

LA HEALTH NEWS

February 2009 | ISSUE 95 | COMPLIMENTARY

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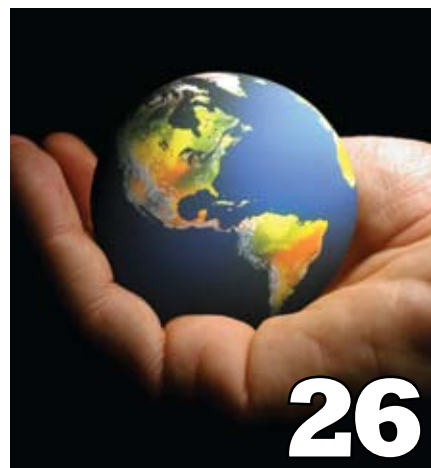
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PROUD MEMBER OF:



editor's letter

STEM CELL BREAKTHROUGH

A novel drug combination using Genzyme Corp's Mozobil shows it may be possible to spur bone marrow into releasing extra adult stem cells into the bloodstream to repair the heart and broken bones, researchers said last month.

The study of mice raises hope that researchers could use the same technique to tackle autoimmune diseases such as rheumatoid arthritis in which the body confuses healthy tissues for foreign substances and attacks itself, they said.

"We hope that by releasing extra stem cells, as we were able to do in mice in our new study, we could potentially call up extra numbers of whichever stem cells the body needs," said Sara Rankin of Imperial College London, who led the study.

"Our work could lead to new treatments to fight various diseases and injuries which work by mobilizing a person's own stem cells from within."

Stem cells are the body's master cells, giving rise to various tissues and the blood. They are found throughout the organs, blood and tissue and are in immature form until they generate needed cell types.

Doctors hope to use them some day in a new field called regenerative medicine in which tailor-made transplants of tissues and perhaps organs can be grown from a patient's own cells.

Rankin and her team looked at mesenchymal stem cells - immature cells that can give rise to bone, muscle or blood vessels - and endothelial cells that help make blood vessels in the heart.

They treated healthy mice with one of two proteins that occur naturally in bone marrow called VEGF and G-CSF growth factor. Following this treatment the mice received Genzyme's stem-cell transplanta-

New drug combo may boost stem cell production

tion drug Mozobil.

Researchers know that G-CSF in combination with Mozobil mobilizes one kind of stem cell used in bone marrow transplantation known as hematopoietic stem cells, which give rise to blood cells. But Rankin and colleagues wanted to see if VEGF growth factor could stimulate other types of stem cells involved in building heart and bone tissue and blood vessels.

The team, which reported the findings in the journal *Cell Stem Cell*, found that mice given VEGF and Mozobil released around 100 times as many endothelial and mesenchymal stem cells into the bloodstream compared to mice that had no treatment.

While trials of the drug combinations in humans is years away, the researchers said the next step is determining in mice whether the technique actually helps repair damage, Rankin said.

"One of the exciting aspects is this would be a non-invasive treatment," she said in a telephone interview. "With this you are just giving a drug to promote what is a natural process."

Mark Ariel
Editor-In-Chief



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FDA Allows First Test of Human Stem Cell Therapy

The Food and Drug Administration has cleared the way for the first trial to see if human embryonic stem cells can treat people safely, a company involved in the controversial research said last month. Geron Corp., a California biotechnology company, said it plans a clinical trial to try to use the stem cells to regrow nerve tissue in patients with crushed, but not severed, spinal cords.

GEORGIA PLANT SOLE SALMONELLA SOURCE

The sole source of the salmonella outbreak involving contaminated peanut butter appears to be the Peanut Corp. of America's Blakely, Georgia processing facility, federal officials said last month. More than 125 products including cookies, crackers, ice cream and even some pet food have been recalled in connection with the outbreak, the FDA said.

STUDIES FIND MERCURY IN MUCH CORN SYRUP

Many common foods made using commercial high fructose corn syrup contain mercury as well, researchers reported last month, while another study suggested the corn syrup itself is contaminated. Food processors and the corn syrup industry group attacked the findings as flawed and outdated, but the researchers said it was important for people to know about any potential sources of the toxic metal in their food.

AGENCY QUESTIONS FDA ABILITY TO PROTECT PUBLIC

The agency responsible for keeping the public safe from harmful drugs and foods was added to a list of "high-risk" areas of the federal government because it may not be able to adequately do its job, the Government Accountability Office said last month. The GAO said the Food and Drug Administration (FDA) was being hampered by globalization, more complex products and laws that have made it more difficult for the FDA to ensure the safety of pharmaceuticals, biologic drugs and medical devices.

SITTING LINKED TO SLEEP APNEA SEVERITY

Canadian researchers have identified a new risk factor for obstructive sleep apnea (OSA) in normal-weight men: too much sitting. The more time a man spends seated during the day, researchers found, the greater is the volume of fluid that shifts from his legs to his neck overnight; and the greater the fluid shift, the worse the OSA.

HEALTH INFO TECHNOLOGY SAVES LIVES, COSTS

Hospitals in Texas that used computers to keep track of patient records and manage care had lower rates of deaths, complications and costs, researchers said last month, offering a strong argument for hospitals to go "paperless." They said patients treated in hospitals that ranked highest in use of health information technology to manage patient records and physician notes were 15 percent less likely to die compared with patients in hospitals that ranked lower.

FAMILY ABUSE OF PEOPLE WITH DEMENTIA COMMON

People caring for family members with dementia commonly abuse them with behavior such as swearing and shouting, researchers said last month in a study that shows a more widespread problem than previously thought. "The study shows abusive behavior is very common and not something doctors are regularly asking about and therefore finding," researchers said.

WHEN KIDS WHEEZE, STEROIDS DON'T HELP

Giving steroids to children who are wheezing because of viral or other infections does not help, researchers reported last month. And an experimental treatment designed to prevent wheezing may be effective, but it seems to pose too many risks to be recommended, according to studies published in the New England Journal of Medicine.

HEALTH INFO TECHNOLOGY SAVES LIVES, COSTS

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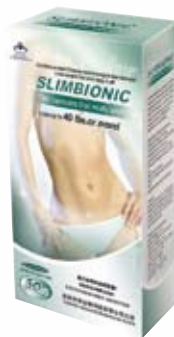
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Councilwoman Fights for Healthier Food Choices

NEW ORDINANCE, AUTHORED BY CITY COUNCILWOMAN JAN PERRY, PREVENTS FAST FOOD ESTABLISHMENTS FROM OPENING IN THE CITY'S NINTH DISTRICT

By Meagan McCrary

Recently the Los Angeles City Council approved a groundbreaking "Fast Food Ordinance" designed to address the imbalance in food options currently available in South Los Angeles. Authored and proposed by City Councilwoman Jan Perry the ordinance prevents new fast food establishments from opening in the City's Ninth District, which includes South Los Angeles, Bunker Hill, Little Tokyo and Central City East.

"We need to attract sit-down restaurants, full service grocery stores and healthy food alternatives and we need to do so in an aggressive manner," says Perry, who is presently in her second term as Councilwoman for the Ninth District. "Ultimately, this ordinance is about providing choice—something that is currently lacking in the community."

Referring to a recent Los Angeles Times analysis of the city's

roughly 8,200 restaurants, the Councilwoman points out that South Los Angeles has the highest concentration of fast food restaurants (per capita) and fewer eating establishments of any variety than the Westside, downtown or Hollywood. According to the Times' analysis South Los Angeles has 900 eateries versus the Westsides' 2,200 and roughly 45% of the restaurants in District Nine are fast food chains with minimal seating, compared to 16% on the Westside.

"South L.A. is a community limited in space, and I'm working to allow different opportunities for people who live here," says Perry. "I know fast food is not the first of all ailments, but it's a matter of choice. There is disposable income in this community and I think when given the opportunity people will make healthy choices."

The ordinance is designed as a stopgap measure to allow City

Planning time to study the effects of fast food establishments as they pertain to community design, pedestrian activity, traffic and other pertinent urban planning issues. In addition the process allows community members to work with City staff to establish guidelines to help shape development and uses they would like to see going forward in their community.

"We have evolved as a soci-

ety in terms of linking public policy with health outcomes and that's a good thing. It's not the top down approach as it was in the past, but more of a bottom up, and so the actions I take as an elected official are reflective of what I have been told by my own community," says Perry.

The "Fast Food Ordinance" will also allow Councilwoman Perry to actively attract grocery stores and restaurants to the area, and she has chosen to concentrate the majority of her efforts on bringing food options to Central Avenue. "South Los Angeles is ripe for development. Studies have shown that there is a large and growing residential population that is in need of important amenities like grocery stores and sit-down restaurants," affirms Perry, who hopes the ordinance serves as a catalyst to bring different and higher quality food options to the people in her district.



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Low-Carb Diets May Boost Attention But Blur Memory

Low-carb diets may make people's short-term memory a little foggy, but they could improve people's ability to focus and pay attention, new research hints.

The key to keeping one's smarts while dieting seems to be not to cut out carbs completely, researchers told Reuters Health. "Low carbohydrate is OK; no carbohydrate is not," they said.

"Low-carb diets - in the initial time period when they're actually no-carb diets, have the greatest potential to impair cognitive function because the brain uses glucose (sugar) as its primary fuel. The body breaks carbohydrates down into smaller components, including glucose, which the brain gets from the bloodstream, researchers explained. So once carbohydrate stores are gone, the brain starts to starve.

To investigate how low-carb diets might impact thinking and mood, researchers had 19 women choose either a low-calorie, balanced diet recommended by the American Dietetic Association (ADA), or a low-carb diet in which they cut out carbohydrates completely for a week and then gradually reintroduced them to their diets.

"LOW CARBOHYDRATE IS OK; NO CARBOHYDRATE IS NOT"

Study participants completed mood and cognitive function tests before they began the diets and continually throughout the diet.

The nine women who chose the low-carb diet fared worse on tests of their memory during the first week of the diet, when no carbohydrates were allowed, than the 10 women on the ADA diet. Once they started eating carbs again, the memory differences between the two groups disappeared.

DIET TIED TO SURVIVAL IN CANCER PATIENTS

Women with early-stage breast cancer may live longer if they maintain a diet rich in fruits, vegetables, whole grains and low-fat dairy, and low in red meat and refined foods, a new study suggests. This so-called "prudent" diet was not linked to a lower risk of death from breast cancer specifically. However, researchers found, breast cancer patients who ate this way were less likely to die from other causes over the eight-year study period.

IRON-RICH DIET MAY BOOST PARKINSON'S RISK

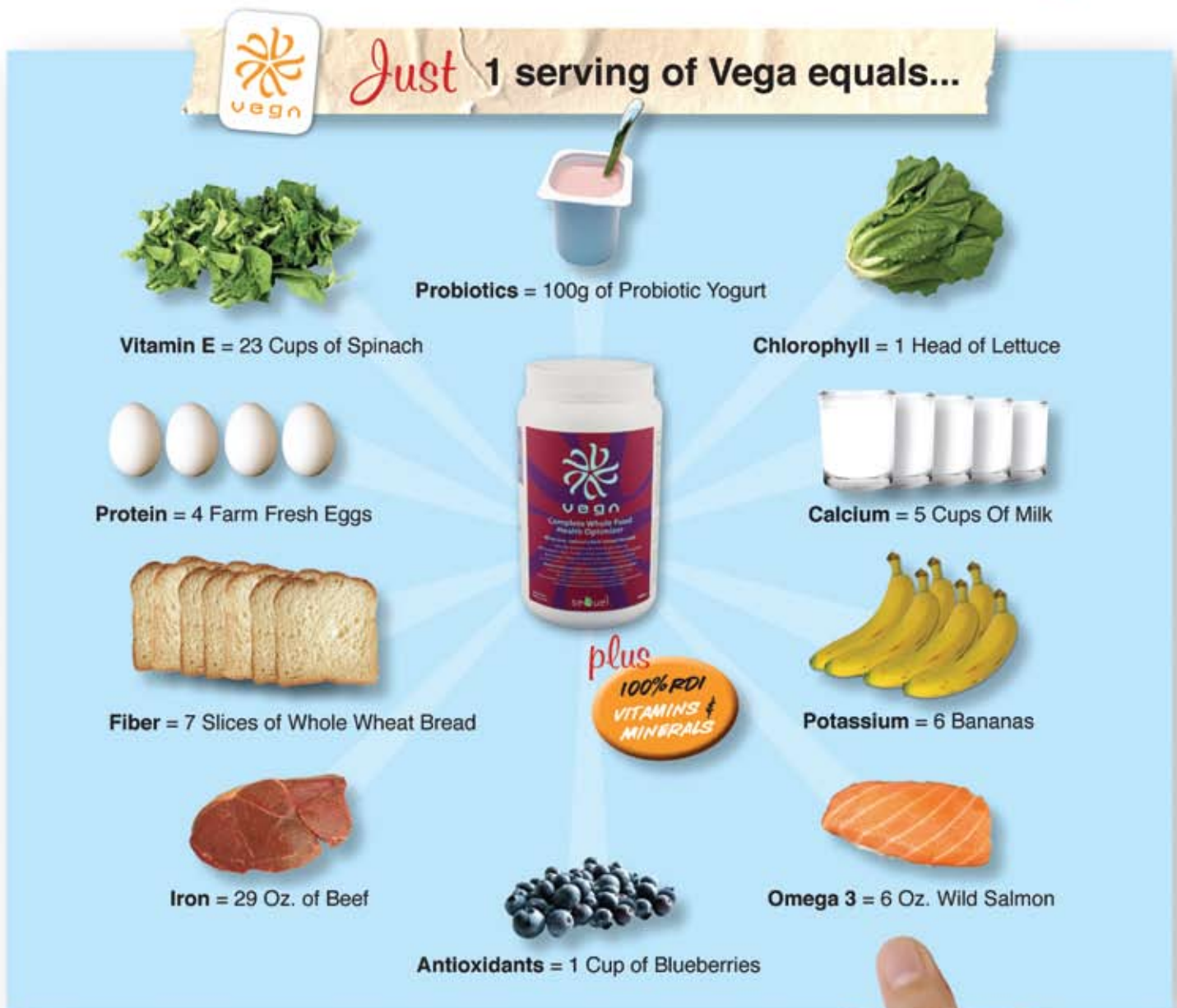
People who eat lots of iron from plant sources may be at increased risk of Parkinson's disease, especially if their vitamin C intake is on the low side, a study suggests. Iron could plausibly contribute to Parkinson's disease by boosting oxidative damage in the brain, the researchers note. The recommended iron intake for men over 18 and women over 50 is 8 milligrams a day.

COFFEE MAY PROTECT AGAINST ORAL CANCERS

New research indicates that drinking coffee lowers the risk of developing cancer of the oral cavity or throat, at least in the general population of Japan. Compared with people who did not drink coffee, those who drank one or more cups per day had half the risk of developing these cancers, researchers report in the American Journal of Epidemiology.



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WANT SOME STATINS WITH THAT?

**STATINS MAY
HELP MILLIONS
MORE PEOPLE,
ACCORDING TO
NEW STUDY (NOT
FUNDED BY THE
PHARMACEUTICAL
INDUSTRY)**

By Will Dunham

Nearly 20 percent more men over 50 and women over 60 stand to benefit from taking statins, based on the findings of a recent study on the cholesterol-lowering drugs, researchers said last month.

Their research stakes out a potentially expanded market for statins, already the world's top-selling drugs.

The so-called Jupiter study, presented at an American Heart Association meeting in November, showed that AstraZeneca's statin Crestor dramatically cut deaths, heart attacks and strokes in patients who had healthy cholesterol levels but high levels of a protein associated with heart disease.

C-reactive protein is an indicator of arterial inflammation associated with serious heart risks. The study looked at people with high C-reactive protein levels to see if statins would lower heart disease rates.

Current guidelines used by U.S. doctors indicate about 58 percent of men age 50 and older and women 60 and older, or 34 million people, would benefit from taking statins to cut heart attack and stroke risk.

Dr. Erica Spatz of Yale University in Connecticut and colleagues used U.S. government survey data to see how many more people might be helped by statins, also considering C-reactive protein levels.

They said another 19 percent of men and women in those age groups -- 11 million people -- should be taking the drugs.

That means that all told 77 percent of Americans in those age groups or 45 million people should



take the pills, the researchers wrote in the journal *Circulation: Cardiovascular Quality and Outcomes*.

"If the effects of this study bear out, the majority of people would be recommended to take a statin," Spatz said in a telephone interview. "You need to use caution as we move ahead, especially because this affects so many people."

The new study was not funded by the pharmaceutical industry, and Spatz said she is not advocating such an expansion of existing guidelines on who should take statins.

Fewer than half of people who could benefit from statins under existing guidelines are actually getting one, Spatz noted.

Crestor, also known as rosuvastatin, cut heart attack, stroke, need for bypass or angioplasty pro-

cedures and cardiovascular death by 45 percent over less than two years in the Jupiter study, which AstraZeneca funded.

Any future changes in statin recommendations could come from a group such as the American Heart Association.

"Certainly the Jupiter findings were intriguing and they will be evaluated as any future revisions are considered for treatment guidelines for reducing cardiovascular risk," Dr. Timothy Gardner, president of the American Heart Association, said in a statement.

"A more in-depth study of further implications, including cost-analysis, will be critical in future decision-making processes about preventive measures for the population as a whole," Gardner added.

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Self-Regulation Plan Helps Women Meet Exercise Goals

Women who learn a simple self-regulation technique are much more likely to follow through with their intentions to get more exercise, research shows.

In fact, women who used the planning strategy upped their activity by about an hour a week, and sustained the increase for 16 weeks.

Researchers evaluated whether a technique that combined two cognitive-behavioral therapy strategies -- mental contrasting and implementation intentions -- would help women who wanted to become more physically active achieve their goals.

In mental contrasting, a person names the way they want to change their behavior, such as becoming more physically active; spells out the best possible outcome of this behavior change;

and then names and envisions the obstacle most likely to trip them up in achieving their goal.

In implementation intentions, a person puts their plans into "if-then" formats to help them make specific plans for achieving their goals and overcoming obstacles. For example, they might say, "If the weather's nice tomorrow, I will go for a run," or "If I sleep in, I won't watch the morning news so I'll still have time to exercise."

Researchers found that the women who received self-regulation training were much more apt to follow through with their intentions to be more active than "control" women who received information only.

"The self-regulation technique should be tested further as a tool for short- and long-term change in physical activity and other behaviors," researchers said.

**THE
PLANNING
STRATEGY UPPED
WOMEN'S ACTIVITY
BY AN HOUR
A WEEK**

CHILDHOOD FITNESS ADULT HEALTH LINK

A person's fitness level in childhood seems to influence certain measures of their health as young adults, new study findings suggest. The study followed Norwegian students and found that those who were more physically fit at age 13 were less likely to become obese or have elevated blood pressure in early adulthood. By the age of 40, however, that effect had faded, the researchers report in the journal *Pediatrics*. The findings, they say, indicate that childhood fitness may have an impact on later health, but adults still need to keep up their fitness levels as they age.

COMPUTER TIME MAY MEAN OUT OF SHAPE KIDS

Australian researchers have found that young teens who spend more than two hours in front of the TV or computer each day showed less endurance during a standard running test than their peers. The study lends support to advice from the American Academy of Pediatrics (AAP) that parents limit their kids' screen time to a maximum of two hours per day.

RESISTANCE TRAINING EASES LOW BACK PAIN

Whole-body resistance training may be the key to minimizing chronic low back pain, findings from a small study suggest. In the study, men and women with chronic backache reported a 60 percent improvement in pain and functioning after participating in a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercise equipment.



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WHEN FOOD BECOMES THE ENEMY

OVERCOMING SENSITIVITIES TO COMMON FOOD ALLERGENS. MOST LIKELY SUSPECTS: WHEAT AND GLUTEN, DAIRY, CORN, SOY

By Brendan Brazier

With symptoms ranging from a mild flu-like condition to headaches, difficulty sleeping, bloating, and fatigue, sensitivities to common food allergens are becoming increasingly widespread in North America. Corn, wheat (and gluten, the protein found in wheat), dairy products, and soy have become so pervasive in our food chain that many people have de-

veloped an intolerance to them through overconsumption. It is estimated that upward of 98 percent of all processed foods in the typical North American diet contains at least one common allergen. In fact, corn and wheat by-products can be found in almost all conventional fast food.

SOME COMMON FOOD ALLERGENS

- **Corn** Corn, or maize, in its current state is, believe it or not, a man-made food. This relatively new addition to the human diet causes an allergic reaction in some people. High-fructose

the Western world has embraced soy as a meat substitute, it has found its way into our diets on a large scale. I certainly view this as progress; however, some people have not experienced the vitality they were seeking when switching to a plant-based diet. Soy, as with gluten and corn, is in nearly all processed foods, and we risk developing an intolerance to it.

- **Active Yeast** Active yeast is a form of yeast that is living and needs sugar to survive once in contact with moisture. Used to make bread

as I found out, the precipitator of my hay fever-like symptoms.

PROCESS OF ELIMINATION

Eliminating so many of the foods you are used to consuming can be a daunting experience, even more so if you already have a restricted diet such as being vegetarian or vegan. It is important to ensure you are still attaining adequate nutrition during the process. Make sure you substitute some of the lost protein and amino acid sources. Combining multiple sources of protein such as hemp, pea, brown

Combining multiple sources of protein such as hemp, pea, brown rice, flax, and green leafy vegetables will ensure you obtain full spectrum protein

corn syrup, one of the most health-damaging derivatives of corn, is frequently used in sport drinks and other processed foods requiring a cheap sweetener. Corn derivatives are used in upward of 90 percent of processed food, and people who eat a standard diet often develop an intolerance and sensitivity to it.

- **Wheat and Gluten** Gluten, the protein found in wheat, is difficult for some people to digest. High levels of gluten are not historically natural to our diet. As with corn it has been “encouraged” to grow the way it does today to produce a better crop yield. Unfortunately, the consequence of eating it is often mild to severe digestive problems-ranging from simply feeling sub par to allergic reactions and celiac disease. Gluten-rich foods are also fairly acid-forming. Wheat, or a derivative, is in nearly all processed food.

- **Dairy** Cow’s milk comes from a lactating cow. Natural unpasteurized milk from a mother cow is an ideal source of nourishment-for the calf. When the milk is fed to humans, it is no longer being used as it was intended. Many people, especially adults, experience digestive problems when consuming cow’s milk and derivative products. The same holds true with goat and sheep’s milk. Most healthy bodies are capable of building a resistance to small amounts of dairy; however, in doing so it uses energy and reduces the effectiveness of the immune system.

- **Soy** Soy has traditionally been eaten in Asia as a condiment, not as a main course. Since

dough rise, it is a standard ingredient in most baked goods. The yeast feeds on the sugar used when making bread, and later survives by feeding on our body’s sugars. This can cause yeast infections and candidiasis.

ALLERGENS VS SENSITIVITIES

Food allergies are not usually a major problem because they often become evident immediately upon consuming the food. Food sensitivities, however, are far more elusive. They can be defined as an unpleasant reaction caused by eating food that the body does not have the specific enzymes or chemicals to digest properly. Many people have a food sensitivity but don’t know it. “Not feeling quite up to par” is often how they describe the way they feel.

For a few years, I had what I thought to be a bad case of hay fever each spring. I didn’t really think too much of it. Then came the year I learned about food sensitivities, and I eliminated all common allergens from my diet. That year, spring arrived, but my hay fever did not. As it turned out, the congestion I had experienced in previous years was from a sensitivity to corn and not because of rising pollen counts. In spring I typically cycle more-and, before my food-elimination experiment, I drank a lot of a so-called endurance-enhancing sport drink. The first ingredient of this drink was maltodextrin, a cheap sugar derivative made from corn and,

rice, flax, and green leafy vegetables will ensure you still obtain full spectrum protein. High chlorophyll foods such as hemp, green leafy vegetables and chlorella, (a fresh water algae from Japan extremely high in chlorophyll, protein and B-12), will help cleanse the body of existing allergens and sensitivities.

Not everyone has the time or know-how to properly nourish themselves during this process and thus give up before they can properly assess the culprit(s) or reap the benefits. What made it easy for me was taking an allergen-free nutrient dense, complete meal shake; something I had originally started doing for training purposes. This reduced cravings

for all the foods I temporarily cut out of my diet and later helped me give up those responsible with greater ease. In the end it has all been well worth, it having gotten rid of the nagging symptoms and enabling performance at higher level.



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.brendan-brazier.com Brendan’s latest book, *The Thrive Diet* (Penguin, 2007), includes 100 balanced, plant-based, whole food recipes. www.thrivediet.com



Experts Fear Americans Will Put On "Recession Pounds"

Americans may reduce the amount they spend on food in response to a sour economy but some experts fear they may pick up weight in the process.

The specter of "recession pounds" is a concern weighing on health professionals, who point to numerous studies linking obesity and unhealthy eating habits to low incomes.

They fear that as people cut food spending they will cut back on healthy but relatively expensive items such as fresh fish, fruit, vegetables and whole grains, in favor of cheaper options high in sugar and saturated fats.

"People ... are going to economize and as they save money on food they will be eating more empty calories or foods high in sugar,

saturated fats and refined grains, which are cheaper," said Adam Drewnowski, the director of the Nutrition Sciences Program at the University of Washington in Seattle.

"Things are going to get worse. Obesity is a toxic result of a failing economic environment."

Drewnowski's own research has highlighted the link between income and obesity.

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"In Seattle we have found that there are fivefold differences in obesity rates depending on the zip code -- the low-income zip codes have a much higher proportion of obese people," he said.

He added that studies in California suggested that a 10 percent rise in poverty translates into about a 6 percent increase in obesity among adults.

HEALTHCARE OVERHAUL NEEDN'T BREAK BANK

An analysis of proposals to overhaul U.S. health care by President Barack Obama and members of Congress suggests it is possible to insure all Americans without significantly raising total health spending. A report, released last month by the Commonwealth Fund, suggests plans outlined by Obama and Senate Finance Committee Chairman Max Baucus could cover almost all Americans. But to hit that mark, they would need to include efforts to cut administrative costs and boost purchasing efficiencies, the report advises.

TAX BREAKS FOR HOSPITALS

A planned economic stimulus package will likely include money and tax breaks for doctors and hospitals to buy advanced technology that will make it easier for them to share patient care information, according to Finance Committee Chairman Max Baucus. Baucus said that lawmakers were discussing what should be included in the package of tax breaks and infrastructure spending that President Barack Obama has said will be needed to jump start the faltering economy.

AMERICANS SPENDING MORE ON HEALTHCARE

Americans spent about 40 percent more out of their own pockets for healthcare over the past decade, according to a report in the latest issue of the health policy journal Health Affairs. An increase in chronic conditions, especially diabetes and high blood

pressure -- not just among the "oldest old" but among baby boomers and older adults -- is to blame, researchers say.



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SHALLOW SLEEP SYNDROME

MILD SLEEP DISRUPTION INTERFERES WITH MEMORY *By Karla Gale*



Mild sleep disturbance that induces shallow sleep, but does not reduce total sleep time, is sufficient to interfere with learning and memory, according to a report published online by Nature Neuroscience last month.

People who sleep poorly often report memory problems, and previous research has shown that missing one night's sleep reduces activation in an area of the brain called the hippocampus, which

is involved in short-term learning, Dr. Ysbrand D. Van Der Werf, at the Netherlands Institute for Neuroscience, Amsterdam, told Reuters Health.

"We were interested to see whether we could nail that effect down to something more specific," the researcher said. "The slow-waves (of non-rapid eye movement sleep) were our main candidate, since recent theories predict that they serve to bring the brain back into a state of high capacity -- re-

fresh the brain, so to speak."

He noted that shallow sleep is caused by such factors as sleep apnea, obesity, stress, environmental noise, too much ambient light or an uncomfortable bed.

The research team used a mild, repetitive beeping sound to induce shallow sleep. Otherwise, sleep duration, efficiency, number of stage transitions and staging remained intact during the intervention.

The study included 13 healthy

subjects, average age 60 years, whose memory was tested following a night of undisturbed sleep and again following a night of shallow sleep.

On the day before, the subjects viewed 50 images of houses and landscapes. During the test, subjects viewed 100 images and were asked to identify the original 50, while functional MRI scans were being recorded. Functional MRI is a type of MRI that detects the changes in red blood cells and capillaries as they deliver oxygen to "functioning" parts of the brain.

Memory scores were significantly lower following the night of shallow sleep, and functional MRI showed less blood flow in the front part of the right hippocampus.

"Deep sleep before learning allows for optimal hippocampal activity and benefits memory encoding," they conclude.

There are simple rules for ensuring optimal sleep patterns, Dr. Van Der Werf said, such as "avoiding caffeine from the afternoon on, avoiding strenuous work or stress or worrying in the last few hours before sleep, exercise during the day, getting enough daylight, and making sure that the bedroom is for sleeping and not for watching television or working or angry telephone calls."

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Soaring Autism Rates In California, New Research

The increasing number of autism cases seen in California since the 1990s is in large part real, not simply the result of changes in diagnostic criteria or in how autism cases are counted, new research suggests.

This study is the first to assess whether the autism trends in California might be explained by changes in age at diagnosis or by inclusion of milder cases, Dr. Irva Hertz-Picciotto and Dr. Lora Delwiche, from the University of California, Davis, note.

Using data from the California Department of Development Services, the researchers found that autism rates among children aged 5 years or younger rose steadily from 0.8 per 10,000 children born in California in 1990 to 11.2 per 10,000 children born in 2006.

The cumulative incidence per 10,000 births climbed from 6.2 in 1990 to 42.5 in 2001.

The proportion of cases that were diagnosed by 5 years of age rose only slightly from 54 percent to 61 percent for 1990 to 1996 births, according to a report in the January issue of Epidemiology.

"IT'S TIME TO START LOOKING FOR THE ENVIRONMENTAL CULPRITS..."

A change in the age at diagnosis could explain 12 percent of the increase in autism rates, while inclusion of milder cases could explain 56 percent.

"With evidence of a leveling off, the possibility of a true increase in (autism) incidence deserves serious consideration," the investigators emphasize.

"It's time to start looking for the environmental culprits responsible for the remarkable increase in the rate of autism in California," Hertz-Picciotto said.

RUBBER CHEMICAL LINKED TO CANCER

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

DROP IN AIR POLLUTION INCREASES LIFE EXPECTANCY

A reduction in fine-particulate air pollution in the last few decades is credited with significantly increasing life expectancy in the United States, according to a report published last month. "Not only do the results indicate that past reductions in air pollution have improved life expectancy, but they suggest that in most U.S. cities there are opportunities for further improvements in life expectancy due to continued reductions in air pollution," researchers said.

PILOTS' RADIATION MAY DAMAGE GENES

Airline pilots' exposure to radiation because of the long periods they spend at high altitudes may raise their odds of developing genetic abnormalities that could contribute to cancer, a new study suggests. "Our data suggest that pilots with long-term flying experience may be exposed

to biologically significant doses of ionising radiation," researchers said.

Long-range studies, the researchers conclude, are now needed to establish whether this translates into higher cancer risks.





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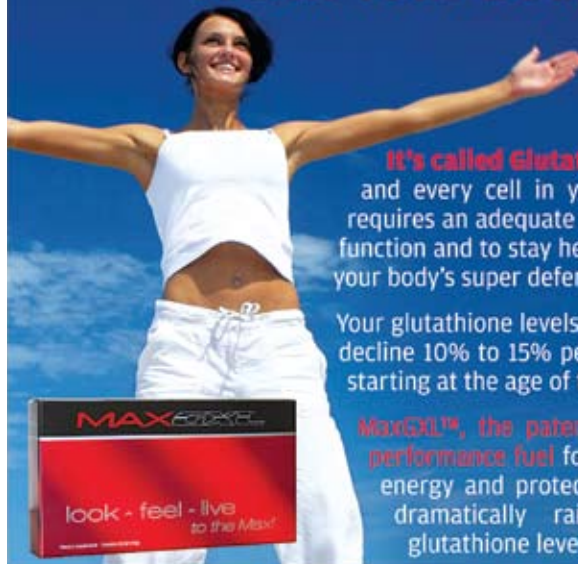


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in 4 rooms for 3 days. The Post Conference events on Monday (President's Day) follow up on the weekend's Seminars and Workshops. There are two major Musical Productions, a Film Festival, a Singles Mixer, two Business Symposiums and a Valentine's Day Workshop series.

Get your tickets early as many of the events will sell out. The expo takes place February 13-15, 2009 at the LAX Hilton. For more info please visit The Conscious Life Expo at www.consciouslifeexpo.com

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"Detoxing is the other thing we like to promote because people are not really aware of how important it is. Detoxing is a serious health matter that really prevents 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.

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By Bruce F. Beard, DDS

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Snap-On Smile is a dental appliance that involves no drills, no cutting down of existing tooth structure, no needles, and it's removable. It's non-invasive, meaning it is also reversible. It fits directly over your existing teeth and can be applied to a variety of situations.

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.

We often call it a "trial-smile." 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 pa-

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





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Feeling Pretty? Hormones Lead to Behavioral Changes

Women with high levels of estrogen not only look and feel prettier -- but they may act on those feelings by moving from man to man, researchers reported last month.

Estrogen, the so-called female hormone, affects fertility and has been shown to make women dress more provocatively and show more thrill-seeking behavior.

Researchers found that young women felt more attractive when they had high levels of an estrogen known as estradiol, and they acted on those feelings.

"Women with higher estradiol reported a greater likelihood of flirting, kissing and having a serious affair with someone other than their primary partner and were marginally more likely to date another man," researchers reported.

WOMEN WITH HIGHER ESTRADIOL REPORT GREATER LIKELIHOOD OF FLIRTING

"Results provide support for the relationship between physical beauty and fertility and suggest that women high in reproductive health engage in opportunistic serial monogamy -- being open to affairs and moving on to a new relationship if a higher-quality mate becomes available."

"Our results are consistent with the possibility that highly fertile women are not easily satisfied by their long-term partners and are especially motivated to become acquainted with other, presumably more desirable, men," researchers concluded.

The findings fit in with many other studies showing that hormones influence the behavior and success of both men and women. Earlier last month week, researchers showed that male financial traders whose finger lengths indicate high testosterone levels in the womb made more money.

PRESCRIPTION CREAM TREATS SKIN DAMAGE

Applying a prescription cream (imiquimod) for 24 weeks is effective for the treatment of a type of skin lesion called actinic keratosis, caused by long-term exposure to the sun, according to researchers from Mount Sinai Medical Center in New York. Side effects with imiquimod cream were minimal to nonexistent.

SCENT OF A MAN: GENETIC PREFERENCES

Birth control pills may affect how appealing a woman finds a man's scent -- potentially steering her toward a mate who is genetically similar to her, according to British researchers. In the new study, researchers found that after women began using birth control pills, their smell preferences tended to shift -- making them more likely to find the scent of a genetically similar man "sexy."

TATTOOS: GOOD FOR YOUR HEALTH?

The tattoo of the future may be good for your health rather than just your image. German scientists said recently that work on mice showed that tattooing was a more effective way to deliver a new generation of experimental DNA vaccines than standard injections into muscle. Using fragments of DNA to stimulate an immune response is seen as a promising



way of making better vaccines for everything from flu to cancer. Until now, however, the concept has been hampered by its low

efficiency. "Delivery of DNA via tattooing could be a way for a more widespread commercial application of DNA vaccines," researchers said.

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COSMETIC SURGERY FOR MEN

ADVANCES IN COSMETIC SURGERY HAVE MADE ACCEPTABLE AND AFFORDABLE PROCEDURES AVAILABLE TO MEN SEEKING TO MAINTAIN A HEALTHY AND YOUTHFUL APPEARANCE

By Dr. Nathan Newman

Men have embraced and sought advanced cosmetic surgery techniques to maintain a youthful appearance without visible scars and with natural results.

Technological advances have allowed for affordable procedures to be carried out safely and undetectably. Almost all the procedures can be performed without the need for general anesthesia and with little to no down-time. Below I will list and touch upon the most common cosmetic procedures that men seek.

- **Liposuction, Liposculpture and Lipo-correction**
- **Fat Repositioning (fat grafting injections)**
- **Scar-Free Face-lift and Neck-lift**
- **Non-surgical Nose Enhancement and Rhinoplasty (nose surgery)**
- **Blepharoplasty (eyelid surgery)**
- **Hair Transplantation**
- **Otoplasty (ear tuck)**
- **Chin Augmentation**
- **Gynecomastia (breast reduction)**
- **Botox (for expression lines)**
- **Wrinkle Correction with temporary and permanent Fillers (Juvederm,**

Restylane, Radiesse, Sculptra, Artefill)

- **Laser Hair removal (in all skin colors)**
- **Laser Skin Treatments (to tighten skin, even skin tone, and reduce wrinkles in all skin colors)**
- **Chemical Peels**
- **Acne Scar Correction**
- **Abdominoplasty (tummy tuck)**

For men, the pockets of fat on the neck, love handles, waist, flanks, abdomen and chest (breast area) are hard to lose with diet and exercise alone. Various lipo-techniques are utilized to shape the body to a more desired contour.

The unwanted fat on the body is repositioned into the face areas that have deflated, hollowed and sagged over the years, causing you to look tired and aged. By replenishing the fat volume in these areas the skin is lifted to give a healthier, youthful and rested appearance. A new method has been developed to optimize the amount of adult stem cells in the fat that can be utilized to achieve long-lasting, natural and undetectable cosmetic outcome.

In addition to the fat, other modalities such as lasers, fillers, Botox, threads, ribbons and chemical peels can be used synergistically to fill, lift, and tighten the skin on the face and neck without visible scars and with natural and undetectable results. As part of the scar-free approach, nose, chin and cheek enhancement is possible with the use of temporary or permanent fillers and with Botox.

With significant weight loss the skin may become loose with or without associated medical conditions such as skin rash or hernias. In such cases, the excess skin is removed surgically and a much more sculpted figure is achieved.

Advances in cosmetic surgery have made acceptable and affordable procedures available to men seeking to maintain a healthy and youthful appearance.

Dr. Nathan Newman is a world-renowned cosmetic surgeon in Beverly



Hills, on the forefront of advanced cosmetic surgery. For a consultation please call 310-273-3344, or write to info@orchid-surgery.com.

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Medical Intuition, Energy Medicine

ANCIENT SPIRITUAL TRADITIONS REDISCOVERED *By Dr. Liliana Cerepnalkoski*



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

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

In addition to assessing the Human Energy System (chakras, aura), organs and systems, the medical intuitive observes the mental, emotional, and spiritual origins of a medical condition. Eliminating the energetic root of illness (through energy work, life-style changes, and spiritual transformation) promotes healing and may prevent further reoccurrences or complications. Working at an energetic level (integrated with conventional medical care) promotes healing at many levels of being and is potentially curative and

transformative.

Energy Medicine incorporates a variety of techniques from around the world, but the principles are the same. First the chakras, aura, organs and systems are cleansed through extraction of negative energies. Next, an “energy makeover” achieved by restructuring and recharging creates a new configuration for optimal flow of Life Force (called “chi”, “ki”, “chai” or “prana” in various traditions). These intuitive and energetic techniques can be used with equal accuracy and effectiveness in person or long-distance.

Developing and applying energy management skills is vitally important for health maintenance, harmonious relationships, spiritual development, personal transformation and ultimately world peace and a new paradigm. Staying awake, self-observant, in the present moment, and accepting radical responsibility for all that we create in our lives is the sign of an evolving human, capable of serving humanity.

We are energy-consciousness! Modern physics confirms what the spiritual traditions of the world told us for millennia. We are all One, part of the Unified Field of Consciousness which quantum physics now calls God. As we heal individually, we collectively raise the vibration of the Unified Field for the benefit of all humanity.

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GRADUATE SCHOOL OF ORIENTAL
MEDICINE** *By Meagan McCrary*

acupuncture 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 70,000-licensed MD 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 na-

tion. 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.

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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GET INTO YOUR SKINNY JEANS

INCREASE YOUR BODY'S FAT-BURNING POWER BY EATING THESE TOP FAT-FIGHTING FOODS

By Rob Brennan

Tired of that spare tire? Sick of your love handles? You can increase your body's fat-burning power by eating more foods that help your liver (your body's main fat-metabolizing organ) to burn fat better, resulting in a leaner body.

Michelle Schoffro Cook, DNM, DAC, CNC, on her web site www.energyeffect.com, recently listed her main fat burning food choices. We added a few of our own - and created our Top 16 Fat-Fighting Foods.

1 OATMEAL

A recent study found that in addition to lowering cholesterol, eating oatmeal can also be part of a weight loss plan.

2 LEAFY GREENS

Spinach, spring mix, mustard greens, and other dark leafy greens are good sources of fiber and powerhouses of nutrition. These foods help prevent hunger while protecting you from heart disease, cancer, cataracts, and memory loss.

3 OLIVE OIL

Choosing extra virgin olive oil as your main source of dietary fat, combined with eating a healthy diet that is high in plant foods, may reduce your risk of cardiovascular disease and diabetes. Research has shown moderate amounts of olive oil may also reduce abdominal fat.

4 GARLIC

Garlic contains the compound

allicin which has anti-bacterial effects and helps reduce unhealthy fats and cholesterol.

5 TOMATOES

Packed with vitamin C and the phytochemical lycopene, tomatoes stimulate the production of the amino acid known as carnitine. Carnitine helps speed the body's fat-burning capacity by one-third.

6 NUTS

Raw, unsalted nuts provide your body with essential fatty acids that help burn fat. Their high nutrient content also lowers the risk of heart attack by 60 percent.

7 CAYENNE

This hot spice lessens the risk of excess insulin in the body by speeding metabolism and lowering blood sugar levels before the excess insulin can result in fat storage.

8 TURMERIC

Turmeric contains the highest known source of beta carotene, the antioxidant that helps protect the liver from free radical damage. It also helps your liver heal while helping your body metabolize fats by decreasing the fat storage rate in liver cells.

9 CINNAMON

Researchers found that adding a quarter to one teaspoon of cinnamon with food helps metabolize sugar up to twenty times better than food not eaten with cinnamon.

10 FLAX SEEDS

These seeds and oil attract oil-soluble toxins that become lodged in the fatty tissues of the body. Once attracted, they help to escort fat-soluble toxins out.

11 APPLES

The skin of apples contains pectin, an insoluble fiber that

serves as nature's own appetite suppressant.

12 BEANS

High-fiber beans such as chickpeas, lima beans, and kidney beans make you feel fuller longer so you eat less.

13 GREEN TEA

Green tea extract boosts metabolism and may aid in weight loss. Has also been reported to contain anti-cancer properties.

14 GRAPEFRUIT

Study participants who ate half a grapefruit with each meal in a 12-week period lost an average of 3.6 pounds.

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IN A HEARTBEAT

HEARTTHROB JUSTIN HARTLEY ON FITNESS, DIETING AND "MIXING IT UP"

By Patrick Tsakuda

Smallville" star Justin Hartley, 32, is no stranger to daytime television viewers. Shortly after moving to Los Angeles, Justin scored his first television job in 2002 on NBC's "Passions" where he played the prodigal son of the Crane monarchy for three years. His success with the show led to his highly coveted role of DC Comics' "Aquaman" in the 2006 CW TV Series Pilot that also starred Ving Rhames.

Hartley recently signed on as a regular to the cast of the CW Network's series "Smallville" for the upcoming season. From his recurring role in the previous two seasons, Justin will appear regularly, playing the role of "Oliver Green" (a.k.a. "Green Arrow"), a wealthy and gifted archer who gives up the opportunity to be on the U.S. Olympic Team in favor of life as a modern-day Robin Hood.

Hartley is also starring in NBC Universal's Internet TV series, "Gemini Division." He plays "Nick Corda," the love interest of Rosario Dawson on the sci-fi thriller full of mystery and conspiracy.

You can also catch Hartley in the upcoming movie "A Way With Murder," opposite Kim Morgan Greene. His other credits include "Todd," Rachel Dratch's love interest, in the Warner Bros. film "Spring Breakdown," which also starred Parker Posey and Missi Pyle. His other film role was in the 2005 independent film "Race You To The Bottom."

Born in Knoxville, IL, Hartley attended Southern Illinois University and The University of Illinois in Chicago where he majored in History and Theater. He currently resides in Los Angeles with his wife, (former "Passions" co-star, Lindsay Hartley) and their daughter, Isabella.

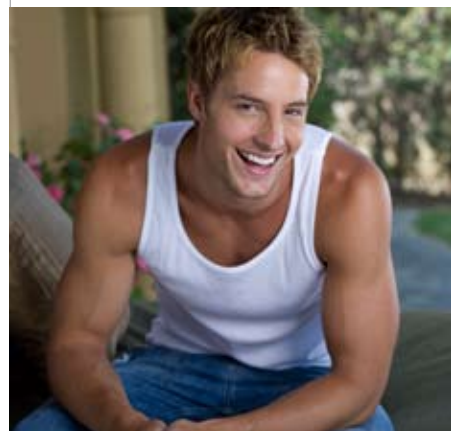
His favorite pastime is baseball, but he's also an avid basketball player.

"I would love someday to coach a sports team that my daughter may participate in," Hartley tells ***LA Health News***.

"I encourage my children to stay active. I love how team sports encourage children to keep in shape, but at the same time it's fun. I want to make sure my children are healthy and fit without feeling too much pressure."

Hartley's fitness regimen consists of "about 3 days of cardio for about 30-45 mins. I like to mix things up and vary from running, tennis, biking, basketball, etc. I practice anaerobic exercise and like to keep my heart rate up," he reveals.

Diet-wise, Hartley doesn't follow a strict plan, however, he



tends to stay away from junk food, and fried foods. "Of course I indulge here and there but when I'm snacking I like solid proteins like whole nuts, and I try to eat lots of fruits and drink lots of water," Hartley confides.

When asked if he has any particular diet tips for **LA Health News** readers - Hartley offers the following: "Stay away from white breads, sugar, saturated fats, and dairy late at night."

**HARTLEY
DIET TIP:
STAY AWAY
FROM WHITE
BREADS, SUGAR,
SATURATED FATS,
AND DAIRY LATE
AT NIGHT"**



Reviews Support Acupuncture for Chronic Headache

People who need relief from frequent migraines or tension headaches may find some help from acupuncture, two new research reviews suggest.

The reviews, published in the Cochrane Library, pulled together results from 32 clinical trials of using acupuncture to relieve migraine pain or chronic tension-type headaches.

In general, researchers found, migraine patients tended to fare better when acupuncture was added to their standard care, which usually consisted of medication to treat acute migraine attacks.

Overall, 47 percent of patients who had acupuncture added to their care said their number of headache days dropped by half. That compared with 16 percent of those who stayed with standard care alone.

And in four clinical trials that compared

acupuncture with drugs used to prevent migraines, acupuncture patients tended to have fewer headaches and fewer side effects.

Similarly, the researchers found that acupuncture cut the frequency of tension headaches -- the common form of headache that, in some people, can cause debilitating pain.

ACUPUNCTURE CUT THE FREQUENCY OF TENSION HEADACHES, RESEARCHERS FOUND

Collectively, the findings show that acupuncture is "an option" for people with frequent migraines or tension headaches, lead researcher Dr. Klaus Linde, of the Technical University of Munich in Germany, told Reuters Health.

"The available findings suggest that the effects can be stable for up to 6 to 12 months," he noted, adding that there have not yet been any well-controlled studies looking beyond that time period.

HIGH VITAMIN C LINKED TO LOWER BP

A study in young adult women links high blood levels of vitamin C with lower blood pressure. This "strongly suggests that vitamin C is specifically important in maintaining a healthy blood pressure," lead author Dr. Gladys Block, of the University of California, Berkeley, told Reuters Health. Previous research linked high plasma levels of vitamin C with lower blood pressure among middle-age and older adults, typically those with higher than optimal blood pressure readings.

HYPNOSIS MAY EASE COLITIS INFLAMMATION

Hypnosis therapy may help ease some of the bowel inflammation seen in ulcerative colitis, a small study suggests. Ulcerative colitis is a disease that causes chronic inflammation in the lining of the colon and rectum, leading to symptoms such as abdominal pain and diarrhea. There a number of medications for the disorder, but there is some research to suggest that hypnosis could serve as an additional therapy.

HERBAL THERAPY NO RELIEF FOR MENOPAUSE

A review of a number herbal remedies commonly used to control menopause symptoms reveals little evidence that they are effective. "There is no strong evidence either way for several herbal remedies commonly taken to relieve troublesome menopausal symptoms," researchers reported. Their review included black cohosh, red clover, Dong quai, evening primrose oil, ginseng, wild yam extract, chaste tree, hops, sage and kava kava.



BEST BETS

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A Typical Stoner



Jerry, 42, is a mailman and a part-time musician.

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Fitness May Prevent Age-Related Mental Decline

Staying physically fit with age may help protect people from mental decline by maintaining a healthy flow of blood to the brain, new research suggests.

A number of studies have found that regular exercise may help prevent or delay age-related cognitive decline and full-blown dementia, but the reasons are not fully clear.

For the new study, Canadian researchers looked at the relationships between physical fitness, brain blood flow and cognitive-test performance in 42 women between the ages of 50 and 90.

They found that those with the highest fitness levels generally showed better blood flow to the brain during exercise. This, in turn, was related to better scores on tests of memory,

reasoning and other cognitive skills.

The findings are published in the journal *Neurobiology of Aging*.

"Our results suggest that the vascular benefits of exercise that have been reported previously in the heart and muscles are also conferred to the brain," senior researcher Dr. Marc J. Poulin, of the University of Calgary in Alberta, told Reuters Health.

"Basic fitness -- something as simple as getting out for a walk every day -- is critical to staying mentally sharp and remaining healthy as we age," said Poulin, who is also a scientist with the Alberta Heritage Foundation for Medical Research.

The results, Poulin said, "provide a strong scientific basis for future studies to examine how exercise improves cognition in older adults."

**HIGHEST
FITNESS LEVELS
SHOWED BETTER
BLOOD FLOW TO THE
BRAIN**

LONGER SLEEP TIED TO WORSE CHOLESTEROL

Older people who spend more time sleeping have higher cholesterol levels, and less "good" HDL cholesterol, Dutch researchers report. People who sleep fewer than seven hours a night, as well as those who log more than eight hours may be more likely to develop heart disease, although it's not clear why, researchers note.

OBESSE ELDERLY AT HIGH RISK FOR CHRONIC PAIN

Half of people aged 70 and older suffer from some type of chronic pain, and the obese are particularly vulnerable, new research shows. Obese people were more likely to have pain in virtually every part of the body than were normal-weight people, including the head, neck, or shoulder; back, legs or feet; or abdomen or pelvis. Obesity could contribute to chronic pain by adding stress to the joints, researchers say. In addition, obesity promotes inflammation, which could be a contributing factor. More research is needed, they conclude, to understand whether obesity plays a causal role in chronic pain, and if so what mechanisms might be involved.

AZHEIMER'S RISK UPPED IN SMOKERS

Older adults who smoke may face an elevated risk of developing Alzheimer's disease, a new study suggests. In an analysis of two dozen previous studies, UK researchers found that older adults who currently smoked were at greater risk of Alzheimer's than were non-smokers. When the results of the studies were pooled, current smokers had a 79 percent higher risk of the memory-robbing disease.



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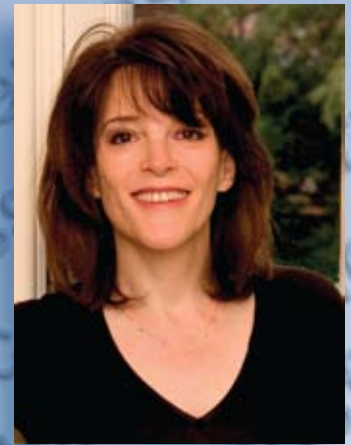
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THE LOVE RESPONSE

"EXPLORING THE PHYSIOLOGY OF LOVE" WORKSHOP
AT THE CONSCIOUS LIFE EXPO *By Eva M. Selhub, MD*

Have you found yourself in a situation where you could not or did not speak your truth? You either said the wrong thing in anger or said nothing at all from fear?

Have you ever asked yourself what you were really angry about or fearful of?

So what if you said something that offended someone? And so what if you were offended? What was the big deal?

Why did your emotions get the better of you? Why did you take the situation so personally that it shook you off balance, you lost objectivity, and could not speak clearly and rationally?

Behind your negative emotions and automatic negative reactions, are memories--memories of when you were treated unfairly, disrespectfully, as if you were invisible or unimportant. The memory could be something as ordinary as being told to quiet down or stop crying. It could be something more extreme as being slapped or yelled at for saying the wrong thing or screaming at the top of your lungs as little children do.

No one had the perfect childhood--some had better ones than others--but none are perfect. The society we live in makes sure of that.

For this reason, any time you

are in a situation that triggers the experience of being shut down or shut out--of feeling invisible, disrespected, or unimportant--the Fear Response will be triggered which will stimulate the automatic emotions and actions. For the most part, in other words, you can't help it.

Now, rather than being able to speak from a place of balance, you are speaking from a place of fear.

Know that there are basically only two places that your voice and your physiology vibrate from--The Love Response or The Fear Response. In the vibration of love you are in balance. In fear you are

not. It is that simple.

So rather than focus on the person or situation that has made you angry or fearful, you can focus instead on your physiology. You can simply be aware that your physiology is out of balance and decide to shift your vibration into one that comes from love.

To find out how to achieve this goal - sign up for "The Love Response - Exploring the Physiology of Love" workshop, conducted by Eva M. Selhub, MD Feb.14th, 2-3:30pm at Los Angeles The Conscious Life Expo. For more info visit www.consciouslifelife-expo.com

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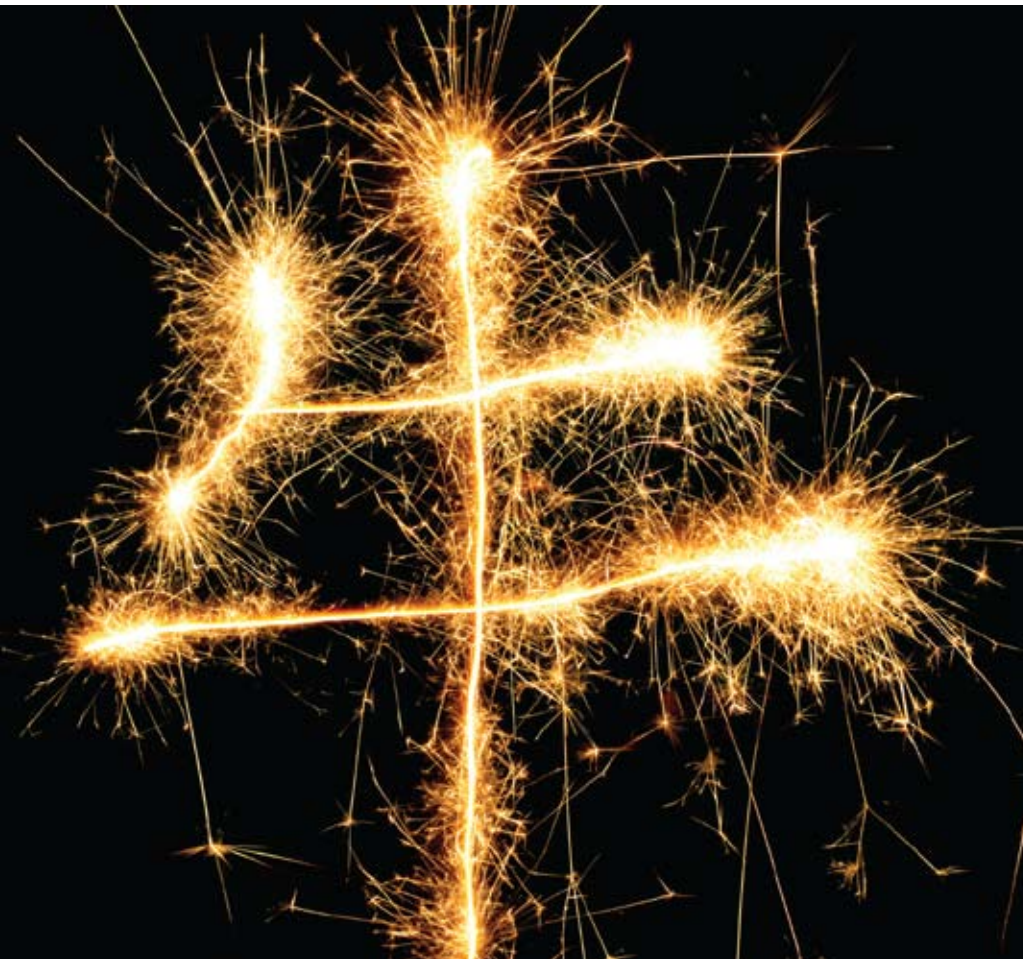
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FEB 1 & 7: THE GREAT CHINATOWN HUNT

Celebrate Chinese New Year with a challenging 3-hour adventure through one of L.A.'s most colorful, diverse and historic districts. Teams of two to four players participate in city race through temples, crowded plazas, shopping arcades, fine restaurants, unusual shops and art galleries. 11 a.m. Broadway and Hill, Chinatown. For more information call (310) 360-6950 or visit www.racela.com.

FEB 6-8: INTERNATIONAL YOGA ASANA CHAMPIONSHIP

The sixth annual International Yoga Asana Championship Bishnu Charan Ghosh Cup produced by the Bikram Yoga College of India includes information, demonstrations, lectures, seminars, workshops and exhibits. Westin Hotel LAX Airport, 5400 W. Century Blvd. For more information visit www.bikramyoga.com.

FEB 7: 10TH ANNUAL BUFFALO RUN HALF MARATHON AND 5K

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the east end trails of Catalina Island during the annual half marathon starting at sea level, up to 1600' elevation then back to sea level offering spectacular views. 9 a.m. Avalon, Catalina Island. For more information call (714) 978-1528 or visit www.PacificSportsLLC.com.

FEB 7: FIRECRACKER FUN BIKE RIDE

Kick of the Chinese New Year celebration with the first ever Firecracker Fun Bike Ride to Griffith Park and back with optional climbs through Elysian Park. The east 20 mile bike ride will conclude back at the Firecracker celebration in Chinatown with a complimentary carbo-load meal, music and live entertainment. 9:30 a.m. 940 N. Broadway, Los Angeles Chinatown. For more information visit www.firecracker10k.org.

FEB 8: 31ST ANNUAL LOS ANGELES CHINATOWN FIRECRACKER

Celebrate the Year of the Ox during the annual Los Angeles Chinatown Firecracker 5K/10K run, kids' Run and fun walk and experience Chinatown's New Year cultural events, shops,

galleries and fine dining. 7 am N. Broadway and College Street, Chinatown. For more information call (323) 256-1363 or visit www.firecracker10k.org.

FEB 13-16: CONSCIOUS LIFE EXPO

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FEB 14-16: LOVE AND FRIENDSHIP FESTIVAL

Celebrate "Love and Friendship Day" with more than 20,000 people over three days at this very special festival and enjoy live music, arts and crafts, traditional foods, fair rides and receive a free health screening. 10 a.m. Hollywood Park Casino, 1050 Prairie Ave., Inglewood. For more information call (310) 677-4336 or visit www.fecademich.org.

FEB 20: DEMONSTRATING OPEN SOURCE HEALTH CARE SOLUTIONS

The third annual DOHCS conference is the only all day event dedicated to Open Source in healthcare. All health care professionals are invited to learn about opportunities to implement Open Source software solutions in their field. 9 a.m.-7 p.m. LAX Westin Hotel, 5400 W. Century Blvd. For more information visit www.dohcs.org.

FEB 26: GO EAT LA

On February 26 simply eat breakfast, lunch or dinner at a participating restaurant and a percentage will be donated to Aid For AIDS giving "generous helping" a whole new meaning. Participating Restaurants throughout L.A. County. For more information visit www.GoEatLA.org.

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