

LA HEALTH NEWS

March 2009 | ISSUE 96 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

SPICE GIRLS'
MEL B
Gets Totally Fit

**GO
NUTS!**

6 HEALTHIEST
NUTS FOR
WEIGHT
LOSS

**INTERNAL
BODY
CLEANSE**

Boku Super Food

**BACK TO
THE FUTURE**

L.A. Psychics
Get Bombarded

**STEM CELL
ENHANCED
RECONSTRUCTION**

Dr. Nathan Newman

**DON'T
SWEAT**

12 TOP STRESS
RELIEVING
FOODS



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editor's letter

GENE THERAPY

Gene therapy may be about to become a commercial reality, 20 years after the first experiments with the ground-breaking medical technology.

But the tale of two biotech companies -- one British and one U.S. -- suggests a tricky road ahead.

On the one side, French authorities last month allowed an experimental gene medicine from Britain's Ark Therapeutics to be prescribed to certain patients with brain cancer, even though it is not approved for general use.

The news boosted hopes that the European Medicines Agency will clear Ark's drug Cerepro for sale across the European Union in the second half of 2009.

By contrast, U.S.-based Introgen Therapeutics -- which had been competing to get the first gene therapy approved in Western markets -- filed for bankruptcy in December, after a regulatory setback for its experimental cancer drug Advexin.

The last two decades have seen more than 1,470 clinical trials involving gene therapy, two-thirds of them aimed at cancer, according to the Journal of Gene Medicine.

But the only drug to get to market so far has been one for head and neck cancer from Shenzhen SiBiono GeneTech, which was approved in China in 2003 on data that most analysts do not believe would have supported a Western green light.

The idea of using genes to treat disease gained credibility in 1990, when the world's first clinical tests showed early success against a rare condition caused by faulty genes, called severe combined im-

"The tools to deliver genes into cells have been perfected and have become safer and more efficient..."

munodeficiency (SCID).

People with SCID -- also known as "bubble boy disease" -- cannot cope with infections and usually die in childhood.

The field then suffered a major setback when an Arizona teenager died in a gene therapy experiment in 1999 and two French boys with SCID developed leukemia in 2002.

More recently, though, doctors have made encouraging advances.

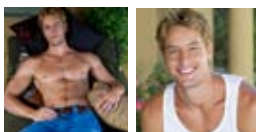
Last year, two separate academic teams reported success in using gene therapy for a type of inherited blindness called Leber congenital amaurosis.

And last month an extended follow-up study of SCID children concluded that eight of 10 treated seemed to have been cured, leading the New England Journal of Medicine to declare that gene therapy was "fulfilling its promise."

"There have been setbacks but we are finally making progress," Thierry Vandendriessche, president of the European Society of Gene and Cell Therapy, told Reuters.

"The tools to deliver genes into cells have been perfected and have become safer and more efficient and we are starting to see the fruits of this in the clinic."

Mark Ariel
Editor-In-Chief



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Mouse Study Sheds Light on Obesity Gene

German scientists said last month they had shown how a gene long associated with obesity might make people fat, a finding that could lead to new drugs to help control weight. Mice without the FTO gene did not become obese and had less fat tissue overall because they burned off more calories even though they moved less and ate more, according to the study published in the journal Nature.

RESEARCH REVEALS SOME OF ALZHEIMER'S SECRETS

Scientists are unraveling some of the mechanisms behind the plaques in the brain that are a hallmark of Alzheimer's disease, offering new leads for drugs to treat the fatal brain-wasting disease. A team at Massachusetts General Hospital and Harvard Medical School in Boston reported last month in the journal Science that amyloid plaques agitate a type of brain cell called an astrocyte needed for normal brain function.

CLEAN LIVING COULD CUT THIRD OF CANCERS

Healthier living could prevent about a third of

the most common cancers in rich countries and about a quarter in poorer ones, international researchers said on last month. Better diets, more exercise and controlling weight could also prevent more than 40 percent of colon and breast cancer cases in some countries, according to the study which urged governments and individuals to do more to cut the number of global cancer deaths each year.

MOST IODINE SUPPLEMENTS MISLABELED

Most multivitamin supplements that contain iodine carry less -- and sometimes far less -- of the element than stated on the label, possibly putting newborns at risk for developmental delays, researchers said last month. Doctors at

Boston University Medical Center tested the iodine content of 60 multivitamins with iodine and found that only 28 percent contained the full amount stated on the label.

ANTIBODIES PROTECT AGAINST BIRD FLU

Researchers have discovered human antibodies that neutralize not only H5N1 bird flu but other strains of influenza as well and say they hope to develop them into lifesaving treatments. The antibodies -- immune system proteins that attach to invaders such as viruses -- also might be used to protect front-line workers and others at high risk in case a pandemic of flu broke out, the researchers said.

TEST MAY FIND HIDDEN COLORECTAL CANCERS

A more sensitive screening test may one day help doctors determine how far colorectal cancer has spread, giving patients a better shot at survival, researchers said last month. They said a genetic test that looks for a specific cancer biomarker known as guanylyl cyclase 2 C found hidden cancer in lymph nodes that had been missed by current screening methods.

PARKINSON'S DISEASE MELANOMA LINK

When there's melanoma in the family, there may also be Parkinson's disease, researchers report. They found that a family history of melanoma seems to be tied to a genetic susceptibility to develop Parkinson's disease. The findings are due to be presented on May 1 at the American Academy of Neurology's annual meeting in Seattle.

BREASTFEEDING CUTS BABY GIRLS' PNEUMONIA RISK

Breastfeeding appears to reduce the risk for severe lung infection and associated hospitalization among infant girls, but not among infant boys. The finding comes from a study of babies in Buenos Aires, Argentina, by Dr. Fernando Polack, from Vanderbilt University in Nashville, Tennessee, and colleagues.

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A new study suggests that money can make us happy if we spend it on the right things.

It seems that buying life experiences, such as dinner out or theater tickets, rather than material possessions like the latest designer handbag, leads to greater happiness for both the buyer and those around them.

"The current study," Ryan Howell told Reuters Health, "predicts that those who spend more of their disposable income on life experiences will be happier because of the life experience, and others (presumably those that also partook in the experience) will be happier as well."

Why? Because purchasing experiences, as opposed to things, boosts feelings of well-being and vitality as well as social connectedness.

"These findings support an extension of basic need theory, where purchases that increase psychological need satisfaction will produce the greatest well-being," Howell, an assistant professor of psychology at San Francisco State University, noted in a university-issued statement.

Howell told Reuters Health that he first began thinking about the link between happiness and income in 2003 when he and his wife had the opportunity to interview poor, indigenous Malaysian farmers about their wealth, income, and life satisfaction.

"After finding evidence that the relation between wealth and life satisfaction was stronger in this sample than for the typical American sample -- likely because their money was being used to satisfy physiological needs -- I conjectured that when individuals live in affluence, then they would need to spend their income on purchases that would satisfy their psychological needs in order to be happier," Howell explained.



purchase.

"Both groups were asked to recall a time within the last three months when they had used their money to acquire an experience or

Participants rated experiential purchases as more likely to be considered money well-spent, to make them happy, and to make others happy, Howell and Hill found. The results also showed that purchasing experiences produced happier people regardless of the amount spent or the income of the purchaser.

Experiences also lead to longer-term satisfaction. "Purchased experiences provide memory capital," Howell noted. "We don't tend to get bored of happy memories like we do with a material object."

Howell described his findings recently at the annual meeting of the Society for Personality and Social Psychology in Tampa, Florida.

BUYING HAPPINESS

SHOPAHOLIC? EXPERIENCES NOT THINGS MAKE US HAPPY

By Victor Melamed

To investigate this theory, Howell and San Francisco State University graduate Graham Hill had an ethnically-diverse group of 154 adults reflect on a recent experiential or materialistic

item and were asked to write a short paragraph describing the purchase, as well as their feelings and the environmental cues surrounding the purchase," Howell said.

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Cured Meats Tied to Childhood Leukemia Risk

Children who regularly eat cured meats like bacon and hot dogs may have a heightened risk of leukemia, while vegetables and soy products may help protect against cancer, a new study suggests.

Researchers found that among 515 Taiwanese children and teenagers with and without acute leukemia, those who ate cured meats and fish more than once a week had a 74 percent higher risk of leukemia than those who rarely ate these foods.

On the other hand, kids who often ate vegetables and soy products, like tofu, had about half the leukemia risk of their peers who shunned vegetables and soy.

The findings, researchers report, point to an association between these foods and leukemia risk - but do not prove cause-and-effect.

Long-term human studies, as well as animal studies, are still needed to see what role, if any, dietary factors have in leukemia development, researchers explained.

However, researchers told Reuters Health, based on this and previous studies, they recommend that children not eat high amounts of cured meats and fish.

During the curing process, foods are preserved and flavored by the addition of salt, sugar and chemicals called nitrites; the foods are often smoked as well. Nitrites are precursors to compounds known as nitrosamines, which are potentially cancer-promoting.

In contrast, vegetables and soy contain antioxidants that may help neutralize those same compounds.

VEGETABLES AND SOY PRODUCTS MAY HELP PROTECT AGAINST CANCER

EATING HABITS DIABETES LINK

People who eat lots of red meat, low-fiber grains, cheese and certain other foods may have an increased risk of developing type 2 diabetes, new research hints. The results of the study also suggest that these foods promote diabetes, in part, by increasing inflammation in the body. Type 2 diabetes is closely associated with obesity, and it's known that maintaining a healthy weight through a balanced diet and exercise can cut the risk of developing the disease.

DIET SLOWS PSA DOUBLING TIME

A diet low in saturated fat, high in vegetable protein and low in animal protein, including dairy products, is associated with a "substantial" increase in prostate-specific antigen (PSA) doubling time and an increase in quality of life, according to results of a pilot study. PSA is used as a biological marker for prostate cancer; the higher this number gets, the greater is the man's risk of prostate cancer or prostatitis (inflammation of the prostate). The PSA "doubling time" is the time it takes for PSA levels to increase by 100 percent.

YOUNG ADULT TV TIME RISK

Teenagers who spend hours in front of the television may have a poorer diet as young adults, a new study suggests. The study found that those who watched TV for five hours or more per day had less-healthy diets than their peers five years later. The findings support experts' recommendations that children should watch no more than two hours of television per day.



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GO NUTS!

A RECENT STUDY FOUND THAT EATING NUTS LOWERED THE RISK OF HEART DISEASE AND HELPED PARTICIPANTS TO KEEP THEIR WEIGHT DOWN

By Victor Melamed

Many people were scared away from nuts during the low-fat craze of the last few decades, but now nuts, according to the health web site www.SixWise.com, are making a comeback. Nuts are excellent sources of protein, minerals, “good” monounsaturated fats and other nutrients, and they’re good for the heart.

A study conducted by Loma Linda University found that eating nuts lowered the risk of heart disease and helped participants to keep their weight down. Other large-scale studies, including the Physician’s Health Study, the Iowa Women’s Health Study and the Harvard Nurses Health Study, also found that eating nuts lowered heart disease risk. Other studies have shown that nuts help lower bad “LDL” cholesterol.

It only takes a small handful of nuts to satisfy hunger (and help you stay full longer), and there are many varieties to choose from. The health web site www.SixWise.com

recently posted the following six healthiest nuts.

1 Walnuts

When it comes to nuts, the walnut is the king. It’s a great source of the healthy omega-3 essential fatty acids, which have been found to protect the heart, promote better cognitive function, and provide anti-inflammatory benefits for asthma, rheumatoid arthritis, eczema and psoriasis.

Walnuts also contain the antioxidant compound ellagic acid, which is known to fight cancer and support the immune system.

Walnuts are incredibly healthy for the heart. A study in the April 2004 issue of *Circulation* found that when walnuts were substituted for about one-third of the calories supplied by olives and other monounsaturated fats in the Mediterranean diet:

- Total cholesterol and LDL (bad) cholesterol were reduced
- The elasticity of the arteries increased by 64 percent

- Levels of vascular cell adhesion molecules, which play a major role in the development of atherosclerosis (hardening of the arteries), were reduced

2 Almonds

Just a quarter cup of almonds contains nearly 25 percent of your needed daily value of the important nutrient magnesium, plus is rich in potassium, manganese, copper, the antioxidants vitamin E and selenium, and calcium. In fact, a quarter cup of almonds has almost as much calcium as a quarter cup of milk.

They’re also great for the colon. An animal study on the effects of almonds on colon cancer found that animals (which were exposed to a colon-cancer-causing agent) given whole almonds had fewer signs of colon cancer than animals given almond oil or no almonds. Researchers suspect the benefit may be due to almonds’ high fiber content.

Plus, almonds are one of the

best nuts for lowering cholesterol because 70 percent of the fat they contain is the healthy monounsaturated variety, which has been shown to help clear arteries.

3 Cashews

Cashews are lower in fat than most nuts, and 65 percent of this fat is unsaturated fatty acids. Of this, 90 percent is oleic acid, the heart-healthy fat found in olive oil. Plus, cashews are rich in copper, magnesium, zinc, iron and biotin.

4 Pecans

Pecans are an excellent source of over 19 vitamins and minerals including vitamins E and A, folic acid, calcium, magnesium, copper, phosphorus, potassium, manganese, several B vitamins and zinc.

Plus, according to Sue Taylor, R.D., director of nutrition communication for the National Pecan Shellers Association, “Recent clinical research studies evaluating the impact of pecans on serum cholesterol have found pecans can significantly help lower blood cholesterol when consumed as part of a heart-healthy diet.”

5 Brazil Nuts

These nuts are extremely nutrient-rich and contain protein, copper, niacin, magnesium, fiber, vitamin E and selenium. Selenium is a powerful antioxidant that works to neutralize dangerous free radicals. A study at the University of Illinois even found that the high amounts of selenium in Brazil nuts may help prevent breast cancer.

6 Macadamia Nuts

These nuts are high in protein, fiber, healthy monounsaturated fats, potassium and magnesium. And, a study done at Hawaii University found that people who had added macadamia nuts to their diets for just one month had total cholesterol levels of 191, compared to 201 for those eating the typical American diet. The largest change was found in the LDL (bad) cholesterol.



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Thirty Minutes a Day of Exercise? Better Think 50

Greater amounts of physical activity than currently recommended may be necessary to prevent people from gaining weight, and to help them lose weight and keep it off, according to updated guidelines issued by the American College of Sports Medicine (ACSM).

In a 2001 position paper, the ACSM recommended a minimum of 150 minutes per week (roughly 30 minutes per day 5 times per week) of moderate-intensity physical activity for overweight and obese adults to improve health; however, 200 to 300 minutes per week was recommended for long-term weight loss.

“More recent evidence has supported this recommendation and has indicated that more physical activity may be necessary to prevent

weight regain after weight loss,” reads the ACSM’s position paper published in the latest issue of the College’s journal *Medicine & Science in Sports & Exercise*.

Specifically, evidence published after 1999 indicates that between 150 and 250 minutes per week of moderate intensity physical activity is effective in preventing weight gain greater than 3% in most adults but will provide “only modest” weight loss.

Greater amounts of weekly physical activity -- in the order of 250 minutes or more per week -- have been associated with “significant” weight loss, the ACSM notes. Overweight and obese adults will most likely lose more weight and keep it off with at least 250 minutes per week of exercise.

EXERCISING 250 MINUTES PER WEEK RECOMMENDED FOR LONG-TERM WEIGHT LOSS

SPECIAL EXERCISES MAY EASE LOWER BACK PAIN

Exercises for specific muscles that stabilize the spine may help reduce the misery of chronic lower back pain, a research review suggests. “Motor control exercises” were better than minimal therapy for lower back pain, and they brought extra relief when added to other therapies -- such as standard physical therapy or general exercise, researchers found. Motor control exercise focuses on teaching patients to control specific deeper muscles in the back and abdomen that move and support the spine. “People with persistent low back pain should see a physical therapist who is trained in this area,” researchers recommend.

BOOSTING LUNG CANCER SURVIVORS’ WELL-BEING

Survivors of early-stage lung cancer may enjoy a better quality of life if they can manage to get regular exercise, a new study suggests. Researchers found that among 175 patients who’d been treated for early-stage lung cancer up to 6 years earlier, those who were regularly active tended to report a better quality of life -- particularly when it came to physical well-being.

STRENGTH TRAINING KNEE REPLACEMENT

Progressive strength training targeting the quadriceps -- the large muscles on the front of the thigh -- substantially improves strength and function following total knee



replacement for treatment of osteoarthritis, according to a new study. Osteoarthritis is the most common form of arthritis, causing pain, swelling and reduced motion of the

joints. Its onset is frequently age-related and often affects the hands, knees, hips or spine.

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STRESS RELIEF

PROFESSIONAL IRONMAN TRIATHLETE BRENDAN BRAZIER EXPLAINS HOW TO ALLEVIATE STRESS THROUGH YOUR DIET

By *Brendan Brazier*

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

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

Located on top of the kidneys, our two adrenals are small triangular glands that play a large role in the body's response to stress. During times of elevated stress, regardless of its source, the body's adrenal glands kick into action, secreting the hormone cortisol into the bloodstream. Cortisol is sometimes referred to as the "stress hormone" for the simple reason that its release is triggered by stress. And while cortisol stimulates us to deal with an apparent threat, regular stimulation means fatigue: Since our adrenal glands were not designed to be

used as often as they are today, they become overworked, resulting in exhaustion. Adrenal burnout, as it is commonly referred to, is today a widespread problem.

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

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

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

Fortunately, relief from the largest source of stress we endure is entirely within our control. It is estimated that as much as 40%

of all stress can be attributed to a poor diet. I believe the most effective way to reduce overall stress in the body is through diet. A properly implemented whole food, plant-based diet can help alleviate nutritional stress, while poor dietary choices will perpetuate it. The solution is not as simple as just withdrawing from stress;

it's about reducing nutritional stress and making our diets work FOR us rather than against us. The following are some suggestions to get you started:

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

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

Demands on us may be increasing but the good news is there is a great deal one can do to control stress and ultimately achieve more without feeling rundown.

Brendan Brazier is a professional Ironman triathlete, two-time Canadian 50km Ultra Marathon Champion and bestselling author of "The Thrive Diet". He is also the creator of the award-winning VEGA line of whole food products. www.myvega.com www.brendanbrazier.com



12 TOP STRESS RELIEVING SUPERFOODS

1. LEAFY GREENS
2. SPROUTS
3. BLACK BEANS
4. BLACK-EYED PEAS
5. CHICKPEAS
6. EDAMAME
7. FAVA BEANS
8. LENTILS
9. LIMA BEANS
10. RED KIDNEY BEANS
11. SOY NUTS
12. MACA

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INTERNAL BODY CLEANSE

A BOKU™ SUPER FOOD INGREDIENT CALLED ORGANIC CHLORELLA IS ONE OF THE WORLD'S STRONGEST NATURAL CHELATORS KNOWN FOR REMOVING HEAVY METALS SUCH AS LEAD AND MERCURY FROM THE BODY *By Alicia Doyle*



Compared to an internal spa treatment, Boku™ Super Food is a potent nutrient-dense food combination packed with more than 40 organic ingredients that flood the cells with potent plant-based vitamins and minerals known to have a powerful effect on the mind and body, offering the same benefits that many spas provide.

"People who go to spas are motivated to take care of their health and are very proactive about it because they want a better quality of life, so they are willing to take time out of their busy schedule and spend a lot of money," said

Master Formulator and superfoods expert, Dr. BJ Adrezin, medical director of the Center for NutriLongevity(tm) in Lake Oswego, Oregon. "A person taking Boku™ can feel a difference physically, mentally and emotionally. Boku™ can support balance in all these areas."

That's because Boku™ contains ingredients like Organic Reishi, which has been used for thousands of years in Oriental medicine to support deep relaxation, improved mood, and a joyous spirit. Another ingredient, Organic Blue Green Algae from Klamath Lake in Oregon, is high in phenylethylamine (PEA), an

organic phytochemical that naturally enhances attitude and mood. And Organic Cacao (raw chocolate), which contains a wide array of unique properties and minerals including high levels of sulfur and magnesium, is known for nutrients that sustain happiness.

Taking Boku™ is similar to an inner spa experience "because it brings a sense of regeneration and regaining the joy in life - this regeneration also includes regaining mental clarity, energy and a happy mood," Dr. Adrezin said. "I designed Boku™ for the long haul, so a person taking Boku™ can feel benefits in all these areas while ultimately building a solid foundation for health."

As far as detoxification is concerned, a Boku™ ingredient called Organic Chlorella is one of the world's strongest natural chelators known for removing heavy metals such as lead and mercury from the body. Chlorella's cleansing action on the bowel and other elimination channels, as well as its protection of the liver, helps keep the blood clean, which ensures that metabolic wastes are efficiently carried away from the tissues. Additionally, Organic Young Barley Grass Juice and other organic greens help the liver clean the blood from excess cholesterol and chemical toxins. Boku™ is also packed with enzymes, which are tiny proteins that help remove old toxic matter.

And when it comes to overall rejuvenation and protection from life's stress, Organic Maca Root Juice, Organic Cordyceps, Organic Reishi and Organic Goji Berry Juice are some of Boku™'s main ingredients that have been used for centuries to revitalize the body.

"The spa experience typically includes a sense of rejuvenation, stress reduction and detoxification," Dr. Adrezin said. "Many people who take Boku™ Super Food have a positive experience in all these realms, and become motivated to make other positive changes in their lives because of it."

**For more info please visit:
www.Bokudirect.com**



Beauty is in the Sex of the Beholder, Study Finds

The brains of men and women respond differently to beautiful objects such as paintings, researchers report.

They used imaging technology called magnetoencephalography to look at the brain activity of 20 volunteers while looking at pretty paintings and ugly pictures of cities and found clear sex differences when the test subjects saw images they described as beautiful.

Women use more of the whole brain when appreciating a nice piece of art, while men use mostly the right side, Francisco Ayala of the University of California, Irvine and colleagues in Spain found.

The differences are likely linked to known differences in the way male and female brains process spatial information, and probably are

unique to humans, Ayala and colleagues report.

"The differences between the decorative objects found in Neanderthal and modern human sites support that idea of a 'modern brain' capable of appreciating beauty and its uses in different ways," they wrote.

Most explanations of why men and women process this information differently focus on the use of the brain to navigate spatially, they said.

"Perhaps women make use of both global and local features in making their judgments, whereas men only rely on global features."

Language could also explain it. "Women obtain higher scores on a diversity of verbal and language tasks. Perhaps women are more likely to associate the images with verbal labels than men," they wrote.

WOMEN, UNLIKE MEN, USE MORE OF THE WHOLE BRAIN WHEN APPRECIATING ART

WOMEN MORE APT TO SEEK TATTOO REMOVAL

Women are more likely than men to see a dermatologist to have a tattoo removed and their motivation may be the social stigma associated with tattoos and negative comments by others, suggest the results of a survey. "While men also reported some of these same tattoo problems leading to removal, there seemed to be more societal fallout for women with tattoos," researchers report.

IMMUNE DRUG USEFUL FOR SCALP PSORIASIS

Alefacept, a drug that reduces the activity of certain immune cells, is effective in treating psoriasis of the scalp, according to a report in the Journal of the American Academy of Dermatology. Psoriasis is a chronic skin condition appearing as red patches covered with white scales. "Alefacept works as well in scalp psoriasis as it does in generalized body psoriasis," Dr. James Krell told Reuters Health. Alefacept is also known by the trade name Amevive.

WOMEN DRAWN TO MEN WITH MUSCLES

Muscular young men are likely to have more sex partners than their less-chiseled peers, researchers at the University of California Los Angeles said.

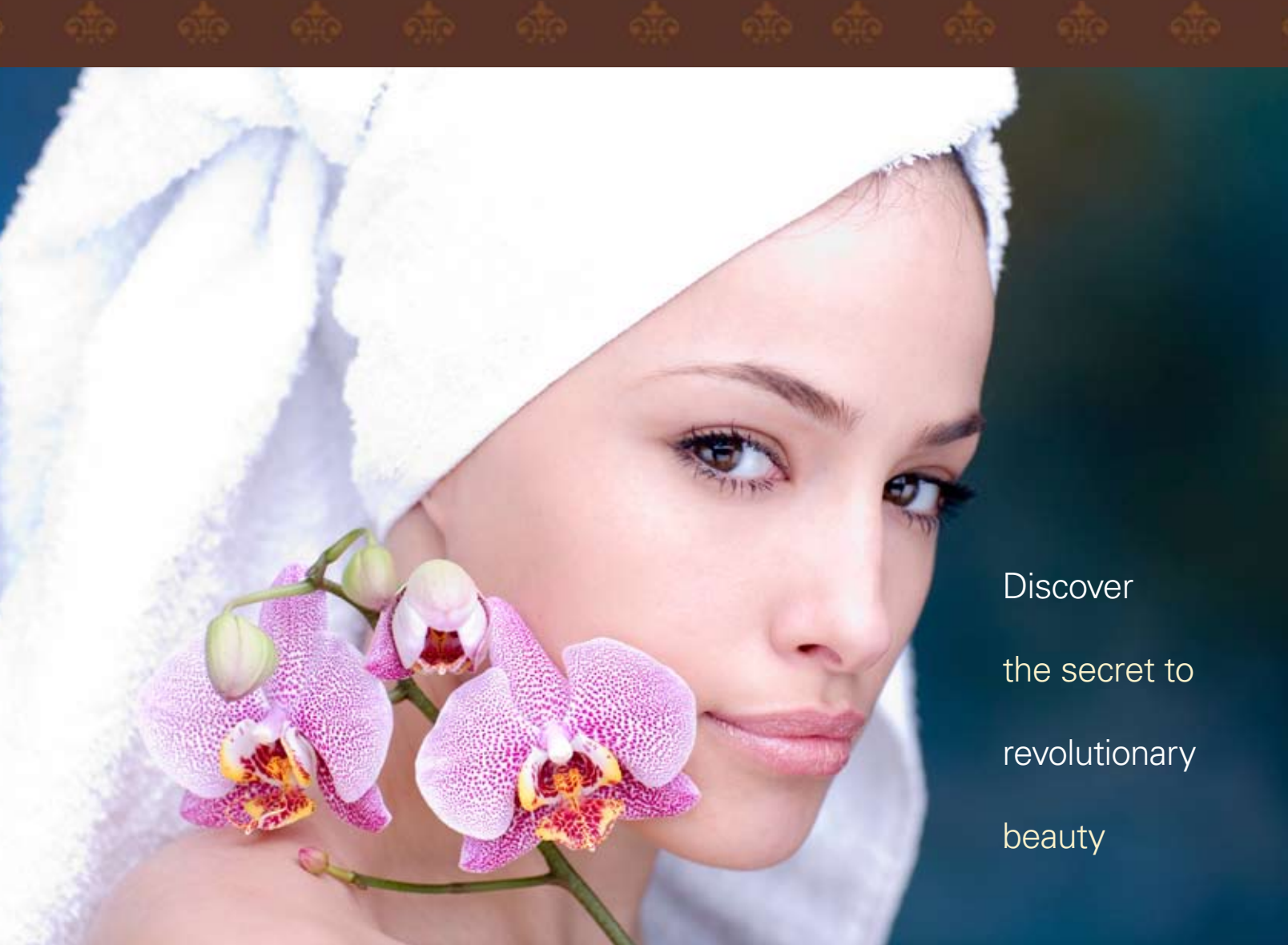
Their study suggests muscles in men are akin to elaborate tail feathers

in male peacocks: They attract females looking for a virile mate. "Women are



predisposed to prefer muscularity in men," said study author David Frederick of UCLA.

However, when it comes to finding a long-term partner, they tend to pick a regular man over a mate with huge biceps, Frederick said.



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By Meagan McCrary

Lasbroas and his partner Marc Wilcox believe in offering their customers options. "You don't want to walk into a store and just have two choices, so selection is very important," adds Lasbroas.

They also believe in education - hence the company's name N101. "The idea came for a col-

lege course. We wanted to be a store that was educating people," explains Wilcox. "Because when you walk in here there are so many choices. And we stress that with our employees. We hire people who are interested in the subject matter; who are interested in nutrition or health." (Employees are continually receiving manufacture training on the products offered at N101, and trained to spend the extra time to find out what their customers are trying to accomplish in order to better assess their needs.)

One of the areas Wilcox is extremely passionate about is prevention. "A lot of people wait until there's a problem and certain things, unfortunately, are hard to back track and fix. By the time you do have a problem - it's much harder for your body to repair it."

He also stresses that supplements are exactly what the word means - things to add to your diet.

Your diet needs to be part of a healthy lifestyle, says Lasbroas, adding that, "even

changing your lifestyle 10% is a start towards a healthier way of living."

"You shouldn't try to change your life overnight," warns Lasbroas. "If you're too drastic you will most likely fail." Take it step by step, he says, and if you've taken a step back, "just pick yourself back up and try to do the best you can."

N101: Nutrition, Health & Sport, 6252 Romaine Street, Los Angeles. For more information call (323) 467-6123, or visit www.n101.com.

I imagine a warehouse stocked with everything you could ever need to lead a healthier, more active lifestyle. Now imagine that all of the products are 50% cheaper than most places ... sound too good to be true?

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"We basically cater to anybody who's interested in fitness or just to be healthy. The key was to bring everything somebody would want to be healthy under one roof and at a good price, so it doesn't break the bank," says Alex Lasbroas, co-owner of N101.

Constantly re-evaluating and bringing in new products and product lines each month,

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REPAIRING BODY AND SOUL

STEM CELL ENHANCED FAT GRAFT RECONSTRUCTION ON FACE AND BODY RECONSTRUCTING DAMAGED TISSUES AFTER SURGICAL OR RADIATION TREATMENT FOR CANCER

By Dr. Nathan Newman

Perhaps the most difficult part of surviving cancer is living with the deformity that is caused by surgery and radiation on the face, body and skin. For many, this constant reminder is a major obstacle to returning to and being accepted by society. Stem cell enhanced fat grafting injections bring a new hope for the dawn of the future of cosmetic and reconstructive surgery.

CANCER SURGERY DEFECT

RECONSTRUCTION REPAIR

Surgical defects that leave large dents and obvious lop-sidedness on the face and body may be corrected using stem cell enhanced fat injections from your own body fat. The stem cells in your fat will help correct the defect by filling the area and softening the scar tissues. The stem cells help to bring better blood supply to the area, help repair damaged tissue, remodel the scar tissue, and add volume to the indented areas.

RADIATION SKIN REPAIR

In radiated skin, some of the skin damage may be corrected with fat enhanced stem cell injections to the area. The skin may improve with the stem cell treatment by its ability to improve blood flow to the skin and by producing cytokines, interleukins and other substances that help heal and repair tissues. Reluma is the first skin care product that contains cytokines made from fat derived stem cells technology that may help improve the skin damage caused

by radiation treatments.

THE STEM CELL ENHANCED FAT RECONSTRUCTION PROCEDURE

Fat is removed from any desired part on the body using specially designed instruments by a modi-

jected and bring needed nutrients via the blood to help the survival of the transplanted fat. In addition to helping the fat cells to take in the injected area, the stem cells help to preserve tissue volume by forming new fat cells to replace the fat cells as they go through their life

Stem cell enhanced fat graft injections hold a new promise to helping correct your post-surgical and post-radiation defects

fied lipo-suction method. After the mini-lipo, stem cells found in the harvested fat are concentrated using a specially developed method by Invitrx. The stem cell enriched fat is then injected using specially designed instruments into the areas of damaged tissue. The stem cells are essential to keeping fat healthy and allowing it to regenerate and repair the tissues. The stem cells promote vascularization of the in-

jected and bring needed nutrients via the blood to help the survival of the transplanted fat. In addition to helping the fat cells to take in the injected area, the stem cells help to preserve tissue volume by forming new fat cells to replace the fat cells as they go through their life cycle. This process remodels the scarred collagen to become softer and more mobile.

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Stem cells in the fat have the ability to become part of the tissue that they are found next to. They have the ability to become fat, muscle, bone, cartilage and more. Therefore, the stem cell enhanced fat will

feel, look, act and move as the tissues it is injected into, making it appear and feel natural to touch and visually undetectable.

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- **Helps improve appearance of skin**
- **Regenerates and heals tissues**

- **Improves blood flow to the area**
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BODY SOUL CONNECTION

Stem cell enhanced fat graft injections hold a new promise to helping correct your post-surgical and post-radiation defects. Reconstructing and correcting such deformities is vital for a positive self image and normal social interactions. Restoring your physical appearance impacts positively your mental and emotional health.

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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WHAT THE FUTURE HOLDS

PSYCHIC READERS HISTORICALLY DO BETTER DURING HARD ECONOMIC TIMES BECAUSE PEOPLE ARE LOOKING FOR ANSWERS

By Yolanda Martinez

In a time when the economy is struggling and many people don't know what's in store for them, more and more are turning to psychics.

"We had a slow improvement up until December. Each month a little more," a Los Angeles psychic told LA Health News. "And then December, we just [got] bombarded."

Business has picked up dramatically since the economy tanked. "Psychic readers historically do better during hard economic times because people are looking for answers, looking for comfort," an L.A. based psychic said. "[They're looking for] some good news somewhere, a light at the end of the tunnel."

Though relationship advice is typically the most popular topic for psychics to address, the uncertain state of the economy has shifted the subject of many people's concerns.

Typical questions include: "Am I going to

keep my job? Will I have to fore-close on my home? Will I be able to make ends meet?"

While there are no national statistics on psychic business, LA Health News made several phone


calls to other Los Angeles based psychics and they say their business has also picked up.

Customers say the readings help them find answers to the future.

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by *ISABELLA*

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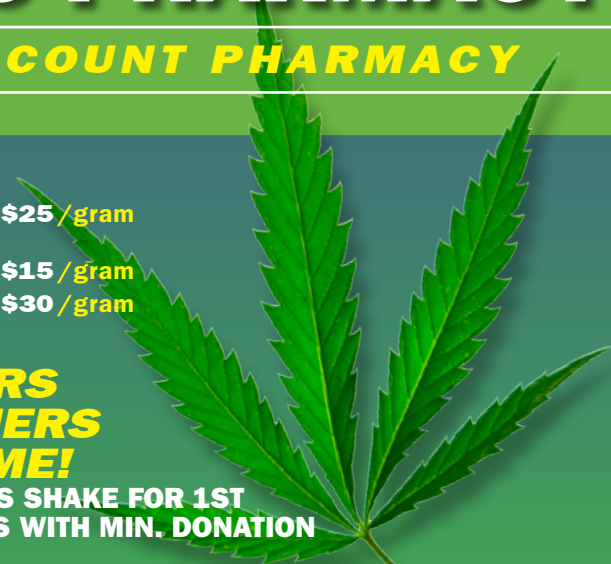
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DENTAL EMERGENCIES

TOOTHACHE? CAN'T SEE A DENTIST IMMEDIATELY? HERE ARE SOME HOME REMEDIES AND TIPS

By Bruce F. Beard, DDS

A toothache may be a symptom of several things:

1. The pulp of your throbbing tooth could be infected (root canal).
2. The gums around your tooth may be infected or swollen.
3. There could be decay in a tooth.
4. You may have a cracked tooth.
5. You might have it down on something to bruise the tooth or socket.
6. The ache could simply be an irritation from a piece of food caught between two teeth
7. It can also be related to a sinus problem.

8. Lost or cracked filling
Only a dentist can say for sure. Until you can see him, though, you'll want to stop the pain now. Here are some home remedies and tips:

RINSE WITH WATER

Take a mouthful of water (at body temperature) and rinse vigorous-

ly. If your toothache is caused by trapped food, a thorough rinsing may dislodge the problem. Especially if it is caught in an area of large decay.

FLOSS GENTLY

If rinsing doesn't work, you can try to remove to particles out from between your teeth by flossing. Be gentle! If you are careful, you can tie a knot in the floss and then "pull it through" the contact. Your gums are likely to be sore. They may bleed but this can also be good; since the blood sometimes can rinse away the bacteria.

RINSE SALT WATER

Place 1 teaspoon of salt into an 8-ounce glass of warm water. Roll a mouthful of the salt water around your mouth for about 60 seconds. Then spit it out. Do this 2-3 times.

OIL OF CLOVES

Most drugstores carry tiny bottles of the clove oil. Place a little di-

rectly onto the tooth, or dab a little on a cotton ball and pack the elixir next to the ache. You can also dip a Q-tip in some of the oil then rub it on the gums next to the aching tooth.

TEA BAG

Wet tea bags can give relief from canker sores, swollen gums, toothaches and stop bleeding after extraction. Moisten a "regular" tea bag (not herbal or decaffeinated) with warm water and then gently bite on it. Or you can place it between the cheek and the tooth. The tannic acid will often "draw out" the pain.

SWIG OF WHISKEY

Take a "shot" to numb the pain. Hold a swig of whiskey over the painful tooth. Your gums will absorb some of the alcohol and that will numb the pain. Spit out the rest, if you are under age.

HAND MASSAGE

(ACUPRESSURE)

Rub an ice cube into the V-shaped area where the bones of the thumb and forefinger meet. Gently push the ice over the area for 5 to 7 minutes. When you have an achy tooth, this can ease the pain by 50 percent.

IBUPROFEN OR ASPIRIN

Of course to control the pain, these medicines are tried and true. Follow the directions on the label for best relief.

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



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PROTECTING YOURSELF AT THE GYM

ATHLETES ARE MORE SUSCEPTIBLE TO VIRUS AND FUNGI TRANSFER DUE TO THE HIGH RATE OF SKIN CONTACT AND USE OF SHARED GEAR AND EQUIPMENT

By Victor Melamed

Following a few simple rules can help people avoid catching the drug-resistant “superbug” MRSA at the gym, a physician specializing in infections diseases says.

“The real bottom line is common sense hygiene,” Dr. Jorge Parada of Loyola University Chicago Stritch School of Medicine in Maywood told Reuters Health.

“It’s wash your hands, wash your hands, wash your hands,” along with wiping down equipment before and after using it, and keeping a towel between you and shared equipment including weight machines, benches, and yoga mats, he explained.

MRSA, a.k.a. methicillin-resistant *Staphylococcus aureus*, and other bugs can live on surfaces, especially warmer, wetter ones, Parada said. However, he added, the health risks of not exercising are far greater than the danger of

acquiring an MRSA infection while working out. “Don’t use ‘I might catch something in the gym’ as an excuse not to engage in healthy activities.”

Hospital-associated MRSA has been around since 1961, and became a problem during the 1970s, Parada explained. Those at risk included dialysis patients, nursing home residents, and people who had to take a lot of antibiotics.



“Your average Joe walking around healthy, going to high school, going to work in the morning, was at very low risk,” he said.

Then in 1999, the first cases of community-associated MRSA appeared. These strains developed independently of hospital-associated MRSA, and infected healthy people in the community with no known risk factors.

Usually the community-associated MRSA infections are limited to skin abscesses and boils, Parada said, but on rare occasions they can progress to pneumonia or more serious skin infections. According to the Center for Disease Control (CDC), athletes are more susceptible to virus and fungi transfer due to the high rate of skin contact and use of shared gear and equipment. Even though little physical contact occurs in some sports during participation, skin contact or activities that may lead

to spread of MRSA and other skin infections may take place before or after participation such as in the locker room.

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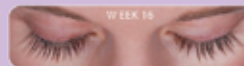
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Music to your Ears? Music for your Heart, too

Songs that make our hearts soar can make them stronger too, researchers report.

They found that when people listened to their favorite music, their blood vessels dilated in much the same way as when laughing, or taking blood medications.

"We have a pretty impressive effect," said Dr. Michael Miller, director of preventive cardiology at the University of Maryland Medical Center in Baltimore.

"Blood vessel diameter improved... The vessel opened up pretty significantly. You can see the vessels opening up with other activities such as exercise," Miller said. A similar effect is seen with drugs such as statins and ACE inhibitors.

When blood vessels open more, blood flows more smoothly and is less likely to form the blood clots that cause heart attacks and strokes.

Elastic vessels also resist the hardening activity of atherosclerosis.

"We are not saying to stop your statins or not to exercise but to add this to an overall program of heart health," said Miller.

Miller's study participants spent half an hour listening to their favorite music and half

an hour listening to music they said made them feel anxious while the researchers did ultrasound tests designed to show blood vessel function.

Compared to their normal baseline measurements, blood vessel diameter increased 26 percent on average when the volunteers heard their joyful music.

Listening to music they disliked -- in most cases in this group heavy metal -- narrowed blood vessels by six percent, Miller said.

MUSIC PRODUCED SIMILAR EFFECTS SEEN WITH STATINS AND ACE INHIBITORS

CLUSTER HEADACHE MAY RESPOND TO KUDZU

A survey of patients who take over-the-counter products containing kudzu extract or kudzu root, suggests that components of the vine may be of use in managing cluster headache. Kudzu root was described in a Chinese medical texts some 1800 years ago and its rhizome continues to be used as an ingredient in a variety of traditional medicines. Among its effects is an increase in cerebral blood flow in the brain.

B12 USEFUL FOR CANKER SORES

The results of a small trial suggest that vitamin B12 is a safe, effective, and inexpensive treatment for repeat canker sores. Compared to placebo, treatment with vitamin B12 significantly reduced pain, the number of ulcers, and the duration of outbreaks at 5 and 6 months. Moreover, the improvements were not affected by what the patients' blood levels of vitamin B12 were at the start of the study.

COFFEE MAY CUT WOMEN'S STROKE RISK

Female coffee drinkers can enjoy their java in good health -- at least when it comes to stroke risk, new research from Spain shows. Dr. Esther Lopez-Garcia



of the Universidad Autonoma de Madrid and her colleagues found that over the course of more than two

decades, women who drank coffee several times a week were actually somewhat less likely to have a stroke than those who drank coffee less than once a month. But coffee didn't seem to affect stroke risk for women with high blood pressure, high cholesterol, or type 2 diabetes.

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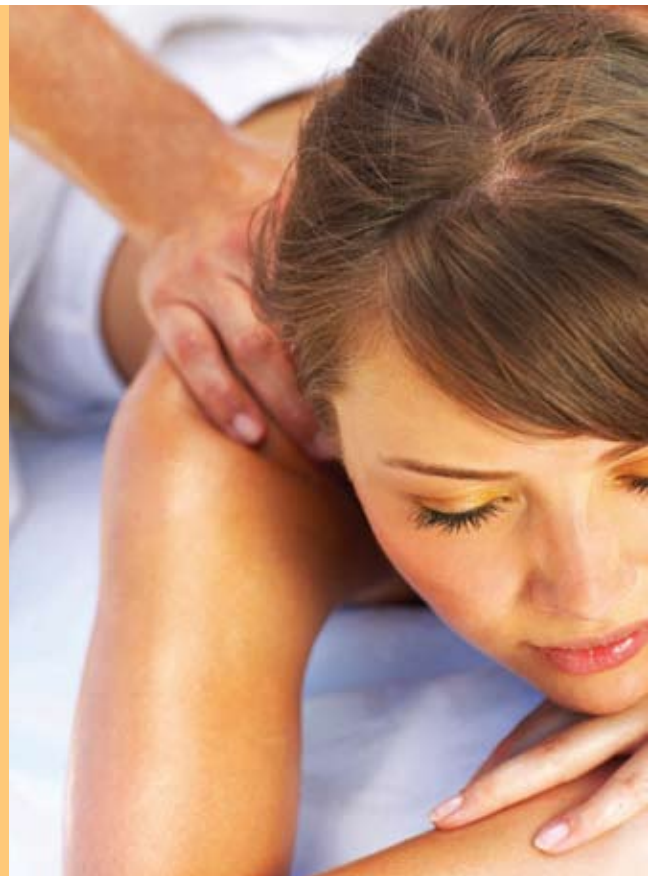
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MEL B GETS TOTALLY FIT

FORMER SPICE GIRL'S FIRST-EVER WORKOUT VIDEO; DVD IS FOR ANYONE WHO WANTS TO CHANGE THEIR BODIES AND LIVES *By Rodolfo Lopez*

As a member of the biggest-selling girl group of all time, Melanie Brown was known to the world as Scary Spice. Today, the former Spice Girl is best known as Mel B-solo artist, lingerie model and mother of two. She adds workout diva to that list of accomplishments this winter with TOTALLY

both their lives and bodies, including all kinds of lifestyles and fitness levels. "For anyone with jubbily bits, I'm going to tighten you up, make you laugh and enjoy your workout no matter what level of fitness you are," says Mel B.

TOTALLY FIT breaks down Mel's straightforward approach to staying in shape into a simple 28-day plan. Featuring a 60-minute fitness class split into 30-minute sessions, the first session is an aerobic workout set to pumping dance tracks that is the ideal route to burning fat, driving up heart rates and promoting overall fitness. The second session includes an up-tempo resistance workout, using everyday objects to help tone and trim the body. These are the workouts that Mel still

FIT from Rhino Entertainment. The DVD is now available at retail stores and online at www.rhino.com.

TOTALLY FIT is definitely not your average workout DVD. It doesn't require gym equipment, but instead relies on simple household items like a broomstick for stability work, and water bottles or canned goods for weights. At \$14.95, it's way cheaper than a gym membership! Her approach is fun, inspirational, and motivating, presenting the secrets to her success to anyone who wants to change

does each week.

Also included are four 10-minute workouts that focus on the areas all women struggle with—bums, tums, legs and arms, as well as a "Chill Out" stretch session designed to help women relax after a stressful day or as a well-deserved, post-workout reward. As a bonus, the disc also provides lifestyle advice and nutrition tips, including Mel's own secret recipes and snacks. Mel offers great hints for getting faster and longer-lasting results, not for just a month, but forever.



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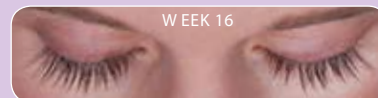
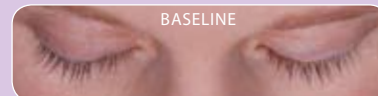
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Long Flights May Carry Hidden Health Risks

Long-haul flights can be risky for people with certain types of heart and lung conditions, as well as anyone who has had surgery recently, investigators warn.

"The environmental and physiologic changes that occur during routine commercial air travel can incite or exacerbate preexisting cardiac and lung conditions," Dr. Mark Gendreau, one of the study's authors, told Reuters Health.

"People should check in with their physicians if they do have significant health problems before they get on a plane," he advised.

The drop in pressure that occurs as an airplane reaches cruising altitude makes it tougher for the blood to hold oxygen, Gendreau noted. Most healthy people can cope with this reduction

in oxygen saturation, but for people with illnesses that cause them to have low oxygen blood levels in the first place, such as emphysema or congestive heart failure, it can be hazardous, particularly on flights more than a couple of hours long.

So-called long-haul flights, defined as any trip lasting eight hours or more, are known to increase the risk of a potentially fatal blood clot forming in the legs, Gendreau added.

The best strategies for preventing these deadly blood clots are common-sense, Gendreau said, and include keeping well-hydrated, avoiding caffeine and alcohol, getting up to stretch and walk around the cabin, and doing calf-stretching exercises in your seat. "For most people that's sufficient to minimize your risk," he added.

PEOPLE WITH HEALTH PROBLEMS SHOULD CONSULT THEIR PHYSICIAN BEFORE FLYING

PLASTIC CHEMICAL MAY STAY IN BODY LONGER

A controversial chemical used in many plastic products may remain in the body longer than previously thought, and people may be ingesting it from sources other than food, researchers said last month. While the belief had been BPA was quickly and completely eliminated from the body through urine, the current study found people who had fasted for even a whole day still had significant levels of the chemical. Toxicologists have expressed concern that BPA may have harmful effects on the development of the prostate and brain.

ORGANIC SOLVENTS LYMPHOMA RISK

Women exposed to organic solvents on the job face an increased risk of developing non-Hodgkin lymphoma (NHL), according to new research. NHL is a collective term for several different types of immune-system malignancies. Past research has found an increased risk of NHL in occupations where people may be exposed to organic solvents -- for example, pesticide application, dry cleaning, and embalming -- researchers add.

HOSPITAL DISINFECTANTS ASTHMA RISK

Nursing professionals exposed to general hospital cleaning products and medical instrument disinfectants at work are at increased risk of developing asthma, results of a new study indicate. "Hospitals should start exploring substituting products containing chemicals known to be respiratory



irritants/sensitizers with products that may pose less health risk," researchers said last month.

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Apple Juice Slows Buildup of Alzheimer's Protein

Drinking apple juice helps slow the accumulation of the protein fragments that damage the brain in Alzheimer's disease, new research in mice shows.

The protein fragments, known as beta-amyloid, are the building blocks of the plaques that form in the brains of people with Alzheimer's disease.

The findings don't suggest that Alzheimer's disease can be treated by gulping gallons of apple juice, but they do point to the importance of long-term nutrition in preventing aging-related changes like those seen in Alzheimer's disease, Thomas B. Shea of the University of Massachusetts-Lowell said.

He and his colleagues previously demonstrated that giving mice apple juice improved their performance in maze tests, while

also preventing the decline in performance that typically accompanies aging.

Oxidative stress plays a key role in the progression of Alzheimer's disease, and both genetic and nutritional factors influence the degree of oxidative stress a person experiences, Shea said. Aging increases oxidative stress, he added, while eating a healthy diet with plenty of fruits and vegetables decreases it.

"This is the kind of thing that may make Alzheimer's disease manifest and why it's so tricky to predict whether it's going to happen or not," he said.

The U.S. Apple Association and the Apple Products Research and Education Council fund Shea's apple juice research.

Shea agreed that his findings are an endorsement of the benefits of apple juice, but said that they were not influenced by his funding source.

STUDY EMPHASIZES IMPORTANCE OF NUTRITION IN PREVENTING AGING-RELATED CHANGES

MODERATE DRINKING MAY CUT DISABILITY RISK

Healthy older adults who have up to one or two drinks per day may be less likely to develop physical disabilities over time, a new study suggests. The study, found that healthy, moderate drinkers were less likely to develop problems with walking, daily chores and other physical tasks over five years. The benefit was not seen, however, among men and women who were in poorer health at the study's start.

LOSS OF HEIGHT BREATHLESSNESS LINK

Among seniors, an increase in the ratio of their arm span to their height -- indicating a probable loss of height -- is strongly associated with shortness of breath and reduced lung capacity, according to a new study. "Many physicians, who regularly care for older individuals, have suspected an association between loss of height and symptoms of shortness of breath," Dr. Maw P. Tan said. It may just be a matter of reduced space for the lungs, Tan explained.

EAT LESS TO REMEMBER MORE

Cutting calories may improve memory among healthy elderly men and women, a new study from Germany hints. In the study, researchers found that people who cut their calorie intake by approximately 30 percent performed better on standard memory tests after just three months. "Our study may help to generate novel prevention strategies to maintain cognitive functions into old age," Dr. A. Veronica Witte and colleagues from University of Munster wrote in the latest issue of Proceedings of the National Academy of Sciences.



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CANNABIS CONTROVERSY

MEDICAL POT BACKERS SAY LA RAIDS BETRAY OBAMA VOW *By Steve Gorman*

Several recent federal raids on medical marijuana dispensaries in California have betrayed President Barack Obama's campaign pledge to halt such busts if elected, medicinal cannabis advocates said last month.

Drug Enforcement Administration agents served search warrants on four medical marijuana vendors in the Los Angeles area last month, seizing more than 200 kg (440 pounds) of cannabis, edible marijuana products and about \$10,000 in cash, a DEA spokeswoman said.

There were no arrests, accord-

ing to the spokeswoman, special agent Sarah Pullen.

The busts, following a spate of similar raids in recent years under the Bush administration, drew fire from such groups as the Drug Policy Alliance and Americans for Safe Access, which have advocated legalization and regulation of marijuana for legitimate medical purposes.

They cited comments Obama made during his White House bid last year that he intended to halt raids of medical marijuana facilities operating under state laws.

"If it's an issue of doctors prescribing medical marijuana as

a treatment for glaucoma or as a cancer treatment, I think that should be appropriate because there really is no difference between that and a doctor prescribing morphine or anything else," he said in a March 2008 interview captured on a YouTube video clip.

He added that expanding access to medical marijuana would not be a priority of his administration, but "what I'm not going to be doing is using Justice Department resources to try to circumvent state laws on this issue."

Asked about those comments, Pullen said, "There has been no

direction as to a change in how we... enforce federal law." The DEA is a Justice Department agency.

Stephen Gutwillig, California head of the Drug Policy Alliance, suggested the latest raids stemmed from a lag in new policy directives from the 2-month-old Obama administration.

"We hope these recent raids don't represent official administration policy and that Obama will order federal agencies in no uncertain terms to stop harassing medical marijuana patients and providers in California," he said.

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COFFEE OR TEA?

COFFEE MAY CUT WOMEN'S STROKE RISK, TEA DRINKERS FOUND TO HAVE LOWER LEVELS OF THE STRESS HORMONE CORTISOL *By Eric Kim*

Regular cups of tea can help speed recovery from stress, according to researchers from University College London (UCL).

Men who drank black tea four times a day for six weeks were found to have lower levels of the stress hormone cortisol than a control group who drank a fake tea substitute, the researchers said in a study published in the journal *Psychopharmacology*.

The tea drinkers also reported a greater feeling of relaxation after performing tasks designed to raise stress levels.

Andrew Steptoe, of UCL's department of Epidemiology and Public Health, and one of the report's authors, said the findings could have important health implications.

"Slow recovery following acute stress has been associated with a greater risk of chronic illness such as coronary heart disease.

"Although it does not appear to reduce the actual levels of stress we experience, tea does seem to have a greater effect in bringing stress hormone levels back to normal."

In the study, 75 tea-drinking men were split into two groups, all giving up their normal tea, coffee and caffeinated drinks.

Half were given a fruit-flavoured caffeinated tea mixture made up of the usual constituents of a cup of black tea.

The others were given a caffeinated substitute, identical in taste but without the active tea ingredients.

Neither the participants or the researchers knew who was drinking real or false tea.

At the end of six weeks the participants were given a series of tests designed to raise their stress levels, including being given five minutes to prepare and deliver a presentation.

The researchers found that stress levels, blood pressure and heart rate rose similar amounts in both groups.

But 50 minutes after the tasks cortisol levels had fallen an average of 47 per cent among the tea drinkers, compared to 27 per cent in the fake tea group.

Steptoe said it was not known which in-

gredients in tea were responsible for the effects found in the study.

In related news - female coffee drinkers can enjoy their java in good health -- at least when it comes to stroke risk, new research from Spain shows.

Dr. Esther Lopez-Garcia of the Universidad Autonoma de Madrid and her colleagues found that over the course of more than two decades, women who drank coffee several times a week were actually somewhat less likely to have a stroke than those who drank coffee less than once a month. But coffee didn't seem to affect stroke risk for women with high blood pressure, high cholesterol, or type 2 diabetes.

Evidence to date suggests that drinking coffee doesn't harm the heart, and may actually protect against type 2 diabetes, Lopez-Garcia and her team note in the March 3 issue of *Circulation*. But there is little information on

were not, suggesting that there is something about coffee itself, not caffeine, which might be protective.

The protective effect of coffee was particularly strong among women who had quit smoking or who had never been smokers. When the researchers limited their analysis to women with hypertension, they found that coffee consumption wasn't related to stroke risk; the same was true for women with high cholesterol levels and those with diabetes.

There are several possible ways that coffee could protect against stroke; for example, by reducing inflammation, improving insulin sensitivity, or preventing oxidative damage, Lopez-Garcia and her team note.

They conclude: "Our data support the hypothesis that components of coffee other than caffeine may lower the risk of stroke, although the association was modest and the biological

IN more good news for coffee lovers, a new study suggests that middle-aged adults who regularly drink a cup of java may have a lower risk of developing dementia later in life

how coffee might affect stroke risk, especially in women.

To investigate, the researchers looked at 83,076 women participating in the Nurse's Health Study who reported their coffee consumption in 1980 and again every 2 to 4 years thereafter up to 2004. During that time, 2,280 women had strokes.

Coffee drinkers were more likely to smoke and to drink alcohol, the researchers found. But once they accounted for these and other relevant factors, they found women who drank two or three cups of coffee daily were 19 percent less likely to have a stroke than women who drank a cup a month or less. Women who had four or more cups were at 20 percent lower risk than those who consumed the least coffee.

Decaf was also linked to a lower stroke risk, but tea and soft drinks containing caffeine

mechanism is unclear."

In more good news for coffee lovers, a new study suggests that middle-aged adults who regularly drink a cup of java may have a lower risk of developing dementia later in life.

Whether coffee itself deserves the credit is not yet clear, but researchers say the findings at least suggest that coffee drinkers can enjoy that morning cup "in good conscience."

The study found that among 1,400 Finnish adults followed for 20 years, those who drank three to five cups of coffee per day in middle-age were two-thirds less likely than non-drinkers to develop dementia, including Alzheimer's disease.

The findings, reported in the *Journal of Alzheimer's Disease*, add to a string of studies finding that coffee drinkers have lower risks of several diseases, including Parkinson's disease, certain cancers and diabetes.



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HEALTH FREEDOM EXPO

PRESENTING THE BEST IN HEALTH CARE PRODUCTS, BOOKS, EDUCATION AND MODALITIES

By Rudy Lopez

The HEALTH FREEDOM EXPO returns to Long Beach for it's fifth season April 3rd thru the 5th at the Long Beach Convention Center.

It's a three day weekend filled with non-stop activities. Attendees can browse and shop up to 200 exhibitors presenting the best in health care products, books, education and modalities.

The annual event presents a line up of 90 nationally known health experts, authors, leaders, lecturers, and legislators such as:

Dr. Joe Dispenza - Author of Evolve Your Brain: The Science of Changing Your Mind; Featured in

the cutting-edge film "What the Bleep Do We Know"

Judith Orloff - Author of Emotional Freedom

John Robbins - Author of Diet for a New America

Congresswoman Diane Watson - State and national legislative advocate for Health care and consumer protection

Patricia Bragg - Daughter of food pioneer, Paul Bragg Liquid Aminos

Jonathan Emord -Author of The Rise of Tyranny; Attorney; known as the FDA dragon slayer

Dr Joel Wallach - Author of

Dead Doctors Don't Lie

Dr. Theresa Dale - Inventor - Homeopathic Hormone Rejuvenation System

Dr. Hal Huggins, MD - Mercury Toxicity specialist

Dr. Kurt Donsbach - Health freedom pioneer; Alternative Cancer Therapies

Dr Lorraine Day - The dangers of chemotherapy, radiation and why cancer is big business

Richard Green - Host of "Clout a progressive, alternative radio program heard nationwide

Attendees are invited to participate in any or all six interactive

panel discussions on hot topics such as Anti-Aging, Cancer, Mercury, Cell Phone/EMF Dangers, GMO's and Vanishing Honey Bees. At Movie Night, attendees are invited to watch and discuss three 20-minute documentary film trailers examining the crisis of the vanishing honey bees, GMOs and the future of food with the film producers.

For tickets, and a FRIDAY FREE PASS, speaker schedules, list of exhibitors, times, directions, accommodations and further details: www.HealthFreedomExpo.com

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**MAR 13-15: WORLD
PREMIERE 2012 QUANTUM LEAP**

This three-day Passionate Action Celebration will bring together Celebrities, Leading Thinkers, Mayan Elders, Interactive Lectures, Science, Art, Music, Films, Healing Forums, New Technologies, Culinary Delicacies and Conscious Living Strategies. For more information or to purchase tickets, please visit www.2012quantumleap.com.

**MAR 14: WHOLE FOODS
MARKET PASADENA TRIATHLON
& 5K FUN RUN**

The Third Annual Whole Foods Market

Pasadena spring "reverse" triathlon (5K run/15K bike/150m swim) at the Pasadena Rose Bowl is sold out at 600 participants, but registration for the 5K fun run around the Bowl is still open. 6 a.m. AAF Rose Bowl Aquatics, 360 N. Arroyo Boulevard, Pasadena. For more information call (310) 821-7898, or visit www.pasadenatriathlon.com.

**MAR 15: HOLLYWOOD DREAMZ
ST. PATRICK'S 5K/10K RUN-WALK
& KIDS FUN RUN**

Wear green and head to the La Brea Tar Pits for the second annual Hollywood Dreamz St. Patrick's Day celebration with bagpipe music from The Paul Green School of Rock Hollywood All-Stars at the finish line. A special prize for the Greenest costume! 8 a.m. La Brea Tar Pits / Hancock Park, 5800 Wilshire Boulevard, Los Angeles. For more information call (310) 828-4123, or visit hollywooddreamz.org.

MAR 15: LA CIRCUIT RACE

Amateurs of all ages and levels are encouraged to participate in the LA Circuit Race, featuring

two beginner and juniors categories and two pro level races for men and women. Held at LAX, the four mile road race course on gradual rollers is six lanes wide. Los Angeles International Airport, 1 World Way, Los Angeles. For more information call (310) 328-3823 visit www.backontrackproductions.com.

MAR 21: THE GREAT URBAN RACE

500 teams of two will solve twelve clues, find checkpoints, complete challenges and navigate the city streets from Hollywood to Downtown Los Angeles by foot and public transit in this wacky urban adventure back! 11 a.m. Pershing Square Park, 532 S. Olive Street, Los Angeles. For more information visit www.greaturbanrace.com.

**MAR 28: 24TH ANNUAL DOLE
GREAT RACE OF AGOURA HILLS**

Don't miss the Best Running Event in LA, featuring the Chesebro Half Marathon, Old Agoura 10K, Deena Kastor 5K, Kids 1 Mi/ Family Fun run and the Pacific Half Marathon (new this year), as well as the Best Post Race Party in LA with tons of great food and reusable goodie bags. 6 a.m. Chumash Park, 5550 Medea Valley Drive, Agoura Hills. For more information call (877) GR8-RACE, or visit greatraceofagoura.com.

**MAR 28-29: XTREME SPIRIT
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Extreme Spirit Cheer and Dance presents the new and exciting National Championship for the West Coast, featuring Spring Floor for All Stars, Cheer Floor for School Teams and Marley Dance Floor for Dance Teams. Teams will be competing for national titles and paid national bids to the Go Big! Championships in Chicago. 8 a.m.-8 p.m. Ontario Convention Center, 2000 E. Convention Center Way, Ontario. For more information call (888) 762-3296, visit www.xtremespirit.com.

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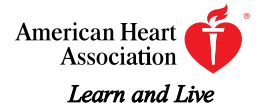
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Read this month's
article by Dr. Newman
on page 26

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