricky. It can always return," Hutter said.

The CCR5 mutation is found in about 3 percent of Europeans, the researchers said. They said the study suggests that gene therapy, a highly experimental technology, might someday be used to help treat patients with HIV.

In related news - U.N. Secretary-General Ban Ki-moon said last month that major pharmaceutical firms promised to invest more on researching treatments for the AIDS virus and diagnostic procedures for poorer regions.

The companies also agreed to invest more in prevention, including vaccines and pre- and post-exposure prophylaxis, Ki-moon said in a statement issued after he met with top executives at pharmaceutical and diagnostic firms working on AIDS and HIV, the virus that causes it.

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# Winter Blues

**S.A.D. (SEASONAL AFFECTIVE DISORDER) DEVELOPS IN THE DARKEST MONTHS OF THE YEAR. CAUSES, RECENT STUDIES AND TREATMENT OPTIONS**

**By Terri Coles**

**F**or many folks, winter's shorter days bring with them a different kind of darkness: seasonal affective disorder, or SAD, a type of depression that strikes mostly during the colder months of the year.

While the disorder affects many types of people, medical experts say it can be treated and the seriousness of the illness reduced by watching for symptoms and taking early action. Those affected by SAD begin to have symptoms in late fall to early winter, said Dr. Peter Swanljung at Friends Hospital, a private psychiatric hospital in Philadelphia. To distinguish seasonal affective disorder from a major depressive disorder usually depends on timing, he said.

The causes of SAD are not fully known, but there appears to be a relationship between depression and sunlight, Swanljung said. There are a few theories about why this connection exists. One is that the change in light exposure during the winter months affects levels of serotonin, which affects energy and mood, in the brain. Another is that SAD is related to levels of melatonin, a naturally occurring hormone involved in regulating our sleep cycles. And a third, he said, is that the changes in the amount of daylight somehow affect our circadian rhythm, our body's 24-hour clock.

A recent study from researchers at the Center for Addiction and Mental Health in Toronto discovered

that there are greater levels of serotonin transporters in the brain in the winter than in the summer, the first time such a difference has been found. When there was less light, more serotonin transporters were found. Serotonin transporters remove serotonin, so the finding suggests that there is more serotonin removal in the brain in the winter.

Winter is also a stressful time of year for many North Americans, because of the holidays and the increased spending, travel time and busy social schedules that often go along with them. But the symptoms of SAD go beyond simple winter blues or holiday stress. They are similar to those of major depression and include tiredness, changes in appetite and weight, loss of interest in usual activities and low energy. Symptoms like those shouldn't be written off, he said, and if they include self-harm and suicidal feelings or attempts, they should be brought to the attention of a health professional as soon as possible.

Fortunately, there are treatment options available for SAD. Light therapy, where patients sit in front of a very bright lamp or light box, is an option that many people have found helpful, Swanljung said. Though a prescription is not required to buy the equipment, it's worthwhile to talk to your health professional about it, he advised. Talk therapy can also be beneficial, as can simply keeping up with your contacts and avoiding social isolation. Exercise has been shown to help relieve depression, he said. Medication may be prescribed for more serious cases.

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# HOLIDAY SURVIVAL GUIDE

ESSENTIAL EATING TIPS FOR A HEALTHY HOLIDAY SEASON

By Patrick Tsakuda

**H**ere's the sad truth: most of us tend to gain a little (or a lot of) weight between Thanksgiving and the New Year. Whether it's increased emotional eating (from holiday stress or holiday joy) or the extreme laxity with eating and physical activity regimens in anticipation for the strict "new diet and exercise plan" you're going to start January 1 - there are a few relatively easy ways to avoid going off the deep end.

**1** Focus on weight maintenance vs. weight loss during the holidays. If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight is a big enough challenge during the holiday season. Don't set yourself up for failure by making unrealistic goals for yourself.

**2** Be physically active every day. Often, busy holiday schedules (or lack of structured schedules) bump them off their exercise routines. Physical activity, especially aerobic activities (like brisk walking, jogging, bicycling, roller blading, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.

**3** Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods. Try eating a piece of fruit, a small carton of yogurt, or a string cheese before you go.

**4** Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. Once you've thought about all of these things, make a plan of action. It's much easier to deal with a difficult social eating situation if you've already planned for it.

**5** Take steps to avoid recreational eating. While some foods are more calorie-dense than others, no food will make you gain weight unless you eat too much of it. At parties and holiday dinners, we tend to eat (or keep eating) beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly—enjoying and savoring every tasty bite. Then, when you're done, pop a mint or stick of gum in your mouth, get a tall glass of water and sip on it throughout the night, or position yourself away from the buffet table or food trays to keep yourself from overeating.

**6** Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream.

**7** Choose your beverages wisely. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. By contrast, water and diet sodas are calorie-free. If you choose to drink, select light wines and beers, and use non-alcoholic mixers such as water and diet soda. Limit your intake to 1 or 2 alcoholic drinks per occasion. And, watch out for calories in soda, fruit punch, and egg nog as well.



## Broccoli Helps Prevent Cancer in Smokers, Study

Broccoli and similar vegetables appear to offer special protection from cancer for smokers, researchers reported last month.

They found that former smokers and, especially, people still smoking heavily got special benefits from eating the vegetables.

"The most significant effect was in heavy smokers," Li Tang of Roswell Park Cancer Institute in Buffalo, NY, who led the study, said. People who smoked more than 20 cigarettes a day were considered heavy smokers.

Broccoli and other so-called cruciferous vegetables such as cabbage, cauliflower and Brussels sprouts have been known to lower the risk of cancer in general, perhaps through compounds called isothiocyanates.

Tang and colleagues studied 948 cancer patients and 1,743 people being screened

for cancer who turned out not to have it. All answered detailed questionnaires about habits, including their diet and smoking history.

People who ate cruciferous vegetables, especially raw, were between 20 percent and 55 percent less likely to have cancer than those who did not or only rarely ate these foods, Tang said.

The reduction in risk depended on the type of vegetable consumed and the duration and intensity of smoking.

"A significant effect was only observed among the former smokers and current smokers. We didn't see a significant association among never-smokers," Tang said.

"These findings are not strong enough to make a public health recommendation yet," she added.

And, she cautioned: "If you smoke long enough, nothing can help."

**ON THE OTHER HAD, IF YOU SMOKE LONG ENOUGH, NOTHING CAN HELP**

### BURGER KING TO LIMIT SODIUM IN KIDS MEALS

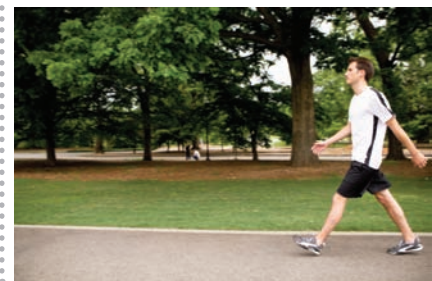
Burger King Corp, the world's second-largest hamburger chain, said last month it will limit sodium in its "Kids Meals" and that it was the first fast-food restaurant chain to take that step. The Miami-based company said it will limit sodium to 600 milligrams or less in all of its Kids Meals advertised to children younger than 12.

### KIDS MIMIC PARENTS' DIETS

Parents who want their preschoolers to eat their vegetables may need to take a hard look at their own eating habits, new research suggests. In a study of 120 young children who were allowed to "buy" food from a play grocery store, researchers found that kids who stocked up on sweets, sugary drinks and salty snacks generally had parents whose typical grocery list featured such items. Similarly, children with the healthiest shopping habits seemed to be following their parents' lead as well.

### BRISK WALK MAY CURB CHOCOLATE CRAVINGS

Chocoholics looking to curb their chocolate urges may be able to do so simply by taking a brisk 15-minute walk, results of a study from the United Kingdom hints. Chocolate is likely the most commonly and intensely craved food, and chocolate urges are often triggered by boredom, stress, or the desire to uplift mood or increase alertness, researchers note. Study findings have shown that short bouts of exercise, such as brisk walking, can also improve alertness and mood, and reduce sugar snack urges.





## Marilyn A. Mehlmauer, M.D.

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# Sweet Dreams

**Don't let financial worries rob you of a decent night's sleep. Top shut-eye tips**

By  
Kenzie Weir

**I**f fellow workers seem groggy or grumpier than usual in the mornings, they are probably losing sleep over the global financial crisis, according to research released last month.

Ninety-two percent of respondents said the economic turmoil is keeping them awake at night, according to a survey by ComPsych Corp, a provider of employee assistance programs.

Of those, a third said their biggest worry was the cost of living, while another third cited their credit card debt.

One in six said their biggest worry was their mortgage payment, and another one in six cited concern over their retirement account.

In related news - people with high blood pressure who get less than the standard amount of sleep may face an increased risk of heart disease and stroke, researchers report.

In a study of more than 1,200 Japanese adults with high blood pressure, the investigators found that those who slept for less than 7.5 hours each night were more likely to suffer a heart attack or stroke or die of cardiac arrest over a 4-year period.

At particular risk were "short sleepers" who failed to have a blood-pressure dip that normally occurs overnight.

The findings suggest that doctors caring for patients with high blood pressure should ask them about their sleep habits, the researchers report in the Archives of Internal Medicine.

If you're having trouble sleeping, changing your sleep habits might enable a better night's rest.

The Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com)) recently provided the following suggestions for those having trouble falling asleep or staying asleep.

- 1** Go to bed and get up at about the same time every day, even on the weekends. Sticking to a schedule helps reinforce your body's sleep-wake cycle and can help you fall asleep better at night.
- 2** Don't eat or drink large amounts before bedtime. Eat a light dinner about two hours before sleeping. If you're prone to heartburn, avoid spicy or fatty foods, which can make your heartburn flare and prevent a restful sleep. Also, limit how much you drink before bed. Too much liquid can cause you to wake up repeatedly during the night for trips to the bathroom.
- 3** Avoid nicotine, caffeine and alcohol in the evening. These are stimulants that can keep you awake. Smokers often experience withdrawal symptoms at night, and smoking in bed is dangerous. Avoid caffeine for eight hours before your planned bedtime. Your body doesn't store caffeine, but it takes many hours to eliminate the stimulant and its effects. And although often believed to be a sedative, alcohol actually disrupts sleep.

- 4 Exercise regularly. Regular physical activity, especially aerobic exercise, can help you fall asleep faster and make your sleep more restful. Don't exercise within three hours of your bedtime, however. Exercising right before bed may make getting to sleep more difficult.
- 5 Make your bedroom cool, dark, quiet and comfortable. Create a room that's ideal for sleeping. Adjust the lighting, temperature, humidity and noise level to your preferences. Use blackout curtains, eye covers, earplugs, extra blankets, a fan, a humidifier or other devices to create an environment that suits your needs.
- 6 Sleep primarily at night. Daytime naps may steal hours from nighttime slumber. Limit daytime sleep to about a half-hour and make it during mid-afternoon. If you work nights, keep your window coverings closed so that sunlight, which adjusts the body's internal clock, doesn't interrupt your sleep. If you have a day job and sleep at night, but still have trouble waking up, leave the window coverings open and let the sunlight help wake you up.
- 7 Choose a comfortable mattress and pillow. Features of a good bed are subjective and differ for each person. But make sure you have a bed that's comfortable. If you share your bed, make sure there's enough room for two. Children and pets are often disruptive, so you may need to set limits on how often they sleep in bed with you.
- 8 Start a relaxing bedtime routine. Do the same things each night to tell your body it's time to wind down. This may include taking a warm bath or shower, reading a book, or listening to soothing music. Relaxing activities done with lowered lights can help ease the transition between wakefulness and sleepiness.
- 9 Go to bed when you're tired and turn out the lights. If you don't fall asleep within 15 to 20 minutes, get up and do something else. Go back to bed when you're tired. Don't agonize over falling asleep. The stress will only prevent sleep.
- 10 Use sleeping pills only as a last resort. Check with your doctor before taking any sleep medications. He or she can make sure the pills won't interact with your other medications or with an existing medical condition. Your doctor can also help you determine the best dosage. If you do take a sleep medication, reduce the dosage gradually when you want to quit, and never mix alcohol and sleeping pills. If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

If you're having problems sleeping more than three times a week for a month's time, see your doctor. You could have a sleep disorder, such as obstructive sleep apnea or restless legs syndrome. Identifying and treating the cause of your sleep disturbance can help get you back on the road to a good night's sleep.

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# Exercise Must be Thought of as a Lifestyle Change

The factors that motivate people to start exercising are not necessarily the same ones that will drive them to stay active over time, a new study suggests.

While many sedentary people move past the initial hurdle of getting off the couch and into their running shoes, research shows that the real challenge is sticking with a commitment to exercise.

Experts recommend that healthy adults get at least 30 minutes of moderate exercise, such as brisk walking, on most days of the week. Yet studies indicate that only about one-third of adults are regularly active.

In the new study, researchers looked at the factors that typically motivate people to begin, and then maintain, an exercise regimen.

They found that people who bought home

exercise equipment were 73 percent more likely to start exercising than those who eschewed such gear. Similarly, people who viewed exercise as satisfying or rewarding were more likely to stay active over one year.

However, the study found that buying exercise equipment is no guarantee that a person will actually start using it, and being self-assured does not necessarily mean that someone will become a lifelong exerciser.

Whatever inspires people to become active, they should realize that the toughest part is keeping it up.

“Just like with weight loss and addictions, exercise must be thought of as a lifestyle change, with constant attention to maintaining the program,” researchers said. “Otherwise, yo-yo exercising is likely.”

**JUST LIKE WEIGHT LOSS, CONSTANT ATTENTION IS ESSENTIAL TO MAINTAINING THE PROGRAM**

## HEART DEFECT DOES NOT RULE OUT EXERCISE

Children born with a hole between the left and right sides of the heart - what doctors call a ventricular septal defect -- are generally as healthy and physically fit as other children and should not be discouraged from engaging in strenuous exercise, a Dutch research team has found. “It is useful and important to determine appropriately safe and effective exercise levels for various congenital heart disease subgroups so that recommendations can be tailored accordingly,” researchers report.

## GROWTH, LOADING PUT GYMNASTS AT RISK

Young gymnasts, especially young female gymnasts, are at risk of several types of wrist injury, and a quick and accurate diagnosis is essential to prevent these injuries from worsening, two sports medicine physicians report. “Prevention should also be an important aspect of a gymnast’s training regimen,” researchers report. This may include gradually increasing the amount of weight an athlete bears on the wrist, refraining from heavy wrist “loading” during growth spurts, and using orthotics to support the joint, they suggest.

## ACTIVE PREGNANT WOMEN HEALTHIER

Women who exercise throughout pregnancy tend to stay healthier for decades, research shows. Continuing a vigorous weight-bearing exercise program during pregnancy appears to be a marker of women who spontaneously maintain this practice over time, resulting in a low cardiovascular risk profile when they approach menopause, researchers suggest in a report in the American Journal of Obstetrics and Gynecology. clear health benefits from regular, moderate exercise.



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# BLONDE AMBITION

*ACTRESS SHIRLY BRENER ON  
GETTING BACK INTO SHAPE  
AFTER PREGNANCY,  
THE 80-20 RULE AND FOCUSING  
ON A GOAL*

*By Meagan McCrary*

**A**t 5'5" actress Shirly Brener is 110 pounds of pure athleticism. Born in Haifa and raised in London and Los Angeles, Brener grew up in an athletic family; her father a celebrated Israeli swimmer, her mother a professional Israeli actress, singer and dancer.

"My dad was disappointed I wasn't a boy so he basically trained me in every sport known to man. Water skiing, snow skiing, tennis, horseback riding, karate—you name it I was in it from the time I was five," says Brener, who was also a classically trained ballet dancer for 14 years.

With a thriving career on two continents, Brener has been a busy actress. She currently shares screen-time with legends Robert DeNiro and Al Pacino in Jon Avnet's thriller, *Rightous Kill*; and has a number of anticipated feature films to be released in 2009, including crime drama *Streets of Blood* starring Sharon Stone and

*Val Kilmer*, *Sessions* starring Steven Bauer and *Labor Pains* with Lindsay Lohan and Cheryl Hines. Also to be released in the upcoming year is indie film *Letting Go*, in which Brener plays her most interesting and favorite character to date as a dysfunctional designer hooked on prescription medication.

After giving birth to her daughter three years ago (and gaining 55 pounds during the process) Brener has worked overtime to get back to where she was before her pregnancy. "I worked so hard that I'm actually in better shape than I was before the pregnancy. It just shows you that determination and nutrition and really being focused on a goal will get you there. It's encouraging," says Brener, admitting it took close to a year and a half to reach her goals.

Brener is involved in fitness activities five or six days a week, focusing on Bikram Yoga, traditional Shobukan karate, tennis, hiking or going to the gym, taking one or two days to rest. At the gym she does mostly calisthenics - push-ups, sit-ups and pull-ups, lunges, squats - using her own body weight to build strength.

Diet-wise Brener follows the 80/20 rule: if you do something 80 percent of the time you can cheat the other 20 percent. Eighty percent of her diet is raw vegetables and protein. She drinks mostly water, no alcohol, coffee or soda, and stays away from the sugar, fruit and wheat, eating dairy on rare occasions. "I don't believe in fanaticism with anything in life, not in religion, not in politics, not in nutrition and not in exercise," says Brener. "That's why if I want to take a free day I will. I just don't think being hard on yourself is the right way to go about things."

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Many woman who have COPD may not know it. COPD is also know as Emphysema and Chronic Bronchitis.

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## Women More Likely to Feel Economic Pangs

Stocks are tumbling, the economy may be in recession, and don't even look at your 401K. It's little wonder some people are stressed out. But women may be bearing the brunt of it.

In a recent survey, women expressed more fear about the economic situation than men and reported more physical and psychological effects due to related stress.

"Women are sometimes more aware of the stress they are feeling," said Stephanie Smith, a psychologist and public education coordinator for the American Psychological Association (APA).

The survey, conducted by the APA, showed that 84 percent of women expressed fear about where the economy is going, compared with 75 percent of men.

One reason could be the primary caretaker role many women hold in their families, Smith suggested. A financial crisis can become even more worrying if you are responsible for caring for children and older relatives than if you are just taking care of yourself.

A recent study found that some types of stress, such as that caused by financial debt, can increase the risk of preterm delivery, and another showed that people who are chronically stressed are three to four times more likely to suffer heart problems.

If stress is affecting your quality of life, the American Heart Association recommends speaking to your doctor to find ways to cope and reduce your risk of stress-related health problems down the road.

**"WOMEN ARE SOMETIMES MORE AWARE OF THE STRESS THEY ARE FEELING"**

### SENATOR LAUNCHES HEALTH REFORM PLAN

The head of the Senate Finance Committee, Chairman Max Baucus, a Montana Democrat, proposed creating a new insurance exchange last month, through which millions of uninsured Americans and businesses could obtain affordable health cover. The proposal, which drew quick praise from health-care advocates, is similar to the plan outlined by Obama during his presidential campaign.

### HEALTH CUTBACKS WOULD BE MISTAKE: WHO

Governments should resist the temptation to cut their health budgets in response to a global financial crisis, the head of the World Health Organization (WHO) said last month. WHO Director-General Margaret Chan said that the credit crisis, paired with global warming and other pressures, stood to have "profound, and profoundly unfair" consequences for medical care, and particular efforts to confront and prevent disease. Chan said it was essential that governments avoid putting health care on the backburner, stressing that healthy populations would help reinforce economies in tough times.

### NO PARTY FOR MANY COMPANIES

As a financial crisis roils world markets and fears of a deep global recession grow, about one-fifth of U.S. businesses are saying 'no' to end-of-year festivities this holiday season, according to a survey released last month. If you're one of the lucky ones to keep on celebrating, be aware that only 71 percent of companies are offering booze this year -- a cruel and unusual punishment, perhaps, given the sobering state of the economy.



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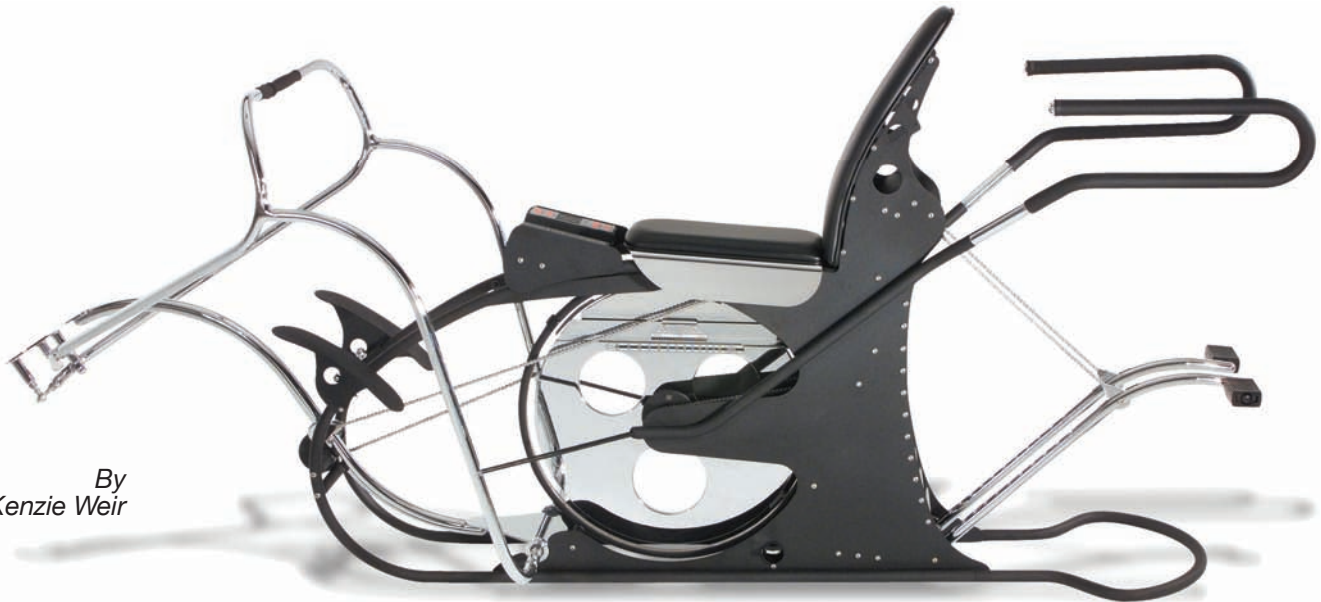
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# LOSE WEIGHT

## IN ONLY FOUR MINUTES PER DAY



By  
Kenzie Weir

If manufacturer Alf Temme is right about his four-minutes-per-day exercise machine, it could mean a major turnaround in the ever-deteriorating health of Americans and a dramatic reduction in the cost of health care in this and many other countries.

Temme says that since 1990 he has manufactured the exercise machine that works wonders for anyone from unhealthy couch potatoes to highly trained athletes. If only four minutes a day of exercise really works, then the majority of the 92 percent of people who do not presently exercise will be able to find four minutes of discipline for very impressive health improvement.

The exercise machine is called ROM, which stands for Range of Motion. Everything about this extremely expensive and very effective exercise machine flies in the face of conventional wisdom and beliefs.

Temme, the ROM's industrial designer and manufacturer, offers the best possible testimonial for the machine. At 61 he looks at least 10 years younger. He is fit and trim, limber and strong, all as a result of using the ROM only four minutes per day- not five minutes, not six, but exactly four minutes.

Currently held beliefs and theories about exercise are seriously flawed, according to the insightful explanations on Temme's web site [www.FastExercise.com](http://www.FastExercise.com). Losing weight is a mistake says Temme. Losing fat and gaining muscle is the correct way to greater health and smaller waistlines and it may result in no weight loss at all and sometimes even a net gain of weight.

Temme says that most people are completely misinformed by the erroneous concept of weight loss. Temme wants to substitute the concept of "weight loss" with "fat loss" and "muscle gain" and he wants the surgeon general's office to replace "ideal weight" tables with "ideal fat and muscle percentage" tables.

"People go on diets to lose weight," Temme says. "While they will lose a small amount of fat, they will lose significant amounts of muscle as well during diets." Muscle gain raises metabolism and muscle loss lowers metabolism.

Temme notes that the only way to keep your muscle mass and to regain lost muscle is through exercising the muscles. His ROM exercise machine lets people rebuild in record time the muscle they have lost during many years of inactivity or incorrect activity.

The ROM engages almost all muscles of your body and uses them through at least 80 percent of their range of motion.

The ROM is not only an unconventional approach to exercise, it is also very high end. It's the Mercedes Benz of exercise machines, costing

\$14,615. Despite the high cost, Temme says that the ROM is absolutely the least expensive way to exercise.

He explains this surprising statement by pointing out that \$1000 worth of conventional exercise equipment costs, over a 10-year period, \$0.27 plus forty-five minutes per day. The ROM machine costs, over the same 10 years, \$3.40 plus only four minutes per day. In terms of time, the cost of conventional exercise is far too expensive and consequently people do not exercise.

Individuals can work out twenty to forty-five minutes per day using resistance exercises. The same results can be accomplished with four minutes of exercise per day on the ROM exercise machine. The difference between the two methods is that only eight percent of people are willing to exercise twenty to forty-five minutes per day (proven statistics) and more than eighty-five percent of ROM machine owners are using their machines because it is so much easier to find the discipline for only four minutes of exercise per day.

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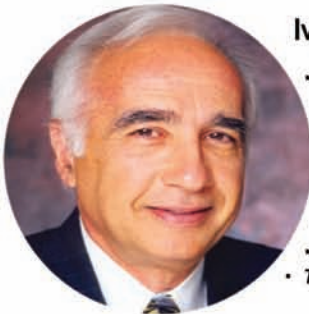
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## Problems Reported With Wrinkle Fillers, FDA Reports

Regulators have received reports of serious and unexpected problems in people treated with wrinkle-fighting injections known as dermal fillers, FDA staff said in a report last month.

The problems included facial palsy, disfigurement and "rare but life-threatening events such as severe allergic reactions and anaphylactic shock," the FDA staff said.

The agency said it received a total of 930 reports of health problems over the past six years. Many included known complications such as minor swelling. The FDA did not identify which products had reports of more serious problems.

The FDA staff said the reports had several limitations such as failing to say when the problems started.

Dermal fillers include Allergan Inc's

Juvederm, Restylane and Perlane from Medicis, and Bioform Medical's Radiesse.

The FDA will ask a panel of outside experts if labels for the products should be changed, agency staff said.

Medicis Chief Executive Jonah Shacknai said, "We do not see any adverse events that are unexpected or unnoted on our product label. "We haven't seen anything that is life-threatening," he added.

Allergan spokeswoman Caroline Van Hove said no serious problems were seen in clinical trials of Juvederm, and the most common complaint since its approval was swelling in 0.4 percent of patients.

"Juvederm has a highly favorable safety profile based on long-term use and volume," she said.

An official at Bioform Medical could not immediately be reached for comment.

**EXPERTS TO DECIDE IF LABELS FOR THE PRODUCTS SHOULD BE CHANGED**

### CVS TO OPEN BEAUTY 360 STORE

CVS Caremark Corp hopes women will still treat themselves to little luxuries like a \$15 lipstick, even as cosmetics makers feel the pinch of consumers cutting back. The drugstore chain rolled out its first upscale Beauty 360 store in a new CVS in Washington, DC's Dupont Circle neighborhood last month. A second Beauty 360 will open this year in California.

### BREAST IMPLANT POSSIBLE SLIGHT RISK

The results of a new study suggest that silicone breast prostheses may increase the risk of developing a rare form of lymphoma - cancer of the lymph system. However, the authors emphasize that anaplastic large T-cell lymphoma (ALCL) of the breast is extremely rare, and that just 0.1 to 0.3 cases per 100,000 women with implants would arise per year. "However," they add, "given that silicone is immunogenic, further evaluation of breast implant-related lymphoma is warranted."

### INJECTABLE TANNING DRUG WARNING

British health regulators warned people last month not to use an injectable tanning drug because its potential side-effects are unknown. Melanotan, which is available over the Internet and at some salons and gyms, produces a tan in users by boosting the amount of melanin, the body's natural protection from the sun. However the treatment is unlicensed and tests have not been carried out to see what possible side-effects there are or how serious they could be, regulators said.





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By Dr. Nathan Newman

**T**he traditional surgical rhinoplasty, commonly called a “nose job” is associated with many complications, risks, pain and a long recovery time. To avoid these problems, I use advanced cosmetic surgery techniques to sculpt the nose without surgery, by correcting bumps, drooping tips, or crooked noses safely and quickly. This scar-free nose sculpting method may be done as a stand alone procedure or as part of the “scar-free” Newman Lift. The nose is sculpted to a more cosmetically pleasing appearance in just minutes with minimal risk and at a fraction of the cost of the traditional nose surgery.

## THE NOSE SCULPTING METHOD

For the non-surgical nose sculpting procedure I use filling materials such as your own body fat, Juvederm, Radiesse or Artefill to enhance and improve the look of the nose by filling depressions, smoothing out sharp angles, forming and lifting the tip of the nose, making your nose appear more attractive and in better harmony with your face.

## UNIQUE CONSULTATION

What is unique about this procedure is that at the consultation you have the opportunity to see with true before and after pictures of your own nose what your nose will look like with this technique. During the consultation I can show you the change you can expect with the procedure with a simple injection of sterile saline to the nose. Although it is not exactly the same feel and consistency as the fillers it gives you an immediate visible change to your appearance giving you the ability to see how well you like the improvements. It also allows you to discuss with me in a more informed manner and assists in choosing the most appropriate filler for your desired sculpted look.

## ADVANTAGES OVER SURGERY

1. No general anesthesia.
2. No need for pain medications
3. Minutes to achieve the sculpted results safely
4. A fraction of the cost of surgery
5. Can choose filler
6. Can control amount of correction
7. Can reverse changes
8. No down time
9. No scars
10. Undetectable natural looking results

**IN CONCLUSION:** You now have a new and safe choice in contouring your nose and face with the non-surgical scar-free nose sculpting and Newman Lift, with less down time recovery and exceptional results.



*Dr. Nathan Newman is a world-renowned cosmetic surgeon specializing in and innovating the scar-free face-lift and facial sculpturing. For more information write to [info@orchidsurgery.com](mailto:info@orchidsurgery.com) or call 310-273-3344 to schedule your personalized consultation with Dr. Newman.*



American Heart Association | American Stroke Association

## **POWER TO END STROKE**<sup>SM</sup>

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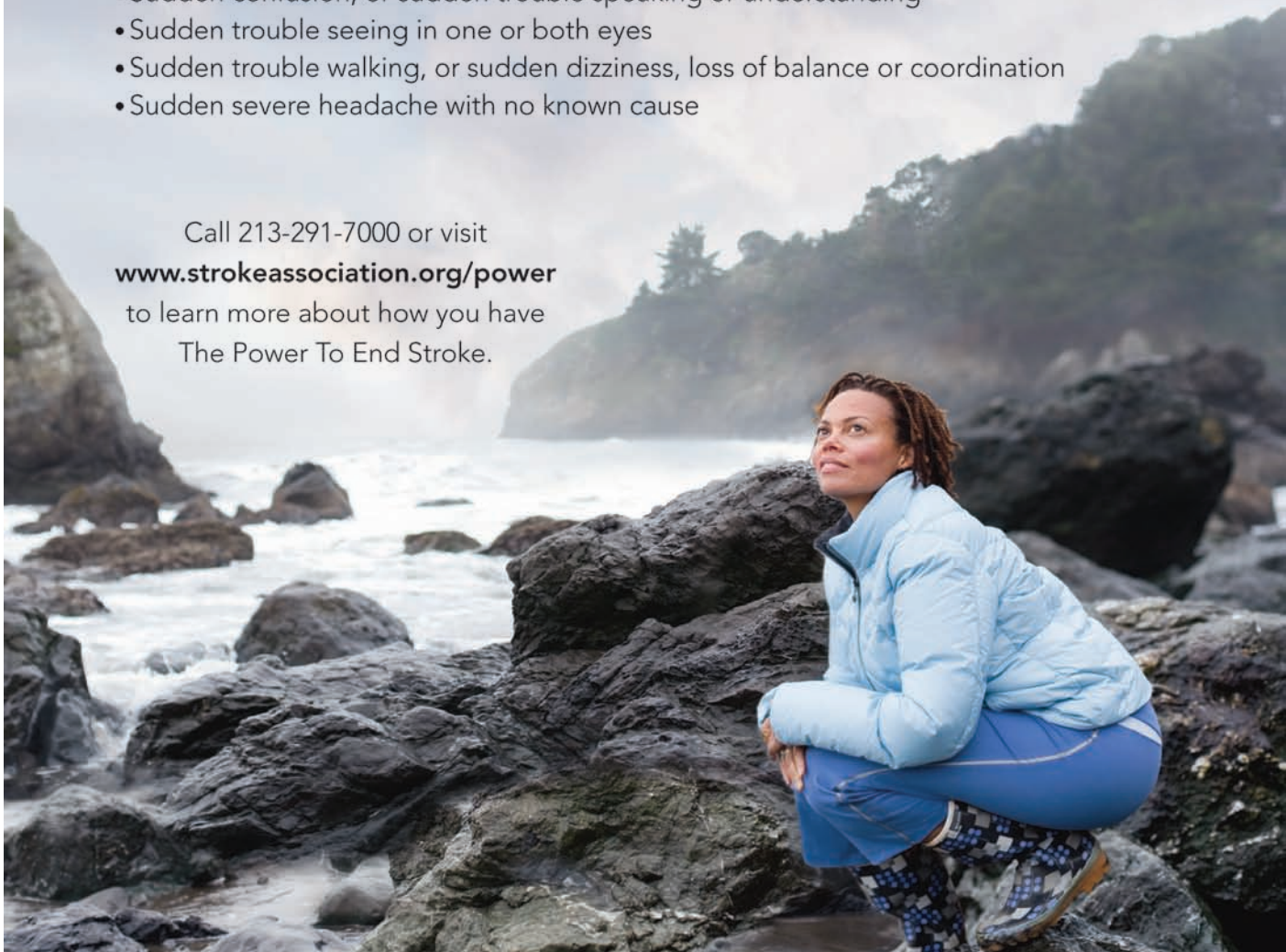
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or sudden trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, or sudden dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

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You can choose from 18 different smile designs and shades; giving you an array of choices for your cosmetically enhanced custom fitted appliance. It is the most affordable solution to fixing gaps, spaces and uneven teeth.

With a Snap-On Smile we have helped college students who want to look great in job interviews. Or help new actors look more professional in auditions. We have helped new brides look fabulous on their wedding day - all with a Snap-On Smile! It snaps on to your own back teeth without adhesives and it won't move or fall out when you chew soft foods and gum.

This appliance is also ideal for those patients considering a more permanent restoration like veneers, it allows them to take their new smile home for a test drive. For others Snap-On Smile gives them options they never had before. It is well suited for dental phobics, medically compromised patients, such as chemo or radiation treated patients

or just plain old instant gratification.

After a consultation, an upper and lower impression is made. Then you choose the preferred shape and shade of teeth. Then within 10-14 business days, a beautiful new smile is ready to be snapped in. No cementation or bonding is ever needed. It is very stable won't come loose or fall out.

The Snap-On Smile appliance does not affect new or existing dental restorations. It adapts and is fitted over it as if it were your natural teeth. This material has a unique memory effect, so it causes excellent retention. The up side is that it gives just about any patient a cosmetically enhanced smile.

It is nice to be able offer this "low cost" alternative for those patients that need something for a transition or a modest budget.

**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, Dr.**



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## Autism Possibly Linked with Rainfall, Study Suggests

Children who live in the U.S. Northwest's wettest counties are more likely to have autism, but it is unclear why, researchers reported last month.

Michael Waldman of Cornell University and colleagues were searching for an environmental link with autism, a condition characterized by learning and social disabilities.

The researchers obtained autism rates from state and county agencies for children born in California, Oregon and Washington between 1987 and 1999 and plotted them against daily precipitation reports.

"Autism prevalence rates for school-aged children in California, Oregon and Washington in 2005 were positively related to the amount of precipitation these counties received from 1987 through 2001," they wrote in the Archives of Pediatrics & Adolescent Medicine.

Dr. Michael Fitzpatrick, a London physician who wrote "Defeating Autism: A Damaging Delusion", expressed doubt, noting that autism diagnoses are on the rise in all climates.

No one knows what causes autism, with symptoms ranging from severe social avoidance to repetitive behaviors and sometimes profound mental retardation.

The CDC estimates that about 1 in every 150 children has autism or a related disorder such as Asperger's Syndrome. Rates in many countries have been rising, although that may be partly due to increased reporting and diagnosis of the condition.

Some doctors theorize there is a genetic component to autism. They also theorize that something in the environment and possibly conditions in the womb can trigger the condition.

**ABOUT 1 IN EVERY 150 CHILDREN HAS AUTISM OR A RELATED DISORDER**

### MICE INCREASE RISK OF WHEEZING

Children whose parents have asthma or allergies and who are exposed to mice, or to the allergens they carry, are at risk for developing wheezing, study findings in the journal Allergy suggest. An association was also observed between early mouse exposure and allergies later in childhood. "It is possible that even short-term exposure to mouse allergen influences overall risk of (allergy) if encountered at a vulnerable time in the life cycle (e.g. infancy)," researchers conclude.

### GREENER NEIGHBORHOODS BETTER FOR WAISTLINES

Children living in city neighborhoods with higher "greenness" ratings seem to gain less weight over time than their counterparts living in areas with less green space, a new study suggests. In the study, researchers followed more than 3,800 children, 3 to 16 years old, who resided at the same address in Marion, County, Indiana, for 2 consecutive years. Children who lived in greener neighborhoods did better weight-wise than kids who lived in less green neighborhoods," researchers said.



### COPD DEATHS INCREASE AMONG WOMEN

Between 2000 and 2005, the number of annual deaths in the United States due to chronic obstructive pulmonary disease (COPD) rose by 8 percent, an increase driven primarily by climbing mortality rates among women with the disease, according to a recent report. Cigarette smoking is the leading cause of COPD, but it is also associated with long-term exposure to other lung irritants, such as air pollution and chemical fumes.

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## Bayer Warned Over Aspirins Containing Supplements

Two over-the-counter Bayer AG aspirin medications that contain dietary supplements have not been proven to work and mislead consumers, health regulators warned last month.

The products, Bayer Aspirin with Heart Advantage and Bayer Women's Low Dose Aspirin + Calcium, both contain an FDA-approved pain reliever, as well as supplements, which are not subject to agency scrutiny before marketing.

Bayer Aspirin with Heart Advantage contains plant sterols and claims on its packaging to help control cholesterol, while Bayer Women's Low Dose Aspirin + Calcium claims to help strengthen bones and prevent osteoporosis.

"These statements on the labeling send consumers a mixed message about the purpose

of the product and the duration for which it can be safely used," the FDA said last month.

FDA officials told the German drugmaker to take "prompt action," but it was unclear if the agency was calling for the medications to be recalled. Bayer, which has 15 days to respond to the FDA, could also decide to seek the agency's approval to sell the products.

**THE LABELING SENDS A MIXED MESSAGE ABOUT THE PURPOSE OF THE PRODUCT**

"These are not FDA-approved products," agency spokeswoman Rita Chappelle said. "They are selling products that are illegal."

If the company does not take proper action, the FDA could seize the product or take other legal steps, she added.

Bayer's marketing of its Heart Advantage aspirin is also the subject of a congressional investigation.

### GINKGO BILOBA NOT PREVENTING DEMENTIA

Although often billed as a memory and cognition enhancing product, the medicinal herb Ginkgo biloba does not stave off cognitive decline or help prevent dementia and Alzheimer's disease, according to a report in the Journal of the American Medical Association last month. In the Ginkgo Evaluation of Memory (GEM) Study, use of the herbal product was actually tied to higher risks of dementia and Alzheimer's disease, but the associations did not reach statistical significance.

### PLACEBO ACUPUNCTURE WORKS BETTER FOR IVF

A study in Hong Kong has found that placebo acupuncture led to significantly more pregnancies among women who underwent in-vitro fertilisation (IVF) than those who received real acupuncture. In the trial, the researchers used a placebo needle that looked identical to a real acupuncture needle, but which was blunt and retracted into the handle of the needle when pressed on the skin, while still giving the appearance and sensation of entering the skin. The overall pregnancy rate for placebo acupuncture was 55.1 percent, compared to 43.8 percent for real acupuncture.

### PINE TREE EXTRACT MAY EASE JET LAG

Taking a pine bark extract for a few days before a long-haul flight may reduce the severity and duration of jet lag symptoms, new research shows. In previous studies, the pine bark extract Pycnogenol reduced problems associated with air travel such as swelling and **blood clotting**, and also reduced symptoms of jet lag.



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## WHAT CAN YOU EXPECT DURING YOUR SLEEP TEST?

You will spend the night in one of our sleep suites. After you've checked in and had a moment to get comfortable, your technologist will attach sensors to your head, neck, chest and leg areas.

The sensors are small, round and painless and will be easily removed after the study is complete. Belts will go around your abdomen and chest, and a pulse oximeter will be placed around a finger (or foot) to monitor oxygen levels. Lastly, a nasal cannula sensor will go under your nose to monitor nasal breathing. It is best to have a two piece garment, or button top for this portion of the study. The technologist will remain available all night and may occasionally adjust sensors or other equipment.

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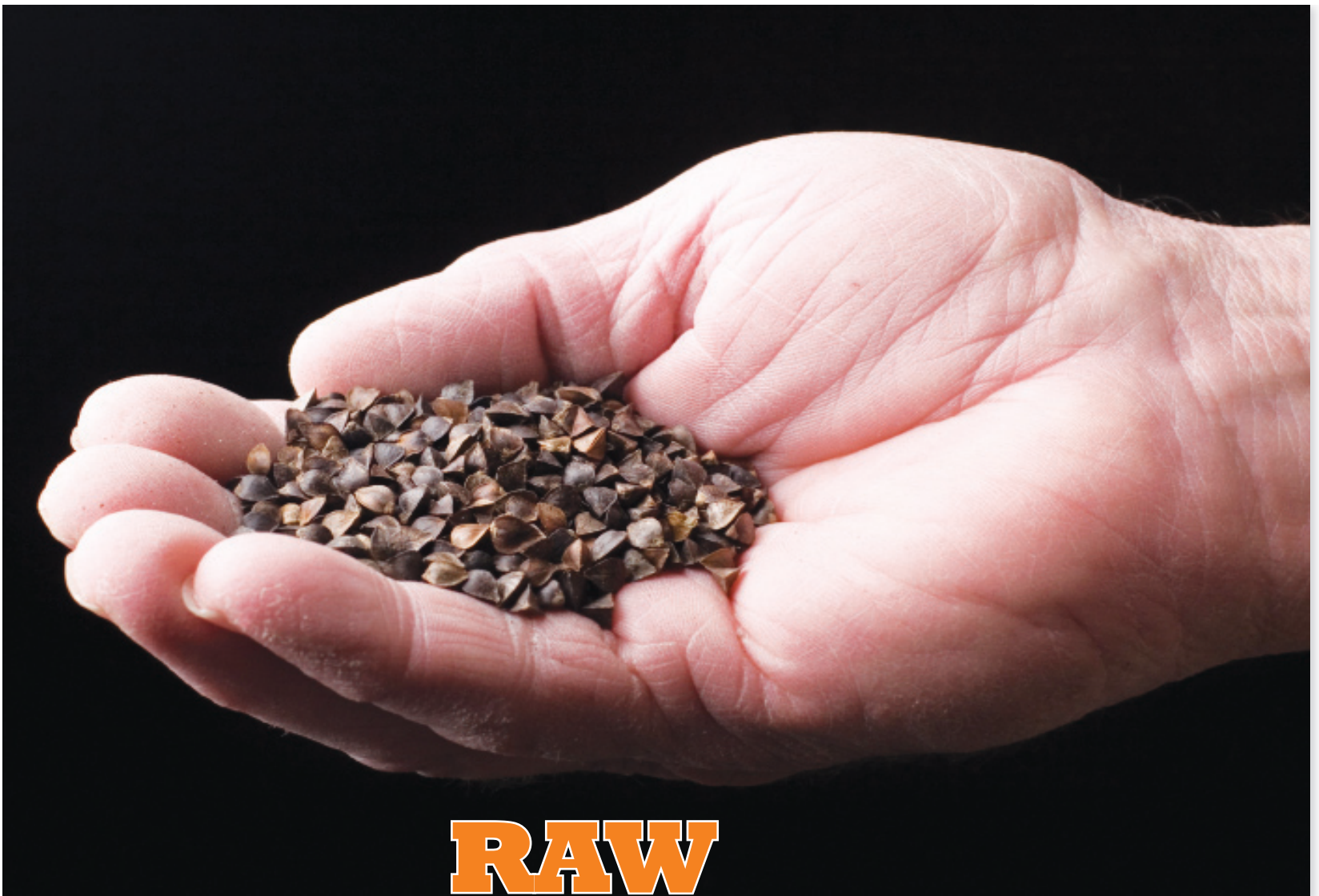
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# RAW ADVANTAGE

PROFESSIONAL IRONMAN  
TRIATHLETE BRENDAN BRAZIER  
EXPLAINS WHY RAW, SPROUTED,  
ALKALINE FOODS  
ARE BETTER FOR YOUR HEALTH

*By Brendan Brazier*

**A**s a society, we are inundated with an abundance of nutrient-deficient foods. Eaten primarily for convenience, processed and refined foods have resulted in an overall decline in health and elevated medical costs. Processed foods are usually high in refined carbohydrates yet lack vitamins and minerals. Therefore we have to consume considerably more of these foods to shut off the “hunger signal.” And to make matters worse they are rich in calories, refined sugar and starch. The regular consumption of these types of food alone is one of the greatest reasons for obesity in North America.

Due to our insatiable desire for quick, convenient energy on the go, our streets are crammed with coffee, donut, and fast food establishments. This solves the convenience problem and does provide a short term energy solution through stimulation. However, it

offers nothing to curb the payment that the body will inevitably endure if this route is regularly taken. Consumption of stimulating, nutrient-deficient food can only occur for so long before the body becomes either exhausted or sick.

## GETTING THE MOST FROM YOUR FOOD

Without efficient absorption and assimilation, even healthy whole foods will have limited usable nutrition. Fortunately, the way to ensure you are getting maximum return on your eating (ie. most energy value out of your food) is actually simpler than you might think. As a general rule, the less that has been done to your food, the better its return will be. Raw, plant-based whole foods are ideal as their enzymes are intact.

Enzymes are a key component to ensuring maximum energy return from the foods you eat. Put simply, enzymes are the necessary catalysts for almost all biological processes to occur at significant rates, and digestion is one of the main biological processes affected. When foods are cooked and processed, many of these important enzymes are destroyed. Where those enzymes are missing, the body must generate them to compensate for the unnatural food's shortcomings before the food can be absorbed and assimilated, therefore creating more work and subsequently more stress for the body.

There is evidence to suggest that consuming cooked, processed foods for many years may actually exhaust the body's enzyme-producing glands, resulting in poor digestion and assimilation of food later in life. This is one possibility for rapid signs of aging and disease; food is no longer nourishing the body the way it once did simply because it's not being digested properly anymore.

### RAW FOOD = "COST-FREE" ENERGY

For long-term health and vitality it is important to understand the difference between energy obtained from stimulation versus energy derived from proper nourishment.

Generally, the more processed a food is, the more of a stimulating affect it will have on the nervous system, leading to adrenal fatigue. In contrast, the more natural and whole a food is-raw and sprouted being the ultimate-the less stimulating and more nourishing it will be.

Whole, raw foods provide "cost-free" energy-that is, sustainable energy that does not have to be "stoked" regularly with processed carbohydrates, refined sugars or caffeine in order to last. Ironically, many so-called "energy foods" are the biggest energy draining culprits. While convenient, many energy bars, for example, offer little more nutritionally than candy bars. As with shopping with a credit card, stimulating the adrenal glands may provide you with more energy in the short term, but you will likely pay for it (with interest) in the future.

Conversely, enzymatically alive, raw whole foods provide "cost-free" sustainable energy and vitality, not quick bouts of stimulation. "Cost-free" energy producing foods are:

- whole - unprocessed and unrefined (ie. In original state: nothing added, nothing taken away)
- raw and rich in naturally occurring enzymes
- alkaline or alkaline-forming
- high in natural vitamins and minerals
- best in sprouted form

### SPROUTS: THE ULTIMATE ENERGY FOOD

Sprouted foods offer unparalleled net energy yield over all other foods. Enzymatically alive and nutrient packed, sprouts are one of the most complete and nutritional of all foods tested. Besides your typical brussel and alfalfa sprouts, some examples of sprouted foods include bean sprouts, sprouted almond, sprouted flax seed, and sprouted buckwheat. Rich in vitamins, minerals, protein, phytonutrients and enzymes, the nutritional value of sprouts was discovered by the Chinese thousands of years ago. Recently in North America, numerous scientific studies are confirming the benefits of sprouts in a healthy diet.

Sprouts are such a powerful food because, when a seed sprouts, it is literally digesting its own protein and starch and creating amino acids in the process. It also substantially increases vitamins, minerals and protein while decreasing calories and carbohydrate content. Because of this process, sprouted seeds are essentially a "predigested" food, meaning they can be more efficiently used in the body than non-sprouted seeds. Less ingested food is required while ensuring more nutrients reach the blood and cells than with non-sprouted foods. And since the increased protein content of sprouts is in the most digestible form of all proteins (amino acid) the body is able to put a large amount of the protein to use. Buckwheat, for example, is one of the best ingredients to sprout since roughly 20 percent of its makeup is protein, therefore rendering it exceptionally amino-acid-rich when sprouted. Furthermore, since buckwheat is technically a seed and not a grain, it is gluten-free.

The sprouting process does much of the energy conversion for the body; one less step in the digestive process therefore results in a greater net gain. In contrast to this, consuming cooked, processed, and isolated proteins that the body must break down before they can be recognized and utilized results in a significant loss in efficacy.

As described in my book *The Thrive Diet*, the net gain of food is a term given to the energy we are left with from food once digestion and assimilation have taken place. As a rule, cooked, refined and processed foods yield the lowest net gain. Unprocessed, whole food sources offer a superior return. When raw, it is even better. Taken one step further, whole, raw, sprouted foods provide the absolute greatest net energy gain possible-through nourishment, not stimulation.



**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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KEYS FOR FAT LOSS PROGRAMMING

*By Teresa Anne Volgenau*

**A**bove general fitness and lifestyle improvements, the number one request in the health and exercise industry is fat loss. After 11 plus years of working alongside elite athletes, as well as corporate pencil pushers, my words of advice are actually opposite of the mainstream.

Typical fat loss recommendations begin with low-intensity aerobic, progresses to higher-intensity, interval work, and then when you are finally "in shape," push you to resistance training. Boo! We live in the real world with family, jobs, school, etc., and the need is for an efficient attack to burn fat.

My suggestion, along with proper nutrition, is to have training programs based on efficiency and functionality. Full body, Metabolic Resistance Training and Anaerobic Interval Training are the keys for fat loss programming. The goal is to work every muscle group. Work them hard, frequently, and with an intensity that creates a massive "metabolic disturbance" to keep the metabolism elevated for several hours post-workout. Activities should generate lactic acid to create metabolic demands, via super-set, tri-set or circuit format. Forget "fat burning zone" training. Interval Training burns more calories and elevates the metabolism far more than other forms of cardio. The downside is that it is super tough to rally for. This is where having a motivated partner in fitness-crime, a knowledgeable personal trainer, or joining a fun, athletic group/class makes all the difference.

Teresa Anne Volgenau is a professional fitness coach based in SilverLake. Certified with NASM, NSCA, IDEA insured and specializing in Outdoor Sport Conditioning for Private/Semi-private/Group Athletic Fitness Training.

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## COOL LASERS (LOW LIGHT LEVEL LASERS), STOP HAIR LOSS, RE-GROWS HAIR, GROWS THICKER HAIR, ELIMINATES GRAY

*By Marilyn Wayne, President,  
Hair Solutions of South Bay*

**H**arvard School of Medicine, Wellman Photomedicine, Mass General, Northwestern University and the FDA, just to name a few, all agree that their research proves unequivocally that cool lasers (Low Light Level Lasers), stop hair loss, re-grows hair, grows thicker hair, restores body, promotes a healthy scalp, eliminates gray. You've got

to believe there is something to this hair re-growth therapy.. What is even more exciting is the recent news release that LLLL's may stop hair loss during chemotherapy. (This study isn't final, but stay tuned.)

For the more than 100,000,000 men, women and children in the US today suffering from thinning or balding, there is an answer. It is a cool laser that stimulates blood flow to the scalp, bringing nourishment to dying follicles. This is not a new invention,

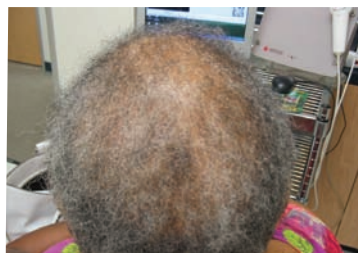
in fact the doctor who invented the therapy in 1901 won the second Noble Prize in medicine in 1903 for this miraculous contribution to medicine.

Hair transplants average \$15,000, laser hair restoration averages between \$2,800 and \$3,200, and it is painless. Hair loss is a painful reality for all who experience it. There is little I can think of that is more traumatic than people talking to your balding scalp. No need to suffer any longer. This treatment works for men, women AND children of all ages. Even clients suffering from Alopecia can re-grow their hair. (Cases differ.)

The longer you put off therapy, the more hair you will lose.

**For more information check [www.sobayhairsolutions.com](http://www.sobayhairsolutions.com) or call us at 310-375-3120. By the way, if you are using any other source for hair re-growth, ask to see the scientific studies. Sadly, as in all businesses, there is snake oil, junk science hype everywhere! We use the only FDA approved device for hair re-growth. No quackery, just wonderful results.**

BEFORE



AFTER



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## A Typical Stoner



Mary, 65, is a retired Teacher and grandmother.


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She's a regular user of medical marijuana. Marijuana use decreases swelling and pain, and can be used topically on arthritis joints for immediate relief. Mary still gets stiff, but medical marijuana makes her days easier, and allows her to keep up with her grandchildren on the playground.

Mary never thought she was the type of person who would use marijuana as medicine, until she did - and realized that


## Marijuana Works.

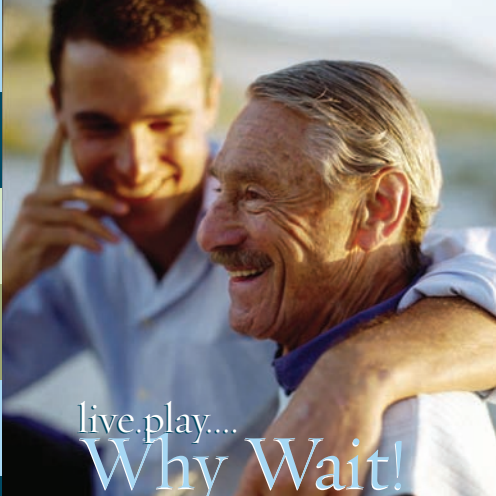
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## Older Adults Should Be Part Of Treatment Decisions

Older adults with multiple health problems have their own opinions when it comes to stopping or continuing a particular treatment, and doctors should encourage them to speak up, according to researchers.

In focus-group discussions with older adults on multiple medications, Yale University researchers found that most had experience with the concept of "competing outcomes" -- the dilemma patients face when treating one health condition may worsen another.

For example, an older adult taking a cholesterol medication that causes leg cramps may have to decide whether the lower cholesterol number -- and potentially reduced risk of heart attack -- is worth the painful side effect. The decision is more complicated

when that person also has arthritis and the leg cramps keep him from exercising to reduce his arthritis symptoms.

Similarly, a blood pressure medication can cut the risk of heart attack or stroke. But the side effect of dizziness may hamper a person's daily life, and even increase the risk of falling and suffering a bone fracture.

It's important for doctors to understand long-term priorities when discussing treatment decisions with older patients, according to the researchers.

Giving them "this kind of active role in treatment decisions means more customized outcomes for patients," lead researcher Dr. Terri Fried, a professor at the Yale School of Medicine, said.

**AN ACTIVE ROLE IN TREATMENT DECISIONS MEANS MORE CUSTOMIZED OUTCOMES**

### BETA-ALANINE HELPS STAVE OFF FATIGUE

Older people taking a sports nutrition supplement favored by Olympic athletes show substantial increases in their ability to withstand fatigue, new research shows. Beta-alanine increases the amount of carnosine in the muscles, which is key to helping sustain a neutral pH in muscle tissue.

Taking carnosine supplements is useless, researchers said, because the body breaks the protein down immediately. But taking beta alanine, an amino acid that is a component of carnosine, triggers the production of carnosine in muscle tissue.

### ELDER SUICIDE RISK PERSISTS

Suicide has not declined among elderly people living in long-term care facilities as it has among community-living elders, research hints. In a review of suicide deaths between 1990 and 2005 among New York City residents aged 60 and older, researchers found a significant decrease in the relative rate of suicide in community-dwelling adults, but no change among elders living in long-term care facilities. Activists have called for additional research into suicide risk among elders residing in long-term care and assisted-living facilities.

### ASPIRIN MAY MASK PROSTATE CANCER

Middle-aged men who take aspirin or other "nonsteroidal anti-inflammatory drug" (NSAID) have significantly lower levels of a blood protein used to spot prostate cancer than men who don't take these widely used drugs, a study shows. More research is needed, the authors conclude, to determine if NSAID use is affecting prostate cancer risk or simply the ability to detect prostate cancer among NSAID users.



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## INTIMACY MAY DEFEND COUPLES AGAINST STRESS

By Amy Norton

**C**ouples who hug, kiss and otherwise find ways to get close everyday may have fewer stress hormones coursing through their bodies, a new study suggests.

The findings, reported in the journal *Psychosomatic Medicine*, point to one potential reason that close relationships -- and marriage, in particular -- have been linked to better health.

Researchers found that among 51 German couples they followed for one week, those who reported more physical contact during a given day -- whether it was sexual intercourse or just holding hands -- generally had lower levels of the "stress" hormone cortisol.

This was especially true of couples who reported more problems at work, suggesting that some physical affection between mates may be a buffer against work stress.

Many studies have suggested that chronic stress may have widespread effects in the body, from dampening the immune system response to contributing to heart disease. Meanwhile, other research has found that married people -- at least those in happy unions -- tend to be in better health and live longer lives.

It's possible that the reduced stress response seen with physical affection helps to explain that link, according to Dr. Beate Ditzen of the University of Zurich in Switzerland, the study's lead researcher.

Ditzen and her colleagues recruited 51 working couples who were living together, most of whom were married. Over 1 week, participants kept detailed records of their daily activities,



including instances of physical affection with their partner, and collected saliva samples so that the researchers could measure the daily fluctuations in cortisol levels.

The couples also recorded their mood at various points of each day -- either positive ("good, relaxed, alert") or negative ("bad, tired, fidgety").

In general, the researchers found, the more physical affection couples reported in a given day, the lower their cortisol levels.

Importantly, Ditzen noted, the results suggest that intimacy worked its magic by boosting study participants' mood.

Ditzen told Reuters Health that she would not recommend that couples "express more intimacy, per se," but instead they should find activities that create positive feelings for both partners.

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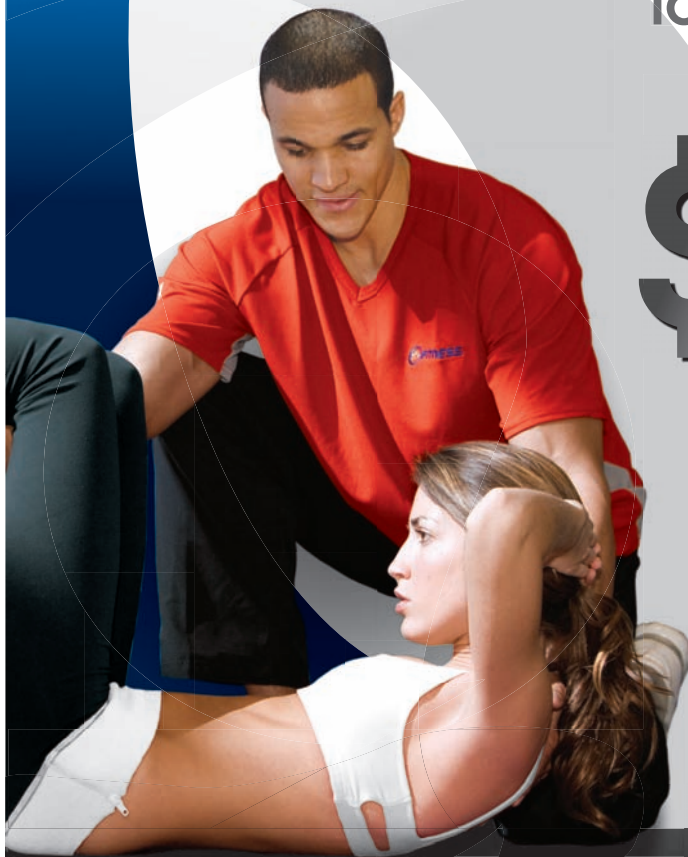
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# CALENDAR

## **DEC. 5: MONTANA AVENUES ANNUAL HOLIDAY WALK**

Visit Santa Claus, enjoy the live music, indulge in tasty holiday treats, and listen to strolling carolers to start the holiday season off with a jingle at the Montana Avenue Holiday walk in Santa Monica. 5-9 p.m. Montana Avenue, Santa Monica. For more information call (310) 395-5558 or visit [www.montanaave.com](http://www.montanaave.com).

## **DEC. 7: CITY OF ANGELS HALF MARATHON**

Participate in the 3rd annual City of Angels Half Marathon through many of Los Angeles' civic treasures. The race will start at the Los Angeles Zoo and take you through Griffith Park, the Silver Lake Reservoir, and Echo Park Lake and finish in downtown Los Angeles. 7:30 a.m. Griffith Park Center, 4730 Crystal Springs Drive, Los Angeles. For more information visit [www.CityofAngelsHalf.com](http://www.CityofAngelsHalf.com).

## **DEC. 7: USC QUENCH THE FIRE**

Participants are invited to join USC's Quench the Fire 5K run and walk, 1-mile fun run or kids fun run on the flat park streets of El Dorado Park. Stay for the giant expo at the finish line with live entertainment, Adidas interactive sports van and L.A. Lakers Girls. 8:30 a.m. El Dorado Regional Park East, 7550 E. Spring Street, Long Beach. For more information call (310) 828-4123 or visit [www.w2promo.com](http://www.w2promo.com).

## **DEC. 7: AEROBIC TREK FRANKLIN CANYON PARK**

Meet at the Sooky Goldman Nature Center in Franklin Canyon Park for an energizing morning hike that will get your heart pumping and legs moving. 9-11 a.m. Franklin Canyon Park, 2600 Franklin Canyon Drive, Hill. For more information call (310) 858-7272 or visit [lamountains.com](http://lamountains.com).

## **DEC. 13: THE 31ST ANNUAL SANTA MONICA - VENICE CHRISTMAS**

Don't miss Los Angeles largest holiday running event and join the 31st annual Santa Monica - Venice Christmas 5K or 10K run through Venice and along the famous Venice Boardwalk. Proceeds will benefit

Harvest Home. 7:30 a.m. Free race parking, 2600 Bernard Way, Santa Monica. For more information call (310) 828-4123 or visit [www.w2promo.com](http://www.w2promo.com).

## **DEC. 14: SAY NO TO DRUGS RACE HOLIDAY CLASSIC**

The Say No to Drugs Holiday Classic includes a 10K/5K race, 5K fun walk and a kid fun run at Griffith Park. Don't miss the pancake breakfast party at the finish, including a kid's zone, sponsor expo, goodie bags, give aways and drug education information. 8 a.m. Griffith Park Center, 4730 Crystal Springs Drive, Los Angeles. For more information visit [www.saynotodrugsrace.org](http://www.saynotodrugsrace.org).

## **DEC. 12: TRAIL TO THE STARS**

Meet at the Victory Entrance of the Upper Las Virgenes Canyon Open Space Preserve for a moderate half-mile hike while taking a deeper look into astronomy to learn the stories the stars tell and the stories humans have told about the stars. 7 p.m. Upper Las Virgenes Canyon Open Space Preserve. For more information call (310) 395-5558 or visit [www.montanaave.com](http://www.montanaave.com).

## **DEC. 14: CITYRACE**

Teams of two to four players will employ their skills to solve a challenging series of clues that will lead them on a three hour hunt through the heart of two of Los Angeles most renowned neighborhoods, from the legendary Sunset strip to the world-class shops of Rodeo Drive. 11:30 a.m. Rodeo Drive to the Sunset Strip, Beverly Hills /West Hollywood. For more information visit [www.racela.com](http://www.racela.com).

## **DEC. 14: MORNING BIRDS**

Join the Mountains Recreation & Conservation Authority for a casual 1-mile walk and bring your binoculars to spot variety of birds at the habitats of King Gillette Ranch. Beginning birders are welcome. 8 a.m. Botanic Center at King Gillette Ranch, 26800 Mulholland Drive, Calabasas. For more information call (310) 858-7272 or visit [lamountains.com](http://lamountains.com).



***Go Red For Women: A Movement for Passion, A Movement for Change***

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And taking care of your heart is more important than you might know. Too few people realize that heart disease is the No. 1 killer of American women — and of men. But the good news is that heart disease is often preventable. The Go Red For Women movement empowers women with knowledge and tools so they can take positive action and protect their health.

So make a promise to Go Red For Women! Call the Los Angeles office of the American Heart Association at (213) 291-7000 for more information.

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