

SPECIAL WEIGHT MANAGEMENT ISSUE

# LAHEALTH NEWS

JULY 2008 | ISSUE 88 | COMPLIMENTARY

IT'S ABOUT YOUR LIFE

## Food For Life

BRENDAN BRAZIER  
ON HEALTHY DIETS

Medical Weight Loss  
Alpha Health Care Medical p.17

THIN AND FAST [ZoneDiet.com](http://ZoneDiet.com) p.13

E! TELEVISION'S

# Denise Richards

ON STRESS RELIEF, PILATES  
AND SMART EATING

16 Fat Busters  
TOP FAT BURNING FOODS



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- Adriana

"I lost 20 lbs in one month and am  
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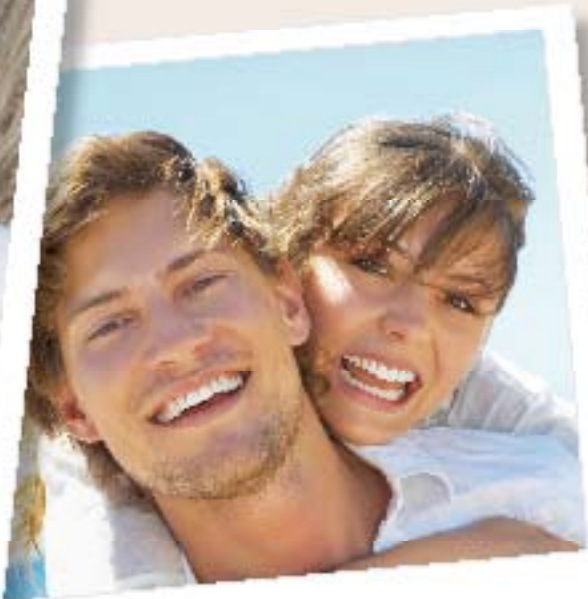
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# contents

JULY 2008

VOLUME 8, ISSUE 88

**LAHEALTH** NEWS

www.lahealthnews.com

Issue 88  
Volume 8  
July 2008

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## 10 BEAT THE HEAT

Hot-weather workouts safety

## 14 FAT FIGHTERS

Top fat burning foods

## 16 TONY: EXTREME

Interview with trainer Tony Horton

## 22 PAIN FREE DENTISTRY

By Bruce F. Beard, DDS

## 26 FOOD FOR LIFE

Brendan Brazier on life-long health

## 28 NOT THAT COMPLICATED

Denise Richards on relieving stress

## 30 LIFE COACHING

Dennis Grounds: R.A.Y. Method

## 32 MRSA GERM PROTECTION

Researchers pinpoint best treatment

## 34 LOW LEVEL LASERS: HAIR REGROWTH

By Marilyn Wayne, President, Hair Solutions  
of South Bay

## 36 WEIGHT MANAGEMENT OPTIONS

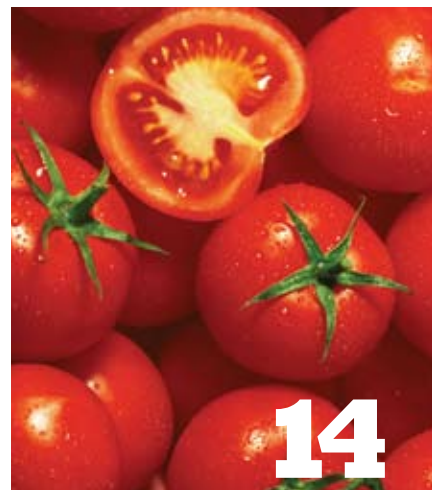
By Dr. Nathan Newman

## 38 WALK THIS WAY

Foot Solutions: Balance Walking

## 42 THE FLAVOR FACTOR

Flavor weight loss connection



6 Editor's Letter 8 Flash 12 Diet 18 Fitness 20 Beauty 24 Alternative  
40 Seniors 44 Environment 50 Calendar



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Publisher  
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Distribution  
MDMA Publishing

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To receive L.A. Health News via first class mail send a check or money order payable to:

LA Health News, 6363 Wilshire Blvd., Suite 350, Los Angeles CA 90048

Subscription rates:  
\$15.00 for 6 months (6 issues)  
\$25 for 12 months (12 issues)

LA Health News is published monthly by MDMA Publishing, Inc. 6363 Wilshire Blvd., Suite 350 Los Angeles CA 90048

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## editor's letter

# Big Breakfast Diet

**T**o lose weight and keep it off, eat a big breakfast packed with carbohydrates and protein, then follow a low-carb, low-calorie diet the rest of the day, a small study suggests.

The "big breakfast" diet works, researchers say, because it controls appetite and satisfies cravings for sweets and starches. It's also healthier than popular low-carb diets because it allows people to eat more fiber- and vitamin-rich fruit, according to Dr. Daniela Jakubowicz, of the Hospital de Clinicas in Caracas, Venezuela.

With scientists from Virginia Commonwealth University in Richmond, Jakubowicz and her colleagues compared their high-carb and protein "big breakfast" diet with a strict low-carb diet in 94 obese, sedentary women. Both diets were low in fat and total calories but differed markedly in their carbohydrate content.

The 46 women on the very-low-carb diet consumed 1,085 calories a day, consisting of 17 grams of carbohydrates, 51 grams of protein and 78 grams of fat. The smallest meal was breakfast, at 290 calories. For breakfast, the low-carb dieters were allowed only 7 grams of carbohydrates, such as bread, fruit, cereal and milk, and they could eat just 12 grams of protein, such as meat and eggs, in the morning.

In contrast, the 48 women on the "big breakfast diet" consumed 1,240 calories a day. Although lower in total fat (46 grams) than the other diet, the big breakfast diet had higher daily allotments of carbs (97 grams) and protein (93 grams). Dieters ate a 610-calorie breakfast, consisting of 58 grams of carbs, 47 grams of protein and 22 fat grams.

For lunch, they got 395 calories, made up of 34 grams of carbs, 28 grams of protein and 13 grams of fat. Dinner -- the smallest

**Study shows  
600-calorie  
breakfasts  
reduce food  
cravings later  
in the day**

meal of the day -- was made up of 235 calories (5, 18 and 26 grams of carbs, protein, and fat, respectively).

At four months, there was no significant weight-loss difference between the two diet groups. Women on the strict low-carb diet shed an average of about 28 pounds, while women on the big breakfast diet lost nearly 23 pounds, on average.

But at eight months, the low-carb dieters regained an average of 18 pounds, while the big breakfast dieters continued to lose weight, shedding another 16.5 pounds.

Those on the big breakfast diet lost more than 21 percent of their body weight, compared with just 4.5 percent for the low-carb group.

Mark Ariel  
Editor-In-Chief

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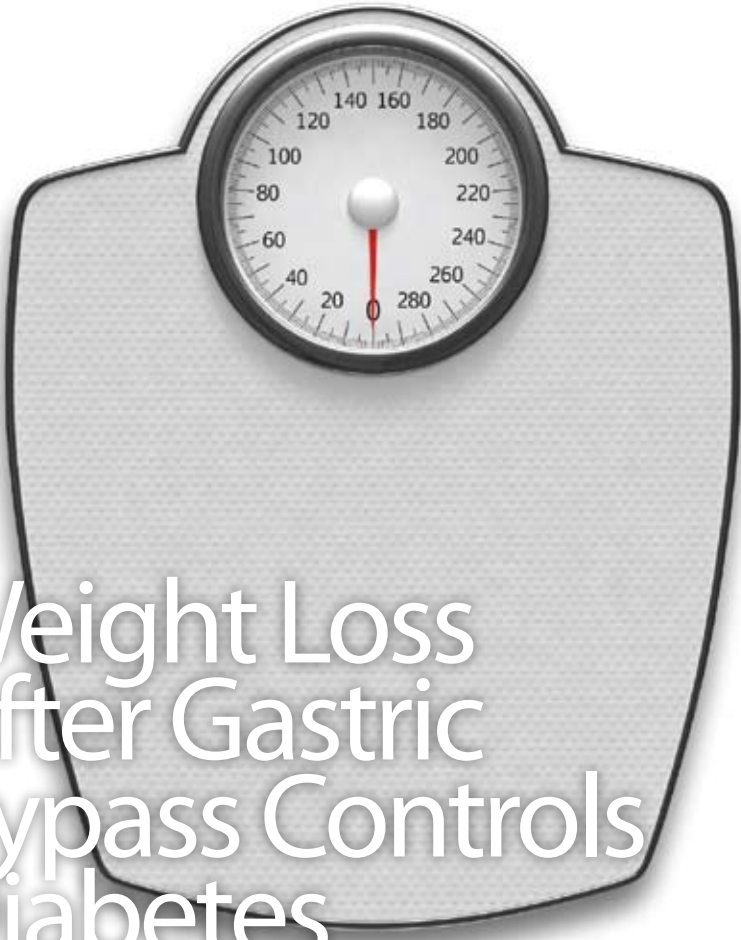


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# Weight Loss After Gastric Bypass Controls Diabetes

**OBESITY SURGERY** can cause type 2 diabetes to go into remission, but much depends on how much weight the patient loses within the first few months, a new study suggests. Gastric bypass surgery for severe obesity has been shown to control type 2 diabetes, a disorder that commonly goes hand-in-hand with obesity. The procedure involves sectioning off a small portion of the stomach, creating a pouch that limits the amount of food a person can eat in one sitting.

**HORMONE MAY HELP DIETERS KEEP WEIGHT OFF**

Falling levels of a hormone called leptin that helps the brain resist tempting foods may explain why people who lose weight often have a hard time keeping it off, researchers said last month. Restoring leptin to pre-diet levels may reverse this problem, they said, offering a way for weary dieters to finally win the weight battle.

**ANESTHESIA DRUGS MAY HEIGHTEN POST-SURGERY PAIN**

General anesthesia during surgery may increase a patient's pain after they regain consciousness, researchers said last month. They said "noxious" or chemically irritating anesthesia drugs, which include most of those used in general anesthesia,

sensitize nerves that sense pain and cause inflammation.

**LEUKEMIA PILL MAY IMPROVE STROKE TREATMENT**

A highly effective leukemia pill may reduce complications and boost the effectiveness of a treatment for the most common type of stroke, an international team of researchers said last month. Studies in mice showed giving Gleevec or imatinib, a drug made by Novartis AG, significantly reduced bleeding in the brain associated with the clot-busting drug known as tissue plasminogen activator or tPA.

**INVESTIGATION OF GLAXO'S PAXIL WIDENS**

A U.S. Department of Justice investigation into whether GlaxoSmithKline PLC withheld data about the suicide risks of the antidepressant drug Paxil is widening. The Wall Street Journal said Glaxo confirmed that a previously disclosed Colorado-based investigation of its marketing practices also includes the U.S. attorney's office in Boston.

**BONE HEALTH MAY SUFFER IN NON-MENSTRUATING ATHLETES**

Bone health may be at risk when young female athletes stop menstruating, study findings suggest. Researchers found that among 57 athletic and non-athletic teenage girls, athletes who had stopped getting their periods had lower bone density than their peers.

**SIMPLE DOCTOR'S EXAM MAY PREDICT STROKE RISK**

A simple doctor's examination for subtle problems such as reduced reflexes or unstable posture could help predict which healthy elderly people are at the highest risk of death or stroke, researchers said last month. Those with more than three of these abnormalities, which include tremors and differences in hand strength, were more likely to die, according to an study conducted over an eight-year period.





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# Beat the Heat

## TAKE IT SLOW TO KEEP HOT-WEATHER WORKOUTS SAFE

Anne Harding

**T**he best strategy for keeping up your exercise routine as the temperature climbs is, in a nutshell, acclimatization, the National Athletic Trainers' Association (NATA) advises.

On the first hot days of spring or summer, exercisers should cut back on the intensity of their outdoor workout, Brendon McDermott, an athletic trainer at the University of Connecticut, told Reuters Health. Once they've gotten used to the heat, they can gradually begin to exercise more strenuously.

"Somebody who's in shape will acclimatize more easily," McDermott added in an interview. "But if somebody is in shape, it doesn't necessarily make them immune" to heat-related problems.

NATA urges proper hydration before and during outside activity, and says that dark urine is a quick indicator of dehydration.

Not getting enough rest between bouts of exercise can increase the risk of conditions like heat exhaustion, McDermott noted, while new research shows that getting enough sleep is also key to coping with hot weather. Lack of sleep stresses the body's thermoregulatory systems, he explained, making it more difficult for people to handle the heat.

Heat exhaustion is the most common type of

heat-related ailment that occurs among exercisers, he said, and it occurs when a person loses too much fluid or sodium in the heat. Symptoms of heat exhaustion include dizziness and loss of coordination; pale skin; profuse sweating; nausea, vomiting, stomach and intestinal cramps, and diarrhea; and muscle cramps that don't go away.

Heat exhaustion can progress to exertional heat stroke, which can be fatal. People with symptoms of heat exhaustion should lie down with their feet up in a cool, shady spot and drink fluids.

The symptoms of exertional heat stroke are similar, but also include a very high body temperature (typically above 104 degrees F) and confusion, mental instability, or even irrational behavior and combativeness. A person's heart rate and breathing may speed up, while their blood pressure can drop.

It's important to know that while heat exhaustion can precede exertional heat stroke, heat stroke can also occur on its own, McDermott said. Anyone suffering from heat stroke should undergo whole-body cooling immediately, ideally by immersion in cool water, and should receive emergency medical treatment, according to NATA.

Listening to your body is just as important as paying attention to acclimatization, advised McDermott. "If you're not feeling good and you feel as though you need a break or rest...do it."



## HOT WEATHER TIPS

1. Cut back on the intensity of your outdoor workout. Once you've gotten used to the heat, gradually begin to exercise more strenuously.
2. Get proper hydration before and during outside activity. Dark urine is a quick indicator of dehydration.
3. Get a good night's sleep. New research shows that getting enough sleep is a major key to coping with hot weather.

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# Mediterranean Diet in Pregnancy Curbs Allergies

WOMEN WHO EAT A MEDITERRANEAN diet while pregnant could help stave off asthma and allergies in their children, a new study suggests.

The traditional Mediterranean diet is rich in plant-based foods-- vegetables, fruits, whole grain breads and cereals, legumes, and nuts -- as well as olive oil and fish. Adherents consume low to moderate amounts of dairy products and eggs, lesser amounts of white meat, and infrequently eat red meat.

Some studies have suggested that such eating patterns can lower children's odds of asthma symptoms and skin and nasal allergies. But it's unclear whether women can affect their children's future allergy risks by following a

Mediterranean diet during pregnancy.

The researchers found that the majority of mothers scored high in Mediterranean diet quality during pregnancy, while 36 percent had low scores.

"Children from the 'low score' group were at higher risk to develop asthma and allergies than counterparts from the 'high score' group," Dr. Leda Chatzi of the University of Crete in Greece told Reuters Health.

For example, she and her colleagues report, children whose mothers ate eight or more vegetable servings per week during pregnancy were less likely to develop persistent wheezing. The same was true of children whose mothers ate three or more fish servings a week. ❖

The traditional Mediterranean diet is rich in plant-based foods

## DEHYDRATED TOMATOES MAY FIGHT TUMORS

A compound found in dehydrated tomatoes may help quash prostate cancer tumors, new animal research suggests. Researchers found that a form of carbohydrate called FruHis, found in dehydrated tomatoes, appeared to protect rats from developing prostate tumors. The greatest protection came from dehydrated tomatoes that had been rehydrated into tomato paste and supplemented with additional FruHis.

## FISH MAY CURB EYE DISEASE

Diets high in omega-3 fatty acids and oily fish appear to lower the risk of age-related macular degeneration (AMD), according to studies that evaluated omega-3 or fish intake in the prevention of AMD. New treatments for AMD carry risks and treat only certain forms of the disease. Therefore, preventing AMD by modifying risk factors, like cigarette smoking, "remains an important public health strategy," researchers write.

## RED WINE HEART BENEFIT

A natural compound found in red wine may protect the heart against the effects of the aging process, researchers said last month. In their study, mice were given a diet supplemented with the compound known as resveratrol starting at their equivalent of middle age until old age. These mice experienced changes in their gene activity related to aging in a way very similar to mice that were placed on a so-called calorie restriction diet that slows the aging process by greatly cutting dietary energy intake. Most striking was how the resveratrol, like calorie restriction, blocked the decline in heart function typically associated with aging.



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# Fat Fighters

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

BY ROB BRENNAN

**TIRED OF THAT SPARE TIRE? SICK OF YOUR LOVE HANDLES?** You can increase your body's fat-burning power by eating more foods that help your liver (your body's main fat-metabolizing organ) to burn fat better, resulting in a leaner body.

**MICHELLE SCHOFFRO COOK, DNM, DA<sub>c</sub>, CNC,** on her web site [www.energyeffect.com](http://www.energyeffect.com), recently listed her main fat burning food choices. We added a few of our own- and created our Top 16 Fat-Fighting Foods.

#### **1 OATMEAL**

A recent study found that in addition to lowering cholesterol, eating oatmeal can also be part of a weight loss plan. The results of the study found that people who ate a bowl of Quaker Instant Oatmeal Weight Control as part of an overall reduced calorie weight loss plan, which included walking, lost significant amounts of weight and body fat when compared to control subjects who only exercised.

#### **2 LEAFY GREENS**

Spinach, spring mix, mustard greens, and other dark leafy greens are good sources of fiber and powerhouses of nutrition. Research demonstrates that their high concentration of vitamins and antioxidants helps prevent hunger while protecting you from heart disease, cancer, cataracts, and memory loss.

#### **3 OLIVE OIL**

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

#### **4 GARLIC**

Garlic contains the compound allicin which has anti-bacterial effects and helps reduce unhealthy fats and cholesterol. In laboratory tests on rats, researchers found that garlic prevents weight gain and might even lead to weight loss.

#### **5 TOMATOES**

Packed with vitamin C and the phytochemically lycopen, tomatoes stimulate the production of the amino acid known as carnitine. Research has shown that carnitine helps speed the body's fat-burning capacity by one-third.

#### **6 NUTS**

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

#### **7 CAYENNE**

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

#### **8 TURMERIC**

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

#### **9 CINNAMON**

Researchers found that adding a quarter to one teaspoon of cinnamon with food helps metabolize sugar up to twenty times better than food not eaten with cinnamon. Excess sugar in the blood can lead to fat storage.

#### **10 FLAX SEEDS**

These seeds and oil attract oil-soluble toxins

that become lodged in the fatty tissues of the body. Once attracted, they help to escort fat-soluble toxins out. That spells fewer fat stores and a trimmer you.

#### **11 APPLES**

The skin of apples contains pectin, an insoluble fiber that serves as nature's own appetite suppressant.

#### **12 BEANS**

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

#### **13 GREEN TEA**

Studies show that green tea extract boosts metabolism and may aid in weight loss. This mood-enhancing tea has also been reported to contain anti-cancer properties and help prevent heart disease.

#### **14 GRAPEFRUIT**

Researchers found that participants who ate half a grapefruit with each meal in a 12-week period lost an average of 3.6 pounds. The study indicates that the unique chemical properties in this vitamin C-packed citrus fruit reduce insulin levels, which promotes weight loss.

#### **15 BROCCOLI**

Study after study links calcium and weight loss. Broccoli is not only high in calcium but it's also loaded with vitamin C which boosts calcium absorption. This member of the nutritious cabbage family also has plenty of vitamin A, folate and fiber. And, at just 20-calories per cup, this weight loss superfood not only fights fat but also contains powerful phytochemicals that boost your immunity and protect against disease.

#### **16 LEAN TURKEY**

Countless studies have shown that protein can help boost metabolism, lose fat and build lean muscle tissue so you burn more calories. A 3-ounce serving of boneless, skinless lean turkey breast weighs in at 120 calories and provides 26 grams of appetite-curbing protein, 1 gram of fat and 0 grams of saturated fat.



# Extreme

CELEBRITY FITNESS TRAINER TONY HORTON ON  
TRANSFORMING YOUR BODY FROM REGULAR TO  
RIPPED IN 90 DAYS *By Mark Ariel*

FOR THE PAST 20 YEARS, Tony Horton has established himself among the elite in the world of personal fitness training. From Hollywood celebrities and recording artists including Tom Petty, Shirley MacLaine, Billy Idol, Sean Connery, Annie Lennox, and Rob Lowe to anyone looking to lead a healthier lifestyle, Horton's conditioning skills and motivational abilities are consistently in high demand.

Horton's expertise includes circuit, cross,

and interval training, weight and resistance training, cardiovascular/aerobic training, post-rehabilitation, advanced stretching, yoga, and kickboxing. The East Coast native incorporates his personal training experience and engaging personality in Beachbody's 10-Minute Trainer, Power 90, P90X, Power Half Hour, Tony & the Kids!, Tony & the Folks!, and Great Body Guaranteed! programs.

Horton's unbridled passion for health and fitness "started by accident" he reveals

in an interview with LA Health News. "I took a weight lifting class in college and prior to that I had always been sort of a half baked athlete... I didn't really know what I was doing. I was winging it," Horton confides. "I was on the football team but didn't really play. I was like the third string guy. I just missed making the tennis team and the basketball team. I never started on the baseball team. My dad played team sports so I thought that was the thing to do."

After moving to California, Horton became more involved in health and fitness. "Living out here was one of the key motivators towards getting more involved in fitness. The east coast is dark and dreary 9 months out of the year. The California lifestyle is something I gravitated to quite easily," Horton reveals.

"However," says Horton, "the fact that I became a fitness aficionado was kind of a fluke. I wanted to be an actor, and I had an agent. She told me I need to get in better shape if I wanted to get jobs, so I joined a gym and I worked with some friends, I didn't know what I was doing, but I was curious. I went to World Gym and met Arnold Schwarzenegger, Lou Ferrigno, guys like that. I never got into the body building thing, but I certainly learned how to hone my weight lifting with resistance type skills. I learned from those guys just by watching them."

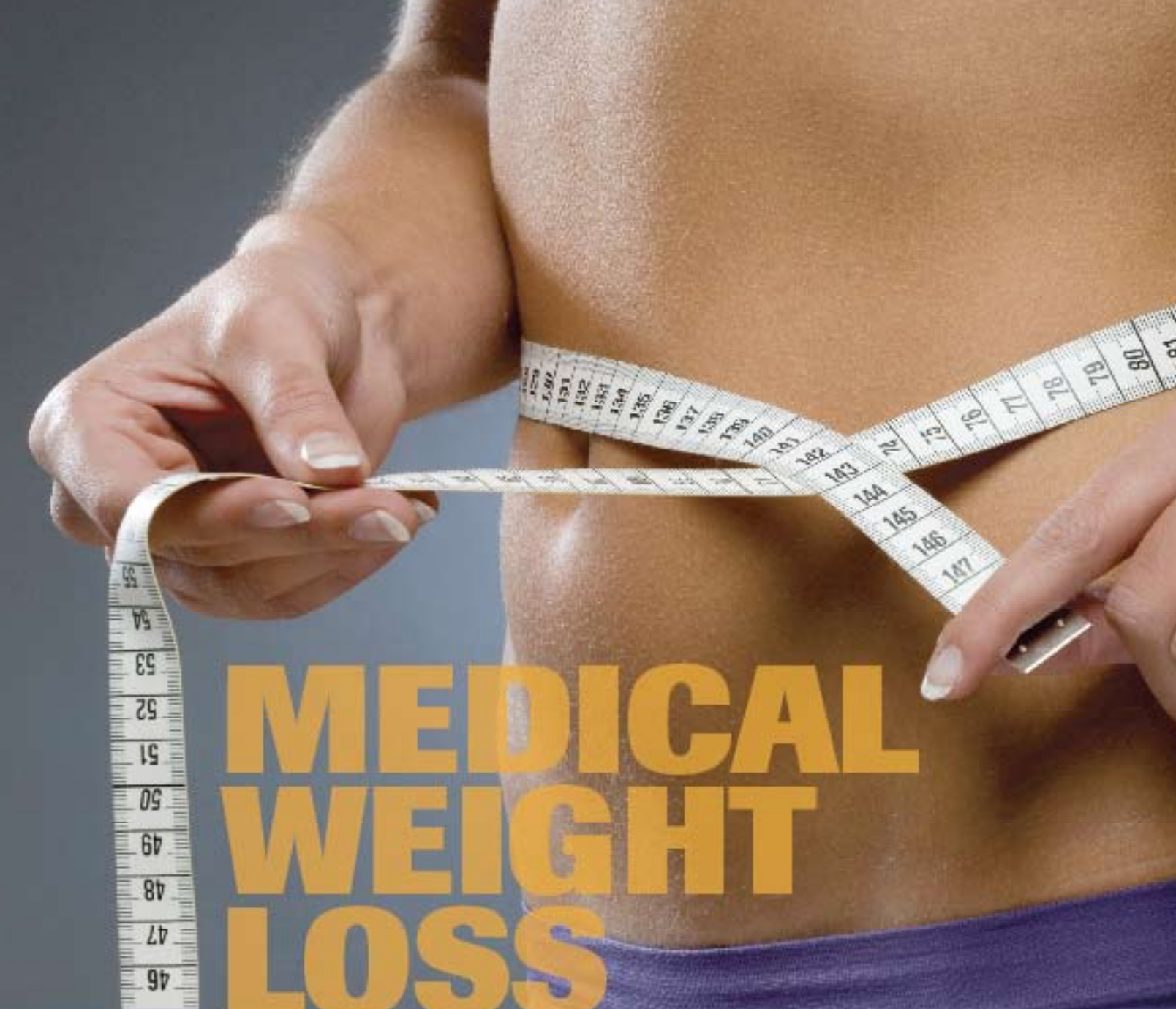
While working as an actor ("commercials, print and some small parts in films") Horton began training celebrities. "In 1986 I got Tom Petty in the best shape of his life. Everyone heard about it, so it went from Tom Petty to Billy Idol to Annie Lennox to Stevie Nicks to Sean Connery. It took off - and I decided to become a trainer fulltime."

Horton is currently a contracted trainer for Beachbody. The company offers in-home fitness and weight loss solutions. Beachbody products include P90X, created by Horton. P90X provides 12 sweat-inducing, muscle-pumping workouts, designed to transform your body from regular to ripped in 90 days.

"Beachbody allows me to do my thing based on what works... not what sells," Horton confides. I came to them I said if you want a program that's going to work it needs to be six days a week of exercise, containing cardio with resistance exercise and a healthy diet. No gimmicks, no potions, no pills. It's what I would give a professional athlete."

**For more info on Tony Horton and BeachBody products, visit [www.p90xhealthnews.com](http://www.p90xhealthnews.com)**





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# Exercise Increases Protein that May Curb Appetite

IN A SMALL STUDY study of overweight and obese adults, 3 months of aerobic exercise, with no change in diet, led to a significant decrease in body fat and a spontaneous drop in calorie intake. The amount of weight loss and the reduction in calorie intake were directly related to blood levels of a protein called brain-derived neurotrophic factor (BDNF).

"The reduction in calorie intake could be related to the effect of BDNF," Dr. Henry Anhalt of the Animas Corporation, West Chester, Pennsylvania told the Endocrine Society's annual meeting in San Francisco.

"It is possible that the increases in this compound in fact suppress appetite; however, this was not directly tested," Anhalt said.

Exercise, without diet, led to significant body fat decrease

In the study, Dr. A. Veronica Araya and colleagues from the University of Chile Clinical Hospital in Santiago evaluated blood levels of BDNF before and after 3 months of aerobic exercise in 15 overweight or obese men and women. The 7 men and 8 women, ages 26 to 51 years, exercised on a treadmill and bicycle.

At the end of the 3-month exercise period, study subjects showed a significant drop in body weight, waist size, and percentage body fat.

They also experienced a fall in blood pressure and spontaneously began consuming fewer calories each day. At the same time that these effects were occurring, blood levels of BDNF rose markedly. ❖

## SUPERBUG GYM SAFETY STRATEGY

Following a few simple rules can help people avoid catching the drug-resistant "superbug" MRSA at the gym, a physician specializing in infectious diseases says. "The real bottom line is common sense hygiene," Dr. Jorge Parada of Loyola University Chicago Stritch School of Medicine in Maywood told Reuters Health. "It's wash your hands, wash your hands, wash your hands," along with wiping down equipment before and after using it, and keeping a towel between you and shared equipment including weight machines, benches, and yoga mats, he explained.

## EXERCISE AFTER BONE MARROW TRANSPLANT

An exercise program provides physical and overall health benefits for children after they've had a bone marrow transplant, according to a report from Spain. Researchers advise that such programs "should include both aerobic and resistance exercise training to induce significant health benefits (improved aerobic fitness, muscle strength, functional mobility, and important aspects of quality of life) in only 8 weeks."

## TRAINING BOOSTS QUALITY OF LIFE

Physical training should be included in rehabilitation programs for cancer patients, Dutch researchers say. After being treated for cancer, people showed significant improvements in physical function and vitality for up to three months after completing a 12-week training program. They also felt healthier, researchers found. The physical training program included aerobic exercise, strength training, and group sports and games.



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# Delayed Reactions Possible With Facial Filler

A COSMETIC FACIAL FILLER called polyalkylimide may cause moderate to severe side effects months after injection, doctors warn in a report published last month.

Cosmetic polyalkylimide injections have increasingly been used in European countries and in the United States to improve the appearance of the lips, cheeks, forehead and around the nose.

"In the early reports on polyalkylimide implant injections for cosmetic purposes, there were no significant signs of biocompatibility"—rejection or reaction to the foreign material—the researchers note in the Archives of Dermatology.

"However, more recent evidence refutes these statements, and so the complete safety of polyalkylimide implant gels can no longer

be assured," Dr. Jaume Alijotas-Reig of Vall d'Hebron University Hospital, Barcelona, Spain, and colleagues warn.

In their report, they describe 25 people who developed side effects one year or longer after polyalkylimide implant injection. These side effects included swelling, hardening and swollen or tender skin lesions near the injection site, as well as more "system-wide" effects such as fever, arthritis and dry eyes or mouth.

About one third of the people had previously been injected with another implant material, the researchers note. "Perhaps in predisposed hosts, the use of more than one source of dermal filler may increase the risk of the onset of delayed immune-mediated reactions related to bioimplants," Alijotas-Reig and colleagues suggest. ❖

Polyalkylimide implant gels safety can no longer be assured

## COSMETIC SURGERY BOOMING, STUDY FINDS

Britons might be feeling the pinch of the global credit crunch, but they're still ready to pay for cosmetic surgery, a report suggested last month. Britain's largest cosmetic surgery provider the Harley Medical Group said demand for procedures had grown by 35 percent over the past 10 months. "It's interesting to see what people cut back on during a credit crunch," said Harley Medical Group's Liz Dale. "Research among our patients has shown that despite cutting back across all other areas ... people aren't cutting back on money they spend on themselves.

## ACNE DRUG LINKED TO DEPRESSION

Use of isotretinoin, the active ingredient in the acne drug Accutane, apparently more than doubles the risk of depression, according to results of a study. Still, the absolute risk is probably very small, the researchers emphasize. "Depression is likely to be a rare side effect of isotretinoin therapy," researchers wrote. Nonetheless, "current guidelines should possibly be modified to include psychiatric assessments of patients prior to and during isotretinoin therapy."

## CORTICOSTEROID CREAMS NO HELP FOR SUNBURNS

Corticosteroid creams and ointments are often recommended for soothing a sunburn, but a new study suggests they are unlikely to help. Topical corticosteroids, like hydrocortisone and betamethasone, are effective for inflammatory skin conditions such as eczema. Sunburns are the manifestation of an inflammatory reaction to damage from UV light, but new study findings suggest that topical corticosteroids "have no effect in reducing sunburn," researchers said.



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# Pain Free Dentistry

By Bruce F. Beard, DDS

**N**ow you can sit back, relax, listen to music and have your dentistry done in a totally comfortable way. With our latest techniques and instruments you no longer have to fear having your teeth fixed.

## **Laser Dentistry**

Traditional dentistry requires the use of a rotary tool or drill with various attachments like cleaning brushes, drills, and sanding heads. Laser dentistry, which uses light waves, eliminates many of the common complaints of traditional dentistry. It can be used for everything from gum surgery to removing decay to tooth bleaching.

A laser doesn't make any noise and doesn't require physical contact with your teeth. Some treatments with the laser may only last a few moments, while others could last minutes.

There's not a big need for anesthesia, since bleeding and swelling are reduced, and hardly any discomfort for many of the procedures. The enamel of your teeth, your gums, and whitening agents all react to different wavelengths of light so lasers can be tuned to affect different parts of the mouth. Depending on what sort of treatment you require, there should exist some form of laser dentistry that can address your needs.

## **Micro Air Abrasion**

Another technique for removing decay, while reducing the need for anesthesia, is called micro air abrasion or drill-less dentistry. This is a procedure involving a fine stream of powder aimed at the decayed portion of a tooth. The particles are propelled by air through a handpiece. They remove small particles of decay as they strike the tooth's surface. These particles are then "vacuumed" away through the use of the suction system as with the traditional methods. This procedure is very similar to sand blasting; just on a microscopic level.

Microabrasion is used to prepare a surface for bonding or sealants. It can also be used to do incipient restorations. This is really helpful when someone needs to have many teeth filled; they can often



be done at one time. So many patients enjoy the absence of sound associated with this technique. It is virtually silent as it removes areas of decay. There is a limitation in its use. It cannot remove any metallic restorations like silver fillings, onlays, or crowns; so it is used only on virgin teeth.

## **Sedation Dentistry**

For those people who just wish to sleep through their appointment, there are safe and effective ways to sedate you. There are so many advantages to this level of dentistry- Patient comfort, more treatment can be done per visit which leads to less visits at the dental office. I will write more about this next month.



Bruce F. Beard, DDS, a member of the American Academy of Cosmetic Dentistry, Trained at the Las Vegas Institute of Advanced Dental Studies, California and American Dental Association and Past Chairman of the SFVDS Peer Review, is a leader in cosmetic dentistry. For more info visit [www.SensationalSmileCenter.com](http://www.SensationalSmileCenter.com) or call at 818-276-1798



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# Acupuncture Reduces Pain After Neck Surgery

ACUPUNCTURE HELPED ALLEVIATE lingering pain and decreased shoulder mobility in people who had surgery for head and neck cancer, researchers said last month.

The ancient Chinese therapy also resulted in significant improvements in extreme dry mouth or xerostomia, which often occurs in people who have had radiation treatment for head and neck cancer, they said at a meeting of the American Society of Clinical Oncology in Chicago.

Researchers at Memorial Sloan-Kettering Cancer Center in New York studied 70 patients who were at least three months past their surgery and radiation treatments.

About half got standard treatments, which include physical therapy and treatment with anti-inflammatory drugs. The other half got standard treatment plus a weekly acupunc-

ture session.

After four weeks, 39 percent of those who got acupuncture reported improvements in pain and mobility, compared with only 7 percent in people who got typical care.

"Although further study is needed, these data support the potential role of acupuncture in addressing post neck-dissection pain and dysfunction, as well as xerostomia," Memorial Sloan-Kettering's Dr. David Pfister said at the meeting.

Acupuncture, which has been used for more than 2,000 years, involves stimulating certain points on the body with needles, heat, pressure or electricity.

More than 8 million Americans use acupuncture for different ailments, according to a recent study. It is often used to treat cancer pain or help with chronic fatigue. ❖

More than 8 million Americans use acupuncture for different ailments

## GINKGO MAY SLOW MEMORY DECLINE

The popular herb ginkgo biloba may help slow memory loss in even the oldest elderly, provided they take the supplement regularly, a small study suggests. In a study of 118 adults age 85 and older, researchers found that those who were randomly assigned to take ginkgo extract -- and stuck with the regimen -- showed less memory loss over three years. The findings suggest that "ginkgo biloba supplements may protect against a decline in memory function among individuals 85 years and older," lead researcher Dr. Hiroko Dodge, of Oregon State University in Corvallis, told Reuters Health.

## PAIN TREATMENTS COMMON THREADS

Though developed far apart in space and time, acupuncture and myofascial trigger point therapy are strikingly similar in principle, according to a new study. Both acupuncture, an ancient Chinese practice, and trigger point therapy, a more modern Western-based approach, focus on stimulating specific points on the body to treat pain. The study indicates that the two therapies plot the vast majority of those therapeutic points to the same location in the body. What's more, most of the points are used to address the same type of pain, according to new research.

## ST. JOHN'S WORT ADHD STUDY

Hypericum perforatum, also known as St. John's wort, does not lessen the severity of attention deficit/hyperactivity disorder (ADHD) symptoms in children and teenagers, according to results of a new study reported in the Journal of the American Medical Association.





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# Food for **LIFE**

PROFESSIONAL IRONMAN  
TRIATHLETE **BRENDAN BRAZIER**  
ON LIFE-LONG HEALTH: GETTING TO  
THE ROOT OF THE MATTER

**T**he demands on our time and bodies are greater than they have ever been, be it from overwork, extracurricular activities, environmental factors, lack of sleep, or poor nutrition. This has led to an increase in cancer, disease, premature aging, allergies and inability to cope with the various forms of stress that surround us. It is becoming common practice to treat health concerns and ailments with a quick fix, be it through supplements or medications, rather than dealing with the root causes or adopting appropriate practices for true long-term health.

The word health is thrown around quite freely these days. If we all had a high level of health, we would all be at our ideal body weight, none of us would have food cravings, we would all sleep soundly, we wouldn't rely on stimulating foods to give us energy, and we would be able to think more clearly and rationally. Yet, few of us are in this situation. One of the reasons is because we often treat the symptoms of each ailment as it crops up, while ignoring its cause. The reality is we all have the ability to take our health into our own hands and by doing so live a high-energy, sickness-free, rewarding life.

#### Diet over Symptom Treating

The key to long term results is getting to the root of the matter. Symptom-treating programs have risen in popularity over the past several years because of the speed at which results can be seen, and treating symptoms has become the expected approach for many. While it's true that short-term results can be achieved by dealing merely with the symptoms, long-term sustainable satisfaction is rarely if ever achieved. It is a healthy, well-balanced diet, with a focus on long-term sustainability that will pay dividends. Those who eat a healthier diet are healthier: They are close to their ideal body weight, they have more energy and more motivation, and quite simply, they get more out of life. Such a diet may not produce noticeable results as quickly as some symptom-treating methods, however, it will drive long-term success.

**By eating more whole, high net-gain foods, your energy will rise, body fat will decrease, mental clarity will be enhanced, and cravings for refined foods will fade**

#### What is a "healthy diet?"

There are so many dietary fads out there it can sometimes be hard to tell. Simply put it is a diet consisting primarily of whole foods. That is to say, foods that have not been overly refined, processed or altered from their natural state. These foods provide nutrient dense nutrition in perfect balance—everything that our body needs to function and regenerate optimally. The cornerstone of your diet should become raw, alkalizing, enzyme intact, living foods. These are high net-gain foods that leave your body with large amounts of useable energy for repair and function after subtracting the energy used by your body to break them down. This would include raw plant-based foods, nuts and seeds, legumes, fruit and some grains. In particular it is important to get foods that are high in chlorophyll which is alkalizing, cleanses the body and is regenerative.

My favourite sources are hemp, an algae called chlorella, and leafy green vegetables, all of which are also high in amino acids. Your diet should include sufficient amounts of essential fatty acids, especially the elusive omega 3s which can be found in flax and hemp. Another food worth mentioning when discussing long-term health is maca. This is a root vegetable from Peru which is known for its hormone regulating properties. Hormone imbalance is common as we age and maca does a great job at keeping our body functioning in balance, the way it is meant to.

My schedule is pretty demanding so it can be difficult to find the time to make elaborate meals. I find that the easiest way for me to get all those foods in my body with my hectic lifestyle is by regularly taking a whole food shake or smoothie. It's easy to pack nutrients into liquid form, which improves absorption and requires less energy to digest. The key to a successful diet is that it must be easy to follow and stick to. I believe that strictly imposed parameters, though they may work for some people in the short term, are not the way to long-term success. A diet works best when it becomes a way of life, more of a philosophy than a program. To me, blindly following a strict program is not a mentally healthy way to seek health.

#### Long-term benefits

It's that simple. By eating more whole, high net-gain foods, your energy will rise, body fat will decrease, mental clarity will be enhanced, and cravings for refined foods will fade along with many of the nagging symptoms that have lingered. Here are a few of long-term results that you can expect from consuming a healthy whole food diet:

- improved ability to burn body fat as energy,
- better sleep quality, therefore less needed,
- elimination of junk-food cravings,
- reduced body-fat percentage,
- less joint inflammation,
- improved mental clarity,
- eliminated need to rely on stimulants for energy,
- improved ability to build lean muscle tissue,
- quick recovery from exercise,
- reduced cholesterol level,
- stronger bones,
- better skin quality.



**Brendan Brazier is one of only a few professional athletes in the world whose diet is 100 percent plant-based. He's a professional Ironman triathlete, bestselling author on performance nutrition (*The Thrive Diet*, Penguin 2007), and the creator of an award-winning line of whole food nutritional products called VEGA. He is also the 2003 and 2006 Canadian 50km Ultra Marathon Champion. [www.brendanbrazier.com](http://www.brendanbrazier.com)**

# Not That Complicated

Denise Richards on relieving stress, weight management and pilates *By Mark Ariel*

**W**ith her controversial new reality show, messy divorce proceedings, nasty paparazzi and family tragedies - Denise Richards is no stranger to stress.

The former model turned actress, who hit the radar as a Bond girl opposite Pierce Brosnan, and later in the thriller "Wild Things," can currently be seen on E! Entertainment Television's new unscripted reality series, "Denise Richards: It's Complicated." Following Richards as she navigates through Hollywood, romance, and motherhood - one wonders how she manages to keep it all together. In an interview with LA Health News Richards reveals a few personal stress relieving secrets.

"I love pilates," confides Richards. "I do pilates 5 days a week. when I am stressed out I get horrible lower back pain. Pilates has worked well for me - in terms of alleviating pain and being more centered," Richards says.

Another good way of dealing with stress, says Richards, is to disconnect for a few hours. "I find now that the weather is hot, to kind of decompress - I will just turn my phone off and go swim-

ming with the girls... you have to step back every now and then."

While some people turn to overeating during stressful times - Richards manages to keep her diet sensible. "I don't eat fast food, I just have never liked it. I do have a weakness for ice cream, but that's about it."

"In general," reveals Richards, "I just use common sense. I have tried different things - like the all-protein diet - for me that just wasn't realistic. I think a person should eat what he wants - in moderation... I have to say what really works regarding weight management is eating dinner earlier in the day. I eat early with my girls, around 5:00pm. If

I am up really late sometimes I might snack on pop corn, or a tiny bowl of cereal or a piece of fruit. I don't deprive myself, I believe that if your hungry you should eat. I just don't eat big meals."



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# Dennis Grounds: Life Coach

**W**hen clients come to see Dennis Grounds, a life coach and trainer, his work, he says, is to help them “gain access to their power” and “discover their essence,” his term for a person’s core qualities or strengths.

Whether a client wants a relationship or a trim and fit physique, Grounds says he begins by helping them get clear as to where they are and where they wish to be in their life. “After that,” says Grounds, “the client and I design a road map to get there.”



“For instance, a recent client, a mother of two, came in wanting to lose 10 pounds. But when we spoke, the issue that was

in the room but not overtly discussed was her stressful marriage. It was clear to me that the real weight she was carrying around had to do with her unfulfilled marriage,” Grounds explains. “Once she could see that, that the weight was a shield to fend off her husband, she began to lose it and reclaim her power.”

“This is why I created the R.A.Y. Method, a one-of-a-kind program which allows clients in a single one-hour session to cultivate optimal health, a great attitude and a vibrant spirit.”

During each session, Grounds works with clients on core and strength training, Pilates and yoga but also provides personal coaching and energy work to help them release anything that may be holding them back from feeling powerful and fit.

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# MRSA Germ Protection

## RESEARCHERS PINPOINT THE BEST TREATMENT TO REDUCE DEADLY MRSA, STAPH INFECTIONS

**A**ccording to a recent College of Pharmacy study at Oregon State University, one type of over-the-counter product for minor wound care is substantially more effective than other in killing MRSA. Scientists conducting the study compared

three common over-the-counter wound care treatments for effectiveness against four strains of community acquired MRSA. Breaks in the skin, like cuts and scrapes, are the most common entry point for the highly aggressive staph bacteria.

The new laboratory study showed that standard OTC antibacterial products are helpful for preventing common infections but only one product, Staphaseptic, made by Tech Laboratories, was effective in killing MRSA. The ointment like gel killed MRSA quicker

and more effectively than the other compounds tested and had a sustained killing effect for 24 hours.

"We wanted to try these common OTC wound-treating products to see if they would kill a wide range of MRSA strains since MRSA has mutated significantly into more than one strain," said Oregon State's Dr. J. Mark Christensen, one of the authors of the study.

Scientists found that each of the products tested had some effectiveness, but only the Staphaseptic product had a genuine "bactericidal" effect—meaning it reduced the number of bacteria by a factor of 1,000.

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OF MEDICAL AND  
SURGICAL WEIGHT  
MANAGEMENT  
By Nathan Newman, MD

# Weight Management Options



**M**any diet fads have come and gone without much success of a long-term reduction in weight. For many who try diets and are unsuccessful to lose weight, medical causes of such weight gain must be considered. In some individuals liposuction can be used to de-bulk their fat in order to help them lose weight and to motivate them to maintain their new body shape. In others liposculpture can be utilized to remove genetically predisposed pockets of fat that seem not to melt despite rigorous diet and exercise.

#### **Medical Weight Management**

Medical causes of weight gain mainly occur because of an imbalance in the hormone system. Most commonly associated medical conditions are Hypothyroidism, Polycystic Ovarian Syndrome

(PCOS), and Insulin Resistance Syndrome (IRS), all of which can be tested for with the appropriate blood test and treated with medications.

In addition to testing for medically treatable causes of weight gain, an appropriately healthy diet regimen along with a regular and effective exercise routine must be implemented as an overall lifestyle modification. When willpower is not enough to control hunger appetite suppressants (such as Ginzapine, Tenuate, Bontril, etc), and fat binders (Alli) can be prescribed with regular physician monitoring to help ensure patient safety and to follow and guide them in their lifestyle change.

#### **Surgical Weight Management**

Today, three surgical options are most commonly available to patients who cannot lose the weight through medical weight management.

### **Liposuction**

In people where the large mass of the fat precludes them from doing the needed exercise required to lose the weight one or a series of liposuction procedures carried out under local or general anesthesia can be carried out to reduce the fat bulk and enable the patient to start an exercise routine. The positive change in one's physical appearance attained from liposuction becomes a source of motivation and improved self image which is essential to achieve an appropriate lifestyle change. Likewise, individuals whose motivation to maintain a desired physique is much stronger than their ability to achieve their desired body shape through diet and exercise may also benefit from liposuction.

### **Liposculpture**

Pockets of fat, such as the love handles, the neck, the lower abdomen, the lateral

thighs and the knees, that are resistant to dietary modification and exercise are removed by the liposculpture technique. This method is commonly used to sculpt the body under local anesthesia. In some people, mesotherapy treatments such as Lipozap may be an alternative to the liposculpture method.

### **Abdominoplasty (Tummy Tuck)**

If there is too much loose skin then a tummy tuck may be more appropriate to remove the excess skin and fat. Usually this is still combined with a liposculpture procedure to remove the fat from the areas that the tummy tuck does not address.

### **Bariatric Surgery**

Gastric by-pass and gastric ring surgeries have gained favor with obese patients with associated medical conditions. Such patients lose a substantial amount of weight

in a short period and therefore require cosmetic procedures, such as abdominoplasty, arm lift thigh lift, and face lift to remove the loose excess skin and correct abdominal hernias that are commonly seen in such patients.

### **Maintaining Your Investment**

A lifestyle modification with appropriate eating habits and exercise routine are a must to ensure a stable body weight and a long-lasting surgical result. Only after a thorough medical evaluation should you consider any surgical option.



*Dr. Nathan Newman is a renowned surgeon in Beverly Hills who is on the forefront of advanced cosmetic surgery. 310-273-3344 or [www.orchidsurgery.com](http://www.orchidsurgery.com)*



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Balance Walking, sometimes referred to as Nordic Pole Walking, and often described as cross-country skiing without the skis, offers a way to get those all important heart rates up in a low-impact way.

Martin Petersen, owner of Foot Solutions in West Los Angeles, said Balance Walking is appealing and beneficial to people of all ages and fitness levels.

Petersen said this activity is gaining quickly in popularity because it provides health benefits far beyond what normal walkers and joggers achieve in their workouts. Unlike normal walking, that is focused on the lower body, Balance Walking exercises the entire body. Participants use their arms to push off from their flexible poles, engaging the entire range of upper-body muscles.

Foot Solutions Chung Shi shoes work together with the Nordic Poles to offer a more enhanced workout experience. Due to the unique design of the shoe, which replicates walking on an uneven surface, calorie burning is increased 46 to 50 percent over walking or jogging alone.

A working muscle burns calories. Bringing the upper body muscles into the workout is the secret to the huge amount of calorie burning. Within a one hour walk you can burn up to 950 calories in comparison to 500 from jogging.

Ninety percent of all body muscles, especially the upper body muscles, are involved in Balance Walking in comparison to the 35 percent achieved from bicycling or treadmill training or 60 to 70 percent achieved from jogging.

People who are not used to working out love Balance Walking because it is a low impact sport with great benefits. Anybody who can walk can participate in Balance Walking. It is a social activity that can be done with friends or family. And it is time efficient.



Complimentary instruction, Nordic Poles, classes and Chung Shi shoes are all available at Foot Solutions in West Los Angeles

Petersen said the workout is especially popular with younger individuals because it strengthens all the upper body muscles including the neck, shoulders, back, core and arms, especially the triceps. Balance Walking also helps to develop an upright body posture which is important at any age.

Nordic Poles used for the exercise do vary from traditional skis used for the slopes. The poles are lighter and contain straps that enclose the palm of the hand, similar to fingerless gloves. And they have removable rubber tips.

Petersen said there is a specific technique used to gain maximum benefit from the exercise.

**For more information, or to schedule a Balance Walking appointment, call 310-234-3338 or visit the store's web site at [www.footsolutions.com/westlosangeles](http://www.footsolutions.com/westlosangeles).**

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# Older Patients Should Be Assessed For PTSD

POST-TRAUMATIC STRESS DISORDER (PTSD) is not unusual in elderly patients. A lifetime diagnosis of PTSD is associated with symptoms of depression and anxiety in this population, according to findings published in the *Journal of Clinical Psychiatry*.

Dr. Carsten Spitzer, of Universitätsklinikum Hamburg-Eppendorf in Hamburg, Germany and colleagues examined the risk of exposure to trauma and subsequent PTSD in 3,170 German adults. The participants were classified as young (44 years and younger), middle-aged (between 45 and 64 years), or seniors (65 years and older).

As the name suggests, PTSD is an anxiety disorder that may develop following exposure to a physical or psychological trauma, resulting in symptoms such as persistent frightening thoughts and memories of

the event; emotional detachment from loved ones, especially those the patient was formerly close to; and sleep problems.

Overall, 1,730 subjects (54.6 percent) reported at least one traumatic experience. The odds for trauma exposure were almost four

times higher in the elderly compared with the younger age groups. Elderly subjects also had a significantly higher number of traumatic experiences (2.06) than middle-aged subjects (1.31) and young adults (1.34).

Elderly subjects who had been diagnosed with PTSD had significantly higher odds for having any psychiatric syndrome than those without PTSD. Depression and anxiety were the most common conditions.

Researchers suggest that physicians routinely evaluate their elderly patients for trauma and

Post-traumatic stress disorder four times higher in seniors

## BRAIN INJURIES FROM FALLS

Nearly 8,000 older Americans who fell and banged their heads died from the brain injury in 2005, according to a government study released last month. Another 56,000 elderly people had to be treated in hospital for brain injuries caused by falls, the CDC reports. CDC has developed tips and suggestions for older adults, their caregivers, health care providers, and communities to help prevent falls. These include reducing floor clutter and providing better lighting as well as regular exercise to maintain strength and balance.

## POOR DIABETES CONTROL TB RISK

Older adults with poorly controlled diabetes may have three times the risk of developing tuberculosis than those who achieve better diabetes control, study findings suggest. "For unknown reasons," diabetes is known to increase the risk of TB, Dr. Chi C. Leung of Wanchai Chest Clinic, Wanchai, Hong Kong told Reuters Health.

## BRIGHT LIGHT DEMENTIA EFFECT

Daily exposure to bright light may slightly improve symptoms of dementia in elderly residents of group care facilities, according to a report in the *Journal of the American Medical Association*. In addition, treatment with melatonin, a hormone that regulates the body's circadian rhythm, may improve sleep quality, although the authors caution that it should not be given in the absence of bright light as it may adversely affect mood. "The simple measure of increasing the illumination level in group care facilities ameliorated symptoms of disturbed (thinking ability), mood, behavior, functional abilities, and sleep," researchers concluded.







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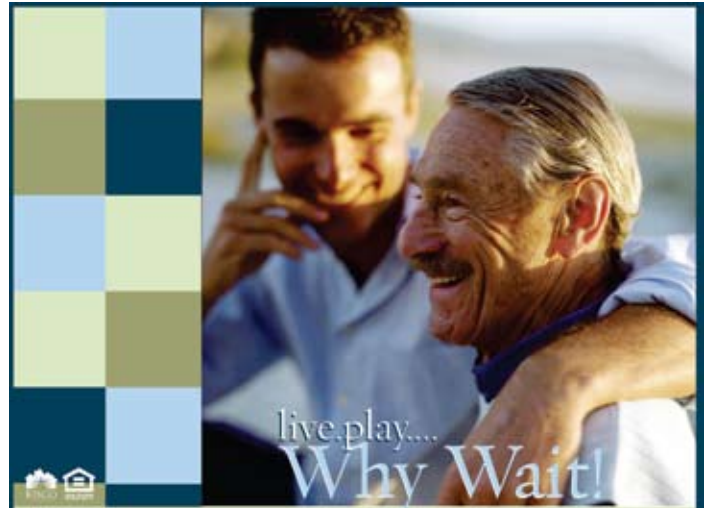


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# The Flavor Factor

## BOOSTING THE FLAVOR OF FOOD MAY AID IN WEIGHT LOSS

By Megan Rauscher

**P**eople who are overweight may be able to shed pounds by sprinkling special seasonings and sweeteners on the food they eat. These “tastants” stimulate the sense of smell and taste, making people feel fuller faster and helping them to eat less, a study found.

“This approach uses natural physiology to help people lose weight, which is different than other approaches,” Dr. Alan Hirsch explained. “We know that diets don’t work because people do not have the will power to succeed. Instead of looking at the front end - how people eat - we looked at the back end, how can people feel full faster?”

As founder and neurologic director of the Smell & Taste Treatment and Research Foundation in Chicago, Hirsch observed that after people lost their sense of smell and taste from head trauma, they would gain 10 or 20 pounds.

This led him to test whether heightening the sense of smell and taste would help people lose weight. “It makes anatomical sense because there is a direct relation between the olfactory bulb at the top of the nose and the brain’s satiety (fullness) center,” Hirsch explained at the Endocrine Society’s annual meeting underway in San Francisco.

In a study lasting 6 months, Hirsch and colleagues had 2,436 overweight or obese adults sprinkle a variety of calorie-free “tastant” crystals on the food they ate. They put the salt-free savory flavors -- like cheddar cheese, on-

ion, and ranch dressing -- on salty foods and put sugar-free sweet crystal flavors -- like cocoa, spearmint, banana, strawberry and malt -- on sweet or neutral-tasting foods.

A control group of 100 volunteers used non-flavored “placebo” crystals. Both groups were told not to change their eating or exercise patterns.

A total of 1436 subjects with an average initial weight of 208 pounds completed the study. According to Hirsch, their average weight loss over a 6 month period was a little over 30 pounds or about 15% of their body weight versus 2 pounds in the control group.

There are a whole host of reasons why tastants would work, Hirsch said, “but the best hypothesis is that these powerful smells and tastes acted to enhance sensory-specific satiety.” They send messages to the brain that say “I’m full.”

The tastants also fuel “the phenomenon where the first bite of the food tastes great, but the last bite doesn’t taste so good,” he explained.

“So, for instance, if I order pizza, the pizza box smells so good when it first comes in, and then after I eat it the first thing I want to do is get rid of the pizza box because the smell that was pleasant before has become unpleasant,” Hirsch added. “When you cook spaghetti all day long, at the end of the day, you don’t feel like eating spaghetti, because you’ve smelled it all day long.”

“It’s the same thing here. By having people sprinkle these flavors on the food it changed the nature of the food so that they eat it, it tastes good, but they get full faster,” Hirsch said. †



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# Lead Found in Disney Charms, Advocacy Group

THREE DISNEY-LICENSED charm bracelet sets and four "Charm It!" charms for children were tested and found to contain illegal levels of lead, according to the advocacy group Center for Environmental Health.

The Disney-licensed charm bracelet sets "Disney Fairies," "High School Musical" and "Hannah Montana," which were bought at Barnes & Noble, had between three and eight times the federally permitted levels of lead in the bracelets' coating, according to an independent laboratory commissioned by the group.

Federal law forbids paint to be used in children's products if it has more than 600 parts per million of lead.

Barnes & Noble asked its stores to re-

move the product from shelves until they can be proved safe, said spokeswoman Mary Ellen Keating.

"We have already pulled the product from the web site," said Keating.

A charm for young children called "Charm It!," which was purchased at a toy store, also had high lead levels, with one testing at more than 150 times the California state standard, said the California-based group.

The jewelry was made by the privately held High IntenCity Corp of New Jersey, the group said.

High IntenCity had no immediate comment and messages left for Walt Disney Co were not immediately returned. ❖

"Charm It!" charms contained illegal levels of lead

## CHLORINATED PESTICIDES DIABETES RISK

Using certain chlorinated pesticides puts a person at increased risk of developing type 2 diabetes, and the greater the exposure, the greater the risk, researchers report. The researchers studied more than 31,000 licensed pesticide applicators participating in the Agricultural Health Study. Licensed pesticide applicators use more potent formulations of the chemicals than are found in products sold for use in the home or garden, the researchers note. People should follow instructions when using any product containing pesticides, they said.

## NEIGHBORHOOD ENVIRONMENTS WEIGHT CONNECTION

Neighborhoods that enable physical activity and offer access to healthy foods appear to impact residents' weight. Neighborhoods "influence the extent to which people adopt and maintain behaviors linked to obesity," according to a recent study. The researchers found that men and women living in neighborhoods with better walking environments and availability of healthy foods were leaner than those living in less physically desirable neighborhoods.

## EARLY SMOKE EXPOSURE UPS KIDS' RISK

Children who are exposed to secondhand tobacco smoke early in life are at greater risk of being hospitalized for infections than those brought up in a smoke-free environment, researchers from Hong Kong report. The risk of being hospitalized was greatest among babies 6 months old and younger, but the increased risk persisted up until the children were 8 years old, researchers found. Children who were premature or low birth weight were particularly vulnerable.





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*Armita Chady*



# Taking Control of Your Diet

## WHY 95% OF CONVENTIONAL DIETS DON'T WORK

**T**here is one huge important caution that everyone should be informed about which is the calorie restriction program with diets. Losing weight gradually is very, very important. The fact is: if you lose weight too quickly, or by engaging in improperly constructed or excessively severe calorie restriction regimens resulting in the loss of more than two pounds per week, the body will dip into its reserves of fat and muscle to compensate for reduced calorie intake, much of that loss may be in the form of muscle loss. **DO NOT LOSE MUSCLE TISSUE INSTEAD OF FAT!** This is the underlying reason for the syndrome that has come to be known as yo-yo dieting. The reason

is simple: muscle is the metabolic and calorie burning locomotive of the body; it is up to five times more metabolically active than fat tissue.

If you lose muscles while dieting, and don't sustain the weight loss, the weight you put back on will be fat, and you will then have just that much less muscle available to burn the calories that will be necessary when you want to try to lose the weight you have re-gained; hence the vicious circle of the yo-yo syndrome and a major part of why 95% of conventional diets don't work.

A better alternative is moderation in your food intake and an enjoyable exercise regime that will keep your muscle tissue healthy.



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# 36th Annual Cancer Convention



Alternative therapies for all diseases. General Public & Professionals Invited. August 30, 31 and September 1st (Labor Day Weekend) at the Sheraton Universal. Over 50 speakers, 5 movies and 80 exhibits. \$40/Day. Tour of Mexican Clinics September 3 & 6. 75/Trip. Nurses CEUs available. For Programs, Doctor Referrals & Patient Lists contact the Cancer Control Society, 2043 N. Berendo St., Los Angeles, CA 90027. Tel: (323)663-7801. [www.cancercontrolsociety.com](http://www.cancercontrolsociety.com)

**CAREGIVER TRAINING:  
ADVANCED DIRECTIVE  
AND MAKING IMPORTANT  
HEALTH DECISIONS**

Monday, July 14 Caregiver training is provided by the Department of Aging Program Development Division The Advocate Gallery @ 1125 North McCadden Place, LA. For more info call: 213-252-4007

**GIRLS GOLF DAY**

**Friday, July 18** Pitching, putting, chipping

and driving clinics. Free of charge. Ages 7 to 18 years old. Location: Marty Tregnana Gold Academy, 4341 Griffith Park Drive. For more info contact Markus Bruder at 323-906-3858

**THE 2008 ZOOT PLAYA  
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Saturday, July 19 All summer long! For more information visit [www.playadelrun.com](http://www.playadelrun.com)

**RELAY FOR LIFE  
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Saturday, July 26, Sunday, July 27  
Each year, across the nation, one event brings together entire communities to take part in the fight against cancer. That event is the American Cancer Society Relay For Life. For more information visit [www.cancer.org](http://www.cancer.org) and click on the participate in events link.

**PARKINSON'S DISEASE  
SUPPORT GROUP**

First Thursday of every month. 2 to 3:30 p.m. Cedars-Sinai Medical Center, Thaliens Mental Health Center. 2nd Floor Cafeteria. Affiliated with the American Parkinson Disease Association Information and Referral Center at Cedars-Sinai Medical Center. For more info contact Linda O'Connor (310) 423-7933.

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**LA DOWNTOWN  
ART WALK**

2nd Thursday of each month. The Downtown Art Walk is a monthly, self-guided tour of the art exhibition venues in Downtown Los Angeles, which includes commercial art galleries, public museums, and non-profit arts venues. For more info visit: [downtownartwalk.com](http://downtownartwalk.com)

**IRISH SET DANCE  
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Every Tuesday 7:30pm - 9:30pm. Columban Fathers House, 2600 N. Vermont Ave, Los Angeles. The Los Angeles Irish Set Dancers offer ongoing adult classes in set dance. No previous experience is necessary, nor do you need to bring a partner—everyone is welcome! Phone: (818) 504-2210. For more info visit: [www.irishdancelosangeles.com](http://www.irishdancelosangeles.com)





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