

LAHEALTH NEWS

APRIL 2010 | ISSUE 109

COMPLIMENTARY

IT'S ABOUT YOUR LIFE

Actress-Comedian
RACHAEL HARRIS

3 TOP
TIPS TO
OVERCOME
STRESS

USE YOUR
HYPNOTIC
MIND TO
LOSE WEIGHT
MARIA OLGA PAIZ

MONEY
TALKS

WHO PAID FOR
THAT STUDY?

SURVIVE
OR THRIVE
YOU CHOOSE!

MYKE ZYKOFF HHP, C.H.T.

GET
RESULTS
FAST!

WORK OUT POINTER
KEEP IT UP
TO KEEP IT OFF

LIVE
LONGER
LONGEVITY
SECRETS

STEM CELL
HAND LIFT
NATHAN NEWMAN, MD

THE FUTURE
OF MEDICINE

5 AMAZING
GENETIC
BREAKTHROUGHS

ALUNA

A M E D I C A L C O R P O R A T I O N

Your Destination of Choice for Personalized Cosmetic, Laser, and Vein Surgery



model

APRIL SPECIAL

Botox \$150/area
(Minimum 2 areas)

Radiesse
\$500/1.5cc

Spider Vein Tx
(Foam Sclerotherapy or laser vein tx)
\$350/area FDA Approved

FREE Compression Stocking with EVLT
(Endovenous Laser Treatment)
\$125 value

Profractional/Fraxel
(Face & Neck)
\$750
Improve Wrinkles, Fine Lines, Pigmentations...

Laser Acne Scar Treatment
\$500/Tx
(Min. Package of 5 Treatments)

Stretch Mark Tx. \$500 OFF

Latisse \$99

Restylane
\$350/0.8cc

Juvederm Ultra
\$400/0.8cc

Varicose Vein Consultation & Ultrasound Mapping of veins & compression stocking
\$299/Reg. \$550

MOST INSURANCE & MEDICARE ACCEPTED

ARE YOU TIRED OF YOUR VARICOSE VEINS?

We have the solution, comprehensive vein treatment:
Endovenous Laser Treatment (EVLT)

No Scarring; No Hospitalization;
Local Anesthesia; No Down Time!

Varicose Vein



Actual Patient

RAMTIN MASSOUDI, M.D., is Board Certified and focuses on delivering highly personalized, quality medical care

310.855.7171
818.887.7273

877.ALUNA.4U
www.alunaspa.com

- In Beverly Hills: 8500 Wilshire Blvd., #103, 90211
 - In Woodland Hills: 20829 Ventura Blvd., 91364
 - In Glendale/Eagle Rock: 1501 Colorado Ave., 90041
- Free Parking Woodland Hills/Glendale

Complimentary Consultation
Weekends available by appointment

Better Vision At Any Age.

Rajesh Khanna M.D.

Team Ophthalmologist for US Men's Water Polo Team ♦

Voted Best LASIK Surgeon by L.A. Daily News Readers ♦

Certified by the American Board of Ophthalmology, he's performed over 10,000 Surgeries. He has Advanced Fellowship Training in LASIK and Refractive Cataract Surgery, and is a Volunteer at the UCLA Jules Stein Eye Institute.



Call For a Free Consultation

Some Insurances may be accepted.



For Younger Patients:

- ♦ Wavefront Thinflap LASIK
- ♦ Intralase all laser LASIK
- ♦ Super LASIK

For Patients over 45:

- ♦ Prelex -- see far and near in each eye
(not monovision)
- ♦ Super LASIK

Those Turned Down for LASIK:

- ♦ Cataract Surgery
- ♦ Intacs & Corneal Crosslinkage
- ♦ High Myopia/Hyperopia
Phakic iol

CALL NOW

1-877-2KHANNA

www.khannavision.com

Westlake Village

1220 La Venta Dr., Suite 209
Westlake Village, CA 91361



Beverly Hills

240 S. La Cienega Blvd. #200
Beverly Hills, CA 90211



10
Sad Anthem



27
Rachael Harris
Actress-Comedian



16
Special Report: The
Future Of Medicine



22
Money Talks

COVER STORIES & FEATURES

10 Sad Anthem
Consumer group sues California health insurer

12 Live Longer
Calcium may offer unique longevity benefit

16 Special Report: The Future Of Medicine
Experts say the world is on the cusp of a "golden age" of genomics

22 Money Talks
Who paid for that study?

23 Use Your Hypnotic Mind To Lose Weight
Maria Olga Paiz

26 Stem Cell Hand Lift
Surgical Male Enhancement

27 Best Friend Ever
Rachael Harris on sensible eating, cheating with chocolate and self restraint

30 Live On Purpose
Unleash your greatest power

IN EVERY ISSUE

- 6 Editor's Letter** Vitamin K
- 8 Flash** Ageing Gene Linked To Immunity
- 14 Diet** Wine May Keep Weight In Check
- 20 Fitness Report** Mix It Up At The Gym
- 24 Beauty** Making Light Of Home Grooming
- 30 Environment** Climate Change May Extend Allergy Season
- 34 Alternative** Possible Multivitamin Breast Cancer Link
- 34 Calendar** Earth Day Celebration Hike

MASTHEAD

Editor-in-Chief / Publisher
Mark Ariel

Marketing Director Stanford Altamirano
Art Director Alex Razzaghi

Webmaster Rod Rodriguez
Office Manager Steven Garcia

Marketing Consultants Robert Lehner
Lana Leigh Taylor

Contributing writers

Cristina Goyanes,
Nathan Newman, M.D.
Aram A. Akopyan LAc.
Brendan Brazier
Victor Melamed
Ellen Wulforst
Patrick Tsakuda
Rob Bernstein
Megan Rauscher

ON OUR COVER

NEWS PROVIDED BY
REUTERS

FOR DISPLAY ADVERTISING
PLEASE CALL
323-297-4001

COVER PHOTO:
John Russo



OLYMPIA MEDICAL CENTER

Relieve Pain, Regain Independence

OCCUPATIONAL THERAPY

REHABILITATION

PHYSICAL THERAPY

OCCUPATIONAL THERAPY

HAND THERAPY

SPEECH THERAPY



Take a Closer Look

Our outpatient physical therapy and rehabilitation services at Olympia Medical Center provide patients the opportunity to relieve pain and regain independence. Whether you have lost function due to an illness or injury, our rehab services help patients resume the activities of daily living despite changes in their physical status.

Our Treatment Team

Our team approach to treatment is geared towards individualized care. Staff members work with patients on setting goals and developing a specially designed treatment plan.

We understand that each patient's needs are unique, which is why our team includes physical and occupational therapists, and speech and language pathologists, who provide specialized care for a wide range of conditions.

Call (323) 932-5086 for an appointment.



2010 5-STAR RATING

PULMONARY

ORTHOPEDIC

CARDIAC

STROKE

GASTROINTESTINAL

CRITICAL CARE

GENERAL SURGERY



5900 W. Olympic Blvd., Los Angeles, CA 90036 www.olympiamec.com
24/7 LIVE OPERATOR AVAILABLE TO ASSIST YOU AT (800) 874-4325

LAHEALTH NEWS
www.lahealthnews.com

If you would like to offer L.A. Health News at your location, please call 323-297-4001

PUBLISHER
Meir Doron

DISTRIBUTION
News To Go

SUBSCRIPTIONS
To receive L.A. Health News via first class mail send a check or money order payable to: LA Health News, 3183 Wilshire Blvd., 196-K23, Los Angeles CA 90010

SUBSCRIPTION RATES:
\$15.00 for 6 months (6 issues)
\$25 for 12 months (12 issues)

LA Health News is published monthly by LA Health News
3183 Wilshire Blvd.,
196-K23, Los Angeles CA 90010

Telephone 323-297-4001
Fax: 323-297-4022
E-mail info@lahealthnews.com

LA Health News LEGAL CAVEATS

By listing in L.A. Health News, advertisers acknowledge that they do business in a spirit of cooperation, fairness and service, maintaining a high level of integrity and responsibility. Providers of products or services are fully and solely responsible for providing same as advertised. L.A. Health News assumes no liability for improper or negligent business practices by advertisers.

Advertisers and their agencies assume responsibility and liability for the content of their advertisements in L.A. Health News.

Publisher assumes no liability for safekeeping or return of unsolicited art, manuscripts or other materials. L.A. Health News reserves the right to edit all material for clarity, length and content. All contents © 2010 MDMA Publishing, Inc., all rights reserved. Content may be reproduced with permission.

L.A. Health News assumes no liability for any claims or representations contained anywhere in this magazine, and reserves the right to cancel or refuse advertising at publishers' discretion.

PROUD MEMBER OF:



Vitamin K Intake Lowers Cancer Risk

People with higher intakes of vitamin K from food may be less likely to develop or die of cancer, particularly lung or prostate cancers, than those who eat relatively few vitamin-K- containing foods, a new study suggests.

Vitamin K exists in two natural forms: vitamin K1, or phylloquinone, found largely in green leafy vegetables, as well as some vegetable oils, such as canola and soybean oils; and vitamin K2, or menaquinone, for which meat and cheese are the primary dietary sources.

In the current study, vitamin K2 -- which study participants most frequently got through cheese -- was linked to the odds of developing or dying from cancer, whereas vitamin K1 was not.

The findings are based on data from 24,340 German adults who were between the ages of 35 and 64, and cancer-free at the outset. The researchers estimated the participants' usual vitamin K intake based on a detailed dietary questionnaire.

Over the next decade, 1,755 participants were diagnosed with colon, breast, prostate

Vitamin K2 - which study participants most frequently got through cheese - was linked to lower risk

or lung cancers, of whom 458 died during the study period.

In general, the researchers found, the one quarter with the highest intakes of vitamin K2 were 28 percent less likely to have died of any one of the cancers than the one-quarter of men and women with the lowest intakes of the vitamin. That was with factors like age, weight, exercise habits, smoking and consumption of certain other nutrients, like fiber and calcium, taken into account.

Of the one-quarter of study participants who got the least vitamin K2, 156 -- or 2.6 percent -- died of one of the four cancers. That was true of 1.6 percent of participants with the highest intakes of the vitamin from food.

When researchers looked at the cancer types individually, there was no clear link between either form of vitamin K and breast cancer or colon cancer. However, greater consumption of vitamin K2 was linked to lower risks of developing or dying from lung cancer -- a disease for which smoking is the major risk factor -- or of developing prostate cancer.

Of the one-quarter of study participants with the lowest vitamin K2 intakes, 47 -- or 0.8 percent -- developed lung cancer, versus 0.4 percent of the one-quarter who got the most vitamin K2 in their diets.

When it came to prostate cancer, there were 111 cases among the one-quarter of men with the lowest vitamin K2 intakes, and 65 cases in the group with the highest consumption.

In lab research, researchers point out, the vitamin has been shown to inhibit cancer cell growth and promote apoptosis -- a process by which abnormal cells kill themselves off.

Mark Ariel
Editor-in-Chief



American Heart Association | American Stroke Association

Learn and Live.

Is this your idea of a healthy heart?



When you smoke or breathe secondhand smoke, your heart works harder with less oxygen, increasing your risk for cardiovascular diseases. Each year, more than 170,000 people die from smoking-related heart disease, stroke and other cardiovascular diseases but you don't have to be one of them. Your heart's health is in your hands.

Heart Disease and Stroke. You're the Cure.

www.americanheart.org/yourethecure

FLASH

Kids Everywhere Too Sedentary

American kids aren't the only ones being couch potatoes these days, according to new study of more than 70,000 young teens from 34 countries. From Argentina to Zambia, Regina Guthold of the World Health Organization in Geneva and her colleagues found, most kids aren't getting enough exercise, while nearly a third are sedentary. And while thoughts of the "third world" may bring to mind long walks to school and heavy physical labor for children, this isn't what Guthold and her team found. "With regards to physical activity levels, we did not find much of a difference between poor and rich countries," the researcher told Reuters Health.



E

CURRY INGREDIENT SHOWS PROMISE AGAINST LIVER DAMAGE

A compound found in the common curry spice turmeric appears to delay the liver damage that eventually causes cirrhosis, scientists said last month. In a study published in *Gut*, a British Medical Journal title, Austrian scientists found that feeding the compound curcumin to mice reduced the types of inflammation that can cause liver cell damage, blockage and scarring. Some studies have indicated it can suppress cancer tumors and that people who eat lots of curry may be less prone to the disease, although curcumin loses its anti-cancer attributes quickly when it is ingested.

AGEING GENE LINKED TO IMMUNITY

British scientists studying the genetics of ageing said last month that experiments on laboratory worms showed that a specific gene is strongly linked to lifespan, immunity and disease resistance. Since the gene, called DAF-16 in worms, is found in many animals and in humans, the finding could open up new ways to affect ageing, immunity and resistance in humans, the scientists said.

A

Being Overweight UPS STROKE RISK



Excess weight increases stroke risk, a new study including nearly 2.3 million people confirms. And the heavier a person is, the greater their risk. "Being obese (but indeed even just overweight) puts an individual at significantly higher risk of ischemic stroke,

with a serious possibility of permanent disability and reduced life expectancy," researchers said.

B

C

Earlier Diabetes Screening Worthwhile

It's currently recommended that people be screened for type 2 diabetes starting at age 45, particularly if they are overweight. But a new study suggests that it would be worthwhile to start type 2 diabetes screening earlier - between the ages of 30 and 45. Sequential screening for type 2 diabetes is cost effective when started between the ages of 30 and 45 years and repeated every 3 to 5 years, researchers conclude in a report published last month.

Moderate Drinking May Slow Arthritis Progression

Some studies have suggested that moderate drinkers have a lower risk of developing rheumatoid arthritis, and now new findings link the habit to a slower progression of the joint disease. In a study that followed 2,900 adults with rheumatoid arthritis (RA), Swiss researchers found that light-to-moderate drinkers showed slower progression in their joint damage compared with non-drinkers. Heavy drinkers, on the other hand, showed the greatest progression.

D



ADVANCED
COSMETIC PROCEDURES
AT RECESSION FIGHTING PRICES!



DR. G.S. FRANKEL DENTAL GROUP

A Group of Dentists Dedicated to Quality Dental
Care at Low Cost since 1978.



EMPRESS VENEERS

\$695 per tooth
OR
\$650 for four
or more teeth



10801 Venice Blvd. Los Angeles, CA

310.836.3476

FINANCING AVAILABLE • SATISFACTION GUARANTEED
20 YEARS OF EXPERIENCE



Boris Prilutsky, MA Medical Massage Therapist

7901 Santa Monica Blvd., Suite 208,
West Hollywood, CA 90046
p: 310.623.9222 f: 310.921.5623

Choosing the "Right Touch"

A variety of massage services and techniques are available to clients at Prestige Medical center. Although each technique has unique aspects, most are not mutually exclusive. A typical massage session will often combine many elements of the bodywork forms.

- Acupressure for Tension Headaches
- Rehabilitative Exercise Program
- Stress Management Massage
- Anxiety Release Massage
- Trigger Point Therapy
- Deep Tissue Massage
- Pregnancy Massage
- Physical Therapy
- Medical Massage
- Sports Massage

310.623.9222

Call for an appointment Today!



The "Mommy Docs"

You can see them on Discovery Health. And, for your own delivery, only at award-winning Good Samaritan Hospital.

Fondly known as the "Mommy Docs," Yvonne Bohn, Allison Hill and Alane Park have experienced the pregnancy and birthing process from both sides, as accomplished physicians who are also moms with six kids of their own among them. Former school friends and now partners in a demanding OB/GYN practice, they've collectively overseen over 15,000 births, many of them documented on the Discovery Health Channel's popular reality series *Deliver Me*. For all of their deliveries, they choose Good Samaritan Hospital.

But most new moms say they remember the gentle care, support and the personalized service provided to them and their babies at Good Sam.

EXPERIENCE YOUR TRULY SPECIAL DELIVERY:

- 24 hour OB hospitalist
- Anesthesiologist on-duty
- Certified Nurse Midwives
- 2 c-section units
- 11 Labor, Delivery and Recovery rooms (all in one)
- VIP suites available
- Neonatal Intensive Care Unit
- Affiliated with Harbor/UCLA OB/Gyn residency program
- High risk perinatology and genetic counseling available
- All private rooms

Call 1 (800) GS-CARES for a physician referral.



NAMED ONE OF AMERICA'S 50 BEST HOSPITALS (2007-2010) by HealthGrades, the nation's leading independent healthcare ratings company. Recipient of the HealthGrades Maternity Care Excellence Award™ 3 years in a row.



Good Samaritan Hospital
A Tradition of Caring

1225 Wilshire Blvd. Los Angeles, CA 90017 www.goodsam.org

SAD

ANTHEM



CONSUMER GROUP SUES CALIFORNIA HEALTH INSURER

By Steve Gorman

Consumer advocates filed a class-action suit against Anthem Blue Cross last month, accusing California's largest for-profit health insurer of illegally using drastic rate hikes to force customers into inferior health plans.

Anthem's plan to boost its individual premiums by as much as 39 percent has spawned inquiries by state regulators and congressional committees. The White House and Democrats on Capitol Hill also have seized on Anthem's proposed rate hikes in seeking to bolster support for a renewed drive to overhaul the nation's health care system.

The lawsuit in California claims Anthem violated state law by closing certain blocks of its individual health plans to new members without offering comparable coverage to policyholders who opted to remain.

Over time, the pool of older, sicker customers who choose to stay end up trapped in the closed policies, prevented by pre-existing medical conditions from finding affordable plans elsewhere and subjected to rising rates until finally forced to accept lesser insurance or to drop coverage altogether. If they do switch, it is often to plans with fewer benefits, higher deductibles or both, the suit says.

"Blue Cross has a gun to our heads," Mary Feller of San Rafael, Calif., one of the named plaintiffs in the suit filed in Ventura County Superior Court by the advocacy group Consumer Watchdog on behalf of policyholders.

"We could either stay with our old coverage or switch to a new policy with much lower benefits. What Blue Cross did not tell us was that staying with our better policy would mean a 39 percent rate increase," Feller said in a statement announcing the class-

action complaint.

There was no immediate comment from the insurance company, or from the state Department of Managed Health Care, which regulates Anthem Blue Cross policies. But industry execu-

"The lawsuit claims Anthem violated state law by closing certain blocks of its individual health plans to new members without offering comparable coverage to policyholders who opted to remain"

tives have said climbing premiums reflect soaring medical costs.

Since 1993 California law has required insurers to protect individual policyholders from being caught in circumstances the industry refers to as a "death spiral," the suit says.

Insurers must either offer customers of closed plans a comparable alternative or pool the risk of those individuals with customers in policies that remain open in order to minimize their premium hikes, the suit says.

About 800,000 Californians hold health insurance policies with Anthem Blue Cross, accounting for the biggest share of some 2 million people with individual coverage in the state, said Jerry Flanagan, health care policy director for Consumer Watchdog.

By comparison, health maintenance organizations (HMOs) make up the bulk of California health plans, covering some 21 million patients. But individual policies are often the only option for those who are self-employed or do not receive health care coverage through their jobs.

The lawsuit, Feller and Freed vs. Anthem Blue Cross, Case No. 56-2010-00368587-CU-BT-SIM, seeks unspecified restitution for the plaintiffs and a court order barring future alleged violations of the state health and safety code.



Etcetera
MEDICAL GROUP

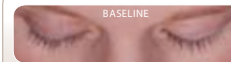
The finest Medical Care given
by our specially trained Providers,
in a comfortable Spa-like setting.



Gift Certificates Available!

MEDI-SPA SERVICES

- BOTOX
- JUVEDERM ULTRA
- JUVEDERM ULTRA PLUS
- RESTYLANE
- PERLANE
- IPL LASER PHOTO FACIAL
- IPL LASER HAIR REMOVAL
- FRACTIONAL SKIN RESURFACING
- LuxIR SKIN TIGHTENING
- YAG LASER VEIN TREATMENT
- SCLEROTHERAPY
- MEDICAL SKIN PEELS
- SKINCEUTICALS



Latisse™

FDA APPROVED TO GROW EYELASHES
Longer, Thicker & Darker
\$20 Rebate exp 3-31-10

FRACTIONAL SKIN RESURFACING



Removes lines, wrinkles, stretch marks, acne scars & dark spots

Offer good until 1.31.09

\$400 per area
(reg \$1,100)

MESOTHERAPY

Fat & Cellulite Removal without surgery

BOTOX

\$10 per unit
Join Botox
Brilliant Distinctions Earn Reward Dollars

IPL LASER

PHOTO FACIAL: *Full Face*
\$195 per treatment
HAIR REMOVAL: *Underarms*
\$50 per treatment

LuxIR

SKIN TIGHTENING
\$300 per area
(reg \$800)
Offer good until 1.31.09

\$50 REBATE on Restylane & Perlane 3-31-10

AGOURA HILLS
30423 Canwood St. #101
818-889-5580

CAMARILLO
370 N. Lantana #14
805-383-9908

ENCINO
17609 Ventura Blvd. #203
818-385-0163

SANTA CLARITA
24868 Apple St. #202
661-259-8884

SIMI VALLEY
1960-10 Sequoia Ave.
805-582-0555

RONBARRUS
STUDIO OF ACTING™



Release your talent.

NOW ENROLLING

Early Summer Workshops, May 2010

One Year Conservatory, Sept. 2010

THE HIGHEST STANDARDS, A WORLD-CLASS FACULTY, LIMITED CLASS SIZES, RESPONSIBLE TRAINING

310-497-1430

www.ronbarrus.com

LIVE LONGER

Calcium may offer unique longevity benefit: study
BY PATRICK TSAKUDA

Getting a bit more calcium

in your diet could help you live longer, new research suggests.

Swedish researchers found that men who consumed the most calcium in food were 25 percent less likely to die over the next decade than their peers who took in the least calcium from food. None of the men took calcium supplements.

The findings are in line with previous research linking higher calcium intake with lower mortality in both men and women, the researchers point out in a report in the *American Journal of Epidemiology*.

While many researchers have looked at calcium and magnesium intake and the risk of chronic disease, less is known about the association between consumption of these nutrients in food and mortality.

To investigate, Dr. Joanna Kaluza of the Karolinska Institutet in Stockholm and her colleagues looked at more than 23,000 Swedish men who were 45 to 79 years old at the study's outset and were followed for 10 years. All had reported on their diet at the beginning of the study. During follow-up, about 2,358 died.

The top calcium consumers had a 25 percent lower risk of dying from any cause and a 23 percent lower risk of dying from heart disease during follow-up relative to men that had the least amount of calcium in their diet. Calcium intake didn't significantly influence the risk of dying from cancer.

Men in the top third based on their calcium intake were getting nearly 2,000 milligrams a day, on average, compared to about 1,000 milligrams for men in the bottom third. The US Recommended Dietary Allowance (RDA) for calcium intake is 1,000 milligrams for men 19 to 50 years old and 1,200 milligrams for men 50 and over.

"Intake of calcium above that recommended daily may reduce all-cause mortality," Kaluza and her colleagues conclude.

Calcium could influence mortality risk in many ways, they note, for example by reducing blood pressure, cholesterol, or blood sugar levels. For the men in the study, the main sources of calcium in the diet were milk and milk products and cereal products.

In contrast to calcium, there was no relationship between magnesium consumption and overall mortality or deaths from cancer or heart disease. Study participants' intakes ranged from around 400 milligrams per day to around 525 milligrams; the RDA for magnesium is 420 milligrams for men 31 and older.

This analysis, the researchers say, may have found no effect for magnesium because all of the men in the study seemed to be getting enough of the mineral in their diet. "Further studies are needed in other populations with lower dietary magnesium intakes to address this issue," they say.

Future research should also look into calcium and magnesium intake from drinking water, they add, which can be a significant source of these minerals.

"Top calcium consumers had a 25 percent lower risk of dying from any cause"



Happy April Fools Month!!

Archer
& Wellness
Pilates

“The Joke’s on US!”

- PILATES
- POLE DANCING
- POLATES
- MASSAGE
- PHYSICAL THERAPY
- CHIROPRACTIC CARE
- CHILDREN’S CLASSES



We Accept Medical Insurance

www.archerpilates.com



6504 Arizona Ave.
Los Angeles, CA 90045

310-215-0300

1 FREE
Private Pilates
Session
Included

\$225 per month

**UNLIMITED PILATES
Reformer Classes**

\$25 annual membership fee applies. Must present MM coupon.
Not valid w/other offers. Expires 5/15/10

\$30 Saturdays

1 HOUR MASSAGE

Every Saturday during this month & ONLY

\$250 for a 10 pack good anytime**

Must RSVP

Must present MM coupon. Not valid w/other offers.

**Expires 90days after purchase.

» BRIEFS

HIGH-FIBER DIET LUNG BENEFIT

People who get enough fiber in their diets, particularly from whole grains, may have a lower risk of developing chronic lung disease than



those who eat few high-fiber foods, a new study finds. When the researchers accounted for a number of other factors -- including smoking, age, weight and exercise habits -- the group with the highest fiber intake still had a one-third lower risk of COPD than the group that consumed the least fiber.

DIET MAY CURB BREAST CANCER RISK

Diets high in vegetables, fruits and soy might cut the risk of developing breast cancer by 30 percent, new research suggests. Researchers noticed a trend of "decreasing breast cancer risk with increasing intake of a vegetable-fruit-soy dietary pattern" in the 34,000 Chinese women studied. "There's usually a bad food pattern of meat and lots of starch and saturated fat. And then there's the good pattern -- a prudent pattern in our case -- the vegetable-fruit-soy pattern," researchers said.



Wine May Help Women Keep Weight In Check

» **Light to moderate alcohol consumption,** Light to moderate alcohol consumption, especially red wine, is not only good for a woman's heart, it's also good for her waistline, according to a recent study.

The study started out with nearly 20,000 trim middle-aged and older women. Over time, women who drank alcohol in moderation put on less weight and were less apt to become overweight compared to non-drinkers. This was true even after taking into account various lifestyle and dietary factors that might influence a woman's weight.

Red wine seemed best at keeping weight in check, but white wine, beer and spirits also had some benefit.

"Our study results showed that middle-aged and older women who have normal body weight initially and consume light-to-moderate amount of alcohol could maintain their drinking habits without gaining more weight compared with similar women who did not drink any alcohol," researchers said.

Many prior studies have suggested that moderate drinking -- usually defined as a drink or two a day -- can be a healthy habit, particularly with regard to heart health, while heavy drinking can harm health in the blood. Consistently high sugar levels define diabetes.



MEDITERRANEAN DIET TIED TO FERTILITY SUCCESS

Women who closely adhere to a Mediterranean-style diet rich in vegetables, vegetable oils and fish may have a higher likelihood of becoming pregnant after infertility treatment, a new study suggests. Researchers in the Netherlands found that among 161 couples undergoing fertility treatment at their center, women whose eating habits most closely matched the traditional Mediterranean diet were 40 percent more likely to become pregnant than those with the least Mediterranean-like diets. The study, reported in the journal *Fertility and Sterility*, does not prove that the diet itself boosts the success of fertility treatment. The study was "observational" -- where the researchers asked couples about their usual diets, separated them into groups based on their diet patterns, then followed the groups' outcomes after fertility treatment. Such studies cannot prove cause-and-effect. However, the findings point to a possible role for diet in fertility treatment success.





Now is the time for your Colonoscopy & Lung Cancer Screening.

Get both
screenings for only \$500!
(For a limited time only)

In recognition of Colorectal Cancer Awareness Month, Parkview Imaging is pleased to offer Virtual Colonoscopy and Lung Cancer screenings for an **unprecedented price of only \$500.**

Undiagnosed Colon Cancer is called a "Silent Killer" because the symptoms often occur in later stages of the disease.

Early screening saves lives. Call Parkview Imaging today to schedule your screening.

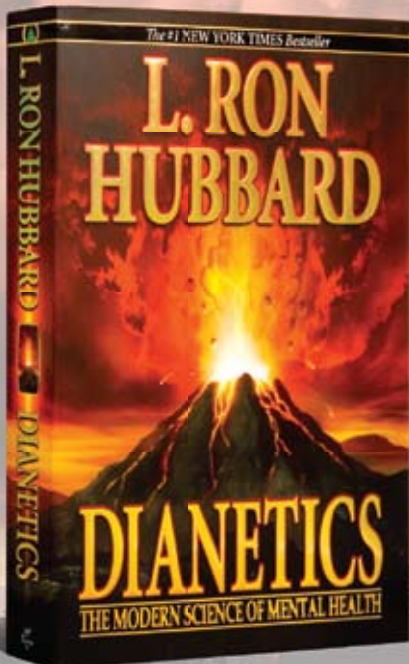


(310) 315-1000

parkviewimaging.com

Parkview Imaging | 2428 Santa Monica Blvd, Santa Monica, CA 90404 | (310) 315-1000 | parkviewimaging.com

STRESS ? ANXIETY ? UNCERTAINTY ?



If you've ever felt there was something holding you back in life, ruining your plans and stopping you from being who you want to be, you were right.

The fact is, there is a single source of all your problems, stress, unhappiness and self-doubt. It's called the reactive mind – the hidden part of your mind that stores all painful experiences, then uses them against you.

Dianetics gets rid of the reactive mind. It's the only thing that does.

Don't live with insecurity, negative thoughts, depression and irrational behavior. Use Dianetics and get rid of your reactive mind.

Buy it, Read it, Use it!

Order your copy today.

Call (323) 960-3100

or e-mail dirintroservices@celebritycentre.org

**Mention this ad
and receive a
FREE DVD**

#LAHN-0410-DN

\$20 paperback
\$35 audiobook
FREE SHIPPING

© 2010 CSCCI. All Rights Reserved. DIANETICS is a trademark and service mark owned by Religious Technology Center and is used with its permission.

THE FUTURE OF MEDICINE

Some experts say the world is on the cusp of a "golden age" of genomics

BY MAGGIE FOX,
JULIE STEENHUYSEN
AND BEN HIRSCHLER

Francis Collins, who helped map the human genome, did not get around to having his own genes analyzed until last summer. And he was surprised by what he learned.

Collins has a predisposition for type 2 diabetes, something he had never suspected. The lanky, former director of the National Human Genome Research Institute (NHGRI) discovered this through tests offered by Navigenics, 23andMe and DecodeMe • companies that charge customers a few hundred dollars for a peek at their genetic makeup.

"I signed up for all three because I wanted to see if they gave the same answer," he said. "They all agreed my diabetes risk is higher."

Armed with that information, he eventually lost 25 pounds. But as a rule, he doesn't consider such tests especially useful • at least not yet. "Admittedly, right now your family history may be your best bet and it doesn't cost anything," he said. And so it goes in the fledgling genome field.

Some experts say the world is on the cusp of a "golden age" of genomics, when a look at the DNA code will reveal your risk of cancer, diabetes or heart disease, and predict which drugs will work for you. Yet the \$3 billion international Human Genome Project, whose first phase was completed a decade ago, has not led to a single blockbuster diagnosis or product.

Still, Collins describes this as low-hanging fruit. He says the hard work is only just beginning.

In a sense, the field is a victim of its own success. Companies are beating down the price of genetic sequencing, competing to make the machine that every biotech lab will have as standard equipment to sequence a person's entire genome on the spot. But all this genome sequencing is creating what current NHGRI director Dr. Eric Green calls a "tsunami of information" that is overloading the brains of scientists and the capacity of computers.

Paradoxically, this reflects the fact that people have relatively few actual genes, the stretches of DNA that instruct a cell to make a protein, or what Green refers to as "bricks and mortar." Humans have just 20,500 of them, compared with up to 30,000 for mice and 50,000 in rice. That was one of the big surprises from the Human Genome Project.

As a result, much of the most important information lies in what used to be called "junk DNA," which makes up two-thirds of the human genetic code.

"There is this dark matter of the genome that is lurking out there, waiting to be uncovered," says Collins.

To be sure, there have been some tantalizing glimpses:

1. A personalized blood test can tell whether a patient's cancer has spread or come back. Dr. Bert Vogelstein of Johns Hopkins University in Baltimore and colleagues found stretches of DNA in colon and breast tumors with extra DNA copies, or fused-together chromosomes.
2. A gene-based test called Oncotype DX helps identify breast cancer patients who are not likely to benefit at all from chemotherapy.
3. Dr. James Lupski of the Baylor College of Medicine in Houston studied his own entire DNA map and sequenced the genomes of family members, including his deceased grandfather, to diagnose the mutation causing his rare genetic nerve disease, called Charcot-Marie-Tooth syndrome.
4. Genetic tests are now able to pick out poor responders to Plavix, or clopidogrel, a common life-saving anti-clotting drug.
5. A small start-up called Ion Torrent recently unveiled its new DNA sequencer. It's the size of a computer printer. It was a shock to researchers who had used rooms the size of a football field full of sequencers for the original human genome.



GENES AND CANCER

For many cancer patients, a major fear is that their surgeon missed something and their cancer will grow back. The only way to tell now is to wait until tumors are big enough to be spotted by imaging machines.

That could soon change. A gene-based test that can search a patient's blood for tiny bits of DNA shed from tumors may soon give doctors an early warning that they may have missed something.

"That's only become possible through the advent of so-called next-generation sequencing technology," said Dr. Vogelstein, who is developing the blood test.

The test takes advantage of rapid advances in the technology to sequence whole genomes. The latest machines from companies like Illumina Inc and Life Technologies Corp can map out a patient's whole DNA code in just a few weeks for as little as \$5,000, a far cry from 13 years and \$3 billion it took Collins and his international collaborators to get the first human genome.

Vogelstein said the rapidly falling cost of genome sequencing means the blood test could be affordable enough to be on the market within two years. Before long, all cancer patients could have their tumors sequenced routinely to find the genetic defects that cause them to grow.

"Cancer is maybe the best disease to cut our teeth on," said Yale Medical School geneticist Richard Lifton. "The reason for that is we know that cancer is largely a disease in changes of DNA sequence."

Matthew Meyerson of the Dana-Farber Cancer Institute and the Broad Institute of Harvard and the Massachusetts Institute of Technology said he is impressed by the pace of change. "The first cancer gene sequence was reported in 2008. There were probably 100 done last year. Maybe there will be many hundreds or even

1,000 this year," he said.

Lifton predicts that within the next two years, scientists will have the genetic sequence of every major human cancer. "Many of these will identify new genes that we had not previously known about with a role in cancer," he said. "Some of these will turn out to be incredibly important new drug targets."



Do you want to
cleanse
your body of toxins?

Come to this free lecture based on the New York Times best seller "Clear Body Clear Mind" by L. Ron Hubbard



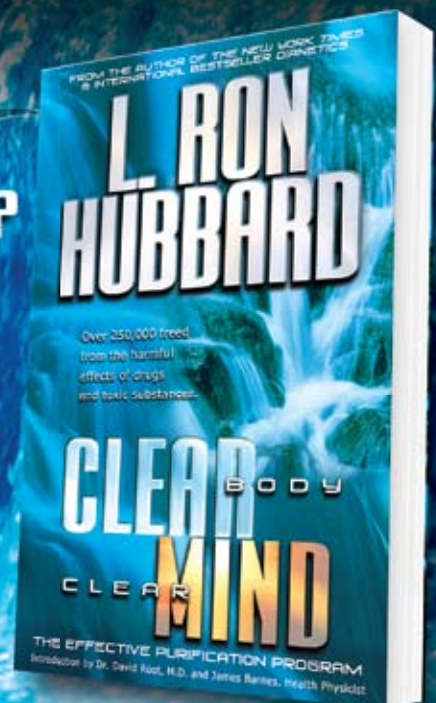
Discover how the PURIFICATION RUNDOWN is the first effective program designed to get rid of all toxins in your body, giving you more energy and clarity of thought.

with renowned toxins expert Mr. Michael Wisner, Research Scientist and Author of *Living Healthy in a Toxic World*.

Every Tuesday at 7:30pm

Church of Scientology Celebrity Centre International
5930 Franklin Avenue, LA, CA 90028

Call or e-mail to reserve your seat: (323) 960-3100
dirintroservices@celebritycentre.org • Admission: FREE!



Bring this coupon
and receive a
FREE DVD

#LAHN-0410-CBCM

© 2010 CSCCI. All Rights Reserved. Purification Rundown is a trademark and service mark owned by Religious Technology Center and is used with its permission.



THE

RHEINSCHILD

CLINIC

SURGICAL MALE ENHANCEMENT



ANCEMENT

Do you want more confidence with your partner?

Do you want an enhanced experience for you and your partner?

Dr. Gary W. Rheinschild is the leading specialist & pioneer in the field of male enhancement. His enhancement surgery procedure is called Phalloplasty. Phalloplasty is the art and science of penis enhancement.

Dr. Rheinschild, and his trained protégés, have performed over 7,000 surgeries - half of them have been penis reconstruction cases due to the fact that the patient went to a doctor not qualified to perform Phalloplasty.

The Rheinschild Clinic utilizes the latest and most advanced techniques currently being performed today in the world of Phalloplasty.

The Rheinschild Clinic's patients are achieving 1-3+ inches in length within a couple of weeks to the first 6 months and in some cases up to 4+ inches within the year. The average gain in girth is 2 inches.

Additionally, The Rheinschild Clinic offers testosterone replacement therapy for men, as well as procedures for women, such as breast augmentation, tummy tucks, rhinoplasties, skin care treatments including various laser treatments - including IPL, Titan, AFT, Pixel, facials with acid peels & microdermabrasion, BOTOX, fillers like Juvéderm, Radiesse, and more.

CALL TOLL FREE
1.866.599.MALE (6253)
www.therheinschildclinic.com

In Association with
Anaheim Hills Surgery & Skin Care Center and **Contour Aesthetic Spa**



Anaheim Hills Surgery & Skin Care Center
145 S. Chaparral Court, Suite 101
Anaheim Hills, CA 92808
714 282 2222
www.anaheimhillssurgery.com
www.laseritskincenter.com



Contour Aesthetic Spa
1310 Pacific Coast Highway, Suite 250
Hermosa Beach, CA 90254
310 379 3010
www.contourmedspa.com

BRIEFS

CHRONIC AILMENT EXERCISE BENEFIT

Does heart disease or another chronic illness have you anxiety-ridden? Starting an exercise program may help calm your nerves, according to a review of published studies. The authors of the



review say they found "solid evidence" that exercise can curb anxiety in patients dealing with a chronic illness, such as heart and circulatory problems, fibromyalgia, arthritis and other pain conditions, mental health problems, cancer, as well as the breathing disorder COPD.

MIX IT UP AT THE GYM TO GET BEST RESULTS

Breaking up your fitness routine is hard to do. But it's crucial for avoiding the bigger heartache of overuse injury, fitness experts say.

"People tend to do the same thing over and over again, without varying it, without taking adequate rest, without building slowly, and they end up with an overuse injury," said GERALYN COOPERSMITH, national manager for the Equinox Fitness Training Institute.

"Tendonitis, bursitis, fasciitis, these kinds of inflammations are pretty much guaranteed if you don't vary your training," said Coopersmith, who oversees the training of 1400 personal trainers in 48 Equinox clubs nationwide.

Yet she concedes that even clients who complain of nagging aches and pains are loath to change their routine.

"Most people don't cross train enough," she said. "Maybe they've been doing yoga for years so their flexibility is great but ask them to hold a plank position and there's no core strength at all."

Fitness experts suggest varying routines and taking time to recover.

"People get terrified. They'll say, 'The treadmill made me lose weight.' Well, exercise made you lose weight. The treadmill was the modality. That doesn't mean it's the only way or the best way," she explained



Exercise In The Heat For Weight Loss

T Exercisers who are trying to cut calories might want to take a run in the sun instead of a climate-controlled gym, a small study suggests. The study, of 11 physically active men, found that participants ate less immediately after working out in hot conditions -- about 97 degrees Fahrenheit -- than in a more moderate, 77-degree environment. On average, the men ate roughly 300 calories more when they worked out in moderate temperatures than when they rested in those same conditions. In contrast, when they exercised in the heat, they subse-



quently downed about the same amount of calories as they did after relaxing. "Our findings suggest that if you exercise in a warmer environment you will eat less in the subsequent meal," senior researcher Dr. Kym J. Guelfi, of the University of Western Australia's School of Sports Science, told Reuters Health in an email.

WEIGHT LIFTING HELPS ARTHRITIS



Strength training can help ease pain and improve physical functioning in people with osteoarthritis of the knee, a new review of current data confirms. Weak quadriceps muscles and out-of-balance joints can contribute to the development of osteoarthritis of the knee, researchers note. Given that resistance exercise can strengthen these muscles and restore more normal joint mechanics, they add, it should be beneficial to people suffering disability from degeneration in their knee joints.



PRESTIGE *Medical Center*

Vlad Nusinovich, MD, FACP

Board Certified Internal Medicine

www.PrestigeMedicalCenter.com

Hospital Affiliations:

Olympia Medical Center
St. Vincent Medical Center
Cedars-Sinai Medical Center

Prestige *Medical Center* is pleased to welcome you to the new state-of-the-art medical facility conveniently located in the heart of West Hollywood.

We specialize in Internal Medicine, offering comprehensive health care to adults. This includes general physical examinations, treatment of acute medical illnesses and the ongoing care of chronic medical diseases. We also provide preventive and rehabilitative medical services. Prestige Medical Center strives to provide the highest level of health care by focusing on both the emotional and physical well-being of our patients.

We offer an environment that is loyal, respectful and compassionate.

Call for an appointment Today!  310.623.9222

For convenience of our patients, **ON SITE SERVICES:**
ECG, Lab Tests, Ultrasound, 24 - Hour Holter, Vaccinations,
Ear Lavage, Vitamins/IV Injections, Joint Injections

www.PrestigeMedicalCenter.com

Online services: Appointment requests, Prescription refill requests
Messaging to doctor(s) and staff, Lab results enquiries

7901 Santa Monica Blvd., Suite 208, West Hollywood, CA 90046

P. 310.623.9222 F. 310.921.5623

Most insurances accepted.



MONEY TALKS

WHO PAID FOR THAT STUDY? SOURCE AFFECTS OUTCOME

By Maggie Fox

One study shows that milk can help people lose weight. Another shows that tomato juice might prevent cancer and a third shows benefits to fizzy sodas.

But consumers should take those studies with a grain of salt, researchers report. If a study was industry-funded, it was far more likely to have a positive finding than if it was paid for by the government or an independent group, the researchers found.

“We are not singling out any industry or any particular study,” said lead researcher Dr. David Ludwig of Children’s Hospital Boston and Harvard University.

“Our first look shows evidence strongly suggestive of bias,” Ludwig said in a telephone interview.

The study, published by the Public Library of Science online journal PLoS Medicine, echoes other findings that show industry-funded research on drugs is more likely to be favorable to the drugs than independent research.

Ludwig’s team reviewed 111 studies on soft drinks, juice and milk that were published between 1999 and 2003.

“We chose beverages because they represent an area of nutrition that’s very controversial, that’s relevant to children, and involves a part of the food industry that is highly profitable and where research findings could have direct financial implications,” Ludwig said.

Studies funded entirely by industry were four times to eight times more likely to be favorable to the financial interests of the sponsors than those paid for by other groups, the

researchers found.

Of the 22 studies clearly identified as funded by companies or industry groups, just three, or 13.6 percent, had findings that were unfavorable to the beverage studied.

More than 38 percent of the independently funded studies were negative, the researchers found.

This “raises serious concerns that some food industries may distort the scientific record on diet and health,” Martijn Katan, professor of nutrition at Vrije Universiteit in Amsterdam, wrote in a commentary in the same journal.

Ludwig said the studies could be set up differently if they are funded by industry. Or it could be that sponsors choose not to publish studies that turn out unfavorable to their product, he said.

Researchers funded by industry may do rigorous work, but may choose to ask certain questions more likely to produce a result favorable to the product, Ludwig said.

“I don’t blame researchers for this problem. I think that most are highly ethical and dedicated to science,” Ludwig said.

He said the problem is that the government does not spend much money studying nutrition.

“Industry money becomes difficult to resist,” he said. “Imagine ... you are facing the choice of accepting industry money or closing up shop.”

Ludwig’s study was paid for by his hospital and by the Charles H. Hood Foundation, a childhood health philanthropy.

USE YOUR HYPNOTIC MIND AND LOSE WEIGHT

SPRING IS THE BEST TIME TO TALK ABOUT WEIGHT LOSS. IT IS THE TIME WHEN PUBLISHERS RELEASE DIET AND EXERCISE BOOKS.

When talk shows interview weight loss experts; when people start paying attention to losing weight to renew themselves and look great in the summer fashion.

The truth is, diets don't work. This 33 billion dollar industry has only a 2% success rate. Hypnosis has a 68% success ratio. Very much because of the low-fat craze of the 90s, 2/3rds of Americans are now overweight and 25% are morbidly obese (that means their fat can kill them). Type II Diabetes is on



the rise and the repercussions of overweight are looking us in the eye.

Most overweight people have had their stomachs stapled, their jaws wired shut, they have undergone fasts, fad diets, gone to Weight Watchers, Jenny Craig and finally they realized that what they need to do is change their eating habits, make better food choices, exercise, etc. **THIS IS NOT NEW INFORMATION** – obesity and nutrition experts agree that these are the changes to be made. Then, why aren't most people able to make them? Why continue to go on fad diets that make them feel deprived, eat more and gain more weight?

If you are getting the same negative

results, you are probably unconsciously running old negative programs and reinforcing them with the same negative habits about food; the same body fat continues to return after you lose it. Instead change your internal dialogue using Hypnosis. You will be able to live your life while releasing the weight as Hypnosis is a gentle process by which a person can change behaviors at a much deeper level than just will power.

Neuroscientists have discovered that we have the capacity to create an infinite number of new neural connections in our brain. To transform your body you have to change your mind and everything else will follow suit.

If losing weight was easy nobody would have that problem.



Maria Olga Paiz
from Solutions 2 Life, Inc.
323.839.0325
www.solutions-2-life.com



New Health, New Life.

We'll work together to ensure that you achieve your goals, feel great, and improve your overall health and well-being. I will construct a program that is specific to your goals, body type, and preferences. I train clients in the gym, privately out of their homes, the beach, parks, or wherever works the best. I also do 4-week group training sessions in a local park to help make having a personal trainer affordable for everyone.

EVERY ANGLE FITNESS

BY ERIN

New 4-week group personal training sessions. **Call for more information**

ERIN MCFARLAND

Certified Personal Trainer, Nutritionist

310.600.9826 • erin@erinmcfarland.com • Erinmcfarland.com

NOTES

MAKING LIGHT OF HOME GROOMING

The National Physical Laboratory (NPL) in the UK recently assessed the light emitted by a home-use intense-pulsed light (IPL)



hair reduction system and confirmed that it is safe. This confirmation is important, as IPL devices must meet the necessary safety guidelines, to ensure users are protected in the case of accidental exposure to the human eye. IPL is mainly used to treat certain cosmetic conditions - it can remove unwanted body hair, reduce the appearance of surface veins, and generally improve skin's appearance. Traditionally delivered in specialist salons, the market has now grown to include units that can be used at home.

CHEST DEFORMITY CORRECTION SURGERY

A new minimally invasive surgery to correct a chest wall deformity -- often known as pigeon chest -- was demonstrated at an international conference last month. The new surgical technique was developed in South America by surgeons trained in a minimally invasive technique to correct pectus excavatum, a related condition that causes the chest to protrude inward.

Medical Device Alert To Breast Implant Surgeons

The Medicines and Healthcare products Regulatory Agency (MHRA) in the UK is advising breast implant surgeons not to use silicone gel-filled breast implants manufactured by the French company Poly Implant Prothese (PIP).

The MHRA was informed by the French medical device regulatory authority (AFSSAPS) that it has suspended the company's marketing, distribution and export of these products.

AFSSAPS recently carried out an inspection of PIP's manufacturing plant and found that most implants manufactured since 2001 have been filled with an unauthorized silicone gel which differs from the originally approved material.

The MHRA is investigating, in collaboration with AFSSAPS, whether the unapproved gel affects the safety of these implants. AFSSAPS is carrying out tests to establish the level of risk.

The MHRA has issued a Medical Device Alert to breast implant surgeons and healthcare professionals.

Director of Devices Clinical, Dr Susanne Ludgate said, "Clinicians should not implant these devices and they should quarantine any stock.

"Patients who have concerns about their PIP silicone gel filled breast implants should contact their breast implant surgeon.

"Once we receive further information about the safety of these products, we will provide further advice on patient management, as necessary, when more information is available."



Babies Severe Cleft Palates Breakthrough

Scientists working on a treatment for babies born with cleft palates have made a promising breakthrough and the first clinical trials are planned for early next year. The preliminary results on a hydrogel material show treatment for severe cleft palates could be carried out without the need for complex surgery. Cleft palates are currently repaired by surgically repositioning the available palatal mucosa, the tissue structure at the roof of the mouth, in order to cover the gap in the palate. However, if the cleft defect is too wide there may be insufficient local tissue available to close the gap without undertaking quite radical surgery. It is these severe cases that can cause future complications for infants as they develop into adults particularly with speech and facial growth problems.

20% Off! **To New Customers!**
(Exp 4.15.10)



Rio Tan
The **Coolest Place To Get Hot!**

Bringing the bronze to Venice's bodies for over 25 years, this Venice Legend prides itself on quality equipment and the highest standards for service, cleanliness and results!

Rio Tanning in Venice with over 5 levels of Tanning including Mystic Spray Tan!

Mystic Tan

Mon-Fri 8am - 10pm • Sat 9-8 & Sun 10-7
707 Lincoln Blvd. Venice CA 90291
(310) 396-9628 • www.riotanvenice.com

DANNY'S WAREHOUSE

5701 W. Adams, Los Angeles, CA 90016

5,400 square feet of:
Leotards, Shoes, Skirts, Pants, Bags, Tights, etc.

still **\$10** as always!



800.552.5385
Tel: 323-954-8973 • Fax: 323-954-9471

Web: www.dannyswarehouse.com
E-Mail: danny39@pacbell.net


Store Hours: Sunday - Friday 9am - 5pm - Closed Saturday

GLENDALE/LA ADVENTURE BOOT CAMP

SEE RESULTS NOW!

We Want You!
Are You Ready to Make a Change?
Results for the Busy Woman
Serving Glendale/LA & Surrounding Areas
All Fitness Levels Welcome!!!
www.BootCampGlendale.com 818-998-5032

Detoxify Now at Healing Waters
Largest and Oldest Full Body Detox Clinic in Vegas and Los Angeles. Everything You Need For a Full Body Detox
Specializing in Colon Hydrotherapy



Colon Cleanse: Removal of undigested proteins for better digestion
Pencil Thin Tubes, Gentle, Safe, Private
Hyperbaric Oxygen Therapy: Raises oxygen levels for better metabolism
Candida Removal: Kills harmful bacteria that keeps you tired
Liver, Kidney Flush: Removes calcium stones buildup
Steam And Infrared Saunas, Massage • Ear Candling: Removes wax buildup
7 Day Vitrotoz Internal Cleanse/Fast

FREE CONSULTATION FOR EDUCATION
MOST INSURANCE WELCOME

Dr. Marc Debell M.D., CHT, Medical Director

\$20 OFF Colon Hydrotherapy
With this coupon.

For more information
702-388-4124 820 Rancho Lane, Ste. 62 Las Vegas, NV 89166
800-730-4124 www.HealingWatersDetox.com
323-876-4325 3324 Barham Bl. 2nd Floor Hollywood, CA 90068

Detox Weight Loss Center

PURIFY YOUR BODY!
It will bring increased energy, mental clarity and balance to the entire system. Improves high blood pressure, diabetes, arthritis, chronic fatigue, headaches and insomnia.

AS A BONUS.
You will lose 15 to 30lbs in 2 weeks!

HEAR WHAT OTHERS ARE SAYING:
"The easiest thing you can do to lose weight and feel better..."
"Best thing I have ever done...I sleep like a rock without any pills!"
"I feel 20 years younger..."
"No more headaches because my blood pressure is normal..."

SPECIAL ACUPUNCTURE TREATMENTS
• Facial Rejuvenation • Acne Problems
• Pain Control • Chronic Diseases

THERAPEUTIC FOOT MASSAGE

TAHRA CENTER & YONG S. KIM ACUPUNCTURE CLINIC
Detox Weight Loss Center

CALL FOR A FREE CONSULTATION TODAY!
(323) 933.8814

LA CLINIC
(323)933-8814
4160 Wilshire Blvd.
Suite #301, LA, CA 90010

BUENA PARK CLINIC
(714)-522-8818
5841 Beach Blvd.
Buena Park, CA 90621



STEM CELL HANDLIFT

HAND REJUVENATION USING YOUR BODY'S OWN STEM CELLS

BY NATHAN NEWMAN, MD

Stem cells from your own body fat have the power to restore and renew the youthful appearance of the face and body. Traditional face lift procedures could not address the signs of aging on the hands and therefore the hands became the “tell-tale” sign of age. The Stem Cell Lift(tm) procedure is the ideal way to correct the hollowed, skeletal, wrinkled skin on the hands to match the youthful and rested look of a stem cell face lift.

THE AGING HAND

Just as on the face, the volume and fatty



cushion that is present beneath the skin of the hands is lost over time. This results in bony looking hands with undesirably protruding veins under the skin. Sun exposure causes skin discoloration and wrinkles which also give an aged look to the hands.

STEM CELL HAND LIFT

The Stem Cell Lift(tm) is a procedure that can be done under local anesthesia in a procedure room. A mini-liposuction procedure is done on any area of the body that the patient chooses to have excess fat removed from. The stem cells found in this fat are then concentrated to increase the number of stem cells that will be injected to rejuvenate the hands. The stem cell enriched fat is then used to sculpt the hands using specially designed instrument. The results are immediate. There is some swelling and soreness in the areas treated that subside within in days. It takes the newly introduced cells about 3 months to completely integrate into and become a natural part of the body area that they have been placed.

ADVANTAGES OF STEM CELL LIFT™

- NO RISK OF ALLERGIC REACTION.
- NO GENERAL ANESTHETIC - LOCAL ANESTHESIA IS USED.
- IT GIVES YOU A REFRESHED BUT NATURAL LOOK RATHER THAN A TIGHT, PLASTIC APPEARANCE.
- THERE ARE NO VISIBLE SCARS.
- QUICK RECOVERY TIME.

BEFORE



AFTER



- MINIMAL OR NO PAIN.
- MORE ECONOMICAL.
- LONG LASTING NATURAL RESULTS.
- MAY BE USED TO SCULPT ALL DESIRED AREAS OF THE FACE AND BODY IN ONE PROCEDURE USING YOUR OWN STEM CELLS.
- PROCEDURE FALLS WITHIN FDA GUIDELINES.

OTHER TREATMENT OPTIONS

Other materials have been used to try and rejuvenate the hands. Fillers like Sculptra, Radiesse, Juvederm, etc. are not permanent, may look unnatural and may cause undesirable reactions in the body. For the skin discoloration and other sun related changes, lasers, peels and other modalities may be used with the Stem Cell Lift(tm) to give you a natural looking, youthful hand, that matches the results on your face.



Dr. Nathan Newman is world renowned for his advanced cosmetic surgery procedures.

He is the innovator of the Stem Cell Lift(tm), cutting-edge cosmetic surgery - without the cutting. To learn more about how you can benefit from this revolutionary procedure, visit Stem-Cell-Lift.com or please call 310-273-3344.



love your heart.

go red. anyway you want... eat red – apples, cherries, tomatoes. leave red kisses on someone's cheek. laugh so hard your face turns red. but whatever you do, do it for your heart. take a moment everyday and put your hand on your heart. and then make your own promise to be heart healthy.

www.goredforwomen.org

1-888-MY HEART



American Heart Association 
Learn and Live

nationally sponsored by





BEST FRIEND EVER

Actress-comedian Rachael Harris on sensible eating, cheating with chocolate and self restraint

BY MARK ARIEL
PHOTOGRAPH BY ROB MCEWAN

Smart, funny and attractive, it's virtually impossible not to fall in love with actress-comedian Rachael Harris. You've seen her great comedic acting skills in actor-director Christopher Guest's mockumentaries, you've watched her poke good natured fun at other celebs on VH1's *I Love the '80s*, *I Love the '90s*, and *Best Week Ever*, you've seen her hilarious stunts on the *Daily Show*, and somehow - in your head - you feel like she's one of your best friends.

Born in Worthington, Ohio, Harris moved to LA, where she studied and majored in theater. She then performed with the Los Angeles improvisation troupe, *Groundlings*.

She debuted on television in a 1993 episode of *SeaQuest DSV*.

After an appearance on *Star Trek: Voyager* in 1997, Harris went on to a recurring role in The WB's *Sister, Sister*. Other television credits include a stint as a correspondent for *The Daily Show's* 2002-2003 season, as well as roles on *The*

Sarah Silverman Program, *Reno 911!*, *The West Wing*, *Friends*, *Curb Your Enthusiasm*, *Monk*, and *Desperate Housewives*.

Harris played the supporting role of Kevyn Schecket, Kirstie Alley's personal makeup artist, on the Showtime series *Fat Actress*. She played Cooper in the ABC sitcom *Notes from the Underbelly*.

Her film credits include roles in *Best in Show*, *A Mighty Wind*, *For Your Consideration*, *Starsky & Hutch*, *Kicking & Screaming*, and *Daddy Day Care*. In the 2009 comedy *The Hangover* she plays Melissa, girlfriend to Ed Helms. In 2010, she played Greg's mom in the film *Diary of a Wimpy Kid*.

In the health arena, Harris follows the "everything in moderation" mode. "While I don't follow a specific diet, I try to follow a few basic rules," Harris tells **LA Health News**. "I eat lean protein, veggies, and light carbs... I don't believe in eliminating carbs completely from your diet, but I keep the intake low. For example today for lunch, I had a mixed green salad, breast of chicken, sautéed veggies and a little bit of rice. I try to keep it as healthy as possible, especially if I'm on set," Harris reveals. However, she explains, "I don't deprive myself of anything, if I feel like chocolate, I'll have a few pieces. The trick is to keep it to only a few pieces. I'm pretty good with self-restraint."

RACHAEL HARRIS: **» TIPS TO OVERCOME STRESS**

1 RUN

I try to run 6 days a week, wherever I am. Usually for about 30 minutes, in the morning before work. It clears my head and is great for relieving stress.

2 BREATHE

Sometimes the best thing is to sit down, and breathe. Slowly inhale through your nose, counting to five in your head. Let the air out from your mouth, counting to eight in your head as it leaves your lungs. Repeat a few times.

3 FRIENDS

Stay connected with friends. When I'm feeling stressed I call a friend and ask how their day is going. Listening to what's happening in someone else's life is a good way to overcome any momentary anxiety you may have in your own life.



**PHOTOGRAPH BY
COLLEEN HAYES**



Etcetera
MEDICAL
GROUP

- **MEDI-SPA**
- **WEIGHT MANAGEMENT**

The finest Medical Care given by our specially trained Providers, in a comfortable Spa-like setting.

You Won't Be Hungry!

A Safe and Sensible Way to Lose Weight

WEIGHT MANAGEMENT

Over 30 Years Experience

- **OPTIFAST®**
- **MEDICATION PROGRAMS**
- **PEDIATRIC PROGRAMS**
- **DIET SHOT**
- **METABOLIC SYNDROME**
- **MESOTHERAPY**
Fat & Cellulite Removal without surgery

NEW

METABOLIC SYNDROME PROGRAM

BALANCES INSULIN LEVELS

Fights Hunger and Carb Cravings

Achieve Better Weight Loss

and Feel Great!

Initial Visit for

Weight Loss Management

\$100 (reg \$200)

GIFT CERTIFICATES AVAILABLE!

Etcetera
MEDICAL
GROUP

CAMARILLO
370 N. Lantana #14
805-383-9908

SANTA CLARITA
24868 Apple St. #202
661-259-8884

AGOURA HILLS
30423 Canwood St. #101
818-889-5580

ENCINO
17609 Ventura Blvd. #203
818-385-0163

SIMI VALLEY
1960-10 Sequoia Ave.
805-582-0555

www.etceteramedical.net

Air Pollution May Hinder IVF Success

» Among women trying to conceive through in-vitro fertilization (IVF), those exposed to greater air pollution may have a somewhat lower chance of success, a new study suggests.

The findings add to evidence that air quality may have subtle effects on reproduction. Several studies have linked exposure to air pollution during pregnancy to an increased risk of preterm delivery and low birthweight.

Researchers focused on IVF patients because they would know precisely when each woman ovulated, when fertilization occurred and when embryos were implanted in the uterus. That allowed them to look at the relationship between air pollution levels and each step of the pregnancy process.

Of the whole study group, 36 percent of the women had a baby following their first IVF treatment. Overall, researchers found that those odds dipped by 20 percent when the NO₂ levels near a woman's home were 0.01 parts per million above average at the time she was taking medication to spur ovulation.

Similar effects were seen when the researchers focused on NO₂ levels near the IVF center at the time of egg retrieval and fertilization, and levels near the women's homes after the embryos had been implanted.



ENVIRONMENTALLY TRIGGERED HEART ATTACKS



CHEMICAL EXPOSURE BRAIN RISK

Exposure to industrial chemicals in the womb or early in life can impair brain development but only a handful are controlled to protect children, researchers said. "Only a few substances, such as lead and mercury, are controlled with the purpose of protecting children," investigators said. "The 200 other chemicals that are known to be toxic to the human brain are not regulated," they added. Researchers called for a precautionary approach and said strict regulations should be enforced for any substance that is shown to have a toxic effect.



CLIMATE CHANGE MAY EXTEND ALLERGY SEASON

Sneezing, congestion, and runny noses from hay fever may be lasting longer because climate change may be extending pollen seasons, doctors in Italy said. Pollen seasons as well as the amount of pollen in the air progressively increased during a 26-year study in Italy, the doctors reported. The team at Genoa University recorded pollen counts, how long pollen seasons lasted and sensitivity to five types of pollen in the Bordighera region of Italy from 1981 to 2007. "By studying a well-defined geographical region, we observed that the progressive increase of the average temperature has prolonged the duration of the pollen seasons of some plants and, consequently, the overall pollen load," researchers said. About 25 million Americans, nearly half of them children, had hay fever in the past year, according to the Centers for Disease Control and Prevention.



Extrême temperatures and heavy air pollution boost heart attack risk, according to a new study. And on days when the air is extra dirty and the temperature is unusually hot or cold, the effects are likely to be particularly bad, researchers said. Cold temperatures seemed to have a greater effect on heart attack risk in areas that were warmer, on average, researchers note, suggesting that people living in colder areas may be better adapted to dips in temperature, researchers said.

Unleash Your Greatest Power

Survive or thrive... you choose

BY MYKE ZYKOFF HHP, C.H.T.

Do you know the majority of your thoughts and actions are habits? Did you know that many people take their lives for granted? Would you believe that most people are merely surviving their daily experience? All true.

The core of being human is surviving. Underneath all of our thoughts, desires and feelings is our primitive mind. When push comes to shove, we drop into autopilot to protect ourselves. This is what's commonly referred to as "fight or flight." The greater the threat, the faster we adapt.

Adapting is a common trait amongst every living species. Again, it's all about survival.

We need to blend in with our environments to feel safe. As human beings we tend to do this without even knowing. But we also do this out of convenience.

To make our lives easier, we tend to mimic the function of our primitive minds. We take ourselves out of thought as quickly as we can. We seek to automate. We create habits.

Habitual actions free up the mind to take on more activity. The more activity we take on the more habits we create. The more habits we create, the more we take for granted. When was the last time you appreciated the water that you drink, let alone bathe in? Over

time our lives get so automated we reach a point where we feel we no longer have choice in our behavior. We'll say, "It's just the way it is" and revert back into survival mode.

Take a moment to STOP. Think about what you're about to do over the next ten minutes. Make it a point to acknowledge why you're going to do it. Disengage autopilot over the next twenty-four hours. Everything you now do habitually at one time required you to actively choose. Give yourself the opportunity to remember the importance of these choices and you'll reconnect with your life.

Your greatest power is your ability to choose. Use it wisely and you will redesign your life around your greatest strengths. Live on purpose. You're meant to thrive.



Myke Zykoﬀ HHP, C.Ht.
Life Care Specialist
Zykoﬀ Bodywork & Hypnotherapy
310.275.7673
NEW WEBSITE:
www.zykoﬀbodywork.com

Etcetera **MEDI-SPA WEIGHT MANAGEMENT**

Overweight?
We have the Answer!

OPTIFAST® PROGRAMS
PERSONALIZED MEDICATION PROGRAMS
FREE CONSULTATION
MEDICALLY SUPERVISED

Please call to visit one of our FIVE convenient locations

800.862.3844

www.etceteramedical.net

NATIONAL LIFE CENTER
PREGNANCY HELP IS AS NEAR AS YOUR PHONE.
CALL ANYTIME 24 HOURS A DAY



Please Mention This Ad


DIRECT CONNECT TO OVER 3,500 CENTERS NATIONWIDE
800-848-5683 (LOVE)

Allure Dance Studio

ALLURE
DANCE & FITNESS STUDIO

"Dance Poles are the new dumbbells"
Come and Join the Pole Dance Movement!

For more info please call
(310) 343-9757 or visit
www.poledanceallure.com



Feel Sexy. Strong & Empowered

Advertise in

LAHEALTH NEWS

323-297-4001

POSSIBLE MULTIVITAMIN BREAST CANCER LINK

Many people take multivitamins in the hopes of thwarting disease, but a new study finds that older women who use multivitamins may be more likely than non-users to develop breast cancer.

The study, reported in the *American Journal of Clinical Nutrition*, points only to an association between multivitamin use and breast cancer. It does not prove that the supplements directly contribute to the disease.



However, the researchers say, it's biologically plausible that multivitamins could have such an effect, and the potential link "merits further investigation."

Researchers found that women who reported multivitamin use at the study's start were 19 percent more likely than non-users to develop breast cancer. That was with factors like age, family history of breast cancer, weight, fruit and vegetable intake, and exercise, smoking and drinking habits taken into account.

Still, the large majority of multivitamin users did not develop breast cancer during the study period. Of 9,017 users, 293 were diagnosed with the disease, as were 681 women among the 26,000-plus who did not use multivitamins.

Until more is known, a woman's best bet is to get her vitamins and minerals from a well-balanced diet rather than pills, researchers advised.

VITAMIN D FLU, ASTHMA BENEFIT

In a study of Japanese schoolchildren, vitamin D supplements taken during the winter and early spring helped prevent seasonal flu and asthma attacks. **THE RESEARCHERS FOUND THAT PEOPLE TAKING VITAMIN D WERE THREE TIMES LESS LIKELY TO REPORT COLD AND FLU SYMPTOMS.** The vitamin D3 supplement (1,200 international units daily) used in the study is more readily absorbed by the body and more potent than vitamin D2, or ergocalciferol, the form often found in multivitamins.

MASSAGE MAY HELP LIFT DEPRESSION



Massage therapy may help relieve symptoms of depression, a new review of the medical literature hints. The authors of the review, however, acknowledge difficulties with research on the effects of massage, including the fact that it's impossible to "blind" study participants or care providers to whether a person is receiving massage or a comparison treatment. Nevertheless, they say there is "good evidence to suggest that massage therapy is an effective treatment of depression." **Depression is a huge public health problem, and treatment is often inadequate,** researchers note in their report. While massage can ease stress and tension and may have emotional benefits, the use of massage therapy in depressed patients is "controversial," the investigators note, and "there is no qualitative review of the treatment effect of massage therapy in depressed patients." "Further well-designed and longer follow-up studies, including accurate outcome measures, are needed," they conclude.

ACUPUNCTURE EASES PREGNANCY BLUES



For pregnant women with depression, a couple months of acupuncture might help reduce the severity of their symptoms, a small study hints. **Researchers found that after eight weeks, women who received depression-specific acupuncture were more likely to have a treatment response -- meaning the severity of their symptoms fell by at least half and they no longer met all of the criteria for diagnosing major depression.**

Beware Of The Dietary Supplement Safety Act of 2010

When you understand what Sen. McCain's proposed Dietary Supplement Safety Act is underneath its surface agenda, this bill should cause great concern amongst all freedom-loving Americans and health conscious individuals as the bill, if passed, would greatly limit American's access to health and nutritional supplements including vitamins, minerals, amino acids, and even herbs.

Allegedly, the bill for the Dietary Supplement Safety Act (the title in and of itself is very misleading) is in response to illegal steroids sold to and used by major league baseball players under the guise of "dietary supplements" (which would make most people think the bill would be beneficial as it would eliminate access to steroids under the guise of dietary supplements), but if you read the entire obviously F.D.A (Food and Drug Administration) and Big Pharma-sponsored bill that will clearly end American citizens right to have access to low-priced health and nutritional supplements, the bill mentions absolutely nothing about steroids or steroid use. Absolutely nothing at all! No law can protect the very thing that allegedly prompts the law to be passed in the first place if the very thing itself (e.g. steroids) is not even mentioned in the law.

How are you going to sponsor a bill to help prevent steroid use amongst professional athletes (or anyone else for that matter) and the bill doesn't even mention the words "steroid," "steroids," or "steroid use?" This lets you know the true agenda - that it has absolutely nothing at all to do with steroids, but instead has to do with natural supplements that are helping to improve the health of American citizens.

The bill is clearly designed to implement Codex Alimentarius on American soil and give the F.D.A. carte blanche freedom to arbitrarily ban any health supplement it chooses to ban under the banner that it (supplement) is unsafe, even if there are no facts to support said claim of unsafety.

It's no secret that the FDA is obviously in the back pockets of the pharmaceutical industry and the two are working together laboriously to further deprive American citizens of rights constitutionally secured so that pharmaceutical companies will have no competition from the alternative health field.

I implore all freedom loving and health conscious Americans to contact your Congressmen (and women) and adamantly oppose this bill.

THIS ARTICLE IS COMPLIMENTS OF
DHERBS.COM • 1-866-434-3727



"I went in for her consultation and after thorough testing, she put me on bio-identical hormones. We age because our testosterone and other hormone levels drop. I had results almost immediately. I am in perfect health and very fit, with no problems, and have more energy like I had in my 30's. Also my sexual level is normal for a 30 year old."

-RAYMOND , rugby player(62)

Anju Mathur, MD, Anti-aging Physician has developed programs that utilize:

- **Bio-Identical* (NOT Synthetic) Hormones**
- **A Customized Nutritional Plan**
- **A Customized Fitness Plan**

* Bio-Identical Hormones are identical to your body's naturally created hormones so no unwanted chemical side effects are produced.

Call now to schedule a FREE consultation:
323-661-7661

 **ANGEL
LONGEVITY
MEDICAL CENTER**
Live Healthier, Longer.



CALENDAR / APRIL

A MOTHER' HAVEN™
 retail, education & Support
Sunday, April 18, 10:30am
FREE Charity Concert

The concert will be held in the courtyard at A Mother's Haven, 15928 Ventura Blvd, Ste 116, Encino, CA 91436
www.shopthehaven.com
 A Mothers Haven & Deborah Ellen will be 25% of the day's sales to CCRF. Come enjoy a great family event & help find a cure to childhood cancer!

SEAL BEACH

5/10K Run 5K Walk, 1K Kid's Fun Run
Saturday, April 10, 8am.
 Seal Beach Marina Community Center, 151 Marina Dr., Seal Beach.
 For more info:
www.sealbeachrun.com
 Run/Walk the prettiest course in Southern California.

BREAST CANCER TREATMENT 2010

Tuesday, April 13, 730pm-9pm.
 Ronald Readan UCLA Medical Center, Simms-Mann UCLA Center for Integrative Oncology, 757 Westwood Plaza, Los Angeles. For more info: 310-794-6644.
 Sara Hurvitz, MD, UCLA Assistant Professor, medical oncologist, leader of the UCLA breast cancer clinical research program, discusses breast cancer and treatments.

HERMOSA BEACH
City Walk and Kids Races
Sunday, April 18, 7am.

Hermosa Pier Plaza, 10 Pier Avenue, Hermosa Beach.
 For more info: www.hb5000.com
 Walk, run or race for the benefit of the Hermosa Beach Education Foundation. Between the 5000m, the City Walk, and the kids' races there is something for everyone.

AUTISM SPEAKS
Whole Planet EXPO

Sat., April 24, 9:30am-6pm.
 Highland Hall Waldorf School, 17100 Superior St. Northridge.
 The Whole Children, Whole Planet Expo is the premier natural parenting and family expo that introduces and educates families, professionals and friends about the benefits of sustainable living practices, non-toxic products, organic foods, holistic medicine and enrichment learning programs. Free workshops throughout the day, an Enrichment Village with hands-on projects for kids, exhibitors, food, prizes, samples and a main stage with fabulous entertainment - for all ages.



MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



KIDS 4 KIDS
5K RUN/WALK

Sunday, April 25, 8am.
 Nokia Theatre LA Live, 777 Chick Hearn Court, Los Angeles.
 For more info: 310-207-5330.
 Benefiting the Children's Cancer Research Fund, the Kids 4 Kids 5K RUN/WALK and All-Star Carnival was created in response to the incredible generosity of children wanting to help other children with cancer. The Kids 4 Kids RUN/WALK empowers them to take immediate action to help find a cure while bringing together friends and family for a fun day of activity and entertainment. The All-Star Carnival includes a finish line entertainment, rides and game booths staffed by celebrities and athletes.

DOWN AND DIRTY
NATIONAL MUD RUN SERIES

Sunday, April 25, 8am.
 Castaic Lake State Recreation Area.
 For more info:
www.downanddirtyrun.com
 Support our Troops in this military style 5K or 10K off-road run complete with obstacles, water crossings and mud, mud and more mud! Post-race BBQ and an awesome Tech Tee are included with registration.

2010 OC MARATHON
Sunday, May 2, 6:30am.

401 Newport Center Drive, Newport Beach.
 For more info:
www.ocmarathon.com
 A world class running event featuring the best the OC has to offer.

ONGOING EVENTS

DIANETICS SEMINAR

Every Sat and Sun, 9am-6pm, both days. Church of Scientology Celebrity Centre, 5930 Franklin Ave, Los Angeles. For more info call: 323-960-3100.
 Learn the basic principles of the technology that has made dramatic and permanent improvements to more than 20,000,000 people in more than 150 nations.

FREE YOGA & FITNESS SATURDAYS

Every Saturday, 11:30am.
 Sylmar Branch Library, 14561 Polk St., Sylmar. For more info visit:
yoga.viviti.com
 Beginners are welcome to try some easy yoga moves under the Big Screen during free Saturday

PRESTIGE

Medical Center



Alternative Medicine for a Healthy Lifestyle

Medical Marijuana Evaluations / ID Card

Do you suffer from:

Athritis

PMS

Migraines

Insomnia

Anxiety

Muscle Spasms

or other serious disorders?



Medical Cannabis May Help!

24 hours verification
www.medicalTHC4u.com

Call for an appointment today! **310.623.9222**

Fast, Reliable, Totally Confidential!

Hours of operation:

Monday-Friday 10am-6pm

Saturday 11am-5pm

7901 Santa Monica Blvd., Ste.#208

West Hollywood, CA 90046

P: 310.623.9222 F: 310.921.5623



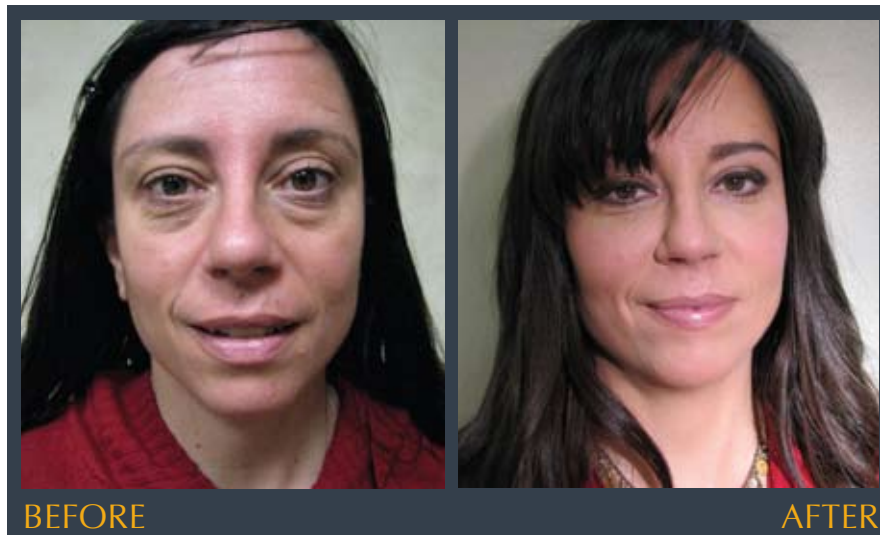
Innovator of the Stem Cell Lift™

A NEW YOU


NATHAN Newman M.D.

Cutting edge cosmetic surgery, without cutting.

This patient did the Stem Cell Lift™ procedure



BEFORE

AFTER

To learn more about the Stem Cell Lift™ visit: www.stem-cell-lift.com

Natural results (full & youthful)
No general anesthesia risks
No cutting, no scars, no stitches
Minimized risk of nerve damage
Minimized risk of bleeding
Minimized risk of infection
Minimized risk of complications

Minimized risk of allergic reaction
Uses your own fat and stem cells
Skin texture is toned and improved
Minimal discomfort
Minimal down time
Fast procedure
Lower costs

Can combine 8 or more procedures simultaneously with no scars, minimal risk, cost, and recovery time

Cutting edge cosmetic surgery, without cutting. Use your own stem cells to safely and naturally volumize, lift, and sculpt the entire face without scars and without general anesthesia.

310.273.3344 | info@NathanNewmanMD.com

9301 Wilshire Blvd., Suite 303, Beverly Hills, CA 90210

