

Monmouth County's

SPRING ISSUE  
MAY/JUNE 2016

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ASK THE DOCTOR • THE MILLSTONE TIMES  
THE MONMOUTH FAMILY TIMES

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# The GI condition commonly known as “leaky gut syndrome” has been gaining a lot of attention lately

By Mia Ingui

"Leaky gut syndrome" is said to have symptoms including bloating, gas, cramps, food sensitivities, and aches and pains. But it's something of a medical mystery.

According to WEBMD, "From a MD's standpoint, it's a very gray area," says gastroenterologist Donald Kirby, MD, director of the Center for Human Nutrition at the Cleveland Clinic. "Physicians don't know enough about the gut, which is our biggest immune system organ."

Little is known about other causes of leaky gut that aren't linked to certain types of drugs, radiation therapy, or food allergies.

Leaky gut symptoms aren't unique. They're shared by other problems, too. And tests often fail to uncover a definite cause of the problem. That can leave people without a diagnosis and, therefore, untreated.

It's crucial, Kirby says, to find a doctor who will take time with you and take your concerns seriously.

According to a study published in a Norwegian medical journal this process "is implicated in the onset of disease include several acute and chronic pediatric conditions that are likely to have their origin during infancy" and has been linked to:

Allergies

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Systemic inflammatory response syndrome (SIRS)

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So how do you know if you have a leaky gut? Keep a watch out for these 7 leaky gut symptoms.

## The 7 Signs You Have Leaky Gut

1. Food Sensitivities – People affected by food sensitivities oftentimes find that leaky gut is to blame.
2. Inflammatory Bowel Disease – Researchers from Hungary have recently uncovered that elevated gut permeability is oftentimes localized to the colon in people suffering from irritable bowel syndrome and ulcerative colitis.
3. Autoimmune Disease – The key to understanding how leaky gut can cause an autoimmune disease is through the research done on a protein known as "zonulin." According to a 2011 article published in the journal *Physiologic Reviews*, "Zonulin is the only physiological modulator of intercellular tight junctions described so far that is involved in trafficking of macromolecules and, therefore, in tolerance/immune response balance. When the finely tuned zonulin pathway is deregulated in genetically susceptible individuals, both intestinal and extra-intestinal autoimmune, inflammatory, and neoplastic disorders can occur." Eating gluten can oftentimes trigger this dangerous cascade. University of Maryland, School of Medicine researchers have uncovered that gluten "activates zonulin signaling irrespective of the genetic expression of autoimmunity, leading to increased intestinal permeability to macromolecules."
4. Thyroid Problems – One of the autoimmune diseases that leaky gut syndrome may directly affect is Hashimoto's disease. Also known as "chronic thyroiditis," this disorder can lead to hypothyroidism, impaired metabolism, fatigue, depression, weight gain, and a host of other concerns.
5. Malabsorption – Various nutritional deficiencies result from leaky gut include vitamin B12, magnesium and key enzymes that help digest food.
6. Inflammatory Skin Conditions – First described over 70 years ago, the gut-skin connection theory has described how intestinal hyper-permeability can cause a slew of skin conditions; particularly acne and psoriasis. Generally, dangerous creams and drugs are prescribed for these skin disorders, yet they can oftentimes be fixed by healing the gut!
7. Mood Issues and Autism – According to a study published in the journal *Neuro Endocrinology Letters*, leaky gut has been shown to cause various neurocognitive disorders.

Regarding autism, a recent study was just published in the journal *Nutritional Neuroscience* describing the "vicious circle between immune system impairment and increasing dysbiosis that leads to leaky gut and neurochemical compounds and/or neurotoxic xenobiotics production and absorption." The idea is that the "metabolic pathways impaired in autistic children can be affected by genetic alterations or by environment-xenobiotics interference."

If you suspect you have symptoms of leaky gut, you would do well to see a gastroenterologist who is also trained in nutrition.

You would be surprised at how many health conditions are a result of having leaky gut. The father of modern medicine Hippocrates said, "All disease begins in the Gut" and research is now proven he was absolutely right.

# MEN'S HEALTH - Shape Up for the Summer

By Mia Ingui

Sun's out, guns out! The best way to ensure that you'll be looking spectacular riding the waves this summer is to hit the gym and target the areas that are key for overall fitness. Here are some effective exercises for men.

## **Chest: Neutral-Grip Dumbbell Bench Press**

**Do this:** Lie on a flat bench and hold a pair of dumbbells over your chest, palms facing in. Lower the dumbbells to the sides of your chest. Pause, then press them back up. Do 10 reps.

## **Core: Half-Kneeling Rotational Cable Chop**

**Do this:** Attach a rope to a cable station; kneel on your right knee, your left side facing the machine. Rotate as you pull the rope past your right hip. Do 10 reps, switch sides, and repeat.

## **Quads: Barbell Front Squat with Heels Elevated**

**Do this:** With your heels on weight plates, hold a barbell across the front of your shoulders with your palms facing up. Squat until your thighs are parallel to the floor. Do 10 reps.

## **Shoulders: Half-Kneeling Single-Arm Bottom-Up Kettlebell Press**

**Do this:** Hold a Kettlebell in your left hand in front of your shoulder, bottom up. Step forward with your right foot and kneel on your left knee. Press the bell overhead 10 times. Stand up, switch sides, and repeat.

## **Hamstrings: Barbell Straight-Leg Dead Lift**

**Do this:** Grab a barbell and let it hang at arm's length in front of you. Keeping your knees slightly bent, push your hips back and lower your torso until it's nearly parallel to the floor. Do 10 reps.



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## Reducing Cancer Risks

Nearly 300,000 men die from cancer every year in America. Even more alarming is the fact that many of these deaths are easily avoidable, according to the Centers for Disease Control and Prevention.

The lifestyle choices that many men make are playing a major role in whether or not they will be faced with battling cancer at some point in their lives.

Included within these potentially dangerous lifestyle choices are smoking, lack of exercise and a stubbornness to receive basic check-ups that could spot cancer before it spreads.

### *Stop Smoking – For You and Them*

Taking the steps necessary to prevent cancer requires an honest, introspective look at your lifestyle.

The CDC says that more men in the United States die from lung cancer than any other cancer, and that cigarette smoking causes most of these cases.

Smokers also increase their close friends' and family members' lung cancer risk by 20 percent to 30 percent through second-hand smoke, according to the CDC.

### *Lack of Physical Activity*

Another debilitating lifestyle choice is inactivity.

Even for men with the busiest of schedules, finding time for some form of physical activity is crucial in keeping weight down and metabolism up.

Many cancers are associated with obesity, including colorectal, esophageal, kidney and pancreatic, according to the CDC. Excess weight, lack of physical activity and an unhealthy diet are all contributing factors to obesity.

Taking small steps to cancel out these risk factors can go a long way to prevent obesity-related cancers.

### *Check-Ups*

The American Cancer Society recommends that men older than 20 receive cancer-related check-ups as part of general health visits.

Check-ups can include health counseling and simple screenings. Physicians may be able to find cancers of the skin, thyroid, mouth, lymph nodes and testicles.

There are special tests designed to find certain cancers, but asking to receive general check-ups can make a big difference in identifying and treating cancer in its early stages.





# WHAT IS ORTHOREXIA NERVOSA?

By Karin Kratina, PhD, RD, LD/N

Orthorexia nervosa is not currently recognized as a clinical diagnosis in the DSM-5, but many people struggle with symptoms associated with this term.

According to the National Eating Disorder Association, NEDA, those who have an “unhealthy obsession” with otherwise healthy eating may be suffering from “orthorexia nervosa,” a term which literally means “fixation on righteous eating.” Orthorexia starts out as an innocent attempt to eat more healthfully, but orthorexics become fixated on food quality and purity. They become consumed with what and how much to eat, and how to deal with “slip-ups.” An iron-clad will is needed to maintain this rigid eating style. Every day is a chance to eat right, be “good,” rise above others in dietary prowess, and self-punish if temptation wins (usually through stricter eating, fasts and exercise). Self-esteem becomes wrapped up in the purity of orthorexics’ diet and they sometimes feel superior to others, especially in regard to food intake.

Eventually food choices become so restrictive, in both variety and calories, that health suffers – an ironic twist for a person so completely dedicated to healthy eating. Eventually, the obsession with healthy eating can crowd out other activities and interests, impair relationships, and become physically dangerous.

Orthorexia is a term coined by Steven Bratman, MD in 1996. He began to use it with his patients who were overly health-obsessed. It was not meant as a diagnosis; instead, Dr. Bratman used the term to help his patients entertain the possibility that this “healthy” eating may not be as beneficial as they presumed. Over time, however, he came to understand that the term identifies a genuine eating problem. It is not an officially recognized disorder in the DSM-5, but is similar to other eating disorders – those with anorexia nervosa or bulimia nervosa obsess about calories and weight while orthorexics obsess about healthy eating (not about being “thin” and losing weight).

Orthorexia appears to be motivated by health, but there are underlying motivations, which can include safety from poor health, compulsion for complete control, escape from fears, wanting to be thin, improving self-esteem, searching for spirituality through food, and using food to create an identity.

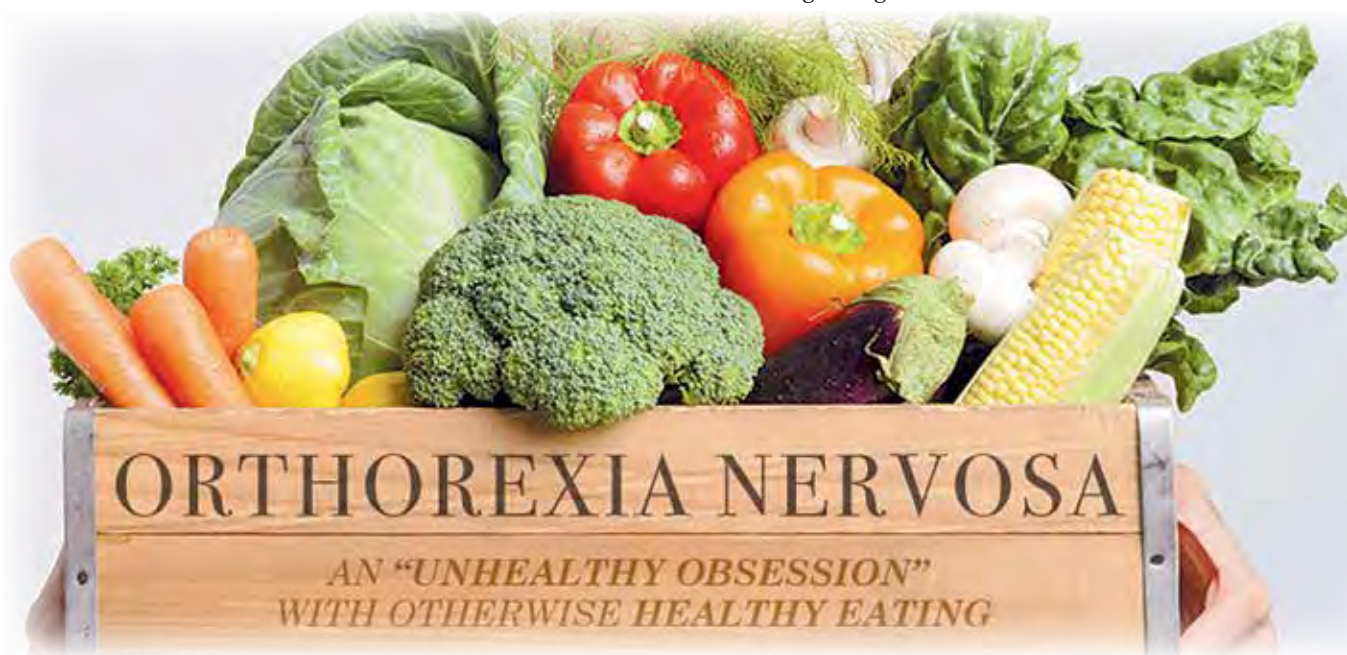
Consider the following questions when determining if you or a loved one has Orthorexia.. The more questions you respond “yes” to, the more likely you are dealing with orthorexia.

- Do you wish that occasionally you could just eat and not worry about food quality?
- Do you ever wish you could spend less time on food and more time living and loving?
- Does it seem beyond your ability to eat a meal prepared with love by someone else – one single meal – and not try to control what is served?
- Are you constantly looking for ways foods are unhealthy for you?
- Do love, joy, play and creativity take a back seat to following the perfect diet?
- Do you feel guilt or self-loathing when you stray from your diet?
- Do you feel in control when you stick to the “correct” diet?
- Have you put yourself on a nutritional pedestal and wonder how others can possibly eat the foods they eat?

The diet of orthorexics can actually be unhealthy, with nutritional deficits specific to the diet they have imposed upon themselves. These nutritional issues may not always be apparent. Social problems are more obvious. Orthorexics may be socially isolated, often because they plan their life around food. They may have little room in life for anything other than thinking about and planning food intake. Orthorexics lose the ability to eat intuitively – to know when they are hungry, how much they need, and when they are full. Instead of eating naturally they are destined to keep “falling off the wagon,” resulting in a feeling of failure familiar to followers of any diet.

Following a healthy diet does not mean you are orthorexic, and there is nothing wrong with eating healthfully. Unless, however, 1) it is taking up an inordinate amount of time and attention in your life; 2) deviating from that diet is met with guilt and self-loathing; and/or 3) it is used to avoid life issues and leaves you separate and alone.

While orthorexia is not a condition your doctor will diagnose, recovery can require professional help. A practitioner skilled at treating eating disorders is the best choice.





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# COULD FAST FOOD EXPOSE PEOPLE TO HARMFUL CHEMICALS?

*Eating fast food may expose a person to potentially harmful chemicals known as phthalates, a new study suggests.*

According to health.gov, people who consumed lots of fast food tended to have levels of phthalates in their urine that were 24 percent to 40 percent higher than people who rarely ate take-out fare, the researchers found.

"We found statistically significant associations between the amount of fast food consumed in the prior 24 hours and the levels of two particular phthalates found in the body," said study author Ami Zota. She is an assistant professor of environmental and occupational health at George Washington University's Milken Institute School of Public Health, in Washington, D.C.

However, the study did not prove a cause-and-effect relationship between fast food and phthalate exposure.

The two phthalates in question are di(2-ethylhexyl) phthalate (DEHP) and diisononyl phthalate (DiNP), Zota said. Industries use these chemicals to make plastics flexible, and they can be found in a wide array of food packaging and food-processing machinery.

The U.S. Congress has permanently banned the use of DEHP in children's toys, baby bottles and soothers, and it has temporarily banned DiNP for the same uses, according to the Environmental Working Group. The group is a nonprofit that focuses on environmental health issues.

The bans are based on concerns that phthalates can affect the development of the male reproductive system, Zota said. The chemicals also have been implicated in birth defects, childhood behavioral problems and childhood chronic illnesses, such as asthma.

The two phthalates can get into fast food during the processing of the food, explained Shanna Swan. She is a professor of obstetrics, gynecology and reproductive science with the department of preventive medicine at Mount Sinai's Icahn School of Medicine, in New York City.

The chemicals also can leach into the food from the packaging in which it is stored, both prior to cooking and when it is served, Zota said.

Fast food even can pick up phthalates from the vinyl gloves that restaurant workers wear to prevent food poisoning, Zota added.

"To reduce exposure to phthalates, my recommendation always is to minimize exposure to processed foods, and the ultimate processed food platform is the fast-food restaurant," Swan said. "They don't use anything fresh."

The U.S. National Restaurant Association did not respond to a request for comment on the new findings.

To see whether people who eat fast food have more phthalates in their systems, Zota and her colleagues reviewed data on nearly 8,900 people participating in a regular survey on health and nutrition conducted by the U.S. Centers for Disease Control and Prevention.

The participants all had answered detailed questions about their diet in the past 24 hours, including consumption of fast food, and provided a urine sample that could be tested for signs of DEHP and DiNP.

Researchers defined fast food as anything obtained from a restaurant without waiter or waitress service, or any type of pizza place. All carryout and delivery foods were also considered fast food.

People were considered heavy fast-food connoisseurs if they obtained more than 35 percent of their daily calories from such sources, Zota said.

Zota and her team found that the more fast food participants in the study ate, the higher their exposure to phthalates.

People with the highest consumption of fast food had 24 percent higher levels of the breakdown product for DEHP in their urine sample. Those same fast-food lovers had nearly 40 percent higher levels of DiNP byproducts in their urine compared to people who reported no fast food in the 24

hours prior to the testing.

Grains and meats most significantly contributed to phthalate exposure, the study reported. Grains include a wide variety of items, such as bread, cake, pizza, burritos, rice dishes and noodles, Zota explained.

But a group that represents the chemical industry took issue with the findings.

"The authors acknowledge that a limitation of the study is that they cannot establish a link between any phthalate exposure and fast-food consumption," Lisa Dry, senior director of product communications at the American Chemistry Council, said in a statement.

"No phthalates were actually measured or confirmed to be present in any foods," Dry added. "Data from the Centers for Disease Control and Prevention over the last 10 years, the same data on which this study is based, demonstrate that exposure to phthalates from any source is extremely low, including any contribution from fast foods, and significantly lower than acceptable levels as set by regulatory agencies."

Besides phthalates, the researchers also looked for exposure to another chemical found in plastic food packaging -- bisphenol A (BPA). The investigators found no association between fast-food intake and BPA, but people who ate fast-food meat products had higher levels of BPA than people who reported no fast-food consumption.

The findings were published online April 13, 2016 in the journal *Environmental Health Perspectives*.

Expectant mothers should limit or eliminate fast food in their diet to prevent phthalates from affecting fetal development, Swan and Zota suggested.

"This is of particular concern for pregnant women, or women who might get pregnant," Swan said. "The risky period seems to be early in pregnancy."

More information

For more on phthalates, visit the U.S. Centers for Disease Control and Prevention.





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## SHIN SPLINTS: What You Need To Know

*By Mia Inqui*

The term "shin splints" refers to pain along the shinbone (tibia) — the large bone in the front of your lower leg. Shin splints are common in runners, dancers and military recruits.

Medically known as medial tibial stress syndrome, shin splints often occur in athletes who have recently intensified or changed their training routines. The muscles, tendons and bone tissue become overworked by the increased activity.

Most cases of shin splints can be treated with rest, ice and other self-care measures. Wearing proper footwear and modifying your exercise routine can help prevent shin splints from recurring.

If you have shin splints, you may notice:

Tenderness, soreness or pain along the inner part of your lower leg

Mild swelling in your lower leg

At first, the pain may stop when you stop running or exercising. Eventually, however, the pain may be continuous. Shin splints are caused by repetitive stress on the shinbone and the connective tissues that attach your muscles to the bone.

You're more at risk of shin splints if:

You're a runner, especially just beginning a running program

You play sports on hard surfaces, with sudden stops and starts

You run on uneven terrain, such as hills

You're in military training

You have flat feet or high arches

Consult your doctor if rest, ice and over-the-counter pain relievers don't ease your shin pain.



# How to Love The Job That You Have

By Mia Ingui

A common goal among most adults is to land a job that you love to do while making a decent living. Whether you attended college or jumped straight into the job market, it is possible to love the job that you have, even if the job is not ideal. Here are ways to love where you are working.

1. Focus on what you like about your work! This will give you the strength to tackle the tough parts. Consider things like your coworkers that you get along with. The stimulating assignments you receive, etc.

2. Make a change — even if it's a small one. Boredom is often at the root of unhappiness at work, so take a step toward modifying what's getting you down.



3. De-clutter your office. De-cluttering is liberating and empowering, and can bring you a new perspective.

4. Volunteer yourself! Commit to new responsibilities. You may get a feeling of progress, and you will refresh your focus. Say, "yes" to new assignments!

5. Find your joy in unexpected places. Laugh more, talk to your coworkers, and try adopting hobbies outside of work to find joy in.

Dr. Holli Alster



## QUESTION:

### What is the Achilles tendon and how is it treated?

**T**he Achilles tendon has always been a vulnerable spot in the body, especially for athletes and those more physically active. Also known as the Heel Cord, this is the tendon connecting muscle to bone at the back of the leg and the

thickest tendon in the human body. It connects the bones of your heel to your calf muscle. An Achilles tendon injury might be caused by:

- Overuse
- Stepping up your level of physical activity too quickly
- Wearing high heels, which increases the stress on the tendon
- Problems with the feet; flat feet, fallen arches or over pronation.
- Muscles or tendons in the leg that are too tight

to reduce swelling. Anti-inflammatory pain killers will help. A foot and ankle specialist may suggest conservative treatments, such as heel lifts and physical therapy involving stretching, strengthening and ultrasound. Other cases may require casting or even surgical intervention.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on Achilles tendon problems and other foot or ankle problems, feel free to contact me at 732-851-1617 or [info@cjfamilyfoot.com](mailto:info@cjfamilyfoot.com). ■

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If you feel pain in this part of the leg, it is a good idea to seek medical attention for a diagnosis and treatment options. In many cases, the injury will heal itself by resting the leg, icing, elevating and compressing

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# Knee Pain Treatment Makes Surgery Obsolete?

Hundreds of Jersey Shore Knee Pain sufferers choose all-natural medical treatment over surgery to relieve arthritis pain - doctors office swarmed for FDA cleared treatment covered by most insurance and Medicare

By Matt Edgar

America's Health Writer

Knee pain can be crippling. And for serious arthritis sufferers there have been few options besides pain pills and eventually total knee re - placement surgery.

That is, until now.

For the past year and a half, hundreds of knee pain sufferers have flocked to Osteo Relief Institute located in Jersey Shore right here in New Jersey.

That's when their specially trained doctors added Hyalgan treatments to their already successful and comprehensive knee pain relief program.

Hyalgan is unique because - even though it is manufactured by a pharmaceutical company, it's in NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Hyalgan works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks



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of your knee's lubricating fluid.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Hyalgan allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or so success from glucosamine and chondroitin. Beware of supplements to do what this advanced medical procedure

does.

*"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use advanced low-dose video flouroscopy imaging so we can see right into the joint. This allows us to put the Hyaglan exactly where it needs to be. Studies show doctors doing joint injections without flouroscopy miss the joint up to one third of the time."*

said Dr. M. Rubbani M.D. head of Arthritis Treatment at Osteo Relief Institute located in Wall, NJ.

*"Every case is individual. Some*

*patients get quite a bit of relief right away - others take a little more time. But most have be extremely happy and the results usually last for at least 6 months. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries."*

## How To Get It

If you have knee pain, the doctor would like to invite you for a free screening to see if

you are a candidate for Hyalgan treatments and the P.A.C.E program.

**All you have to do is call 732-658-4122** right now and when the scheduling specialist answers the phone tell her you would like your free "Knee Pain Screening." The doctor can only accept a limited amount of new patients each month for this screening - so if you are interested please call now.

**And here's something really important** - Hyalgan treatments and the P.A.C.E program are covered by most insurance and medicare. To schedule your free screening or if you have any questions call **732-658-4122**.



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Dr. Wayne Aldredge is  
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## Did You Know that...

*By Pam Teel*

**O**ur body is an incredible creation constantly giving us clues about our internal health. For instance, if you look at your nails and see you have large moons on your fingers, this represents a strong healthy digestive system capable of breaking down and absorbing nutrients from food and keeping toxins at bay. No moons or small ones is a sign of weak digestion and poor circulation. It can also mean a low immune system and a buildup of toxins in your body.

White Spots are common but usually mean a deficiency in minerals such as zinc and magnesium. They can be caused by poor diet, stress, low stomach acid, inflammation in the GI tract, or toxins in your colon. A natural cure: drinking celery juice in the morning on an empty stomach can help.



Vertical line ridges may be an early sign of psoriasis or inflammatory arthritis. It also

indicates malabsorption of nutrients in the body. This happens a lot with aging because efficiency of blood circulation decreases with age meaning nails get less and less nutrition. The lines indicate that something is preventing the vitamins from reaching the nails. It could also be thyroid, virus or toxin related. Eating ginger and drinking ginger tea can help improve the absorption and assimilation of essential nutrients in the body, and help improve gut health and balance gut bacteria needed to break down the food.

Nail bed inflammation meaning noticeable red cuticles and puffy borders around nails could be a sign of a viral infection such as mono or Epstein's Barr or could even be a sign of parasites in the body. It could also be a result of lupus or another connective tissue disorder. Best way to treat it is through diet. Eat more thoroughly washed fresh raw fruit, use anti viral herbs such as cats claw, lemon balm, colloidal silver, licorice root and zinc. Cut out food like animal fats, gluten, cheeses, refined sugar and processed foods.

Pale nails typically show signs of anemia in your body due to excessive blood loss, injury, or iron deficiency. Could also be a sign for ulcers, viral and parasitic infections, certain medications, or chronic diseases such as cancer or autoimmune conditions.

Horizontal lines or transverse grooves are one or more a deep lines running horizontal to the nail. This indicates a strong illness, infection, or depletion that occurred during the time that specific nail was growing. It is common after a viral infection, heart attack, or severe fever. If more than one horizontal line this indicates a reoccurring issue and most likely is related to a chronic condition.

Nail clubbing- Nail clubbing occurs when the tips of the fingers enlarge and the nails curve around the fingertips, usually over the course of years. Nail clubbing is sometimes the result of low oxygen in the blood and could be a sign of various types of lung disease. Nail clubbing is also associated with inflammatory bowel disease, cardiovascular disease, liver disease and AIDS.

Some tips: Drinking ginger tea and adding ginger to your diet can help break down toxins and help improve absorptions of essential vitamins needed in your body. Drink beverages at room temperature, never with a lot of ice. Add more soups to your diet and use more spices like turmeric, garlic, ginger, cayenne, and lemon juice before or in a meal to help aid in breaking down foods in your body.

## Frequent religious service attendance linked with decreased mortality risk among women

**W**omen who attended religious services more than once per week were more than 30% less likely to die during a 16-year-follow-up than women who never attended, according to a study from Harvard T.H. Chan School of Public Health. Frequent attendees also had significantly lower risk both from cardiovascular- and cancer-related mortality.

"Our results suggest that there may be something important about religious service attendance beyond solitary spirituality," said Tyler VanderWeele, professor of epidemiology at Harvard Chan School and senior author of the study. "Part of the benefit seems to be that attending religious services increases social support,

discourages smoking, decreases depression, and helps people develop a more optimistic or hopeful outlook on life."

Nearly 40% of Americans report attending religious services once per week or more. Previous studies have suggested a link between attendance and reduced mortality risk, but many were criticized for major limitations, including the possibility of "reverse causation"—that only those who are healthy can attend services, so that attendance isn't necessarily influencing health. The new study addressed these criticisms by using rigorous methodology that controlled for common causes of attendance and mortality, used a larger sample size, and had repeated measurements over time

of both attendance and health.

The researchers looked at data from 1992-2012 from 74,534 women who participated in the Nurses' Health Study. The women answered questionnaires about their diet, lifestyle, and health every two years, and about their religious service attendance every four years. The researchers adjusted for a variety of factors, including diet, physical activity, alcohol consumption, smoking status, body mass index, social integration, depression, race and ethnicity.

Compared with women who never attended religious services, women who attended more than once per week had 33% lower mortality risk during the study period and lived an average of five

months longer, the study found. Those who attended weekly had 26% lower risk and those who attended less than once a week had 13% lower risk.

The study also found that women who attended religious services once per week or more had a decreased risk of both cardiovascular mortality (27%) and cancer mortality (21%).

One limitation of the study is that it consisted mainly of white Christians and therefore might not be generalizable to the general population, other countries, or areas with limited religious freedom. In addition, the study population included only U.S. nurses of a similar socioeconomic status, who tend to be fairly health conscious.

## QUESTION:

### How can a dentist help with my snoring?

**S**nororing 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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## Frequent Heartburn May Predict Cancers of the Throat and Vocal Cord

**T**his study shows that antacids —not prescription medications or home remedies— have a protective effect, with a 41 percent reduced risk for cancers of the throat and vocal cord among nonsmokers/nondrinkers. Frequent heartburn was positively associated with cancers of the throat and vocal cord among nonsmokers and nondrinkers, and the use of antacids, but not prescription medications, had a protective effect, according to data published in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research.

"Previous studies examining gastric reflux and cancers of the head and neck have generated mixed results. Most of those studies had either few numbers of cases or they were not adjusted for confounding factors. Ours is a large, population-based study with robust parameters that strongly suggests gastric reflux, which causes frequent heartburn, is an independent risk factor for cancers of the pharynx (throat) and larynx (vocal cord)" — Scott M. Langevin, Ph.D., postdoctoral research fellow, Brown University, Providence, R.I.

Langevin and his colleagues identified 631 patients from a large group of individuals enrolled in a population-based, case-control study in the greater Boston area. Of the 631 participants, 468 had throat cancer and 163 had cancers of the vocal cord. An additional 1,234 individuals matched for age and gender with no prior history of cancer were recruited using town records to serve as controls for the study.

All participants completed a questionnaire on their history of heartburn, smoking and drinking habits, family history of cancer and sociodemographic information. Because some head and neck cancers are caused by infection with human papillomavirus 16 (HPV 16), the researchers tested for the presence of antigens to HPV 16 viral proteins in the blood of all participants.

Langevin and his colleagues found that among participants who were neither heavy smokers nor heavy drinkers, a history of frequent heartburn was linked to a 78 percent increased risk for cancers of the throat and vocal cord. They also found that among those who had frequent heartburn,

taking antacids, but not prescription medications or home remedies, had a protective effect, with a 41 percent reduced risk for cancers of the throat and vocal cord. The protective effect of antacids was consistent, irrespective of the participants' smoking or drinking status, HPV 16 status or tumor site.

"Additional studies are needed to validate the chemopreventive effects of antacids among patients with frequent heartburn," said Langevin. "The identification of gastric reflux as a risk factor for throat and vocal cord cancers, however, may have implications in terms of risk stratification and identification of high-risk patients."

### About the American Association for Cancer Research

Founded in 1907, the American Association for Cancer Research (AACR) is the world's first and largest professional organization dedicated to advancing cancer research and its mission to prevent and cure cancer. AACR membership includes more than 34,000 laboratory, translational and clinical researchers; population scientists; other health care professionals; and cancer advocates residing in more than 90 countries. The AACR marshals the full spectrum of expertise of the cancer community to accelerate progress in the prevention, biology, diagnosis and treatment of cancer by annually convening more than 20 conferences and educational workshops, the largest of which is the AACR Annual Meeting with more than 18,000 attendees. In addition, the AACR publishes eight peer-reviewed scientific journals and a magazine for cancer survivors, patients and their caregivers. The AACR funds meritorious research directly as well as in cooperation with numerous cancer organizations. As the scientific partner of Stand Up To Cancer, the AACR provides expert peer review, grants administration and scientific oversight of team science and individual grants in cancer research that have the potential for near-term patient benefit. The AACR actively communicates with legislators and policymakers about the value of cancer research and related biomedical science in saving lives from cancer. For more information about the AACR, visit [www.AACR.org](http://www.AACR.org).





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## QUESTION:

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

**O**steoarthritis 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?

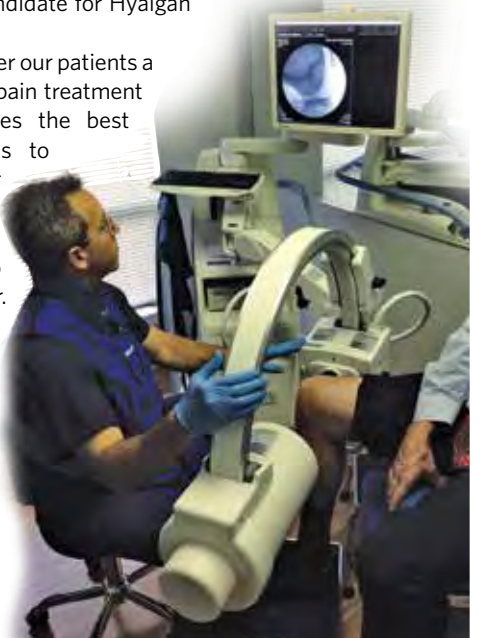
Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy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

*By Joey Phenex*

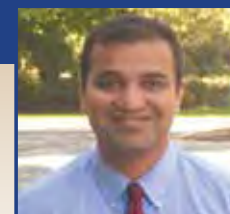
Genetic testing is a type of medical test that identifies changes in chromosomes, genes, or proteins. The results of a genetic test can confirm or rule out a suspected genetic condition or help determine a person's chance of developing or passing on a genetic disorder.

Genetic tests have been developed for thousands of diseases. Most tests look at single genes and are used to diagnose rare genetic disorders, such as Fragile X Syndrome and Duchenne Muscular Dystrophy. In addition, some genetic tests look at rare inherited mutations of otherwise protective genes, such as BRCA1 and BRCA2, which are responsible for some hereditary breast and ovarian cancers. However, a growing number of tests are being developed to look at multiple genes that may increase or decrease a person's risk of common diseases, such as cancer or diabetes. Such tests and other applications of genomic technologies have the potential to help prevent common disease and improve the health of individuals and populations. For example, predictive gene tests may be used to help determine the risk of developing common diseases, and pharmacogenetic tests may be used to help identify genetic variations that can influence a person's response to medicines. There is much we still need to learn about how effective these new tests are, and the best way to use them to improve health. For more information and testing possibilities, speak to your trusted physician and/or medical provider. You can even contact your Health Insurance Company. Many companies are now offering information on genetic testing.

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### GET UP AND EXERCISE... BUT BEWARE!

*By Dr. Sanjay Gandhi*



Dr. Sanjay Gandhi, DPM

Ok, so it's that time of year again. The weather is getting better, the sun is out, and you notice your neighbor jogging outside. Time to join in and get ready for summer shape! But exercising without proper precautions can put an end to your spring/summer plans. Rule #1: Do not eat right before you exercise. Your body will be busy diverting blood flow to the GI system to digest the food you just ate; exercising right after eating can lead to muscle cramps in the legs, weakness, and injuries. Exercise before eating or just have a small snack. If you did eat a larger portion, wait at least an hour after a meal but preferably at least 2 hours. Rule #2: Warm up exercises are key. As with any type of exercise, you must warm up your lower extremity muscle groups. Calf stretches, hamstring stretches, and ankle alphabet range of motion exercises are a must. When you jog/run, all of these muscle groups play an important role. If they aren't fully stretched and ready, you can get achilles tendon strains/tears, ankle sprains, or worse yet...fractures. Any of these can sideline you for weeks to months. Rule #3: Wear the proper shoes. I can't emphasize this enough. I see too many people wearing shoes that don't have the proper support and shock absorptive material for impact resistance. There are simple tests you can do in the store before buying your next pair of shoes. And good shoes don't have to cost you a fortune. You can save yourself from getting ripped off...and more importantly, a severe injury.



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# HPV vaccination expected to reduce cancer burden in all races, may not eliminate all disparities

Human papillomavirus (HPV)-associated cancers occur more frequently, and sometimes with more deadly consequences, among Hispanics, blacks, and American Indian and Alaska Natives than among whites. A new study from Harvard T.H. Chan School of Public Health finds that HPV vaccination is expected to reduce the cancer burden across all racial/ethnic groups. However, some disparities in cancer burden may persist and widen in the years to come if their causes—such as lack of access to diagnoses and treatment—aren't addressed.

The study appeared online April 28, 2016 in the journal *Cancer*.

"As expected, we found HPV vaccination would reduce the overall disease burden for all racial and ethnic groups. However, we also found that some racial and ethnic disparities may continue to exist," said Emily Burger, postdoctoral research fellow at Harvard Chan School's Center for Health Decision Science.

Nearly 80 million people in the U.S.—about one in four—are currently infected with HPV. Roughly 14 million more become infected each year. HPV infections that don't go away can lead to various forms of cancer. HPV vaccines, licensed since 2006 and recommended for boys and girls, are expected to lead to declines in six HPV-associated cancers, including cervical, anal, and oropharyngeal (throat) cancers. A recently licensed 9-valent HPV vaccine is expected to protect against additional HPV types that cause cancer. HPV vaccination has the potential to prevent up to three out of four HPV-associated cancers.

But, so far, uptake of the vaccines has been slow. Recent data from the Centers for Disease Control and Prevention (CDC) show that less than half of girls—and even fewer boys—aged 13-17 years have received all three recommended doses of the HPV vaccine series. The number of young people who complete the series also differs by racial and ethnic group. By comparison, the vaccination rate for the adolescent Tdap vaccine (for protection against tetanus, diphtheria and whooping cough) is about 85% or higher for all racial and ethnic groups.

Partnering with experts from the CDC, the Harvard Chan researchers used mathematical modeling to simulate the impact of alternative HPV vaccine coverage scenarios on six HPV-associated cancers for different racial/ethnic groups. They took into account current cancer incidence rates, and survival probabilities; the proportion of cancers due to HPV; and current HPV vaccination rates by age, sex, race, and ethnicity.

The study used both absolute and relative measures to examine the impact of HPV vaccination on racial/ethnic disparities. They found that while the absolute burden of cancer and disparities are expected to decrease with current or improved HPV vaccination coverage, relative disparities may persist and in some cases, increase. For instance, with high uptake of the 9-valent HPV vaccine, the risk of dying from an HPV-associated cancer was expected to decrease by 60% among all men. The estimated decrease in cancer burden was greater among some racial/ethnic groups, which led to an increase in the relative disparity among men. This is partly because HPV causes a smaller proportion of oropharyngeal cancers in black males than in white males, so vaccination would not have as much of an impact of the overall cancer burden for that group.

"Our findings show that vaccination can lead to a dramatic decrease in HPV-associated cancer in all racial and ethnic groups, but HPV vaccination alone will not eliminate existing HPV-associated cancer disparities. Efforts to improve HPV vaccination uptake in the U.S. must also be accompanied by efforts to minimize differences in access to screening for cervical cancer and access to timely diagnoses and treatment for all HPV-associated cancers," said senior author Jane Kim, associate professor of health decision science in the Department of Health Policy and Management.

Other authors included Kyueun Lee, former research assistant at the Center for Health Decision Science at Harvard Chan School. CDC authors included Mona Saraiya, Trevor Thompson, Harrell Chesson, and Lauri Markowitz.

Funding for the study came from the National Cancer Institute of the National Institutes of Health (R01CA160744; Principal Investigator: Kim).

"Racial and Ethnic Disparities in Human Papillomavirus-Associated Cancer Burden With First-Generation and Second-Generation Human Papillomavirus Vaccines," Emily A. Burger, Kyueun Lee, Mona Saraiya, Trevor D. Thompson, Harrell W. Chesson, Lauri E. Markowitz, and Jane J. Kim, *Cancer*, online April 28, 2016, doi: 10.1002/cncr.30007

Visit the Harvard Chan School website for the latest news, press releases, and multimedia offerings.

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\*87% reduction in symptoms is based on an April 2012 published medical study. Offices following these protocols have seen similar results. Results may vary depending on age, condition, treatment compliance, genetics, diagnosis and other factors. Not all patients are candidates for treatment or are accepted for care.

**PRN-036**



# QUESTION:

**What does diabetes have to do with my vision and my eyes?**

# ANSWER:

***Diabetes has the distinction of being the prominent cause of blindness in adults.***

Diabetes afflicts 23.6 million people in the United States with an additional nearly 57 million individuals exhibiting prediabetes symptoms. Type 1 diabetes accounts for approximately 10% of cases and largely affects children and young adults. Type 2 diabetes accounts for 90% of cases and is associated with obesity and insulin resistance. 20% of the Type 2 cases are actually Type 1.5, or latent autoimmune diabetes.

Signs of diabetes can be caught through your routine eye exam, allowing the patient to get earlier treatment. Uncontrolled diabetes can adversely impact all ocular tissues. Eye care professionals scrutinize ocular changes in their diabetic patients so that all abnormalities can be treated promptly and monitored efficiently.

***It is essential that EVERYONE should have routine eye exams!***

The most common ocular consequences from diabetes is Diabetic Retinopathy. Diabetic Retinopathy is a well-known risk factor for visual impairment in diabetic patients. It is caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye, the retina. This is the part of your eye that "takes pictures" and sends the images to your brain. Many people with diabetes get retinopathy which can lead to poor vision and blindness, 12,000 to 24,000 new cases of blindness every year. The condition can develop in anyone who has type 1 or type 2 Diabetes. The longer you have

diabetes and the less controlled your blood sugar is, the more likely you are to develop this eye complication

- People with diabetes are 40% more likely to suffer from glaucoma than people without diabetes.
- People with diabetes are 60% more likely to develop cataracts and also tend to get cataracts at a younger age and have them progress faster.
- Xanthlasma is more common in diabetic patients. These are defined yellowish collections of cholesterol around the eye area. They are not harmful or painful and can be easily removed from under the skin on or around the lids.
- Diabetics are at increased risk of developing conjunctival bacterial infections including acute infectious conjunctivitis.
- Tear film abnormalities are common in diabetic patients, who also experience an increased incidence of dry eye.
- Diabetic patients are at higher risk of developing several corneal complications including superficial punctate keratitis, recurrent corneal erosions, persistent epithelial defects and corneal endothelial damage. Reduced corneal sensitivity contributes to dry eye and also predisposes patients to corneal trauma, puts them more at risk of developing neurotrophic corneal ulcers.

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

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## Although a great deal of research has been done on probiotics, much remains to be learned.

*By Joely Phenex*

**W**hat do we know about the usefulness of probiotics? Some probiotics may help to prevent diarrhea that is caused by infections or antibiotics. They may also help with symptoms of irritable bowel syndrome. However, benefits have not been conclusively demonstrated and not all probiotics have the same effects.

What we do know about the safety of probiotics is that in healthy people, probiotics usually have only minor side effects, if any. However, in people with underlying health problems (for example, weakened immune systems), serious complications such as infections have occasionally been reported.

Probiotics are live microorganisms that are intended to have health benefits. Products sold as probiotics include foods (such as yogurt), dietary supplements, and products that are not used orally, such as skin creams.

Although people often think of bacteria and other microorganisms as harmful germs, many microorganisms help our bodies function properly. For example, bacteria that are normally present in our intestines help digest food, destroy disease-causing microorganisms, and produce vitamins. Large numbers of microorganisms live on and in our bodies. In fact, microorganisms in the human body outnumber human cells by 10 to 1. Many of the microorganisms in probiotic products are the same as or similar to microorganisms that naturally live in our bodies.

There's preliminary evidence that some probiotics are helpful in preventing diarrhea caused by infections and antibiotics and in improving symptoms of irritable bowel syndrome, but more needs to be learned. We still don't know which probiotics are helpful and which are not. We also don't know how much of the probiotic people would have to take or who would most likely benefit from taking probiotics. Even for the conditions that have been studied the most, researchers are still working toward finding the answers to these questions.

Although some probiotics have shown promise in research studies, strong scientific evidence to support specific uses of probiotics for most health conditions is lacking. The U.S. Food and Drug Administration (FDA) has not approved any probiotics for preventing or treating any health problem.

Whether probiotics are likely to be safe for you depends on the state of your health. In people who are generally healthy, probiotics have a good safety record. Side effects, if they occur at all, usually consist only of mild digestive symptoms such as gas. On the other hand, there have been reports linking probiotics to severe side effects, such as dangerous infections, in people with serious underlying medical problems. The people who are most at risk of severe side effects include critically ill patients, those who have had surgery, very sick infants, and people with weakened immune systems.

If you're considering a probiotic dietary supplement, consult your health care provider first. This is especially important if you have health problems. Anyone with a serious underlying health condition should be monitored closely while taking probiotics. If you're pregnant or nursing a child, or if you're considering giving a child a dietary supplement, such as probiotics, it's especially important to consult your (or your child's) health care provider. Tell all your health care providers about any complementary or integrative health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.





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# Things To Know About Omega-3 Fatty Acids

By Joely Phenex

Omega-3 fatty acids are a group of polyunsaturated fatty acids that are important for a number of functions in the body. The omega-3 fatty acids EPA and DHA are found in seafood, such as fatty fish (salmon, tuna, and shellfish). A different kind of omega-3, called ALA, is found in other foods, including some vegetable oils (canola and soy). Omega-3s are also available as dietary supplements like fish oil supplements and flaxseed oil supplements. Moderate evidence has emerged about the health benefits of consuming seafood. The health benefits of omega-3 dietary supplements are unclear.

## Here are 7 things you should know about omega-3s:

Results of studies on diets rich in seafood (fish and shellfish) and heart disease provide moderate evidence that people who eat seafood at least once a week are less likely to die of heart disease than those who rarely or never eat seafood.

Also, a study in 2012 concluded that the types of omega-3s found in seafood and fish oil, may be modestly helpful in relieving symptoms of rheumatoid arthritis.

The nutritional value of seafood is of particular importance during fetal growth and development, as well as in early infancy and childhood.

There is ongoing research on omega-3 fatty acids and diseases of the brain and eye, but there is not enough evidence to draw conclusions about the effectiveness of omega-3s for these conditions.

Including seafood in your diet is healthful. Whether omega-3 supplements are beneficial is uncertain. If you are considering omega-3 supplements, talk to your health care provider.



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# Trauma and PTSD symptoms linked to increased risk of blood clots in women



**W**omen who have experienced trauma and symptoms of post-traumatic stress disorder (PTSD) may be at greater risk for developing a potentially fatal blood clot disorder called venous thromboembolism (VTE) than women who have not experienced trauma, according to a study led by researchers from Harvard T.H. Chan School of Public Health and Columbia University Medical Center. It is the first study to examine whether trauma exposure and PTSD symptoms are associated with VTE in women.

PTSD is a condition that develops in some people who have lived through a threatening experience such as a sexual assault, military combat, or a

natural disaster. Symptoms can include nightmares, flashbacks to the triggering event, avoiding thinking about the event, and being constantly on guard. PTSD is twice as common in women as in men. An estimated 1 in 10 women will develop the condition in their lifetime.

"Primary care providers serving populations at high risk for PTSD should screen for VTE risk and monitor the health of those with PTSD," said senior author Karestan Koenen, professor of psychiatric epidemiology at Harvard Chan. "Our findings add to the growing evidence that the experience of extremely stressful, traumatic events and related post-traumatic stress reactions may inflict cardiovascular damage, in addition to the significant mental

health burden of the condition."

VTE—including deep vein thrombosis (when a clot forms in a deep vein, usually in the leg) and pulmonary embolism (when a clot breaks loose and travels to the lungs)—is the third most common cause of cardiovascular death in the U.S. and a leading cause of death among women who are pregnant or have recently given birth. Women who use birth control pills or menopausal hormone therapy are also predisposed to VTE. Psychological factors like depression have previously been linked to increased risk of VTE.

The researchers looked for associations between PTSD symptoms and VTE events in nearly 50,000 women participating in the Nurses' Health Study 2 over a 22-

year period. Nearly 35,000 women reported that they had experienced a traumatic event at the beginning of the study period. Of these, about 9,000 women reported one or more PTSD symptoms. There were 960 self-reported VTE events over the study period.

Compared with no trauma exposure, trauma alone and trauma with PTSD symptoms were each associated with heightened risk of VTE, with the greatest elevation in risk among those with the most PTSD symptoms. For example, the risk of VTE was nearly 2-fold higher among women with trauma and 6-7 PTSD symptoms than in women with no trauma exposure, after adjusting for other risk factors such as body mass index, smoking, and menopausal status. Women reporting trauma exposure without PTSD symptoms had a 60% higher chance of developing VTE compared to women with no trauma exposure.

"We believe that our findings have particular relevance for women's health. VTE is a significant health concern for women, especially women of childbearing age. Our study suggests that PTSD may be an important vulnerability factor for developing VTE in women," said first author Jennifer Sumner, an instructor in medical sciences at Columbia and visiting scientist at Harvard Chan. "Additional research should be aimed at identifying the mechanisms by which trauma and PTSD lead to cardiovascular damage, and finding ways to halt or reverse this process."



# Sunless Tanning Guide

By Mia Ingui

Lying in the sun for hours at a time is everyone's ideal beach day. But the dangers of too much sun exposure have haunted us for years upon years, with elevated risks of sunburn, sun poisoning, and skin cancers. How else do you get that golden brown tan, though? There are several means of sunless tanning that actually prove to be very effective, from professional done spray on tans or drugstore dupes that will give you the glow you desire. Here is a list of some effective forms of sunless tanning.

1. **Powder bronzers:** This tanning product is the easiest to use, it being a temporary way to add color to your cheekbones, nose, forehead, and total face.
2. **Spray Bronzers:** Appreciate the ease of these sprays, which can be purchased at the drugstore and are sprayed onto whatever part of your body you would like. Quickly spray your face, neck, arms, legs...whatever you want to apply a quick touch of color to.
3. **Self-tanning lotion:** A lotion will last longer than spray, but the build up is gradual. The more you apply the product, the deeper the tone.
4. **Professional Spray Tan:** Head to a tanning salon to get a professional done spray tan. You can pick your shade, and the process is very simple. Though it lasts much longer than a drugstore spray, it can be pricey.

To get the most longevity out of your tan, regardless of what kind, it is key to moisturize, moisturize, and moisturize! Also, activities such as prolonged soaking in pools, hot tubs, or the ocean will also fade a sunless tan faster.



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## QUESTION: *Should I Stop Exercising If I Have Back Pain?*

### Answer:

It is possibly the most popular question our providers get around the office. "Should I stop exercising if I have back pain?" The answer, however, is a complicated one. Typically, active people who enjoy working out put "getting back to the gym" as their number 1 priority when they injure themselves. For others, something as simple as walking without pain can be their goal. Sometimes, the gym is just the medicine that the doctor ordered, and sometimes it's not. Let me explain.

When you suffer injury to muscle tissue, particularly in the back, the body heals itself through forming scar tissue. Scar tissue can be tight and painful in some cases. If you are from pain levels 1-3 (on a scale of 1-10), staying active and doing light exercises that do not increase your pain can help the healing process. Increased blood flow to the injured tissues will nourish and expedite healing. It is always important to stretch following your exercises to help your injured muscles regain, or improve, their elasticity. A combination of light exercises and stretching should help you get through the injury. Maintaining a strong core will help prevent the back injury from returning by stabilizing the spinal joints.

Going to the gym is a big fat NO if your pain levels are greater than a 4 on that scale of 1-10, or if you experience traveling pain down a limb. If you experience this, you should contact your healthcare provider immediately. Persistent pain greater than a 4 can suggest more than just a muscle strain. A proper diagnosis and treatment plan is what you need to heal and prevent reoccurrence. Do not take matters into your own hands, you could end up making it worse!

Working out is clinically proven to be the best medicine for back pain. Light activity helps lubricate joints and nourish injured tissues. So yes you should lightly work out if you have back pain, but only if the pain is mild and you are not worsening any symptoms. Anything greater should be handled by a professional. Flexibility and stability are key.



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## 5 Must-Have Make-up Tools

By Mia Ingui

**W**ith all of the latest beauty trends and huge, overwhelming makeup stores, how in the world can someone figure out what tools they should be using? With makeup and makeup application, it all comes down to personal preference. But, having insight on what tools are most effective can help you make your decision on what to use! These are five makeup tools that you should NOT be living without:

**The Beauty Blender:** The hot new tool makeup artists swear by. This sponge is the best way to apply concealer and liquid foundations flawlessly.



**The Angled Blush Brush:** The slant of those soft bristles? Wow! It fits perfectly under your cheekbones to contour without streaking.



**The Allover Eye Shadow Brush:** The flat brush head is great for sweeping shadow from lashes to brows.



**The Eyeliner Brush:** Although it's common to just use a pencil, using a brush to apply your eyeliner makes the application clean and foolproof! (Well, almost.)



**The Kabuki Brush:** Soft, plushy, and perfect for applying bronzer.



## The Anatomy of a Great Eyebrow

By Mia Ingui

2015 was the year of...wait for it... the eyebrows. They pull your whole look together; they crown your beautiful eyes and have become one of the biggest makeup trends out there. So what does define a perfect eyebrow? Makeup artists all across the globe have united to define the perfect shaping of your eyebrows.

What you'll need: a brow shaping pen and a gel, which you can buy from any of your favorite makeup retailers.

### Step 1: Brush it up

First, comb your hairs up to see where they need to be filled in, starting from the front working towards the tail of the brow.

### Step 2: Measure it

Your best brow aligns with the inner tear duct. Use a tweeter flipped upside down to see the line of perfection.

### Step 3: Throw some shade

Use a matte shadow to start filling in the eyebrow.

### Step 4: Add detail

Then, adding a little bit more fullness to the front for that supermodel thickness, take a brow pen and draw in hairs right at the front towards the nose. You can also add more density to the tail.

### Step 5: Set it

Finish with clear brow gel combing hairs up because you want to show that hair texture. It locks it in place and your brows are done!



# Wellness Trends: Our Obsession With Designer Athletic Wear

By Joely Phenex

Sometimes going to the gym can be a real drag, but wearing clothes you love while working out makes it so much more bearable. Designer athletic-wear has become very popular in the fashion world, and we wanted to share some of our favorite brands with you:

## Wear it to Heart

WITH, or Wear it to Heart, stands out for its variety of adorable prints. Options vary from camouflage, stripes, and flowers to unique tribal patterns such as "Mayan treasure" and "Enigma." WITH is best for basic athletic wear like leggings, sports bras, tank tops, and shorts.

*Our favorite item:* Women's Capris in Tribal Cheetah

Anyone who loves cheetah print will love these white capri-length athletic leggings covered in black spots and tribal patterns. Our favorite part of the design is a black image of a cheetah that completely covers the left leg. These leggings cost \$66 and can be ordered at [www.wearittoheart.com](http://www.wearittoheart.com).

## Tory Sport by Tory Burch

With a classic, preppy style, Tory Sport by Tory Burch sells apparel necessary for running, tennis, swim, studio, and just hanging out. We love this brand because its clothes are simplistic, elegant, and timeless.

*Our favorite item:* Wide-Leg Sweatpants

These versatile sweatpants are made from "soft cotton terry" and give your legs plenty of room to breathe. They can be worn during a workout or for lounging around the house. You can order them at [www.torysport.toryburch.com](http://www.torysport.toryburch.com) for \$115

# Big News for Hair Addicts

By Joely Phenex

Spring 2016 fashion shows from top designers such as Alexander Wang and Chanel have given us a glimpse at upcoming hair trends. If you love doing your hair in all the latest styles, here are some ideas:

- **Natural hair:** In honor of the natural beauty of springtime, many models wore their hair au naturel down the runway this season. Casting aside hair products and hot tools, these models let out their natural wavy, curly, or straight hair. If you're sick of styling your hair every morning, let it air dry and fall in love with your natural look.
- **Choker hair:** One style that has been making a comeback this season is the "tucked in" look. Many models were seen with their hair neatly tucked into chokers, scarves, and even zip ties. This adorable look is perfect for warmer weather because it keeps your hair out of your face.
- **Ponytail buns (or "puns"):** The "pun" is a ponytail-bun hybrid. To achieve this simple look, just tie your hair as if you were putting it in a regular, low ponytail, but do not pull it all the way through. This is an effortless and laid-back hairstyle that can be dressed up, as it was on the runways, with headbands or clips.
- **Pastel hair:** If you love to dye your hair and constantly wonder which color to try next, think pastel! Many of the models had soft pastel colored hair, the most popular colors being pink, lavender, and rose gold. These colors are unique and perfect for the springtime!

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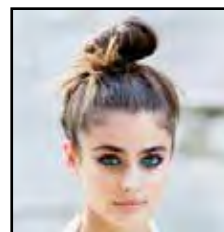
## TOP-KNOTS (Half Up or All Up)

*Let Us Show You How To Refresh The Look  
For This Top Trend for Spring and Summer*

By Mia Ingui

No matter how much you love your go-to hairstyle, it's safe to say that everyone can get stuck in a hair-do rut. So why not try something new, cute, and trendy with your hair? This hairstyle works on virtually all hair lengths, and will keep you looking and feeling cool this spring and summer.

**THE TOP-KNOT:** Whether you go for the messy or sleek look, a top-knot is basic to create and will keep your hair tight and secure all day. The key is volume: put your hair into a high pony, cohere the band at the top of your head, and brush and tease the hair to give it a lift. Then, wrap the hair around itself and pin. Hairspray for a sleek knot, or leave some pieces unpinned for a chic undone look.



**THE HALF BUN:** This style is great because it isn't dependent on hair length at all! Just pull half of your hair up, and tie into a bun. Pin as desired. That's it!



**Q: What is the difference between Sculptra Aesthetic and other facial fillers on the market today and what is it used for?**

**A:** Sculptra Aesthetic is used to correct shallow to deep facial wrinkles and folds which are treated with the appropriate injection technique. Sculptra is a gradual process. Unlike other fillers on the market, you do not see results right away. Sculptra is used in patients who want a gradual look that is not so noticeable after one treatment and a more youthful appearance. It also lasts longer than other facial fillers on the market because it uses your body's own foundation

for creating new collagen. Sculptra lasts an average of 2 years where other fillers only last months. Collagen is a key structural component that keeps skin youthful looking and smooth. As you age, your body's collagen production decreases, and you may begin to see wrinkles. Sculptra Aesthetic works to correct shallow to deep facial wrinkles and folds,\* as it replaces lost collagen, which can help provide a refined, more youthful looking appearance.

**Sculptra Aesthetic is suitable for:**

- Deep folds between the nose and the mouth (nasolabial folds) also called smile lines
- The lines framing your mouth (marionette lines)
- Chin wrinkles

On average, three injection sessions are needed over a period of a few months. The number of injection sessions and the number of injections per session vary from person to person.



Before



Be subtle



Be gradual



Be renewed

# Protein Myths-Debunked

By Mia Ingui

How are we humans supposed to maintain a healthy diet if our heads are constantly filled with false information? The only way to debunk myths is to confront them head on, and here are some common myths about protein, debunked.

## 1. Eating a Lot of Protein is Bad For You

Some people think that a high-protein diet will harm your kidneys and cause osteoporosis. It is true that eating protein can make you excrete more calcium in the short term, but long-term studies show that protein intake is associated with improved bone health and a lower risk of fractures, not the other way around. Take that!

## 2. High-Protein Intake Promotes Weight Loss

When you cut out carbohydrates, which comes with a high protein diet, you lose weight quickly because you lose water. Then, with no extra carbs, the body begins burning more fat for fuel. This can lead to ketosis, which may make losing weight easier because you feel less hungry. This is safe long term. The only issue is when you add carbs back into your diet, they will most likely cause weight gain. Managing your diet always, not just a crash course, is necessary for weight loss.

## 3. If You Are Vegan, You Aren't Taking In Any Protein

Those who eat vegan source their protein from all plant based products (yes, this is possible!) such as kidney and black beans, almonds, lentils, potatoes, and bananas. This amounts to obtaining plenty of protein in the body without harming any animals.

**What's the key to losing weight AND keeping it off without any other dietary changes? Add a portion of Legumes a day to your diet, experts say.**

By Mia Ingui

A 130g serving of beans, peas, chickpeas and lentils can help you stay trim.

Scientists found they are effective without other dietary changes.

Experts believe that legumes help a person feel fuller and this discourages their appetite, which enables them to lose weight.

Eating lots of beans, chickpeas and lentils have long been favored by the health conscious as foods that are low in fat.

But now research finds that diets rich in beans can actually make you slimmer if you add them to your diet.

Eating just a 130 gram serving – three quarters of a cup - of beans, peas, chickpeas or lentils each day can help you stay trim without making any other dietary changes, according to a study.

A 130g serving - three quarters of a cup - of beans, peas, chickpeas and lentils can help a person lose weight and keep it off, in the absence of any other dietary changes, a new study has revealed.

Scientists analyzed the results of 21 clinical trials involving 940 men and women.

They found that adding a single serving of pulses to the diet led participants to lose an average 0.34 kg (0.75 pounds) over six weeks.

Lead researcher Dr Russell de Souza, from St Michael's Hospital in Toronto, Canada said, "Though the weight loss was small, our findings suggest that simply including pulses in your diet may help you lose weight, and we think more importantly, prevent you from gaining it back after you lose it."

# BEST WAYS TO WARM UP BEFORE YOU EXERCISE

By Mia Ingui

**W**e go to the gym with the intent of one thing: exercising. Or possibly just going to get the great smoothies they make there. Regardless, if you are exercising, you're trying to lose fat, build muscle, and improve your overall health. What you definitely aren't looking to do is injure yourself, and the easiest way to ensure you'll leave the gym with an injury is to skip a warm up. We all remember those days of gym class in middle school, where as a group you'd simultaneously do jumping jacks, stretches, and whatever else your gym teacher threw at you before you got to the fun stuff. Why? To avoid the straining of muscles and injury. A proper warm up activates your nervous system, improves your blood circulation, and allows your muscles and joints to be at maximum flexibility. The best ways to warm up before you exercise are to spend 5-10 doing a dynamic warm-up. This could include:

2-3 minutes of jump rope (who cares if you mess up, keep trying!)

50 jumping jacks

20 body weight squats

5 lunges (each leg)

10 hip extensions

5 hip rotations each leg (like you're stepping over a fence)

10 forward leg swings (each leg)

10 side leg swings (each leg)

10-20 push-ups (scale based on your level of fitness)

Your warm up should not become more difficult than your actual workout, so keep that in mind, but dedicate the time to it. It will pay off!





# The Healthy Hammock

By James Keys

**I**t feels absolutely wonderful to lie suspended in a hammock, nearly weightless, swinging or swaying in the cool breeze. The draw that we feel to the hammock is that it is the simplistic ultimate resting device has to do with our body over our mind. The fact is that our bodies know exactly what they need and want when they feel it. If you haven't tried resting in a hammock, you don't know what you're missing. If you have tried resting in a hammock you know how wonderful it is, but there are also health benefits of a hammock, which is another reason why you should try one.

A hammock is absolutely the best way to rest your whole body from head to toe. It is a simple matter of ergonomics. Regardless of your age or weight, everyone can improve their quality of life by using a hammock. Mexican people have installed hammock hooks all through their homes, and they use them for sleepers and daybeds for their babies, which are perfectly safe when used with continuous supervision. A primary health benefit of a hammock is that the lilted, swaying, action which they offer stimulates the brain's cerebral activity.

This means that swinging in a hammock with a stand combo improves a person's ability to concentrate and focus and at the same time it relaxes the brain's overall activity. This has been scientifically proven to be true and is an invaluable therapy for those who suffer from autism, or even just those who have trouble with comprehension and reading. The hammock is being sold by medical suppliers as therapy devices that are prescribed by psychologists and physicians. This is only the beginning of the health benefits of hammocks.

Use of a hammock reduces brain activity, which helps to reduce stress. When activity in the brain slows, the stress throughout the body releases, and, as a result, the blood pressure drops significantly. Therefore, while your inner body rejuvenates and relaxes, the health benefits of the hammock also start to work on your physical body.

When you are resting in a hammock, your body weight is evenly distributed throughout, something like floating in water only you don't have to kick or paddle. Your vertebrae will stretch and go back into their natural positions, the tail and neck bones align, and you are effortlessly entranced into full meditation of mind and body.

You deserve to enjoy spring and summer, and get yourself a hammock!



By Jill Garaffa

## How to Create Body Gratitude & Appreciation

Dear Jill,

Over the past few years I've put on weight due to various life changes & stresses. I can't stand the way my body looks and feels. I exercise and eat healthy, yet I can't seem to get this extra weight off. I struggle with self-criticism and negative thoughts because of my body. Do you have any suggestions?

Signed,

E.W. - Manasquan, NJ

Dear E.W.,

As a life coach, I work in the area of energy. What that means is: my concern is not so much for what you are doing; it is in how you are being.

We can often "do" all the right things—eat healthy, exercise, etc-- but if our "being"—our energy or vibration is off, the physical world (our body) will not budge because our thoughts & feelings are not aligned with what we actually want—they are aligned with what we don't want. The universe is like a magnet. Energetically speaking: it will give you exactly what you think about & talk about. Our being, or energy, encompasses our thoughts, attitudes, beliefs, and our words.

For example: If you're wanting a smaller body, but you are constantly being critical of yourself, thinking "I'm fat" and feeling "fat" and talking with others about being "fat" then the energy you are putting out is "fat" and it will be the only thing you can attract and experience.

If, on the other hand, you were feeling grateful and appreciative of your current body and you were focused on what you do want, as if you already have it: vibrant health, vitality, energy, strength, etc—then, the universe has no choice then to deliver that to you over time.

To develop gratitude & appreciation for the body you have, consider this: if you had the opportunity to trade in your current body and randomly be assigned a new body, would you take the risk? You can't pick the new body--it will be randomly assigned and could potentially be much worse than the body you have now. This question brings most people to the realization that they have many things to appreciate about their body, no matter what its size or shape.

At first, the body gratitude exercise may feel awkward, but stick with it. Transforming your physical body begins with transforming your mind, thoughts and feelings. As your coach, I can help you get very clear on what it is that you want so you begin to attract it.

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.seedsofchange coaching.com](http://www.seedsofchange coaching.com) or call 732-859-6962.*

If you have a life situation where you feel stuck or stalled, and would like coaching, please email [jill@seedsofchange coaching.com](mailto:jill@seedsofchange coaching.com) or visit [www.seedsofchange coaching.com](http://www.seedsofchange coaching.com) and click "contact us" to be featured in a future column.

## Dr. Thompson Thompson Center for Plastic Surgery



Patient relationships and patient education are of utmost importance to Dr. Rudy Thompson, Double Board Certified Plastic Surgeon. Providing the safest plastic surgery techniques and industry innovations with the highest standard of care, both pre- and post-operative, are at the heart of Dr. Thompson's philosophy.

As a respected member of both prestigious societies within the field of Plastic Surgery, Dr. Thompson is proud to carry on the mission statements of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. After earning his medical degree from Tulane University School of Medicine Dr. Thompson completed his residency at Saint Barnabas Medical Center and fellowship at the University of Medicine and Dentistry of New Jersey.

If you are considering a surgical procedure of the breast, body or face or a non-surgical option such as Coolsculpting, Botox, facial fillers or laser treatments we invite you to schedule a confidential consultation with Dr. Thompson where you will receive a customized treatment plan for your aesthetic goals.

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## Dr. Rochelle Heller Freehold Smiles



Dr. Rochelle Heller received her Bachelor degrees from Brandeis University and earned her Doctorate of Dental Medicine Degree from New York University College of Dentistry. Dr. Heller completed a General Practice Residency at Robert Wood Johnson University Hospital, where she remains on staff practicing general dentistry and teaching residents in dental clinical skills. She is affiliated with the American Dental Association, the New Jersey Dental Association, and the Middlesex County Dental Society.

She is dedicated to advance, postdoctoral study and provides her patients with a comprehensive approach to oral health. She believes in conservative, preventive dentistry, and her goal is to increase the longevity of her patient's teeth.

Dr. Heller is a different kind of dentist. Gentle, patient and caring, she takes the time to provide the best care possible. She is also well regarded by her patients for her thoroughness. Rather than being rushed, you know that she is there to serve your needs. Dr. Heller lives in Monroe, New Jersey with her husband David and her son Yaden. She enjoys spending time with her family, reading, scuba diving and gardening.

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## Aashish Desai, MD The Doctors Office Urgent Care



Dr. Aashish Desai is a caring and experienced physician specializing in Urgent Care practice. Dr. Desai is capable of treating patients for any immediate and/or urgent visits. He completed his Residency at Mountainside Hospital and was

elected chief resident of his class. Dr. Desai is board certified by the American Board of Family Medicine.

He attended University of Tennessee for undergraduate degree, completed his Masters degree at University of Memphis and attended University of St. Eustatius School of Medicine. He completed his Residency at Mountainside Hospital and was elected chief resident of his class. In his spare time he enjoys playing poker, outdoor recreation and sports with his wife and two children.

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## Donna Singer, PT, MPA FYZICAL Therapy and Balance Center



Donna Singer, PT, MPA is the owner of FYZICAL Therapy and Balance Center of Little Silver. She has been in private practice in the Little Silver area since 1988. Donna's interest in physical therapy began when she was in high school when she volunteered and Children's Specialized Hospital. She was assigned to the physical therapy department there and was impressed with the way the therapists were able to improve the quality of the children's lives. She received her physical therapy degree from Northeastern University in Boston.

In her private practice Donna and her team of therapists see clients with a wide variety of conditions. Recently they have added specialties to the practice Fall Risk Assessments, Balance Training, Osteoporosis Exercise, and Vestibular Rehabilitation. Clients come to the practice to "Get Better, Feel Better, Live Better".

**(732) 758-0002**

**116 Oceanport Avenue, Little Silver, NJ 07739**  
**[www.FYZICAL.com](http://www.FYZICAL.com)**



# Organic Moms

The benefits of being an "organic mom" are too numerous to list. This lifestyle choice may be made for a baby at first, but it ultimately impacts the entire family.

When it comes to baby and mom, however, perhaps breastfeeding is the most obvious place to start. Older new moms still remember stories about the taboos surrounding the practice even 40 years ago. Today not only are women breastfeeding in overwhelming numbers because it is acceptable socially, if not regarded as being healthier for babies, but it also appears to be better for moms, too.

A study conducted by researchers at the University of North Carolina at Chapel Hill, published in 2009, found that women who breastfed their children were 59 percent less likely to develop breast cancer, even if genetically predisposed to the disease.

Today, with a wider acceptance of environmental practices, using cloth diapers is lauded as an earth friendly and economical option rather than being dismissed as a nuisance. The high cost of healthcare has highlighted the importance of creating a healthy environment for families from the start.

Even sticking to a completely organic diet is no longer dismissed as impractical, particularly as more adults are adopting an organic diet themselves.

As "green" choices become more mainstream, America's food chains are also responding. Not only are many starting to carry a wider selection of organic food — and not just on the baby aisle — but they also provide a discount from the sky-high premiums that the organic label has historically carried.

And where retailers fall short, some Web sites devoted to green family living offer tips on going organic and a wide selection of coupons for green products for the entire family.

At a time when Americans are adopting sustainable and healthy lifestyles, it has never been easier to be an "organic mom." And not only is the entire family benefitting, but it appears that going green with the baby is proving to be a strong catalyst in making green lifestyles as American as apple pie.

# Benefits of a Low Carb Diet

By Mia Ingui

**C**utting carbs to ensure weight loss is a process made popular by diets such as Atkins and the "juice cleanse," but what can a low carb diet really do for your health? Does it guarantee quick weight loss? Is it safe and healthy? Time to find out!

## How do low-carb diets work?

Once glucose from carbohydrates is no longer available for energy due to following a low-carb diet, we begin to burn stored fat instead and experience weight loss fast. A ketogenic diet, one kind of a very low-carb diet, takes this process to the next level, strictly eliminating almost all sources of glucose in order to put the body into fat-burning mode.

## What are benefits of a low carb diet?

Low-carb diets are nothing new. They have been used in the medical community for a variety of purposes for over a century. Based on decades of research, low-carb diets have been linked to benefits including:

- fast weight loss
- reduced hunger
- enhanced cognitive performance
- lower risk for heart disease factors
- reduced risk for certain types of cancer

## Risks of Low-Carb Diets:

This decrease of carbohydrates cannot work for everyone. Side effects that could follow include sluggishness, fatigue, mood swings and irritability known to researchers as, "the carb flu." Know your limitations and be safe.





# Chicken Detox

## WHY DETOX SOUP HELPS YOU LOSE WEIGHT, RELIEVE EXCESS WATER AND TOXINS

Since it relies primarily on vegetables rather than fruits, it's super low on the glycemic scale, and it's packed with fiber, which makes it pretty filling. A proper cleanse needs nutrients that support the body's innate detoxification systems and anti-microbials to kill the toxins in the stomach and digestive system that are a common source of toxicity. And soup is a good way to deliver those nutrients, as the food does not have to be digested and it's easier on the digestive system. Just be sure you're avoiding the common foods that trigger inflammation (gluten, dairy, soy, corn, nightshades, etc.). A nourishing homemade detox soup should be loaded with fresh chicken, loads of veggies, and ginger, to boost your metabolism and immune system, as well as remove toxins to help your body to work as it should.

Our recipe is gluten free, dairy free, and paleo to boot. The suggested cleanse structure is to eat the soup alone for several days. It's so low in fat and calories, you can eat as much as you want. After 3-4 days you may introduce green salads with raw nuts in the evenings. By the end of the cleanse you still eat the Chicken Detox Soup all day, but can add salmon to your evening salad for a little extra healthy fat.

The cleanse guarantees to help us shed water-weight, a few extra "real" pounds, and sets a precedent for continued healthy eating.

### INGREDIENTS

- 1-1/2 pounds boneless skinless chicken breast
- 2 quarts chicken broth
- 1 large onion, peeled and chopped
- 3 cups broccoli florets
- 2-1/2 cups sliced carrots
- 2 cups chopped celery
- 1-1/2 cups frozen peas
- 1/4 cup chopped parsley
- 3-4 garlic cloves, minced
- 3 tablespoons fresh shredded or grated ginger
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1/4 - 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground turmeric
- Salt and pepper



### DIRECTIONS

Set a large sauce pot over medium heat. Add the olive oil, chopped onions, celery, ginger, and garlic. Sauté for 5-6 minutes to soften. Then add the chicken breasts, broth, carrots, apple cider vinegar, crushed red pepper, turmeric and 1 teaspoon sea salt.

Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool.

Add the broccoli, peas, and parsley to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm.

# BBQ Turkey Burgers

### INGREDIENTS

- 1 pound ground dark-meat turkey
- 1 garlic clove, minced
- 1/2 teaspoon paprika
- Pinch of kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 slices sweet onion, grilled
- 1/4 cup barbecue sauce
- 4 sesame seed buns, toasted

### DIRECTIONS

In medium bowl, gently mix together the turkey, garlic, and paprika. Form turkey into 4 (4-inch) patties; season with salt and pepper. Heat your grill to medium-high and cook the burgers, turning once, until burgers are just cooked through (about 7 minutes per side). Serve with desired toppings and buns.



# The 5 C Smart Cookie Recipe

## (Chocolate Chip Cream Cheese Cookie)

*“Smart Cookie” when you need a little sweetness! At only 40 calories each with less than 2 grams of fat each, these absolutely irresistible cream cheese cookies are soft, light and delicious!*

*Makes 12 cookies*

### INGREDIENTS

- 1/3 cup plus 1/4 cup oat flour OR  
just process rolled oats in a blender until you get a fine flour
- 1/8 tsp salt
- 1/4 tsp baking soda
- 2-5 tbsp chocolate chips, as desired
- 1/4 cup granulated sugar or xylitol
- 3 tbsp full-fat cream cheese
- 1/2 tsp pure vanilla extract



### DIRECTIONS

Combine the first 5 ingredients in a bowl. In a cup, stir together the remaining 3 ingredients, gently heating if the cream cheese is too firm to stir. Pour wet into dry, then stir together and do not add extra liquid. It will look a bit dry, but keep stirring and scraping off the spoon as you stir. After a few minutes, it will moisten into a cookie dough batter. Form a big ball, then roll into cookie dough balls. Place balls on a plate and freeze at least 30 minutes (or up to a month). When ready to bake, preheat oven to 325 F and grease a cookie tray. Place balls on the tray, press down if desired, and bake 8 minutes—they will look quite underdone when they first come out, so do not even touch them for at least 10 minutes, during which time they will firm up.

# Shrimp and Avocado Salad

*Serves 6*

### INGREDIENTS

- 1/4 cup mayonnaise
- 2 stalks celery, thinly sliced
- 3 tablespoons finely chopped fresh cilantro
- Kosher salt and freshly ground pepper
- 1 1/2 limes
- 1 1/2 pounds large shrimp, peeled and deveined
- 1 tablespoon vegetable oil
- 2 hass avocados, diced
- 1 5-ounce package baby kale salad mix (about 8 cups)
- 1 small bunch radishes, thinly sliced



### DIRECTIONS

For the dressing: Combine the mayonnaise, celery leaves, 2 tablespoons chopped cilantro, 1 tablespoon water, 1/2 teaspoon salt and a few grinds of pepper in a large bowl. Grate in the zest of 1 lime and squeeze in the juice.

Shrimp: Toss the shrimp with the vegetable oil, 1/4 teaspoon salt and a few grinds of pepper in a bowl. Arrange the shrimp on the grill and cook until pink and just firm, about 2 minutes per side. Transfer to the bowl with the dressing; squeeze in the juice of the remaining 1/2 lime.

Add the sliced celery, avocados, salad mix and radishes to the bowl with the shrimp; toss to coat. Top with the remaining 1 tablespoon chopped cilantro.

**Q: My preschooler was just diagnosed with Autism. How can I best help my child?**

**A:** The short answer is, the sooner you start getting your child help **and** the more intensive the help is, the sooner and better the results will be.

Many parents know in their heart that their child needs help but doesn't know where to start. Our extensive resource network can help get your child assessed and on the road to a better life.

So many parents of very young children are given the misinformation that they need to wait until the child is school age to start behavioral therapy (ABA). While it is true that more symptoms will be evident as your child matures, **Early Intensive Behavioral Intervention (EIBI) can begin as young as one year.**

EIBI is based on the principles of **Applied Behavior Analysis (ABA)** and techniques developed through decades of research. ABA is the use of these techniques and principles to bring about socially significant, meaningful and positive change in behavior. A wide variety of ABA techniques have been developed for building useful skills in learners with autism – from toddlers through adulthood. Ideal ABA therapy sessions involves one-on-one interaction between the Registered Behavior Technician (therapist) and the participant. Every Registered Behavior Tech should be supervised by a Board Certified Behavior Analyst (BCBA) on a consistent basis.

The most comprehensive study to date found that 47% of the children receiving EIBI were able to successfully enter regular schools. EIBI is most effective when used intensively. A typical intervention will run for a minimum of 30-40 hours per week, and last for two to three years before the child turns six.

**The Puzzle Place Center for Autism** is specifically designed to provide the intensive behavior therapy for children ages 1-6 in a cheerful preschool setting. This type of one-on-one intense behavioral intervention is not offered elsewhere. Your child gets exactly what their individual needs are when they need it, rather than a classroom setting where the children are taught as a group and geared toward the average child in the room.

**Every minute of their time at The Puzzle Place has meaning toward their growth and progress:**

- » **Gross Motor Skills:** Physical activities, biking, climbing, swinging, running, ball play and more!
- » **Fine Motor Skills:** Arts & crafts, writing, cutting, beading, building blocks, coloring and more!
- » **Communication Skills:** How to communicate, point, speak, read and write.
- » **Social Skills:** Making eye contact, play skills, imitation and general social skills.
- » **Adaptive Skills:** Feeding and dressing, toilet training and other functional daily living skills.

Our year-round programming is for ages 1 to 6 with a wonderful summer program for the 6-9 year olds. **MOST PRIVATE INSURANCES WILL COVER THESE SERVICES WITH AN AUTISM DIAGNOSIS.** Speech services, Occupational and Physical therapy are also provided on premises.



# Zika And Pregnancy

**Z**ika virus disease (Zika) spreads to people mainly through the bite by two species of infected mosquitoes, one of which is more likely to transmit Zika. In past outbreaks, most people have not gotten sick, so people may not even know they are infected. Based on current knowledge, the greatest risk for complications from Zika is to a pregnant woman's fetus. If a pregnant woman is infected with Zika, she can pass the virus to her fetus. Zika has been linked to cases of microcephaly, a serious birth defect, and is a sign that the baby is born with a smaller brain, which can result in medical problems and impaired development. Researchers are working to understand more about how Zika affects pregnant women and fetuses.

## To protect the pregnancy, couples can:

Check CDC travel guidance; pregnant women should avoid travel to any area with Zika. [www.cdc.gov/travel/page/zika-travel-information](http://www.cdc.gov/travel/page/zika-travel-information).

Talk to her doctor or other healthcare provider first, if she must travel to an area with Zika.

Prevent mosquito bites, including covering up arms and legs and using EPA-registered insect repellent, which is safe to use during pregnancy.

Use latex condoms, the right way, every time or choose not to have any type of sex if the male partner has been in an area with Zika during the pregnancy.

## What we know.

There is no vaccine or medicine for Zika.

Zika may spread through mosquito bites in some states later this spring and summer. Based on US experiences with similar viruses (dengue and chikungunya), we know that states, like Florida, Hawaii, and Texas, may well have cases or small clusters of diseases that are spread by infected mosquitoes. Additional states may also be at risk.

Some infected people will get mild symptoms (fever, rash, joint pain, or red eyes) for up to a week but most people won't even know they are infected.

Zika has been linked to microcephaly, a serious birth defect, and is a sign that the baby is born with a smaller brain, which can result in medical problems and impaired

development. [www.cdc.gov/ncbddd/birthdefects/microcephaly.html](http://www.cdc.gov/ncbddd/birthdefects/microcephaly.html)

Zika can be passed from an infected man during sex. To date, we have not seen transmission from a woman during sex. The man gets infected by mosquito bite and spreads it to his partner through unprotected sex. This is preventable by using condoms, the right way, every time during all types of sex.

## What we don't yet know yet.

If you're pregnant: How likely is it that your fetus will have birth defects if infected? When during a woman's pregnancy is the fetus most vulnerable and when can the virus be detected? How likely are you to get infected with Zika and pass it on?

How often does a man spread Zika through sex and how long does the virus stay in semen?

Which states, with certainty, may be affected by Zika?

For updated information about areas with Zika, go to [www.cdc.gov/zika/geo/index.html](http://www.cdc.gov/zika/geo/index.html).



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- John F. Kennedy

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# HELPING YOUR CHILD DEAL WITH LOSS

By Mia Inqui

It's hard to explain to your kids when a relative or pet dies. It's harder to find the words if you're grieving yourself. But here are some tips to help you through this tough time.

Your kids may ask a lot of questions and it's okay that you don't have all the answers. Try to use clear and simple terms. Avoid using words like "went away" or "went to sleep" or even that your family "lost" the person. Young kids think very literally; it may make them afraid to go to sleep or scared when someone goes away.

Be patient and open. Allow your child to work through his or her grief as much as possible. Reassure your child that he or she did nothing wrong or anything to cause the death. Keeping open lines of communication may help prevent grief from being kept inside.

Be sure to make other important adults in your child's life aware of the death. Teachers, coaches and religious figures can offer additional support.

It may help your child if you plan something special to remember the person or pet who died. You can try to:

## Create art projects

Write a poem or story

Look at pictures

Plant a tree

Run a race in their honor

Volunteer in memory of the person

Visit the grave or a special place

This may be a painful time for your family. Remember that there's no right or wrong way to grieve. There is no amount of time that is right or wrong for the grieving process, but hopefully the more time passes, the less sad you will feel. Remembering the person and the good memories you have will help you and your family feel better.



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## Leaving Bad Moods Behind-For Kids

By Mia Ingui

**M**aybe your child woke up on the wrong side of the bed, or they had a rough day at school, but regardless of why, it's perfectly normal for your child to feel a little blue sometimes. As a parent, you can offer a helping hand so that your child can brush away the cloudy mood, and ultimately get them back on track. Here's how!

If they're feeling sad...Sadness is a perfectly normal emotion that we all feel from time to time! As a parent, you do not have to solve your child's problem, whatever it may be, but simply provide encouragement and support to help them work through their feelings.

If your child is feeling angry... First, find out what is making your child so mad, and then ask what would make him feel better. Don't tell your child that he or she shouldn't be mad; just show them ways to manage the anger. After you talk to them, encourage them to relax and chill out to release the angry feelings.

If your child is disappointed... Teaching your child early that things don't always come easy, and that you can't always have what you want is important for helping them cope with disappointment.

If your child is bored or hungry...Hey, bad moods strike all of the time, even in adults, because of boredom and hunger! If that is what is troubling your child, you know what to do!

## Shark Safety While Swimming At The Beach This Summer

By Joely Phenex

**Y**ou may have seen news reports about increased shark attacks this past summer. If you're taking a family vacation to the beach in the coming weeks, and you're worried about letting your children swim in the ocean, check this advice from Florida's Fish and Wildlife Service before you go. This organization has a lot of important facts and tips. Don't go alone in the water. People swimming by themselves are more at risk.

Sharks feed during the pre-dawn and twilight hours. Stay out of the water then so you aren't mistaken for food.

Check for scrapes and cuts before entering the water. Sharks can detect the scent of blood from far away.

Take off the bling. Sharks perceive shiny jewelry and clothes the same way they perceive fish scales that glisten in the water. You don't want to look like a shark's main source of food.

Visit designated beaches - not every shore is appropriate for swimming. If you see diving seabirds or bait fishes there is most likely feeding activity in that area.

Don't let your pets in the water. Their erratic movements can be mistaken for bait fish.

Be careful around sandbars and steep drop-offs. These are popular spots for sharks.

Swim when lifeguards are present- they are trained to deal with water related emergencies.

Do not enter the water if sharks have been spotted - just don't.



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## SENIORS & GARDENING

Gardening is one of the greatest hobbies for seniors because it requires concentration, physical work and a demanding initial investment of your time and sweat equity. But it's the results that make it all worthwhile.

The vibrant pops of color. The bounty of fruit and vegetables. Gardens are so loved by many people young and old because of this special gratification that comes with planting something from seed and watching it grow into something so useful and beautiful.

### Health Benefits

Gardens are health-beneficial, not only because of the healthy food they produce but because of the activity level required to maintain them. Seniors can get great exercise from planting and tending to their gardens.

While staying safe in the summertime heat can be a challenge, proper hydration and common sense can ensure that gardening gives you the right amount of physical exercise needed to keep your body and mind in great shape.

### Low-Maintenance Plants

The versatility of plants and produce make it easy for gardeners of all levels of expertise get in on the action. If you're not looking to devote too much of your time to upkeep — some plants require intensive year-round care — there are plenty of options at your disposal in terms of the plants that fit your plans.

Low-maintenance plants such as black-eyed-Susans or peonies grow rapidly and healthfully without too much of your time or attention. These can be great options for someone simply looking to brighten up a specific area of the yard. You can also choose planters that won't require weeding for an even simpler growing process.

### Using Containers

Using planters and other types of movable planting options make it easier for you to do some of your work in the shade or even inside. You can handle chores such as pruning and trimming while out of the heat, helping you conserve your energy for watering your plants.

Find ceramic pots with holes in the bottom for low-maintenance plants. This allows the water to soak through the soil and out of the pot. Keeping plants contained to smaller areas such as pots and planters also helps avoid needing too much potting soil or mulch, which are oftentimes required to maintain larger areas.





# Epilepsy In Older Adults

By Mia Ingui

**E**pilepsy is a broad term used for a brain disorder that causes seizures. In the United States, 2.4 million adults aged 18 years or older have active epilepsy. About 1% of adults 65 years of age and older have active epilepsy, which is about 447,000 people.

With the aging of the population, we can expect to see greater numbers of people with epilepsy.

Epilepsy is more likely to develop in older adults rather than younger adults because as people age, the risk of seizures and epilepsy rises. Some older adults may have lived with epilepsy throughout their lives, but others might develop epilepsy later in life. It isn't always easy to tell when you, a friend or family member, or a patient develops epilepsy later in life.

That's because seizures are harder to recognize in older adults, and many go unnoticed. For example, memory problems, confusion, falls, dizziness, or sensory changes like numbness are often blamed on getting older; however, these can actually be signs of seizures.

There are many different signs of seizures because there are many types of seizures. Most people think of convulsions, or muscle jerks and spasms, when they think of seizures. However, complex partial seizures are the most common type of seizure in older adults. Complex partial seizures can make a person with epilepsy appear confused or dazed. About half of older adults who are told they have epilepsy do not know the cause of their condition.

It is important to recognize and report these types of symptoms to a healthcare provider so they can determine the cause and recommend the right treatment.

Older adults with epilepsy may face greater challenges than other age groups. Balancing epilepsy treatment, especially when taking medicines for other health issues, is more difficult. Older adults also have a high risk of falls, leading to serious injury. Additionally, some epilepsy medicines can cause bone loss which can increase risk of falls and injury.

Most adults with epilepsy have good seizure control with medicines. Like other age groups, older adults with epilepsy can live a healthy, independent, and active lifestyle. Epilepsy specialists can help older adults to find the right treatment. Learn how to find an epilepsy specialist at the Epilepsy Foundations's website and talk to your health care provider.



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*Dr. Goldberg has been practicing medicine since 1993. He graduated from Irkutsk Medical School in Russia in 1977. He finished Cornell Medical College's Surgeon Assistant Program in 1992. He has been a sole practitioner at Taylors Mills Family Practice on Taylors Mills Road in Manalapan for the past 14 years.*

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# Alzheimer's Can Steal Ability to Know Loved Ones' Faces

*Loss of visual perception may occur early in course of disease, researchers say.*



## **Alzheimer's Can Steal Ability to Know Loved Ones' Faces**

According to Healthday news and Healthfinder.gov, a new study sheds light on what is often called one of the cruelest effects of Alzheimer's disease -- the patient's inability to recognize loved ones.

Researchers report that along with causing memory loss, Alzheimer's also seems to affect people's visual perception -- specifically their ability to recognize faces.

The investigators tested a group of seniors with Alzheimer's, and a "control" group without the brain disease, to see how well they could perceive faces and cars in photos. The pictures were shown either upright or upside down.

"The results for people with Alzheimer's were similar to those in the control group in terms of answer accuracy and the time to process the upside-down faces and cars," study author Sven Joubert, from the University of Montreal, said in a school news release.

"To perform these tasks, the brain must perform a local analysis of the various image components perceived by the eye. However, with the upright faces, people with Alzheimer's were much slower and made more mistakes than the healthy individuals," Joubert explained.

These findings suggest "that Alzheimer's leads to visual perception problems specifically with faces," Joubert said.

The researchers were also surprised to find that this visual impairment occurs in the early stages of the disease.

The study could help family members of Alzheimer's patients better understand their loved one's inability to recognize them and may lead to new ways to delay this problem, the study authors said.

For example, because impaired facial recognition may be due to a visual perception problem -- and not a general memory problem -- strategies such as voice recognition might help Alzheimer's patients recognize loved ones for a longer time period, the researchers said.

The findings were published April 12 in the Journal of Alzheimer's Disease.



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