

LA HEALTH NEWS

April 2009 | ISSUE 97 | COMPLIMENTARY

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DAY**
EVENTS GUIDE

**STEM CELL
THERAPY**

A New Dawn

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YOU TAKE**

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contents

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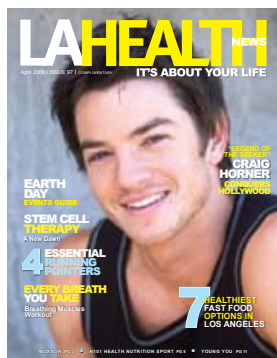
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COVER PHOTO: VICKI SKARRATT

10 NEW DAWN

Stem-Cell Therapy

14 HEALTHIEST FAST FOOD CHAINS

Restaurant Report Card

17 RANDOM RUNNING REMINDERS

By Dr. Paris Servatjoo

18 ACUPUNCTURE STRESS RELIEF

Improve mind-body connection

21 SOOTHE THAT SORE THROAT

Aqua-Relief benefit

22 TENSION HEADACHE TMJD LINK

By Bruce F. Beard, DDS

24 STEM CELLS FOR BEAUTY

By Nathan Newman, MD

27 TURNING TO RESEARCH STUDIES

Financial options

28 PEACE OF MIND

Dealing with uncertainty

31 DESPERATELY SEEKING HORNER

"Legend of the Seeker" Craig Horner

34 EARTH DAY EVENTS

Everything you need to know



COURTESY OF: @ABC Studios

6 Editor's Letter 8 Flash 13 Diet 16 Fitness 20 Beauty 26 Alternative 30
Environment 32 Seniors 33 Health Profiles

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editor's letter

DRINKING BUDDIES

Having a supportive social network enhances the health benefits of having a few drinks, new research from Japan suggests.

The study of Japanese men years found that moderate to light alcohol consumption, coupled with high levels of social support, were linked to lower rates of heart disease and stroke.

"But remember," Dr. Hiroyasu Iso from Osaka University noted in a statement, "this beneficial effect of social support is confined to light-to-moderate drinking. Heavy drinking is risky irrespective of social support level."

In a report in the journal *Alcoholism: Clinical and Experimental Research*, the researchers note that light to moderate drinking has been shown to help protect against stroke and heart disease. Being surrounded by lots of family and friends is also known to be good for the heart and may even help people live longer.

The new study, Iso and colleagues say, shows that high levels of social support may enhance the heart-healthy effects of light to moderate alcohol consumption.

Iso's team examined drinking patterns, social support and cardiovascular health of 19,356 men in their 40s, 50s and 60s who were enrolled in the Japan Public Health Center-based Prospective Study. Their alcohol consumption was classified into seven categories: never, past, occasional, 1 to 149, 150 to 299, 300 to 449, or 450 or more grams of alcohol per week.

During an average follow up of more than 9 years, 629 strokes and 207 coronary heart diseases were documented in the men.

Confirming past studies, heavier drinking (i.e., 300 grams per week or more) was

Socializing and moderate drinking good for you

associated with an increased risk of stroke. This may be explained at least partly by alcohol-induced high blood pressure, the researchers say.

In contrast to heavy drinking, light to moderate drinking -- up to 299 grams of alcohol per week -- was associated with reduced risks of stroke and heart disease, and the effect was more pronounced in men with high levels of social support, "probably due to avoidance of unhealthy behaviors and enhancement of stress buffering," Iso surmised.

Compared with light to moderate drinkers with high social support, those with low social support had unhealthier lifestyle behaviors; they were more apt to be sedentary and had fewer opportunities for medical checkups. They were also more likely to have high stress levels, no job, and no spouse.

The researchers speculate that low levels of social support may cause mental stress, which is hard on the heart. Mental stress activates components of the body's neuro-endocrine system, "which lead to an increased risk of cardiovascular disease," Iso explained.

Mark Ariel
Editor-In-Chief

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Groups Urge FDA Changes to Boost Food Safety

The Obama administration should appoint a senior food safety official within the Food and Drug Administration as a first step toward safeguarding the food supply, two advocacy groups said last month. The responsibility for food safety currently is divided up among federal agencies including the FDA and U.S. Department of Agriculture, with the Centers for Disease Control and Prevention monitoring disease outbreaks.

PSYCHIATRISTS TO END DRUG COMPANY SEMINARS

The American Psychiatric Association said last month it will end medical education seminars and meals sponsored by drug companies at its annual meetings to reduce chances for financial conflicts of interest. The group, which represents 38,000 doctors, is among the first to say no to the drug-company sponsored seminars at its meetings, which many critics say blur the line between education and advertising.

LONELINESS TIED TO POORER HEALTH IN OLD AGE

Older adults who lack family and friends, or who feel lonely despite having others around them, tend to be in poorer physical and mental health, a new study finds. Researchers found that among roughly 3,000 U.S. adults ages 57 to 85, those with few social connections were less likely to describe their physical health as good or excellent. Meanwhile, those who felt socially isolated -- even if they had friends, family and social activities -- tended to report poorer physical and mental well-being.

FDA TOLD TO RECONSIDER MORNING-AFTER PILL ACCESS

The Food and Drug Administration must

reconsider its decision under the Bush Administration to limit access to emergency contraception, a court ruled last month, saying the agency allowed politics to interfere with its usual decision-making. The U.S. District Court for the Eastern District of New York, in a 52-page ruling, also ordered the FDA to allow 17-year-olds to buy the drug, called Plan B, without a prescription.

RED MEAT RAISES RISK OF ALL KINDS OF DEATH

People who eat the most red meat and the most processed meat have the highest overall risk of death from all causes, including heart disease and cancer, researchers reported last month. The National Cancer Institute study is one of the largest to look at the highly controversial and emotive issue of whether eating meat is indeed bad for health.

ENZYMES LINK BRAIN INJURY TO ALZHEIMER'S DISEASE

It's known that people who suffer a brain injury have a higher-than-normal risk of developing Alzheimer's disease, and now lab experiments suggest a reason why. Alzheimer's disease is associated with accumulations of an abnormal protein, amyloid beta, in the brain. Traumatic brain injury triggers accumulation of enzymes required for production of amyloid-beta, researchers from Georgetown University Medical Center in Washington, DC, report in the research journal Nature Medicine.

AMERICANS NEED MORE VITAMIN D: RESEARCHERS

The "sunshine vitamin," vitamin D, is increasingly seen as vital to health, yet more Americans are not getting enough, U.S. researchers said last month. Analyzing data from government health surveys, researchers from the University of Colorado Denver School of Medicine found three out of four Americans had "insufficient" levels of vitamin D, up from about one out two 20 years ago.



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NEW DAWN FOR STEM-CELL THERAPY



STEM CELLS FROM DAYS-OLD EMBRYOS CAN PRODUCE ANY TYPE OF CELL IN THE BODY. SOME SCIENTISTS HOPE TO TAKE ADVANTAGE OF THESE TRANSFORMATIONAL QUALITIES TO FASHION NEW TREATMENTS FOR A VARIETY OF DISEASES

By Will Dunham

begin awarding grants to scientists who propose studies using human embryonic stem cells.

States such as California, New York, Connecticut, Maryland, Massachusetts and New Jersey acted on their own to fund this research under the eight years of the Bush restrictions.

California's program was by far the biggest. State voters in 2004 approved a ballot measure to provide \$3 billion to fund embryonic and other stem cell research.

New York legislators in 2007 created the Empire State Stem Cell Trust to devote \$600 million to embryonic and other stem cell research.

These states are uniquely positioned to benefit from the expected flow of NIH stem cell research money, according to Michael Werner of the Coalition for the Advancement of Medical Research advocacy group.

"The states that stepped out in front will have an advantage," Werner said in a telephone interview.

ones who are going to be really rewarded now."

State funds helped nourish a stem cell research infrastructure and attracted scientists who may not have had access to funding elsewhere, Stacie Propst of the Research! America advocacy group said.

"The people who were truly interested in that type of research went to those states. They weren't going to stay somewhere where they could not do the kind of work they wanted to do," Propst said.

The economic stimulus bill that Obama signed last month included about \$10 billion over two years for the NIH, most of which will go to research grants. Stem cells studies could get some portion of that money.

Stem cells are the body's master cells. Stem cells from days-old embryos can produce any type of cell in the body. Some scientists hope to take advantage of these transformational qualities

California, New York and other states that funded human embryonic stem cell research after federal money was restricted in 2001 may be first to benefit from the end to those limits, experts said last month.

President Barack Obama signed an executive order reversing former president George W. Bush's policy that virtually froze federal funding for such

CALIFORNIA'S PROGRAM WAS BY FAR THE BIGGEST. STATE VOTERS IN 2004 APPROVED A BALLOT MEASURE TO PROVIDE \$3 BILLION TO FUND EMBRYONIC AND OTHER STEM CELL RESEARCH

research, saying it was time to "make up for lost ground."

Obama's action paves the way for the National Institutes of Health, the government agency that funds biomedical research, to

"It's never a waste to invest in medical research, I would argue. But from sort of a crass economic perspective, I think those states and those institutions and those researchers are going to be the

to fashion new treatments for a variety of diseases.

Because creating these stem cells for research involves the destruction of a human embryo, some people call it unethical.



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Medicinal teas In traditional Chinese medicine

Many say that traditional Chinese medicine (TCM) is an art of healing. One outstanding example is the Health King herb teas which are becoming increasingly popular in the US health food market.

HK herb teas series represents the quintessence of TCM. Each is a full fledged TCM remedy formula that have been used for centuries. Since "tea is for all diseases, while (herbal) medicines are for particular ones," (a famous TCM statement) some HK teas add a little green tea to the herbal remedies, and all of them are flavored with jasmine. The result is that they are not only effective, but also taste great for both hot and iced-teas. They are so easy to incorporate into your daily life and get the medicinal benefits without feeling you are taking medicine.

While using multiple herbs separates HK teas from Western tradition of single herbs, the full use of hand-picked wild herbs and the high quality standards including but not limited to being made in a parve environment make them

unique among imported Chinese herb teas: the pure herb ingredients, the unbleached teabags and the pressed-on strings (no metal nails), the air-tight box packaging (keeping freshness within), the user friendly descriptions, you name it. Even the three-sided display design of the boxes indicated the meticulous care each product is given. The full line includes 50 teas ranging from AllergEase to TV/ComputerMate, virtually represents the all inclusive remedies of health concerns. Among them Blood Pressure, Sugar Controller, Cholesterol Guard have become top best sellers in the category among some major distributors.

Another major advantage of HK teas is that they help you drink a healthy amount of water. This is important because most of us don't are continually dehydrated without knowing it.

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- Jennifer G, NY

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- Mrs. Shuntai Sykes, Chicago

*"I couldn't sleep well for years, after taking the **Quality Sleep** tea I started to sleep well. After taking the tea for one year I surprisingly found that my white hair started to turn back to it's original color from the root."*
- Kay Vogt, Center for Living Awareness, IL

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By Patrick Tsakuda

David Zinczenko, editor-in-chief of Men's Health, and co-author Matt Goulding, the talented men behind the hugely popular "Eat This, Not That" book series and blog, recently published a list of the healthiest (and unhealthiest) fast food restaurants.

Calculating the total number of calories per entrée, they "rewarded" establishments with fruit and vegetable side-dish choices, as well

as for providing whole-grain options - and ended up with the "Eat This, Not That!" Restaurant Report Card. Here's a sampling of fast food chains in the Los Angeles area, with scores of B+ and above. A few surprises: both McDonalds and Taco Bell received a B+.

For more info on "Eat This, Not That!" visit:

www.menshealth.com/eatthis

Chick-fil-A

A- Between the breakfast and lunch menus, there are only two entrées at Chick-Fil-A that break 500 calories, a rare feat in the fast-food world. (Just beware the large cole slaw, which adds an extra 600 calories to your daily intake!)

SURVIVAL STRATEGY: Instead of nuggets or strips, look to the Chargrilled Chicken Sandwiches, which average only 320 calories apiece.

Subway

A- With more than half a dozen sandwiches under

300 calories, plus a slew of soups and healthy sides to boot, Subway can satisfy even the pickiest eater without breaking the caloric bank.

SURVIVAL STRATEGY: Cornell researchers have discovered a "health halo" at Subway, which refers to the tendency to reward yourself or your kid with chips, cookies, and large soft drinks because the entrée is healthy. Avoid the halo, and all will be well.

Jamba Juice

A- Jamba offers a viable and tasty solution to the dearth of fresh fruits and vegetables in the American diet: Stick it all in a

blender and let us slurp it up. But make this your rule: If it includes syrup or added sugar, it ceases to be a smoothie.

SURVIVAL STRATEGY: For a perfectly guilt-free treat, opt for a Jamba Light or All Fruit Smoothie in a 16-ounce cup. And unless you're looking to put on weight for your new acting career, don't touch the Peanut Butter Moo'd. O

Boston Market

B+ With more than a dozen healthy vegetable sides and lean meats like turkey and roast sirloin on the menu, the low-cal, high-nutrient possibilities at

Boston Market are endless.

SURVIVAL STRATEGY: There are three simple steps to nutritional salvation: 1) Start with turkey, sirloin, or rotisserie chicken. 2) Add two noncreamy, nonstarchy vegetable sides. 3) Ignore all special items, such as pot pie and nearly all of the sandwiches.

McDonald's

B+ The world-famous burger baron has come a long way since the days of Fast Food Nation - at least nutritionally speaking. The trans fats are mostly gone, the number of gut-wrecking calorie bombs are now

fewer than ever, and the menu holds plenty of healthy options such as salads and yogurt parfaits.

SURVIVAL STRATEGY: The Egg McMuffin remains one of the best ways to start your day in the fast-food world. As for the later hours, you can splurge - once in a while - on a Big Mac or a Quarter Pounder, but only if you skip the fries and soda, which add an average of 590 calories onto any meal.

Taco Bell

B+ Taco Bell combines two things with bad nutritional reputations: Mexican food and fast food. The result should be horrendous, yet somehow it works out so that a little prudence at the ordering window can bag you a meal with fewer than 500 calories. The potential for belly-building is still there, but the calorie bombs are generally easy to spot. And to limit the chances of a mistake, Taco Bell reengineered some of its classic items and listed them under the Fresco Menu for a savings of up to 10 grams of fat per item.

SURVIVAL STRATEGY: Grilled

Stuff Burritos, anything served in a bowl, and anything prepared with multiple "layers" are your worst options. Instead, order any combination of two of the following: crunchy tacos, bean burritos, or anything on the Fresco menu.

Wendy's

B+ Scoring a decent meal at Wendy's is just about as easy as scoring a bad one, and that's a big compliment for a burger joint. Options such as chili and baked potatoes offer the side-order variety that's missing from less-evolved fast-food chains like Dairy Queen and Carl's Jr. Plus they offer a handful of Jr. Burgers that don't stray far over 300 calories.

SURVIVAL STRATEGY: The grilled chicken sandwiches and wraps don't have more than 320 calories, which is less than even a small order of French fries. Choose the chicken or a small burger and pair it with a healthy side, and then hit the door before you receive the 500-calorie penalty for giving in to your Frosty hankering.

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See Page 27 for details





Top 5 Activities To Keep You Feeling Young

Fitness, strength and flexibility do not inevitably fade away with age, and are more often a matter of lifestyle choices, according to a new report.

Often, the discomforts of middle-age, like lower back pain or stiff joints, are blamed on aging alone. However, a well-rounded exercise routine that includes aerobic activity, strength training and stretching can help people offset the effects of aging, according to a recent Mayo Clinic report.

Studies show that regular exercise can lower the risks of chronic

ills like diabetes and heart disease, boost immune function and alleviate fatigue. People of any age can start exercising, even if they've never been active, the report says. However, sedentary people should always talk with their doctors first, particularly if they have

any chronic medical conditions.

To get the most benefits, exercisers should try to fit in five types of activity.

1. Aerobic exercise -- any type of movement, like walking or riding a bike, that raises the heart rate and gets you breathing harder. A good beginning, the report says, is to exercise aerobically for 30 to 60 minutes three times per week, working toward a five-day-per-week goal.
2. Strengthening exercises, such as lifting hand weights or doing push-ups, are important to maintaining muscle mass and strength.
3. Stretching to boost flexibility.
4. Balance exercises to improve coordination and lower injury risk.
5. "Core stability" training -- exercises that focus on the muscles of the trunk.

REGULAR EXERCISE LOWERS RISKS OF CHRONIC ILLS LIKE DIABETES, HEART DISEASE

EXERCISE BOOSTS BREAST CANCER PATIENTS' WELL-BEING

Exercise can help women going through any stage of breast cancer treatment to feel better both physically and emotionally, a new research review shows. "It helps enhance mood and emotions during all phases of cancer treatment," investigators said. Recent studies show that active breast cancer survivors reduce their risk of disease occurrence -- and are less likely to die from the disease.

LONG-DISTANCE RUNNERS REDUCE VISION-LOSS RISK

Regular, vigorous physical exercise may lower the risk of visual loss and help preserve eyesight, two new studies in a large group of runners show. The more miles the men and women ran, the less likely they were to develop age-related macular degeneration (AMD), a deterioration of the central portion of the retina that is a major cause of vision loss and blindness among older people. Running also lowered the cataract risk for men.

WALKERS SHOULD AIM FOR 100 STEPS PER MINUTE

People who walk for exercise should aim for a pace of 100 steps per minute to ensure their workout is intense enough, according to researchers. Many people who want to keep fit use a pedometer to keep track of how many steps they take. However, the device gives no information



on how intensely they're exercising -- that is, whether their heart rate is being raised enough to improve physical fitness. In the new study, researchers found that the

average walker should aim for 100 steps per minute at a minimum in order to get a moderate-intensity workout.

By Dr. Paris
Servatjoo



RANDOM RUNNING REMINDERS

I KNOW, I KNOW... you've been pounding the pavement, perfecting your sensational stride for years... but I know, as most of us know... some days seem a lot shorter than others. When you feel pressured to get that run in it's easy to bypass the important components of being a responsible runner. Unfortunately too often we make the innocent mistake of blast-

ing off to get our run done and out of the way, and as I see too often in my office, dedicated runners wind up with debilitating setbacks that take them off course for weeks at a time.

Keep it simple for your own sake:

1. Stretch out your legs. Remember, those babies carry you through life, so give them the love they deserve. Pamper them with a couple

of hamstring soothers.

2. Give your entire torso a few bends while you're at it. The oxygen your blood cells produce will help make your run more enjoyable and help with the overall health benefits... which is the reason you want to run in the first place, right?

3. Know your feet. You need to understand how your feet function for you. Have you had your gait evaluated lately? Unfortunately no matter how

much we do our best to stay in shape by running, our feet inevitably are breaking down with time. Ask your Podiatrist to recommend a specific running shoe for your type of foot.

4. Are you pronating? Supinating? Each time your foot hits the pavement while you run like the wind, you are likely doing one or the other, pronating or supinating. Over time this can cause serious damage, eventually leading to a variety of issues such as arthritic conditions, back, knee and joint issues, which can result in permanent nerve damage.

*****Dr. Paris Servatjoo, former Chief Of Podiatric Medicine at Midway Hospital Los Angeles, can be reached at 323-965-1010 or 818-995-4040.*****

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STRESSED? STICK IT OUT WITH ACUPUNCTURE



WHEN YOUR QI IS BLOCKED OR UNABLE TO FLOW FREELY, THE IMBALANCE CAN MANIFEST ITSELF IN THE FORM OF STRESS AND PHYSICAL PAIN *By Patrick Tsakuda*

Today more than ever people are feeling the stress of the economy and the uncertainty of America's stability can leave many people in a state of constant stress - leaving the body broken down and exhausted. Alternative medicine has increasingly become accepted as a way for stressed out Americans to relieve themselves of worry.

New York Acupuncturist Lisa Bevilacqua is a former stressed-out executive, turned alternative medicine guru. In her practice she sees people of all walks of life - from the young to the old - complaining of everyday aches, pains and concerns. "Most of the time," says Bevilacqua, "these problems can be attributed to chronic stress, which is something Western medicine does not address as directly as I do." With a tight budget and often needing to find some relaxation many are turning to non-traditional forms of medicine to help alleviate their ailments and clear their heads.

According to the Journal of the American Medical Association, approximately 42% of all Americans are using complementary therapies. Some point to a mistrust or disbelief in modern medicine - Americans are relying on ancient Chinese medicine now more than ever before. In fact, according to the National Certification Commission for Acupuncture & Oriental Medicine, nearly one out of every ten adults in the United States has tried acupuncture.

With the acceptance of alternative medicine on the rise, Bevilacqua says she has seen an increase in patients coming to her with ailments that can be traced back to their stressful lifestyle. "None of my patients come in to my office to be treated for one specific issue," says Bevilacqua, "soon after they explain their localized pain or problem, such as back pain, we start to talk about what is going on in their life. That is how I am able to treat them effectively."

According to Bevilacqua, "it may surprise some people, but the very act of acupuncture relaxes many of my patients." Upon first meeting a patient, Bevilacqua quickly gets down to business - drawing on her background in psychology, she is able to speak with patients on a personal level to determine exactly what is causing stress. "Stress can cause common illnesses such as anxiety, insomnia, stroke, irritable bowel syndrome and even autoimmune diseases," says Bevilacqua, "it is important for my patients to connect their physical symptoms to the emotional stressors they may be facing on a daily basis."

After Bevilacqua makes a diagnosis of what is causing stress, different acupuncture points are targeted to help alleviate stress. Through this process, acupuncture actually helps change the bodies response to stress, and enables it to improve the mind-body connection.



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Dr. Xiaomei Cai,
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Dr. Cai, a licensed Acupuncturist, has worked as a gynecologist and as a senior physician in China. She has advanced training in Integrative Medicine and specializes in the treatment of various conditions from infertility, women's and children's health, internal conditions, skin conditions, adrenal and endocrine disorders, pain management, and general well-being.

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A Typical Stoner

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

He suffers from Lower Back Pain.

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

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Botox Alternative: Study Shows Ipsen's Reloxin Beats Wrinkles

French drug maker Ipsen's anti-wrinkle treatment Reloxin, a possible rival to Allergan's Botox, reduced forehead wrinkles and had few side effects in a study published last month.

A study involving 1,052 people, published in the Archives of Facial Plastic Surgery, showed that Reloxin improved the appearance of moderate to severe forehead lines.

Within a week, 93 percent to 95 percent of the people in the study responded to the treatment, consisting of five injections at a time, the researchers said. One treatment typically worked for almost three months.

The patients received up to five sets of five injections over the 13 months of the study.

Only one person dropped out of the study due to side effects related to the drug, the

researchers said.

Ipsen granted Scottsdale, Arizona-based Medicis Pharmaceutical Corp rights to develop, distribute and commercialize Reloxin in the United States, Canada and Japan for aesthetic use and Medicis funded the study.

The company declined to comment on the findings, citing the ongoing FDA review. The drug is approved for fighting wrinkles in 23 countries, but not the lucrative U.S. market.

"It had a good safety profile and was effective, but we did not do a head-to-head comparison (with Botox).

That's the next step, of course, something that probably will be done in the future," said Dr. Ronald Moy of the California Health & Longevity Institute, one of the researchers.

RELOXIN IMPROVED THE APPEARANCE OF MODERATE TO SEVERE FOREHEAD LINES

LOW-DOSE PILL MAY CLEAR ACNE IN WOMEN

Women with moderate acne may benefit from a low-dose oral contraceptive containing drospirenone and ethinyl estradiol, according to results of a multicenter trial. "Androgen overproduction can be a major contributory factor to acne," the investigators note. Drospirenone is the only synthetic progesterone compound available in the US that is an anti-androgen, the researchers explain, while ethinyl estradiol triggers the production of a compound that binds to sex hormones.

JOHNSON & JOHNSON BABY PRODUCTS CLEARED AFTER PROBE

Chinese health authorities said last month that they had found no evidence of cancer-causing chemicals in baby products made by Johnson & Johnson. The State Food And Drug Administration had investigated 33 products, including baby shampoo, made by Johnson & Johnson after a U.S. consumer group charged that they contained carcinogens.

HAIR DYES NO RISK FOR MULTIPLE MYELOMA

Women who've used hair dyes, even for decades, do not seem to have an elevated risk of multiple myeloma, a cancer in which malignant plasma cells accumulate in the bone marrow, a new U.S. study suggests. In recent years,

some studies have linked the use of hair dyes -- in particular, older formulations used before the 1980s -- to an elevated risk of certain cancers,

including lymphoma, (lymph cell cancer) and leukemia (blood cell cancer). The current study found no increased risk among women who'd started using the products before 1980 or those who'd used them for 28 years or more.





SOOTHE THAT SORE THROAT

USE AQUA-RELIEF TO SIP AWAY A SORE THROAT

By Eric Williams

With Winter going by and Spring on the way, we're all familiar with the nagging itch in our throat.

Keeping that in mind, Zodiac Labs has spent over a year developing Aqua-Relief, a unique product designed to help soothe and alleviate a sore throat. The formula mixes with water so users can feel the relief gradually as they sip a glass or bottle of water. Unlike other sore throat remedies, the safe formula in Aqua-Relief enables someone to both hydrate and relieve their sore throat in a quick and convenient way.

The primary ingredient in Aqua-Relief is menthol, a proven soothing and disinfecting agent widely used to relieve minor throat irritation. Menthol is a common ingredient in products from decongestants and topical analgesics to cough drops and

oral hygiene products.

"Working with preschoolers leads to many sore throats. Aqua Relief helps soothe my throat so I can talk all day without pain. I just mix it into my water bottle and I am ready for my busy day," says one of Zodiac Labs' consumers.

Aqua-Relief is an alternative to standard throat lozenges and cough syrups and is only available on-line.

Aqua-Relief is so effective that Zodiac Labs is offering a 90 day 110% money back guarantee if customers are not satisfied with their purchase.

For more information about Aqua-Relief visit their website at: <http://Aqua-Relief.com/LAHealth> or call 877-201-9480.

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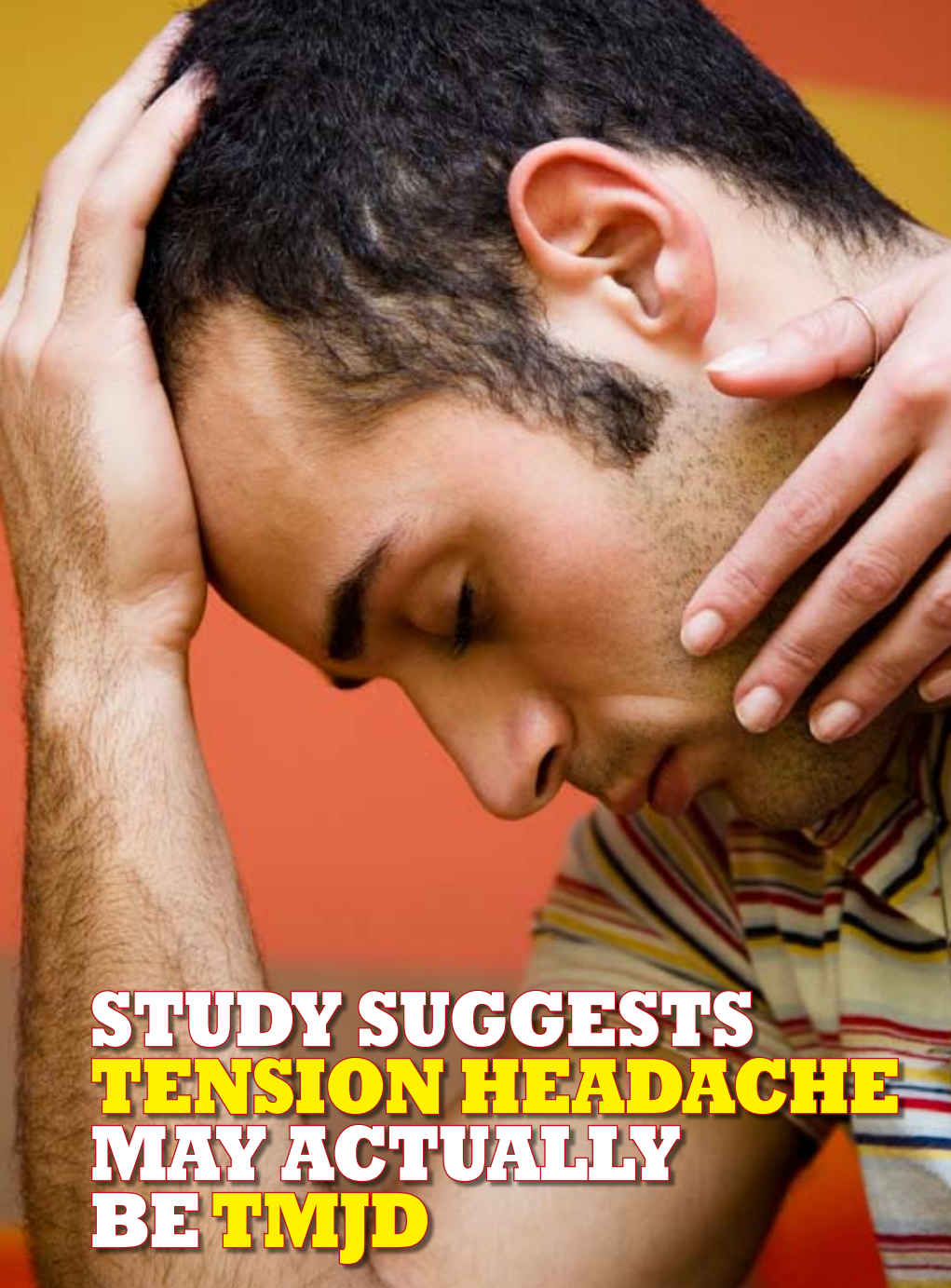
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STUDY SUGGESTS TENSION HEADACHE MAY ACTUALLY BE TMJD

AN ESTIMATED 5-10 PERCENT OF THE U.S. POPULATION SUFFERS FROM TMJ DISORDER. THESE PATIENTS MAY EXPERIENCE DEBILITATING PAIN THAT CAN DESTROY THEIR QUALITY OF LIFE

By Bruce F. Beard, DDS

The recurrent headaches that affect so many people might be diagnosed as tension-related but may actually be coming from temporomandibular muscle and/or a joint disorder (or TMJ Disorder). This has been confirmed by a study headed by a researcher from the University at Buffalo's School of Dental Medicine.

The temporalis muscle (muscle along the temple area) is responsible for closing the jaw and is involved in chewing. This pair of muscles often are ignored when the patient's complaint

is "headache"; as opposed to jaw pain. This is because a "headache" is so incredibly common and is often regarded as inevitable. If sufferers label the pain as a 'headache,' they may not seek help. If they do seek help, the label of 'headache' typically will lead the individual to a physician or neurologist for consultation.

This can be complicating for the individual, because TMJ Disorder can be very easily treated by a dentist. But if a jaw disorder is ignored, then the treatment for the headache may not address all of the factors contributing

to the headache. Often times the condition is treated with medications, change of reading glasses, altering sleep, yoga or exercise.

An estimated 5-10 percent of the U.S. population suffers from TMJ Disorder severe enough to warrant treatment. These patients may experience debilitating pain that can destroy their quality of life. Diagnosing the disorder is problematic, however, due to overlap with other conditions. TMJ Disorder usually involves more than a single symptom, rarely does it have a single cause and frequently involves multiple factors, including behavioral and emotional factors.

The types of headaches that one can get include tension-types or others such as the "mixed headache," migraine or "migraine-type" headaches. These may also be accompanied by vertigo, tingling of the ears or fingers, as well. If a complete set of diagnostic tools is lacking, a physician, chiropractor or neurologist may not be able to decide if a patient does or does not have the disorder.

Fortunately, these symptoms may be successfully treated, in many cases, without the need for medications. No one likes to be committed to taking prescriptions especially, if it is long term. So exploring this route may offer a very good alternative for individuals.

One should have a complete examination by a qualified dentist before making any final decisions on treatment for these conditions. By the same note, a patient may need to have a complete examination by a qualified physician, to rule out other factors before embarking on a complete TMJ therapy.

Bruce F. Beard, DDS, is an active member of the Dental Organization for Conscious Sedation, the American Academy of Cosmetic Dentistry, CDA, ADA and a Past Chairman of the SFVDS Peer Review, Trained at the Las Vegas Institute of Advanced Dental Studies, is a leader in



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SCAR FREE STEM CELL RICH FACE SCULPTING

By Nathan Newman, MD



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of advanced cosmetic surgery. For a consultation please call 310-273-3344, or write to info@orchidsurgery.com.



WORKOUT FOR BREATHING MUSCLES MAY AID SOME ATHLETES

By Amy Norton

Some athletes may be able to boost their performance by working out the muscles that control breathing, a small study suggests.

The study, of 27 college soccer players, found that five weeks of respiratory muscle training improved the athletes' "intermittent" exercise performance -- those short bursts of intense effort needed in sports like soccer, basketball and field hockey.

The athletes worked their breathing muscles using a device called a respiratory muscle trainer, which applies resistance as the user inhales through a valve. This essentially makes the respiratory muscles work harder and become stronger.

Past studies have found that the devices can help people with heart failure or chronic obstructive pulmonary disease breathe easier. The training has also been studied as a way to enhance athletic performance in endurance sports like rowing and cycling.

In related news - AIRAIDE, an all natural herbal supplement specially formulated from a variety of root, fruit, and flora extracts, has been clinically shown to enhance respiratory efficiencies.

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Mushrooms Possible Powerhouses for Boosting Immune System

Mushrooms could give the immune system a hand in attacking foreign invaders, if the effects in mice translate to humans.

What's more, the common white button mushroom had stronger immune-boosting effects than more exotic -- and more expensive -- fungi such as oyster and shiitake mushrooms, Dr. Keith Martin of Arizona State University in Mesa and his colleagues found.

"What really stood out is that the white button mushrooms seemed to be the most effective," Martin told Reuters Health. "That's good, because those probably are the most affordable in the supermarket."

One probably wouldn't suspect, he added, that these humble fungi are actually "powerhouses for boosting the immune system."

COMMON WHITE BUTTON MUSHROOM HAD STRONGER IMMUNE-BOOSTING EFFECTS THAN OTHERS

Mushrooms have long been used in traditional medicine, and mushroom extracts are popular as dietary supplements today. Studies of individual components of mushrooms in lab dishes and animals suggest they may help increase the immune system's ability to fight tumors.

When the researchers fed the animals a chemical that triggers colon inflammation and can promote the growth of colon tumors, the rodents that had mushrooms in their diet were protected from weight loss and colon injury.

To get the equivalent amount of mushrooms consumed by the mice in the study, Martin added, a person would need to eat about 100 grams or 3.5 ounces -- roughly 2.5 cups of raw mushrooms -- daily.

SEAWEED SUPPLEMENT MAY AID KNEE ARTHRITIS

A mineral supplement derived from seaweed may help people with knee arthritis cut down on painkillers, a preliminary study suggests. Researchers found that among 22 adults with moderate to severe knee arthritis, those who took the supplement for 12 weeks were able to reduce their use of non-steroidal anti-inflammatory drugs -- commonly known as NSAIDs -- but still show improvements in walking ability and range of motion in the knee joint. These early results suggest that the seaweed supplement -- sold as Aquamin -- could reduce some patients' need for painkillers, researchers report.

ACUPUNCTURE EASES PAIN FOR WOMEN IN LABOR

Women who have acupuncture during labor and delivery are less likely to need pain medication or invasive pain relief methods such as epidurals, Danish researchers report. "Acupuncture is a good supplement to other types of pain relief," researchers conclude in the March issue of the medical journal Birth.

SPINAL STIMULATION MIGHT EASE PARKINSON'S

Mice and rats with a condition that mimics Parkinson's disease regain the ability to walk when they're treated with a device delivering electrical stimulation to the spinal cord, researchers report. People with Parkinson's disease currently rely on treatment with drugs that counteract dopamine depletion in the brain, the underlying cause of the disorder. Some patients also benefit from deep brain stimulation, but this requires precisely placing electrodes in a particular region of the brain. An external device, not requiring brain surgery, would be a major advance.



MANY TURN TO RESEARCH STUDIES IN ECONOMIC DOWNTURN

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PEACE OF MIND

BEYOND ALLEGED “FORTUNE TELLING,” MANY PSYCHICS AND HYPNOTHERAPISTS PROVIDE TOOLS FOR DEALING WITH UNCERTAINTY *By Victor Melamd*

There was a time when people went to psychics to ask when they'd meet Mr. or Mrs. Right. But with the current state of the economy, more people are turning to psychics to find out what their financial future looks like.

You may passionately believe in psychic ability or totally dismiss the concept - however - over the past few months this industry has seen a huge surge, mostly due to people's financial fears. And beyond fortune telling, many psychics provide tools for dealing with uncertainty.

“My job is to look into each person individual economy and compare it to the economy of the rest of the country. I like to call it a ‘Meconomy,’” says Van Nuys based psychic David Tillman from psychicdave.com. “Not everyone is going to suffer. They say that during the Great Depression there were more millionaire fortunes made than any other time. I help my clients see the light at the end of their individual tunnels. I give them tools on how to let go of their fears,” says Tillman.

“A psychic reading provides a snapshot of what your life looks like at the time of the reading. A reading can give you an idea of where you are now, where you've come from,

where you want to be, and how to get there,” claims Los Angeles psychic Lydia Angel from keen.com.

Staying in tune with each individual's specific situation is a big part of a session, says psychic Yana Miller from West LA. “I read for them and feel what direction their energy sends them and what is the best course for them to take - whether to wait or go ahead with plans they may have had,” says Miller from psychiccloves.com.

“It may be uncomfortable, but one can also use the current economic crisis as an opportunity to re-evaluate what is truly important and what we may want to discard,” states Robert Burgener from spiritgeek.com. “Make sure you analyze what you hear about the depths of the current ‘economic crisis.’” says Robert. “Sadly, it seems that most news outlets have traded in traditional journalism for subjective and sometime manipulative stories designed to entice more than to inform. In other words, while what they say may be technically true, the amount of repetition and hype is often quite over done.”

Sherman Oaks psychic Victoria Bazeley from practicalastrology.prettyfedup.com says

she provides her clients with “an outline of the time periods they should be prepared for or take action upon. I give clients a literal map of their future that they can refer to over time, so they know what to expect. This is tremendously comforting and takes such a load off people's minds. They can go on to take productive action and protect themselves.”

Aside from traditional psychic readings - another area gaining recent popularity is hypnotherapy - therapy undertaken with a subject in hypnosis.

“In day to day life, we take in millions of bits of information,” explains Playa Del Rey Hypnotherapist Mark Zyga C.Ht. Ph.Dc. from theguru-within.com.

“These all pass through our conscious mind and are filtered into a few bits of relevant information. It is relevant to us because our subconscious mind has previously made it part of our mental patterning or norm. Problems arise when our patterning becomes outdated but we continue to process information in the same way. Hypnotherapy is like talking directly to the subconscious to change those patterns to something that is more suitable for one's present day needs and wants.”

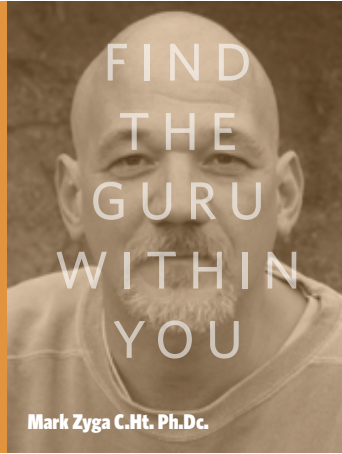
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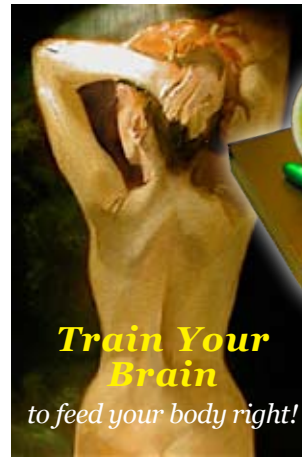
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Facemasks May Help Shield the Heart From Pollution

Heavy air pollution can have immediate effects on the heart and blood vessels, but a simple facemask may offer some protection, new research suggests.

In one study, researchers found that when young men were exposed to air polluted with diesel exhaust, their arteries temporarily stiffened.

Meanwhile, a second study showed that healthy adults had higher blood pressure and a less healthy heart-rate pattern when they walked through the streets of Beijing without a facemask.

The good news, the study found, was that the cardiovascular effects were diminished when volunteers donned a facemask like those worn by construction workers to keep from breathing dust.

“Our message from this is that the use of a facemask in heavily polluted cities ... has the

potential to improve patients’ cardiovascular risk, especially in high-risk populations,” researchers said.

However, they told Reuters Health, it’s too soon to make specific recommendations to people

who are especially vulnerable to the acute cardiovascular effects of air pollution. That includes the elderly and those who have other risk factors for heart attack, like high blood pressure or diabetes.

Both studies, published in the journal *Particle and Fibre Toxicology*, included healthy young volunteers.

The masks used in the study were designed for occupational use. Researchers tested a number of masks -- including several marketed to bicyclists and pedestrians -- and found that the occupational mask was more effective at filtering out fine particles.

THE MASKS USED IN THE STUDY WERE DESIGNED FOR OCCUPATIONAL USE

OZONE EXPOSURE UPS RISK OF DEATH

Ozone isn’t just a greenhouse gas that’s contributing to global warming; it’s also a killer, according to a report in *The New England Journal of Medicine*. The research found higher rates of death from respiratory causes in high ozone areas. In the outer atmosphere, ozone is a good thing, because it helps prevent harmful ultraviolet radiation from reaching Earth’s surface. But on the ground, it’s a different story. Ground ozone, a major constituent of smog, irritates respiratory passages and makes the eyes burn. Ozone concentrations were lowest in the Pacific Northwest and the Great Plains, researchers found, and highest in southern California.

FDA ISSUES PEANUT SAFETY GUIDELINES

The FDA issued safety guidelines last month for companies that use peanut products, and said it may seize products that test positive for salmonella bacteria. The document provides advice directly relevant to a food poisoning outbreak that has renewed calls for a revamp of food safety protocols in the United States.

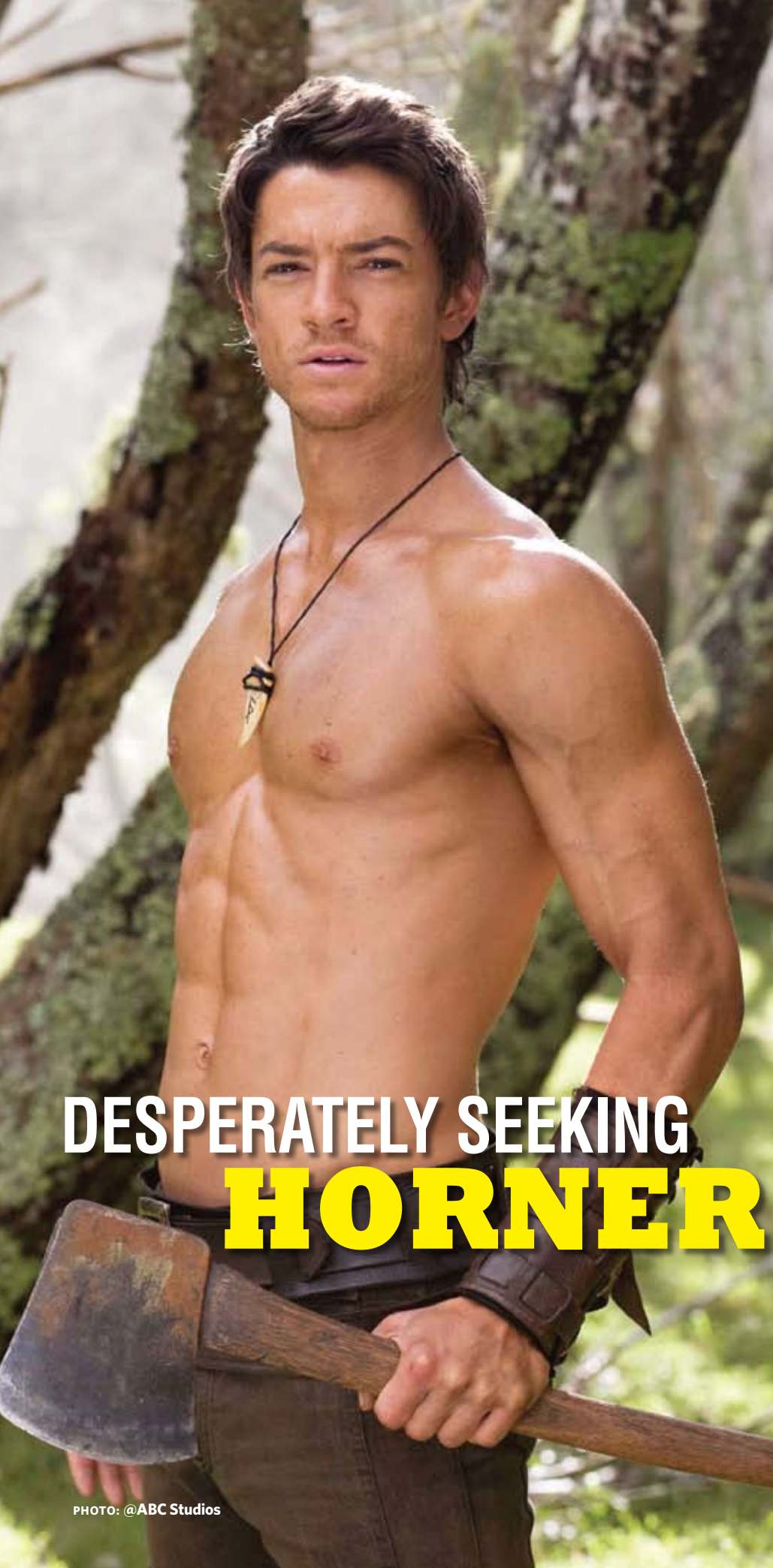
GROWING POLLUTION “GLOBAL DIMMING”

Visibility on clear days has declined in much of the world since the 1970s thanks to a rise in airborne pollutants, scientists said last month. They described a “global dimming” in particular over south and east Asia, South America, Australia and



Africa, while visibility remained relatively stable over North America and improved over Europe, the researchers said. Aerosols, tiny particles or liquid droplets belched into the

air by the burning of fossil fuels and other sources, are responsible for the dimming, the researchers said.



DESPERATELY SEEKING **HORNER**

PHOTO: @ABC Studios

“LEGEND OF THE SEEKER” STAR CRAIG HORNER ON HITTING THE GYM, ALTERNATING WORKOUTS AND UNHEALTHY CRAVINGS

By Patrick Tsakuda

Craig Horner, 26, stars as Richard Cypher in ABC Studios’ live action, epic fantasy series “Legend of the Seeker.” Based on Terry Goodkind’s best-selling fantasy series, “The Sword of Truth,” this series follows woodsman Cypher as he transforms from woods guide to magical leader, with a task to stop a vicious tyrant.

Horner, an Australian native, recently starred on the hit Australian series “Blue Water High.” He also starred in two other Australian series, “Cybergirl” and “Totally Wild,” and had a recurring role on the Lifetime series “Monarch Cove.” Horner’s feature film credits include

**“Every once in a while I’ll
‘break down’ and have Oreos
and a glass of milk”**

“Swimming Upstream,” “Blurred,” “The Moment After” and “See No Evil.”

Horner discovered a love for acting after appearing in school productions of “A Midsummer Nights Dream” and “The Maids.” In addition to performing, Horner’s other creative talents include playing the guitar and writing music. An avid outdoorsman, Horner enjoys playing soccer, volleyball, tennis, swimming, skiing, snowboarding and kayaking.

In a phone interview from New Zealand, where he’s currently filming, Horner spoke to LA Health News about his fitness and diet regimen. “If I’m not filming - I try to hit the gym 4 to 5 days a week, for about an hour each time. I alternate the types of workouts each session. One day will be chest and back, another day will be legs and core strength... I usually try to get in about 20 minutes of cardio each session,” Horner reveals.

Diet-wise, Horner usually eats 6 small meals a day. “Lots of veggies and good fats... and no more than 30 grams of protein a meal... I try to stay away from refined, processed foods and sugar as much as possible,” Horner says.

When asked if he ever “cheats” with any unhealthy cravings - Horner admits: “Yeah - every once in a while. I like ice cream and sometimes I’ll break down and have Oreos and a glass of milk.”



Too Much Napping May Not Be Good for Older Women

Taking a lot of daytime naps may signal underlying health problems for older women, new research shows.

Dr. Katie L. Stone of California Pacific Medical Center in San Francisco and her colleagues found that women 69 and older who reported napping for more than three hours a week were more likely to die over a seven-year period than women who napped less.

However, the findings should not be taken to mean that napping is bad for older women, Stone told Reuters Health.

"We're not recommending that people who are refreshed by a daily nap stop doing that," she emphasized.

On the other hand, the researcher added, someone who feels very sleepy during the day

may want to get checked for problems that disturb sleep, such as sleep apnea, which has also been linked to cardiovascular problems.

On the plus side, the women who napped weren't at greater risk of cancer, and women who napped for less than three hours a week had no increased mortality risk.

The women who slept for nine or more hours every day were also more likely to die of any cause, except cancer, than women who slept less.

It's not clear why napping might be related to mortality, Stone and her colleagues say, but they note that several conditions related to daytime sleepiness, such as sleep apnea, heart problems, and neuropsychiatric problems, may also increase mortality.

CONSTANTLY FEELING VERY SLEEPY DURING THE DAY MAY BE A WARNING SIGN

NEW TEST CAN DETECT EARLY ALZHEIMER'S

A new test can accurately detect Alzheimer's disease in its earliest stages, before dementia symptoms surface and widespread damage occurs, researchers said. The test, which measures proteins in spinal fluid that can point to Alzheimer's, was 87 percent accurate at predicting which patients with early memory problems and other symptoms of cognitive impairment would eventually be diagnosed with Alzheimer's, they said.

COCHLEAR IMPLANT SURGERY SAFE FOR SENIORS

The risk of complications from general anesthesia is not especially high for elderly patients having a cochlear implant inserted to correct deafness, according to a new report. Cochlear implants are devices inserted under the skull that directly translate sound into electrical impulses in the auditory nerves, and can help people hear when conventional hearing aids are no help. "Physicians should not hesitate to refer patients for cochlear implantation because of their age," Researchers said.

ANKLE EXERCISES BUILD STRENGTH, BALANCE

A simple series of ankle and foot flexing exercises can improve strength and



balance in older people, research shows. Among elderly individuals living in an institution, those who performed the exercises showed substantial increases in the strength of the

muscles that flex and extend the ankle, as well as significantly better balance. People lose mobility with aging in part due to weakening of the lower limbs, researchers note. Targeting muscle groups in the legs that play a key role in helping maintain balance may offer a low-cost way to increase mobility and prevent falls among elderly people, they add.



DR. QINENG TAN, L.AC. PH.D. OMD.(CHINA)

Dr. Tan comes from a long line of doctors of Traditional Chinese Medicine. An eighth-generation acupuncturist, Dr. Tan's training started at age 5, when he began studying martial arts and qigong, practices that awaken one's inner chi or subtle energy. Throughout the many thousand year history of Traditional Chinese Medicine only a doctor with inner cultivation has been viewed as able to heal patients. Dr. Tan's rare background combines a mastery of China's ancient healing and martial arts along with in-depth training in modern Western medicine. Dr. Tan was invited to the U.S. to teach and practice the philosophy of Traditional Chinese Medicine in 1996. He has been practicing as a licensed acupuncturist in Santa Monica, where he enriched the lives of thousands of patients.

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DR. XIAOMEI CAI, L.AC. PH.D. OMD.(CHINA)

If anyone in the family, a neighbor or someone from her hometown fell ill, Dr. Cai's father, a self-taught herbalist, would take his daughter with him into the forest or along the riverbank in search of the right plant, grass or root to cure the sick person's ailment. This folk wisdom, spirit of service and concern for others inspired Dr. Cai to become a doctor and instilled in her a deep appreciation for the power of traditional medicine. From 1986 to 1997, Dr. Cai practiced and taught at Chengdu University's TCM Hospital, a major teaching hospital specializing in integrating Eastern and Western medicine in China. Dr. Cai first worked there as a gynecologist and then as a senior and chief physician overseeing new residents. In 1997, Dr. Cai moved to Santa Monica where her strong medical background in China helps inform her acupuncture practice. The knowledge of both Western medicine and Traditional Chinese Medicine gives her a unique ability to understand and educate her patients and help them to make informed medical decisions.



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Leimert Park Village, 3347 W. 43rd Street, Los Angeles, from 10am-5pm. Demonstrations on eco-homes, gardening, green cars, healthy cooking shows, eco lectures, and much more. www.southlaearthfest.org.

APR 18: THE SANITATION DISTRICT PARKING LOT IN WHITTIER

1955 Workman Mill Road. Tours of the water reclamation plant, puppet shows, eco-magic, arts and crafts, gardening workshops, and more. 50+ green exhibitors that educate about products and activities which serve to transcend

earth day celebrations. From 10am-2pm.

APR 18: CABRILLO MARINE AQUARIUM IN SAN PEDRO

The beach right in front of the Cabrillo Marine Aquarium at 3720 Stephen M. White Drive will be the place of the first Earth Day 2009 activity: a beach cleanup. No matter how careful beach goers might be, the fact that the tide brings ample supplies of trash is indisputable. What better way than a clean up of the beach to get in the mood for an Earth Day 2009 celebration? Thereafter participants walk over to the aquarium and take part in hands-on exploration and education activities. From 8:00am-5:00pm.

APR 22: WILSHIRE CENTER EARTH DAY/CAR FREE DAY

3700 Wilshire Blvd., from 11am-2pm. Bring your old TV, computer, monitors and other electronics to be recycled for FREE! The event will feature musical performances, dancing and more. www.wilshirecenter.com/earthday

APR 26: LONG BACH RECREATION PARK

4900 East 7th Street is home for Earth Day 2009 in Long Beach. Ample kids' activities start out the Earth Day celebration s since organizers recognize that kids have a huge impact on current and future developments in conservation, recycling and going green. This park is a favorite for family reunions and birthday parties, and the many benches and play areas lend themselves to a fun filled Earth Day 2009. From 10am-2pm.

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