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# LA HEALTH NEWS

December 2010 | ISSUE 116  
COMPLIMENTARY

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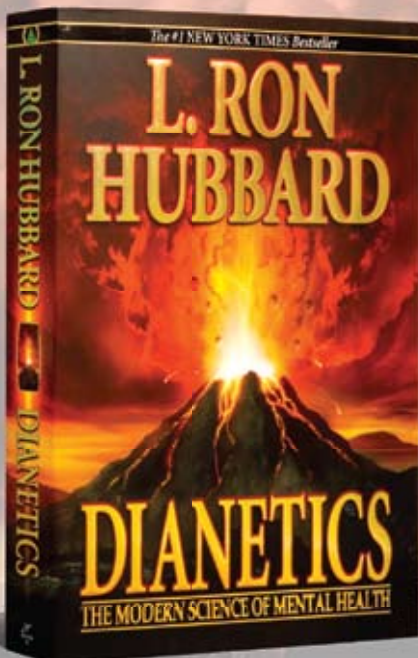
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## Daily Low Dose Aspirin Cuts Cancer Risk

Taking low doses of aspirin can reduce the risk of many kinds of cancer, scientists said last month, and the evidence is strong enough to suggest people over 40 should take it daily as protection.

The findings will fuel an already intense debate about the merits of taking aspirin, which increases the risk of bleeding in the stomach to around one patient in every thousand per year.

In a study of eight trials involving 25,570 patients, researchers found that cancer deaths among those who took aspirin in doses as low as 75 milligrams a day were 21 percent lower during the studies and 34 percent lower after five years.

Aspirin protected people against gastrointestinal cancers the most, the study found, with rates of death from these cancers around 54 percent lower after five years among those who took aspirin compared to those who did not.

*In a study of eight trials involving 25,570 patients, researchers found that cancer deaths among those who took aspirin in doses as low as 75 milligrams a day were 21 percent lower during the studies and 34 percent lower after five years.*

Peter Rothwell of Britain's Oxford University said that while taking aspirin carries a small risk of stomach bleeding, that risk was beginning to be "drowned out" by its benefits in reducing the risk of cancer and the risk of heart attacks.

"Previous guidelines have rightly cautioned that in healthy middle-aged people the small risk of bleeding on aspirin partly offsets the benefit from prevention of strokes and heart attacks, but the reductions in deaths due to several common cancers will now alter this balance for many people," he said.

His suggestion was that healthy people could start taking a small 75 mg dose of aspirin every day from the age of about 40 or 45 and continue doing so until they reached around 70 to 75, when the risk of the aspirin causing stomach bleeding rises.

Previous studies have found taking aspirin can cut the risk of developing colon or bowel cancer and suggested it does so by blocking the enzyme cyclooxygenase2 which promotes inflammation and cell division and is found in high levels in tumors.

Alastair Watson, professor of translational medicine at the University of East Anglia, said the study was an important step in scientists' understanding of how to prevent cancer.

"It is further proof that aspirin is, by a long way, the most amazing drug in the world," he said.

In Rothwell's study, published in The Lancet, researchers found the 20-year risk of death was reduced by about 10 percent for prostate cancer, 30 percent for lung cancer, 40 percent for colorectal or bowel cancer and 60 percent for oesophageal cancer in those taking aspirin.

*Mark Ariel*  
Editor-in-Chief

## Just In Time for the Holidays!

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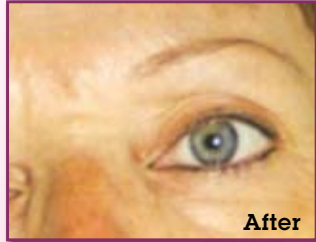
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## POMEGRANATE JUICE COULD HELP KIDNEY PATIENTS

There may be a seed of truth amidst the many health claims for pomegranate juice, researchers from Israel said last month, at least for kidney patients on dialysis. They found that such patients who gulped a few cups of the tart liquid every week lowered their chances of infections, the second-leading killer of the more than 350,000 Americans on dialysis. The findings were presented at the American Society of Nephrology's meeting in Denver and have not yet been vetted by independent experts.



## FISH HEALTH BENEFITS MAY OUTWEIGH MERCURY CONCERNS

The benefits for heart health of eating fish may outweigh concerns over the potential negative impact of increased exposure to mercury as a result, according to a study. But restrictions are still needed in connection with fish high in mercury, which include species such as perch, shark, swordfish and halibut, said a Swedish team whose results were published in the American Journal of Clinical Nutrition. The American Heart Association recommends that people consume at least two servings of fish a week. Salmon, mackerel and albacore tuna are especially high in omega-3 fatty acids, which are thought to minimize the risk of coronary heart disease.



## EAT MORE PROTEIN, FEWER REFINED CARBS TO STAY SLIM

A team of European researchers confirms what many weight-loss gurus have claimed: eating more protein and fewer refined carbohydrates helps to keep the pounds off. Among men and women who had lost at least eight percent of their body weight on a low-calorie diet, those who spent the next six months following a maintenance diet high in protein and low in refined carbs were the least likely to regain any weight, and were also the least likely to drop out of the study.

## CHOCOLATE EATERS MAY HAVE HEALTHIER HEARTS

Older women who eat more chocolate are less likely to develop heart problems over a nearly 10-year-period, new study findings report. The authors found that women older than 70 who ate chocolate at least once per week were 35 percent less likely to be hospitalized or die from heart disease over the course of the study, and nearly 60 percent less likely to be hospitalized or die from heart failure. What's nice, study author Dr. Joshua Lewis told Reuters Health, is that women did not have to eat a ton of chocolate to see benefits. "We would therefore caution against people eating foods with high sugar and fat regularly and believe our findings support moderate rather than frequent chocolate consumption," said Lewis.







# Winter Blues

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

BY TERRI COLES

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

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

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

A recent study from researchers at the Center for Addiction and Mental Health in Toronto discovered that there are greater levels of serotonin transporters in the brain in the winter than in the summer, the first time such a difference has been found. When there was less light, more serotonin transporters were found. Serotonin transporters remove serotonin, so the finding suggests that there is more serotonin removal in the brain in the winter.


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

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SAD is related to levels of melatonin, a naturally occurring hormone involved in regulating our sleep cycle

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



# The Ultimate Holiday Survival Guide

STRESS, ANXIETY, DEPRESSION, IT'S ALL PART OF THE WONDERFUL HOLIDAY SEASON. TOP TIPS FOR COPING

BY VICTOR MELAMED

For some people, the holidays bring unwelcome guests - stress and depression.

In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands - work, parties, shopping, baking, cleaning, caring for kids on school break or elderly parents, and scores of other chores.

As overwhelming as it may seem - with some practical tips you can minimize the stress and depression that often accompany the holidays.

The Mayo Foundation for Medical Education and Research, on their web site at [www.mayoclinic.com](http://www.mayoclinic.com), recently provided 12 pre-emptive strategies for holiday stress.

## 1. Acknowledge your feelings.

If a loved one has recently died or you aren't near loved ones, realize that it's normal to feel sadness and grief. It's okay now and then to take time just to cry or express your feelings. You don't have to force yourself to be happy just because it's the holiday season.

## 2. Seek support.

If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your social circle. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone. Don't be a martyr.

## 3. Be realistic.

As families change and grow, traditions often change as well. Hold on to those you can, if you want to. But understand that in some cases that may no longer be possible. Perhaps your entire extended family can't gather together at your house. Instead, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

## 4. Set differences aside.

Try to accept family members and friends as they are, even if they don't live up to your expectations. Set aside grievances until a more appropriate time for discussion. With stress and activity

levels high, the holidays might not be conducive to making quality time for relationships. And be understanding if others get upset or distressed when something goes awry. Chances are, they're feeling the effects of holiday stress, too.

#### **5. Stick to a budget.**

Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget. If you don't, you could feel anxious and tense for months afterward as you struggle to pay the bills. Don't try to buy happiness with an avalanche of gifts. Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

#### **6. Plan ahead.**

Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip. That'll help prevent a last-minute scramble to buy forgotten ingredients - and you'll have time to make another pie if the first one's a flop. Allow extra time for travel so that delays won't worsen your stress.

#### **7. Learn to say no.**

Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful and overwhelmed. If it's really not possible to say no to something - your boss asks you to work overtime - try to remove something from your agenda to make up for the time.

#### **8. Don't abandon healthy habits.**

Don't let the holidays become a dietary free-for-all. Sc indulgence is okay, but overindulgence may add to your stress and guilt. Have a healthy snack before holiday par so that you don't go overboard on sweets, cheese or dri Continue to get plenty of sleep and schedule time for physical activity.

#### **9. Take a breather.**

While you may not have time every day for a silent nig make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's the bathroom, for a few moments of solitude. Take a walk at night and stargaze. Listen to soc music. Find something that clears your mind, slows your breathing and restores your calm.

#### **10. Rethink resolutions.**

Resolutions can set you up for failure if they're unrealis Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifesty routines. Set smaller, more specific goals with a reasonable

time frame. Choose resolutions that help you feel valuable and provide more than only fleeting moments of happiness.

#### **11. Forget about perfection.**

Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two. Something always comes up. You may get stuck late at the office and miss your daughter's school play, your sister may dredge up an old argument, you may forget to put nuts in the cake, and your mother may criticize how you and your partner are raising the kids. All in the same day. Expect and accept imperfections.

#### **12. Seek professional help if you need it.**

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

*For more on how to cope with holiday stress visit The Mayo Foundation for Medical Education and Research web site at [www.mayoclinic.com](http://www.mayoclinic.com).*





# 7 Reasons To Do Pilates Now

There will always be a hip exercise fad that promises to deliver the perfect body. But the best kept secret in the fitness world is an exercise regimen people all over the world have used to transform their bodies with for nearly a century. Pilates! Actors, dancers, athletes and health enthusiasts of all ages swear by it. But first things first . . .

**What is Pilates?** Pilates is a mind-body fitness regimen that focuses on developing a strong core while strengthening every muscle group in the body. Pilates creates long, lean muscles through exercises based on control, fluidity, precision and integrated breathing. With a system of over 500 exercises on multiples apparatuses you'll never grow bored. You should try it! And here's why:

- 1. Pilates strengthens the body from the inside out** by activating your deepest abdominal muscles (the transverse abdominus and obliques) which help protect your spine and stabilize the core. Joseph H. Pilates stated "If your spine is inexplicably stiff at 30, then you are old; if it is completely flexible at 60, then you are young."\*
- 2. Pilates improves coordination and balance.** People frequently associate Pilates with dancers due to the choreographed exercises that require fluidity and control, all while maintaining a stable core. Pilates fine tunes motor movement through focused exercises activating muscles that get overlooked in a standard gym workout.
- 3. Pilates creates symmetry in the body by improving alignment.** Poor posture compresses the spine and can lead to back pain and other ailments. When the body is correctly aligned, the organs, muscles and joints function optimally. Pilates ensures that muscles work synergistically to strengthen areas that are weak and stretch out muscles that are tight.

- 4. Pilates is a whole body integrated workout.** Exercises are designed to simultaneously work several muscles at once. This translates into a more efficient workout and enhanced performance in everyday activities and sports. Body awareness is raised as you must check in with multiple body parts to effectively complete each exercise.
- 5. Pilates prevents injuries often aggravated by other forms of working out.** Like a car operating efficiently, the muscles work as an integrated system. Pilates helps the body protect itself by strengthening the smaller muscles and tendons connected to the larger muscle groups of the body. Another benefit is increased bone density.
- 6. Pilates improves mental focus & clarity.** In a world filled with stimuli it is easy to feel anxious and disconnected. Pilates mindfully integrates the breath with each exercise and you leave every session feeling rejuvenated and energized. Pilates is a holistic approach to wellness, centering your mind, body and spirit.
- 7. Pilates makes you look great!** A sexy back, defined shoulders, trimmer waistline and skinnier thighs give your body a svelte look making you look as radiant as you feel.

Come try Pilates for yourself and give yourself the gift of well being this New Year!



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# You Can Manifest Health, Clarity And Balance In The New Year

JIN SHIN JYUTSU BRINGS BALANCE TO THE BODY'S ENERGIES, WHICH PROMOTES OPTIMAL HEALTH AND WELL-BEING, AND FACILITATES OUR OWN PROFOUND HEALING CAPACITY

BY LYDEE SCUDDER



Each season of the year has its own special energy. Winter is the time of darkness. It is a time for looking within to find inner nurturing and renewal. What better time to give yourself the gift of inner balance with the ancient Art of Jin Shin Jyutsu?

At the deepest level of your being you are energy. This energy flows through your body in many pathways. Jin Shin Jyutsu provides you with a means to balance this

energy through the hands of a knowledgeable practitioner, or through your own hands, using self-help applications.

My name is Lydee Scudder and I am a Jin Shin Jyutsu

practitioner and self-help instructor. I have been practicing this amazing and profound art for almost 20 years. I live in beautiful Mountain Center, east of Los Angeles. I work from my home. I will travel to work with a group you might put together of friends or colleagues.

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*For more information about Jin Shin Jyutsu visit [www.jsjinc.net](http://www.jsjinc.net). For information about me and my work visit [www.lydee.com](http://www.lydee.com)*

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He was born into a royal family in the eastern state of Bihar, India where Buddha achieved his enlightenment. When he was 23, he joined the Indian Air Force and, after retiring as a Lieutenant Colonel, travelled to the Himalayan mountains to become a disciple of Hari Babaji. After achieving Samadhi, he began teaching the practice to others throughout India, offering "Samadhi" events mostly in India over 100 times. Samadhi events provide an opportunity for participants to receive Divine blessings from the masters when they are immersed in the Supreme Consciousness. An award winning documentary film about the Kumbha Mela, an Indian spiritual festival, "Shortcut to Nirvana", showed him, along with His Holiness the Dalai Lama, blessing the visitors.

Upon reaching the highest level of enlightenment, Yogmata Keiko Aikawa has guided others at "Samadhi" events in India's sacred locations, as well as at the Kumbha Mela on 18 occasions from 1991 through 2007. Her remarkable presence and teachings have been recognized and commended by Rt. Hon President of Nepal, Dr. Ram Baran Yadav, and have been well documented in her books. Her appearance during Maha Kumbha Mela, a sacred event that occurs only once in every 144 years, was reported by CNN, BBC, the Japan Times and the Times of India. In 2007, she received the title "Mahamandaleshwar" (The Supreme Master of the Universe) from the largest spiritual Austerities Association Juna Akara in India.

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# Clearly, Marisol Nichols

ACTRESS MARISOL NICHOLS ("24," "THE GATES") ON CLEAN DIETS,  
BEING A MOM AND DETOXIFICATION

BY MARK ARIEL

Chicago born Marisol Nichols, is best known for her role in the sixth season of 24 as Special Agent Nadia Yassir. A rebellious teenager, Nichols stated in a recent interview, "I remember being 17 and looking around at some of the people that I was hanging out with, and I had this realization that if I didn't knock this off now it would become my life," and replaced her rebellious behavior with more productive activities like acting.

Besides her role in 24, Nichols is also known as the spokesperson for Bally Total Fitness.

Most recently, Nichols played Sarah Monohan on ABC's *The Gates*, her third series regular role for the network.

Nichols is an active advocate of Criminon (a non-religious program for rehabilitating prisoners utilizing Scientology founder L. Ron Hubbard's teachings), Citizens Commission on Human Rights, and Project GRAD Los Angeles, founded by Ford Roosevelt.

Nichols and her husband, film director Taron Lexton, welcomed their first child, Rain, in 2008.

In an interview last month with LA HEALTH NEWS Nichols revealed how she manages to stay focused while dealing with a busy schedule.

"I try to do one thing at a time. I might have to wear ten different hats in one day, but while I am wearing each one, I try to wear that one fully before I put it down and do the next one. If I try to do more than one at a time, I end up cheating the others," explains Nichols.

"So, if I am being a mom at that moment, I am being a mom. If I'm going to read a script, I go close the door, I'm away from everything and that's all that I am doing. It is the only way I can get done all of the things I have to get done."

## **What type of activities or regimens do you follow to stay balanced, mentally, physically and spiritually?**

"Well, I eat a fairly clean diet. I quit coffee -- again, recently. I stick to green tea. I find it keeps me more balanced. I also find that diet makes a huge difference -- diet and nutrition. I figured out a while ago that if I am going to have sweets, I am not going to be able to sleep that night and I'm going to be cranky and tired the whole next day. So most of the time I stick to a clean diet of protein and veggies. But, if I am going to indulge, I plan it so that it's not the day before an audition or something important like that.

Also, playing with my daughter Rain -- I don't care what type of mood I am in, I don't care what kind of day I have had -- playing with my daughter, makes everything else go away. It makes everything worthwhile. She is the happiest, sincerest, cuddliest, affectionate being that I know. So, being

with her is the greatest thing in the world.

Spiritually, I go to my church, Scientology. I always find that whatever problem I am having I can always find a solution there that helps me resolve it."

## **Fitness-wise, do you have any specific preferences?**

"I love Pilates -- I combine Pilates and weights. I like things that make me feel strong and focused. At the same time, I like my workout to be fun. I'm not a 'no pain, no gain' type -- I don't believe in punishing yourself to get into shape. But at the same time, you should work hard."

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## **What do you do to de-stress? What is your favorite way to relax?**

"Currently I am de-stressing my body. I am doing a detoxification program called the 'Purification Rundown.' It is a brilliant program developed by L. Ron Hubbard. The body holds on to the past drugs you have taken (medicines or otherwise), or pesticides, chemicals and pollution you've been exposed to. All these things get trapped in the fatty tissues of the body and they stay there and can affect you. They can make you tired and irritable, lacking in energy, depressed and lethargic, and in general weigh you down. And surprisingly, these things have accumulated my whole life. So currently the program I am on rids your body of all of those harmful toxins and accumulated drugs and alcohol, and what's left is just you.

The results are amazing. My energy level has improved so much. My reaction time to things, my ability to solve problems has improved. Colors are brighter, I can hear better, I'm sleeping like a log. And those are just some of the things I have experienced while doing this."

*For more info on Marisol Nichols visit her web site: [www.marisol-nichols.com](http://www.marisol-nichols.com). To learn more about "Purification Rundown" visit: [ccint.info/purif](http://ccint.info/purif)*

# FITNESS UPDATE

## AEROBIC EXERCISE WITH RESISTANCE TRAINING BENEFIT

The size of an aging man's belly and the bulk of his biceps provide a more accurate picture of his mortality risk than body mass index (BMI) alone according to a research. Among 4,107 men aged 60 to 79, those with a waist circumference less than 40 inches and above-average muscle mass in their upper arms were the least likely to die over a six-year period, researchers found. BMI, on the other hand, was only linked to mortality among very thin men, who were at increased risk of dying. As people age they typically lose muscle mass and gain belly fat. These changes mean BMI may not provide an accurate picture of obesity and overweight in older people. A man's risk of dying during the study dropped as his muscle mass rose. The findings underscore the importance of life-long fitness.



## EAT PROTEIN AFTER EXERCISE

Eating protein after exercising may help rev up the body's muscle-making machinery, in both young and older men alike, a small study suggests. The study of 48 men - half in their twenties and the other half in their seventies -- found that in both age groups, consuming a protein drink after exercise led to a greater increase in muscle protein, compared with downing the drink after a period of rest. What's more, muscle protein increased at nearly the same rate in young and elderly men, the researchers report in the American Journal of Clinical Nutrition.

## LIGHT EXERCISE MAY PREVENT OSTEOARTHRITIS

People at risk for osteoarthritis may be able to delay the onset of the disease or even prevent it with simple changes to their physical activity, according to a study presented at the annual meeting of the Radiological Society of North America (RSNA). For the study, the researchers recruited participants at risk for knee osteoarthritis. Study results revealed that light exercisers had the healthiest knee cartilage among all exercise levels, and patients with minimal strength training had healthier cartilage than patients with either no strength training or frequent strength training. "Lower-impact sports, such as walking, swimming or using an elliptical trainer are likely more beneficial than high-impact sports, such as running or tennis," researchers said.

## USE WEIGHTS, NOT AEROBICS, TO EASE BACK PAIN

People who use weight training to ease their lower back pain are better off than those who choose other forms of exercise such as jogging, according to a University of Alberta study. The study showed a 60 per cent improvement in pain and function levels for people with chronic backache who took part in a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercise equipment. In contrast, people who chose aerobic training such as jogging, walking on a treadmill or using an elliptical machine to ease their back pain only experienced a 12 per cent improvement, said Robert Kell, an assistant professor of exercise physiology at the University of Alberta, Augustana Campus.





## FOCUSING ON SOLUTIONS

ROBERT BUHROW, LMFT, ON ESTABLISHING GOALS AND FINDING APPROPRIATE SOLUTIONS

Robert Buhrow, a state licensed Marriage and Family Therapist, specializes in working with people suffering from anxiety, traumas (such as PTSD), addictions, and couples relational issues.

"I use a Solution Focus approach, meaning that it is very pragmatic. You are the expert in regards to understanding the issues and what you are dealing with. After you have given me a brief history of your current problems and some family history, we discuss your goals in coming to therapy. Once the goals are established, we begin to seek appropriate solutions to accomplish them," Buhrow explains.

Additionally, Buhrow specializes in Cognitive Cranial feedback; which is particularly beneficial in treating for anxiety, ADHD, and Depression.

Buhrow also offer Interventions and intensive day treatment with 24 hour emergency access for families with a substance abuser."



For more info contact Robert Buhrow at 213-910-7440, or visit his website: [www.HealingTodayInside.com](http://www.HealingTodayInside.com)

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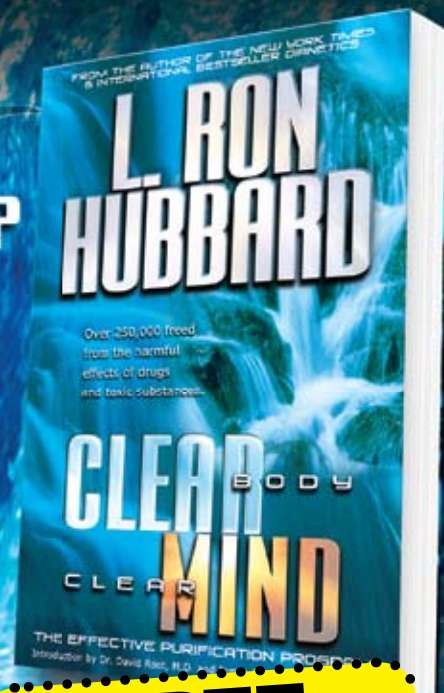
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# BEAUTY REPORT

## ARE YOU GETTING YOUR BEAUTY SLEEP?

Women who fail to get enough shut-eye each night risk gaining weight, according to recent research. In a long-term study of middle-aged women, those who slept 5 hours or less each night were 32 percent more likely to gain a significant amount of weight (adding 33 pounds or more) and 15 percent more likely to become obese during 16 years of follow-up than women who slept 7 hours each night. This level of weight gain "is very clinically significant in terms of risk of diabetes and heart disease," said Dr. Sanjay Patel of Case Western Reserve University. Women who slept 6 hours nightly were 12 percent more likely to experience major weight gain and 6 percent more likely to become obese compared with those who slept 7 hours each night.



## BEAUTY PRODUCT ADS AFFECT SELF ESTEEM

A study in the Journal of Consumer Research found that ads featuring beauty products actually lower female consumers' self-esteem. Ads for beauty-enhancing products seem to make consumers feel that their current attractiveness levels are different from what they would ideally be. "Consumers seem to 'compare' themselves to the product images in advertisements, even though the advertisement does not include a human model," the authors write.



## DEEP FACIAL WRINKLES WARNING SIGN

Smokers' heavily wrinkled faces could be an early warning sign of a serious lung disease, researchers said. They found that smokers with pronounced wrinkles are five times more likely than those without marked facial lines to develop chronic obstructive pulmonary disease (COPD), which includes conditions such as bronchitis and emphysema. COPD, a leading cause of death worldwide, is primarily caused by smoking, which also prematurely ages the skin. "These data suggest that if you are a smoker and you are wrinkled you are more likely to have lung disease," said Dr. Bipen Patel who conducted the study published in the journal Thorax.

## BEAUTIFUL WOMEN FACE DISCRIMINATION

While many see no downside to being beautiful, a professor at the University of Colorado Denver Business School says attractive women face discrimination when it comes to landing certain kinds of jobs. In a study released in the Journal of Social Psychology, investigators found that beauty has an ugly side, at least for women. Attractive women were discriminated against when applying for jobs considered "masculine" and for which appearance was not seen as important to the job. Such positions included job titles like manager of research and development, director of finance, mechanical engineer and construction supervisor.



# New Non-Invasive Health Machine



## AVACEN THERMAL EXCHANGE SYSTEM: OPTIMIZING YOUR BODILY FUNCTIONS FOR BETTER HEALTH BY NATHAN NEWMAN, MD

The Avacen Thermal Exchange System is changing the way science and medicine is going to treat many health problems. This non-invasive, pain free, thermoregulation treatment has shown promise in treatment of many health conditions including migraines, hot flashes, obesity, insulin-resistance and diabetes, polycystic ovarian syndrome (PCOS), wound healing, inflammatory and arthritic pain, fibromyalgia, high blood pressure, athletic performance, heat exhaustion, and multiple sclerosis. For health conscious individuals this treatment may also help improve and maintain one's overall health and well-being.

The Avacen therapy entails a 10 minute treatment once or twice daily. One hand is placed in the device and a vacuum is created to keep the arterio-venous anastomoses (AVA) open as heat or cold is applied to the hand. These AVA's work much like radiators in our bodies and we are able to warm or cool the blood very effectively with this method. The heated blood then travels to the brain thermostat in the hypothalamus where the core body temperature regulation is regulated and exerts its effect to normalize the core body temperature. The average core body temperature is considered to be 98.6 °F and the normal range is considered to be between 97.5 - 98.8 °F. Optimizing the core body temperature is known to be essential for proper enzymatic and hormonal functions in the body.

Through its effects on the core body temperature, the Avacen Thermal Exchange System is believed to optimize normal enzymatic activities, restore hormonal balance, improve cellular response to enzymatic and hormonal signals, improves micro vascular blood flow to the cells, and reduce inflammation in the body.

With the knowledge of Avacen's positive effect on wound healing, I use the device on my post operative patients to reduce pain, swelling, bruising, and healing time. I also incorporate it into the Stem Cell Lift® treatments as it may help improve graft take and help the stem cells survive and better integrate into the new surroundings which they were injected into.

I have also observed that normalizing the core body temperature may increase the basal metabolic rate (BMR) to burn off more calories daily and help reduce body weight. In addition, the abdominal "beer belly" girth associated with insulin resistance is reduced and the medical condition improves with the Avacen Thermal Exchange System.

The use of the Avacen Thermal Exchange System as a preventative measure may help maintain your health and improve longevity in a natural, safe and holistic manner.



*Dr. Nathan Newman is world renowned for his advanced cosmetic surgery procedures. He is the innovator of the Stem Cell Lift™, cutting-edge cosmetic surgery - without the cutting. To learn more about how you can benefit from this revolutionary procedure, visit [Stem-Cell-Lift.com](http://Stem-Cell-Lift.com) or please call 310-273-3344.*

## ANXIETY OR OCD?

**Dear Dr. G,**

I have a son who is a senior in college. He has always been an anxious kid who has had trouble sleeping. Now, he's takes some medication that he got from his internist every night. He is concerned - rightly -- about his life after college. I think his anxiety is worse than ever and other aspects of his personality are changing and not for the better. He has always been a bit of a perfectionist and a neat-freak but now he's even more rigid and punishingly self-critical. When he's disappointed, he's unforgiving of his friends and me. He's incredibly stubborn. He turns pleasant conversation into intellectual debate and then gets so involved in splitting hairs that he loses sight of the point of the conversation. My question is: Does my son have normal anxiety or OCD? How do you differentiate?

**Dr. Gallison Responds:**

A senior in college has a lot going on in his life to worry about. Should I go to grad school or get a job? Are my grades good enough to get into grad school or will I have to get a job? What do I want to do? To be? How do I stay focused on this year, concentrate on my schoolwork, when there are so many questions about next year that I can't answer and or stop asking? I don't want to lose my friends.... What city will I be in? Many young adults don't feel prepared to tolerate the anxiety of living with these questions unanswered. These young men and women, fearful that life experience will reveal to themselves and others that they can't measure up, that they're not smart enough, fast enough, pretty enough, disciplined enough, witty enough, funny enough, loveable enough, competent enough, redouble their efforts, push themselves to work harder and perform better. Each time they write a paper or lab report, they wait to see what the professor thinks not of their work, but of them. These students put the measure of themselves, their self-worth into the hands of others. From the time they turn in their work until the moment they get the result, they live in a state of high anxiety. And then, depending on the depth of the anxiety, the grade, even an A, is rarely good enough to assuage their worry and fear and lack of confidence for more than a minute, because either they fooled the professor or there is always another paper, another presentation, another woman or man to flirt with, where they will bet their self-esteem on the opinion of

someone else. These young adults are, often unconsciously, angry to be in this position and their rigid behavior is their best attempt to keep that anger from breaking through and damaging their relationships and/or themselves. They fear driving loved ones away and being alone. They fear breaking rules and become self-punishing and self-critical. They may fear hurting themselves or others. These people have anxiety and they try to cope with that anxiety in ways that may appear to be obsessive or compulsive. Although these people suffer from significant pain, and some degree of anxiety, they do not have Obsessive-Compulsive Disorder.

OCD looks and feels quite different. OCD is characterized by recurrent obsessions (which are defined as persistent and intrusive thoughts or images) and compulsions (which are persistent, unwanted, repetitive behaviors).

The individual with OCD cannot control the content of his or her obsessions. The most common obsessions are repeated and intrusive thoughts about contamination, an insatiable need to keep one's environment in a particular order, aggressive and/or sexual impulses or images. Most important, these thoughts are rarely related to real life issues (like pressures at school, relationship struggles or problems at work).

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**OCD is characterized by recurrent obsessions (which are defined as persistent and intrusive thoughts or images) and compulsions (which are persistent, unwanted, repetitive behaviors).**

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The individual with OCD uses his or her compulsions to avoid or diminish his or her feelings of anxiety. Compulsions are never a source of pleasure. The most common compulsions involve washing and cleaning to avoid contamination, putting objects in order, praying, counting, and repeating actions dictated by idiosyncratic rules (tapping three times on each side of the body first with one hand and then the other) to diminish the anxiety of disorder, aggressive or sexually explicit thoughts. By definition these behaviors are in no pragmatic way connected to the goal they are trying to accomplish. Many individuals cannot even say why they follow their own rules. Finally, adults with OCD can and do acknowledge that their obsessions and compulsions are excessive and nonsensical.

## Spot The Differences

A screenwriter compulsively rewrites each scene over and over and over again. She says she is trying to make it better. Eventually the writer gets to page 75 but then she can go no further. The woman has writer's bloc, a form of anxiety. She has turned her job, telling a story, into a compulsive way to contain her obsessive fear of not being good enough. Her compulsion is designed to delay facing the source of her anxiety. Not, how good is the script? Rather, how good am I? Again, by turning her script into a compulsive avoidance of her obsessive fear, she has destroyed her ability to do her job - create a story. Her compulsive behavior is professionally self-defeating but psychically successful.

**This screenwriter is anxious.**

I have a patient, a mother of two toddlers who lives on a small income. She cannot let her children play outside because she fears that they will become contaminated. Sometimes the children have to go out of the house. When they return she bathes them in bleach. After their bath, she bleaches the tub. She bleaches the entire bathroom. She bleaches the floor where they walked into the house. She bleaches their clothes, which are often ruined and are then thrown away. And then she cleans herself with bleach. Her hands are raw from constant cleaning; she has made them susceptible to infection. **This woman has OCD.**



*Mick Gallinson, Psy. D. is a psychologist in private practice in Beverly Hills. He works with adults, adolescents and athletes of almost all ages and skill levels. He can be reached at (310) 276-3636 or [dr Gallinson@sbcglobal.net](mailto:dr Gallinson@sbcglobal.net). You may also email your questions to Dr. Gallinson to [info@lahealthnews.com](mailto:info@lahealthnews.com).*



# When your health is "in order" which would you like to do first?

- Enjoy life without anxiety
- Play winter sports without the sniffles
- Entertain during the holidays without discomfort
- Wake up refreshed without fogginess
- Feel energetic throughout the day without coffee

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# ALTERNATIVE

## HERBS CAN COMPLEMENT PROVEN ALLERGY TREATMENTS

An extract from the leaves of the crataegus, or hawthorn tree, available in Europe, extended the lives Complementary and alternative medicine may give allergy and asthma sufferers new options for treating symptoms, according to allergists at the annual scientific meeting of the American College of Allergy, Asthma and Immunology (ACAAI). Allergists discussed how herbal treatments may be integrated into conventional allergy treatments. One promising remedy is the Food Allergy Herbal Formula (FAHF-2), a Chinese herbal formula currently being tested for use to treat food allergies. Early research showed significant reduction in peanut-induced anaphylaxis in mice. Phase I clinical studies have shown that FAHF-2 is safe in humans.



## WARFARIN CHAMOMILE RISK ALERT

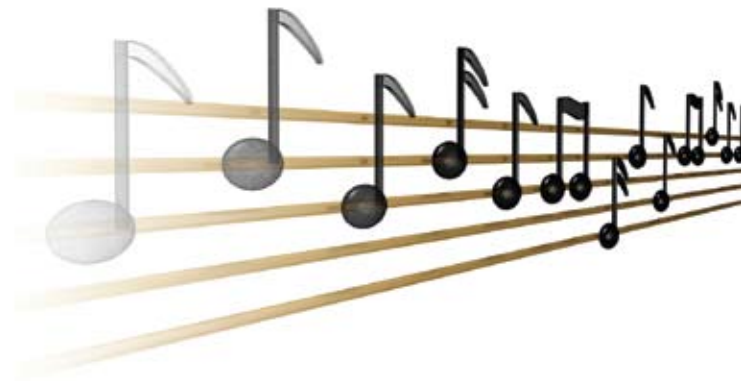
Watch out for mixing herbal remedies with prescription drugs, and particularly be careful with chamomile if you're taking warfarin (aka Coumadin) to prevent blood clots. Canadian doctors describe the case of a 70-year-old woman, who was treated with warfarin, and who developed severe internal bleeding after drinking chamomile tea and applying chamomile lotion to relieve chest congestion and reduce foot swelling. This case makes clear the potential dangers of mixing herbal or other natural remedies with physician-prescribed drugs, researchers report. Warfarin can interact with both prescribed medications and natural remedies.

## VITAMINS: MORE IS NOT ALWAYS BETTER

Americans may be taking too many vitamin supplements in the hope of staying healthy and living longer, researchers said recently. Some people clearly need supplements, for instance, older women benefit from taking calcium and vitamin D to strengthen their bones, and younger women need to take folic acid to reduce birth defects in any children they may have. But no studies show strongly that people prosper from popping multivitamin and mineral supplements and some suggest that eating healthily and exercising provide more benefit, researchers said. Many people may assume that because vitamins and minerals are vital for health, that more is better. But some are toxic at high levels, including vitamin A and iron, and others are simply excreted in the urine. Beta-carotene supplements were shown in a surprise study to raise the risk of lung cancer in smokers.

## MUSIC SOOTHES THE SOUL

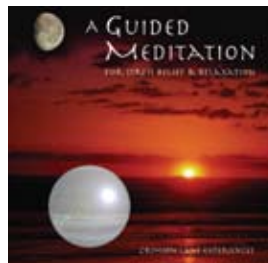
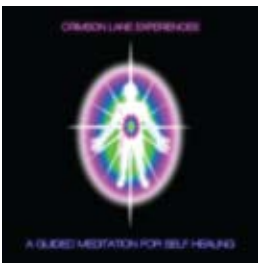
People who suffer chronic pain from arthritis or other conditions may find some relief by listening to their favorite tunes, a small study suggests. Researchers found that when chronic pain patients listened to music one hour per day for a week, their levels of pain, depression and disability all declined. They also felt empowered to help themselves feel better, which appeared to drive the improvement in depression.



# The Crimson Lane Experience

CRIMSON LANE EXPERIENCES SERIES OF MEDITATION CDS IS DRAWING PRAISE FROM THE MEDICAL COMMUNITY

BY: MARK ARIEL



Although meditation has long been recognized as beneficial on a spiritual level, it also incorporates a multitude of health benefits.

Reducing stress and anxiety, helping post operative healing, reducing PMS symptoms, lowering your blood pressure, building self confidence, are just a few of the many benefits of meditation.

With the help of Guided Meditation CDs, a person who may just be starting out in the meditative world can quickly start experiencing these benefits.

For over two decades Los Angeles based Francis M. Crim Ph.D has been facilitating guided mediations for friends, family and clients.

"For years people have been encouraging me to put this experience on tape for them," says Crim.

Taking the encouragement to heart, Crim, together with Hollywood composer Robert A. Lane created an amazing series of Meditation CDs.

"Music touches the soul and I'm thrilled to have had this opportunity to compose a suite of music that can help people heal," says Lane.

"With guided meditation you listen to another person's voice speak to you in a way that enables you to visualize what they are saying," explains Crim. "Such as, 'Imagine yourself on a beach,' 'the sun is setting and you are at peace.' Even

if the listener does not actually see this image - the image is powerful enough that they can still 'feel' the experience. Each person's experience is unique to their own imagination."

Crimson Lane Experiences series of meditation cds is drawing praise from the medical community. "I have seen several products such as this, but this one seemed to exceed those I have been exposed to before. I especially find it useful in calming patients before MRIs, and as a pre-surgical tool," says Beverly Hills cardiologist Dr. Robert M. Karns.

"Listening to Crimson Lane's guided meditation, I was able to free myself of the distractions of the world around me. These CDs are important tools for relaxation," reveals acupuncturist Samantha Kahn Hartman.

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Reducing stress and anxiety, helping post operative healing, reducing PMS symptoms, lowering your blood pressure, building self confidence, are just a few of the many benefits of meditation

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"Between the financial crisis and stress at work I haven't been sleeping well - it has just been impossible to shut down at night," writes T. Dennis, from Dallas, Texas. "A friend recommended this disc and while I was skeptical at first, I have to say that it turned out to be amazing. The music was great and the narration was spot on. I recommend this highly!"

For more information on Crimson Lane Experiences series of meditation cds please visit: [www.crimson-lane.net](http://www.crimson-lane.net).



## TOBACCO SMOKE CAUSES IMMEDIATE DAMAGE

Cigarette smoke causes immediate damage to a person's lungs and their DNA even in small amounts, including from second-hand smoke, officials said in a new report. Taxes, bans and treatment must all be pursued to bring smoking rates down, Surgeon-General Dr. Regina Benjamin said. "The chemicals in tobacco smoke reach your lungs quickly every time you inhale causing damage immediately," she said in a statement. "Inhaling even the smallest amount of tobacco smoke can also damage your DNA, which can lead to cancer," she said.

## STEP UP CLIMATE CHANGE FIGHT

Cities should play a much bigger role in fighting global warming and can act more easily than governments struggling to agree on a U.N. climate accord, the World Bank said last month. "The 10 biggest cities in the world emit more greenhouse gases than Japan," Andrew Steer, the World Bank's special envoy for climate change, told Reuters. He urged reforms including changes to carbon markets to help cities become greener. A World Bank study said that urban areas, home to just over half the world's population and responsible for two-thirds of greenhouse gas emissions, could help by shifting to greener transport, clean energy or better trash recycling.

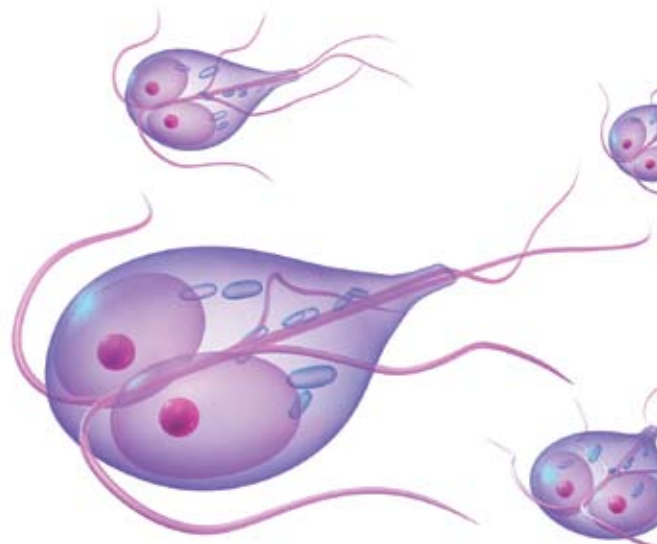


## AIR POLLUTION TIED TO BABIES' EAR INFECTION RISK

Babies and toddlers who live in areas with moderate air pollution may have a higher risk of middle-ear infection than those breathing cleaner air, a Canadian study suggests. The findings, reported in the journal *Epidemiology*, do not prove that air pollution itself was the cause. But if it is, that would allow parents to influence their kids' risk of infection by moving to a place with better air. Middle-ear infections, also called otitis media, are common among young children, with those younger than 2 being most susceptible. They are caused by a viral or bacterial infection, and usually arise after a child has had a cold, sore throat or other upper respiratory tract illness.

## PARASITES MAY PROTECT AGAINST ALLERGIES

Children infected with hookworm or other intestinal parasites may be less likely than uninfected children to have allergies, a new research review finds. The study, published in the journal *Allergy*, gives some support to the idea that our increasingly germ-free surroundings may be contributing to a worldwide increase in allergies and asthma in recent decades -- a theory known as "the hygiene hypothesis." It's thought that exposure to viruses and other pathogens early in life may help nudge the immune system toward a normal infection-fighting mode, and away from a tendency to overreact to benign substances, which is the basis of allergies.





# Beating Holiday Weight Gain

GO AHEAD - HAVE THAT SLICE OF PECAN PIE! HOW TO ENJOY WHAT YOU LOVE WITHOUT PUTTING ON THOSE EXTRA HOLIDAY POUNDS

BY JENNIFER GOLDMAN

The holidays are not only notorious for long lines, major traffic, and familial tiffs, but also with super-rich foods, overindulgence, and lower activity levels, says Philip Lempert, an expert on consumer issues, marketing trends, new products and food safety, in a recent report on [exercise.about.com](http://exercise.about.com).

It all adds up and becomes part of what we all dread: holiday weight gain. Here's a list of tips to make sure you stay in shape over the holiday season and avoid putting "lose weight" as one of your New Year's resolutions

## 1. Stay active.

One of the major causes of weight gain during the holidays is lack of activity. Stick to your regular schedule! Not only will it help keep weight gain down, it will give you more energy and it will reduce your stress which are both needed to battle the long lines and parking squabbles.

## 2. Don't starve yourself.

One of the most common mistakes people make is to go hungry all day so that they can "afford" the calories later on at the holiday party they will be attending. Big no-no! You will be so hungry by the time you get to the party, that you will forget about any sense of the word moderation or control.

## 3. Choose healthier options.

There are some healthy options that you can eat during the holidays. White meat turkey is a great lean protein. Vegetables that aren't laden with butter, salad not drenched in dressing, sweet potatoes, and cranberries are also options. You can also make other typical dishes healthier by changing the ingredients slightly. Try making mashed potatoes with reduced-fat or low-fat milk, yogurt or sour cream.

## 4. Enjoy what you love.

Go ahead, indulge! Be choosy about what you indulge in though. Don't choose the pumpkin pie just because it is lower in fat than the pecan (which it is). If you want the pecan, choose the pecan! You don't want to set yourself up for binges later. Just enjoy with a sense of moderation.

## 5. Don't try and start a new diet during the holidays.

That just screams binge! You will only be setting yourself up for disappointment, resentment, and depression. You get that enough from your family members, you don't need that from yourself. Stay healthy, but don't be too restrictive.

## 6. Holidays are days.

Yes, days - not weeks, not months, but days. Treat them that way. Enjoy yourself on the particular holiday, but then go right back to your normal healthy eating plan.

## 7. Take time for you.

It goes without saying that this season is all about stress! Between trying to shop, worrying about what your Aunt Tilly is going to say about your new choice of career, trying to schedule in all your holiday parties along with your kids' plays and concerts and still dealing with day-to-day stressors, it is important that you take some time for yourself. Schedule a massage, buy a new book, treat yourself to a yoga studio membership, learn to meditate, whatever. Find something that will curb your stress that is not eating!



# CALENDAR



## CHEMOTHERAPY 101

**Dec. 18, 10 am**, Good Samaritan Hospital  
637 South Lucas Avenue, Los Angeles. For more info visit: [www.goodsam.org](http://www.goodsam.org)

## 13.1 LOS ANGELES HALF MARATHON

**Jan. 16, 7:13 am**, Santa Monica Beach.  
Part of a series of themed half marathons serving some of America's top running communities with a stand-alone half marathon for locals to embrace and visitors to experience. For more info visit: [www.131marathon.com](http://www.131marathon.com)

## RUN 4 HER LIFE II COMPETITIVE 5K & 10K RACE

**Jan. 30, 8:30 am**  
Avenue of the Stars at Constellation Blvd. Century City.  
Walk benefiting breast cancer research. Fabulous Expo & Live entertainment from 8:30am - 12pm. Parking at 1888 Century Park East,

1875 Century Park East & Westfield Century City  
10250 Santa Monica Blvd.  
For more info visit: [www.run4herlife.com](http://www.run4herlife.com)

## CLEAR BODY, CLEAR MIND

**Every Tuesday, 7:30pm**  
Church of Scientology Celebrity Centre, 5930 Franklin Ave, LA, CA 90028 (free parking lot on Bronson Ave)  
Discover how Purification Rundown is the first effective program designed to rid your body of toxins. With renowned toxins expert Michael Wizner. Free admission. For more info call: 323-960-3100.

## FREE DIANETICS LECTURE

**Every Saturday 1pm - 3pm.**  
Church of Scientology Celebrity Centre (address listed above)  
Based on the New York Times Best Selling book by L. Ron Hubbard. Learn the basic principles of the

technology that has made dramatic and permanent improvements to more than 20 million people in more than 150 nations. Free admission. For more info call: 323-960-3111.

## CANCER SUPPORT

CANCER LEGAL RESOURCE CENTER  
(213) 736-1331  
Free and confidential information and resources on cancer-related legal issues.

## THE WELLNESS COMMUNITY

**Branches include:**  
W. LA: 310-314-2555  
Pasadena: 626-796-1083  
Redondo Beach: 310-376-3550  
Westlake Village: 805-379-4777

Helping people affected by cancer enhance their health and well-being through a professional program of emotional support, education and hope.

NATIONAL COALITION OF CANCER SURVIVORSHIP  
[www.canceradvocacy.org](http://www.canceradvocacy.org)

PATIENT ADVOCATE ASSOCIATION  
Financial support resources.  
[www.patientadvocate.org](http://www.patientadvocate.org)

LANCE ARMSTRONG FOUNDATION  
[www.livestrong.org](http://www.livestrong.org)

AMERICAN PSYCHOSOCIAL ONCOLOGY SOCIETY  
**1-866-276-7443**  
Referral information for Cancer Patients and Caregivers.

AMERICAN CANCER SOCIETY  
[www.cancer.org](http://www.cancer.org)

SUSAN G. KOMEN FOR THE CURE  
[www.komen.org](http://www.komen.org)

STAND UP 2 CANCER  
[standup2cancer.org](http://standup2cancer.org)

NATIONAL BREAST CANCER FOUNDATION  
[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)

NATIONAL BREAST CANCER AWARENESS MONTH  
[www.nbcam.org](http://www.nbcam.org)

# It's never too late to **start!** something amazing!

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# Holiday Specials

valid through January 15, 2011

## Gift Certificates

Pay only \$40 for a \$50 certificate

Pay only \$75 for a \$100 certificate

### Buy 1 of These

- Luminesce  
(Cellular Rejuvenation Serum)
- Cell Repair Therapy
- Anti-Aging Serum
- Tighten & Brighten Eye Serum

### Get 1 of These 50% Off

- Moisturizing Sunscreen
- Ultrablock Sunscreen
- Detox Cream
- 5% Benzoyl Peroxide Wash
- Calming Cleanser
- 2% Glycolic/Salicylic Wash
- Acne Toner Pads

### Juvederm

- Buy First Syringe at \$550
- Get Second at \$450
- (Regularly \$750 for 1 Syringe)

### Botox

- Frown Lines \$200
- Crow's Feet \$200
- Forehead \$200

### Age Reverse Treatment \$250

- RA microdermabrasion
- Kangen anti-microbial tonic
- Infrared skin tightening
  - Anti-aging mask
- Kangen facial toning
- Luminesce & sunscreen

### Zerona Fat Melting Laser

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