

The Greater Princeton Area

FALL ISSUE
SEPTEMBER/OCTOBER 2016

Ask The DOCTOR

The Health & Wellness Magazine For You And Your Family

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**PHYSICAL
THERAPY**

Get Marathon Ready: Running Tips From Your Physical Therapist

Fall Marathon season is upon us. The tri-state area is being overrun by running shoes, running shorts, running socks, running shirts, oh yeah! Runners! Runners! Runners! Every year our facilities are stamped with injured runners. All of these athletes are preparing for the NYC Marathon, Jersey Shore Marathon, Boston Marathon, NYC half marathon...you get the picture. Everyone has bought their new shoes, several training books and now you start logging in the miles. WAIT!!!!!! Slow down. Are you a runner? Have you ever trained for something like this before? Are you fit? These are great questions you should ask yourself before running your first 10 miles. To run a marathon is a great goal, but let's do it without getting hurt.

Here are some easy tips to keep you running and injury free. First, you should make sure your gear is properly fit. If your shoes are too tight or too loose you can get many different foot injuries such as blisters, plantar fasciitis, achilles tendinitis, sesamoiditis and subungual hematomas of your toes. Also, make sure these running shoes do not make you over supinate or pronate as this can lead to shin splints. So make sure you get a good shoe fit by a professional.

Training should be done with a good progression of mileage. You should not do too much, too quick or you will open yourself up to muscle fatigue, muscle cramps and eventually muscle strains. Although you bought the great book of running, you should make sure it has classifications for the beginner, intermediate and advanced runner. Too many times I have seen runners spend more time on our treatment tables than on the road due to doing too much, too quickly. You should have a good progression based on your level of running... remember you want to be at the big day to accomplish your goal. You do not want to be home watching the marathon on television.

Let's not forget good nutrition and hydration. Caffeine, as we all know, is dehydrating. Throughout your work day you will drink at least 3 cups of coffee but forget the water or sports drink, and now you go home and run 5 miles. Well, if the muscle is not hydrated, again it will fatigue and tear, so learn to hydrate. Most athletes hydrate with 6-8 8oz. glasses of water or sports drink throughout the day. While training or competing they will replenish with 8oz. of water every 20-25 minutes.

We all want to see you at the finish line.

Be smart, follow these simple guidelines and have a great run.

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If neck, back, knee and nerve pain are problems, we can help.

Dr. Dinash Yanamadula, M.D. F.A.A.P.M.R., F.A.A.P.M. and his staff are here to help.

Dr. Yanamadula is highly skilled at administering the latest techniques to alleviate painful conditions in the spine and joints with positive outcomes.

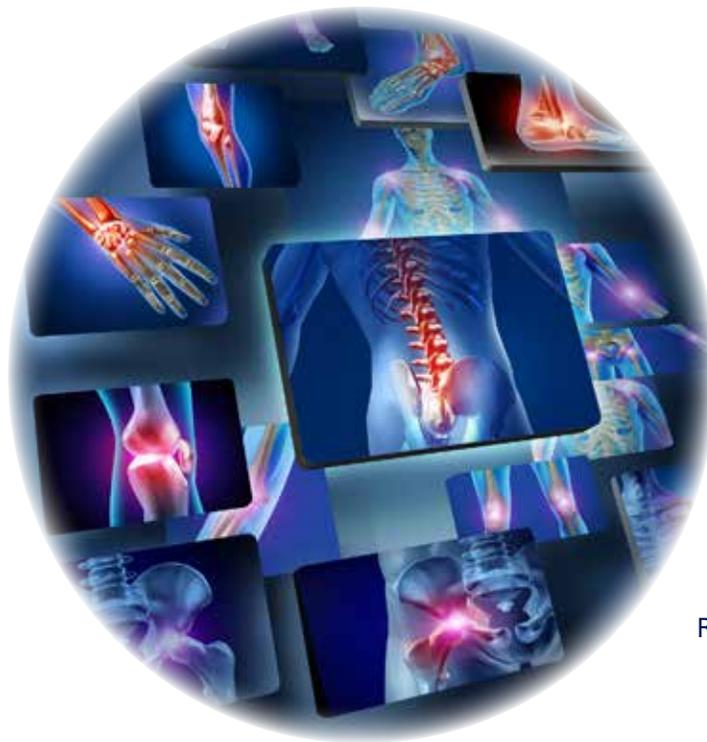
Dr. Yanamadula offers surgical patients who are post fusion, post laminectomy, post knee replacement, and post hip replacement expertise and successful pain management options to help diminish pain AFTER these surgeries.

Dr. Yanamadula's expertise, positive outcomes, and pleasant office environment are all derived from rigorous fellowship training in Interventional Pain Management, Sports Medicine, effective treatment of thousands of patients in pain, continuous professional development and a genuine commitment to understanding and helping each patient manage their individual pain in a safe manner.

Learn more about Dr. Yanamadula in this magazine's "Doctor Profile" section.

TREATMENTS OF THE SPINE:

- Low back pain
- Neck pain
- Sciatica
- Sacroiliac Joint Pain
- Radiculitis (arm or leg pain)
- Radiculopathy (arm or leg weakness)
- Disc herniations (cervical, lumbar, and thoracic)
- Degenerative disc disease
- Spondylosis (arthritis of the spine)
- Spinal stenosis
- Spondylolisthesis (slipped vertebra)
- Vertebral compression fractures
- Post-laminectomy syndrome
- Failed back surgery syndrome
- Post-herpetic neuralgia (shingles)



TREATMENTS OF OTHER PAINFUL CONDITIONS:

- Shoulder pain
- Rotator cuff tears
- Medial epicondylitis (golfer's elbow)
- Lateral epicondylitis (tennis elbow)
- Carpal tunnel syndrome
- Knee/hip pain
- Degenerative joint disease
- Muscle spasms
- Sports injuries
- Myofascial pain
- Fibromyalgia
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Art Director/ Graphic Designer Mindy R. Jacobson	Jolene Conoscenti Susan Heckler Jamie Kovler Berk Bill Campbell	Writers Susan Heckler Pam Teel
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Dr. Helen Simigiannis, MD, FACOG

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

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DIET AND PSORIASIS: Happy diet, happy life

Changing your diet is not going to cure your psoriatic disease, but eating healthier can only help.

People living in the grip of psoriasis often feel powerless. Taking control of your diet is the most basic way to regain control of your life and fight back against the disease. But can modifying your diet help in treating psoriasis?

There is no definitive answer to this question. Scientists say there's little evidence at the moment to support the notion that diet can have a major impact on the disease. But many people with psoriasis swear they've found relief by changing what they eat. Dropping surplus weight and improving your cholesterol and blood sugar is empowering—even if these changes do little for your skin or joints.

University of Pennsylvania psoriasis researcher Dr. Joel Gelfand supports patients following a healthful diet, but says people should keep their doctors informed about the changes they are making—and be careful not to do anything that might actually cause harm. "The downside [of changing the way you eat] is the time, cost and energy to follow a diet you may not enjoy, and that won't have proven benefits for your health."

Generally speaking, there are four main approaches to diet:

Weight-loss

A 2014 study published in the *Journal of the American Academy of Dermatology* linked obesity to an increased risk for psoriatic disease. Researchers found that a higher body mass index (BMI) is associated with an elevated risk for developing psoriasis and psoriatic arthritis, as well as an increase in the severity of the disease.

Heart-healthy

Psoriasis is an inflammatory disease, the same as heart disease. Reducing inflammation and improving heart health are important for people with psoriasis. Eat fish at least twice a week. Cold-water fish (such as albacore tuna, mackerel, salmon, herring, and lake trout) contain omega-3 fatty acids that can help lower your risk of coronary artery disease.

Anti-inflammatory

Psoriasis is an inflammatory disease. Many individuals have benefitted from following an anti-inflammatory diet to help reduce their symptoms.

Limit alcohol. If you have severe psoriasis, you may benefit from eliminating alcohol entirely. If you are going to have an occasional drink, the recommendations are: women no more than one drink per day, men no more than two.

Gluten-free

Many studies have evaluated the benefits of a gluten-free diet for psoriasis. The link between psoriasis and gluten (a complex protein found in wheat, barley and rye and in many processed foods, from lunch meats to salad dressings) is not well understood, but new research estimates that up to 25 percent of people who have psoriasis may also be sensitive to gluten. Celiac disease is caused by an intolerance to gluten. A gluten-free diet is the only known treatment for celiac disease.

There is no published evidence that going on a gluten-free diet can improve psoriasis in people who do not have celiac disease – but there is anecdotal evidence from people who have tried the gluten-free diet and swear by it.

Health, Wellness & Regeneration

Non-Invasive Pain Treatment, No Surgery — No Cortisone

Dorota M. Gribbin, M.D.



Dorota M. Gribbin, MD

Countless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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PRP/PPP is also used in aesthetic medicine to erase scarring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

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repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

RADIOFREQUENCY:

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Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experienced a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surgery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.



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My Daughter Is Constantly Dieting. Should I Be Concerned?

Maintaining proper weight is important to overall health, but so is good nutrition. If your daughter is avoiding all milk and dairy products and severely restricting her food intake, she is probably not getting enough calcium. She needs a more balanced diet that includes low-fat milk products and other calcium-rich foods. Calcium supplements may also be helpful to ensure that she gets enough of this essential nutrient.

You should discuss your concerns with your daughter's doctor. If your daughter is one of up to 3 percent of American girls and young women with eating disorders, the problem is even more serious. Eating disorders, especially anorexia nervosa, can lead to missed or irregular menstrual periods or the complete absence of periods, known as amenorrhea. These are signs of low estrogen, a hormone that is essential for developing bone density and reaching peak bone mass. Girls with anorexia nervosa will often have fractures as a first sign of the disease. Furthermore, reduction in estrogen production in adolescence can increase your daughter's risk of osteoporosis and fracture later in life. In severe cases, girls with eating disorders may even develop osteoporosis in their twenties, and they may find the damage to their bones cannot be reversed later in life.

Look for the following signs and see your daughter's physician if you think your daughter has, or is at risk of developing, an eating disorder:

- missed menstrual periods after having had them regularly for at least several months
- extreme and/or unhealthy-looking thinness
- extreme or rapid weight loss
- frequent dieting practices such as
- eating very little
- not eating in front of others
- trips to the bathroom following meals
- preoccupation with thinness
- focus on low-calorie and diet foods
- overtraining or excessive exercise



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What is Taurine and Why Do I Need It?

By Susan Heckler

Taurine is an organic compound that is widely concentrated in animal tissues. This accounts for up to 0.1% of total human body weight. Taurine is found in large amounts in the brain, retina, heart, and blood cells called platelets.

Taurine has many fundamental biological roles and is essential for cardiovascular function, and development and function of skeletal muscle, the retina, and the central nervous system. While taurine is sometimes called an amino acid, and indeed is an acid containing an amino group, it is not an amino acid in the usual biochemical meaning of the term, which refers to compounds containing both an amino and a carboxyl group. Taurine is also thought to have antioxidant properties.

A "conditional amino acid" can be manufactured by the body, but an "essential amino acid" cannot be made by the body and must be provided by the diet. People who cannot make taurine, must get all the taurine they need from their diet or supplements. The best food sources are meat and fish and it is also found in breast milk. Supplementation may be necessary in infants who are not breastfed because their ability to make taurine is not yet developed and cow's milk does not provide enough taurine. Therefore, taurine is often added to infant formulas.

Excess taurine is excreted by the kidneys.

People take taurine supplements as medicine to treat:

- congestive heart failure
- liver disease
- cystic fibrosis
- autism
- eye problems
- alcoholism
- high blood pressure
- high cholesterol
- seizure disorders
- ADHD
- diabetes
- improve mental performance

Some studies suggest that taurine supplementation may improve athletic performance, which may explain why taurine is used in many energy drinks.

Supplements haven't been tested for safety and due to the fact that dietary supplements are largely unregulated, the content of some products may differ from what is specified on the product label. As with any supplement, always check with your doctor and pharmacist to determine proper dosages and to learn if it negatively reacts with any other medications or medical conditions.

A New Approach To Losing Weight Is Called Carb-Cycling.

What does this mean?

It means rotating days of eating high-carb foods with days of eating high-protein foods with days of eating high-fat foods. According to Shelby Starnes, a competitive bodybuilder and carb cycling expert, you can significantly boost your metabolism by eating complex carbs on certain days of the week and opting for proteins and fibers on the days in between.

This is a way you will keep your insulin levels under control and burn fat more efficiently while not sacrificing muscle mass. You get to eat every kind of food, including your all-time favorite meals (or a bit healthier variants), as long as you do it on the scheduled days.

That being said, if you want optimal results you should try to eat as much complex carbs as possible and limit the simple sugars in your diet. Whole grains, starchy vegetables, beans and peas should replace snacks, sugar-loaded desserts and soft drinks.

If you have a hard time giving up your sugary treats, eat them directly after a workout – that's the time when your body can make the best use of them. Avoid cheat meals as hard as you can, but if you must have them, plan them in advance and make sure you don't overeat.

And for the protein/fat days, you know the drill. Lean meats, whole eggs, casein and whey protein, low-fat dairy and oily fish, all of them in combination with fresh veggies.

For example, if you're a bodybuilder, you would consume 150-200 grams of carbs (of course according to your weight) daily for five days per week, and have 300-500 grams of carbs on the remaining two days. That means you'll have five low-carb, high-protein days and two high-carb, low-protein days. The crucial thing here is to keep your carb consumption as low as possible on high-protein days and keep your protein and fat consumption pretty low on high-carb days.

But keep in mind that the numbers above are not written in stone, they can be adjusted according to your size, needs and goals. Make sure you buy high quality products and minimize the consumption of overly processed foods containing empty calories. Don't forget that not all calories are created equal, and you want to eat the best nature can offer.



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T. Dolkowski

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DEALING WITH FEVERS IN CHILDREN

By Pam Teel

A fever is a helpful and necessary part of the process of healing in a childhood illness. During a fever, the healing reactions of the body are sped up. The heart beats faster, carrying blood more quickly to the organs, respiration is quicker, and perspiration increases, helping the body to cool down naturally. A high temperature usually means that the body's defense mechanism is fighting an infection, and the temperature variations indicate how it is coping. Though very high fevers above 106 degrees F (41c) can harm the brain and heart of a child, normally healthy children would come out of the fever unharmed. During most infections, the brain keeps the body temperature at or below 104 degrees.

Fever increases the amount of interferon, a natural antiviral and anticancer substance in blood. A mild fever also increases white blood cells that kill cells infected with viruses, fungi, or cancer, and improves the ability of certain white blood cells to destroy bacteria and infected cells. According to Dr. Mercola and other leading physicians, a moderate fever is a friend, but a friend that no one would like to spend a lot of time with. Although fevers are conventionally treated with medication, a fever is the body's mechanism for destroying viruses and bacteria.



What Is The BRAT and BRATTY Diet?

This isn't a type of diet that is geared towards helping you lose weight, nor is it a type of crash diet. It is a simple diet of bland foods that are easy for the body to process.

The BRAT diet is a bland-food diet that is often recommended for adults and children. BRAT stands for Bananas, Rice, Applesauce and Toast. The BRAT diet can help you recover from an upset stomach or diarrhea for the following reasons: It includes "binding" foods.

Alternate forms of the diet might include tea such as Chamomile and yogurt, forming the BRATTY diet. The BRAT was commonly prescribed to anyone dealing with gastrointestinal issues because of its low fiber content.

The most common use for the BRAT diet is when a person is suffering from diarrhea. Because of the issues with bowel movements associated with diarrhea, the BRAT diet can help appease associated symptoms while replacing any nutrients lost due to diarrhea and even vomiting. The BRAT and BRATTY diet is meant to be used while the patient is still suffering gastrointestinal problems, and allows people to ease back into their regular diet once their stomach issues have subsided.

The key is to avoid foods that are difficult for your body to digest and breakdown. When dealing with a gastrointestinal problem, like diarrhea, stick with bland, simple foods that are easier to process. Avoid foods high in complex sugars and grease.

CONCUSSIONS Take Them Seriously and Test

By Susan Heckler

Concussions are very common with active children. Any hit in the head or body that causes a jar to the head should be taken seriously because a concussion is a mild form of traumatic brain injury. When the head receives a blow, the violent shaking makes the brain slosh back and forth. The brain is like Jell-O, soft, and there is movement of the brain within the skull. Often the blow involves the brain hitting the front and back of the skull. That movement can damage the brain's connective tissues and disrupt normal cognitive function.

It is a good idea to show caution and have your child examined after taking a blow to the head. Get them off the playing field immediately. It is not true that you have to lose consciousness to have a concussion. You may not even realize you have a concussion if you have a mild case. Concussion management begins the moment a concussion is suspected. The very first decisions made on the playing/practice field when a concussion is suspected can make the difference between a good outcome and a disaster.

In most cases, there's no treatment beyond physical and mental rest. The brain needs time to heal like any other body part. Physical, cognitive, and social rest is recommended. About 10% of concussions take more than ten days to heal.

In addition to concussion, a hard impact can cause an epidural hematoma, which is bleeding between the skull and the brain. This can occur when a trauma causes a blood clot to form between the skull and the brain's protective covering (the dura). The seriousness of an epidural hematoma became clear when actress Natasha Richardson died from what appeared to be a mild head injury during a skiing accident.

Common physical symptoms include: headache, nausea, dizziness, fatigue and sensitivity to noise and light. More serious concussions may be accompanied by vomiting. They may experience confusion, trouble concentrating, slowed thinking and short term memory problems. Psychological symptoms can include irritability and mood changes such as depression.

The New Jersey Concussion Law and the New Jersey Department of Education Model Policy for Concussion provides directions for concussion management on school district property. Whenever a concussion is suspected the student playing interscholastic sports in New Jersey must be immediately removed from play and cannot return to play until evaluated by a physician knowledgeable in the identification and management of concussion to determine if a concussion has occurred. If the physician rules out the diagnosis of concussion the student can return to play. If the physician diagnosis a concussion is present then the student must follow the return-to-play protocol established in the Model Policy. This is a good policy to observe outside of school property to protect the young athlete.

Studies continue to find a cumulative effect of concussions that indicates the neurological consequences of mild traumatic brain injuries may be greater than previously thought, including an increased risk of depression, problems with memory, and other cognitive deficits. The Chicago College of Medicine reported finding structural changes in the white matter of the brains of patients with reported head injuries that correlate with cognitive deficits in thinking, memory and attention.

If problems linger, there may be a need of neuropsychological testing. A clinical neuropsychologist is a licensed psychologist with expertise in the relationship between behavior and skills with the brain structures and systems. Neurocognitive testing measures and defines behavior and thinking skills in individuals.

For most sports-related concussions, a screening battery of tests is utilized. There are also computerized assessment programs. This testing may take two to three hours to complete and be reviewed by the neuropsychologist. Longer evaluation is generally not indicated, but may be used in some cases.

We love our children! Make sure to properly outfit them with the latest sports safety equipment to reduce the chance of injuries. When an injury does occur, take it seriously and follow it up with observation and a doctor's visit.

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REPAIR DAMAGED HAIR

Keeping your hair shiny and healthy can be harder than it looks — and with so many products out there claiming to do it all — it can also get confusing.

Luckily, the American Academy of Dermatology has some tips and tricks to keep your locks luscious.

The academy notes that when hair is damaged, the protective lipid layer of fat on the outside of the cuticle (which makes hair shiny) is removed. How does that happen? Chemical damage is one of the most common causes of hair damage, leading to dried-out, frizzy hair that can look dull and not hold a style.

WHAT TO DO

Speaking to the academy, dermatologist Zoe D. Draelos, MD, FAAD, noted a few things that can go a long way toward avoiding, and repairing, that damage.

- He recommended using conditioning shampoos and conditioners regularly to improve the appearance of frizzy hair. 2-in-1 shampoos that remove oil from the scalp, clean the hair, then condition the hair in the rinse phase also are good choices.
- He also recommended products containing dimethicone, which is available in shampoos, conditioners, sprays and creams. This ingredient has been shown to decrease static electricity, increase shine and improve manageability.
- An obvious one: Stop dyeing your hair and opt for hair's natural hair color instead. If you feel you must dye, try to stay "on shade" within three shades of your natural color, to lessen the chemical affect.

LOOK OUT FOR HEAT

Heat is another major factor leading to unhealthy hair, as too much heat can turn the natural water in your hair into steam, which leads to frizzy ends that can easily break. It can also cause your hair to even smell burnt. Put simply, Draelos said too much heat can "cook" your hair. To fix and avoid those problems, he recommended:

- Allow hair to air dry when possible.
- When using a hairdryer, do not use the highest heat setting immediately. Work your way up.
- When straightening hair with a ceramic iron, put a moist towel in the device to protect the hair from direct heat.
- Moisturizing your hair regularly will help the appearance of heat damaged hair, but he noted stopping the source of heat damage is essential.



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Anti-Aging Essentials

By Mia Ingui

The secret to looking youthful is not hidden within fancy, expensive creams and pomegranate eye masks sold in department stores. There are many simple ways to look and feel young again, from your diet to your vitamins. Use these tips to stay bright and healthy as you age!

Fish oil supplements: Anti-inflammatories are key for fighting aging, and so fish oil can work wonders on you skin and heart's health. Other supplements like vitamin C and D also are important to incorporate into a supplement routine.

Keep it simple: The more complicated the beauty routine is, typically the more damaging it is to the skin. Limiting the number of products you use also therefore eliminates many products that clog pores and sit on the skin.

Limit intakes of white sugar: Little is it known that white sugar binds to the collagen in your skin, which weakens the skin and causes premature wrinkles and sagging.

Colorful fruits and veggies: The antioxidants in fruits such as pomegranates and blueberries, and the nutrients in vegetables like kale and carrots help to fight off molecules that damage healthy cells in your body. Maximize your intake of antioxidants.

Exercise your mind and body: Stimulating your mind and body helps fight against them becoming stagnant and unhealthy. Ways to do accomplish this are exercising, reading, aerobics, yoga, etc.

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The challenges of a gluten-free diet

Following a gluten-free diet requires you to become educated on all the hidden sources of gluten, as well as educating everyone you live with. To avoid all gluten, you must read labels carefully. You must avoid not only wheat but its derivatives: durum, graham, kamut, semolina and spelt. The same goes for barley derivatives: malt flavoring and malt vinegar, as well as rye, MSG and soy sauce.

Read labels regularly. Manufacturers change ingredients without notice.

Just because a food is labeled wheat-free doesn't mean it's gluten-free. And just because a food is labeled gluten-free doesn't mean it's calorie-free. Some manufacturers add sugar, saturated fats and preservatives to their gluten-free offerings to make them taste better, and that adds calories.

You can still eat a balanced diet when you're trying to avoid gluten. Gluten-free diets allow you to eat fresh fruits and vegetables. Beef, chicken, fish, lamb, pork and dairy products are also naturally gluten-free. (But watch for additives.)

Following a gluten-free diet is a major commitment. It can be difficult to maintain a balanced diet while eliminating the many foods that contain gluten. It's not a step you should take unnecessarily.

Eliminating gluten from your diet may help reduce your concerned health symptoms as well as eliminate digestive woes, but it's only likely to help if gluten is a problem food for you in the first place.

The Celiac Disease Foundation provides a list of foods to eat and those to avoid on a gluten-free diet, it may be helpful to reference when planning your meals.

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	Cooking spray	3/4	teaspoon Dijon mustard
5	plum tomatoes, cut into 1/2-inch-thick slices (about 16 slices)	18	ounces brown rice elbows (such as Tinkyáda) or whole-grain pasta shells
2	tablespoons brown rice flour or all-purpose flour	4 1/2	ounces (1/2 package) frozen artichoke hearts, thawed and halved
2	tablespoons butter, softened	6	ounces reduced-fat sharp cheddar cheese, shredded (about 1 1/2 cups)
4	cups unsalted chicken stock	3	ounces Fontina cheese, shredded (about 3/4 cup)
3	cups 1% low-fat milk, divided	2.5	ounces Parmesan cheese, grated and divided (about 10 tablespoons)
3/4	teaspoon salt	1/2	teaspoon freshly ground black pepper

DIRECTIONS

1. Remove top oven rack, and cover with foil; lightly coat with cooking spray. Preheat broiler to high.
2. Arrange tomato slices on prepared rack; lightly coat with cooking spray. Broil 8 to 10 minutes or until tomatoes are lightly browned. Transfer tomatoes to a plate; set aside.
3. Combine flour and butter in a bowl until a paste forms.
4. Place a large high-sided sauté pan over medium-high heat. Add stock, 2 cups milk, salt, and mustard, stirring with a whisk. Add pasta to pan; bring to a boil. Cook 12 minutes or until pasta is done, stirring frequently. Stir in remaining 1 cup milk and artichokes; cook 2 minutes. Add butter-flour paste, in pieces, stirring constantly to blend and thicken. Remove from heat; stir in cheddar, Fontina, 6 tablespoons Parmesan, and pepper.
5. Arrange broiled tomato slices on top of pasta. Sprinkle with remaining 4 tablespoons Parmesan. Broil 2 minutes or until cheese begins to brown.





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Foam Roller Therapy

By Susan Heckler



We all have those times when something aches, feels tight, isn't moving right or just plain needs help. You have tried stretching and that didn't do much. You have tried to massage it out on your own but just don't have the right vantage point. You have no time to get to a masseuse or a physical therapist and you need help. You need normal for your everyday life. Normal function means your muscles are elastic, healthy, and ready to perform at a moment's notice.

Self-myofascial release, better known as foam rolling, has transformed from a technique once used only by professional athletes, coaches, and therapists to an everyday practice for people at all levels of fitness. Affordability and availability of these products have introduced an increasing array of training and recovery methods to the average person.

Self-myofascial release is an impressive title for self-massage to release muscle tightness or trigger points. Trigger points are "knots" that form in muscles. It can be done using your own hands but depending upon what hurts and where it is on your body, it may be difficult to get to or awkward to apply the pressure needed. Releasing trigger points helps to regenerate proper movement patterns and pain free movement, and ultimately, to enhance performance. The deep tissue massage from the direct pressure of rolling over these trigger points also aids in the breakdown of fibrous scar tissue that can build up in injured or tight muscles.

They come in all shapes, sizes and textures (the bumpiness helps). By properly positioning yourself and moving on the roll you can actually reach very deep muscle tissues. The deep massage may also result in a localized increase in blood flow that will help to flush excess metabolites and toxins from the area.

To foam roll correctly, apply modest pressure to a particular muscle or muscle group using the roller and your bodyweight. Take it slowly, no more than one inch per second. Pause for several seconds and relax as much as possible when you hit a painful spot. You should slowly start to feel the muscle releasing, and after 5-30 seconds the discomfort or pain should lessen.

You should include foam rolling in your workout and recovery program; however, you should not just randomly buy rollers and start on your own. It is best to consult a physical therapist or other trained professional who will show you which ones to use and how best to use it. As with anything else, if used improperly you can do more damage than good.



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Mount Sinai Health System Recognizes Health Benefits Of A Vacation

Scientists at Mount Sinai used a rigorous study design to assess the biological impact of meditation compared to vacation. The researchers found that a resort vacation provides a strong and immediate impact on molecular networks associated with stress and immune pathways, in addition to short-term improvements in well-being, as measured by feelings of vitality and distress. A meditation retreat, for those who already used meditation regularly, was associated with molecular networks characterized by antiviral activity. The molecular signature of long-term meditators was distinct from the non-meditating vacationers. When we learn to take a break to help control and manage stress it improves our health and improves our quality (and quantity) of sleep. Also, we will also most likely see a decrease in the frequency of general illnesses such as colds, sore throat and the flu. Taking a break and having a life balance helps you support your body in fighting the negative consequences of stress.



By Jill Garaffa

How to Achieve Your Goals

Dear Jill,

I often set a goal for myself, like eating better or exercising more and it only lasts a short time. I start off really well, and then, after a few days, I will mess up, get discouraged and give up. Before I realize it, weeks go by and I'm avoiding exercise and eating terrible all over again. How do I stay focused to finally have the body and health that I desire?

Signed,
Off Course - Deal, NJ

Dear Off-Course,

First, I want to appreciate that you are upset with your lack of progress with your efforts. The mere fact that it is bothering you is actually something to celebrate since it is a sign that you are very self-aware & truly committed to making things better. If you weren't committed to your health, you wouldn't care at all and wouldn't have written in!

Interestingly, an airplane that is traveling from one city to another city is literally always off-course, as it is affected by wind, weather and other circumstances. The pilot, who is committed to landing the plane in the correct city, is constantly monitoring the plane's instruments and adjusting course to get the plane back on track. In the same way, your mind will go off course with fitness & health and other goals, as you are affected by circumstances, like a busy schedule or unexpected events. You'll hear your own mind-chatter making excuses and rationalizing. Your work is to be aware of the moments where your thinking gets you off course. And, simply take action to re-adjust.

On a practical level: keep in mind that any process of transformation involves mistakes along the way. Imagine a toddler trying to walk and falling down a thousand times or an Olympic gymnast training for a competition. There are a lot of trips, falls and setbacks along the way. The first rule of success is "never give up." Keep going no matter what and stay on the path.

Every path of growth involves an awkward & vulnerable phase before it reaches maturity. This awkward, vulnerable stage is part of the process. It's when we make our mistakes and are prone to self-doubt & discouragement. Think back to your teenage years or being halfway through learning a new skill or being a brand new parent with a new born. It's normal to stumble along the way a bit before you gain mastery. The trick is to stay on the path and keep moving forward. Think: progress, not perfection.

The best way to move through the awkward/vulnerable phase is to be surrounded with like-minded people, who are also committed to the same goal, to help you stay on track. Also, finding an accountability partner is very helpful, someone to support you and encourage you along the way to your goal.

Some paths are not meant to be traveled alone. Life coaching is a process that can support you with creating accountability and connecting you to other like-minded individuals so you can be better positioned to achieve your goals.

Wishing you clarity, peace & power,
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.

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FAMILY FIRST

What do senior citizens rank as their highest priority as they age? Financial Security? Health? Family is actually the most important factor in maintaining a high quality of life in Americans' senior years, according to a recent survey.



Conducted by the National Council on Aging (NCOA), UnitedHealthcare and USA Today, the survey measured responses from 4,000 U.S. adults, including a nationally representative sample of seniors ages 60 and older.

It found that four out of 10 seniors rank connectivity to friends and family as their top priority, ahead of financial security (30 percent). Read the survey's other key findings to see what else seniors are concerned about as they age.

Health

- 65 percent of seniors report having at least two chronic health conditions.
- 60 percent of seniors expect their health to stay the same over the next 5-10 years.
- 84 percent say it is not very or not at all difficult to perform regular activities.

Community Services

- 71 percent of seniors say their community is responsive to the needs of seniors.
- 49 percent believe their community is doing enough to prepare for the growing senior population.

Financial Security

- 53 percent are very or somewhat concerned about their savings and income to last the rest of their life.
- 41 percent of working seniors indicate that social security will be their primary source of retirement income.

Technology

- 34 percent stated 'I don't understand how to use it' as a barrier preventing them from using more technology.
- 47 percent say cost prevents their use of technology.

Overall Outlook

- 57 percent of seniors state that overall, the past year of their life has been normal.
- 21 percent of seniors expect their lives to get much or somewhat better over the next 5-10 years.

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Dr. Helen Simigiannis, MD, FACOG Antheia Gynecology



Dr. Helen Simigiannis received her undergraduate degree in the Biological Sciences at Rutgers University in 1993. In 1999, she received her M.D. from Ross University School of Medicine. After finishing two years of training in Family Medicine, she went on to complete her OBGYN residency with her last year as Chief Resident at Creighton University Medical Center in 2005. She has been in private practice since. In 2010, she pursued her goal of starting Antheia Gynecology. Her goal here is to focus on menopausal, adolescent and adult gynecology, minimally invasive laparoscopic surgery, and office-based minor gynecologic procedures.

Dr. Simigiannis speaking about lifetime gynecologic health. "You have babies for one segment of your life," she says. "For the rest of it, you want an attentive caring doctor to look after your gynecologic health." - As quoted in NJ Monthly Magazine Oct 2010.

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Dr. Dorota M. Gribbin, M.D., F.A.P.M.R. Comprehensive Pain & Regenerative Center



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Columbia University College of
Physicians & Surgeons
Rehabilitation and Regenerative
Medicine

New York-Presbyterian

The University Hospital of
Columbia and Cornell

Dr. Gribbin specializes in the diagnoses, treatment and prevention of a wide variety of musculoskeletal disorders such as back pain, neck pain, medical weight loss and aesthetic medicine. She has won many awards including:

The Castle Connolly Guide Top Doctor's in the New York Metro Area as well as New Jersey Magazine, Best Doctors.

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Dr. Eric Evans Evans Chiropractic



My philosophy, that health and healing start from within, has been at the heart of who I am as a person as well as incorporated into my chiropractic practice for 24+ years. I have found that a direct, hands-on approach with consistent awareness and education yields the best results for those who come to me for help with a wide variety of health issues. As a father and business owner I know firsthand the demands of today's lifestyle and the ever increasing need to regain and maintain a level of wellness to keep us at the best we can be. I have and will continue to provide care for children, busy moms, teenagers, adults as well as seniors. I enjoy getting to know each of person who enters my office to be able to tailor my techniques to their specific needs. When I am not providing chiropractic care, you will most likely find me spending time with my children, mountain biking, snowboarding, on my motorcycle, or in a yoga class.

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Critical Rx For a Healthy Home

Not feeling well, but can't figure out what is wrong? Some people have health issues and may not realize their personal wellness and the health of their home are interconnected.

By giving your home a health check-up, you may be preventing diseases and other hazards from hurting you and your family. Poor indoor air quality, mold, radon, carbon monoxide, and lead paint are just a few of the home health issues that could potentially trigger asthma, possibly cause lung cancer or lead poisoning.

The Department of Housing and Urban Development (HUD) is encouraging everyone to do a home review. You may already use smoke detectors as one safety measure, but there are other ways to improve the well-being of your living space without breaking the bank.

1. Keep it Dry. Prevent water from entering your home through leaks in roofing systems, rain water from entering the home due to poor drainage, and check your interior plumbing for any leaking. 2. Keep it Clean. Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods. 3. Keep it Safe. Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand. 4. Keep it Well-Ventilated. Ventilate bathrooms and kitchens and use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home. 5. Keep it Pest-free. All pests look for food, water and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least toxic pesticides such as boric acid powder. 6. Keep it Contaminant-free. Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action-level are detected. 7. Keep it Well-Maintained. Inspect, clean and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems:

Ordering a radon test kit to see if you need to install a radon mitigation system

Using a carbon monoxide device to detect CO gas

Checking to make sure air vents go outside and are not clogged

Sealing cracks to prevent bugs and animals from entering

Personal health and home health go hand in hand. By identifying the weaknesses in your home's health you can address the problems to make it safe and healthy for you and your family.

Have more questions about environmental health? Contact your state environmental office.

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Home Remedies for Dog Hair Loss

By Joely Phenex

1. One of the best ways to reduce excessive shedding in dogs is to start with a healthy diet. Feed your dog with a homemade mix of fully-cooked rice, cooked vegetables and boiled chicken. This home food remedy may reduce the allergies caused by food to your dog and helps in reducing the hair fall.

2. Goldenseal is an excellent natural treatment for dog hair loss as long as it is not overdone. Make a weak mixture of goldenseal tea and apply it to the affected area. Goldenseal is powerful, so be sure not to make the tea too strong.

3. Another home remedy for hair shedding in dogs is to mix a small amount of flaxseed oil in your dog's food. Flaxseed oil contains high amounts of Omega 3, an excellent natural treatment for dog hair loss. After a few weeks you would see the change in your dog's hair fall. It is good for other health benefits too.

4. Olive oil is a good home remedy to apply on dog's coat and skin. It will help moisturize as well as pacify any pain caused by severe itching. Another benefit of olive oil is that it will choke mites, if those fleas are the cause of dog's hair loss. Olive oil is said to give the dog a fine and healthy coat with an amazing shine.

5. Lemon juice has natural antibacterial properties that can be used to treat excessive hair shedding in dogs. Introduce a slice of lemon in warm water and leave for five hours. Strain afterward and apply the lemon juice mixture as a rinse or as a spot treatment.

6. An additional home remedy to follow is to pat your dog in the backyard after the bath and then brush him down. By this way, all the unwanted hair on the dog's coat is removed. Regular baths encourage loose hair to fall out in the tub (or outside) instead of on your furniture. However over-bathing can cause dry skin, which causes fur to fall out.

For more information, ask your Veterinarian.

Preventing Kennel Cough

According to the American Society for the Prevention of Cruelty to Animals, kennel cough is a term loosely used to describe a group of respiratory infections. These can be both viral and bacterial, and they generally cause inflammation of a dog's voice box and windpipe. Much like a chest cold in humans, it is a highly contagious infection that can spread quickly. Dogs that are in the company of other dogs frequently are at greatest risk, hence the term kennel cough. This is particularly true for dogs in enclosed or poorly ventilated areas.

PREVENTION & CAUSES Fortunately, preventing kennel cough is a relatively straightforward process. Making sure that your dog isn't exposed to the aforementioned conditions during any kennel stays is always best for both owner and dog. Vaccinations also are important for several of the agents known to be associated with kennel cough. Your veterinarian may suggest having your dog vaccinated to prevent them, especially if it will be around dogs in kennel environments.

SYMPTOMS What exactly are you looking for when it comes to identifying kennel cough? In most cases, dogs will appear healthy except for a persistent dry cough with that honking sound, according to the ASPCA, which also lists gagging, coughing up white phlegm, fever or nasal discharge as other symptoms. Your dog can catch kennel cough through direct or indirect contact. This can include germs on a food or water bowl.

TREATMENT There are many treatment options when it comes to taking care of kennel cough. In many cases, your veterinarian many advise you to let the infection run its course as long as your dog is eating and drinking enough, while also remaining in a well-ventilated, safe environment. An antibiotic that targets the Bordetella bacteria can be given to support the recovery process and kill the infection. Talk with your veterinarian about your options to make sure you're treating the issue in the most effective way possible.



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