

Monmouth County's

SPRING ISSUE
MAY/JUNE 2017

Ask The DOCTOR

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QUESTION:

Do I need to be worried about my mole?

ANSWER:

May is Skin Cancer Awareness Month so it is a great time for this question.

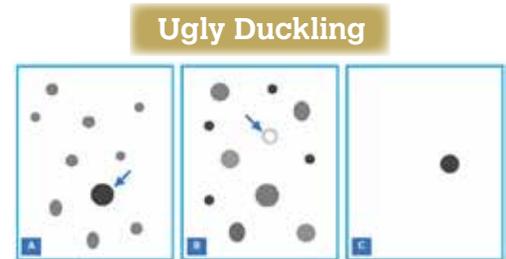
Detecting unusual and potentially harmful moles is not an easy task, especially if those moles are located on the back of the body. For this reason, it is imperative to not only perform a self-examination of your skin, but also have a physician check the areas that are difficult to see. How often should you perform a head-to-toe exam of your skin? Once a month is strongly recommended. The sooner you spot any suspicious lesions, the sooner they can be evaluated and treated, if necessary. This is why a whole body check should be performed once or twice a year by a dermatologist.

As a general rule, take note of any new moles or growths, and track any existing growths that begin to grow or change. Be suspicious of lesions that change, itch, bleed, or do not heal. There are various cancers; melanomas or non-melanoma skin cancers such as basal cell carcinoma and squamous cell carcinoma.

On average, one American dies from melanoma every hour, according to the American Cancer Society. Over the past three decades, more people have had skin cancer than all other cancers combined. One in five Americans will develop skin cancer in the course of a lifetime. Everyone is at risk for melanoma, but how great depends on a number of factors: sun exposure, number of moles on the skin, skin type and family history. Interestingly, while people with darker color skin may have a lower risk for skin cancer than others, it still poses a threat and is often found at a more advanced and deadly stage in this population. African Americans and Latinos are more likely to die from melanoma than Caucasians possibly due to late detection of the disease.

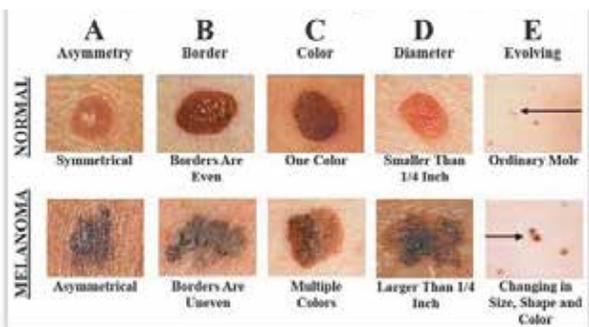
Concentrating on melanoma, because it is the deadliest form of skin cancer, medicine has developed two specific strategies for early recognition of the disease: the ABCDEs and the Ugly Duckling sign. Moles, brown spots and growths on the skin are typically harmless, although not always. If you have more than 100 moles, it puts you at greater risk for melanoma.

The Ugly Duckling sign is the concept that nevi on a person tend to resemble each other. A mole that differs from this pattern may be worrisome and should be evaluated by a physician as soon as possible.



Look for the Ugly Duckling and ABCDE signs of melanoma, and if you see one or more, make an appointment with a physician immediately.

The ABCDE's of Detecting Melanoma



A- Asymmetry

If you draw a line through a mole and the two halves do not match, meaning it's asymmetrical, it's a warning sign for melanoma.

B- Border

The borders of an early melanoma tend to be jagged. The edges may be scalloped or notched.

C - Color

A variation of colors is another warning signal.

D- Diameter

Melanomas usually are larger in diameter than the eraser on your pencil tip but may be smaller when first detected.

E- Evolving

When a mole starts to evolve or change in any way see a doctor. Size, shape, color, elevation, or any new symptom points to danger.

It is recommended to apply sunscreen with an SPF of 30 to 50 (Sun Protection Factor) 20 to 30 minutes prior to sun exposure and to re-apply it every two hours if you are swimming, or sweating.

SPF applies only to UVB protection so look for sunscreens with BROAD spectrum protection that protect against UVA and UVB. Use sun protective clothing. Avoid tanning parlors and the strongest sun rays between 10AM and 4PM. Use a moisturizer with SPF on a daily basis.

Early detection and treatment of skin cancer can be life-saving. Get checked today!



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OUR DEPARTMENTS

Health Articles and Q&A Pages 3
Your questions answered from local physicians, medical news and information

The Strong Lean Body 10
Tips on how to reach and maintain a healthy fitness level

As We Age 23
Articles and physician information just for seniors

Doctor Profiles 34
Physician information, including credentials, to help you choose a doctor or find out more about a doctor that you go to now

Kids' Health 35
Information, news and expert advice to raising healthy children from pregnancy to 18

Financial Health 42
Information, resources and news related to the health and well-being of your financial future

For The Professional 44
Business to business resources for the busy Medical Professional

Healthy Mind & Soul 45
Inspirational stories and advice on achieving mental balance and clarity

Healthy Home 48
Here you will find expert tips to make your home healthier, safe and fabulous

I Am Beautiful 54
Everything from tips to trends Where to go in NJ for specialty services

The Healthy Palate 62
Recipes to enjoy and local dining options for eating out

Healthy Pets 69
Articles and tips to keep your pets healthy



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QUESTION:

I have lower back pain; will it eventually go away without treatment?

ANSWER:

You are in good company, an estimated 75 to 85 percent of all Americans will have some type of back pain in the course their lifetime.

The probable causes of lower back pain are a laundry list:

- Sprains and strains
- Intervertebral disc degeneration
- Herniated or ruptured discs
- Radiculopathy
- Sciatica
- Spondylolisthesis
- Traumatic injury
- Spinal stenosis
- Skeletal

There is a chance that the problem will resolve itself in time; however, there is a greater chance that if left untreated, further complication may arise. What's causing your back pain? Don't forget the words to your favorite children's song Dem Bones... "Hip bone connected to the back bone, Back bone connected to the shoulder bone." Your bones and muscles are connected and need to work together in unison. If one muscle or bone is disturbed, the rest are thrown out of sync.

Advanced PMR takes a total body approach and will determine your pain and the contributing factors. While other facilities may treat "Julia" for a headache or a stress fracture in her foot, we trace the pain to the source; strengthen the muscles in her lower back, improving her posture which will alleviate her migraines and return her to a normal stance.

Lower back pain is typically mechanical in nature, meaning that there is a disruption in the way the parts of the back (the spine, muscle, intervertebral discs, and nerves) fit together and move. Not all back pain is created equally:

- Acute lower back pain is short term, and lasts a few days to a few weeks
- Subacute low back pain is defined as pain that lasts between 4 and 12 weeks
- Chronic back pain is defined as pain that persists for 12 weeks or longer, even after an initial injury or underlying cause of acute low back pain has been treated

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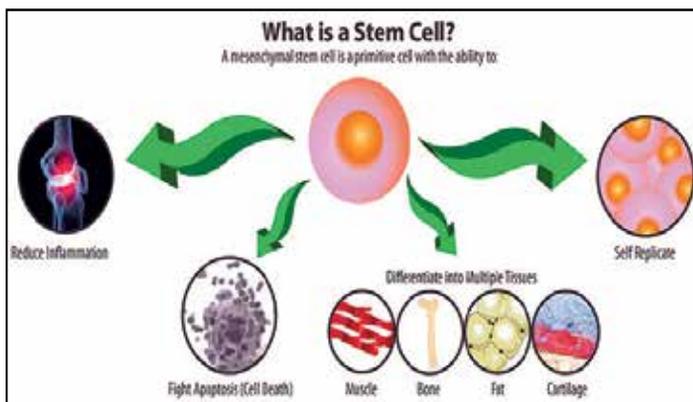
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness now offers a new cutting-edge treatment option called **amniotic membrane stem cell injections**. **Amniotic membrane stem cell injections** may be used to successfully treat patients with knee osteoarthritis when other conventional treatments have failed.



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

Amniotic stem cell injections offer the ability to heal damaged tissue naturally. With amniotic stem cell therapy, stem cells from amniotic tissues are injected directly into your knee. These stem cells have strong anti-inflammatory properties. However, stem cell therapy goes far beyond the benefits of standard "injection therapy." While cortisone and other drugs only provide temporary pain relief, stem cells actually restore degenerated tissue while providing pain relief. The growth factors in amniotic stem cells may replace damaged cells in your body. Additionally, stem cell injections contain hyaluronic acid, which lubricates joints and tendons, easing the pain and helping restore mobility. We also use precision guided fluoroscopy to ensure the stem cells are injected into exactly the right location. For optimal results.

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.

- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient's own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists and plastic surgeons for about 20 years.
- All amniotic stem cell donors go through a rigorous screening process, as determined by the Food and Drug Administration (FDA) and American Association of Tissue Banks (AATB).

AM I A CANDIDATE FOR STEM CELL THERAPY?

Patients suffering with knee pain due to arthritis may be considered as candidates for amniotic stem cell therapy. Regenerative medicine is growing in popularity and is helping more and more people live with less pain and suffering. If you have already tried conventional treatments, and are looking for another safe and effective option, consider amniotic stem cell therapy.

Call to schedule a consultation with one of our doctors to determine if amniotic stem cell therapy is right for you.



Dr. Scot Paris using precision fluoroscopy guidance to ensure the best results possible.

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QUESTION:

What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

We are proud to offer our patients a comprehensive knee pain treatment program that includes the best non-surgical methods to relieve pain all under one roof. We look forward to having the opportunity to help you feel better. Take the first step in ending your knee pain and call to schedule an appointment today!

Dr. Scot Paris using precision fluoroscopy guidance to ensure the best results possible.



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QUESTION:

When my feet are unhappy so is the rest of me.
How Can I Make My Feet Happier?



As with anything else in life, if you show them some love you will feel them smile. How do you show your feet you love them?

The #1 reason for most foot problems is poorly fitting or poor choice of shoes. Too loose, too tight, no arch support, no cushion, too wide or too narrow and high heels can throw your foot into spasm, change your gait and throw off your posture. They may be cute and send a fashion

statement but you **may be causing real damage to your tootsies**. These fashionable feats may be causing:

- Osteoarthritis often referred to as the "wear and tear" arthritis.
- Hammer toes; an abnormal bend in a toe due to arthritic changes or muscle imbalance.
- Plantar fasciitis is an inflammation at the point where the ligament inserts at the heel bone.
- Bunion deformities cause a painful range of motion at the metatarso-phalangeal joints, possible overlapping of the first and second toes.
- Blisters
- ingrown toenails
- corns and calluses

- stress fractures
- heel spurs
- athlete's foot
- fungal toenails
- plantar warts
- bursitis

Once your feet become inflamed or fatigued, the rest of your body will bear the effects. Show those feet a little support with shoes that fit and keep them happy.

If your feet need some TLC, bring them in for an evaluation to stop the problems before they progress.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on foot or ankle problems, feel free to contact:

Dr. Holli Alster at Family Foot & Ankle Center of Central Jersey
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FAMILY FOOT & ANKLE CENTER
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QUESTION:

Do my glasses really need UV Protection?

ANSWER:

YES! Both your sunglasses and regular glasses should have UV protection.

Ultraviolet (UV) is a type of electromagnetic radiation which constitutes about 10% of the total light output of the Sun. Most of it is filtered out by the Earth's atmosphere, although enough comes through to have implications. There are three types of UV radiation. UV-C is absorbed by the ozone layer and does not present any threat. However, UV-A and UV-B radiation can have long- and short-term negative effects.

Long-wavelength ultraviolet radiation can cause chemical reactions and causes many substances to glow or fluoresce. This includes the biological effects from its interactions with organic molecules. The UV spectrum has both beneficial and harmful effects to human health. On the positive side, Ultraviolet is responsible for the formation of bone-strengthening vitamin D in humans, your suntan and cute freckling. These and sunburn are familiar effects of over-exposure, along with higher risk of skin cancer.

Just as we have learned to protect our skin from the harmful rays, we must also protect our eyes. If your eyes are exposed to excessive amounts of UV radiation over a short period of time, you will likely experience Photokeratitis. This is equivalent to a "sunburn of the eye," and can be painful. Its symptoms include red eyes, a foreign body feeling or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing. The symptoms are usually temporary and rarely cause permanent damage to the eyes.

The longer your eyes are exposed to solar radiation, the greater the risk of developing cataracts or macular degeneration later in life. As a precaution, whenever you spend time outdoors, wear

Dr. Steven Linker, OD



quality sunglasses that offer UV protection and a wide brim hat.

Not all sunglasses protect you equally. The color and degree of darkness sunglasses provide have nothing to do with their ability to block UV rays. You can also opt for wraparound sunglasses or close-fitting sunglasses with wide lenses that protect your eyes from every angle. Some contact lenses also offer UV protection, but should be worn in combination with sunglasses to maximize protection. The larger the lenses, the more of your eye and soft tissue around it get protection.

In purchasing sunglasses, keep in mind:

- Block out 99 to 100 percent of both UV-A and UV-B radiation
- Screen out 75 to 90 percent of visible light
- Lenses should be perfectly matched in color and free of distortion and imperfection
- Lenses should be gray for proper color recognition

Chronic exposure to shorter-wavelength visible light (blue and violet light) may also be harmful to the retina. Many digital devices emit this shorter-wavelength visible light. Blue light is part of the visible light spectrum. The sun emits blue light, as do artificial light sources, such as LEDs, computers and smartphones.

Blue-violet light can be harmful to the eyes, specifically the retina. It is a risk factor for the onset of age-related macular degeneration, a deterioration of the part of the retina responsible for sharp, central vision. A recent study found that Americans spend almost 2 ½ hours on their tablets and smartphones every day. In addition, most offices and stores use fluorescent light bulbs, and LED lights are becoming increasingly popular. There are lenses and coating for non-sunglasses to protect from this.

The first step in getting help is a visit to your Optometrist to determine your eye health and vision. I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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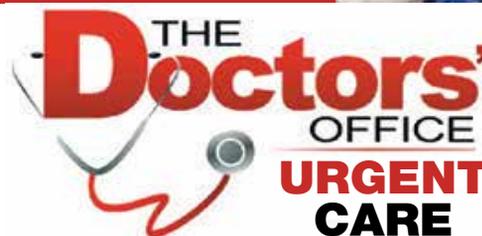
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Could I have PCOS?

Polycystic Ovary Syndrome (PCOS) is the most common reproductive endocrine disorder in women, affecting approximately 4-12% of reproductive age women. It is found in both normal weight and overweight/obese women. There is some evidence of a genetic predisposition to developing PCOS, as first-degree relatives of PCOS women are at a significant risk.

PCOS is thought to be caused by alterations in ovarian hormone production which creates an increase in male hormones. These hormones disrupt the feedback system to the brain and also result in insulin resistance. The menstrual cycle of a woman with PCOS is often anovulatory, meaning an egg is not released each month. Therefore, PCOS is a common cause of female infertility.

PCOS symptoms include a history of irregular menstruation, varying degrees of male pattern hair growth (hirsutism), and acne. Menstrual changes can range from irregular, infrequent, to even absent menstrual bleeding. As the time between periods increases so does the risk for developing uterine cancer. Therefore, women with irregular cycles should consult their gynecologist so they may be properly evaluated for these potential conditions.

There is also evidence that PCOS is associated with several long-term health risks, including the development of diabetes, dyslipidemia, and cardiovascular disease. Therefore, it is recommended that women with PCOS be screened at regular intervals for these disorders, so that early intervention can be implemented.

Women with PCOS can have a difficult time conceiving. Using fertility medications can improve their chances of ovulation and achieving a pregnancy. When abnormal hair growth is the primary concern, oral contraceptives may be effective, while the addition of anti-androgen medications directly inhibit hair growth. In the case of insulin resistance, the use of metformin may be indicated to help restore normal glucose parameters.

PCOS can affect many facets of a woman's health. It is important that patients be educated about the implications of this condition, and that proper evaluation and care is implemented by their provider.



Polycystic Ovary Syndrome

Complete Family Foot & Ankle Care

FOOT KNOWLEDGE:

Your Feet Can Say A Lot About Your Health



Dr. Sanjay Gandhi, DPM

Did you know the foot has 28 bones, 37 joints, 107 ligaments, 19 muscles, and numerous tendons? These parts all work together to allow the foot to move in a variety of ways, while balancing your weight and propelling you forward or backward on even or uneven surfaces. It is no wonder that most Americans will experience a foot problem that will require the care of a specialist at one point or another in their lifetime. It is important to see a Podiatrist because the foot can be a window to your health for conditions such as diabetes and poor circulation.



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CDC Confirms Lemon Eucalyptus Oil as Effective as Toxic DEET for Repelling Bugs

DEET, while amazingly effective at warding off mosquitoes, comes with its own dangers.

It's a neurotoxin. Found in most conventional, over-the-counter insect repellents, it can enter your bloodstream if it comes into contact with your skin. Children with DEET toxicity have reported lethargy, headaches, tremors, involuntary movements, seizures, and convulsions.

It is, then, a refreshing admittance that lemon eucalyptus oil is as effective as this toxin in repelling mosquitoes.

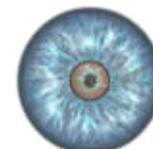
"Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET," according to the CDC.

Finding natural solutions and substitutions for heavy chemicals and toxins is extremely important and being able to research them on the internet has allowed us to swiftly rectify any time this is the case. Businesses and organizations have begun selling lemon eucalyptus oil repellents and the non-toxic movement has taken off.



10 Fascinating Facts About the Human Body

1. The cornea of the eye is the only part of the body that has no blood supply. It obtains oxygen directly from the air.
2. The human brain has a memory capability, which is the equivalent of over four terabytes on a hard drive.
3. A newborn baby can breathe and swallow at the same time only for up to seven months.
4. Your skull is comprised of 29 different bones.
5. Nerve impulses directed from the brain travel at a speed of 274 km/h.
6. One human brain produces more electrical impulses in one day than every telephone globally combined.
7. The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
8. The human heart pumps 182 million liters of blood during the average lifetime.
9. 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
10. The human embryo acquires fingerprints within three months of conception.



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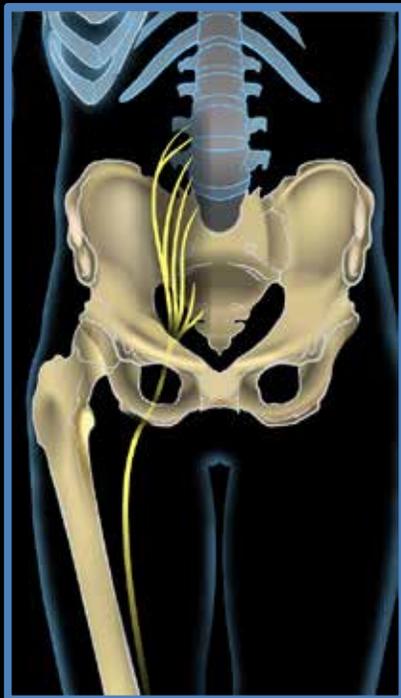


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THE STRONG & LEAN BODY

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can become inflamed due to: spinal subluxations, co-existing conditions, injuries, improper body mechanics, and more. Since the sciatic nerve runs from the hips down the legs, patients can feel radiating pain in their lower back, buttocks, hips or leg muscles. Some patients even report neurological symptoms like tingling sensations in their feet. Many feel restricted from everyday activities, unable to bend or in some cases sit and stand.

Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy (by a licensed professional) until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression including non-surgical spinal decompression. Contact us today for more information on how you can *GET BETTER FASTER*.



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Can Driving Contribute to Your Back Pain?

By Aylin Mahmut PT, DPT, MCMT

Correcting sitting posture and establishing good ergonomics in work place has been a hot topic for the past years. As we sit upright at our desks, we forget to apply this principle and habit to other settings such as driving. Many of us drive minimum of 1-2 hours a day. Once you observe other drivers when you are at a red light, you will see that many people drive with a jutted out neck or an extremely leaned back chair with one arm reaching across to hold the wheel. Both situations create asymmetry in our body and is carried out to other activities when we get out of the car. What does that mean? Let me explain more.

Our muscles get the orders from our brain. After we drive 2 hours with a forward head posture, once we get out of the car and stand up, due to tightening of neck muscles, we also end up with standing up forward head posture. If you have a desk job where you have to stare at a screen occasionally or all day long, that even strains your neck more. This is how we may end up with neck problems and/or muscle aches.

Driving with one arm, and trying to reach to turn the wheel may also cause tightening of trunk muscles on the opposite side. This will also lead to over stretching of the trunk and shoulder muscles on the same side. Due to increased tightness on one side, and overstretching on the other side, we become lopsided. Over time, an unevenness may also cause spinal asymmetry and/or muscle aches in our shoulders, trunk or even pelvis.

Our pelvis is made up of three bones; two identical ones on each side that makes up the upper part of hip joint, and one bone in the back. On each side, hamstrings insert in the back and the hip flexor inserts to the front of our hip/ pelvis. Since many drive automatic cars, we really do not use our left foot. While our right leg is semi straight in order to reach the gas/pedal, we tend to bend our left knee to place our foot on the floor. That position may cause left hamstring and hip flexor to be tighter than right side, which creates an imbalance in pelvis as well as in low back.

What we can do improve our posture while driving is:

- Make sure your head is resting against the head rest
- Use both arms while driving
- Refrain from bending left knee at all times
- Keep symmetry in mind!



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Reiki and the Health of our Family Pets

By Jeffrey Carpenter

When looking at the benefits of Reiki, people usually highlight the major improvements they experience. Stiffness and pain are relieved and sometimes eliminated. Anxiety and stress are reduced to help provide calmness and relaxation. However, few people realize that all of these benefits can be shared with the family pets. Reiki is a soothing therapy that applies healing energy on many levels, including the physical, mental, emotional, and spiritual. It is used to help relieve the symptoms of many different kinds of ailments, including everything from pulled muscles and arthritis to major diseases like cancer. Reiki complements most medical therapies, speeding up the healing process after surgery and reducing the side effects of medications and treatments. So why not share the benefits of Reiki with our beloved furry, feathered, and scaled family members? Animals love the stress relief of Reiki energy flowing through them. They demonstrate a calm and relaxed demeanor, even around strangers coming into their homes. Outdoor animals like horses, cows, and sheep also benefit from Reiki, as it promotes calm and reduces the possibility of injury from restless behavior like pacing and digging. Separation anxiety, aggression, and even marking can be addressed by adding Reiki to a behavioral training program. On the physical level, animals experience the same benefits as people, like reductions in pain and swelling as well as healing for infections and diseases. The use of Reiki on animals has shown impressive results in a wide variety of illnesses, from treating nausea, gum disease, and bladder infections to reducing the size of cancer nodules. Add Reiki to your wellness plans for your entire family, including your pets!

THE STRONG & LEAN BODY

Start a Healthy Habit For Father's Day

Make a mid-year resolution to start a healthy habit! Just one habit change can have you on your way to a longer, healthier life. Is there a better gift you can give to yourself and yours?



Chances are there is a father, brother or friend in your life who isn't in such good shape. You can become a motivation for them by bringing them out on a hike or bike ride with you. Obesity is on the rise, and it's a major risk factor for heart disease and stroke, diabetes and some types of cancer.

The time is now to make a change:

ADD SOME EXERCISE!

- Do you have an extra 20 minutes during your workday to take a brisk walk around the building?
- Can you walk to your work lunch this afternoon instead of driving or taking a cab?
- Can you park a little farther from your destination and add a few steps?

PORTION CONTROL

- There is nothing wrong with taking half of your meal home for tomorrow's lunch or dinner.
- Sharing is caring.
- You don't have to eat everything on your plate.



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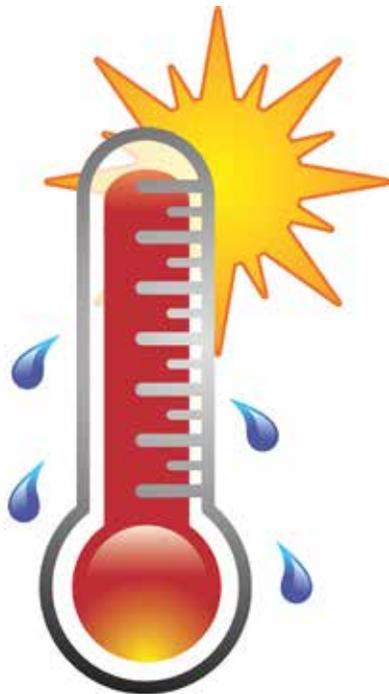
In the Heat of the Moment, Heat Awareness Day Is Here

Congratulations, you have survived the 'Winter from Hell.' The trees are budding and the first signs of spring have sprung. It seems a long way away, but we need to start thinking about summer and the hot weather. Heat Awareness Day is May 24, 2017.

Anyone who is exposed to extreme heat or hot environments may be at risk of heat stress. Heat-related deaths and illness are preventable, even so an average of 688 deaths each year in the U.S. are attributed to it. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Workers at risk of heat stress include outdoor workers, but also workers exposed to hot environments such as firefighters, bakery or kitchen workers, farmers or construction workers, or anywhere you would be wishing for air conditioning. Senior citizens, those who are overweight, have heart disease or high blood pressure, or take certain medications, infants and children, and athletes may be affected by extreme heat and are at greater risk.

Our bodies naturally react to heat by perspiring and breathing. The Center for Disease Control recommends keeping your body temperature cool to avoid heat-related illness, be sure to stay hydrated because your body loses fluids through sweat (you can become dehydrated during times of extreme heat), and stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

Heat exhaustion is a common reaction to severe heat



and can include symptoms such as dizziness, headache and fainting. With rest, a cool environment and hydration (including refueling of electrolytes, which are necessary for muscle and other body functions) the symptoms diminish. When a person is exposed to heat for a very long time, the first thing that shuts down is the ability to sweat. When perspiration is dried by the air, it has a cooling effect on the body. When perspiration stops, a person can move from heat exhaustion to heat stroke rapidly.

Heat stroke is more severe and requires medical attention—it is often accompanied by dry skin, a body temperature above 103 degrees Fahrenheit, confusion and sometimes unconsciousness. Heat and humidity is a dangerous combination.

When you factor relative humidity into the air temperature, it feels like it is much warmer than the thermometer reads. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F!

We should all remember not to leave children and pets in the cars in any weather, but especially in the warm months. Even with windows open on a mild day, the body absorbs more heat than it can handle. This is called hyperthermia, and is responsible for untold deaths each year. If you are uncertain whether or not the weather will impact your health, don't make those plans.

Summer is a time for fun in the sun, be smart and be safe... when in doubt, do without.

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ANTI-INFLAMMATORY DIET FOR AUTO IMMUNE DISORDERS

Inflammation is a component of Sjögren's syndrome and essentially all autoimmune disease. From a naturopathic perspective of treating the cause of disease, one of the first ways to address this is through an Anti-Inflammatory Diet.

This upstream approach to treatment focuses on avoiding pro-inflammatory foods and eating a diet rich in anti-inflammatory foods. Additionally, since medical research is converging on inflammation as the common link in most diseases (i.e., heart disease, Alzheimer's, asthma, diabetes, cancer, etc.), eating an anti-inflammatory diet is a great model of dietary health for everyone.

Avoid most packaged foods with a long list of ingredients. When preparing foods select raw, fresh, steamed, or broiled options over fried, BBQ'd or highly-processed choices. Specific recommendations are:

EAT MORE

- Colorful Whole Fruits and Vegetables – Eating foods with deep red, yellow, orange and green colors provides vitamins and minerals, phytonutrients, fiber and potent antioxidants that minimize inflammation. Eating foods as close to their unrefined state preserves the content of these beneficial nutrients.
- Healthy Fats – This includes the omega 3 oils found in fatty fish (salmon, mackerel, sardines) and foods such as avocados, extra virgin olive oil, raw nuts and seeds.
- Fiber – Fiber promotes adequate bowel movements, creates a favorable environment for healthy bacteria in your gut, and supports the body's overall detoxification process. A few tablespoons of ground flax seeds daily are a great way to add soluble and insoluble fiber.
- Moderate Amounts of Organic Meat – Grass-fed beef or bison is higher in anti-inflammatory essential fats. Organic free-range chicken tend to be lower in antibiotics and are fed a vegetable/grain based diet, which tends to offer cleaner sources of protein.
- Spices/herbs – Seasonings such as garlic, ginger and turmeric add an anti-inflammatory component to the diet.

ELIMINATE / EAT LESS

- Trans or Hydrogenated Fats – The body has no mechanism to use these unnatural fats that ultimately cause inflammation. These should be eliminated from your diet.
- Refined Oils – Commercial safflower, corn, and canola oils have had much of their health-promoting content removed for shelf-storage purposes & tend to be high in omega 6 fats that can be converted to inflammatory arachadonic acid, a type of fat that stimulates inflammation in the body.
- High Glycemic or Processed Foods – Highly processed carbohydrates such as bread, pastas, cakes, candy, fruit juice and corn syrup are quickly digested leading to a rapid rise in blood sugar and a subsequent inflammatory cascade stimulated by insulin.
- Red Meat – Avoid these meats when possible or eat organic grass-fed meat to reduce ingesting high levels of pro-inflammatory arachadonic acid.
- Common Food Allergies – Milk products, eggs, gluten from wheat and peanuts can cause inflammatory reactions in many people and are best avoided.
- Artificial Sweeteners & Preservatives – These additives have no nutritional value and tend to promote inflammatory reactions.

May is Stroke Awareness Month

Did you know that every 40 seconds, someone in the United States has a stroke?

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts.

“Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages,” said Freeholder Deputy Director Serena DiMaso. “In fact, according to the Center for Disease Control (CDC), nearly a quarter of all strokes occur in people younger than age 65.”

The CDC offers the following steps you can take to lower your risk of stroke:

- Don't smoke.
- Exercise regularly.
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes.
- Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

“If you or someone you are with is having signs of a stroke, call 9-1-1 immediately,” said DiMaso. “The faster someone receives medical treatment, the lower their chances are for disability or death. Remember that every second counts.”

Know the signs of a stroke and call 9-1-1 immediately if you or someone you are with have the following symptoms:

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness or loss of balance and coordination.
- Severe headache with no known cause.

May was designated as National Stroke Awareness Month for the first time in May 1989 with the goal of reducing the incidence of stroke in the United States.

For more information about strokes go to www.cdc.gov/stroke.

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This can be the result of tendinitis, bursitis, and rotator cuff injury, which occurs more frequently in patients with diabetes, chronic

inflammatory arthritis of the shoulder or after chest or breast surgery. The condition develops over time, typically 12-18 months, most often over the age of 40 and women are more prone to it.

Frozen shoulder can usually be diagnosed from signs and symptoms alone. There may have been a clear history of events that could strain or injure the shoulder joint. We may suggest imaging tests — such as X-rays or an MRI to rule out other problems and isolate your issue.

Not sure? Let us take a look. Our practice welcomes new patients from Newborn to Geriatric. We accept most insurance our Physical Therapy office, where skill and experience are stressed. Our approach is less about the high tech equipment and more about hands-on, personal attention physical therapy.



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How do you know if a visit to the chiropractor is right for you? Chiropractors can offer treatment to alleviate pain, whether you were hurt in a vehicle accident or have recently been experiencing painful symptoms caused by some other source.

What Does a Visit Cost?

Visits vary by practice but can actually save you money in the long run, depending on your medical conditions. That's because chiropractors don't prescribe medications or perform expensive surgeries.

Chiropractic care also can help you minimize or avoid the need for lengthy or costly physical therapy. By making

adjustments or offering alternative solutions, a chiropractor may be able to keep you out of the operating room.

Call around to different chiropractors in your area to ask about rates and find out if your issue can be treated in their offices.

More than Pain Relief

Many chiropractors offer health and wellness programs that focus on not only your physical health but your mental and psychological health, as well.

Most chiropractors encourage you to make lifestyle changes that will improve your health, which in turn can decrease your susceptibility to injury and pain.

Everyone knows that people who are more physically active generally have less stress and anxiety in their lives.

Because chiropractors encourage exercise and increased physical activity to help alleviate pain, visiting one can lead to positive changes that contribute to an overall better quality of life.



POST-PREGNANCY WEIGHT LOSS

You've put in a long nine months and watched your body expand. You've been poked and prodded, weighed and measured — all for the benefit of the newest member of your family.

But it's all worth it once your little bundle of joy makes his or her arrival in to the world.

When it's time to focus on you again, it can be difficult getting started. Your body can naturally lose about 10 to 12 pounds during the labor experience. But what about the remaining weight you picked up to support the development and growth of your baby? This weight — specifically the last 10 pounds — can be a thorn in your side for months to come.

Fortunately, with some smart eating and exercise decisions, you can be on your way to your pre-pregnancy weight in no time. The most important thing to consider is your physician's advice on returning to regular exercise and dieting. Follow medical recommendations at all times to let your body heal correctly after childbirth.

Kitchen and Grocery Store Strategies

Exercise will be crucially important to your weight-loss goals, but you may not be cleared to work out for a few weeks after labor. Get a head start by devoting your diet to healthy options in the kitchen and grocery store.

Even if you work out daily, what you eat plays a huge role in whether or not your body will burn enough fat to help you reach your

objectives. Commit yourself to spending some time in the kitchen, between spending time with your new baby, of course. If people offer to bring you lunch or dinners, ask them politely to make them as healthy as possible.

Send your significant other to the grocery store for some fresh produce and meats. Experts recommend spending the majority of your shopping time on the perimeter of grocery stores — where the produce and frozen vegetables are usually located. More time here and less time in the middle of the store where sugary snacks and sodas live can be a key to choosing healthy foods for your diet.

Avoid Processed Foods

Foods in their natural form will be your best bet for fueling your body with healthful options. These include meats, vegetables, eggs and fruits that haven't been processed to make them last longer on the shelves of your grocery store.

Use these fresh ingredients to challenge yourself in the kitchen. Learn new recipes. Incorporate new fruits and vegetables into your diet.

The more variety you give yourself, the more likely you will be to stick to healthy options, helping your body shed weight and gain more energy for exercising.



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Visiting Grandparents Can Be a Positive Experience for Kids

By Susan Heckler

Back when I was a kid, the only place for the elderly population that could not manage independently was a nursing home. I have very sad and vivid memories of visiting my grandmother and great grandmother as these places were awful. These were dated hospital rooms with linoleum floors and a depressing atmosphere. Being mentally alert but physically challenged must have been a nightmare for the residents. Nursing homes back then are nothing like they are now!

They didn't have Assisted Living 50 years ago or many of the other options opened to the seniors now. We all recognize that people are living longer and there is a whole new sector of businesses opening to make their lives better and safer.

I recently accompanied a friend in her search for a place to bring her elderly father-in-law to, rather than allow him to try and manage in Florida. The first (and last) stop was The Brookside Assisted Living in Freehold. This beautiful sunshiny facility is more like a resort hotel. The residents here need a little help now and then but function independently. There is a built in social life and huge list of activities that offers something for everyone.

Today's senior is gradually getting more familiar with the use of modern technologies. They now have communication devices to be in touch with family and friends globally. This ends that feeling of isolation, which is such a detriment to their happiness.

The Brookside offers fitness programs, sports, and other types of physical and social activities. You can stroll the grounds or just take in some fresh air, play bingo and other group games, do crafts, dance, go on trips, and interact with your fellow residents. Brookside's great range of activities keeps seniors physically active, mentally alert, as well as spiritually and emotionally nourished.

They are a kosher facility and focus on the Jewish tradition, offering spiritual fulfillment to many. They have a beautifully appointed synagogue available for daily, Shabbat, and High Holiday services as well as gourmet food in their spacious restaurant style dining room.

My friend's father-in-law will be moving up from Florida to The Brookside very soon. He will be at arm's length to visit, can enjoy his children, grandchildren and great- grandchildren visiting him and spending the day in his new home.

I have to tell you, I am so glad I did this tour with my friend. In my mind, the thought of putting my Mom in a facility like Grandma and Nanny ended up in was killing me. If you or a loved one is thinking about moving into an assisted living community, you can look forward to visiting them with your children and grandchildren and enjoying the day in the various community rooms or their beautiful apartment. They won't be uneasy and can spend valuable time enjoying Grandma, Nanna, Pop Pop, or whoever.

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HOME HEALTH TREND GROWING

While more of today's elderly choose to grow old at home where they can maintain a personal sense of independence, trends in home health care are changing rapidly.

An increasing number of older individuals now are receiving health services in the convenience and security of their own homes.

As the nation's population ages, the home health care industry is expected to increase by more than 40 percent in the next few years.

It is estimated that approximately one fourth of the nation's elderly population already suffer some form of disability or chronic health problem for which they require assistance. By the year 2020 the number of chronically ill and/or disabled elders in the U.S. is expected to double.

Although hospitals and long-term care facilities likely will continue to serve the chronically ill, new advances both in medical and information technologies currently contribute to facilitating communications between patients and their healthcare providers, helping to improve the individual's comfort, safety, and quality of life.

Seniors who otherwise might have to be hospitalized can benefit from the medical support offered by a variety of home health services. Considering that hospitals are discharging earlier, home health agencies are working hard to meet the needs of clients by providing services such as patient evaluation, assessment, treatment and education.

Allowing individuals to receive medical treatment and therapies in their own homes costs less than hospital or nursing-home care. At the same time, it is important to remember that home health care service providers need to offer adequate support for the patient.

If you have a parent or a loved one who might need help with some kind of care, take a look into in-home adult care services. You will undoubtedly find a business that thrives on being full-service and catering to the every need of the person who needs help.

Not only does in-home care provide an easy way to get simple tasks completed throughout the day, but it also gives a sense of companionship and friendship that might not otherwise be available.

Consulting with the senior to gauge their interest in adult home care services is the first step in deciding whether this kind of setup will work for the entire family.

Remember that it is the loved one who will have to be living in whatever conditions are chosen. The final decision will undoubtedly be a difficult one to make, but it could potentially be much easier if the person is given the option to stay at home and receive care in the place they're most comfortable with.

Allaire Rehab & Nursing in Freehold New Jersey: Ranked Among The Best Nursing Homes In The Nation

Prominent in this year's list of the Best Nursing Homes in the country issued by News & World Report, is Allaire Rehab & Nursing, a newly renovated facility in Freehold, New Jersey featuring 26 elegant, hotel-style rooms that positively elevate the patient experience to a whole new level where hospitality meets healthcare.

Nestled in nine tranquil acres in the heart of Central New Jersey, this splendid 174-bed facility provides a full range of post-surgical care and subacute rehabilitation, and recently achieved a successful State Survey thus rendering it an optimal choice for subacute rehabilitation – and a true gem in Monmouth County!

Fully equipped with the most modern technology, the rooms feature upscale amenities that include large flat screen TV's and surround sound bedside speakers that are bluetooth compatible. Spacious and beautifully appointed, many of the rooms are private and outfitted with a sleeper sofa, a desk, and the added value of a private bath and shower. Noteworthy, is a specially designed suite equipped with everything necessary to care for patients in need of specialized bariatric services.

This is indeed momentous: Being ranked among the Best Nursing Homes in the Nation is certainly rewarding – especially after completing a full cycle of renovations. "It greatly enhances the 5-Star Rating by the Centers of Medicare & Medicaid that our facility earned recently," says Ben Kurland, CEO and Administrator at Allaire, "it is a reflection of our fundamental premise that the quality of our facility has a direct effect on the level of care that the residents receive."

A recipient of the New Administrator Award from the College of Healthcare Administrators in 2011, Kurland has strengthened his sterling reputation by transforming Allaire into the pride and joy of the community, proving that while "Revolutionizing Care Delivery" is their corporate tagline – they truly go beyond that.

Indeed, from Allaire's ratings in health inspections, its nurse staffing that exceeds the standard, its specialized clinical programs and the systems in place that consistently track the quality of care provided to each patient, it is no wonder the facility has established itself among the "Best Nursing Homes In The Nation."

For more information about Allaire Rehab & Nursing or to schedule a visit, please contact Brie Gallo at 732-431-7420.



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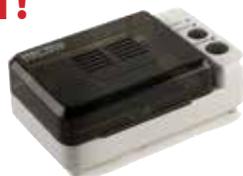


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*The purpose of this hearing assessment and demonstration is to determine if the patient(s) may benefit from using hearing aids. Any determination made is not a medical diagnosis. **Limit one per person. For new patients only with the purchase of a pair of hearing aids. Not valid with any other offer. While supplies last. Product pictured may not be the exact model offered. Information within this offer was correct at time of printing. Offer expires 6/30/17. CCRGOF=C

KEEP YOUR BONES STRONG

When you think physical health, you may start with the skin, hair or teeth, because these are the parts of the body you can see.

But sitting beneath the surface are the vital pieces making up the ultimate structure of your body — the bones. They play many crucial roles in the body, including protection of organs, anchoring of muscles and storage of calcium.

Taking care of your bones is a practice that should start in childhood and continue throughout your life.

The Numbers

Why is bone health so important? The Office of the Surgeon General reports an assortment of statistics that call for healthier, bone-focused diets to help the country's population.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on a variety of lifestyle, diet and exercise factors. According to the Surgeon General:

- The risk of a fracture increases with age and is greatest in women. In fact, roughly four in 10 Caucasian women ages 50 or older in the United States will experience a hip, spine or wrist fracture sometime during the remainder of their lives.

- Osteoporosis is the most common cause of fractures. Roughly 10 million individuals over age 50 in the United States have osteoporosis of the hip.

- By 2020, one in two Americans over age 50 is expected to have or be at risk of developing osteoporosis of the hip.

Calcium and Vitamin D

Calcium is a mineral needed by the body for healthy bones. Since the body cannot produce calcium, it must be absorbed through food or vitamins.

Good sources can include low-fat dairy products, dark green leafy vegetables and calcium-fortified products such as orange juice, cereal and bread.

The daily recommended amount of calcium varies for individuals, so check with your physician to see how much you should be taking in.

Physical Activity

Bones also can be strengthened through regular physical activity. Weight-bearing physical activities cause muscles and bones to work against gravity. This can be strenuous, so consult your physician before increasing the amount of weight-bearing exercises.

These exercises can include simple walking, jogging or running. More vigorous activities can include field hockey, hiking and weightlifting.



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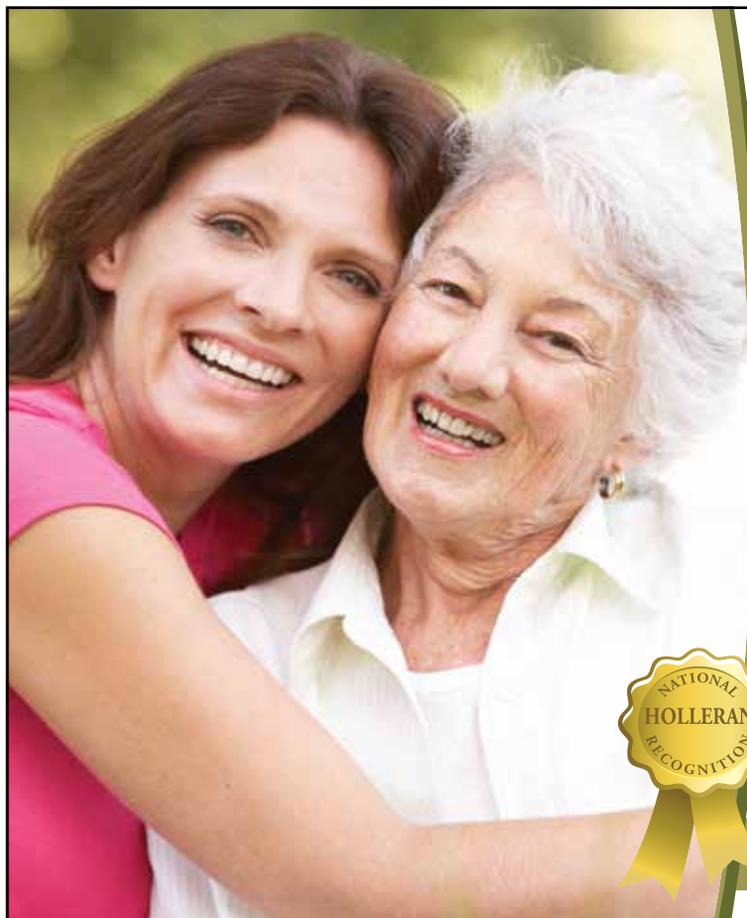
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Best Things to Do with Grandma & Grandpa this Spring

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.



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Could it be CADASIL?

By Susan Heckler

If you or a loved one has suffered from strokes, progressive dementia, mood disorders, migraine, and/or recurrent subcortical cerebral infarctions, some new research may change your diagnosis and treatment.

CADASIL (Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy) is a hereditary autosomal dominant disease, which affects all of the small cerebral arteries. It is as a result of various mutations of the Notch3 gene located on chromosome 19. So far, over 150 different mutations causing the disorder have been identified. Both men and women are affected equally.

This was described in Europe, specifically a Swedish family 30 years ago and the disease has now been observed in families with very different ethnic backgrounds, on all continents. It is likely that the frequency of this disease is underestimated as it shares symptoms with other disorders. The current term Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy (CADASIL) was named in 1993.

CADASIL symptoms result from changes in the arteriolar wall. As a result, the arteries thicken and become more rigid, resulting in decreased blood flow and ischemia, affecting the exchange of nutrients between blood and tissue is also disturbed. The disease affects the small branches of the long arteries penetrating deep into the white matter of the brain meaning restricted blood flow and oxygen deficiency.

In the most cases, patients affected will exhibit ischemic episodes, cognitive defects, migraine like headaches or psychiatric disturbances. When and the severity of these symptoms is highly variable, even within families. Cognitive function declines slowly over time; there is variability in the onset and severity of cognitive impairment. Patients demonstrate dementia in presence of severe loss of cognitive function. Seizures, although rare, has been observed in affected individuals. Other symptoms may include speech defects.

Early onset of symptoms does not necessarily mean that the disorder will progress rapidly. It is important to tell the doctors you have CADASIL so that certain treatments or tests can be avoided.

- Avoid Thrombolytics and Anticoagulant Treatments, which aim at unblocking blood vessels as they increase the risk of a cerebral hemorrhage.
- Avoid Vasoconstricting Medicines (issued from rye ergot or from Triptan) may increase the risk of cerebral infarction.
- Avoid Cerebral conventional angiographies (contrast agent within the arteries in the brain for examination of the cerebral vasculature) should be avoided because of potential neurological complications (migraine with extended and severe aura).
- Using Anesthesia must be monitored as it could cause abrupt changes in blood pressure.

Currently there is no treatment to cure or to prevent the progression of the disease. Finally, you must tell the medical teams about current medications and the corresponding doses. This is a precaution so as to avoid the combinations of incompatible medication and any risk of overdose.

Acupuncture for Seniors

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.

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Managing Arthritis Pain

By Brianna Siciliano

There are many different conditions, disorders, and diseases that are categorized under the term "arthritis." If you suffer from arthritis pains, you may already know that arthritis is the leading cause of disability in the United States, causing more frequent activity limitations than diseases and conditions such as heart disease, diabetes, and cancer. Arthritis can be extremely draining in both physical and emotional aspects, but there are ways to manage and lessen arthritis pains.

For starters, exercising can be a great way to treat joint pains. Yes, it is possible to exercise for relief instead of taking pills day in and day out. Exercises can improve sleeping habits, assist in flexibility improvement, and make everyday tasks more enjoyable. Asking your doctor about a fitness prescription—filled with a list of specific exercises to relieve pain and improve your everyday life—could be the answer to your prayers. Another method to help manage and lessen arthritis pain is acupuncture. When the needles are placed onto parts of the body, endorphins (natural pain relievers) are increasing production. Along with increased endorphin productions, the needles also increase blood flows to areas of the body, which assist in getting rid of things such as lactic acid, which cause pain. Talk to your doctor before beginning acupuncture treatments.

Heat is also a great way to ease discomfort and pain. Taking a hot bath or sitting in a Jacuzzi can bring immediate relief and relaxation. If water therapy is not the right therapeutic solution for you, try a heating pad. There are a few different heating pads available to purchase: electric heating pads (which are very popular, but can result in burns on the body), microwavable pads, or heating pads with automatic off-switches in case you fall asleep while the pad is applied to a part of your body.

There are many ways to manage arthritis pains aside from taking medications. Exercising, receiving acupuncture treatments, or applying heat to your body are three possible pain management solutions to discuss with your doctor. If these do not work for you, ask your doctor about possible injections, medications, or stimulations.



Talk to your doctor to see what steps you can take to manage and lessen arthritis pains.

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Dr. Pete graduated from Monmouth University and received his B.S. in Biochemistry in 1994. Dr. Bufano attended New York Chiropractic College in Seneca Falls, New York and received his Doctorate in Chiropractic in 1998. Dr. Bufano is Board Certified in New Jersey, specializing in musculoskeletal diagnosis and treatments. Dr. Bufano continues his post graduate studies in sports medicine, whiplash, mild traumatic brain injuries, as well as, Neurology.

Dr. Bufano is a graduate of the Spine Research Institute in San Diego, where he studied whiplash and traumatic brain injuries. He attended Nuemann College in PA, where he earned his certification in Neurodiagnostic electrophysiologica evaluations. In 2000, Dr. Bufano earned his certification in sport medicine through NYCC in Long Island. Dr. Bufano is a current member of the Association of New Jersey Chiropractors.

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Dr. Steven Linker, OD
Monmouth Vision Associates



Dr. Steven Linker graduated from SUNY State College of Optometry in 1984 following a degree in Biochemistry from SUNY Binghamton.

He is currently a member of the New Jersey Society of Optometric Physicians and the American Optometric Association. Monmouth Vision offers Comprehensive eye exams for children and adults, Corneal Mapping, Digital Retinal Imaging, Dry eye treatment, eye emergencies, Glaucoma testing, Low Vision treatment, Macular Degeneration Treatment, Sports and Specialty eyewear fitting and Visual field testing. His office has an on site selection of eyeglasses and sunglasses for every age and every budget.

In addition to running his busy private practice, Dr. Linker is a consultant in several nursing homes and assisted living facilities and involved in his community.

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Dr. Sclafani graduated from SUNY State College of Optometry in 1984.

She is currently a member of the New Jersey Society of Optometric Physicians. Originally from Brooklyn, now living in Princeton, she has been in private practice for over 25 years, 20 in the Freehold area. Her relationship with her patients span for decades in the Freehold and

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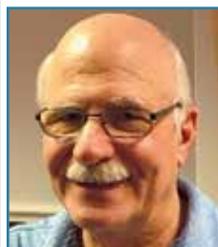
Dr. Sclafani is a mother of four and enjoys giving back to the community.

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Robert S. Friedman, PA



Robert Friedman was trained and schooled at N.Y.U. He received his Physical Therapy Certificate and 2 years post graduate work in Cardio Pulmonary Physiology.

Mr. Friedman was a staff therapist at N.Y.U. Ruske Institute for three years, working in adult rehab, pediatrics, out patient and spinal chord injuries. He also continued classes for two years in Cardio Pulmonology, allowing him to work with patients dealing with COPD and other respiratory ailments.

He has been in private practice for over 35 years, performing extensive hands on Physical Therapy; while treating sports injuries, joint replacements, soft tissue injuries of the cervical and lumbar spine.

Mr. Friedman is an avid golfer, which allows him to understand the mechanics that can be applied to treating and preventing future injuries.

He is an active participant in continuing education programs and evaluates all his patients as a whole person not just the involved body part.

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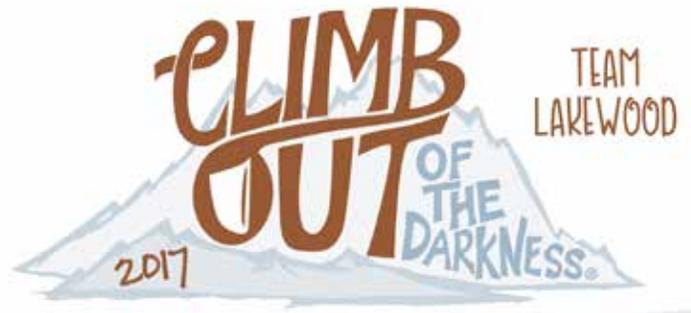
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We've all heard stories about kids who spend their first year of college partying – and flunk out. How do you know if your son or daughter is at risk?

We can't keep track of all of the drug problems that we hear about on the news. We have heard about that famous guy, Heath Ledger, who died of an overdose of oxycodone mixed with some other prescription meds. Oh, and Cory Monteith and Phillip Seymour Hoffman, didn't they die from a mix of heroin, cocaine and prescription meds? So why are kids and young adults abusing prescription drugs? What's the allure? It just doesn't make a lot of sense. Want to understand more about your child's habits while away at school and how much does drinking alcohol really affect your child's academic performance? Visit www.ParentChecNJ.com for quizzes and info.

The NJ Social Marketing Collaborative was developed by the New Jersey Prevention Network (NJPN), the Partnership for a Drug Free New Jersey (PDFNJ) and the New Jersey AD Club in order to positively impact the 18 to 25 year olds and their parents. Bringing together the expertise of these three organizations and adding the full Collaborative membership establishes a strong base to develop and implement a statewide effective prevention program.



Awareness Can Prevent Teen Suicide

By Susan Heckler

From the moment your child comes into this world, your life as an individual has changed, and you will forever be a parent. Your new responsibilities grow and morph as your child matures. Each phase of life brings different bumps and rewards as a parent. As you get over one hurdle, another one is right there in front of you.

One horrendous hurdle that looms in front of every parent seems to be Teen Suicide.

I can hear you thinking... "Not My Child"...please don't.

NO matter how well you parented and how amazing your feel your child is, no one is immune to this tragedy. Suicide is the third leading cause of death in adolescence and the second for college aged students. No one can imagine that your own child might become one of those statistics.

The Center for Disease Control study released in April 2016 looked at a 15-year spread beginning in 1999. They found that the suicide rate rose nationally by 24 percent, from 10.5 deaths per 100,000 people to 13 per 100,000.

Girls aged 10 to 14 saw the largest increase in suicide, climbing 200 percent.

One local school district is urging parents to preview the Netflix show "13 Reasons Why" before allowing your children to view it. There are concerns about the series glamorizing the issue of suicide and not sufficiently addressing the mental health issues.

One national study establishes that almost 20% of high school students admitted to thinking about suicide and almost 8% acknowledge actually making an attempt. Some children are more expressive of their feelings than others. Look...listen...and learn what is on your child's mind and what is in their heart. If they are not expressing it verbally, observe their actions or changes in behavior. It may save their life.

Warning Signs:

FEELINGS that seem different from the past, such as hopelessness, fear of losing control, helplessness, worthlessness, feeling anxious, worried or angry often.

ACTIONS which are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports or using alcohol or drugs.

CHANGES in their personality, behavior, sleeping patterns, eating habits, loss of interest in friends or activities, or sudden improvement after a period of being down or withdrawn.

THREATS or hints can convey a sense of hopelessness, worthlessness, or preoccupation with death. Making plans like giving away favorite things, studying ways to die, obtaining a weapon or stash of pills; suicide attempts like overdosing or cutting.

SITUATIONS can serve as "trigger points" for suicidal behaviors. These include things like loss or death, humiliations, rejections, failures, getting in trouble at home, in school or with the law, a break-up, or impending changes for which your child feels scared or unprepared.

Acknowledging that suicide is as much a risk for your child as anyone else's child is the first step in prevention. Talking with your children about suicide opens up communication about a topic that is often kept a secret.

Nearly 60% of all suicides in the United States are completed with a gun. If you own one, is it unloaded, locked, and kept under lock and key?

Overdose using over-the-counter, prescription, and non-prescription medicine is also a very common method so careful monitoring all medications in your home is important.

Young people with mental health difficulties — such as anxiety, depression, bipolar disorder, or insomnia — are at higher risk for suicidal thoughts.

There is an excellent short video on the website of SPTS - SOCIETY FOR THE PREVENTION OF TEEN SUICIDE (110 West Main Street Freehold, NJ 07728, (732) 410-7900) called Not My Kid <http://www.sptsusa.org/not-my-kid/> that offers a wealth of knowledge to all parents. Watch it and spread the word because you never know who's life you may be saving.

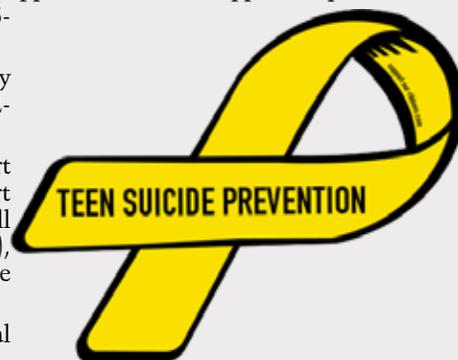
Fortunately, New Jersey is among few states that provides ongoing youth suicide prevention and public awareness as a continued commitment to the reduction and ultimate elimination of suicide among youth. This means New Jersey residents have a lot of resources available to them.

The Traumatic Loss Coalition for Youth Program (TLC) at University Behavioral Healthcare at Rutgers (ubhc.rutgers.edu/tlc) is funded by the DCF. TLC is an interactive, statewide network that offers collaboration opportunities and support to professionals working with school-age youth. 151 Centennial Avenue Piscataway, NJ 08854 (732)235-2810

2ND Floor Youth Helpline (www.2ndfloor.org) at 180 Turning Lives Around is funded by the DCF. 2ND Floor serves youth and young adults (ages 10-24) in New Jersey. (888)222-2228

NJ Hopeline (www.njhopeline.com) is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu or (855)654-6735.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. (1-800-273-8255)





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When to Seek Medical Help for a Rash

By Stefanie Maglio

Not many people know that the skin is the largest organ of the human body. This is one of the most important reasons as to why it is so crucial that we do our best to take care of it. Keeping our skin clear, clean, and protected from harmful UV rays with topical products, soap, and sunscreen are just some of the many things we can do to help keep our skin healthy, along with drinking eight glasses of water a day. Although we try, problems as severe as skin cancer or as minor as a rash do occur. It may be difficult to know exactly when to seek medical attention. If you have a rash, keep these in mind:

If the rash covers a large portion, or the majority, of the body that could mean it is something more concerning. This could be a sign of an allergy or infection.

If a fever accompanies the rash go to your doctor or local emergency room right away. This can be triggered by a severe allergic reaction or infection. Rashes caused by infection include scarlet fever, measles, mononucleosis, and shingles.

If the rash is sudden and spreads rapidly it may be caused by an allergy.

If the rash begins to blister, or turn into open sores, this may be caused by an allergy, medication, or an internal cause.

Seek medical attention if a rash affects the skin around the eye, mouth, or genitals.

If a rash is painful, seek help from a physician immediately.

If the rash is infected seek help. You will know its infected if the rash is itchy and scratched often, swelling, crusting, yellow or green fluid, pain and warmth in the area of the rash, or a red streak coming from the rash.



What is the best Sunscreen for My Child?

With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.

Mary L. Gavin, MD
Senior Medical Editor for KidsHealth.gov and
Nemours Center for Children's Health Media suggests:

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

Don't use sunscreens with PABA, which can cause skin allergies.

For sensitive skin, look for products with the active ingredient titanium dioxide.

If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

How to Use

For sunscreen to do its job, it must be used correctly. Be sure to:

Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.

Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.

Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.

Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.

Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.

Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense.



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BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free*! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only.

*Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

Cures for Your Child's Spring Fever

By Stefanie Maglio

It's that time of the year when the snow has finally gone away, and those colder temperatures are becoming much less frequent. Children of all ages are bound to get "Spring Fever" to some degree. With the weather changing and becoming nicer, it's hard to stay indoors and be focused on homework or other important tasks. Luckily, there are ways to get a taste of the spring weather without taking up too much time, but satisfying the spring fever.

Parents can have younger children play games or participate in activities outside for a certain amount of time that is appropriate. Some games and activities include:

- *Play "Follow the Leader"*
- *Make your own obstacle course*
- *Play in fields/on hills*
- *Jump in puddles*
- *Play hopscotch*
- *Build a fort*
- *Have a scavenger hunt.*
- *This can be in nature only, or include manmade items.*
- *Bird-watching*
- *Look for/admire spring time flowers*
- *Climb trees (safely of course)*



- *Jump rope (can be done with games or traditional style)*
- *Go for a bike ride with friends or family*
- *Blow bubbles*
- *Have racing competitions*
- *Play "Leapfrog"*
- *Play "Hide-and-seek"*
- *Fly a kite*
- *Have sword fights, and make your own swords with sticks you find outside.*
- *Build dams and rivers out of mud and puddles*

These activities are not a guaranteed cure for every child. However, they may help to an extent. Giving them a try could be beneficial for your child and their focus. Remember, although trying to satiate the craving for springtime fun, make sure to emphasize how important it is to finish the school year strong. Your child may begin to slack and their grades may suffer as it begins to get closer to summer. Discipline your children and keep them focused. Offer to help them with projects or homework if needed, or finding a tutor may be necessary in some cases. Keep pushing your child to focus on their responsibilities, specifically academic ones, and before they know it summer will be here!

Tick Time in NJ: Prevention

By Stefanie Maglio

Ticks are small and may seem harmless, but these creatures often carry disease that can ultimately be deadly to humans and even animals. Don't allow yourself to be bitten by a tick this season and learn how to prevent them.



Before going outdoors it is important to know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. Doing activities around your home, walking through leaves, or walking through shrubs can all put you at risk for being bitten by a tick. Products containing permethrin kills ticks. Boots and camping gear can be sterilized with it before going outdoors. Using a repellent with DEET on the skin is also effective.

After you come indoors it is crucial to check your body for ticks even if you think there is the slightest possibility you may have one. Remove your clothing and wash it in hot water to kill ticks that may have been on the material. Shower shortly after coming inside as well. Showering within two hours after coming indoors has been shown to reduce risk of Lyme disease. Plus, the shower is a perfect time to check your body for ticks. Make sure to check under the arms, in and around the ears, inside the belly button, back of the knees, in and around the hair, between the legs, and around the waist. Using a hand or full-length mirror may be helpful when checking the hard-to-reach places.

Modifying your landscape can help to prevent ticks as well. Make sure there is no long grass or stray bunches of leaves. These are ideal places for ticks. Considering using a chemical agent if you believe there is a serious tick problem. Remember, chemicals can be very strong and harmful. Lastly, discourage deer. They can carry specific kinds of ticks and deposit them in your property. This means any pets you have that spend time outside can carry ticks as well, so check your pets regularly.

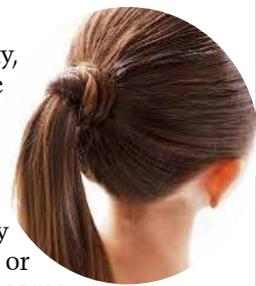
If you happen to find a tick on your body, use tweezers to pull it straight out. Get as close to the skin as possible in order to remove the tick in its entirety. Watch for signs of illness such as rash and fever over the next few days and weeks. See a health care provider immediately if you have any concerns or notice any symptoms.



Kids Hairstyles for Summer

By Stefanie Maglio

Summer is approaching quickly, which means temperatures are on the rise. People everywhere are finding ways keep cool. This may include swimming, going to the beach, or cranking up the air conditioning. However, a great way to stay cool may be a new haircut or hairstyle this summer! Here are some hairstyles to try out this summer:



- **A Knotted Ponytail** - A traditional ponytail is a great way to keep hair off of the neck. Adding knots makes the hairstyle even more functional and fashionable too!

- **Katniss Everdeen Braid** - There are so many different braids to experiment with, but what better braid to sport than the one that Katniss Everdeen has in the Hunger Games?

- **Goddess Braid** - This is a beautiful and elegant braid that with definitely keep your hair up and away from your face an neck. Dress it up with accessories, or keep it casual. This style is perfect for either one!

- **The Dutch Flower Braid** - is definitely more fancy than the others. It is perfect for summer weddings or a day at the beach when you want your hair out of the way.

- **The Three Strand Fishtail Braid** - is a unique way to add a bit of flare to the traditional fish tail. This is a cute and fairly simple style to wear this summer.

- **The Star Twist Bun** - This crazy style is perfect for the Fourth of July. It's a great way to show off some USA pride and catch people's attention!

- **The Halo Twist** - resembles an elegant crown, similar to the Goddess Braid. However, it is tighter, more causal, and will definitely keep your hair up and away all day!

- **Chinese Staircase Braided Ponytail** - This is perfect for your little girl who will love the unique twist on her traditional ponytail. This hairstyle looks very similar to a lanyard.

- **Faux Hawk** - Couldn't forget about all the little guys! No blades are required to create this stylish spike on your little man. He is sure to look cool with this new 'do!

Tutorials for all these hairstyles, plus more, can be found on YouTube, popsugar.com, or by googling the name of the style. Get practicing to look your best this summer!

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Financial Health Checkup

Financial Health is a term used to describe the state of your personal financial situation.

Someone with good financial health deals well with their finances, makes their payments on time, and knows how to manage their money. They also sleep really well at night because of it.

Someone in poor financial health usually owes a lot of money and isn't making their payments on time. They toss and turn a lot and wake up exhausted.

Your Financial Health plays a role in your physical and mental health. If your finances are a mess with loose ends all over, then your mind cannot be at rest and your body experiences tremendous stress.

There are many dimensions and areas of focus that must be met and analyzed in regards to painting a healthy financial plan and flow of your money. Think about your answers to these questions. If you are not comfortable with them, you need to take action to protect your wealth and your family's future before a crisis comes. Planning ahead reduces your stress greatly and allows you to make smart decisions without the crisis mode we fall into.

- *Have you compared the difference in what you own and what you owe?*
- *Are you properly insured?*
- *Have you considered lifestyle inflation and changes-in-life events?*
- *Are you mindful of the difference between needs and wants so you can make better spending choices?*
- *How and where can you reduce or eliminate expenses?*
- *How can you best save for future goals?*
- *What is your plan for emergencies?*
- *Do you have a Will, Power of Attorney, and an Estate Plan?*



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WHAT YOU SHOULD KNOW AFTER BEING INVOLVED IN A CAR ACCIDENT?

By John Bazzurro

In my practice, clients will typically come in for a consultation concerning injuries sustained in a motor vehicle accident more than one month after the accident has occurred. In general, it is after this time that people realize that they have sustained personal injuries, which warrant a visit to an attorney for advice. However, what a person does or does not do in the first 30 days after a motor vehicle accident may have a significant impact on their ability to bring a lawsuit in the future.

First and foremost, it is important that individuals involved in motor vehicle accidents report their accident to the local police or proper authorities to ensure that there is a record of the accident and to obtain the other drivers' information. In fact, N.J.S.A. 39:4-130 specifically requires that any motor vehicle accident in which a person is injured or in which the property damage is greater than \$500.00 be reported to the local police department. Often times clients will tell me that they and the other driver decided not to report the accident to the police in order to avoid having to "put it through" their insurance. In these instances, the other driver may attempt to deny that the accident even occurred. Thus it is important that the accident be reported promptly—especially where significant property damage or personal injuries are involved.

Second, it is important to know that any and all medical treatment that is required as a result of injuries sustained in a car accident be paid for by the applicable motor vehicle insurance policy as opposed to a health insurance policy. New Jersey law provides that automobile policies of insurance provide Personal Injury Protection coverage (PIP) to allow for those injured in motor vehicle accidents to receive proper medical treatment. If such medical bills are paid for by health insurance as opposed to automobile insurance, issues may arise in the future concerning the potential need to repay the health insurance company for any benefits paid. Thus, when visiting an emergency room or physician for treatment related to a car accident, you should provide them with your automobile insurance policy information.

Third, with regard to damages to your vehicle, you should obtain a copy of the police report as soon as possible (typically police departments will be able to provide same within a few days) for purposes of identifying the other drivers' insurance company. Once the insurance company is identified, they should be contacted and advised that your vehicle sustained damage due to the negligence of their driver. However, when speaking to the other insurance company, no statements should be given concerning how the accident occurred or the nature and extent of any injuries suffered. Instead, you should only provide them with a copy of the police report to show them how the accident happened. If you provide the other insurance company with a statement, that statement may be used against you in any future litigation (including traffic court) concerning the accident.

Finally, any and all "evidence" should be recorded and maintained in the event a lawsuit arises. For instance, photographs should immediately be taken of the damage to your vehicle as well as the other vehicle if possible. Additionally, photographs of any injuries sustained (bruises, cuts, scrapes, abrasions, casts and bandages) should also be taken. If anyone approaches you at the scene of the accident you should take down their contact information for potential future use.

If you are aware of these issues and comply with the actions suggested, it will make it easier for you and your attorney to properly and efficiently pursue any claims against the other drivers. However, your failure to abide by all or some of the suggestions, your failure to do so may make any claims much more difficult to pursue.

Of course, if you have any questions concerning the above, please do not hesitate to contact our office for a consultation.

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Board Certified Civil Trial Attorney

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Keeping a Sanitary Workplace:

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- **Keyboards, Calculators and Telephone Keypads:** Who knows where those hands have been and how old those crumbs are? Compressed air in a can or even a blow dryer for your hair will remove the crumbs.
- **Monitors, Screens, and Devices:** Turn off the machine and then wipe down the screen with a damp microfiber cloth. Don't use antibacterial cleaner, it can take off the protective coating.
- **Desks, Work Tables & Counter space:** Antibacterial wipes deal with spills and messes or baby wipes will do.
- **The Coffeemaker:** Follow routine cleaning instructions using vinegar and introduce the pot to a dishwasher once in a while. No dishwasher? Use powered dish detergent and let it soak for an hour or more. Rinse well.
- **The Microwave:** Place a wet sponge in the center with a drip citrus oil, nuke it for two minutes to dissipate the smell. Let the sponge cool and then use it to clean up the mess.
- **Garbage cans:** After emptying the can, take it outside and squirt dishwashing detergent inside the can and let the power of your hose provide the elbow grease. Allow the can to air dry before replacing the bag. Add a new dryer sheet to the bottom to help limit odors.



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5 Important Habits for a Healthy Mind In a Healthy Body

The history of human evolution shows a definitive link between our physical health and psychological well-being. The Greeks understood the importance of a Sound Mind in a Sound Body. Mental fitness is just as important as physical fitness, and shouldn't be neglected. A healthy mind also means a happy mind, which is important to help you find your way through life challenges.



- **Daily Physicality:** Exercise for at least 20 minutes most days of the week.
- **Intellectual Curiosity:** Spend some time in focused thought, exploring new ideas every day.
- **Foster Creativity:** Challenge your mind to connect unrelated ideas in new and useful ways.
- **Human Unity:** Create and maintain close-knit human bonds and a social support network.
- **Spiritual Connectedness:** Identify a Source of inspiration that is bigger than you.

SMILE! IT'S GOOD FOR YOU

If you like to smile, you're in luck. Studies show that you benefit both emotionally and physically.

A recent study published in Psychological Science reports that the act of smiling has a positive effect on our happiness and physical health.

This can help the heart recover more quickly after stressful events, altogether boosting our well-being. Researchers deduct that the act of smiling is so powerful because it actually can rewire your brain to make positive patterns more often than it does negative ones.

Effect on Others

Another study by Penn State University found that people who smile appear to be more likable and courteous. This can help enhance your beauty in the eyes of others, who will take positively to your natural happiness.

Everyone wants to be the person who walks in and lights up a room. Your level of social engagement also plays a role in improving your overall health, so spread the love and make new friends along the way.

Smile More

Smiling is obviously linked to happiness or humor, so what if you're going through a particularly tough time, finding it hard to smile?

Try to think happy thoughts. Do you have a memory or story that makes you smile? Repeat it to yourself during a time when you need a boost. If you have trouble conjuring up positive thoughts, surround yourself with those who can help you.

Confident Smiles

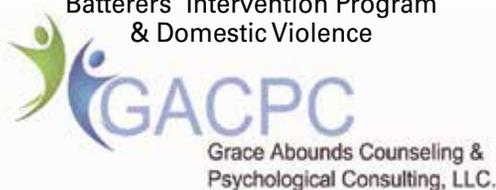
Some people are afraid to give off their best smile because they're self-conscious about their teeth or gums. Even a subdued smile can have positive effects on your health, so don't be afraid to give a closed-mouth grin.



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Coach's Corner

By Jill Garaffa

Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

Wishing you peace, clarity and purpose!

Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchangeoaching.com or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangeoaching.com or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.

Tame that Temper

When is the last time you had a timeout? Just because the days of terrible twos and kindergarten are long gone, doesn't mean a timeout can't help you keep your temper under control.

In fact, taking a few minutes to calm down and diffuse a situation can help you reduce stress that can be harmful to your physical and mental health.

The next time you get peeved by someone cutting you off in traffic or a home repair that drains your bank account by a few hundred dollars, send yourself to the corner. And don't reemerge until you're feeling calm and collected.

Self-Control

The Mayo Clinic recommends that people find a calming force in their lives that can help them better handle stressful situations, which are a natural part of life. This can range from actions that you take or people with whom you surround yourself.

Techniques such as making a concerted effort to think before you speak can help you work through issues in your head before projecting onto others, for example. Or allow yourself to vent to others, but only after you've had a chance to calm down and express your concerns in a clear manner.



These types of actions can be particularly important if you are in a position of leadership in your company or are a parent.

Set a positive example for your employees and children to create a culture of collaboration and constructive communications.

Exercise

Physical activity has been proven to reduce stress levels that can cause you to become angry, according to the Mayo Clinic.

If you're feeling stressed or angry — or even if you're not — a brisk walk or jog can help you keep your cool. It also can serve

the same purpose as a timeout, giving you the time you need to consider alternative ways of handling a stressful situation.

You can find clarity during exercise. A half-hour jog can open your eyes to what is going on around you, helping you realize that other people are probably having problems, too.

Relaxation Techniques to Help Relieve Stress

By Brianna Siciliano

Stress can be caused by many situations, and can often lead to negative outcomes. Every person reacts to stress in a different way; some people react to stress primarily in physical sense (like hair loss or muscle tension), while others react primarily in an emotional sense (like depressing thoughts or panicked feelings). Stressful situations will not always be avoidable, but thankfully there are ways to relieve stress and get back to your normal, optimistic self.

A wonderful way to relieve stress is to meditate. To begin, sit or lay down in a comfortable position that you can remain in for a few minutes. Close your eyes and relax your body. Try not to be stiff, and at the same time, try not to slouch. Slowly inhale and exhale. As you continuously inhale and exhale, focus on the movement your abdomen and chest go through. Block out all thoughts, sounds, and feelings from your brain, especially thoughts and feelings of anxiety, frustration, sadness, and anger. Do not break the focus of your breathing; if you do, get right back to concentrating on your chest and abdomen. Each time you inhale, think about the word "peace," and as you exhale think of the word "calm." Try to drag out the word and it's syllables to last for the entire time you inhale and exhale. In other words, peace will be more like p-e-a-a-a-a-c-c-e and calm will be more like c-a-a-a-l-m-m. Continue to do this until you feel relaxed.

Another great technique to relieve stress is to visualize. Visualize you are at a quiet, relaxing, peaceful place. If you have a happy place, visualize you are there. Close your eyes and vividly picture where you are—imagine what the place smells like, what you can hear, what you are touching, and what can see. If you and your happy place is being alone on a sunny day at the beach, for instance, spend some time

exploring the hot sand and the cold water. Take in the soft sounds of the ocean waves whooshing and crashing. Put your bare feet under the cold water and feel the sand in between your toes. Close your eyes and take deep breaths. Let the sun shine down on you. Enjoy this imagery. Stay in this happy place until you are relaxed and peaceful. When you are ready to come back to reality, slowly open your eyes and carry on with your day.

If you need a quick x to relieve stress, take deep breathes. Close your eyes, inhale, and exhale. Repeat this for as long as you feel necessary.

Sometimes you need to feel your chest rise and fall back into place to relax. If you have plenty of time and need to be relieved of your stress, getting a massage, doing yoga, or participating in tai chi are great techniques to experience. A day lived stress-free is much better than a day filled with anxiety and negativity. Make the most of your days and get rid of the unnecessary stress in your life.



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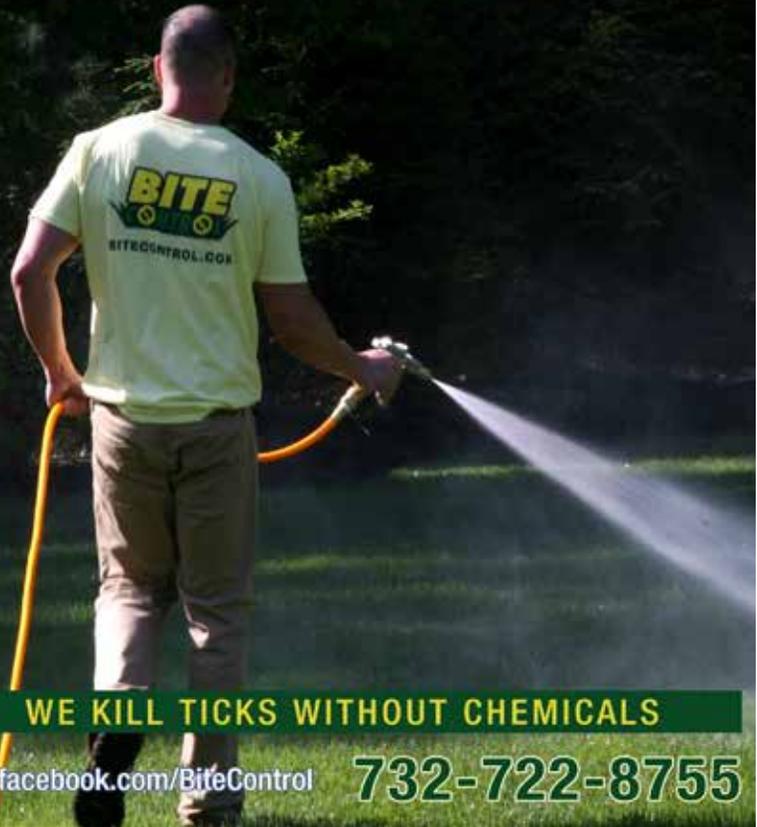
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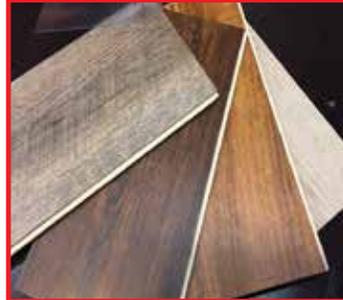
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Poisoning Prevention

Chemicals in and around the home can poison people or pets and can cause long-term health effects. Every 13 seconds, a poison control center in the United States answers a call about a possible poisoning. More than 90% of these exposures occur in the home. Poisoning can result from medicines, pesticides, household cleaning products, carbon monoxide, and lead.

The most common causes of poisoning among young children are cosmetics and personal care products, household cleaning products, and pain relievers. Common causes among adults are pain relievers, prescription drugs, sedatives, cleaning products, and antidepressants.

Pesticides are used in about three out of four U.S. homes. They are used to prevent or kill bugs or rodents. They can also poison people or pets. Children can swallow detergents, bleaches, and other cleaning products. Breathing fumes from these products can also harm people.

Carbon monoxide poisoning can be caused by poorly vented gas furnaces and appliances. It can also be caused by gas generators used during electrical power outages and by indoor use of charcoal grills or portable stoves.

The major source of lead poisoning among U.S. children is lead-based paint and dust with lead. All houses built before 1978 are likely to contain some lead in the paint. However, it is the flaking, peeling paint that causes a problem. Other sources of lead in the home may include traditional home remedies, ceramics, toys and toy jewelry, lead-contaminated soil, lead water pipes, and lead solder used in plumbing.

Health and Safety Tips

- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.
- Use and store chemicals, household cleaning products, and pesticides according to label instructions and out of reach of children
- Have gas appliances professionally installed, vented outside, and checked annually for carbon monoxide leaks.
- Take all medicines as directed and store out of reach of children.
- Turn on fans and open windows to help ventilate the area when using household cleaners and chemicals.



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MOLD *and Your Home*

Mold is found both indoors and outdoors. Mold can enter your home through open doorways, windows, vents, and heating and air conditioning systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can and be carried indoors.

Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

You Can Control Mold inside your home you can control mold growth by:

- Controlling humidity levels
- Promptly fixing leaky roofs, windows, and pipes
- Thoroughly cleaning and drying after flooding
- Ventilating shower, laundry, and cooking areas

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.

Mold growth, which often looks like spots, can be many different colors, and can smell musty. If you can see or smell mold, a health risk may be present. You do not need to know the type of mold growing in your home, and CDC does not recommend or perform routine sampling for molds. No matter what type of mold is present, you should remove it. Since the effect of mold on people can vary greatly, either because of the amount or type of mold, you can not rely on sampling and culturing to know your health risk. Also, good sampling for mold can be expensive, and standards for judging what is and what is not an acceptable quantity of mold have not been set. The best practice is to remove the mold and work to prevent future growth.

MOLD PREVENTION TIPS

- Keep humidity levels as low as you can—no higher than 50%—all day long. An air conditioner or dehumidifier will help you keep the level low. Bear in mind that humidity levels change over the course of a day with changes in the moisture in the air and the air temperature, so you will need to check the humidity levels more than once a day.
- Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
- Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
- Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.
- Add mold inhibitors to paints before painting.
- Clean bathrooms with mold-killing products.
- Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

To learn more about preventing mold in your home, see the Environmental Protection Agency's publication *A Brief Guide to Mold, Moisture, and Your Home* at <http://www.epa.gov/mold/moldguide.html>



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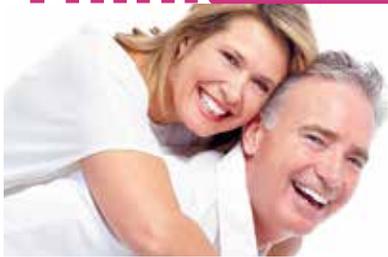
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GYMITATION for the Lazy

By Susan Heckler

Not a gym rat? Me either, but I really really really need a routine of working out without the expensive equipment and dragging myself somewhere. The ultimate workout for me would be one where I would never have to leave the comfort of my bed... SOLUTION: GYMITATION!



Hip Raises with Marching for your butt, abs, and thighs: Lay on your back with your arms down along your sides, knees bent, heels near your butt, and with palms facing down. Press into your heels as you lift your hips up so your body forms a straight line between your knees and shoulders. Squeeze your butt as you lift your right foot up off the bed, knee bent, and bring your right knee directly over your right hip. Alternate legs...the more the merrier.

Scissor Leg lifts for lower abs and legs: Lay face up with your hands beneath your hips and your palms facing down. Keeping both legs as straight as possible, bring both feet up into the air, pointing your toes. Involve your core muscles as you lower your right leg down toward the bed with control but without touching down. Alternate legs...the more the merrier.

Sit ups with a split for your upper and lower abs, chest, and quads: Lay on your back on the bed with your thumbs locked, arms and legs stretched out with feet together. Tighten your core as you lift your arms and feet off the bed, keeping knees and elbows tight. Breathe out as you lift your legs up and out to form a V, and lift your full upper body off the bed. As you rise up, push your hands forward through your split legs. Slowly return to starting position. If you can do this without touching the bed between reps, even better. The more the merrier...

Reverse Diamond Crunchers for lower abs and thighs: Lay on your back with your arms down your sides, palms facing down. Bring your feet together and bend your knees out to the sides so the space between your legs is similar to a diamond. Press into your palms and tighten your core as you bring your feet up over your hips. From this position, lift your hips up off the bed to push your feet straight up toward the ceiling in a rocking motion. Slowly bring your hips back to the bed without dropping your feet. The more reps the merrier!

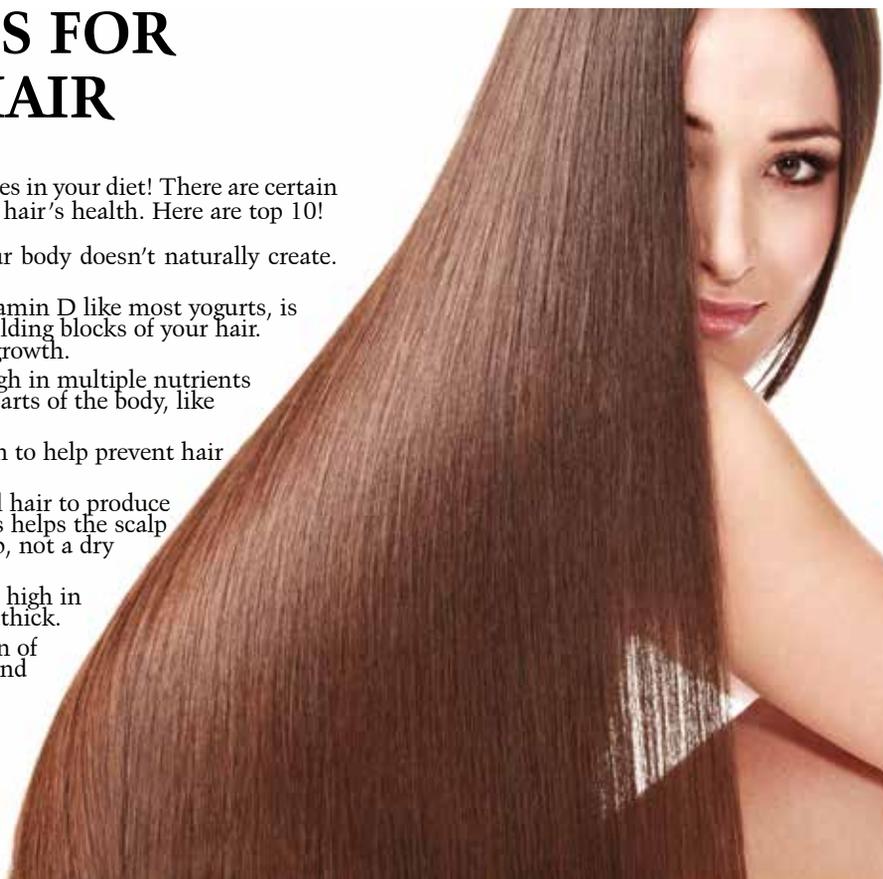
Notice that all of the exercises don't even require rolling over! Any exercise is good exercise!!

TOP 10 FOODS FOR HEALTHY HAIR

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

1. **Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
2. **Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
3. **Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
4. **Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
5. **Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
6. **Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
7. **Cinnamon:** Cinnamon helps promote circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
8. **Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
9. **Oysters:** Oysters are rich in zinc, which also fights hair loss.
10. **Avocados:** Avocados have natural, healthy oils that fight dry hair.



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Calorie Burners that do NOT feel like Exercises

By Brianna Siciliano

Exercising can be fun and something you look forward to, or it can be boring and dreadful. Many of us want to work out and see results in our health and body, but we have days (sometimes many days) where we don't want to go to the gym for an hour. Luckily, there are tons of creative, sneaky ways to burn calories without feeling bored or tired.

Walking is a fantastic way to exercise without feeling like your exercising. Some people enjoy walking on the treadmill, but others need to walk without being on equipment. The great thing about walking is that we walk everywhere, whether it's from our bedroom to the bathroom, from our bathroom to the car, from the car to work or to class, etcetera. One of my favorite things about walking is that you can walk with a buddy, whether it's a family member, a friend, a neighbor, or a pet. If your walking buddy does not live close to you, take advantage of the technology we have. Talk to your buddy on the phone, whether your conversation is through a phone call, a video chat, or text messages. Change up where and how long you walk; one day you can walk around a local park, the next around the mall, and the day after that, walk around your neighborhood.

Yoga is another great way to sneak in exercise. Instead of lifting heavy weights or trying desperately to pick up the pace on an exercise machine, yoga practitioners utilize their body weight. There is no need to be intimidated by yogis (males who practice yoga) or yoginis (females who practice yoga) because there are different exercises for different skill levels. Yogis and yoginis do not worry about competing with others during their workouts because when in the yoga mood, there is no time to worry about

what anyone else is doing. All that matters is you, your balance, and your form. With options to pursue yoga at home by yourself, with the company of a buddy, or in a class with others at the same skill level, there is no reason to not give yoga a chance.

If you love being in the water, and you have access to a pool, use it to your advantage. Whether you swim at a leisurely pace, swim at a moderate to fast pace, do water aerobics, or participate in aqua zumba, you are burning calories. Swimming is an efficient way to burn calories without dealing with an overwhelming amount of sweat dripping down your body.

Spending time participating in activities with kids and pets is yet another fabulous way to sneak in some time to burn calories. Playing tag, hide and seek, and practicing sports with kids are exercises that can leave you breathless, but unlike running on the treadmill, this kind of breathless is less painful. Yes, you may be gasping for breath sporadically if you are playing with a fast child, but that's a good thing! You want to push yourself and even more than that, you want to spend time with the child (whether the child is your child, your niece or nephew, your grandchild, or a family friend) and build a close bond. The same thing goes for pets: playing fetch, chasing each other, and going on walks are great ways to bond and keep a close relationship. Exercising does not need to be dreadful, and it does not have to feel like a chore. Try out these sneaky ways to burn off some calories and watch your health and body change (in positive ways).



HELLO, ALOE!

From burns to weight loss, aloe vera is the super plant proven to treat some of the most common medical issues. Its gel and latex also are used as natural ingredients in a host of skin-care products, offering a healthy alternative to the sometimes harsh chemicals found in many others.

And this is no recent fad. Aloe dates back 5,000 years to ancient Egypt when it was known as a powerful herbal medicine. Here are some of the ways aloe can help your skin remain beautiful and healthy:

Burns and Acne

A 2009 study found that applying aloe cream to the skin might help heal burns as serious as the second-degree variety. Thirty patients who applied aloe cream saw healing in areas with minor wounds in about two weeks, according to "The New York Times" report.

Similar research has found that aloe can heal present acne and scars because of its antimicrobial properties, the same ones reproduced in many acne medications on the market. Regular application can lead to clearer, more moisturized skin.

High Cholesterol

Taking 10 to 20 milliliters of aloe orally daily for 12 weeks can reduce total cholesterol by about 15 percent, according to the National Institutes of Health. This type of cholesterol reduction can lead to more energy, better medical checkups and overall healthier living.

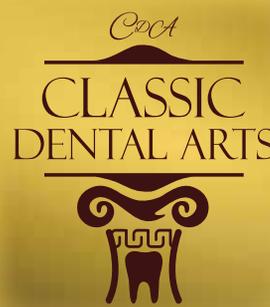
Weight Loss and Diabetes

The NIH also reports that aloe may reduce blood sugar in people with diabetes. It contains several vitamins, including A, C, E, folic acid, B1, B2, B3 and B6, the NIH says. It is one of the few plants that contains Vitamin B12, which can help improve your brain and nervous system functions.

Known as a super food, aloe can also help with digestion and clearing your skin from the inside.



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7 Steps to Better Nail Care

From handshakes to high fives, our hands are some of our most important tools for human interaction.

Keeping your fingernails in good shape is crucial to your overall hand health.

Routine care can usually keep your nails maintained for many years.

Healthy fingernails and toenails are smooth, uniform in color and free of discoloration.

If your nails change colors, swell or cause pain, this can leave you less than confident about extending a hand for any type of activity. Nail issues also can lead to further health problems if not taken seriously and brought to the attention of a dermatologist.

Serious nail problems must be reported, especially if you have diabetes or poor circulation. See a dermatologist with any of the above symptoms, or if you have any other general concerns about your nail health.

Here are seven steps you can take today to make sure your nails are at their best:

1. Clean them: Keep nails clean and dry to prevent bacteria from growing under your nails. Wear gloves when washing dishes or cleaning, as repeated contact with water can contribute to damaged nails.
2. Cut them: When cutting your nails, the American Academy of Dermatology recommends that you use sharp nail scissors or clippers and round the nails slightly at the tips for maximum strength.
3. No biting: Do not bite fingernails or remove the cuticle. Doing so can damage the nail, and according to the Mayo Clinic, damage the skin around the nail and increase the risk of colds by spreading germs from your fingers to mouth.
4. Foot soaks: Regular soaks in warm salt water can help if your toenails are thick or difficult to cut.
5. Ingrown issues: Never try to take care of an ingrown toenail yourself, cautions the American Academy of Dermatology. Instead, see your dermatologist for treatment.
6. The right fit: Wear shoes that fit properly, and make sure to try on all shoes before you buy them, as sizes can seemingly range between brands and shoe styles.
7. Protect your feet: Always wear flip flops at the pool or in public showers to reduce your risk of fungus-induced infections. ■



MAKEUP CONTOURING: The hottest trend in beauty

By Joely Phenes

Have you ever wondered how models' makeup looks so good? Contouring is a method used by many makeup artists that makes face makeup look perfect. Basically, makeup contouring utilizes various shades of foundation to enhance one's facial structure. It should not be very noticeable; the makeup should be applied subtly for an airbrushed look.

If you have never contoured your face and would like to try it out, here are some instructions:

WHAT YOU'LL NEED:

- Foundation the color of your skin
- Foundation one or two shades lighter than your skin tone
- Foundation one or two shades darker than your skin tone
- Blending brush (one that is big, bushy and made with natural bristles!)

HOW TO:

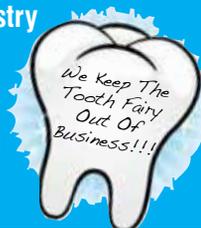
1. Make your face a blank canvas; wipe off all your makeup, wash your face, and moisturize.
2. Apply the foundation the color of your skin as a base. This is used to even out your skin tone.
3. Apply the lighter foundation to the following areas:
 - The center of your forehead
 - The top of your brow lines
 - The bridge of your nose
 - The apples of your cheeks
 - Your Cupid's bow (the section between the tip of your nose and the top of your lip)
 - The center of your chin
4. Apply the darker foundation to the following areas:
 - Below your hairline along the top of your forehead
 - Along the sides of your nose
 - The hollows of your cheeks
 - Along your jaw-line (from your ears to the tip of your chin)
5. Blend it all with your fingers or with the blending brush.



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Chemicals in Cosmetics

Potentially harmful substances are finding their way onto the shelves of our health and beauty aisles, cautions the Breast Cancer Fund headquartered in San Francisco.

Carcinogens and endocrine-disrupting chemicals can increase the risk of breast cancer, and the Fund reports that these substances are in the makeup many women are wearing right now.

Dangerous Chemicals

The Breast Cancer Fund posts a list of chemicals commonly found in cosmetics and their effect on the body (breastcancerfund.org). Here are a few:

- Phthalates: This group of endocrine-disrupting chemicals are found in synthetic fragrances. Exposure has been linked to early puberty in girls, which is a risk factor for later-life breast cancer.
- Parabens: These compounds have been identified in biopsy samples from breast tumors, reports the Fund, and are commonly used as an antifungal agent in creams, lotions and deodorants.
- Lead: The Fund says lead may be a contaminant in more than 650 cosmetic products, including sunscreens, foundation, nail colors, lipsticks and whitening toothpaste. Lead is dangerous because it is linked to miscarriage and puberty delays.

Choose Safe Cosmetics

Making sure you're using the safest possible products comes down to one simple strategy: **simplicity**.

Choosing products with a simple set of natural ingredients can help reduce the chance of chemicals making their way into your system. Simplicity in how much makeup you use is also part of a smarter process.

Discard any makeup that contains ingredients that haven't been proven safe or healthy. Cutting back on the amount of makeup you use is a surefire way to avoid the dangers of potentially harmful synthetics.

The Breast Cancer Fund urges women to avoid products that list the word "fragrance" on their packaging. Synthetic fragrance, the Fund reports, can contain hundreds of chemicals that can cause major damage to the body.



Signs of Vitamin Deficiencies on Your Face

By Stefanie Maglio

Vitamin deficiencies are a lot more common than people seem to think. Serious health problems can stem from them and even lead to death in some cases. Vitamin D and Vitamin A deficiency have affected millions of people all over the world, and has been called an epidemic. When a person's body lacks the vitamins and other nutrients it needs to function, every part of the body can suffer. Here are some signs of vitamin deficiency you can see on your face:

Puffy eyes - Puffy eyes don't only indicate a lack of sleep, but can also mean one has low iodine levels in the body.

Extremely Pale skin could be a sign that you are lacking Vitamin B12. If your body isn't getting enough B12, you'll start to feel fatigued and your skin can suffer.

Dry hair - If your hair has felt dry lately, or if you've had an excess of dandruff you could be lacking biotin or Vitamin B7. However, a biotin deficiency can also be the result of using antibiotics.

Pale Lips - Pale lips could mean a lack of iron in the body. Iron deficiency can lead to weak immune systems. This means if you are getting sick often, it is possibly due to an iron deficiency.

Bleeding gums - Bleeding gums could be caused by a lack of vitamin C. Without vitamin C your immune system can weaken, cause muscle pain, and therefore problems with teeth.

Although these can definitely be signs of vitamin deficiencies, it's important to remember that just because you may experience one of these signs it doesn't mean you have a deficiency. The best way to stay healthy is to drink plenty of water, keep a healthy and balanced diet, and to take vitamins daily. Multivitamins are also a beneficial, yet simple choice. As for diet, eat plenty of fruits and vegetables. They have all the right nutrients to keep you balanced and your immune system in check. Remember, the way your body reacts is all based on what you put into it and how you treat it.



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A Little Wine Is Just Fine...Doctor's Orders

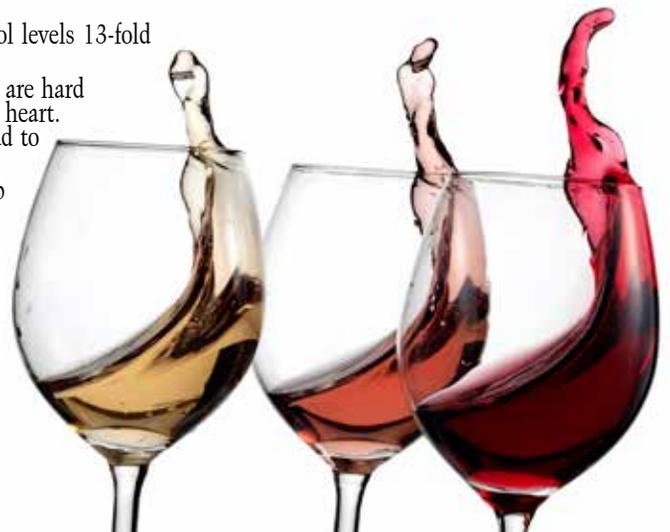
By Susan Heckler

Do you like wine? Me too!! A glass to mellow out with after a long day... a touch of sweetness with your family and friends... something to celebrate with! As it turns out, wine likes you too!

Let's start this conversation by saying too much of anything can be destructive to your health. Just because it has health benefits doesn't mean you can abuse it. The American Heart Association labels moderate wine consumption as 1 or 2 four ounce glasses of wine per day.

That being said, throughout history wine has had a reputation as being some kind of health restorative. The ancient writings say it was used in a medicinal way. Our modern science and medicine have concluded that moderate consumption, especially red wine, can provide many health benefits.

- Red wine drinkers had significantly increased their levels of good HDL cholesterol and had a more beneficial cholesterol ratio compared to the group that drank water.
- People who drank either red or white wine also reported better sleep quality than the group that drank water.
- Best results came from the group drinking red wine—which had resveratrol levels 13-fold higher than the white wine.
- Red wine also contains a lot of unique antioxidants called polyphenols that are hard to get other places and may help protect the lining of blood vessels in your heart. One of them, resveratrol, reduces the levels of LDL cholesterol that can lead to damage to blood vessels.
- The high antioxidants in red wine come from grape tannin, which is made up of the skins, seeds and stems of the grape. A more full-bodied wine such as a cabernet sauvignon will have more antioxidants than a glass of chardonnay.
- Moderate drinkers have 30 percent less risk than nondrinkers of developing type 2 diabetes
- The possibility of suffering a blood clot-related stroke drops by about 50 percent in people who consume moderate amounts of alcohol.
- Moderate drinkers are 32 percent less likely to get cataracts than nondrinkers; those who consume wine are 43 percent less likely to develop cataracts than those drinking mainly beer.
- Moderate consumption of wine (especially red) cuts the risk of colon cancer by 45 percent.
- Brain function declines at a markedly faster rate in nondrinkers than in moderate drinkers.



Anytime Vegetable Egg & Cheese Bake

The cheeses and vegetable choices are suggestions; this crust-less quiche-like meal works with just about anything and great any time of day!

INGREDIENTS

- 5 eggs
- 2 cups egg substitute or 6 more eggs
- 1/2 cup cottage cheese (fat % your choice)
- 1/3 cup shredded pepper Jack cheese (can substitute your favorite semi-soft, open textured spicy cheese)
- 1/3 cup shredded cheddar cheese (your favorite sharpness)
- 1/4 cup grated Romano cheese (any variety)
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon tobasco type sauce
- 1 medium summer squash, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh baby spinach
- 1/2 cup shredded fresh carrots
- 1/2 cup chopped tomatoes

DIRECTIONS

1. Coat an 11 x 7 backing dish with cooking spray.
2. Preheat oven to 350°. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce until consistent and fluffy.
3. Stir in the vegetables.
4. Transfer to baking dish.
5. Bake, uncovered, 45-50 minutes or until firm.
6. Let stand 10 minutes before cutting.



Nutty Chicken & Strawberry Spring Salad

INGREDIENTS

- 2 large boneless, skinless chicken breasts or thighs
- 2 tablespoons any olive oil
- 2 tablespoons your favorite balsamic vinaigrette salad dressing
- 1 bunch fresh baby spinach
- 1 pint fresh sliced strawberries
- 4 ounces goat cheese crumbled
- 5 ounces package candied pecans

DIRECTIONS

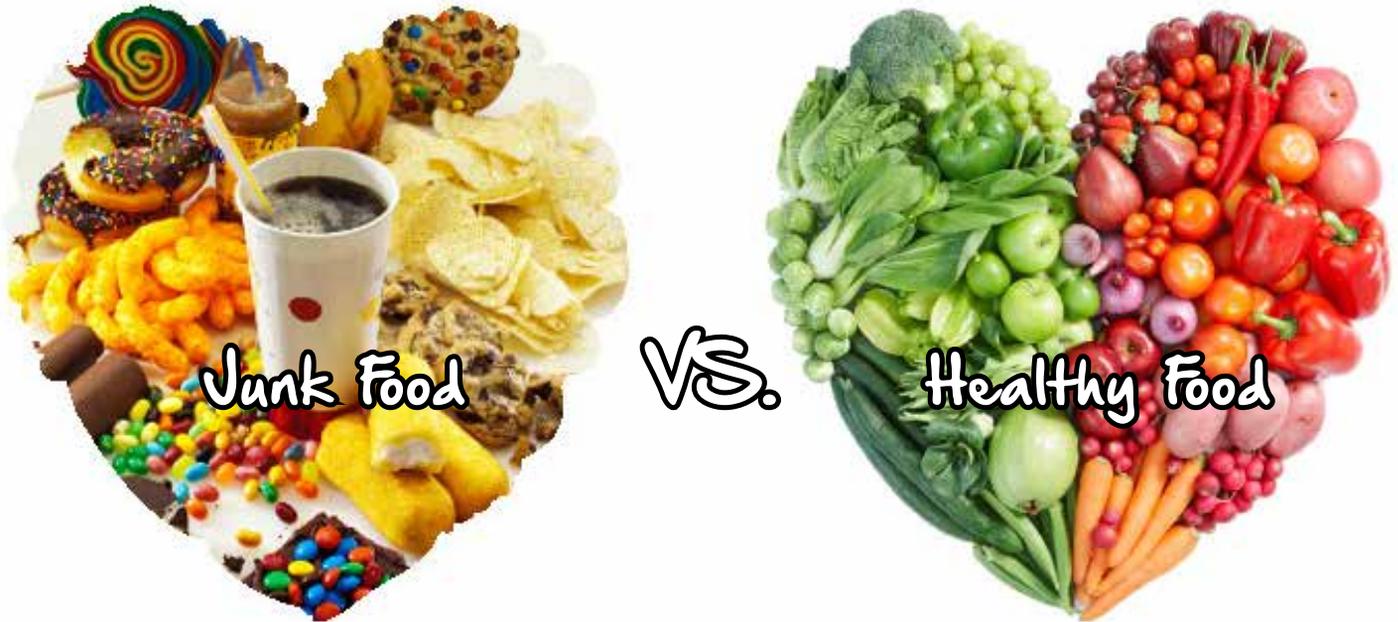
1. Place the whole chicken meat into 2 tablespoons of balsamic vinaigrette to marinate.
2. Place the marinated chicken into a skillet with 2 tablespoons of olive oil over medium heat.
3. Cook and stir until the chicken is browned and the juice has almost evaporated (about 10 minutes).
4. Remove the chicken and let cool, slice or cube.
5. Place the baby spinach into a large salad bowl.
6. Distribute the strawberries, goat cheese, and candied pecans over the spinach.
7. Sprinkle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken.
8. Great warm or cold!



Junk Food...is it Kid Food?

By Susan Heckler

When you think of the term Junk Food, what comes to mind? My definition is high calorie, nutrient poor convenient food loaded with sodium, sugar and fat which all generations seem to love. Apparently 25% of the population now consumes predominantly junk food diets, which is concurrent with the rising list of chronic disease.



Junk food isn't really kid food, since not only kids are consuming it. The problem is kids are the target market for the advertising. Look at the packaging with cartoon and movie characters on it. Observe the time slot and channels for the television advertising of these types of products.

The report by the Federal Trade Commission "Review of Food Marketing to Children and Adolescents" highlighted the problem and for a while, it looked like action was going to be taken. The report, which was created in 2008 and 2012, exposed how much money America's 44 biggest food and beverage companies were spending to promote their products. In the 2008 report, the FTC's study revealed that these companies spent an amazing \$1.6 billion to push these junk foods to kids. The good news is that highlighting this information to policy makers and politicians created a minor improvement in advertising strategies. In the updated 2012 report, the FTC cited that these company's spending on junk-food marketing had fallen by 20 percent from the 2008 report. Additionally, these same businesses were spending more to encourage healthier options to youngsters.

There is a question as to whether or not an updated report is forthcoming and if not, will the companies lapse into the same bad behavior.

As a parent, what can you do? You can start by setting an example. If your kids see you munching on no-no's; "don't do as I do, do as I say" won't get you far. Mixed messages are confusing for kids.

Keep your home stocked with healthy alternatives. Be gone candy, processed snacks, sweetened beverages, and deep fried crunchiness. Say hello to fresh fruits and vegetables that go crunch.

Food for thought:

- Junk food in children's diets accounts for 187 extra calories per day, leading to 6 additional pounds of weight gain per year.
- Eating junk foods throughout the day causes chronically high insulin levels, which eventually prompts your cells to begin to ignore this important hormone, resulting in a condition known as insulin resistance.
- Consuming trans-fats, saturated fats and processed food is associated with up to 58 percent increase in risk of depression.
- Children who eat a lot of junk foods may develop nutritional deficiencies that lead to low energy, mood swings, sleep disturbance and poor academic achievement, among other health conditions.
- High sodium levels are a contributing factor to the over-consumption of salt that contributes to high blood pressure and heart, liver and kidney diseases.

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Overnight Oatmeal

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Ingredients:

- 1 cup rolled oats (not quick oats)
- 1 cup milk of choice (soy, regular, coconut, almond)
- 1/2 cup Greek yogurt
- 1-2 Tbs agave or honey
- 1/2 tsp cinnamon
- 1/2 tsp chia seeds
- tiny pinch of salt
- 2 Tbs shredded coconut
- 2 Tbs chopped walnuts
- 3 medjool dried dates cut into small pieces
- Fresh fruit (bananas, or peaches) for topping



Directions:

- Place all of the ingredients except the fresh fruit in a lidded container. Mix well together and cover. Place in the refrigerator overnight.
- In the morning, check the consistency and add a little more milk if desired and top with fresh fruit and nuts.

The Do's and Dont's of BAGGED LETTUCE

By Stefanie Maglio

Day to day life as an adult, and especially a parent, is typically hectic. Worrying about your family and your job leaves little time for chores like grocery shopping. That's why bagged products such as lettuce and prepared salads may seem convenient. Lettuce may seem like a healthy and easy option, but before buying bagged lettuce it's important to remember some things. There is always the chance for bacteria to be growing where it shouldn't. Yes, this means unhealthy bacteria could be growing inside the bag if lettuce you picked up from the grocery store. That's why you should always look before you grab. Go for the latest "used by" date and make sure the bag is not expired. Look for any discolor or damage. These are usually a red flag, as well as any moisture that has collected which is breeding ground for bacteria.

Once you purchase the lettuce, **make sure you keep it cold.** Don't let it sit out while you out other groceries away. Try to make the lettuce a priority and store it in the fridge first thing when you get home. The same should be done with yogurts and milk. Warm temperatures can cause bacteria growth just like moisture.

Don't re-wash. Most bagged lettuce says "pre-washed" or "triple-washed". This means there is no point in rehashing the lettuce again. It can be exposed to bacteria in your sink or surrounding areas. Also, and increase in moisture, yet again, can cause harmful bacteria to grow.

Do eat the bagged lettuce or salad product quickly. It is always best to eat vegetables while they're fresh. However, this means don't buy family sized or bulk bags if you are single or only eating for two. Only purchase exactly what you need for a couple of days. The longer you keep the food, the more likely it is for bacteria to multiply and spread.



Strawberries Scream Spring

By Susan Heckler

The strawberry, *Fragaria*, is one of the most popular berry fruits consumed worldwide. Strawberries are native to regions of the earth known as “temperate” regions; these include most of Europe, Asia, North America, and the lower half of South America, including Chile. They grow wild but they are also cultivated.

Strawberries belong to the rose family of plants (Rosaceae). Not actually fruits as their seeds are on the outside, strawberry plants are runners, and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose (rosacea) family.

In the United States, which is the world’s largest commercial producer of strawberries grows approximately 3 billion pounds per year. Strawberry varieties are often divided by growers into categories like “early season,” “mid-season,” “late-season,” “June-bearing,” or “day neutral” (which typically produce during July, August, and September). The strawberry plant is unusual in its ability to flower in “flushes” during different seasons of the year, including spring, summer, and fall.

Nutritionally, strawberries provide us with a rich variety of phytonutrients, including dozens of polyphenolic antioxidants belonging to the following nutrient groups: flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are an excellent source of vitamin C (and our 5th best source of vitamin C at WHFoods); an excellent source of the mineral manganese; a very good source of fiber, iodine, and folate; and a good source of copper, potassium, biotin, phosphorus, magnesium, vitamin B6, and omega-3 fats (in the form of alpha-linolenic acid).

Growing strawberries is easy once you decide on a variety and a method. Medium-sized strawberries are often more flavorful than those that are exceptionally large. Whether you buy them at the store or order them online, as soon as you get the strawberry plants to your garden, get them in the ground as quickly as possible. Strawberry plants have a thick section of material called the “crown” between the stems and roots. Your plants should be planted so that the crown is even with the soil. Too high and the roots dry out, too low or completely bury the crown under the soil and your plants will be much more likely to suffer injury or disease.

If you are limited with space, strawberries can be grown in pots and can be quite attractive. You can also plant them in a garden and let them go crazy. Strawberries are an easy to grow fruit crop that will reward the home gardener with ample harvests for many years as they are a perennial. With favorable conditions, each strawberry plant should produce one quart of strawberries per season.

Strawberries are one of the first plants to fruit in the spring. Once picked, they will not continue to ripen so pick them ready to eat. Be gentle, they bruise easily.

There is nothing quite like the taste of a fresh juicy strawberry. They also do well frozen for future use. The abundance of recipes is mind boggling. Essentially, there is no such thing as a bad strawberry recipe!



Eat More, Weigh Less

By Jordan Tinitigan

Recently, it has come to the attention to the rest of the world that dieting doesn't always mean eating less. Sure, sometimes we really just need to cut out sweets or snacking when we're bored, but the key to dieting is actually eating about five small meals a day, rather than three big ones. The schedule looks something like this: Breakfast, Snack, Lunch, Snack, Dinner.

Apparently, this diet calls for a lot of commitment, and some even call it a "lifestyle change." This is due to the fact that you are not just eating smaller portions of what you would normally eat throughout the day, you would be eating extremely healthy foods. According to everydayhealth.com, a sample meal could consist of:

Breakfast: Cold cereal, nonfat yogurt, berries, hot beverage, and orange juice

Lunch: Stuffed baked potato, broccoli, chickpea salad with lemon tarragon dressing, tossed green salad, and fresh fruit

Dinner: Bruschetta with sun-dried tomatoes and capers; pasta with red peppers, greens, white beans, garlic, and lemon zest; grilled asparagus with lemon, peppers, and caper vinaigrette; tossed green salad; and peaches cooked in red wine

As you can tell, there is a lot of food on the menu on a daily basis, but how does this work? Won't eating that much in one day make you gain weight? Well, no! Typically, since you are eating more fruits, vegetables, and proteins, rather than chips and sweets, you are eating low calorie foods that make you feel full because of their high volume.

As great as this may sound, dieting will most likely not be your only path to weight loss. You also have to exercise. It is recommended to hit the gym everyday, but since that is borderline impossible (due to busy schedules or just boring weight lifting), try taking part in classes that you enjoy! Zumba, Yoga, and spin classes are all great cardio workouts that are more fun than plain old lifting. Actually, why not join a gym like Max Fitness, where it is nothing, but classes.

Overall, there are easier alternatives to the plain old dieting. By all means, your body craves those healthy nutrients, and curbing your eating will only make you thinner. I know, that's the ultimate goal here, but the Eat More, Weigh Less diet has many other long term benefits as well as weight loss. Your body will thank you later!



Most Filling Foods

By Stefanie Maglio

Food is a necessity for survival. However, people eat for more reasons than just one. Some eat for enjoyment or pleasure, while others are more conscientious about what they consume on a day-to-day basis. In attempt to lose weight, become healthier, or become more physically fit, people may eat foods that are likely to fill them up quickly and with eating as little as possible. Here are some foods that will fill up your stomach quickly:

- Potatoes. They are carb-heavy, but also a vegetable.
- Apples and pears. They are filled with multiple antioxidants, as well as appetite-suppressing fibers.
- Almonds. Not only are they perfect for an on-the-go snack, but they help you stay satiated throughout the day by snacking on them. Therefore, you are less likely to eat more meals. They also contain 6 grams of protein, which can cause you to feel full.
- Lentils. These contain 13 grams of protein and 11 grams of fiber. No surprise that people have been eating lentils for decades in order to stay full.
- Greek Yogurt. Dairy foods are great for keeping an appetite at bay, especially dairy products with a lot of protein such as Greek yogurt. Not only is there ample protein, but also acids produced during yogurt fermentation are known to increase satiety.
- Eggs are an excellent choice when trying to stay satisfied. Two hardboiled eggs contain 12 grams of complete protein, which means that they contain amino acids that our bodies need but can't on their own. Studies also show that eating eggs at breakfast helped dieters feel less hungry for a full 24 hours, while also stabilizing their blood sugar levels and helping them eat fewer calories throughout the duration of the day.
- Lean beef. Certain cuts such as sirloin, tenderloin, and top round are high in protein. This means they have complete amino acids, resulting in a "fuller" feeling after eating these cuts of beef. However, be careful with red meats as too much of it has been related to heart disease, cancer, and type two diabetes.
- Avocado. This rich and creamy food is highly satisfying as it is high in fat, but the good kind. This means avocado has plant-based fatty acids which have proven to have anti-inflammatory benefits.
- Fish. Most lean cuts of fish are high in protein, which again means that there are helpful amino acids to create a full feeling after eating.
- Popcorn is a grain, which surprisingly contains 3 grams of fiber and protein each in every four cups. This is a fun, yet healthy snack that will definitely satisfy your appetite.



Speedy Growers In The Garden

By Susan Heckler

If you got off to a late gardening start or like immediate gratification, these are the perfect vegetables to grow. Here are the 12 fastest growing vegetables to get your garden jump-started and great reasons to eat them.

RADISHES: Most varieties will be ready for harvest in just 25 to 30 days after planting. Radish is a root crop, and it is sharp-tasting or sweet in taste with a lot of juice. Radishes can be white, red, purple or black, and can be long and cylindrical, or round. They are eaten raw, cooked or pickled. The parts of radishes that are consumed are the leaves, flowers, pods and seeds.

GREEN ONIONS or SCALLIONS: Green onion stalks can be harvested after just 3 or 4 weeks. All of the Allium have hollow green leaves, but these are used while they lack a fully developed root bulb. Used as a vegetable, they are eaten either raw or cooked. Scallions have a milder taste than most onions.

LETTUCE: Leaf lettuce is at their best in spring and early summer before high heats and long days make them bolt and turn bitter...MORE There are hundreds of different types of lettuce, including iceberg, Boston butterhead, Bibb butterhead and green leaf lettuce. The type of lettuce used in cooking depends if it is to be used for a salad, sandwich or side dish. Romaine can begin to be harvested about 30 days after planting. Cut the leaves once they reach at least 3 inches.

BABY CARROTS: This is an immature carrot, grown in a small size as opposed to baby-cut carrot which is a small piece cut from a larger carrot often marketed as "baby carrots". Baby carrots can be harvested after about 30 days. Other carrot varieties may take between 50 and 80 days to mature.

SPINACH: Spinach is ready in as little as 4 to 6 weeks after planting. Spinach leaves are ready to harvest as soon as they are big enough to eat.

KALE & OTHER LEAFY GREENS: Dark leafy greens provide more nutrition per square foot than any other garden crop, and different greens can come and go as the season unfolds. You can start out with kale in early spring, plant heat-tolerant chard as a summer crop, and then grow more lettuce and kale for fall. Kale, mustard greens and watercress are just a few delicious, super healthy greens that are fast growers. Most take about 50 to 65 days to mature, but baby leaves can be picked as early as 25 days.

PEAS: There are your regular garden peas which are great either raw in salads or by themselves. Snap peas which are actually used as split peas, and then there are snow peas which are the pea pods you use in a stir fry. Snow peas take only about 10 days to germinate and are ready for harvest in about 60 days.

BUSH BEANS: There are many varieties of bush beans to choose from, Most are ready to harvest within 40 to 65 days from planting.

TURNIPS: Turnips don't always dress in purple-splashed white. You'll find round ones, finger-shaped ones, small ones and big ones, in an array of colors. Turnip roots are ready for harvest after about 60 days; however the highly edible leaves can be harvested in only 40 days.

CUCUMBER: These are in the gourd family. It is a creeping vine that bears cucumiform fruits that are used as vegetables. There are three main varieties of cucumber: slicing, pickling, and seedless. Most varieties of cucumbers can be harvested about 50 to 70 days after planting.

SQUASH: Summer squash is a prolific producer. 'Eight Ball' zucchini, Lebanese 'White Bush', a yellow crookneck called 'Sundance', 'condor' zucchini, and the yellow patty pan 'sunburst' are fun varieties. Many variations of squash, including zucchini, are usually ready after about 70 days. For best flavor, harvest squash when they are still small.

Healthy Human Foods for Dogs

By Susan Heckler

Coconut & Coconut Oil- Coconut is made up of a beneficial fatty acid chain called Lauric acid, which helps fight and destroy viruses and various pathogenic bacteria, thus protecting your pets from infection and boosting their immune systems. Many diseases and ailments, like yeast infections, smelly coats, hot spots, cuts that have been infected, and even cracked paws, can all be cured with just a jar of “virgin coconut oil.” Coconut Oil can help reduce cancer risks improves the digestion of your dog, normalizes thyroid function, treats arthritis, can give your dog a smooth glossy coat, as well as healthy, supple skin.

Peanut Butter (Controversial - PLEASE READ CAREFULLY)- This is a favorite treat and is recommended by many professionals as a safe snack and is added to hundreds of dog treat products. It a good source of protein, heart healthy fats, vitamin B, niacin, and vitamin E although some of the less expensive brands do contain trans-fats. There is a school of thought that most peanut butter contains Aflatoxins that are naturally occurring mycotoxins produced by a fungus called *Aspergillus*. These are carcinogenic and vary between brands.

Lean Meat- Lean meat (chicken, beef, pork with no visible fat) is an excellent, balanced source of amino acids, the building blocks of muscle in your dog’s body. Meat is also a great source of B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, Pyridoxine, and Cobalamine).

Liver- Fresh liver can be cooked and then baked to make your own liver treats. Liver is an excellent source of B vitamins, Vitamin A, and Vitamin K. It is also a great source of iron. Too much liver may be toxic to dogs because of its high vitamin A content.

Salmon & Tuna - Feed your dog cooked salmon, add salmon oil to food, or slip them some of your unwanted fish skins. Tuna may be a classic cat snack. Dogs can eat tuna too, and it’s healthy offering protein, vitamins on top of the omega-3 fatty acids.

Eggs- Cooked egg for your dog is a great way to give protein and digestible riboflavin and selenium, making them a healthy snack.

Cheese & Cottage Cheese- Low or reduced fat varieties given in moderation and cottage cheese are typically good to add some extra protein to your dog’s diet.

Oatmeal- This is a great source of soluble fiber and a great alternate grain for dogs allergic to wheat.

Pasta - Dogs can eat pasta but pasta sauces are usually acidic, and contain a lot of sugar and salt, which can upset your dog’s tummy.

Rice/Brown Rice- This is good to use when your dog has an upset tummy and needs a bland meal.

Sweet Potatoes- Sweet potatoes are great sliced and dehydrated as a chewy treat for your dog and are another source of dietary fiber and contain vitamin B6, vitamin C, beta carotene, and manganese.

Popcorn- Air popped with no butter or salt makes a great low calorie treat containing potassium as well as the bone-building minerals phosphorous, magnesium, and calcium.

Carrots- These are great for a dog’s teeth when eaten raw in thin chunks. Cooked is great too as they are low calories and high in fiber and beta carotene/vitamin A.

Pumpkin, Squash & Zucchini- Good source of fiber as well as beta-carotene/vitamin A but be sure to remove the seeds. Zucchini like other squashes makes for a delicious and healthy snack, providing potassium, folate and vitamin content make it healthy for you and your dog.

Green Beans- They are filling and low in calories

Peas- These can be added right to your dog’s food, frozen or thawed and are a good source of the B vitamin Thiamin, phosphorous, and potassium.

Broccoli- This vitamin-rich vegetable can be a great occasional nutrition boost for dogs but it shouldn’t make up more than 10 percent of a dog’s diet as it could cause gastrointestinal irritation.

Apple Slices- Helps to clean residue off a dog’s teeth, which helps to freshen her breath. Apples are a good source of fiber as well as vitamin A and C. Make sure to take out the seeds!

Cranberries- Fresh cranberries have many health benefits and provide vitamins A, B1, B2 and C, and prevent urinary tract infections.

Pears - Dogs can eat pears but no seeds or cores.

Pineapple- Small amounts are beneficial for your dog as the fruit is rich in fructose, fiber, vitamin and mineral content.

Parsley- Improves “doggie breath” and can also be a good source of calcium, potassium, and beta-carotene.

Mint - Freshens your pal’s bad breath and settles upset tummies.

Turmeric- This is one of the most promising cancer prevention foods and can be found in your spice rack. The active compound in turmeric is curcumin, which has been shown to prevent the growth or spread of cancer cells in many types of cancer. It is as an anti-inflammatory and antioxidant.



Vet on the Run

Dr. Emily Jarvis

By Pam Teel

Cats are extremely sensitive animals that are creatures of habit and not great fans of change; that includes their annual trip to the Veterinary office. Most cats do better in their own homes; this includes being boarded or going to a strangers house when you go away on vacation. It makes more sense to call someone into your home to take care of your pet then subject them to so much stress. Cats like a familiar environment and taking them out of that environment can cause them a lot of anxiety. As highly territorial animals, they tend to rub their scent all over various household objects in an attempt to define and set their boundaries. For pets that are attached to their familiar surroundings and their owners, one must understand that taking them away from this environment, even for a visit to the vet can be a pretty traumatic event.

This is where Dr. Jarvis comes in. She's known in this neck of the woods as the Vet on the Run; the all feline Veterinarian who makes house calls. Dr. Jarvis has had an all feline practice for the past twenty four years. Why because simply, she loves cats! Her first employment as a veterinarian was at an all feline practice. While she periodically made house calls at that time, she has been happily self employed for the past eight years strictly as a mobile cat veterinarian. Her coming to the house is less stress for the cat and for you having to take your pet away from their comfort zone.

At present, she only makes house calls. If your cat needs a hospital for surgical procedures or for severe illness, she can refer local veterinarians, or specialists. The Doctor lives in the Monroe area and will travel up to twenty miles to make a house call. Her normal range includes Freehold, Manalapan, Plainsboro, Monroe Township, Cranbury, Princeton, Lawrenceville, Hamilton, Hightstown, South Brunswick, East Windsor, Highland Park, Allentown, Millstone, and other towns as well. At the house she can examine and weigh the cat, administer vaccines, obtain blood samples, check blood pressures, and more. She can tell you first hand that cats are usually more relaxed at home. Even those stressed out by her presence or by the examination are typically back to normal as soon as she is out the door. Some cats can be upset for two days after a visit to the vet's office, but then again, some that are so scared stiff might do well while being examined in the vet's office.

Dr. Jarvis has also handled her share of feral cats and semi feral cats. Her advice for those who help strays; exposure and handling are helpful. It is easiest to socialize a cat in a cage where he or she cannot escape being touched. It can take patience and sometimes years to socialize feral cats, particularly if they are loose in the house and can avoid you. Feral cats are easier to handle when their eyes are covered. If they don't see you, they are less nervous, even when your hands are on them.

For other, non feral, but difficult cats, it can help to cover them in a towel when you are trying to trim their nails. Cover the body with a folded bath towel, and allow only one front leg out at a time while you trim the nails. A lot of people find it easier to do a few nails at a time, while the cat is sleeping.

The Doctor's hours are flexible and her fees are affordable. She sees patients when it is convenient for the owners and herself. Charges for an exam decrease up to the third cat if she is seeing more than one cat per visit.

Dr. Jarvis is full of knowledge and will answer any questions that you may have. I personally asked her about the danger of house plants to cats. There are too many ordinary toxic houseplants to list, so I've included an A to Z guide of toxic houseplants to cats and dogs that you can download and keep as a reference. <https://www.houseplantsexpert.com/poisonous-house-plants-for-cats-and-dogs.html>

The Doctor did mention that she treated a cat that ingested an Easter lily leaf. Easter lilies are very damaging to a cat's kidney. Also keep palms that people get on Palm Sunday away from cats. If ingested, they could require surgery, as they are tough leaves and cannot be digested.

If you let your cat outdoors, you also need to be aware of the plants and bushes in your yard that your cat might want to chew on. Daylilies are highly toxic to a cat. They can lead to kidney failure and death. One last tidbit from the Doctor, the black bits on a cats chin fur is probably acne and it can sometimes be avoided by not using plastic bowls.

You can reach Dr. Jarvis at: 609-915-8671
<http://emilyjarvisdvm.com/veterinary-services.html>



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