

Official Los Angeles Fitness Expo Guide (pages 16-17)

# LA HEALTH NEWS

January 2009 | ISSUE 94 | COMPLIMENTARY

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# contents

January 2009

VOLUME 9, ISSUE 94

**LAHEALTH** NEWS  
www.lahealthnews.com

Issue 94  
Volume 9  
January 2009

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**10 YES YOU CAN!**  
How Keep Your New Year's Resolutions

**16 LOS ANGELES FITNESS EXPO**  
A weekend of gigantic proportions

**21 SUPER FOOD ALTERNATIVE**  
BōKU: pure and potent nutrition

**24 LET THEM EAT CHOCOLATE**  
Lose weight without dieting

**26 FIRM BODY EVOLUTION**  
Holistic health & fitness center

**28 LOSE WEIGHT, LOOK GREAT!**  
YoungYou's weight loss products

**31 SCAR FREE STEM CELL  
RICH FACE LIFT**  
By Dr. Nathan Newman

**32 REVOLUTIONARY BEAUTY**  
Privé Medispa: breakthrough technology

**34 DIETING CAN RESULT  
IN HAIR LOSS**  
By Marilyn Wayne, Hair Solutions

**35 RIGHT ON POINT**  
Dongguk Royal University: Oriental Medicine

**38 COSMETIC DENTISTRY  
BREAKTHROUGH**  
By Dr. Bruce F. Beard, DDS

**40 SAMRA ACUPUNCTURE  
SPINAL CENTER**  
Kinetic acupuncture

**42 CLEAN MACHINE**  
Ironman triathlete Brendan Brazier

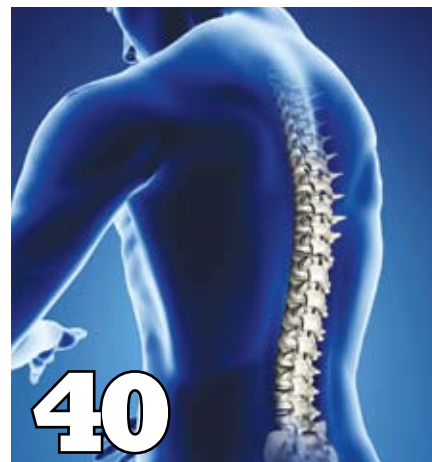
**40 COVER GIRL**  
Model, actress Jennifer England



18



28



40

6 Editor's Letter 8 Flash 12 Diet 14 Fitness 18 Money  
22 Environment 30 Beauty 46 Seniors 50 Calendar



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Publisher  
Meir Doron

Distribution  
MDMA Publishing

Subscriptions  
To receive L.A. Health News via first class mail send a check or money order payable to:  
LA Health News, 6363 Wilshire Blvd., Suite 350, Los Angeles CA 90048  
Subscription rates:  
\$15.00 for 6 months (6 issues)  
\$25 for 12 months (12 issues)

LA Health News is published monthly by MDMA Publishing, Inc.  
6363 Wilshire Blvd., Suite 350  
Los Angeles CA 90048

Telephone 323-655-5716  
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## editor's letter

# Happiness: It's Contagious!

**T**he same team that demonstrated obesity and smoking spread in networks has shown that the more happy people you know, the more likely you are yourself to be happy.

And getting connected to happy people improves a person's own happiness, they reported in the British Medical Journal.

"What we are dealing with is an emotional stampede," Nicholas Christakis, a professor of medical sociology at Harvard Medical School in Boston, said in a telephone interview.

Christakis and James Fowler, a political scientist at the University of California, San Diego, have been using data from 4,700 children of volunteers in the Framingham Heart Study, a giant health study begun in Framingham, Massachusetts in 1948.

They have been analyzing a trove of facts from tracking sheets dating back to 1971, following births, marriages, death, and divorces. Volunteers also listed contact information for their closest friends, co-workers, and neighbors.

They assessed happiness using a simple, four-question test.

"People are asked how often during the past week, one, I enjoyed life, two, I was happy, three, I felt hopeful about the future, and four, I felt that I was just as good as other people," Fowler said.

People with the most social connections -- friends, spouses, neighbors, relatives -- were also the happiest, the data showed. "Each additional happy person makes you happier," Christakis said.

"Imagine that I am connected to you and you are connected to others and others are connected to still others. It is this fabric of humanity, like an American patch quilt."

**PEOPLE WITH THE MOST SOCIAL CONNECTIONS - FRIENDS, SPOUSES, NEIGHBORS, AND RELATIVES - ARE THE HAPPIEST**

Each person sits on a different-colored patch. "Imagine that these patches are happy and unhappy patches. Your happiness depends on what is going on in the patch around you," Christakis said.

"It is not just happy people connecting with happy people, which they do. Above and beyond, there is this contagious process going on."

And happiness is more contagious than unhappiness, they discovered.

"If a social contact is happy, it increases the likelihood that you are happy by 15 percent," Fowler said. "A friend of a friend, or the friend of a spouse or a sibling, if they are happy, increases your chances by 10 percent," he added.

"But every extra unhappy friend increases the likelihood that you'll be unhappy by 7 percent," Fowler said.

"Among other benefits, happiness has been shown to have an important effect on reduced mortality, pain reduction, and improved cardiac function. So better understanding of how happiness spreads can help us learn how to promote a healthier society," he said.

Mark Ariel  
Editor-In-Chief



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# Skimping on Sleep is Bad for the Heart

Just one extra hour of sleep a day appears to lower the risk of developing calcium deposits in the arteries, a precursor to heart disease, researchers said last month. The finding adds to a growing list of health consequences -- including weight gain, diabetes, high blood pressure -- linked to getting too little sleep.

## PROCESSED FOOD MAY FUEL LUNG TUMORS

Common food additives known as phosphates may help lung cancer tumors grow faster, at least in mice, South Korean researchers reported last month. Their tests in mice suggest the additives -- found in many soft drinks, baked goods and processed meats and cheese -- may also help tumors develop in the first place.

## ANTIFUNGAL PILLS CAN HELP TREAT ASTHMA

Pills used to treat common skin infections caused by fungi also appear to help some people with severe asthma, according to a British study published last month. Volunteers with an allergic reaction to one or more fungi showed significant improvements in their asthma after taking antifungal itraconazole pills, David Denning at University Hospital of South Manchester and colleagues reported.

## CHILDREN MAY SUFFER MILD ALTITUDE SICKNESS

Otherwise healthy older children and adolescents who visit high-altitude destinations may develop acute mountain sickness in the first few days after they

arrive, results of a study indicate. Their symptoms are apt to be relatively mild - mainly headache, nausea, fatigue, dizziness and trouble sleeping - and will resolve rapidly, the study team reports in the journal *Pediatrics*.

## BLOOD SUGAR LOSS MAY TRIGGER ALZHEIMER'S

A slow, chronic reduction of blood sugar to the brain could trigger some forms of Alzheimer's disease, U.S. researchers said last month. The study of human and mice brains suggests a reduction of blood flow deprives energy to the brain, setting off a process that ultimately produces the sticky clumps of protein researchers believe is a cause of the disease, they said.

## VITAMIN D DEFICIENCY COMMON IN DIABETIC KIDS

Children and teenagers with type 1 diabetes may have a particularly high rate of deficiency in bone-building vitamin D, a small study suggests. The findings, say researchers, underscore the importance of adequate vitamin D intake for children with type 1 diabetes --

who, studies suggest, are already at particular risk for bone loss as they grow older.

## ENRICHED FORMULA LASTING BENEFITS FOR PREMIES

Infants born prematurely at very low birth weights who are fed a special enriched formula, rather than standard formula, show better growth and bone mineral content during the first 2 months after hospital discharge, according to a study from France. The beneficial effects demonstrated in the present study and previous studies support the recommendation of feeding very low birth weight infants enriched "preterm" formula for a relatively short period, at least 2 months after discharge, the study team concludes.

## LARGE PROSTATES REMOVED WITH SINGLE-KEYHOLE SURGERY

An enlarged prostate due to benign prostatic hyperplasia, or BPH, can be safely and effectively removed using a type of minimally invasive single-keyhole surgery, researchers report. The procedure, known as single-port transvesical enucleation of the prostate, or STEP, is "indicated in patients with large (greater than 80 to 100 grams) prostate glands that require surgery, in lieu of open surgery," researchers report.

## FDA WARNS OVER DIET COKE PLUS NUTRITION CLAIMS

Coca-Cola Co's claims that its Diet Coke Plus include a variety of vitamins and minerals does not meet U.S. Food and Drug Administration's standards, the agency said in a warning to the company. "The FDA does not consider it appropriate to fortify snack foods such as carbonated beverages," the agency said last month.

## HIGHLY RESISTANT BACTERIA COMMON IN ER WORKERS

Health care workers in emergency departments are often carriers of the methicillin-resistant *Staphylococcus aureus*, or (MRSA), potentially putting patients at risk, according to two reports in the *Annals of Emergency Medicine*. Testing positive for MRSA is sometimes transient among health care workers, but unfortunately the results of this study, along with the findings of the second report, reinforce concerns that MRSA carriers are an important part of the transmission of MRSA among patients.



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# YES YOU CAN!

## 9 TIPS TO HELP YOU KEEP YOUR NEW YEAR'S RESOLUTION

By Linda Taix, Founder/CEO Extreme Boot Camp™

**A**s we all know, it's that time for making New Year's resolutions. Ironically, most of us don't keep our resolutions past February. LET'S BE SERIOUS this year and make 2009 the year that we keep our New Year's resolution. Below are **9** great ideas that can assist you in being successful.

### **1** WRITE IT DOWN

When you write things down it helps you to remember it and shows that you are serious about it.

### **2** HAVE A BUDDY SYSTEM

Everyone feels weak at times and needs a little push. When you know someone else is doing it with you, you stay strong for them.

### **3** ACCOUNTABILITY

Tell everyone you know. There is power in numbers. If you divulge to your friends, family and co-workers your resolution, they can help keep you accountable.

### **4** PLAN AHEAD

Planning ahead helps keep you from "cheating" and falling short on your goals. If you know you are going to workout in the morning, get everything you need ready the night before. Make sure you have your workout clothes placed out including your socks, running shoes, jacket, water, etc. This way all you have to do is slip into your clothes and go. Also, plan your meals and snacks in advance to keep yourself from becoming so hungry that you are tempted to eat what you're trying to avoid.

### **5** KEEP A JOURNAL

Keep a log of the food that you eat. A recent study by Kaiser Permanente found that the participants who kept a food journal lost more than twice as much weight as those who did not keep a food journal.

### **6** SET REALISTIC GOALS

Setting goals is great; however, if you set a limited time goal, you are setting yourself for failure later. For instance, if you want to lose weight for a wedding or reunion and you succeed... THEN WHAT? Most people will stop after the wedding/reunion and will possibly gain back all or even more weight. If you work better with short time goals, then set another goal when that one is reached.

### **7** GET BACK ON THAT HORSE AGAIN

We are all human and miss the mark from time to time. It's okay! Don't beat yourself up about it. Just get back on that horse again and pick up where you left off. YOU CAN DO IT!

### **8** REWARD YOURSELF ALONG THE WAY

It's good to reward yourself. Every month that you stay committed to your resolution, reward yourself. It might be a new outfit, a night out with the girls/guys, a food you have been limiting yourself from or buying the latest electronic gadget.

### **9** PARTNER WITH A TEAM OF PEOPLE COMMITTED TO YOUR SUCCESS- **EXTREME BOOT CAMP™**

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## Healthy Breakfast May Mean Healthier Diet Overall

Breakfast may indeed be the most important meal of the day -- as long as that meal is not a doughnut -- a study suggests.

Researchers found that people who ate lower-calorie foods for breakfast tended to have a higher-quality diet overall.

Furthermore, men who ate a healthy breakfast generally weighed less. Among women, breakfast eaters -- regardless of the food involved -- tended to weigh less than those who skipped the morning meal.

The findings give some support to past studies finding that breakfast eaters are less likely to be overweight -- and that eating a high-quality breakfast, rather than grabbing a pastry, is the key.

Research has shown, for example,

that people who eat a bowl of cereal for breakfast have a lower average weight than either those who skip breakfast or those who sit down to a plate of steak and eggs.

What's "unique" about the current study is that it suggests that breakfast foods low in "energy density" -- ie, low in calories for a given amount of food -- "appear to predict better food choices for the rest of the day and may help with better management of body weight," researchers said.

Fruits, vegetables and high-fiber whole grains, for example, are low in energy density, while confections like Danish pastries and doughnuts have a high energy density.

**BREAKFAST EATERS WEIGH LESS THAN THOSE WHO SKIP THE MORNING MEAL**

### FRUITS, VEGGIES SLASH BREAST CANCER RISK

Certain breast cancer survivors who load up on fruits and vegetables, eating far more than current guidelines, can slash the risk that the tumors will come back by nearly a third, according to a study released last month. The finding only held for women who did not have hot flashes after their cancer therapy, the researchers said -- a finding that suggests fruits and vegetables act on estrogen.

### RESEARCH LINKS FAST FOOD TO ALZHEIMER'S

Mice fed junk food for nine months showed signs of developing the abnormal brain tangles strongly associated with Alzheimer's disease, researchers said last month. "We now suspect that a high intake of fat and cholesterol in combination with genetic factors... can adversely affect several brain substances, which can be a contributory factor in the development of Alzheimer's," researchers said.

### DIET ALTERS HEART FAILURE RISK

Each serving of whole-grains may lessen heart failure risk by 7 percent among middle-aged African-American and white men and women, according to findings from a long-term study. Conversely, each serving of high-fat dairy and egg appear to increase heart failure risk by 8 and 23 percent, respectively, researchers found. "A refined grain here, a full fat yogurt there, and the occasional egg aren't going to result in heart failure, but a continued pattern of such behaviors could," researchers said.



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# Lack Of Exercise Tied To Non-Migraine Headache Risk

People who are sedentary may have a higher risk of developing frequent headaches, the results of a large study suggest.

The findings, based on surveys of more than 68,000 adults residing in Norway, found that those who never exercised were 14 percent more likely than their more active counterparts to develop non-migraine headaches over an 11-year period.

Conversely, people who were already suffering from any form of frequent headache were at greater risk of being physically inactive.

The findings suggest that a lack of exercise may be a risk factor for developing non-migraine headaches -- and that exercise is a challenge for people already suffering from any form of head pain.

It's not clear why a sedentary lifestyle might contribute to headaches, lead researcher Emma Varkey told Reuters Health.

But the findings suggest that protection from headaches could potentially be another reason for people to stay active, Varkey and her colleagues report.

There are still questions about the types of exercise that are best for people with frequent headaches, according to Varkey.

Exercise usually does not worsen common, tension-type headaches, she noted, but for some migraine sufferers, vigorous activity can trigger episodes of head pain.

Varkey added her researcher group will soon publish a study looking at an exercise regimen designed to boost migraine patients' fitness without worsening their condition.

**PROTECTION FROM HEADACHES COULD POTENTIALLY BE ANOTHER REASON FOR PEOPLE TO STAY ACTIVE**

## FITNESS IMPACTS DIABETICS MORE THAN FATNESS

People with type 2 diabetes may be able to improve their health-related quality of life by getting fit, new research shows. Cardiovascular fitness was strongly associated with the risk of poor quality of life in diabetic patients. Fatness played less of a role, but it did still have an influence. "Incorporating physical activity into their daily routine improves fitness, allows them to do more, feel better, as well as reduce their risk of cardiovascular disease and diabetes-related complications," the investigators conclude.

## EXERCISE HELPS OVERWEIGHT KIDS WITH ANGER

Sedentary overweight children who start exercising after school become more fit -- and may also be less likely to slam doors, hit other children, and express their anger in other aggressive ways, researchers report. Overweight children who exercise regularly have improved cognitive function, which could translate to better anger control, according to a recent study.

## PREGNANCY WATER WORKOUTS MAY EASE DELIVERY

Regular water aerobics workouts during pregnancy make it easier for women to deliver their babies without pain relief, new research suggests. Less than one third of women who took part in three 50-minute aquarobics sessions every week throughout their pregnancy requested analgesia during labor, compared to nearly two thirds of women in a control group that did not exercise, researchers found. "The babies had adequate weight, gestational age and vitality at birth, confirming the trend ... that moderate, regular physical activity has no influence on prematurity or on the weight of the newborn infant."



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# THE 2009 LOS ANGELES FITNESS EXPO

## A WEEKEND OF GIGANTIC PROPORTIONS, FEATURING THE IRON MAN PRO

By Patrick Tsakuda

**T**he upcoming 2009 Los Angeles Fitness Expo, at the Los Angeles Convention Center, January 24 and 25, will be anchored by the IRON MAN Pro, California's only professional bodybuilding competition. In 2009 the IM

Pro celebrates its 20th anniversary, and you can expect some special surprises-in addition to a spectacular lineup of athletes vying for major prize money and five coveted qualifications for the '09 Mr. Olympia contest.

To spice things up even more this year, IRON MAN and Bodybuilding.com have teamed up to present the first BodySpace Spokesmodel contest, the final round of which will be held during the IM Pro finals and Webcast live for the world to watch at Bodybuilding.com.

Other returning strength competitions include:

- The Gaspari Nutrition All-American Strongman Challenge, in which America's strongest athletes will compete in incredible feats of strength for \$10,000 in cash prizes.
- Scot Mendelson's Pro Bench Press Classic, in which the world's best benchers will go head-to-head trying to smash world records and win their share of \$10,000 in prizes.
- The Con-Cret American Cup Powerlifting Championships, a pro meet for men and women who'll be shooting for California and American records as well as \$3,000 in cash.

Mixed martial arts has become the fastest growing part of the Expo in recent years. In 2009 no fewer than three

amazing MMA competitions will be held in the exhibit hall:

- The internationally renowned Gracie US Nationals will return for a second year after '08's rousing success, in which hundreds of competitors dazzled crowds with their jiu-jitsu expertise.
- The Gracie Kids World Championships will make its debut-an opportunity for young people to shine in a world-class jiu-jitsu competition.
- The Gladiator Challenge presents Revolution, a full card of 12 MMA cage bouts set for Sunday afternoon. And if that's not enough, two more exciting events are coming to this year's Expo:
  - The American Street Dance Championships is offering \$5,000 in cash and prizes. Competitors will take it to the floor for a full day of hot solo and crew dances. Scheduled for Sunday, the event will feature music delivered courtesy of L.A.'s hottest DJs as well as special guests and judges.
  - The inaugural FitExpo Sumo Grand Prix, hosted by the United States Sumo

Federation, will bring world-class competitors in one of the world's oldest and most revered sports.

The Expo also offers contests that are open to all attendees, including:

- Champion Nutrition's MaxReps 4 Cash contests are the most popular of the weekend's audience-participation events, with a \$500 cash prize going to the winners of the bench press, pullup, pushup and biceps curl competitions.
- The BNRG Fittest Couple contest offers spouses, friends or even training partners the opportunity to win \$1,500 in cash and a photo layout in IRON MAN.
- On Sunday the USPF and Powerlifting California will present the Los Angeles FitExpo Benchpress and Deadlift Championships, an amateur contest with medals awarded for first through fifth places. Lifters from any federation are welcome to compete.
- ABC-TV's hit series "Wipeout!" is holding an open casting call for its second season on Saturday and Sunday.





Admission to the Expo is only \$15 a day or \$20 for the full weekend. You can purchase tickets in advance at [www.TheFitExpo.com](http://www.TheFitExpo.com) or at the door.

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## Downturn Spurs “Survival Panic” For Some

A paralegal, recently laid off, wanted to get back at the “establishment” that he felt was to blame for his lost job. So when he craved an expensive new tie, he went out and stole one.

The story, relayed last month by psychiatrist Timothy Fong at the UCLA Neuropsychiatric Institute and Hospital, is an example of the rash behaviors exhibited by more Americans as a recession undermines a lifestyle built on spending.

In the coming months, mental health experts expect a rise in theft, depression, drug use, anxiety and even violence as consumers confront a harsh new reality and must live within diminished means.

“People start seeing their economic situation change, and it stimulates a sort of survival panic,” said Gaetano Vaccaro, deputy clinical director of

Moonview Sanctuary, which treats patients for emotional and behavioral disorders.

“When we are in a survival panic, we are prone to really extreme behaviors.”

For those who need to abruptly curtail spending, that leaves a major void, said James

Gottfurcht, clinical psychologist and president of “Psychology of Money Consultants,” which coaches clients on money issues.

Gottfurcht said he encourages clients to take a walk or do some deep breathing before making a purchase to avoid an impulsive buy.

The greater opportunity of the downturn, Vaccaro said, is that it represents a chance to move away from “irrational” and “careless” consumerism toward “a more discerning consumer.”

**THE NEED TO ABRUPTLY CURTAIL SPENDING CAN LEAVE A MAJOR VOID**

### MEDICARE TO PAY DOCTORS TO E-PRESCRIBE

The future has arrived for doctors when it comes to prescribing medications. Starting this month, Medicare, the federal health insurance program for the elderly and disabled, will offer financial bonuses to doctors who prescribe drugs electronically rather than on paper. Doctors who do not will face penalties from Medicare starting in 2012. This is intended to help persuade doctors who do not “e-prescribe” to start, both to improve efficiency and curb medical errors.

### OBAMA LAYING GROUNDWORK FOR HEALTH REFORM

President-elect Barack Obama has begun laying the groundwork for overhauling the troubled healthcare system. Obama’s Internet site [www.change.gov](http://www.change.gov) asks people to submit ideas for changing the costly and inefficient system that leaves tens of millions uninsured. “Every American is feeling the pressure of high health costs and lack of quality care, and we feel it’s important to engage them in the process of reform,” said Obama transition team spokeswoman Stephanie Cutter.

### STATES SETTLE WITH MATTEL ON LEAD TOYS

Mattel Inc, the world’s largest toymaker, reached a \$12 million settlement with 39 states over lead-tainted toys that prompted a health scare in 2007, the Massachusetts attorney general said last month. Last year, Mattel recalled more than 18 million toys made in China because of hazards related to magnets and lead paint. The states will use the money to educate consumers on the dangers of lead paint and to test children for lead exposure.



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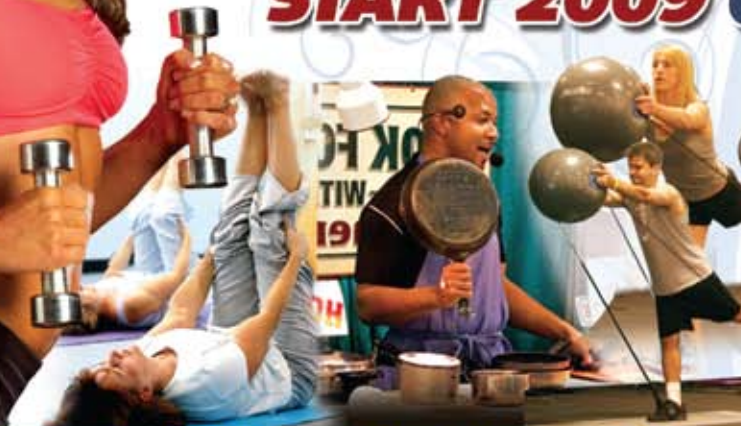


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# SUPER FOOD ALTERNATIVE



## **BÖKU™ SUPER FOOD REMOVES THE GUESSWORK WHEN IT COMES TO PURE AND POTENT NUTRITION**

*By Alicia Doyle*

**A**lthough more than 75 percent of people on the planet take vitamin supplements to fill the need for optimal health, many are unaware that they're still not meeting the body's nutritional demands to stay healthy.

That's because vitamins from pills are much different than vitamins from living plants and vegetables. And with such a wide range of different brands - many of which contain synthetic sources that the body cannot recognize or absorb - it's hard to determine what's truly efficient.

Fortunately, a new trend of alternatives to traditional vitamin supplements are now being made from natural ingredients. For instance, BökU™ Super Food, one of the most affordable, nutrient-dense vitamin alternatives on the market, removes all the guesswork when it comes to pure and potent nutrition.

As a concentrated powder mixed with juice or water, BökU's ingredients are instantly absorbed into the bloodstream, fueling the body's billions of cells with naturally occurring vitamins, trace minerals, anti-oxidants and probiotics - all derived from natural plants with no chemical fertilizers or pesticides.

As a nutritionally balanced food, BökU™ is made from nature with no fillers or chemically derived vitamins and minerals. In fact, BökU™ is loaded with organic plant-derived nutrients called phytonutrients - also known as phytochemicals - which have been scientifically proven to have beneficial effects on the body, from boosting the immune system to cellular repair. For instance, maca root juice, medicinal mushrooms, digestive enzymes and super greens are just a few of the health-enhancing phytonutrients found in BökU™.

So what's the difference between vitamins from pills versus vitamins from natural sources like BökU™ Super Food?

Consider this: most vitamin pills are made synthetically through chemical processes, and therefore contain synthetic vitamin powders. Additionally, just about all brands contain tablet fillers and excipients to physically hold the pill together.

Now, consider scientifically how the body absorbs vitamins in pill form, versus absorbing vitamins from natural sources

like BökU™. This is also known as bioavailability, a term used by scientists to describe the way chemicals are absorbed by humans.

With Vitamin E, for example, the d- form of vitamin E that's purely derived from vegetable oils and other natural sources is different from the dl- form - which is often called the synthetic form.

The human body is only capable of absorbing and using the d- form. The l- form, when present, does not confer any known health benefit and is normally excreted by the body. So, in essence, consuming the synthetic form of vitamin E results with about half the dosage actually taken.

If you think the food you eat fills the nutritional demands you require, think again. More than 80 percent of the American population doesn't consume anywhere near the five servings of fruits and vegetables required each day for optimal health. And, according to findings published in the Journal of the American Medical Association, the current North American diet - while sufficient to prevent vitamin-deficiency diseases such as scurvy and pellagra - is inadequate to support the need for optimal health.

To make matters worse, commercial processing of nutrient-deficient foods further depletes their nutritional value. In fact, phytochemicals in freshly harvested plants may be destroyed or removed by modern processing techniques, including cooking with microwaves, which have been proven to create a nutritional void when radiation interacts with molecules in food.

So what's the answer? Incorporate high-quality, natural nutrition that replenishes the body with essential vitamins, minerals, antioxidants and important plant-based nutrients.

If you value your health, take that extra step: enhance your diet with BökU's award-winning formula. BökU™ is your personal health insurance plan that will not only assist you when you fall ill - it will keep you healthy in the first place.

**For more info please visit [www.bokusuperfood.com](http://www.bokusuperfood.com).**



## Pollution at Home Often Lurks Unrecognized

Many people may be surprised by the number of chemicals they are exposed to through everyday household products, a small study finds, suggesting, researchers say, that consumers need to learn more about sources of indoor pollution.

In interviews with 25 women who'd had their homes and bodies tested for various environmental pollutants, researchers found that most were surprised and perplexed by the number of chemicals to which they'd been exposed.

The women's homes and urine samples were tested for 89 environmental contaminants -- including pesticides and chemicals found in plastics, cleaning products and cosmetics.

An average of 20 chemicals was detected for each study participant.

Much is unknown about the possible health ef-

fects of the array of chemicals in everyday household products. But certain chemicals -- like phthalates and bisphenol-A, found in plastics -- have been linked to potential risks, including hormonal effects and higher risks of certain cancers, though the evidence mainly comes from research in lab animals.

Other household chemicals are known to irritate the skin, eyes and airways, and may exacerbate asthma, for example. Many more chemicals found in cleaning products, cosmetics and other household staples remain untested. The term "fragrance" on household-product labels can signal the presence of potentially harmful chemicals. One of the uses of phthalates, for example, is to stabilize fragrances.

Reducing pesticide use or using fragrance-free detergent and personal-care products can reduce risk, researchers said.

**Fragrance-free detergent and personal-care products can reduce risk**

### DRUG SHIELDS MICE FROM COPD

An experimental drug protected mice exposed to tobacco smoke from developing chronic lung disease, raising hope for a treatment in humans, researchers said last month. They said the chemical CDDO-Im helped activate a master gene called Nrf2 that bolsters the lung's ability to fight off chronic obstructive pulmonary disease, or COPD, a condition that includes emphysema, chronic bronchitis and some types of serious chronic asthma.

### FDA DEFENDS INFANT FORMULA

The Food and Drug Administration defended the safety of infant formula sold in the United States last month despite tests that found the chemical melamine in one brand and a related compound in another. The amounts found are far less than levels found in infant formula in China earlier this year and "do not raise public health concerns," said Stephen Sundlof, director of the FDA's Center for Food Safety and Applied Nutrition. "The domestic supply of infant formula is safe."

### SECOND-HAND SMOKE BEHAVIOR PROBLEMS

Boys with asthma who are exposed to higher levels of tobacco smoke at home are more likely to have behavioral problems, new research shows. "These findings should encourage us to make stronger efforts to prevent childhood exposure to tobacco smoke, especially among higher risk populations, such as children with asthma," Dr. Kimberly Yolton of the Cincinnati Children's Hospital Medical Center said in a press release accompanying the study.





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# LET THEM EAT CHOCOLATE

## NEVER DIET AGAIN...AND STILL LOSE WEIGHT

By Katherine Purdy

**M**ost of us have lost all connection of what our bodies truly desire and or need. What I teach is how to become aware of our emotions and to process them separately from our food, how to process your emotions in a healthy and constructive manner without

substituting another vice that will lead you down a negative path.

The prevailing societal institutions in America believe they have found a solution in the form of diets. What I teach is in complete opposition. I do not believe replacing one control issue with another will solve anything. As the saying goes nothing in life is for certain except death and taxes. Well, we can add to that: smoking causes cancer, and diets don't work.

As a society we need to unhook from this language that has overtaken our minds, to stop thinking in terms of fat grams, calories and carbs. These, I promise you, have nothing to do with your problem. We need to re-learn what our bodies truly need, and learn to process our emotions separately from food. When one achieves this, there is always an overall cry of relief from the spinning thoughts about food which have been draining our life force.

During the workshop, we become aware of how we trick ourselves into perpetuating bad habits with seemingly rational excuses. We recognize that what we thought was a firm awareness of our own respective issues was really just another device to entrench us further into our present stagnation.

We must recognize that how we view the world may limit our lives. Many of us live with a constant feeling of dissatisfaction, a low rumble that is constantly pulling at us, reminding that us we aren't happy. We tell ourselves that it is simply that we haven't acquired our lifelong dreams yet. In fact, what we are working so hard for may not be what we truly desire. It may be an imprint of a plan created for us by others.

We spend so much time painting a picture of ourselves for others to see. In the meantime, we miss who we really are. Driving us to satisfy ourselves, distract ourselves with vices that will never fulfill our true needs. During this workshop, with its associated emphasis on energy treatment and healing, we learn the tremendous power that our own thoughts have in our lives. Specifically, we come to realize how we unconsciously subscribe to the collective belief that there is a certain amount of weight in a certain timeframe that is possible to lose. We also learn how our thoughts actually hook us into energies that keep us from losing weight. Ultimately we learn the tech-



niques to help us eat what we want, when we want, without gaining weight.

While I can't fully convey everything that happens in a four-day workshop, I can give you a place to start from. We all know the feeling of flipping through the channels on TV, but nothing seems to be on, and then trying to read a magazine, but still not finding relief, and then, after a few more feeble attempts at distracting ourselves, swinging open the refrigerator door. Be aware of your emotions! Why are you tensing up? When you start to become agitated, ask yourself out loud, 'Why am I agitated? What do I need to do -- cry, laugh, confront someone who upset me, simply take a nap?'

Participants of the workshop have had great success. Smokers have lost the urge to smoke. Vices of all kinds have been understood -- at their root -- and eliminated. Ultimately any negative habit is just a distraction from one's emotions. The trick is to recognize it, address it, and not allow yourself to continue defending and rationalizing these behaviors.



**KATHERINE PURDY** has been teaching workshops throughout Europe and the US. Her next workshop will be held in Los Angeles in February. For registration please contact [Katherine@katherinepurdy.com](mailto:Katherine@katherinepurdy.com) or call (310)-330-6940. For more information visit us at [Katherinepurdy.com](http://Katherinepurdy.com).



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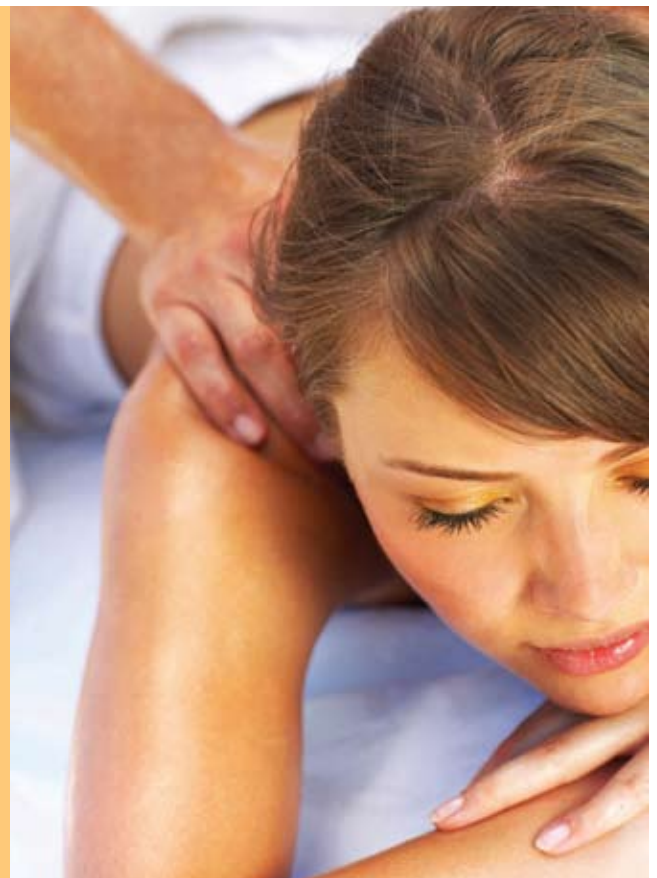
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# FIRM BODY EVOLUTION

**REACH YOUR WEIGHT LOSS GOALS TWICE AS FAST AT L.A.'S PREMIERE HOLISTIC HEALTH AND FITNESS CENTER, FBE SPA**

*By Meagan McCrary*

**I**nstead of signing-up for one more gym membership this new year, revolutionize your workouts and reach your weight loss goals twice as fast at L.A.'s premiere holistic health and fitness center, FBE Spa.

The concept of dynamic entrepreneur, Joseph Harounian (who re-opened the fitness center just three months ago) FBE effectively supports holistic health with three strategies-weight-loss, anti-aging and detoxification-with state-of-the-art equipment you can't find anywhere else.

"We attack from all three angles, depending on if someone wants to lose 200 pounds or just 20 or 5 pounds we come up with a plan to find the best way for them to do it," says Harounian. "And they are achieving and reaching their goals very quickly. So it's really impressive how people are just losing the weight, and we help to keep it off. Our whole goal is to help them lose the weight, keep it off and look good."

At FBE members have access to the original whole body vibration machine (EOS 6600) that has CEOs, celebrities and athletes shaking the weight off and toning their entire bodies without breaking a sweat-just ten minutes is equivalent to one hour on the treadmill. "They don't have the time to go to the gym for two hours, they don't like the means, they don't like the gym for whatever reason, they come here ten, fifteen minutes they're done and they leave," says Harounian.

But that's not all, after a quick, effective workout on the vibration machine members are welcome to relax in one of FBE's infrared jade sauna, burning 600 calories in one 30-minute session, removing toxins, improving cir-

ulation, strengthening immune systems, reducing stress and alleviating pain. They also have access to the one-and-only air therapy machines in the city, using pressurized airflow (which you control) to further improving circulation, relieving stress and riding the body of toxins. The holistic spa also provides members with on-tap ionized alkaline water that also helps the detoxification processes while replenishing needed minerals and hydrating the body.

"Detoxing is the other thing we like to promote because people are not really aware of how important it is. Detoxing a serious thing to really prevent problems," says Harounian, who once suffered from a myriad of health problems, including Crohn's Disease. "I was cured by holistic medicine and have always had the passion to educate people about it and make them understand how powerful it is."

That being said, FBE Spa also presents a variety of holistic treatments by leading health practitioners, such as therapeutic massage, acupuncture, reiki, chiropractic treatments and quantum biofeedback, as well as an amazing product line that supplement the holistic spa's main goals-weight-loss, anti-aging and detoxification.

So instead of getting your butt kicked at the gym, transform your body, renew your vitality and treat yourself to optimal health at the Firm Body Evolution Health & Fitness Center.

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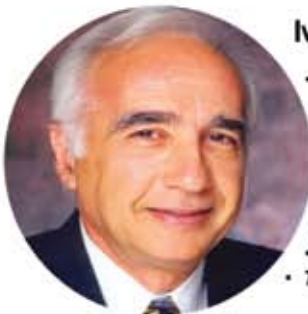
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**Y**oungYou Corporation, an international weight-loss and anti-aging research and development company, continues to affirm its commitment in the New Year to enabling its customers to live a healthy lifestyle.

"YoungYou is pleased to expand its operations into larger headquarters in Los Angeles and to continue to expand and enhance our products through increased research and development efforts," says Victoria Fleishman, president and founder of YoungYou Corporation, in an interview with LA Health News.

"We also are very excited about the personalized services we offer in our Rejuvenation Center. The team at YoungYou is truly dedicated to helping people live a healthy life with our herbal weight-loss and anti-aging products," says Fleishman.

"YoungYou is committed to developing and offering products that change people's lives. The Company offers natural appetite suppressants and a unique line of ESC placenta products, including moisturizing creams and facial masks," Fleishman states. When asked which weight loss products were the most popular, Fleishman noted the following three items:

• **Youngyou Botanical Weight Loss Capsules:  
Lose 10-15 Lbs**

YoungYou Botanical Weight Loss capsules are designed for those who need to lose 10-15 lbs. and maintain good body shape. Works well for both men and women,

• **Slimdemand: Lose 20 Plus Pounds Per Month**

A one-month supply of SlimDemand can bring about a

drop of 1 - 2 dress sizes. The product restrains appetite and the cravings for sweets. It works right away to help suppress appetite and melt away excess body fat, even while a person sleeps. The average weight loss with SlimDemand is 10-15 pounds per month

• **Slimbionic Weight Loss Capsules:  
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Slimbionic - appetite suppressant and fat burner, one of the most fast-acting non-prescription weight loss capsules ever made. Slimbionic is designed as a unique maximum strength weight loss formula for those who need to lose at least 30 pounds. Clients have reported losing up to 40 lbs or more, easily and fast.

Various testimonials regarding these products can be found on the Internet. One client says she started losing weight within the first week: "When I started taking Slimbionic, I noticed a difference right away. My appetite became manageable; I gained a lot of energy that helped me carry through my daily activities. I started losing weight as soon as the first week of taking the capsules. I made sure that I ate healthy, stayed hydrated all day long so that my body could dispose of the fat that was coming off. The effect was immeasurable, already in the first month I lost 20 pounds without feeling the pain of hunger or any other negative side effects..."

**For more weight loss testimonials and more info on these and other unique weight loss products, please visit: [www.YoungYouCorp.com](http://www.YoungYouCorp.com).**

# SELF WORTH



## 2009

### WHAT DO YOU HOPE TO ACHIEVE IN 2009?

By Mignon Marquina, MD

grateful for? What did you try that worked? What didn't work as well for you?

Specifically with regards to your health and weight, what do you hope to achieve in 2009? What would you like to weigh, and within what time frame? Be clear with yourself about your goal. How will you look and feel, and, how your life changes when you

**D**id you know that only 20% of resolutions succeed? You can improve your odds by following the simple steps below.

A good place to start is with taking a good look at the year that passed. What did you learn or achieve? What are you

achieve it? Set realistic goals and be specific regarding your plan. Do research. Think about what you will have to do differently to achieve your goal (compared to what you have done in the past), and what you've done before that works. For example, for your goal of achieving a certain weight, how much time will it take to prepare your meals for example, and when can you cook? You may have to get up a little earlier or multi-task to get everything done.

Listen to your inner voice. What does yours say about what you deserve? What you are worth? Where does it come from - who said that to you? You will have to disagree with that voice if it is not positive, because negative self-talk is one way we prevent ourselves from making progress, and keep ourselves trapped in our uncomfortable settings. This is the same voice that will overly criticize you when you break from your plan. Squash it. Try to get back on track quickly. Everybody messes up a little. Learn from it. Keep moving forward.

*Dr. Mignon Marquina specializes in weight loss, nutrition, and motivation, and can help you define your objectives and determine methods that will work for you. Save time and money by recruiting a professional you can trust. For more information about her special fat burning diets and insightful weight coaching program that can help you stay focused, visit [www.weightcoachmd.com](http://www.weightcoachmd.com) or call 310-673-9300.*

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# Study Backs Laser Treatment For Sun-Damaged Skin

A procedure using a topical solution made by DUSA Pharmaceuticals Inc and laser treatment stimulates collagen production and helps rejuvenate sun-damaged skin, U.S. researchers said.

Their study confirmed the value of a procedure already being performed by some doctors to improve the appearance of skin with wrinkles, fine lines and "sun spots," and helps explain how it works.

University of Michigan researchers tested photodynamic therapy that combines DUSA's Levulan, a clear solution dabbed onto the skin to increase its sensitivity to light, and so-called pulsed dye laser treatment using brief flashes of a single wavelength of light.

In a group of 15 women and 10 men aged 54 to 83 with sun-damaged skin, the research-

ers found that the therapy increased production of collagen -- a protein that helps provide skin its texture and elasticity -- and promoted the thickening of the top layer of the skin.

"We do believe that the treatment would, in fact, improve the appearance of patients' skin," Dr. Jeffrey Orringer, director of the University of Michigan's Cosmetic Dermatology and Laser Center, said in a telephone interview.

"It lends molecular or scientific credibility to a procedure that's being done out there, and it's also the first step in understanding how to make this treatment more effective," Orringer said.

No industry money was used to fund the study published in the journal Archives of Dermatology, Orringer said.

**The combined therapy increased production of collagen, researchers found**

## ESTROGEN IN MOISTURIZERS CANCER RISK

Breast cancer patients who apply moisturizers may be dosing themselves with estrogen without even knowing it, investigators report. Researchers analyzed 16 widely available moisturizers for estrogen-like compounds. None of the creams analyzed noted any estrogen content in their list of ingredients. Even so, six samples contained estriol or estrone. Researchers urged women with breast cancer that is driven by estrogen (that is, estrogen-receptor positive breast cancer) to avoid externally applied estrogen to minimize the risk of a recurrence.

## CLEFT-LIP NOSE FIX OKAY IN FOR TEENS

Girls with facial clefts can safely undergo surgical reshaping of the nose at age 16, when nasal growth is mature in most individuals; for boys the operation can be performed at 17, Dutch researchers report. The researchers note that most specialists put off nose reshaping, known as rhinoseptoplasty, until young people are 18. At this age, growth is thought to have slowed enough that it will not affect the results of the operation. However, new data now shows nose growth is mature in 98 percent of girls by age 15.8 years of age, and in 98 percent of boys by 16.9 years.

## ALLERGAN DRUG BOOSTS EYELASH LENGTH

Allergan Inc's drug bimatoprost increased the length, thickness and darkness of eyelashes in a company study, drug reviewers said last month. The analysis was prepared for a Food and Drug Administration advisory panel. The drug is currently sold for glaucoma under the name Lumigan.



# SCAR FREE STEM CELL RICH FACE LIFT

## A BREAK-THROUGH IN SCIENCE TECHNOLOGY: USING AUTOLOGUS ADULT STEM CELL RICH FAT TO REJUVENATE AND SCULPT YOUR FACE AND BODY

*By Dr. Nathan Newman*

**I**magine if you could take special cells from your body and use them to repair and restore your body's worn and aged areas. Envision using your own stem cells to restore or reshape your body to a more attractive and youthful figure in a way that is safe, natural and undetectable. Today, stem cell therapy is no longer a science fiction story but a reality. Ground-breaking technology coupled with advanced cosmetic surgery techniques has made it possible to harvest and concentrate these desired autologus multi-potent adult stem cells from the fat in your body and to inject them into another part of the body to restore, repair and rejuvenate the desired area.

### WHY STEM CELL RICH FAT

A younger face has more volume and the skin has a glow. Over time fat atrophy causes volume loss resulting in a tired, saggy and aged appearance. Unlike the risky traditional face lift procedures that scar, pull and distort the skin and cause decrease in blood flow and thin the skin, the Scar Free Stem Cell Rich Face Lift will safely and naturally volumize, lift, and sculpt the face. In addition, unlike the traditional surgical approach where multiple costly and risky procedures were needed to address different areas of the face, the stem cell rich fat can be used to sculpt the forehead, eye brows, the eyes, the cheeks, the jaw line, the chin, the nose and the lips all in one cost effective procedure. Further, the stem cell rich fat will more permanently and effectively regenerate and revitalize your tissues to give you a truly rejuvenated age defying face that will look and feel natural.

### THE PROCEDURE

The procedure is done usually without general anesthesia. My patients choose the area of unwanted fat on their body that they wish fat to be removed from. Then, local tumescent anesthesia is in-

jected to numb the area that the fat is to be removed. Next, a modified mini-liposuction is used using special instruments to harvest the fat. The removed fat is processed using special techniques to concentrate the stem cells and is prepared for injection. The face is anesthetized using local anesthesia and the fat is injected into the desired areas using specially designed instruments.

### RECOVERY

Depending on the extent of the procedure, most patients have swelling and soreness for 2 to 10 days after the procedure. There is minimal restriction after the surgery allowing you to return to your daily activities almost immediately.

### CONCLUSION

A new era in medicine has arrived with the promise of adipose derived adult stem cell therapy. The Scar Free Stem Cell Rich Face Lift is on the forefront of this technology in advanced cosmetic surgery.



**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.**



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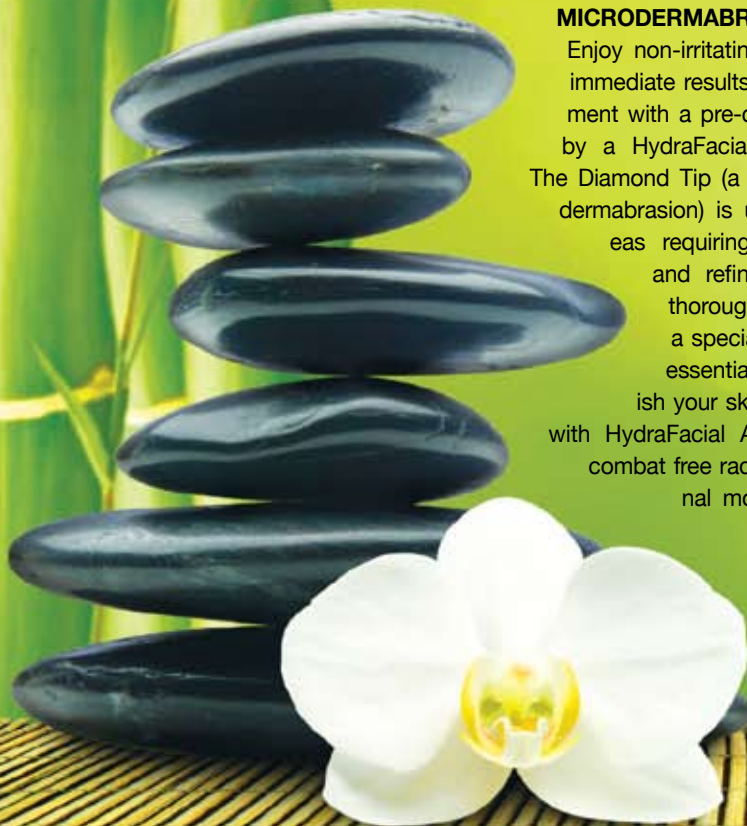
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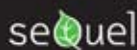


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# DIETING CAN RESULT IN HAIR LOSS

By Marilyn Wayne  
President, Hair Solutions of South Bay  
[www.sobayhairsolutions.com](http://www.sobayhairsolutions.com)  
310-375-3120

**T**wo years ago a beautiful young aspiring actress and model came to my office for a hair consultation. The questionnaire she filled in didn't reveal any Irregularities such as diet deficiencies, heredity, etc. There are hundreds of reasons for hair loss, but clearly, visibly, she was anorexic. Her hair loss was due to lack of nourishment, and as her body deteriorated, so did her hair.

During the initial consultation we photographed her scalp and the hair follicles with a high tech computer designed specifically for hair analysis. This takes most of the guess work out of determining scalp and hair problems. Her follicles were in the "resting stage," the stage when hair stops growing, but continues to fall out, a condition that often can be reversed with proper diet and a series of treatments with cool laser therapy.

We put her on vitamins, zinc, magnesium, essential fatty acids, vitamins D, B, B6, Folic Acid, Vitamin B12, Vitamin C, Biotin, Selenium, Copper as well as several Nutraceuticals. No, she didn't take all these separately, we have a proprietary blend all inclusive of essential support to the hair. We added the cool laser treatment using the only FDA approved hair re-growth device in the United States.

## LASER HAIR RE-GROWTH THERAPY

According to the FDA study the cool laser had a 93% success hair re-growth rate on the trial participants. Cool lasers do not

cut, burn or vaporize. They increase blood flow to the scalp by as much as 55% with each treatment. Just as blood flow is the basis for life, it is also a vital necessity for hair growth.

After three months our young beauty began to see hair re-growth. Her scalp was no longer visible. New hair was stronger and thicker. Another view with the computer hair cam showed she was growing new hair in the follicles, instead of one thin hair growing she had two stronger, thicker hairs growing from each follicle. Her hair went from the "resting stage" to the "growth stage." By the eighth month of laser therapy she was a changed person, full of self confidence and a lovely head of hair. Her baseball caps were donated to the Alopecia Society. As an aside, we had dinner together last week, and she ate like it was the Last Supper!

Not everyone will benefit from this combination of hair re-growth therapies but if your hair is thinning I encourage you to consult a nutritionist and go to our web-site, [www.sobayhairsolutions.com](http://www.sobayhairsolutions.com) for more information.

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# RIGHT ON POINT

## DONGGUK ROYAL UNIVERSITY GRADUATE SCHOOL OF ORIENTAL MEDICINE

By Meagan McCrary

**A**cupuncture and Oriental medicine (AOM) has been used to diagnose, treat and prevent disease and illness for over 2,000 years, and has now become widely accepted as a viable treatment method in the fast-growing field of complementary and alternative medicine here in the West—creating an increased demand for AOM licensed practitioners throughout the country.

“It’s creating a higher demand in medically trained people, as we as non-medically trained,” says Ronald Sokolsky, provost at Dongguk Royal University (DRU) in Los Angeles. “AOM is a very viable profession—a fairly high earning profession once you are established—and is accepted into hospital settings.”

In fact, there is the American Medical Acupuncture Association consisting of about 7,000 licensed MDs that practice acupuncture in their practice. “It’s a profession that is in high demand and short supply,” adds Sokolsky.

Fully accredited, DRU Graduate School of Oriental Medicine is one of the oldest institutions of oriental medicine in the United States, with state-of-the-art facilities, as well as one of the busiest AOM clinics in the nation. Students complete rotations at DRU’s clinic as well as the University of Southern California’s nearby medical center.

A unique campus centrally located near Downtown, Mid-Wilshire, Koreatown, Little Tokyo, and Chinatown, DRU teaches in three languages—Korean, Chinese and English—attracting students from all over the globe. “It not only brings in the Chinese and Korean student, but it brings in all others no matter what their cultural background. Whether they are from the Philippines, South American, Central America, Iran, Mexico, Canada—where ever the medicine is practiced students come,”

says Sokolsky, a native Angeleno and graduate of DRU.

Graduates of the university’s master program go on to become licensed medical practitioners in the state of California as primary care—one of only four healthcare professional groups that qualify for primary care, including MDs, chiropractors and osteopathic physicians.

“We are the first portal for a patient. We don’t function under the supervision or prescription of an MD,” explains Sokolsky. “AOM practitioners can create financially supportive careers with flexible work schedules that are rewarding on many levels.”

AOM licensed practitioners can work in a variety of settings, including multi-disciplinary clinics with other healthcare professionals, hospitals and private practices. Since patients are perceived from holistic prospective-taking into account their physical, mental and emotional health—practitioners are able to spend valuable time developing collaborative relationships with patients, helping them to maintain a conscious wellbeing.

“Unless you’ve really experienced the acupuncture treatment you really don’t appreciate what it does and the feelings you get from it,” says Sokolsky. “In oriental medicine we don’t treat just the body or the symptom that you present with—it’s more of a holistic treatment. We don’t separate the mind from the body, and so when you enjoy an acupuncture treatment you get off the table you are actually very relaxed and at peace. It’s a very good feeling.”

DRU’s clinic offers acupuncture (free on Fridays), herbal therapy, nutritional & lifestyle counseling, Tuina, acupressure, Shiatsu and therapeutic exercise, including Tai Chi, Qigong.

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*By Dr. Bruce F. Beard, DDS*

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*Bruce F. Beard, DDS, a member of the American Academy of Cosmetic Dentistry, Trained at the Las Vegas Institute of Advanced Dental Studies, California and American Dental Association and Past Chairman of the SFVDS Peer Review, is a leader in cosmetic dentistry. For more info visit [www. SensationalSmileCenter.com](http://www.SensationalSmileCenter.com) or call at 818-276-1798*





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# SAMRA ACUPUNCTURE SPINAL CENTER

## KINETIC ACUPUNCTURE TREATS MUSCULAR SKELETAL DISEASES

By Meagan McCrary

**C**EO Jae-Hong Kim and a team of elite Korean doctors are changing the way Americans and MDs are looking at acupuncture.

“Actually a lot of people know these days, acupuncture is really effective in pain control—neck pain, shoulder pain, knee

pain—but ours is a more advanced type of acupuncture called Kinetic acupuncture,” says Kim, CEO of the new Samra Acupuncture Spinal Center. “Ours is a very active acupuncture, we insert the needle and the patient moves.”

The Samra Acupuncture Spinal Center specializes in muscular skeletal disease, effectively treating everything from ruptured and degenerated discs to paralysis in stroke patients using Kinetic acupuncture.

Kinetic acupuncture is effective in treating muscular skeletal diseases because it’s an active treatment that moves the muscle opposite to conventional acupuncture treatments that is static. During static acupuncture treatments the needles are inserted and the patient lies still for 15 to 45 minutes, whereas during Kinetic acupuncture the needles are inserted and the patient moves with either the help of the doctor (passive movement) or on their own (active movement).

“You can fix the alignment in your spine by movement, that’s the basic concept of Kinetic acupuncture. With static acupuncture you can do nothing but alleviate pain, but with Kinetic acupuncture we can make your alignment right—that’s the point”, says Dr. Hyungsuk Choi, one of the OMDs who came with Kim to open the acupuncture spinal clinic.

Kinetic acupuncture works by re-educating or retraining the muscle, often increasing the range of motion instantly. Where there is pain the muscles are experiencing spasm, and can be thought of as “frozen.” When the needle is inserted the muscles are thawed (increasing muscle tone) allowing for greater

range of motion, but the muscles need to move in order to be retrained—Kinetic acupuncture.

“Conventional medicine cannot provide health. All they do is provide the medication, pain medication, and physical therapy. They cannot recommend surgery because they know that it is not good, the relapse rate is more than 70 percent,” says Kim, who was the CEO at a large Korean hospital specializing in disc herniation. In just three years, the hospital went from earning \$20 million annually to \$100 million, treating half a million patients a year. “We call this something like the miracle medicine because we’ve been treating a lot of ambassadors in Korea and every time they call it miracle medicine,” he adds.

Kim is referring to the many “emergency cases” treated by Kinetic acupuncture, where patients have arrived on stretchers with ruptured discs and leave walking. There is even a 90 percent success rate of reviving muscular movement following a stroke, if patients immediately receive Kinetic acupuncture treatment.

Kim is now ready to take the American market by storm, bringing three of the top OMDs from Korea with him. At 10,000 square feet, with 20 treatment rooms, MRIs, x-rays, 4 specialized doctors, and a number of interns and residents, the new spinal center is the largest and most advanced Oriental medicine clinic in the United States.

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# CLEAN MACHINE

## CONTINUAL CLEANSING FOR OPTIMAL HEALTH & VITALITY

*By Brendan Brazier*


overall health. Many people report more clarity, greater alertness, over-whelming joy, and incredible insight after a cleanse.

A simple test you can do to determine whether you would benefit from a cleanse is to eat a few leaves of a dark leafy green vegetable such as kale or down a couple of shots of fresh wheat grass juice. If you can get it down without cringing, then chances are your system is already alkaline. If however, these foods taste horribly bitter and nearly cause a gag reflex, you will certainly benefit from a cleanse.

There are many excellent articles and books dedicated to cleansing so I won't get too much into the details in this article. What is interesting to note, however, is that all of them prescribe complete abstinence from animal-based foods and focus solely on plant-based nutrition during the cleansing process. My take on this is that if you feel so good after a cleanse, then why not adopt a "continual cleansing" type diet? That's what I call the Thrive Diet; a common-sense, simple approach to eating that is based on plant-based whole foods.

So you've decided to take the plunge and do a cleanse. That is a great first step. Once you have completed the cleanse of your choice, you will likely feel much better and you won't want that great feeling to go away. So how do you extend and expand upon these cleansing benefits for long term optimal health and vitality? Start by consuming lots of raw, alkaline forming fruits and vegetables. Eaten on a regular basis, these foods will start the natural transition process away from processed foods that cause the body to become acidic.

At first, however, the body will not naturally crave



**D**o you have difficulty waking up in the morning and find that you have low energy all day long? Are you unable to concentrate at work, feel sluggish and depressed? Do you suffer from poor digestion, bloating or constipation? If so, you could be a good candidate for a cleanse. Cleansing your body of accumulated toxins can help you gain energy and improve

plant-based foods when it is accustomed to processed and refined foods. You have to simply begin by adding more raw natural plant-based foods to your diet but without subtracting anything. Over time, you will naturally and painlessly have less interest in eating the more processed foods and you will gravitate towards the least processed whole foods. I know this sounds overly simplistic but it is a scientific fact that when the body has all its nutritional needs fulfilled, cravings will dramatically decline.

To get to the point where you no longer have to restrain yourself from eating unhealthy food is a great feeling and a telltale sign that your body is cleansing itself and making a smooth transition to a much healthier lifestyle. Constantly fighting cravings is not a mentally healthy way to live so changing the perception of what your body desires is fundamental to breaking cravings permanently.

A good way to get more fruit and vegetables into your diet is by making smoothies at home and drinking them as snacks or meals. Beginning your day with a smoothie made with alkaline forming, plant-based whole food ingredients is one of the best ways to get the body going, providing clean-burning, easily absorbed fuel to jumpstart your day.

Smoothies are easy and convenient to prepare and can pack a lot of nutrition into a glass - plus their great taste appeals to almost all palates. It is important to note that though there are umpteen yummy smoothie recipes out there, some are much healthier than others. Whereas many smoothies contain mostly carbohydrates, I like my smoothies to incorporate all the elements of a complete meal including protein and EFAs. Try following my basic guidelines for an ideal smoothie:

- Ensure only plant-based ingredients are used to benefit from continual cleansing
- Use ripe whole fruit and fruit juices for flavor and sweetness rather than adding sugar or artificial sweeteners
- Incorporate multiple sources of protein for a balanced amino acid profile
- Add source of Omega-3 & 6 EFAs for their countless health benefits
- Try adding some "green foods" to pack in extra servings of vegetables

In my new book *The Thrive Diet* ([www.thrivediet.com](http://www.thrivediet.com)) I include several recipes for chlorophyll rich, yummy smoothies. I always use hemp protein because it is complete, raw, contains chlorophyll and is alkaline-forming. From there I'll add pea and rice protein to balance the amino acid profile of the hemp. Ground flax seeds for Omega-3 EFAs and soluble fiber are also a great addition. Blend with a banana, juice and some berries and you have all the makings of a great liquid meal that will facilitate continual cleansing!



**Brendan Brazier is a professional Ironman triathlete, two-time Canadian 50km Ultra Marathon Champion and bestselling author on performance nutrition. He is also the creator of the award-winning VEGA line of whole food products. [www.brendanbrazier.com](http://www.brendanbrazier.com) Brendan's latest book, *The Thrive Diet* (Penguin, 2007), includes 100 balanced, plant-based, whole food recipes. [www.thrivediet.com](http://www.thrivediet.com)**



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# NOW IS YOUR TIME: 2009

## OPTIFAST, THE FIRST COMPREHENSIVE FORMULA DIET PROGRAM USED FOR WEIGHT LOSS

By Joyce Barwick

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Etcetera Medical treats Obesity as a disease and has been working with patients for over 30 years to achieve their healthy weight. Etcetera Medical offers physician supervised personalized programs that include Medication, Nutritional Counseling, Food Plans, and their famous Diet Shot. Etcetera Medical Group is one of the original clinics to offer the wonderful program OPTIFAST, the first comprehensive formula diet program used for weight loss.

The well-documented weight loss success of the OPTIFAST Program is based on a formula diet. This diet is portion-controlled, caloric precise, nutritionally complete, and has been shown to help people stick to their diet plan.

OPTIFAST formulas and bars take the guesswork out of dieting. The OPTIFAST Program - as well as all of Etcetera Medical Group's programs - treats the whole person, not just his/her eating habits. Obesity is a complex disease caused by a combination of genetic, environmental, and emotional factors. It often contributes to the development of a variety of other health problems such as high blood pressure and Type II diabetes. With the help of Etcetera's specially trained health care professionals, Etcetera's treatments address the causes of obesity as well as its consequences.

Etcetera Medical Group has been using OPTIFAST for over 15 years. It remains the gold standard for this type of treatment and program that others attempt to copy.

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# Video Games May Do the Aging Brain Good

Older adults might want to take an interest in their grandchildren's video games, if early research on the brain benefits of gaming is correct.

In a study of 40 adults in their 60s and 70s, researchers found that those who learned to play a strategy-heavy video game improved their scores on a number of tests of cognitive function.

Men and women who trained in the game for about a month showed gains in tests of memory, reasoning and the ability to "multi-task."

The findings suggest that video games that keep players "on their toes" might help older adults keep their brains sharp, the researchers report.

This is the first published study to suggest as much, so it's important not to overstate the findings, said senior researcher Dr. Arthur F.

Kramer, a professor of psychology at the University of Illinois.

Still, he told Reuters Health, the results are "very promising," as they suggest that strategy-based video games can enhance cognitive abilities that often decline with age.

The findings are in line with research suggesting that older adults can improve their cognitive health by staying both physically active and mentally active through activities such as reading, writing or other hobbies.

"Playing video games with their grandkids would also be a great idea," Kramer noted, "because we know that social interactions -- along with physical exercise and intellectual challenge -- also enhance the cognitive abilities of older adults."

**Study participants showed gains in tests of memory, reasoning and multi-tasking**

## BALANCE EXERCISES REDUCE FALLING RISK

Combined findings from multiple studies indicate that exercise programs, especially those that include balance training, do reduce falls among elderly people. Examples of successful falls prevention programs include "Tai Chi and home-based or group-based exercise prescribed by a health professional," researchers said. On the other hand, walking programs did not appear to have much effect in preventing falls, researchers report.

## BLOOD PRESSURE SPIKES MAR THINKING

For elderly people with elevated blood pressure, further spikes in blood pressure levels can affect their ability to think clearly, researchers said last month. The findings offer another reason for people with high blood pressure, also known as hypertension, to get the condition under control -- for the sake of their cognitive functioning as well as many other health reasons, they said. Several studies have found a link between high blood pressure and dementia, which is marked by a loss of memory and other cognitive abilities, including the ability to speak, identify objects or think abstractly.

## EXERCISE PROGRAMS BENEFIT SENIORS

Older adults who regularly take part in top-rated, low-cost physical activity programs offered by their local senior center or YMCA can see noticeable improvement in physical functioning and lower their risk of becoming disabled, research shows. "Older adults can benefit greatly from these programs," Susan L. Hughes, co-director at the Center for Research on Health and Aging, Institute for Health Research and Policy in Chicago told Reuters Health.



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# COVER GIRL

## RISING STAR JENNIFER ENGLAND TAKES HOLLYWOOD BY STORM

**M**odel, actress and stunt artist Jennifer England currently appears as the sideline reporter, for the hottest new MMA (Mixed Martial Arts) show, "XARM", airing on Ripe TV.

Also lined up for the bombshell beauty, England will be gracing the big screen in the upcoming film, FAST & FURIOUS 4 with Vin Diesel and G-FORCE with Nicolas Cage, both to be released in the summer of 2009. Jennifer's credits further include showing off her stunt skills in TRANSFORMERS, and her roles in

DODGEBALL and SMOKIN ACES.

England can be seen in a national Captain Morgan commercial, as well as a Direct TV and Bud Light (latin) commercial. England has also had the privilege of being a Barker Beauty for "The Price is Right" as well as appearing in national commercials including Dodge, Playstation and Old Spice. She can also currently be seen in the Maxim 2008 calendar.

Originally from Michigan, Jennifer England came to Los Angeles to pursue modeling and acting. She has worked as a model for various national campaigns including Guess, Von Dutch, Reebok, Coca Cola, and Beach Bunny Swimwear.

*Learn more about this rising star at [www.jen-england.com](http://www.jen-england.com)*



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**JAN 11: SUNSET WALKING MEDITATION**

Take a two-hour peaceful and meditative walk through Franklin Canyon Park as the canyon winds down for the night. This free program is sponsored by the Santa Monica Mountains Conservancy. 5-7 p.m. Franklin Canyon Park, 2600 Franklin Canyon Drive, Beverly Hills. For more information call (310) 858-7272 or visit [www.lamountains.com](http://www.lamountains.com).

**JAN. 11: MOONLIGHT HIKE**

Explore the Franklin Canyon by moonlight and enjoy a spectacular view of the stars and city from atop the trail. All ages are welcome for this free exciting hike. 7-9 p.m. Franklin Canyon Park, 2600 Franklin

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**JAN 17: RUN WITH THE BUFFALOS**

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**JAN 21: INFERTILITY AND PRENATAL NUTRITION TALK**

Nutritionist Haylie Pomroy discusses topics from her new book Craving Conception. Couples who are currently pregnant or looking to conceive are invited to an afternoon of education, laughter and solutions for the conception and health of their future child. 1pm at Inner Movement Chiropractic, 1218 E. Broadway, Glendale. Call (818)549-1300 or visit at [www.Innermovement.net](http://www.Innermovement.net)

**JAN 23-25: GO GREEN EXPO**

Go Green Expo invites both consumers & business owners to learn more about what is readily available so they can take steps to purchase earth friendly products & services to make our communities greener, one city at a time. The Los Angeles Convention Center. For more info visit [www.gogreenexpo.com](http://www.gogreenexpo.com).

**JAN 24: HIGH TREK ADVENTURE**

High Trek Adventure is a unique urban race taking teams of two on a three to five hour adventure through the city streets of Los Angeles either on foot or public transport. It's a scavenger hunt, with all the thrills of the amazing race, mixed in with trivial pursuit, throw in a mini road race and add a dash of cat-and-mouse. For more information visit [www.hightrekadventure.com](http://www.hightrekadventure.com).

**JAN 24-25: 2009 LOS ANGELES FITNESS EXPO**

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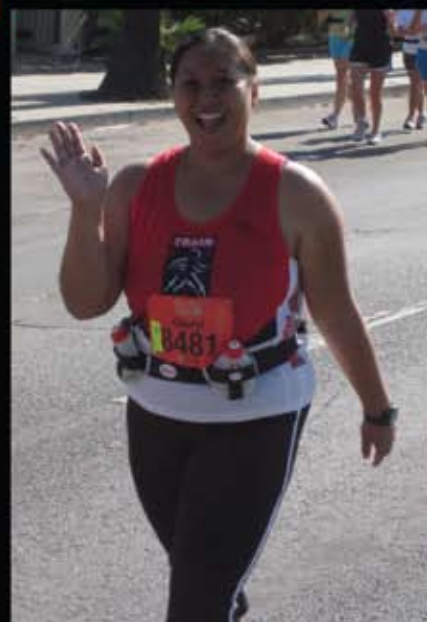
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