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EARLY SPRING ISSUE
MARCH/APRIL 2016

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You must not receive ORBERA™ if you are pregnant, a woman planning to become pregnant within six months' time, or breast-feeding.

Complications that may result from the use of ORBERA™ include the risks associated with any endoscopic procedure and those associated with the medications and methods used in this procedure, as well as your ability to tolerate a foreign object placed in your stomach. Possible complications include: partial or complete blockage of the bowel by the balloon, insufficient or no weight loss, adverse health consequences resulting from weight loss, stomach discomfort, continuing nausea and vomiting, abdominal or back pain, acid reflux, influence on digestion of food, blockage of food entering the stomach, bacterial growth in the fluid filling the balloon which can lead to infection, injury to the lining of the digestive tract, stomach or esophagus, and balloon deflation.

Important: For full safety information please visit orbera.com/dfu, talk with your doctor, or call Apollo Customer Support at 1-855-MYORBERA.

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References: 1. Directions For Use (DFU), ORBERA™ IntraGastric Balloon System (ORBERA™). Austin, TX: Apollo Endosurgery, Inc.

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MKT-00851-00R01

Wellness and Meditation Become Social in Monmouth County

By Susan Heckler

It is widely known that meditation can help promote inner peace, stress relief and healing. Did you know that meditation is scientifically proven to boost your creativity, improve your sex life and increase your libido, cultivate healthy habits that lead to weight loss, improve digestion and lower blood pressure, decrease your risk of heart attack, help overcome anxiety, depression, anger and confusion, decrease perception of pain and improve cognitive processing, increase your focus and attention as well as the size of your brain.

There are many different ways to meditate, some very passive and some more active. Passive Meditation involves withdrawing ourselves in calm, sitting postures to achieve a meditative state that can help us in our active life. Many people find Active Meditation to be a great combination of relaxing your mind and toning your body. There are types of meditation you do in quiet and solitude and some you can do in groups involving sound, music etc. You need to try a few and find one that best suits your lifestyle.

Tai Chi is one of the 5 best exercises you can do according to Harvard Medical School. This Chinese martial art is good for both body and mind. It has actually been called 'meditation in motion' because it incorporates movement and relaxation. The various levels of Tai Chi are great for any age or fitness level and you can start it at any time. It is a combination of graceful movements, one transitioning smoothly into the next.

The Monmouth County Park System offers Tai Chi classes as do some local yoga centers and Martial Arts studios.

Yoga is another form of mediation that can be practiced alone or in a group. The aim of Yoga is to experience a meditative state in everyday life, which has the effect of increasing performance as the work is done with more efficiency and energy. Yoga is one of the most recognized forms of workout in the world and is also great for all ages and levels of fitness. Yoga fitness is a method of getting into shape, both physically and mentally, as fitness yoga is largely geared towards improving physical health, fitness, and wellness.

Many people find group classes to be more fulfilling in many ways, one being social. When you see the same friendly faces class to class and have the common interest of yoga, friendships form. While many seek meditation to relieve stress and anxiety, they also get the extra benefit of new associations and additions to their support systems.

Case in point, Diane began taking meditation classes to help her through a bad relationship and later divorce. She made friends from the group who were looking for the same type of outlet. Diane has made new friends with similar interests that meet inside and outside of the Yoga Center. The self-proclaimed Love Bugs have found solace in yoga and new friendships out of their Belmar yoga studio.

There are Yoga Centers throughout Monmouth County; you really just have to check them out to see what is most convenient and what feels the most comfortable to you. Health and Fitness Clubs, Martial Arts Studios, and Dance Studios may also offer them.

So if you are looking to change your life in many ways, as many of us do this time of year, give meditation a chance. You will feel better physically, mentally and socially!

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ASK THE DOCTOR • THE MILLSTONE TIMES
THE MONMOUTH FAMILY TIMES

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Many Chronic Pain Sufferers May Overuse Nonprescription Painkillers

Many people with chronic pain ignore dosing instructions on over-the-counter pain medicines and put themselves at risk for an overdose, a new survey suggests. According to the Office Of Disease and Protection and Healthfinder.gov, an overdose of these medicines can result in serious side effects, such as stomach bleeding, ulcers, liver damage and even death, according to the American Gastroenterological Association (AGA). The AGA-commissioned poll of more than 1,000 U.S. adults aged 30 and older and 251 gastroenterologists found that 43 percent of chronic pain sufferers said they knowingly have taken more than the recommended dose of an over-the-counter (OTC) pain medicine at some point. Common types of OTC pain medicines include acetaminophen (Tylenol) and non steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil, Motrin), naproxen (Aleve) and aspirin. "Pain is incredibly personal, but taking more than the recommended dose of OTC pain medicine can cause significant stomach and intestinal damage, among other complications," Dr. Byron Cryer, councillor-at-large at the AGA Institute, said in an association news release. Cryer is also an associate dean at the University of Texas Southwestern Medical Center at Dallas. The survey also found that 38 percent of respondents did not know that combining two or more NSAID pain relievers, or two or more acetaminophen pain relievers, increases the risk of serious health complications. Many of the gastroenterologists in the poll said many of their chronic pain patients use OTC pain relievers at a higher dose and for

longer than recommended. Those patients often don't make the connection between the pain medicines and overdose symptoms, the doctors added. While 66 percent of those with chronic pain had been plagued by pain for two years or more, only 12 percent had been diagnosed with chronic pain, the survey also found. People with chronic pain should never try to self-manage their pain with over-the-counter medicines, according to the news release. If you have chronic pain, talk to your doctor about all the medicines you're taking, read and follow all medicine labels, and only take one type of pain medicine at a time, the association advised.





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Christopher Armento, DMD
Lisa Indelicato, DMD



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Breast Cancer Survivors Vulnerable for Thyroid Tumors, and Vice Versa: Study

Women who survive either breast or thyroid cancer may be at increased risk for the other tumor type, according to a new analysis.

University of Chicago researchers who reviewed 37 published studies found breast cancer survivors were 1.55 times more likely to develop thyroid cancer than women who hadn't had breast cancer. And, female thyroid cancer survivors were 1.18 times more likely to get breast cancer than women who hadn't had thyroid cancer, researchers said.

"This is a real risk," said study lead author Dr. Raymon Grogan, director of the university's endocrine surgery research program.

"People who have had one of these cancers need to be aware that they are at higher risk for developing the other cancer," he said.

Thyroid cancer cases have nearly tripled in the United States over the past 30 years, and breast cancer is the most common cancer among women, according to background notes with the study. Thanks to medical advances, more women are surviving each cancer, Grogan said.

Doctors need to be more aware of the link between the two cancers, Grogan said.

"It should just become one of the common discussions between a patient and her doctor," he said. "It doesn't change the recommendations for screening, but people need to be aware and be screened at the appropriate time."

The report was published Feb. 5 in the journal *Cancer Epidemiology, Biomarkers and Prevention*.

Carol DeSantis, director of breast and gynecological cancer surveillance at the American Cancer Society, said the connection between thyroid and breast cancer is known.

She said her concern with this new report is that by lumping together so many studies that differ in their methods and findings, it's impossible to come up with a single number that accurately reflects the risk of having one cancer after having had the other.

"The review of different studies is helpful to see that there is that link, but combining

them all together, I am not sure who that would be applicable to," DeSantis said.

Grogan said the research team tried to control for those differences as best they could.

Nineteen of the studies analyzed breast cancer patients and their risk of thyroid cancer. Another 18 looked at thyroid cancer cases and their incidence of breast cancer.

The researchers then combined these data and calculated the odds of a women having thyroid cancer after breast cancer and vice versa.

In addition, the researchers combed through the studies to find reasons why these cancers seemed related. One explanation was that women who survive either cancer were more likely to be screened and examined so that other cancers were found early.

Another possible connection was that breast and thyroid cancers share hormonal risk factors. There is some evidence that exposure to estrogens and to thyroid-stimulating hormones may contribute to both cancers, Grogan said.

A third theory points to radiation therapy, which has been shown to increase the risk for lung, esophageal and blood cancers, and sarcomas. Also, earlier research found that radioactive iodine, used to treat thyroid cancer, may play a small role in the development of other cancers, including breast cancer, but that is not clear, Grogan said.

Finally, it is possible that a genetic mutation might be responsible for the connection, Grogan said.

DeSantis said that cancer survivors should be aware of the increased risk of developing other cancers.

"Generally, cancer survivors are at risk for developing a second cancer," she said. "Breast cancer survivors are at risk for blood cancers, uterine cancer, ovarian cancer and other cancers. Likewise, thyroid cancer survivors are at risk for a number of other cancers, including breast cancer."

For more on cancer, visit the U.S. National Cancer Institute.

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! ☺

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QUESTION:

Stan Hish, R.Ph.
Pharmacist and Owner



Pharmaceutical compounding. How do compounded medications benefit you?

Pharmaceutical compounding is the art and science of medicine preparation. Compounding is a process of making medications from "scratch" by mixing individual ingredients together in the exact strength and dosage form prescribed by a physician.

In old times, nearly all prescriptions were compounded by chemists who were trained and skilled in the arts of formal medicine. As mass drug manufacturing began in 1950s, a "one-size-fits-all" approach was widely adapted in the industry with pharmacists becoming dispensers of pre-manufactured medications. Within the last decade, however, many physicians realized that this approach does not work for all patients, and they are turning more and more to compounded medications as an alternative treatment option.

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Marlboro Village Pharmacy is also a full service retail pharmacy offering prescription and over-the-counter medications, specialty drugs, vitamins and supplements, natural and homeopathic remedies, and medications for pet family members. The pharmacy also offers a large selection of high quality natural and organic products, and a wide array of exclusive products imported directly from Europe. ■



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QUESTION: *What Should Parents Know About Concussions?*

Answer: First and foremost, parents should realize that a concussion is a brain injury and should be treated accordingly. To put things into perspective, think about the anatomy. Your brain is suspended in your skull by cerebrospinal fluid, meaning at no point does it actually touch your skull. For normal use, this layer of fluid is usually enough protection. When you receive a direct blow to the head, your brain actually hits against your skull then bounces off of the opposite side of it. This immediately creates bruises on the brain where it contacted the skull and can leave the athlete dizzy, confused, or even unconscious. If this is suspected, your child should not return to the game and should IMMEDIATELY see a doctor. Symptoms in the following days can include: headache, fatigue, nausea, vomiting, confusion, light sensitivity, and difficulty with concentration. You are at a much greater risk of getting another concussion if you do not rest and allow the brain to fully heal. **Second Impact Syndrome (SIS)** is when symptoms of a concussion are ignored and the child returns to play, only to suffer a second concussion. When this happens, the brain rapidly swells, resulting in catastrophic long term effects, permanent brain damage, and can even be fatal.

The importance of a good return-to-play protocol cannot be stressed enough. At NJ Spine and Wellness, we use ImPACT computerized concussion testing as a tool to help gauge how far along the athlete is in their recovery process. This allows us to gradually re-acclimate the athlete to physical activity in a manner most optimal for them personally. Baseline ImPACT tests should be done prior to the beginning of the season so if and when a concussion occurs, a comparative study can be completed. If no initial screening was done, the ImPACT test can still be used to monitor cognitive issues in the concussed athlete. Parents should take an active role in their child's sports health and comply with all protocols set forth by sports medicine professionals. If an Athletic Trainer or Sports Medicine Doctor tells your child that they cannot return to their sport, it is for their own safety and long-term health of their brain.



Samantha Pingor MS, ATC, NASE, PES



Dana Snel, MS, ATC
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Dealing with Speech Impediments

By Mia Ingui

When you are a young child and first begin to speak, a small impediment may make your family laugh or smile. They may think it's cute, innocent, and certainly not a concern. But what if that stutter, lisp, or stammer follows you into your teens and young adulthood? Suddenly, you are teased and feel ostracized. Over 3 million Americans live with speech impediments, learn to cope with their speech and finding ways to improve upon it every day of their lives. Many are simply born with a speech problem, or have developed it due to brain damage or hearing problems. Genetics also come into play. If a speech impediment runs in your family, there is a higher possibility that the children born into the family will have some form of a speech impediment. Although normal speech might seem effortless and easy, it's actually a complex process that is produced by the nerves and vocal cords. When we are speaking, we actually are coordinating many muscles from various body parts and systems, including the larynx, which contains the vocal cords, the teeth, lips, tongue, and mouth, and the respiratory system. Having a speech impediment stems from an abnormality within this process. So, how can these speech problems be treated? Speech therapy treatments are available to those of all ages affected by issues with their speech, and over time, the issues can be corrected with the help of a speech language pathologist. A speech-language pathologist is trained to observe people as they speak and to identify their speech problems. Although it may be difficult to deal with a speech impediment, seek treatment and in due time it will improve.

QUESTION:

How can a dentist help with my snoring?

Snororing may be common but it is not normal. Snoring can be a red flag for sleep apnea. It is one of the symptoms, along with shortness of breath, that arouses you from sleep, sporadic pauses in your breath during sleep, and disproportionate daytime drowsiness. If you have any of these signs, you need to determine why.

Left untreated, sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and arrhythmias; as well as increase work-related or driving accidents.

I have been practicing orthodontics for adults and youth for 20 years in Monmouth County, currently in Colts Neck at the Colts Neck Center for Orthodontics and Invisalign. My involvement with sleep apnea is a personal one. My incessant snoring was an issue with my wife, so I had a sleep study done and found out that I had severe sleep apnea. I tried the standard

CPAP (Continuous Positive Airway Pressure) mask, only to find it annoying and difficult to sleep with. I tried numerous devices and dental appliances, but they were all uncomfortable and ineffective.

While working with doctors from Stanford

Sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and arrhythmias.

University Medical Center, I was introduced to, and now personally wear, the first dental appliance for snoring, Obstructive Sleep Apnea (OSA), and Upper Airway Resistance Syndrome (UARS). It is a perfect alternative for those who cannot tolerate their CPAP therapy. This appliance is FDA approved as a medical device in two separate classifications; (1) as

a mandibular repositioner for treatment of snoring and sleep apnea, and (2) as a nasal dilator for improved ease of breathing. In most cases, your medical insurance will pay for the appliance.

I have brought my many years of dental expertise, personal experience, and research to Shore Dental Sleepcare to assist others in determining the cause of their snoring and the best treatment for it. It has impacted my own life in such a positive way; I hope to share the experience with you.

Give us a call and let us help you with your sleep and snoring issues as well as all of your family's orthodontic needs. My friendly staff and relaxing atmosphere is the perfect place to end your quest for good health and a good night's sleep.

Dr. John M. Young, Jr.



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Monmouth County public health coordinator warns residents, "Lyme Disease is a growing problem for the region and one of our biggest challenges in the spring months."

By Mia Inqui

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, and arthritis. Seek medical attention if you observe any of these symptoms and have had a tick bite, live in an area known for Lyme disease, or have recently traveled to an area where where Lyme disease occurs.

Early Signs and Symptoms (3 to 30 days after tick bite)

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migraines (EM) rash:
 - ~ Occurs in approximately 70 to 80 percent of infected persons
 - ~ Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
 - ~ Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
 - ~ May feel warm to the touch but is rarely itchy or painful
 - ~ Sometimes clears as it enlarges, resulting in a target or "bull's-eye" appearance
 - ~ May appear on any area of the body

Later Signs and Symptoms (days to months after tick bite)

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body

- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial or Bell's palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat (Lyme carditis)
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory
- Fever and other general symptoms may occur in the absence of rash.
- A small bump or redness at the site of a tick bite that occurs immediately and resembles a mosquito bite, is common. This irritation generally goes away in 1-2 days and is not a sign of Lyme disease.
- A rash with a very similar appearance to EM occurs with Southern Tick-associated Rash Illness (STARI), but is not Lyme disease
- Ticks can spread other organisms that may cause a different type of rash.

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What is Endometrial Ablation and can it stop heavy menstrual bleeding?

Endometrial ablation (EA) is a procedure that can reduce or stop menstrual bleeding. It works by removing the endometrium, or the lining of the uterus (the part that causes the bleeding), with a quick delivery of radio frequency energy. Endometrial ablation is a quick, safe, and simple procedure to lighten or stop your periods, without the side effects of hormones or the risks of hysterectomy. No pills. No hormonal side effects. This procedure has been trusted by over 2 million women. Endometrial ablation is a one-time, five-minute procedure that can be done in your doctor's office, usually for the cost of a copay.

90% of women said menstrual bleeding is dramatically reduced or stopped.



QUESTION:

How To Ease Joint Pain?

One of the most common causes of joint pain is arthritis. There are many types of arthritis including osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and gout.

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nutrient spotlight *health and wellness*

Reduce Joint Pain and Inflammation With Turmeric This common kitchen spice helps to reduce joint pain and stiffness

By Mia Ingui



Historically, turmeric has been a component of Indian Ayurvedic medicine and has been used extensively in various Indian ceremonies for centuries. Research has identified curcumin, a bright yellow spice (*Curcuma longa*), as the active ingredient in turmeric, often used in many Indian, Pakistani, Persian, and Thai dishes.

Curcumin is an antioxidant that protects cells from the normal, but damaging, process of oxidation. It does this by scavenging molecules known as free radicals, which are one of the root causes of aging.

Preliminary cell studies suggest that the curcuminoids in turmeric promote a normal inflammatory response by inhibiting the expression of the COX-2 "pain" enzyme.

However, one of the biggest

challenges is that curcumin is notoriously difficult for the body to absorb. Fortunately, scientists have found a way to counteract that.

They discovered that if they attach curcumin to soy-derived phosphatidylcholine, which is very well absorbed by the body, they could get more curcumin to painful joints. Here's why: Phosphatidylcholine acts as a "shuttle," moving the curcumin through cell membranes and into the bloodstream and tissues where it provides pain relief.

Curcumin is among the most thoroughly researched supplements, with more than 4,000 studies conducted and several more ongoing.

In one study, participants with osteoarthritis who took a concentrated form of curcumin had minor signs or symptoms of

the disease. At the end of 90 days, they had a 58 percent decrease in pain and stiffness and improved physical function and mobility.

Other clinical studies have shown a 50-percent reduction in pain and stiffness, along with significantly reduced inflammation and swelling of the lower limbs.

You can reap the benefits of turmeric by seasoning your foods with it. Add it to soups or stews, or drink turmeric tea. Taken orally, turmeric can stop arthritis pain throughout the body. If you want to try turmeric as a therapeutic measure, consider a supplement that contains a concentrated form of curcumin.

Applied topically, turmeric can be used to treat arthritic joints. Talk to your doctor about how you can fit turmeric into your lifestyle.



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Peer Pressure in Kids vs. in Adults

By Mia Ingui

Peer pressure is one of those unavoidable social problems that unfortunately never truly go away. Even adults face peer pressure, whether it be at home, in the office or out at the bar. Peer pressure amongst teens is at an all time high nowadays: ninety percent of teens admit to being influenced or pressured by peers, and nearly three-quarters say that giving in to peer pressure has boosted their social standing. While teens typically are searching for social acceptance, at bottom, adults still feel that same longing for acceptance and desire to be liked, and this sometimes leads to adults giving in to peer pressure. As an adult, there are steps to take to avoid giving in to pressure from others. If you're faced with a decision on how to proceed, whether it's purchasing a new house, taking a new job, or trying to keep up good habits, the best thing to do is to stay true to yourself. Think about what YOU really want, and all of the stepping-stones that YOU took to lead you up to this point. But, not all forms of peer pressure amongst teens and adults alike are negative. Peer pressure can motivate positive personal changes, such as meeting a weight-loss goal, along with large-scale, social movements, such as civil rights and gender equality. Standing up to peer pressure as a child or an adult is simple: recognize that it is all around you, and have the confidence to be who you are and not who everyone else wants you to be.



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QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly

vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection than going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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Daily Bit of Chocolate in Pregnancy May Help Mom, Baby

Pregnant women who nibble just a small piece of chocolate each day may improve the circulatory health of their unborn child, a new study suggests.

The tiny treat may also reduce the risk for preeclampsia, a potentially deadly condition in which a pregnant woman with normal blood pressure suddenly develops dangerously high blood pressure, the researchers said.

The findings held up regardless of whether the chocolate consumed contained high or low amounts of so-called flavanols. Some experts believe these compounds -- found in certain plant-based food items -- may confer a number of health benefits.

But the association seen in the study did not prove that eating chocolate during pregnancy caused better circulatory health in pregnant women and their babies.

"Our observations suggest that a regular small consumption of dark chocolate -- whether or not the level of flavanol is high -- from the first trimester of pregnancy, could lead to an improvement of placental function," said study author Dr. Emmanuel Bujold. He is a professor of obstetrics and gynecology at Universite Laval in Quebec City, Canada.

And at least one nutritionist said she wasn't ready to embrace the study's findings.

Flavanols are naturally present in large quantities in unprocessed cocoa. However, they have a somewhat bitter taste and some of the techniques used to turn natural cocoa into tasty cocoa powder or chocolate (such as fermentation) can result in a significant loss of flavanols, experts say.

For consumers, knowing when a piece of chocolate does or does not have a high amount of flavanols can be tricky.

That said, Bujold's team decided to see whether differences in flavanol content had any effect on the pregnancies of nearly 130 women.

All of the women in the study were at the 11- to 14-week mark of their pregnancy, and carrying one child.

All were instructed to consume 30 grams of chocolate (a little more than one ounce) each day over a 12-week period. That's equivalent to about one small square of chocolate per day, Bujold said.

Half of the women consumed high-flavanol chocolate, while the other half were given low-flavanol chocolate. All were then tracked until their delivery date.

Regardless of which type of chocolate was consumed, the women faced the same risk for both preeclampsia and routine high blood pressure. Placental weight and birth weight was also the same in both groups, the investigators found.

Similarly, fetal and placental blood circulation levels, as well as in-utero blood velocity, did not appear to be affected by shifting flavanol levels.

However, simply consuming a small amount of chocolate -- no matter what the flavanol content -- was associated with notable improvements in all blood circulation and velocity measures compared to the general population, the researchers said.

Bujold said this suggests that there's something about chocolate, apart from flavanol levels, that may exert a positive influence on the course of pregnancy. Finding out exactly what that is "could lead to improvement of women's and children's health, along with a significant reduction of treatment cost," he said.

However, he added that the "consumption of chocolate must remain reasonable during pregnancy, and caloric input has to be considered in the equation."

That point was seconded by Lona Sandon, an assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas.

"This is not a license to go wild with chocolate," she said. "Keep in mind the amount of chocolate was only 30 grams, or one ounce. That is just a few bites. Piling on the chocolate bars may pile on the pounds beyond what pregnant women would be advised to gain," Sandon warned.

"Also, there are plenty of other nutrients that pregnant women would be better off focusing on for proper growth and development of the baby," Sandon said, "such as folate, calcium, protein and iron from quality food sources."

Her bottom-line?

"Enjoy a little good chocolate from time to time," Sandon said. "But I am not recommending it yet for a healthy pregnancy."

For more information on this study and findings visit www.healthfinder.gov.



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New Study Confirms Drinking Soda Ages You

By Mia Ingui

Bad news if you're a soda drinker: according to a new study, downing just eight ounces of the bubbly stuff per day can age your cells by nearly an additional two years.

Researchers at the University of California San Francisco analyzed data from 5,309 adults by looking at numbers from the National Health and Nutrition Examination Survey. Specifically, researchers wanted to check the correlation between drinking soda and telomere length—which is the cap on every chromosome in the body, associated with shorter lifespan, higher stress, heart disease, diabetes and certain forms of cancer, among other issues. The researchers found drinking just eight ounces of soda a day increased cell age by 1.9 years. Drinking 20 ounces increased cell age by 4.6 years—which is the same aging effect smoking has on your telomeres.

Interestingly enough, the link between soda and cell aging only seems to exist for sugary, regular variety—not diet. "The extremely high dose of sugar that we can put into our body within seconds by drinking sugared beverages is uniquely toxic to metabolism," says study author Elissa Epel, PhD, professor of psychiatry at the University of California San Francisco. Interestingly, there's no link between cell aging and sugary fruit juices either. For now, soda seems to be the main culprit affecting our telomeres in the beverage department.

Luckily, soda drinking has been on the decline since the researchers pulled these numbers from the survey nearly 14 years ago. And while telomeres normally and naturally shorten with age, past studies have shown you can actual help grow your damaged telomeres up to 10 percent by eating a healthy diet (without sugary soda) and cutting stress from your life. So if you're still popping the top on regular Pepsis and Sprites, it's time to settle on a new drink of choice.

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QUESTION:

I have been experiencing heel pain in the morning and sensitivity, and also on occasion, when I walk.

Are these symptoms serious and will they go away on their own?

Dr. Holli Alster



The possible causes are: plantar fasciitis, a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst. It is important to have heel pain accurately diagnosed by a podiatrist who is able to determine the underlying source of your heel pain.

Chances are you have plantar fasciitis or heel spurs. The pain is caused by

the inflammation of the fibrous tissue on the bottom of the feet (plantar fascia). The pulling of the plantar fascia on the heel bone can cause breakage of the fibers, resulting in pain and swelling and the development of the heel spur.

The likely causes are flat feet, high arched feet, inflexible calf muscle, poor footwear, arthritis, diabetes, irritation or repetitive trauma to the heel tissue. Typical symptoms are sharp pain and tenderness on the sole and at the heel bone when standing and walking.

If you think you may have plantar fasciitis or have heel pain, do not hesitate to seek treatment. A physician has several options for treatment: anti-inflammatory drugs and cortisone injections to ease the pain and inflammation, strappings and taping to support the foot, Physical Therapy to provide relief of the inflammation and pain, and orthotics to control foot function which may reduce symptoms, to name a few.

If you have any further questions, feel free to contact me at Family Foot & Ankle Center of Central Jersey at 600 Bridge Plaza Drive in Manalapan, phone: (732) 851-1617 or check out our website www.cjfamilyfoot.com.

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Do More 'Selfies' Mean More Relationship Woes?

*Survey of Instagram users suggests sharing these
photos online may make romantic partners jealous.*

Do More 'Selfies' Mean More Relationship Woes?

Posting too many "selfies" on social media might lead to serious problems with your romantic partner, according to a new study.

Researchers conducted an online survey of 420 users of the social media site Instagram. The users were aged 18 to 62. The investigators found that those who believed they were good-looking were more likely to post selfies, which are photographic self-portraits.

But the more selfies someone posted, the more likely the behavior was tied to jealousy and arguments in their romantic relationship, along with emotional or physical infidelity, breakups and divorces, the findings showed.

"Although we cannot directly assume cause-and-effect due to the [study's design], the results here show that body-image satisfaction can be detrimental to Instagram users' romantic relationships, especially when users' body-image satisfaction is promoted in the form of Instagram selfie posts," study co-author Russell Clayton, an assistant professor at Florida State University in Tallahassee, said in a school news release.

The study was published recently in the journal *Cyberpsychology, Behavior, and Social Networking*.

According study author Jessica Ridgway, "the results from this study provide an avenue for future body-image research." Ridgway is a visiting professor of retail merchandising and product development at Florida State.

"For instance," she said in the news release, "future research could examine whether social media users post images of their actual selves or their virtual ideal selves, and whether such online behaviors are associated with similar negative outcomes found in our study."

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EYELASH EXTENTIONS: What you need to know

By Joely Phenex

Sometimes, mascara just isn't enough, and putting on fake eyelashes can be extremely difficult. If you are looking for a way to make your lashes look longer and fuller, try getting eyelash extensions. Many salons offer this service; they attach single strands of synthetic eyelashes to each individual eyelash with a special, semi-permanent glue.

Eyelash extensions normally need to be touched up every 2-4 weeks, and generally cost \$300-\$500 for a full set. The application process takes about 2 hours. During the process, one's eyes are kept shut to avoid getting glue in them. If your eyes start to tear up, that is a sign that you are allergic to the glue being used and need to use a different kind.

There are three types of eyelash extensions: synthetic, silk, and mink. Synthetic and silk are heavier and best for a full, thick look. Mink extensions, which are usually a bit more expensive, are feathery and light, best for the natural look.

It is a common misconception that mascara cannot be used with eyelash extensions. It is perfectly okay to use mascara as long as it is water based. Oil-based or waterproof mascara will dissolve the bond in the glue that holds the extensions onto the eyelashes. It is important to use water based eye makeup remover as well.

Because they are on the pricey side, there is a lot to consider before paying for eyelash extensions. Many people feel, however, that they are worth the price because they can make you look so glamorous!

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Pharmacies that dispense prescription drugs (other than long-term care pharmacies) to distribute, with any CDS prescription medication that is dispensed to an individual located in New Jersey, a notice prepared by the Division of Consumer Affairs.

Knowing how to make use of Project Medicine Drop, or otherwise safely dispose of your unused medications, is just part of the solution.

If you keep prescription medicines in your home, you also have the responsibility to keep them safe.

Find the Project Medicine Drop location nearest to your home, or follow our tips on the proper disposal of unused medications. You can find much more information about prescription drug safety through the FDA's Safe Use Initiative at www.njconsumeraffairs.gov.

Consumers are NOT advised to flush unused medications down the drain, or simply discard them in the trash.

Scientists have expressed concerns about the effects of medications being released into the water supplies after having been flushed down the toilet or poured down the sink, and the U.S. Geological Survey has found traces of pharmaceuticals in streams in 30 states. Simply placing drugs in the trash creates the potential that they will be found by those seeking to sell or abuse them.

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THE PRINCIPLES OF LIFE COACHING

By Susan Heckler

Soccer Coach, Gymnastics Coach, Voice Coach...LIFE COACH?

An athletic Coach is a person who teaches and trains the members of a sports team and makes decisions about how the team plays during games. The same can apply in the game of life. One would think there is no need for a Life Coach; that we are all born on automatic pilot. Nope... not the case.

Many people have trouble handling relationships, have low self-esteem or confidence, and suffer from anxiety, stress or compulsive issues. An effective Life Coach can help you make significant modifications which will affect your day to day existence with self-development and self-understanding.

The purpose of a Life Coach is to motivate, inspire and empower people and organizations to live their life to the fullest. We are all born with strengths and weaknesses; we can learn to work around each and improve ourselves while becoming a happier and better balanced person.

Family members may try to coach someone along who may be having challenges...it is not something everyone can do. Life Coaching requires patience, confidentiality, good listening skills and being a motivational and encouraging person. You must be able to empathize and sympathize with situations and challenges but not enable them to be. Coaches do not judge based on a person's past, the goal is a happy future and the belief in possibilities. They work with various theories, strategies and techniques to make you a happier, more successful person.

Think about the 5 main principles and how it affects you personally:

Principle #1: Take responsibility for your reality. You are accountable for everything in your life, wherever you find yourself today is based on thoughts and decisions you made before and continue to think if you are still stuck in the current reality.

Principle #2: You will attract situations that are in harmony with your vibe based on your vibration that you are emitting. When someone meets you, what is the 'vibe' they get? Emit positive energy.

Principle #3: There is an energetic distance between you and what you want. How do you close the gap? Are you imposing your own limitations?

Principle #4: You need to develop a detailed map or game plan of what you want to accomplish in terms of your life areas, and you need to place on that map sub-goals as to how you will achieve your bigger goals.

Principle #5: It's important to build values into your overall plan as values link you to your vision and ground the vision. When you get to your goal, how you got there is equally important. Did your game plan include your belief system?

The Pink Power Party on February 11, 2016 was a FUN night of fashion & shopping!
This great event was sponsored by Charles Schwab Freehold Independent Branch, Rebecca Proske, Freehold Radiology Group, Lola's, Jewlery Design Gallery & Monmouth County's Ask The Doctor magazine, Cami Gunther and housewives Teresa Aprea and Nicole Napolitano to support #KomenCSNJ. Thank you to our hosts, iPlay America!



ASPIRIN: Men vs. Women, The Myths

By Mia Inqui

If you are a man aged 45–79, talk with your provider about whether to take aspirin to reduce the chances of a heart attack.

Does aspirin also help women prevent heart attacks? Aspirin is NOT useful for preventing heart attacks in women, but it IS USEFUL for preventing strokes. Please see the brochure Talk with Your Health Care Provider About Taking Aspirin to Prevent Strokes for more information. How does aspirin help men prevent heart attacks? Plaque is a sticky substance that sometimes builds up and blocks arteries that carry blood to the heart. This can cause heart disease, including angina ("AN-je-nah") and heart attacks. Aspirin can help blood flow smoothly to the heart. What increases the chances of having a heart attack? The older you are, the greater the chances that you can have a heart attack. Other risk factors for heart attack include:

- High blood pressure
- Diabetes
- High cholesterol level
- Smoking

The more of these risk factors you have, the greater your chances of having a heart attack. How much can aspirin reduce the chance of having a heart attack? It depends on your age, your health, and your lifestyle. If you smoke, the best way to prevent a heart attack is to quit smoking. Whether you smoke or not, taking aspirin gives you some protection against a heart attack. In general, aspirin reduces the chance of a first heart attack by about 32% in men. You can use the following website to calculate your specific chance of a heart attack. You can also see how much aspirin will reduce your chances: <http://hp2010.nhlbi.nih.net/atp/ii/calculator.asp>



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HEALTHY HOME

Non-toxic Cleaning Products Are Best For Your Home

By Joely Phenex

Many name brand cleaning products we use in our homes contain harmful chemicals that can affect your family's health. Using non-toxic cleaning products, especially ones made from DIY recipes, is very beneficial for your home.

For one, non-toxic cleaning products do not pollute the air in your home, so you can feel better about the air that you and your children are breathing. They are also better for the environment; if you use these products, you are contributing to the reduction of air and water pollution.

Not to mention, making your own non-toxic cleaning products is significantly cheaper than purchasing name brands. You actually probably have the ingredients somewhere in your house already!

To make your own all-purpose cleaner, all you need is...

- 1/4 cup of white vinegar
- 2 tbsp of baking soda
- 1 liter of hot water

Combine these ingredients, and let the mixture cool for about 5 minutes. Then, pour it into a spray bottle and voila! You have your very own non-toxic all-purpose cleaner! If you want it to have an aroma, all you have to do is add a few drops of essential oil to the mixture before cooling it.

The best part about non-toxic cleaning products is that they are simple. You know and trust all the ingredients and you do not have to worry about any dangerous toxins. So what are you waiting for? Start cleaning your home the right way!

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Is Your Bathroom A Healthy One And The Best It Can Be?

*Answer these questions and make
healthy decisions and changes
for your family and home*

By Joely Phenex

1. Do you use air fresheners? Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.

2. Is there fragrance in your personal care products? It's safer to choose all fragrance-free personal care products. Always check ingredient lists to be sure and aim for organic and non toxic products.

3. What kind of toothpaste do you use? Choose fluoride-free for kids younger than 2 and teach older kids to rinse and spit; fluoride is toxic if swallowed. Also, pick a paste without triclosan -- you'll see it on the ingredient list.

4. Do you use liquid hand soap? If so, avoid anti-bacterials -- the American Medical Association recommends against using them at home. Using natural ingredients like lemon and lime are best.

5. What material is your shower curtain? Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using.

6. Do you use aerosol products? Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic to your skin and lungs.

Simple changes and acknowledging the toxins in many products can make your home a much healthier home.

BATHROOM THERAPY

Turn your ordinary bathroom into a spa-like oasis

Bathrooms used to be small, cramped rooms, but not anymore. Today's bathrooms are becoming integral parts of the living space of a home, with plenty of room and amenities for relaxation.

One major trend in home improvement is making bathrooms into spa-like spaces, turning them into an oasis where you can unwind and relieve pressure.

From the decor to the functionality of the space, here are three popular ideas for making your bathroom a more relaxing place to spend time.

Steam Showers

Imagine coming home from work after a stressful day. You step into the shower and are instantly immersed in a cloud of hot, peppermint-scented steam that melts your troubles away.

This used to require a trip to the spa, but with steam showers growing in popularity, more homeowners are opting to recreate the full spa experience in their own bathroom.

A steam shower uses a device called a steam generator to boil water and gently emit it in a cloud of steam, all at safe temperatures. They typically include a way for you to add natural oils — such as eucalyptus or mint — to make it an

aromatherapy experience, too.

A steam shower requires professional installation, including custom electrical and plumbing work, but the end result can be worth the expense. It's also more cost effective than building a traditional sauna in your home, so you're adding a relaxing, luxurious experience right in your existing shower.

Soaker Tubs

Traditional bathtubs are around 14 inches deep, which is perfect for bathing children or for adults laying flat in the tub, but they're not ideal for sitting up with a book and unwinding.

That's where soaker tubs come in.

Unlike the shallow traditional tubs, which are usually rectangular, soaker tubs are shorter, taller, oval-shaped tubs designed to better immerse the body while leaning back. They let you cover your entire body more like a swimming pool than a normal shallow bathtub.

Soaker tubs are usually installed on their own, without a shower head, often in the center of a bathroom wall. And because of their oval shape and shorter overall dimensions designed for sitting, rather than laying, they usually use less water to fill up.

Pricing starts around \$1,000 for an

inexpensive soaker tub and can range up to \$5,000 or more for tubs with natural finishes and high-end features.

It's a great way to make your bathing experience more relaxing.

Colored LED lighting

Everyone knows that lighting can have a big impact on the mood of a room. From cool blues to warm oranges and reds, the "temperature" of the lighting in a room can add drama and create a theatrical feeling.

The same thing can happen in your bathroom. Colored LED lighting is becoming a popular addition to bathrooms for owners who want to use lighting to help them relax.

New systems are being sold that will automatically change the color of lighting in your shower or bathroom to create light therapy, using different shades and brightnesses to help you unwind. Some can be installed in faucets, others in showerheads or in the overhead bathroom lights, but the overall goal is the same: making your bathroom a place to get away from it all.

The best systems combine light with water in stunning ways. They change an ordinary shower into a multicolored, otherworldly place to spend time.



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Making Your Home Healthy Involves Getting Household Dust And Chemicals Under Control

By Mia Ingui

House dust aggravates allergies. It also contains more hazardous chemicals than you might think, including lead, fire retardants, pesticides, and other chemicals.

"It's nothing you can afford to take lightly," Under tells WebMD. "Even if these chemicals were used decades earlier in your home, they can still accumulate in your house dust today."

The solutions: The best -- and most expensive -- option is to replace wall-to-wall carpeting (a collector for dust and allergens) with wood, cork, tile, or non-vinyl linoleum. But if that's not economically feasible, some old-fashioned elbow grease can help. Vacuum frequently -- meticulously getting into corners, along the floorboards, and moving furniture to get those dust bunnies.

Make sure your vacuum has strong suction and a HEPA filter so that dust and dirt go into the bag.

Vacuum at least two times each week.

Clean the vacuum bag and filter every time, so dust isn't spewed back into the air.

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Get Your Home Tested For Radon and Lead

By Joely Phenex

Both lead paint and radon are serious hazards you can't afford to ignore. Lead poisoning is known to cause brain damage in a developing fetus and in young children if not treated. Radon is a cancer-causing radioactive gas.

The main source of lead is old paint and dust that forms when paint chips and erodes, Landrigan explains. Lead paint can be a problem in any home built before 1978, when lead paint was banned.

Check with your local health department about lead paint testing. A lab test of a paint chip runs from \$20 to \$50 per sample. You can also hire a certified professional to test your home, which will cost more.

The Consumer Product Safety Commission has a safety alert on its web site about lead-based paint testing. It offers guidelines on reducing your exposure -- like covering walls with gypsum wallboard.

Colorless and odorless, radon gas comes from the natural breakdown of the soil and rock underneath your home. Any home can have a radon gas problem -- whether it's old or new, well-sealed or drafty, whether it has a basement or not. More info visit www.pa.gov/radon/health_risks.

Breathing air containing radon gas can cause lung cancer. In fact, it's the second leading cause of lung cancer, after smoking. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

You can buy a \$20 home radon test kit at most hardware and home stores.

For more information, check the EPA's web site for "A Citizen's Guide to Radon."

Killer Cookware

Skip The Non-Stick To Avoid The Dangers Of Teflon

By Mia Ingui

If you've got pots and pans with Teflon coating -- or other nonstick cookware -- make sure you use them wisely. Perfluorinated (PFCs) chemicals are used to make these nonstick coatings, and the chemicals can accumulate in the body and it also emits toxic fumes when overheated. The EPA lists PFOA (one type of PFCs used in Teflon) as a "likely human carcinogen," although there's no evidence that Teflon-coated pans cause cancer. Toxic fumes from the Teflon chemical released from pots and pans at high temperatures may kill pet birds and cause people to develop flu-like symptoms (called "Teflon Flu" or, as scientists describe it, "Polymer fume fever"). Ingesting particles that flake off scratched non-stick cookware isn't toxic because solid PTFE flakes are inert.

DuPont and other companies have agreed, in response to government pressure, to eliminate use of PFOA by 2015. In the meantime, you can switch to other cookware now: stainless steel, anodized aluminum, copper-coated pans, cast iron, or enamel-coated iron. Silicone baking molds are also safe to use.

If you can't do without your nonstick cookware -- or if it's too expensive to replace right away -- then follow safe cooking practices. Don't preheat pans on high, and use the lowest temperature you can to cook food.

Two other places you'll find PFCs -- in grease-resistant food packaging and as a stain-protection treatment. Reducing greasy packaged foods and fast foods in your diet (like microwave popcorn, French fries, and pizza) not only lowers your exposure, it's also good for your heart.

If it's time to replace a big-ticket item like a sofa, say no to stain-protection treatments, advises Baker. "These add-ons cost money, and the health implications are not really known."

Q: "How can I keep my lawn green and healthy without putting my kids and pets at risk?"

A: Homeowners should be very careful when applying commercial fertilizers to their lawns. Synthetic Fertilizers and pesticide are not the answer. There's a huge risk of applying too much, which hurts the lawn, the environment and, in the long run, your health. Excess fertilizer can result in runoff to the curb, which contaminates drinking water supplies and harms aquatic life. Fertilizer can also leach into the groundwater and into your well, if you have one.

Most pesticides are designed to act as neurotoxins on bugs, but when you send your kids or your dog out to play on a pesticide-treated lawn, they're going to touch, breathe and probably even swallow some of the chemicals. Pesticides can increase the risks of asthma and cancer in children. They can contaminate drinking water and be tracked inside of your home.

A well-maintained lawn requires no pesticides and little or no watering. Instead of synthetic fertilizers and pesticides, use a natural lawn care system. Start with the soil, by making sure it's not compacted or poorly drained. Talk to a local garden center or nursery about the best kind of grass to grow in your area of the country. When you mow, never cut more than one-third of the total length of the grass, and leave the clippings on the lawn -- the added organic matter will help keep the soil fertile. Daily sprinklings of water make grass less likely to survive a drought, so if you must water, do it deeply and no more than once a week.



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process helps restore the skin to its natural state. In addition, the photothermal energy targets and eliminates many of the fine vessels that cause redness and the unwanted melanin responsible for pigmented lesions also known as sun spots and age spots.

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contraction. This process initiates the body's natural healing process, resulting in a firmer, more youthful skin appearance. The full effect of skin firming treatments can be seen over several subsequent months. The entire procedure takes about an hour and there is no down time or redness after the procedure. For more info and to have Ella's Mini Spa come to your home please call 917 613-8059.



Photos courtesy of Laura Jane Blough, R.N.



Photos courtesy of Michael McCall, MD

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SPRING 2016 MAKEUP TRENDS

By Joely Phenex

As designers are starting to release their spring lines, their runway shows have been revealing tons of makeup trends that are sure to catch on. We're here to give you a first look at some of spring's prospective looks:

Blue eyes: This spring, we've all got the blues! Blue has been huge with many designers' spring lines. Models have been spotted strutting down the runways with bold eyeliner and eyeshadow of every shade of blue. Cosmopolitan has attributed this blue obsession to Chanel's new All Blue Rhythm collection.

French manicures: The French manicure is a classic, timeless style that is all the rage this spring. Although some might like the simple elegance of white tips, models are sporting French manicures with tips of every color. If the regular French manicure is too plain for you, try getting bright pink, green, or orange tips!

Full brows: Lately, eyebrows seem to be the biggest obsession in makeup. It looks like this trend isn't going anywhere, as many models have been seen on the runway wearing their eyebrows bushy and bold, filled in with dark shades.

Grunge liner: Inspired by the rebellious "grunge" look of the nineties, dark eyeliner has been a popular trend on the runways. This look can be achieved by lining the top and bottom water lines or by lining underneath your eyes and smudging it slightly.

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THE SKINNY ON SKIN DETOX

By Susan Heckler

In so many ways and on so many different levels, you are what you eat. It reflects your personality and your passions, but the aftermath of what you eat is all over you. Not trying to imply that you are a messy eater, all over you means that when your body ingests your meal, the nutrients or lack thereof show throughout your body, both internally and externally.

Detoxification has been practiced for centuries by cultures around the world. It is about resting, cleaning and nourishing the body from the inside out. By first eliminating and eradicating toxins, then feeding your body with healthy nutrients, detoxification can help safeguard you from disease and renew your ability to maintain optimum health. You will have a stronger immune system to fight off disease as well as your day to day body functions being more efficient.

When you eat, breathe or drink, the ingestion process begins. What goes into your mouth gets digested and broken down into water soluble food molecules, which get absorbed into your blood stream through your intestines. When this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

One of the first places you will view the compromise is your skin. Toxic overload shows up as skin conditions such as acne, psoriasis, eczema, and rosacea, skin discoloration like dark under-eye circles and brown mottled spots, forehead wrinkles, and lackluster complexion.

Believe it or not, your skin is your body's largest organ of elimination and detoxification. Approximately 10% of body elimination occurs through the skin, working in conjunction with other organs of elimination such as the colon, kidneys, and lungs. Your skin tries to compensate by releasing toxins through the surface, thus oily complexion, abscesses etc. Your body can benefit by detoxing THROUGH your skin too. Your skin also has the ability to absorb so topically applied products can make a big difference. Don't get your hopes up for instant glowing complexion guys; it gets worse before it gets better for many people. Blemishes are your body's way of ridding itself from unwanted matter.

- Read labels, eliminate anything that clogs pores like parabens, phthalates, and petroleum byproducts. Instead, look for plant-based ingredients that work synergistically when applied topically and ingested.
- Pair topically applied items with supplements such as antioxidant vitamins A, C, and E; curcumin; omega-3 fatty acids; coconut oil; fiber; and evening primrose oil to assist inside and out.
- Begin by ditching sugars, refined carbohydrates, and overly processed foods—all of which can attack collagen and lead to acne-causing inflammation.
- Check into detoxifying drinks such as green tea and drink water throughout the day.
- Eat detoxifying vegetables, like dark leafy greens, daikon radish, and broccoli, which are best raw or lightly steamed to preserve water content which supports skin-cell health and collagen production.
- Dry body brushing will boost circulation and stimulate the lymphatic system to release toxins. It also improves muscle tone and reduces puffiness and cellulite.
- Hit the sauna; flush out toxins via your sweat.
- Exercise and get that blood flowing.
- Applying a natural mask, such as clay, to your body to entice toxins to come out through your skin.
- A hot bath prepared with a cup of organic raw unfiltered apple cider vinegar and a cup of Epsom salts will draw toxins out through the skin and help accelerate the cleansing process. This can also help relieve joint pain as well as skin conditions like eczema and acne.

BEST PRODUCTS FOR DRY SKIN THIS WINTER

By Joely Phenex

Cold, dry air causes our skin to lose its natural oils and moisture, so many people experience dry, irritated skin in the winter. The right kind of moisturizer is essential to keeping your skin smooth and healthy. Here are our top picks:

Soap & Glory Hand Food

Soap & Glory's Hand Food, made with Shea butter, macadamia oil and marshmallow, is the perfect moisturizer for your hands this winter. It is non-greasy and scented with the company's Original Pink Rose & Bergamot (it smells great!). You can purchase it online at soapandglory.com or at beauty supply stores like Sephora or Ulta.

Burt's Bees Beeswax Lip Balm

If your lips tend to get dry in cold weather, sooth them with Burt's Bees Beeswax Lip Balm. Made with all natural ingredients, this lip balm contains Vitamin E and peppermint, and can be purchased at any local drug store or superstore.

NIVEA Extended Moisture Body Lotion

I have found that the best moisturizer for extremely dry skin is NIVEA. The Extended Moisture Body Lotion is non-greasy and treats your skin for 48-hours. NIVEA products are also available at drug stores and superstores everywhere.

First Aid Beauty Ultra Repair Cream Intense Hydration

This face and body moisturizer hydrates your skin and leaves it smoother than ever. Safe for anyone with sensitive skin, it is made with colloidal oatmeal, Shea butter, and eucalyptus oil. This moisturizer is sold at Sephora or online at firstaidbeauty.com.

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 of 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.

I AM BEAUTIFUL

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 promotes 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.



CONVERSATION STARTER:

How to talk to a loved one about losing weight

By Joely Phenex

Talking to a family member or friend about losing weight can be hard. Use these tips to get the conversation started.

Begin by saying, "I care about you."

"You are important to me, and I want you to be around for a long time."

"I want you to have more energy and not worry about your health. That's why I want to help you reach a healthy weight."

Talk about and share what has worked for others with your loved one.

Here are some ideas you can recommend for losing weight in a healthy way:

Try losing weight slowly, about 1 to 2 pounds each week.

Eat smaller portions.

Start a food diary to keep track of what and how much you eat.

Eat a healthy breakfast every day.

Drink water instead of sugary drinks like soda or juice.

Be active your way. Find activities you like and do them often.

Do something active every day – take the stairs, go for a walk at lunch, or enjoy a family bike ride.

Join a walking club or support group to keep you motivated.

If you have friends, family members, or co-workers who have lost weight by eating healthy and getting active, share what worked for them.

Do more than talk.

"How can I help you lose weight?"

"What can we do together to get healthy?"

Here are some ideas:

Go food shopping together. Compare food labels to make healthy choices.

If you go out to eat, split a meal or save half to take home.

Go for a walk every evening or take an exercise class together.

Celebrate your loved one's weight loss, but don't use food as a reward.

For more information on healthy weight loss, visit: www.nhlbi.nih.gov/health and talk to your medical provider.

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MAKEUP CONTOURING: The hottest trend in beauty

By Joely Phenex

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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- ☞ Release heavy metal toxins with an Ionic Foot Cleanse.
- ☞ Primp and pamper organically with a manicure or pedicure

Jersey Shore Body Wraps - Organic Spa Rejuvenation

By Susan Heckler

I felt it, you felt it...at one time or another we all feel it. Aches, pains, puffiness and that general feeling of 'not great' but not enough to send you for medical attention. I call it The Blahs and Beyond.

I was recently at a networking event and met these two lovely ladies who were discussing the toxic world we live in and that our body ingests so much of it that we are unaware of. Whether we eat it, drink it, inhale it or absorb it through our skin, we have so much floating around in us that affects every fiber within us.

It got me to thinking about my creaky knees, muscle aches, dry, itchy skin and general feeling of "yucky" and the possibility that I need to detox. Staying true to myself, I enlisted the company of my favorite sidekick for adventures, my 28 year old daughter Jenna. I signed us both up for body wraps.

We arrived at the quaint little spa and were thrilled to see it wasn't pretentious. The setting is very homey and relaxing. We met lovely owners Joanie Glander and Kathy Gliozzo who were providing our service. They took

measurements all over us and gave us a vitamin drink to replace missing nutrients. A compression body wrap is essentially being wrapped up snugly in warm, organic mineral soaked wraps from head to toe, put into a poncho and sent off to spend 45 minutes chitty chatting on an elliptical at your own pace. Every 15 minutes the warm solution of minerals is reapplied.

After the 45 minutes were up and being unwound, we unwound in the sauna with green tea and a healthy snack. Warm and cozy in the hot air, a very pleasant experience. Then came the good news....skinny little Jenna lost 14 inches from all over her body and I lost 17 inches. It wasn't until later in the day that I realized just how smooth my skin was. The hydrating, detoxifying wrap tightened my skin and smoothed my bumpy cellulite and made a difference in my trouble spots because my skin absorbed the minerals and released the toxins.

I followed up with the Ionic Foot Cleanse. After 20 minutes of catching up with a magazine, the clear water turned the color of rust. I was disappointed

not to find colorful floating fluffs on top, but it was explained that I am a toe wiggler and I unfortunately churned the water in my antsiness. They have a book explaining the color of the water. Surprise Surprise, my color meant I am exposed to a lot of high tech items such as computers and cellphones.

I am not sure if it was the wrap or the soak, but I came home so relaxed and slept so soundly. My achy joints diminished and I felt great. Herein lays my next problem...now that I am detoxified, do I really want to use my national brand cosmetics and polishes, which will just put toxins back in my body? That, dear readers, is a story for another day.

Jersey Shore Body Wraps also provides organic massage therapy, mani/pedi services, skin care and makeup so you are beautiful without the unwanted chemicals.

For more information, call Joanie and Kathy at 732 359 6687, visit them at 81 Main St., Farmingdale or email them at JerseyShoreBodyWraps@yahoo.com.

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Steven A. Gorcey, MD Balanced Life Weight Loss Institute



Dr. Steven A. Gorcey, a founding member of Monmouth Gastroenterology, is the first physician to offer the Orbera gastric balloon device placement in Monmouth County. In this twenty minute non-surgical endoscopic procedure, under light anesthesia, the balloon is placed in the stomach, filled with sterile saline to the size of a grapefruit and rests comfortably in the stomach. It is

removed after six months. It works by creating a fullness when small amounts of food are consumed and by slowing gastric emptying. The device received FDA approval in July to assist adult patients suffering from obesity who have a body mass index (BMI) of 30-40, to lose weight and maintain the weight loss.

With 20 years of global experience, more than 220,000 balloons have been distributed in over 80 countries. Clinical trial data has proven that the average person lost 3.1 times the weight as compared with diet and exercise alone within a six-month period.

Dr. Gorcey is Board-Certified in both Internal Medicine and Gastroenterology. He is Chief of Gastrointestinal Endoscopy at Monmouth Medical Center. After earning his medical degree from Sackler School of Medicine at Tel Aviv University, Dr. Gorcey did his residency in internal medicine at Long Island Jewish Medical Center and completed his fellowship in gastroenterology at Winthrop University Hospital.

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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. Giulio Caruso Back To Life Health and Wellness



Dr. Giulio Caruso is the owner/clinic director of "Back to Life " Health and Wellness Center in Oakhurst NJ, serving Monmouth and Ocean. He has been a licensed chiropractor for over 23 years, and has worked in a variety of settings, including functional medicine, multi discipline practices, pain management, Ideal Protein Medical Weight Loss Certified and private clinics.

Dr. Caruso's keys to success are his years of experience, broad diagnostic skills; ability to listen carefully; ability to detect the underlying problem in the neuro-musculoskeletal and endocrine systems; customized rehabilitation and treatment plans; nutritional, dietary and lifestyle counseling, which enable the patient to quickly get back to healthy functioning.

Dr. Caruso earned his degree from the Life University in Marietta GA. He is also a certified in Electrodiagnostics, Manipulation Under Anesthesia and has completed countless hours of post education, well beyond the states requirements.

Dr. Caruso hosts free weekly workshops on alternative, natural treatments for Type 2 Diabetes and Low Thyroid. These workshops discuss how you may be able to overcome your condition and start living the happy healthy life you deserve. Call the office to find out more or reserve a seat.

Despite his busy chiropractic career, Dr. Caruso makes time to be involved with community and professional organizations.

Dr. Caruso lives in the community he serves with his wife and their three children.

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Dr. Sanjay Gandhi, DPM A Step Up Podiatry



Sanjay Gandhi, DPM started his medical career by studying biology and earning his bachelor's degree in only three years from the University of Maryland College Park. After he completed his undergraduate work, he was accepted into the Ohio College of Podiatric Medicine where he began to study comprehensive foot and ankle care, maintaining high academic marks. He completed his residency through the Department of Veteran Affairs Medical Center (DVAMC) in Baltimore, Maryland.

This period of working with veterans opened his eyes to the wide variety of foot and ankle needs that exist, as well as the traumatic conditions that can affect soldiers. His experiences also involved rotations at the Cleveland Clinic, Joslin Diabetes Center, Fort Bragg Army Base in North Carolina, and the National Naval Medical Center in Bethesda, Maryland. Through his work with both veterans and everyday people with foot and ankle pain, Sanjay Gandhi, DPM is equipped to treat many different painful conditions.

He continues to pursue additional education through seminars and publications to stay at the top of the podiatry field and provide the best care for his patients. In 2011 and 2012, he earned an America's Top Podiatrists award. In 2015, he received the Worldwide Leaders in Healthcare award.

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EASY WAYS TO GET IN SHAPE

By Mia Ingui

Stuck in an exercise rut? Trying to fit losing weight and staying healthy into your busy daily routine? You may be over-thinking the process. There are so many simple ways to get into better shape and still be able to accomplish everything else on your schedule. Without crazy detox diets or hours at the gym. Here are some ways how!

1. Portion control: By cutting down the size of your meals rather than certain foods that you just can't live without, you can reach your weight loss goal much faster. It's too hard to quite eating a food that you really love, so indulge, as long as you keep the portion small.

2. Get a good night's sleep: Without enough sleep, it's extremely difficult to stay focused and motivated to reach your goal. You feel foggy, moody, and frankly, this is not a good mindset for trying to lose weight. Getting your beauty rest will keep your mind clear and at ease as you go through your day.

3. Find a workout that works for you: Exercising shouldn't seem like a chore, it should be enjoyable and rewarding. If your workout isn't doing that for you, consider changing it up until you find what fits you best.

4. Don't aim for perfection: If you compulsively work out or dedicate all of your time to obsessing about losing weight, you're never going to reach your goal. Keep yourself motivated, but remember that as long as you are happy and healthy, you are on the right track

The 3 Most Popular Fitness Trends for 2016

By Joely Phenex

1. High-intensity interval training (HIIT)

If you have a busy schedule, and struggle to fit in your daily workout, HIIT is perfect for you. With 4-30 minute sessions, HIIT consists of alternating short-periods of intense anaerobic exercise. In a typical session, there would be a warm-up period, repetitions of a high-intensity exercise, and then a medium-intensity cool-down exercise. While convenient, this method requires immense self-motivation. To try it yourself, visit www.fitnessblender.com for a 17- minute at-home cardio workout with an instructional video.

2. OrangeTheory Fitness

OrangeTheory Fitness is a fairly new chain of gyms with a unique set-up. In a typical hour-long class, you would spend half the time on a treadmill and then switch to resistance training for the second half. During resistance training, you are free to use their equipment such as dumbbells, medicine balls, and TRX. OrangeTheory is great for anyone who is not experienced because there is an instructor, yet you are still able to work out independently.

3. SoulCycle

This trendy new "fitness boutique" has reinvented indoor cycling. Forget about boring old workouts; with blasting dance music and friendly, energetic instructors, each 45 -minute class feels more like a party. SoulCycle is based in New York City, but has locations in 9 states in the U.S. Visit their New Jersey location in Short Hills, NJ on the Morris Turnpike or visit one of the many in New York.

All About Yoga: The Benefits

By Mia Ingui

There are countless ways that participating in yoga classes can improve your mind, body and soul. If you've never tried it before or are scared to, here are just some of the benefits of trying it out!

1. Improved flexibility: With improved flexibility, all of your daily bodily movements become easier and less straining on the muscles.
2. Improves posture: A balanced posture helps to relieve neck, shoulder, and back pain.
3. Enhances muscle strength: Your strong muscles will help protect you against arthritis and back pain, and strengthens your stability.
4. Increases blood flow: This improves circulation, which then helps more oxygen to delivered to your red blood cells.
5. Drops your blood pressure: The higher the initial blood pressure, the bigger the drop when doing yoga.
6. Brightens your spirits: Studies have proven that practicing yoga increases serotonin levels and lessee depression. It also has been proven to help raise self-esteem.
7. Helps you to focus: An important concept taught in yoga is focusing on the present, heightening you abilities to solve problems and acquire new information.
8. Relaxes your system: Yoga encourages proper breathing and a relaxed state of mind, so it works wonders for relieving any stress or tension you may have.
9. Encourages self care: In yoga, caring for yourself matters most, and so practicing yoga can help you to focus on the most important person in your life: you.
10. Gives your body healing through your mind: The human mind is a powerful possession, and yoga gives you the power to heal your body and soul.



100-CALORIE SNACKS

By Mia Ingui

You know the feeling: When a craving calling is calling your name and you have to give in, although you are dreading packing on those extra calories. No need to fear! These snacking options that all are under 100 calories are the perfect way to satisfy your cravings now without breaking your diet. Whether it be salt or sugar, these snacks hit the spot!

- 1. Frozen Banana Chocolate Pops:** A sweet treat that couldn't be simpler. Take half of a frozen banana and dip it into about two teaspoons of helping semisweet chocolate chips.
- 2. Berries and Cream:** A cup of blueberries with two tablespoons of whipped topping.
- 3. Honeyed Yogurt:** Honey is a great alternative for white sugar; add some to your Greek yogurt!
- 4. Dark Chocolate:** One ounce of this good stuff rounds off at about 100 calories!
- 5. Soy Edamame:** If you've never tried edamame, now is the time! These soybeans are super good for you, and 1/3 of a cup sprinkled with sea salt is less than 100 calories.
- 6. DIY Sweet potato fries:** Super simple. Cut up a sweet potato into strips, drizzle with olive oil, and bake at 400 degrees for about 10 minutes, or until crispy.
- 7. Carrots and Hummus:** Two snacks that are equally as delicious as they are good for you.

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Cottage Cheese and Oat Pancakes

Sunday morning family breakfasts don't have to be high in calories, fat and carbs. Try this recipe out on every member of your family!

It is sure to be a hit with every member age 2 to 82!

This go-to alternative to regular pancakes is not only good for you, it can be done in less than 10 minutes.

Makes 6 small pancakes

INGREDIENTS

- 1 cup rolled oats
- 1 cup low fat cottage cheese
- 2 large eggs

Topping Ingredient Choices:

- Sliced and washed fresh fruit such as berries or bananas
- Sugar substitute of your choice
- Organic or low sugar syrup
- Sprinkle with 1 teaspoon of Confection sugar
- Spread with Nutella or a nut butter such as cashew, almond or peanut butter

DIRECTIONS

Put all in a blender or any mixer. Process ingredients until smooth and consistent texture. Preheat your griddle over medium-high heat. Spray griddle with a non stick spray. Pour batter onto griddle when hot and make small pancakes. Cook until bubbles start to form on surface of each pancake. Flip pancake. Remove from griddle after about 1 minute. Top with your choice of healthy toppings



Light Guacamole and Quesadillas

Serves 6

INGREDIENTS

Quesadillas:

- 2 pounds boneless, skinless chicken breasts
- 2 1/2 cups of skim mozzarella, shredded

Guacamole:

- 2 avocados, ripened
- 1/4 red onion, chopped
- Juice of half a lemon
- Juice of half a lime
- Salt and pepper



DIRECTIONS

Place the chicken breasts on the grill, and grill until they are cooked through and browned. Cut into strips and set aside. Spray a medium sized pan with light cooking spray, and place the bottom tortilla, chicken, cheese, and the top tortilla in the pan. Let brown for about 5 minutes, then flip the quesadilla over to brown the other side. Repeat for the rest of the quesadillas.

To make the guacamole:

Mash two avocados in a medium sized brown. Add the chopped onion, lemon and lime juice, and thoroughly season with salt and pepper. Serve with the quesadilla and enjoy!

Question:

I've heard about a new technique for cooking rice where your body absorbs fewer calories from the rice.

Answer:

A New Technique for Cooking Rice Shows Slightly Lower Calorie Intake.

Chemistry students in Sri Lanka recently demonstrated a way to cook rice that supposedly reduces its caloric value. Their experiment involved adding 1 teaspoon coconut oil to boiling water; once the oil dissolved, they added 1/2 cup rice and simmered it for 40 minutes. The cooked rice was then refrigerated for 12 hours. The supposed result? A drop in the number of calories absorbed by the body. Cooking and cooling starchy foods like rice does cause chemical changes that result in easily digestible starches becoming indigestible, or "resistant starches." Therefore, lower calories are absorbed.

The presence of resistant starch does reduce caloric value somewhat – what the body can't break down through digestion, it can't absorb as energy (aka calories). By cooking rice this way, you could likely expect a small calorie reduction and a slightly lower glycemic value. Beware, however, that claims of a dramatic drop in calories – 50% or more – have yet to be demonstrated scientifically. The best nutritional strategy for incorporating starchy foods into your diet is to consume them in moderation and to limit portion sizes.

Soy-Glazed Salmon

FOR THE CHICKEN

- 1 tablespoon honey
- 2 1/2 teaspoons low-sodium soy sauce
- 1/2 teaspoon cornstarch
- 4-6 ounce skinless center-cut salmon fillets
- 1 teaspoon sesame oil
- Kosher salt

DIRECTIONS

Preheat the oven to 400 degrees F. Mix the honey, soy sauce and cornstarch in a small microwave-safe bowl. Microwave until just simmering, about 30 to 40 seconds.



Rub the fish fillets with 1/2 teaspoon sesame oil and season lightly with salt. Place the fish in a baking dish and bake for 5 minutes. Remove from the oven and brush with the honey-soy sauce mixture. Put the fish back into the oven and continue baking until just cooked through, 7 to 9 more minutes.

The Importance of Eating Breakfast

By Mia Ingui

What is the most important meal of the day? Since kindergarten, and probably even before, we are all taught the lesson that breakfast is indeed the most important meal we eat all day. Yet, all of us are guilty of neglecting this important sacrament and skip breakfast. There are people who, believe it or not, skip breakfast every single day! Obviously, those who skip breakfast have turned a blind eye to one of the most important lessons of our young lives and need to be shown the light. This is the importance of eating breakfast:

- A healthy breakfast (not a peanut butter Poptart) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals.
- Improved concentration and performance in the classroom or the boardroom.
- More strength and endurance to engage in physical activity.
- Lower cholesterol levels.

- While eating breakfast, is important for everyone and especially important for children and teens. According to the American Dietetic Association, kids who eat a healthy breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination!

- Many studies conducted in both adults and children have shown that breakfast eaters tend to weigh less than breakfast skippers. Why is this? Eating in the morning reduces hunger throughout the day. Those who skip breakfast tend to overindulge in lunch and dinner later in the day.

- Eating breakfast may protect your heart and lower your risk of developing type 2 diabetes.

In a recent study that involved almost 27,000 men, researchers found that those who didn't eat a morning meal were 27 percent more likely to develop heart disease than those who did.

And, a morning meal may help you avoid fluctuating glucose levels, which can lead to diabetes.



Eat Fat; Get Thin... is it too good to be true?

By Susan Heckler

Over the years, there have been many diet ideas that promote eating high fat foods and still have the ability to lose weight. Sounds like a miracle? Atkins, South Beach, Paleo, Soup, Caveman, Jenny, Marie....everyone has advice but who is right and who is wrong and do all diets work for all people?

Last year, the first world's first low-carb high-fat diet summit occurred in Cape Town where speakers ranged from weight loss researchers to physicians, all focused on seeking the answer to the obesity epidemic. Their consensus statement was released, "The mainstream dietary advice that we are currently giving to the world has simply not worked. This advice has failed because it completely ignores the history of why and how human nutrition has developed over the past three million years. More importantly, it refuses to acknowledge the presence of insulin resistance (carbohydrate intolerance) as the single most prevalent biological state in modern humans eating according to those current dietary guidelines which promote low-fat and high-carbohydrate intakes."

Ketogenic diets, sometimes known as LCHF (low-carb high fat) weight loss plans, are designed to put the body into fat-burning mode. However, it's important to recognize the difference between nutritional ketosis, which weight loss plans such as the Atkins diet advocate, and ketoacidosis, which is a medical concern.

President Clinton's personal physician has made the news recently with his diet theory. Dr. Mark Hyman stated, "Everyone seems to be

talking about fat these days. That fat somehow is good now and can help with weight loss and disease prevention. How can that be true when for decades we all were told that fat was the bad guy? What are its benefits? Are there any downsides to eating more fat?"

His theory: Fat is one of the body's most basic building blocks. The average person is made up of between 15 and 30 percent fat! A low-fat diet that almost always equates into a high-sugar and high-refined carb diet that contributes to insulin resistance, obesity, heart disease, type 2 diabetes and numerous other problems.

Simply put: Sugar, not fat, is the real villain that steals our health and sabotages our waistlines.

Healthy cell walls made from high-quality fats are better able to metabolize insulin, which keeps blood sugar better regulated. Without proper blood sugar control, the body socks away fat for a rainy day. The right fats also increase fat burning, cut your hunger and reduce fat storage. Eating the right fats makes you lose weight, while eating excess sugar and the wrong types of fat make you fat.

Food for thought?

- The average American eats 152 pounds of sugar and 146 pounds of flour that converts to sugar every year.
- There are some 257 names for sugar, but despite very minor variations, they all create the same damage.
- We have saturated, monounsaturated, polyunsaturated and even trans-fats, not to mention subcategories within each group. Some fats are good;

others neutral; and yes, a few are bad.

- Studies show 75 percent of people who end up in the emergency room with a heart attack have normal overall cholesterol levels. But what they do have is pre-diabetes or type 2 diabetes.
- The American Journal of Clinical Nutrition found no correlation between saturated fat and heart disease.
- Everyone benefits from more omega 3s. About 99 percent of Americans are deficient in these critical fats.
- Good fats can heal.
- Your brain is about 60 percent fat. Of that percentage, the biggest portion comes from the omega-3 fat called docosahexaenoic acid (DHA). Your brain needs DHA to spark communication between cells. Easy access to high-quality fat boosts cognition, happiness, learning and memory. In contrast, studies link a deficiency of omega-3 fatty acids to depression, anxiety, bipolar disorder and schizophrenia.

How can you tell if your body is not getting enough of the good fats?

- ✓ Dry, itchy, scaling or flaking skin.
- ✓ Soft, cracked or brittle nails.
- ✓ Hard earwax.
- ✓ Tiny bumps on the backs of your arms or torso.
- ✓ Achy, stiff joints.

He has a new book being released the end of February that may be worth looking into. As with any diet idea, consult your physician to see if it is the right thing for your body and lifestyle.

Spice Recovery

Spices can do a lot more than add pizzazz to your cooking. They offer many health benefits and help in healing.

By Mia Ingui

Cinnamon

Cinnamon is actually one of the most powerful healing spices, and has become most famous for its ability to improve blood sugar control in people with diabetes. As little as 1/4 to 1/2 teaspoon a day could cut triglycerides and total cholesterol levels by 12 to 30 percent. Cinnamon can even help prevent blood clots, making it especially heart smart. Cinnamon has antibacterial and anti-inflammatory properties. It's been shown to conquer E. coli and other types of bacteria.

Cloves

Have a toothache? Put a couple of whole cloves in your mouth. Let them soften a bit, then bite on them gently with good molars to release their oil. Then move them next to the painful tooth and keep them there for up to half an hour. Clove oil has a numbing effect in addition to bacteria-fighting powers.

Coriander

The herb can be helpful for some people with irritable bowel syndrome, as it calms intestinal spasms that can lead to diarrhea. Preliminary studies in animals support another traditional use for coriander—as an anti-anxiety herb. Its essential oil appears to fight bacteria, including E. coli and salmonella. It's also being studied for its potential cholesterol-reducing benefits and has been shown to lower cholesterol in animals.

MyPlate Plan for Nursing Moms and Moms-to-Be



When a woman is pregnant or breastfeeding, she has special nutritional needs that can have a huge impact on the health of her baby. The Choose MyPlate Plan for Moms at www.letsmove.gov shows the foods and amounts that are right during pregnancy and when you are breastfeeding. Enter personal information for a quick estimate of what and how much you need to eat. Or, go to the MyPlate Super Tracker at www.chosemyplate.gov to see how food choices compare to nutritional needs and get tips and support to help you make healthier choices and plan ahead.



EAT CLEAN WITH THIS COZY CASSEROLE RECIPE

Eggplant Parm Cheesy Caserole

This quick and easy take on eggplant Parmigiana skips breading and frying and makes a tasteful clean eating meal at only 165 calories per serving!

Serves 6

INGREDIENTS

- 1 oz Parmesan cheese, grated
- 1 cup reduced-fat or whole-milk ricotta cheese
- 1 cup reduced-fat or whole-milk cottage cheese
- 3 cloves garlic, peeled
- 1 egg
- 1/2 cup packed fresh basil leaves, plus additional basil leaves for garnish
- 1/4 tsp ground black pepper
- 3 cups all-natural jarred marinara sauce

DIRECTIONS

In a food processor, process cheeses, garlic, egg, 1/2 cup basil and pepper until combined and smooth.

Mist a 5- to 6-qt slow cooker with cooking spray. Spread a thin layer of marinara (about 1/3 cup) over bottom of slow cooker. Arrange one-third of eggplant slices over sauce, overlapping edges. Spread half of cheese mixture over eggplant and then spoon one-third of remaining marinara evenly over top. Repeat with another one-third of eggplant, half of cheese mixture and one-third of sauce, and finish with remaining one-third of eggplant and sauce.

Cover and cook on low for 6 to 8 hours.

(TIP: If casserole is still watery, cook on high, uncovered, for an additional 10 minutes.)

Garnish with additional basil.



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Early Milestones

Unfortunately, the bustle, cheer and excitement of bringing home baby doesn't last forever. Between all of the feedings, baths, cries and laughs, the first few months of your baby's life will fly by.

Baby's weight generally doubles within the first six months, while rolling over, sitting up and standing are some of the most exciting development milestones that will take place. While physicians are able to predict when your baby will start experiencing some of these critical events, it is important to remember that no two babies are the same.

Below are some of the most important developmental milestones, as defined by the American Academy of Pediatrics. Again, these are general guidelines that are not guaranteed to be universal for all children. Pay attention to when your child begins displaying certain behaviors to make sure they are in the general vicinity of the guidelines.

First Month

- Make jerky, quivering arm movements
- Bring hands near face
- Keep hands in tight fists
- Move head from side to side while lying on stomach
- Focus on objects 8 to 12 inches away
- Recognize some sounds, including parents' voices

Third Month

- Raise head and chest when lying on stomach
- Support upper body with arms when lying on stomach
- Stretch legs out and kick when lying on stomach or back
- Bring hands to mouth
- Follow moving object with eyes
- Begin to babble and imitate some sounds

Seventh Month

- Roll over both ways
- Sit up
- Reach for objects with hand
- Transfer objects from one hand to the other
- Respond to own name
- Struggle to get objects that are out of reach

One Year

- Sit without assistance
- Get into hands-and-knees position
- Crawl or walk
- Pull self up to stand
- Use simple gestures, such as shaking head or waving
- Find hidden objects easily



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MOST IMPORTANT VITAMINS AND MINERALS IN A DIET

By Mia Ingui

Depending on the specific goal you set for your body, all different vitamins and minerals could be necessary to help achieve that goal, whether it be weight loss, hormone stabilization, or muscle growth. There are some certain vitamins and minerals that are considered to be universally necessary and healthy in the human diet. Here they are, what they do for your body and how they can be found from a natural source!

1. VITAMIN A

GOOD FOR: Healthy eyes, general growth and development, including healthy teeth and skin.

NATURAL SOURCE: Carrots and other orange foods including sweet potato and cantaloupe melons.

2. B VITAMINS

GOOD FOR: Energy production, immune function and iron absorption.

NATURAL SOURCE: Found in whole unprocessed foods, specifically whole grains, potatoes, bananas, lentils, chili peppers, and beans.

3. VITAMIN C

GOOD FOR: Strengthening blood vessels, giving skin its elasticity, and iron absorption.

NATURAL SOURCE: The main squeeze, oranges! But they're not the only source. Other fruits and veggies packed with Vitamin C include guava, red and green peppers, kiwi, grapefruits and strawberries.

4. VITAMIN D

GOOD FOR: Strong healthy bones.

NATURAL SOURCE: Eggs, fish, and mushrooms.

5. VITAMIN E

GOOD FOR: Blood circulation, and protection from free radicals.

NATURAL SOURCE: Almonds are actually one of the highest sources of Vitamin E, as well as other nuts, sunflower seeds and tomatoes.

6. VITAMIN K

GOOD FOR: Blood coagulation, which is the process by which your blood clots.

NATURAL SOURCE: Leafy greens are the best natural sources of Vitamin K, so make sure you're eating lots of kale, spinach, brussel sprouts and broccoli.

7. CALCIUM

GOOD FOR: Healthy teeth and bones.

NATURAL SOURCE: The best sources are dairy products like yogurt, cheese and milk, along with tofu and black molasses.

8. IRON

GOOD FOR: Building muscles (naturally) and maintaining healthy blood.

NATURAL SOURCE: Clams actually take the top spot for iron content, followed by oysters and organ meats like liver. Some veggies include soybeans, beans, lentils and spinach.

GESTATIONAL DIABETES SCREENING:

Questions for the doctor

Gestational ("jes-TAY-shon-al") diabetes is a type of diabetes that some women develop during pregnancy. When you have diabetes, there is too much sugar (called glucose) in your blood.

If you develop gestational diabetes, it can lead to health problems for you and your baby during and after pregnancy. For example:

Before birth, your baby is likely to grow bigger than usual. This could make giving birth more difficult – and make it more likely that you will have a caesarian delivery (C-section).

After your baby is born, your baby may be at risk for childhood obesity.

You will be at risk for developing type 2 diabetes after pregnancy. After your baby is born, you'll need to get tested regularly for type 2 diabetes.

If you have gestational diabetes, you and your doctor or midwife can work together to protect your health and your baby's health. You can reduce your risk for gestational diabetes by eating healthy and staying active during your pregnancy.

Getting tested for gestational diabetes is part of regular prenatal care (health care during pregnancy). The test is usually done between 24 and 28 weeks of pregnancy.

What do I ask the doctor?

Visiting the doctor can be stressful. It helps to have questions written down before your appointment. Print this list of questions, and take it with you the next time you visit your doctor or midwife.

What puts me at risk for gestational ("jes-TAY-shon-al") diabetes?

What can I do to lower my risk?

How will you test me for gestational diabetes?

How could gestational diabetes affect my baby's health?

How could gestational diabetes affect my health?

If I have gestational diabetes, what happens next?

These questions are important.



TEEN HEALTH: How to Stay Healthy

The teenage years are a period of intense growth and development, and teens need to adopt a healthy lifestyle in order to stay fit.

Healthy living should include plenty of good nutrients, adequate calories, sleep and regular exercise. Here are a few things teens can do to keep themselves healthy throughout their teenage years and beyond:

1. Develop a good relationship with parents. Teens may not think it sounds like the best idea in the world, but being able to discuss things with parents will actually help them make the right choices as they grow up.

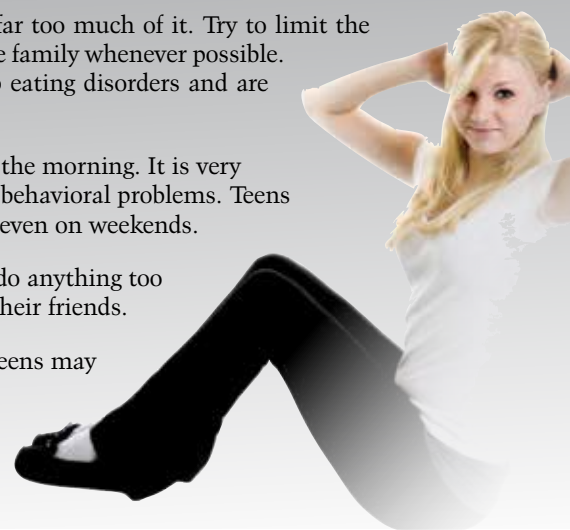
2. Think about the diet. Most teens love junk food of all kinds, and many of them eat far too much of it. Try to limit the amount of junk food you keep in the house. Don't skip breakfast, and try to eat with the family whenever possible. Research suggests that teens who eat regularly with their families are less likely to develop eating disorders and are more likely to have healthier diets when they are older.

3. Get plenty of sleep. Teens are notorious for staying up late at night and lying in bed in the morning. It is very important to adopt a healthy sleeping regime, as sleep deprivation can lead to attention and behavioral problems. Teens should try to get into the habit of going to bed and getting up at the same time every day — even on weekends.

4. Exercise regularly. Regular exercise is actually very important, and teens don't have to do anything too strenuous. They can try walking or cycling instead of taking the bus, or go swimming with their friends.

5. Avoid alcohol, cigarettes and drugs. These are all vices which are best avoided. Many teens may be tempted to try at least one of these substances, but unfortunately they can easily become addicted.

It isn't always easy being a teenager, but making the right choices at this stage of life can certainly help teens stay healthy and feel much happier.





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QUESTION:

Why is it important to take my young child to the podiatrist for a check up?

Think about feet, that is! Whether we take our own feet for granted as adults, or we neglect the feet of our most cherished family members. The feet are FORGOTTEN! But when it comes to teeth and braces, or clothes and fashion, etc. we will sell our liver to take care of our children. I'm here to tell you to add one more to the list of important things. And you may want to make it pretty high on the list too.

Catching issues early such as flatfeet or high arched feet, in-toe gait, or many of the other gait problems that can occur is of paramount importance to your child's skeletal growth and stability. Arch problems can lead to short-term problems such as pain, slowed gait, fatigue, lack of concentration at school, and bullying. Long-term problems such as knee pain, hip pain, back pain, neck aches, and even headaches can occur. Often these issues go unidentified until early adulthood and then it is too late to correct the problem as skeletal maturity has occurred.

I can't tell you how many times parents have brought their kids into my office saying "I knew there was something wrong" but the pediatrician said "Not to worry, it's just growing pains". There are some conditions that will not be outgrown and that end up causing a lot of grief for the child, parents, and the wallet.

I recommend early evaluations, as soon as the child starts walking. A few times, genetics will overpower any condition's treatment options. But if the condition can't be corrected, at least improving the quality of your child's feet will lead to many more smiles as you watch them grow in front of your eyes!!!



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Coach's Corner

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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Managing Our Emotions

By Joely Phenex

For many people, emotions are a scary thing. Part of the problem is that we just don't know what to do with them so we turn to the only strategies we do know. If you're a man, you might distract yourself by playing video games, tinkering with your tools or drinking alcohol. If you're a woman, you might shop or eat.

Turning to these tools occasionally is OK but making them part of your regular coping repertoire, however, is problematic.

Emotions are valuable, and offer a bounty of benefits. Once we're able to process and cope with them effectively, we can learn a lot about ourselves and our needs. Emotions send us important messages and help us connect with others.

Using unhealthy strategies can sabotage our relationships, job and even our health. In fact, people who handle stress effectively have healthier immune systems, don't get sick as often and are happier people in general. The first step in dealing with your emotions is to figure out what you're feeling.

Emotions fall into these categories: anxiety, sadness, anger and happiness. With anxiety, your mind lights up with "What ifs?" What if I lose my job? What if I don't meet someone? What if I fail my test? Your physical sensations with anxiety include a racing heart, tight muscles and clenched jaw.

With sadness, you have negative thoughts about the past. You feel tired and heavy; you might cry and have trouble concentrating.

With anger, your thoughts are focused on how you or your values have been attacked. The physical sensations are similar to anxiety, including a racing heart and tightness in the body.

With happiness, your thoughts are focused on what you've gained. Maybe you landed a great promotion, found a new hobby or received a compliment. Physically, you feel light or calm, and you might laugh and smile.

Once you've identified the emotion and its message, the last step is to take action. Ask yourself if there's anything you can do to solve the situation and consider what you can do. For instance, if you're upset that you are unhappy at work, maybe you can have friends review your resume or hire a professional resume writer and start looking for a new job.

If there's nothing you can do, determine how you can cope with the emotions, meditating, getting social support, exercising and seeking therapy will help you.

Different strategies work best with each person, depending on your personality, physiology and other individual factors. Exercising works wonders in alleviating anxiety. For others, meditation may work better. better.

Emotions may seem confusing and threatening but they can be worked out. Remember that our emotions reveals what we need to work on in our life and they can be useful and informative to help us better ourselves and our lives.



Getting Physical Activity at Work

If your job's a sedentary one — one that you sit for long periods of time to carry out — you may think that it's impossible to take any physical exercise while at work.

That's not strictly true, though.

There are ways in which you can be physically active at work, provided you have the motivation. The following tips will help you get regular bursts of exercise throughout the day, benefiting both your physical and mental health.

TAKE A HIKE

Take the stairs instead of the elevator whenever you can. Start off slowly. Don't make your first trip via the staircase one that involves having to walk up eight flights of stairs. Increase the number of stairs you walk up over time. After a few months this will become a habit and you will rarely even consider about taking the elevator.

GET AWAY FROM THE DESK

Volunteer to run errands around the workplace. If someone in your department wants something delivered to a colleague three floors down, then volunteer to take it. Don't think that your position and status in the company mean that you can't volunteer for such a task. Leading by example is the best way to lead. You'll gain respect as well as improved fitness levels!

A LUNCH BREAK

See if any colleagues want to join you for a lunchtime walk. Walking for 30 minutes outside in the fresh air will provide you with your recommended daily quota of exercise, and leave you feeling re-energized for the afternoon ahead.

Remember to take regular breaks from your workspace throughout the day. One trick to ensure you do is to drink plenty of water. At least then you'll have to walk to the washroom every so often!

TIP: Change How You Meet

One easy way to burn extra calories at work is to change how you meet with people. Instead of doing sit-down meetings all the time, switch to "walk-and-talk" meetings when you've got to have short exchanges with coworkers. And instead of picking up the phone or sending another e-mail, get up and see the person face-to-face. It's healthier and could be a good career move as you communicate better in person.



Before You Give

Giving blood is a simple process that requires little effort on your part and has a huge payoff. Yet despite research that shows how many lives can be saved by blood donation, many people are still hesitant to lend an arm. Consider these facts distributed by the American Red Cross:

- Among Red Cross donors in a given year, 19 percent donate occasionally, 31 percent are first-time donors, and 50 percent are regular donors;
- One blood donation can save the lives of up to three people; and
- If you begin donating blood at age 17 and do so every 56 days, you could potentially save more than 1,000 lives.

When you decided to donate blood, follow the following tips to make sure your body is prepared for the donation.

Eat Iron-Rich Foods

Eating iron-rich foods can help your body recover faster from the experience of giving blood.

Meat such as beef, lamb, ham, turkey and chicken all serve as great sources of iron, as do seafood options such as shrimp, clams, scallops and oysters. Vegetables fortified with iron include spinach, sweet potatoes, peas, broccoli and collards.

If you're looking for iron in your bread, be sure to consume whole wheat bread, enriched pasta and bran cereals. Always remember to eat a healthy meal before your donation. Avoid fatty foods or fries, which can affect the tests performed on your blood.

Things to Bring

The American Red Cross requires its donors to bring a donor card, driver's license or two other forms of identification. This is to ensure proper record-keeping and biographical information on you for the Red Cross databases.

Other things to remember before heading out the door include clothing with sleeves that can be raised above the elbow and your favorite assortment of music. The blood donation process can take up to a couple of hours.

After You Donate

One of the questions people ask about donation is where their blood ends up.

The lifecycle of your blood is fairly straightforward, only following a few simple steps from when you donate to when it is eventually labeled and stored.

Donors can rest assured that professionals from the American Red Cross are fully qualified to handle and process blood within all safety, health and confidentiality standards. If you're still a bit hesitant about the process, reach out to your local Red Cross office for more information regarding your concerns. They will be able to walk you through any concerns you have about the donation process.

Processing

To begin the process phase of blood donation, your blood is scanned into a computer database and then spun in centrifuges to separate the transfusable components, such as red blood cells, platelets and plasma.

The primary components, such as plasma, can be further manufactured into components such as cryoprecipitate, while red cells go through leuko-reduction. Single donor platelets are leuko-reduced and bacterially assessed before being sent away for intensive testing.

Testing

The next step involves your test tubes being shipped to one of three Red Cross National Testing Laboratories, where a dozen tests are performed on each unit of donated blood. This helps establish the blood type and test for infectious diseases.

If a test result is positive for disease, the unit is discarded and the donor is notified. Test results are confidential and are only shared with the donor, except as may be required by law. Check in with your local Red Cross professionals to learn more about their policies regarding disclosing blood testing results.

Storage & Distribution

Once test results are received, units suitable for transfusion are labeled and stored in refrigerators at 6 degrees Celsius for up to 42 days.

Storage requirements for other materials are as follows, according to the Red Cross:

- Platelets are stored at room temperature in agitators for up to five days; and
- Plasma is frozen and stored in freezers for up to one year.

When it comes to distribution, your Red Cross representative will orchestrate the delivery of your blood in a safe, compliant manner. Your blood could be used for transfusions and other medical emergencies at any time. In fact, blood is available to be shipped to hospitals 24 hours a day, seven days a week.

Spiritual Solutions in Alternative Medicine

By Susan Heckler

If you have aches, pains and the unexplained; meaning you have been through the traditional medical community and are still looking for answers, here are some fairly unknown therapies that may help what ails you.

Polarity Therapy is based on the common principle of energy; attraction, repulsion and neutrality. The theory is that positive and negative energy changes in the body's electromagnetic energy field govern the flow of energy. Practitioners of polarity therapy believe illness is caused by disruptions in the body's energy flow. The result is stress and trauma. This is based on the idea that there are three types of energy fields in the body: long-line currents that run north to south in the body, transverse currents that run east-west in the body, and spiral currents that start at the navel and expand outward.

In alternative medicine, polarity therapy is said to help with allergies, anxiety, arthritis, back pain, chronic fatigue syndrome and depression. Energy blockages are identified by the symptoms and various techniques are used to clear the path.

Vortex Healing is an ancient healing art that was developed in India more than five thousand years ago. Vortex healing derives its name from a healing energy vortex that was created by eight divine beings in ancient India. It began with a man named Mehindra who was "an avatar" or what some believe is an incarnation of divinity in human form. In 753BC, the gift of Vortex was given to Merlin who began Vortex Healing. They stopped the practice of vortex healing for many years and there was a resurgence in the 1990s.

The healing energy vortex can only be channeled by someone who has been initiated into the art by direct transmission from a certified teacher. It is being taught around the globe. Once this initiation has been carried out, a person can tap into this inter-dimensional vortex and channel its energy to heal the ailments of others. The patient lies down on a table and the healer places his or her hands on either side of the affected area. The

Vortex energy is then channeled into the patient's body via the healer's hands. While the energy is being channeled, the patient may experience a warm or tingling sensation.

Some of the benefits of Vortex healing include release of stress and anxiety, treatment of depression, pain relief, relief from menstrual cramps, and reduced blood pressure. Vortex healing can also help alleviate joint problems in the knees, shoulder or ankles.

Shamanic Healing comes from a spiritual practice found in cultures around the world from ancient times up to the present day. A Shaman is a practitioner who has reached altered states of consciousness in order to perceive and interact with a spirit world and channel these transcendental energies into this world. These practices coexist over millennia with varying cultures, systems of government, and organized religious practices.

According to famed American psychologist and consciousness pioneer, Stanley Krippner, Shamans are "community-assigned magico-religious professionals who deliberately alter their consciousness in order to obtain information from the 'spirit world.' They use this knowledge and power to help and to heal members of their community, as well as the community as a whole." Krippner describes shamans as the first physicians, diagnosticians, psychotherapists, religious functionaries, magicians, performing artists, and storytellers.

Shamanic healing work requires two distinct phases; the accurate diagnosis of the seen and unseen energies at the root of the problem and carrying out the specific choreography of energies needed to resolve the problem.

If these therapies seem a bit 'out there' and 'new age,' thus the term alternative medicine. If you have explored every other source of treatment and are still symptomatic, tapping into your spiritual side may nurture body and soul.

Vacation Weight Gain Can Lead to 'Creeping Obesity,' Study Finds

Watch alcohol intake and weigh yourself before and after vacation, researcher suggests.

Along with souvenirs, there's a good chance you'll return from your vacation with some extra weight, new research suggests.

The study looked at 122 American adults, aged 18 to 65, who went on vacations ranging from one to three weeks between March and August.

Sixty-one percent gained weight while on vacation, with an average gain of 0.7 pounds, and that weight tended to stay on after they returned home. Some gained as much as 7 pounds, while others lost weight, the investigators found.

One of the main contributors to vacation weight gain was increased intake of calories, especially from alcohol. The average number of drinks went from eight a week before vacation to 16 a week while on vacation, the researchers said.

The findings are alarming, according to study author Jamie Cooper, an associate professor in the department of foods and nutrition at the University of Georgia.

"If you're only gaining a pound or two a year and you gained three-quarters of that on a one- to three-week vacation, that's a pretty substantial weight gain during a short period of time," Cooper said in a university news release.

The results support the theory of "creeping obesity," in which adults gain small amounts of weight over a long period, increasing their risk of future health problems.

"One of the challenges people face is unless you're diligent about weighing yourself before and after vacation, usually you're not going to notice a pound of weight gain," Cooper said. "People don't realize it's happening, and that's why they don't lose weight following a vacation."

The study was released online in advance of print publication in the journal *Physiology and Behavior*.

For more information visit The U.S. Centers for Disease Control and Prevention explains how to prevent weight gain.



SOURCE: University of Georgia, news release, Feb. 1, 2016

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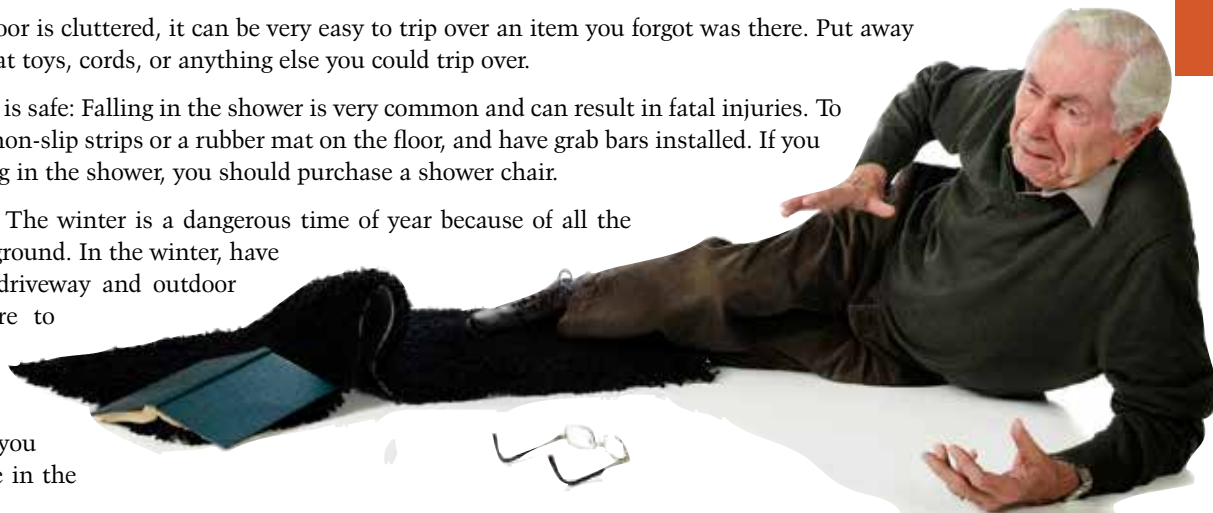
Over 65?

It's time to fall proof your home

By Joely Phenex

One in three Americans over the age of 65 fall each year. Falls can have very serious consequences and should be avoided at all costs. If you are over 65, there are a number of precautions you should take in your home to avoid falling:

- Arrange your furniture strategically: Arrange your furniture in a way that gives you the most space possible to move around. Tight spaces can be difficult to maneuver and can lead to accidents.
- Avoid clutter: If your floor is cluttered, it can be very easy to trip over an item you forgot was there. Put away all your shoes, dog or cat toys, cords, or anything else you could trip over.
- Make sure your shower is safe: Falling in the shower is very common and can result in fatal injuries. To prevent slipping, stick non-slip strips or a rubber mat on the floor, and have grab bars installed. If you do not feel safe standing in the shower, you should purchase a shower chair.
- Be wary in the winter: The winter is a dangerous time of year because of all the ice that freezes on the ground. In the winter, have someone shovel your driveway and outdoor walkways, making sure to salt the ground. Also, purchase a pair of winter boots with traction for anytime you may have to go outside in the icy weather.



CARING FROM A DISTANCE: How to help when you live far away

By Joely Phenex

Caring for an aging parent from far away can be a stressful task, and may even seem impossible at times. If you are in this position, don't worry; there are many other "long-distance caregivers" like you who are able to help their elderly loved ones despite great distances.

The most important thing is to remain patient and organized. Your main responsibilities will be to do thorough research, schedule appointments, handle payments, and communicate clearly with the one who needs care.

You must also remember to prepare for emergencies. Keep all emergency contact information in one place and gather information on the locations of important records and documents. To help you stay organized, the Family Caregiving Alliance (FCA) provides a PDF on their website, www.caregiver.org, titled "Where

to Find My Important Papers." It is a checklist of important legal documents you may need as well as their locations.



Caring for an elderly loved one is a tough job to take on, so don't ever do it alone. Surround yourself with a support network of friends and family members who you can talk to about anything. Hire a social worker to guide you through areas you don't know much about.

The FCA also has a navigator tool to help you find local services such as legal help & advocacy, government health & disability programs, and services for family caregivers.

We hope this article could help you through this demanding yet rewarding job. For further information and guidance, visit the FCA's website.

FIGHT AGE DISCRIMINATION

You're a professional with more than 25 years of successful work experience. So why will no one hire you? This is an issue that senior job-seekers are facing across the country.

Age discrimination in the employment world is real. Companies may think that senior-level employees will be too costly to on-board or may be too stuck in their ways to integrate into a workplace. It's up to you to prove them wrong. Fortunately there are ways to get around the age discrimination challenge during your job search.

Be Honest

Many job-seekers may consider hiding their age on their resumes by omitting the dates of employment for past employers. Although this will hide your age from hiring managers and recruiters, it also can serve as a red flag.

Reviewers want to know if you've held steady employment over the years or if your resume contains many job gaps. Try listing start and end dates for the past 15 years of employment and create an "Early Career History" section for previous employment without any dates.

This gives hiring managers a detailed look of your most recent experience and provides good interview material should you make it past the initial hiring process.

Rely On Connections

When it's time to dust off the resume and find a new career opportunity, it's also time to rely on previous connections. Many job-seekers will update their resume, post it on a highly visible job board and wait for results to come to them.

This is not an effective job search strategy. Candidates of all ages must be proactive in their search, and this starts with reaching out to previous employers and peers to let them know you're back on the employment market.

Even if you're not interested in rejoining a previous company, you never know what kinds of connections your colleagues may have fostered along the way.



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Americans Living Longer

Advancements in medicine and health care have played major roles in expanding the percentage of Americans who are age 65 and older.

The Administration on Aging reports that 12.9 percent of the U.S. population — about one in every eight Americans — falls into this category with the numbers expected to rise to 19 percent by 2030.

This segment's growth slowed during the 1990s but is beginning to rapidly expand as the baby boom generation approaches age 65.

Another key number is 78.6, the average life expectancy of Americans. The senior population is growing and also living longer, making it an exciting time to be entering your golden years.

Key Factors

The Centers for Disease Control and Prevention identifies many key factors driving the rising life expectancy, among them major victories in medicine and public health.

Vaccination against disease, control of infections and decline from deaths caused by heart disease and stroke are all major contributors to the rising life expectancy.

Improved safety in motor-vehicles, workplaces, food and water are also reasons for the growing senior segment.

Outliving the Average

Many Americans eclipse the average life expectancy by 10, 20 or even 30 years. What is their secret?

Many centenarians and seniors in their 80s and 90s follow diets high in fruits and vegetables and low in processed foods and fatty meat.

They are also highly social, with involvement in community groups and events. Spending time with friends and family members is important for emotional well-being and health.

Health and Life Expectancy

Even though life expectancy is up, more Americans are suffering from non-fatal disorders, according to a new study published by the Journal of the American Medical Association.

Researchers discovered that a longer life expectancy doesn't always come with a healthy quality of life.

Physicians urge older Americans to incorporate healthier diets, smaller portions, more exercise and better management of stress to cut down on the number of preventable diseases.

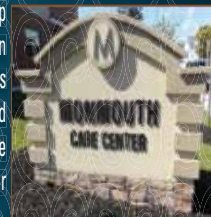


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AGING GRACEFULLY

Getting older doesn't mean you have to lose your style, grace or good looks. Aging gracefully is an art, and one that you can master with practice and healthy habits.

Stay Positive

You know the saying. You are as young as you feel.

Well, attitude plays a big role in determining exactly how we feel as we age. Smiling, laughing and maintaining a positive demeanor – even when times are tough – can help keep us young at heart.

Projecting happiness and excitement about life will help others around you, too. And speaking of others, surrounding yourself with an equally positive social circle can help keep your focus on the good things in your life.

Growing older is often accompanied by health issues, grief and challenges. It's how you decide to deal with these issues that will help or hurt your chances of aging gracefully.



Find a Hobby

Getting involved in something you are passionate about can help you maintain your vigorous spirit and positive glow.

Join a garden club to show off your flowers, plants and shrubs. Make bingo night a weekly endeavor to get out of the house and make new friends through healthy competition. Spend more time taking your grandchildren to the park.

Anything you enjoy doing can be transformed into a hobby that you can relish for years to come. Without meaningful activities to partake in, you might be left feeling bored or alone. Options are endless for getting involved in something that will ultimately help you age gracefully.

Stay Informed

For many women, the beauty shop holds the key for vibrant, smooth skin and youthful hair-dos. A trip to the local hot spot allows women to discuss emerging beauty trends and skin-care products.

Women and men, alike, can also join their city gyms to find tips for maintaining their bodies. If you are constantly seeking out information on how to age gracefully, then you have won half the battle.

Utilize the guidance you receive to choose the best ways for you to ensure a graceful aging process.



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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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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.

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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.

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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