

Monmouth County's

SUMMER ISSUE  
JULY/AUGUST 2016

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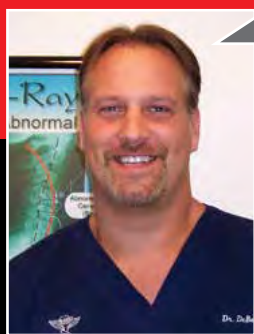
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# What is Taurine and Why Do I Need It?

By Susan Heckler

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

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

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

Excess taurine is excreted by the kidneys.

People take taurine supplements as medicine to treat:

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

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

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

## Painful Varicose Veins?



Varicose veins are **MORE** than a cosmetic problem. They can be associated with Deep Vein Thrombosis (**DVT**) and Pulmonary Embolism (**PE**), both of which claim up to **300,000** lives a year in the US.

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## 8 REASONS TO CONSUME GINGER REGULARLY

### 1. *Ginger Alleviates Pain*

According to a study conducted at the University of Georgia, regular ginger supplementation alleviated muscle pain by 25%. Moreover, this miraculous root may also soothe the pain during menstrual cycles, and it has been found to lower the progression of muscle pain.

### 2. *Ginger Reduces Cholesterol Levels*

Another study which lasted for 45 days included 85 high cholesterol patients found that 3 grams of ginger powder every day significantly reduced cholesterol levels. Also, researchers suggest that it can also reduce the risk of heart disease.

### 3. *Ginger Relieves Digestive Issues*

Ginger contains phenolic compounds which soothe irritation in the gastrointestinal tract. Moreover, they trigger the production of bile and saliva and thus help the passing of food and fluids through the GI tract. A study, which involved 24 healthy individuals, showed that the consumption of 1.2 grams of ginger powder before meals speeds up the emptying of the stomach, thus reducing indigestion by 50%.

### 4. *Ginger Fights Inflammation*

Osteoarthritis is a common issue that represents the joint degeneration, which leads to stiffness and pain in the joints. A recent research involved 247 people with knee osteoarthritis and showed that the ones who consumed ginger needed less medication and their pain was significantly reduced.

### 5. *Ginger Improves Brain Function*

Aging is significantly accelerated by oxidative stress and chronic inflammation, which lead to numerous age-related cognitive impairments, such as Alzheimer's disease.

Research suggests that ginger contains antioxidants and bioactive compounds, which have powerful inflammatory responses that occur in the brain. One study conducted on 60 middle-aged women showed that the extract of ginger enhances the working memory and reaction time, meaning that it promotes brain health in various ways.

### 6. *Ginger Relieves Nausea*

The consumption of ginger tea or raw ginger is an effective nausea remedy, especially in the case of pregnancy, morning sickness, and cancer treatments. According to a review of 12 studies which involved 1,278 pregnant women, 1.1-1.5 grams of ginger greatly reduced nausea.

### 7. *Ginger Lowers the Risk of Heart Disease*

High blood sugar is the main risk factor for heart disease. A recent study, which involved participants with type 2 diabetes, showed 2 grams of ginger powder on a daily basis reduced blood sugar and caused a 10% overall reduction in 3 months, meaning that it can reduce your heart disease risk by at least 10%.

### 8. *Ginger has Anti-Cancer Properties*

Ginger contains a substance called 6-gingerol, which has been a subject of numerous studies as a potential alternative cancer treatment. One study found that 2 grams of ginger extract on a daily basis reduced the pro-inflammatory signaling molecules in the colon.







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# NIH Study Finds Calorie Restriction Lowers Some Risk Factors for Age-Related Diseases

A National Institutes of Health-supported study provides some of the first clues about the impact of sustained calorie restriction in adults. Results from a two-year clinical trial show calorie restriction in normal-weight and moderately overweight people did not have some metabolic effects found in laboratory animal studies. However, the researchers found calorie restriction modified risk factors for age-related diseases and influenced indicators associated with longer life span, such as blood pressure, cholesterol, and insulin resistance. The study was reported in the September, 2015 issue of *Journal of Gerontology: Medical Sciences*.

Calorie restriction is a reduction in calorie intake without deprivation of essential nutrients. It has been shown to increase longevity and delay the progression of a number of age-related diseases in multiple animal studies. Called Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy (CALERIE), the randomized trial was funded by the National Institute on Aging (NIA) and the National Institute of Diabetes and Digestive and Kidney Diseases, both part of NIH. It was conducted at Washington University in St. Louis, Louisiana State University's Pennington Biomedical Research Center in Baton Rouge, and Tufts University in Boston. The study coordinating center was at Duke University in Durham, North Carolina.

CALERIE was designed to test the effects of calorie restriction on resting metabolic rate (after adjusting for weight loss) and body temperature, which are diminished in many laboratory animal studies and have been proposed to contribute to its effects on longevity.

"The study found that this calorie restriction intervention did not produce significant effects on the pre-specified primary metabolic endpoints, but it did modify several risk factors for age-related diseases. It is encouraging to find positive effects when we test interventions that might affect diseases and declines associated with advancing age," notes NIA Director Richard J. Hodes, M.D. "However, we need to learn much more about the health consequences of this type of intervention in healthy people before considering dietary recommendations. In the meantime, we do know that exercise and maintaining a healthy weight and diet can contribute to healthy aging."

In laboratory animals, calorie restriction's favorable effects on life span have generally been found when it is begun in youth or early middle age. An equivalent trial in people would take decades. However, shorter trials can determine feasibility, safety and effects on quality of life, disease risk factors, predictors of life span and effects on mechanisms influenced by calorie restriction in laboratory animal studies. CALERIE was a two-year randomized controlled trial in 218 young and middle-aged healthy normal-weight and moderately overweight men and women to measure these outcomes in a calorie restriction group, compared with a control group who maintained their regular diets.

The calorie restriction participants were given weight targets of 15.5 percent weight loss in the first year, followed by weight stability over the second year. This target was the weight loss expected to be achieved by reducing calorie intake by 25 percent below one's regular intake at the start of the study. The calorie restriction group lost an average of 10 percent of their body weight in the first year, and maintained this weight over the second year. Though weight loss fell short of the target, it is the largest sustained weight loss reported in any dietary trial in non-obese people. The participants achieved substantially less calorie restriction (12 percent) than the trial's 25-percent goal, but maintained calorie restriction over the entire two-year period. The control group's weight and calorie intake were stable over the period. The study found a temporary effect on resting metabolic rate, which was not significant at the end of the study, and no effect on body temperature.

Although the expected metabolic effects were not found, calorie restriction significantly lowered several predictors of cardiovascular disease compared to the control group, decreasing average blood pressure by 4 percent and total cholesterol by 6 percent. Levels of HDL ("good") cholesterol were increased. Calorie restriction caused a 47-percent reduction in levels of C-reactive protein, an inflammatory factor linked to cardiovascular disease. It also markedly decreased insulin resistance, which is an indicator of diabetes risk. T3, a marker of thyroid hormone activity, decreased in the calorie restriction group by more than 20 percent, while remaining within the normal range. This is of interest since some studies suggest that lower thyroid activity may be associated with longer life span.

The study also assessed calorie restriction's effects on mood (particularly hunger-related symptoms) and found no adverse effects. No increased risk of serious adverse clinical events was reported. However, a few participants developed transient anemia and greater-than-expected decreases in bone density given their degree of weight loss, reinforcing the importance of clinical monitoring during calorie restriction.

"The CALERIE results are quite intriguing. They show that this degree of sustained calorie restriction can influence disease risk factors and possible predictors of longevity in healthy, non-obese people. It will be important to learn how calorie restriction at this level affects these factors despite the lack of the predicted metabolic effects," said Evan Hadley, M.D., director of NIA's Division of Geriatrics and Clinical Gerontology and an author of the paper. "Since this group already had low risk factor levels at the start of the study, it's important to find out whether these further reductions would yield additional long-term benefits. It also would be useful to discover if calorie restriction over longer periods has additional effects on predictors of health in old age, and compare its effects with exercise-induced weight loss."

# Neurogenx; Non-narcotic, Non-surgical and Non-invasive Pain Relief Comes to Princeton!

By Susan Heckler

The Princeton area welcomed a new business in early May, Neurogenx. Located at 134 Franklin Corner Rd, Suite 106 in Lawrence Township, they specialize in the successful treatment for neuropathy and chronic nerve conditions that affect both the upper and lower extremities. Neuropathy is literally a disease of the nerves.

The symptoms are pretty common; pain, numbness, weakness in legs, loss of balance, unsteadiness, relentless burning or tingling, and cramping. Neuropathy effects the Sensory nerves (the nerves that control sensation), Motor nerves (the nerves that allow power and movement), and Autonomic nerves (the nerves that control the systems of the body such as the gut and bladder).

While neuropathy is reasonably common, there are many causes which can't always be identified. Some known causes are Diabetes, vitamin deficiency, exposure to chemicals and Chemotherapy, but the most common cause is "Unknown." A patient has the symptoms and there is no explainable link.

Previously, there were not a lot of good solutions to this painful problem. The solutions were to treat the symptoms. Pain, being a principle symptom, gets treated with pain medications or narcotics, or a prescription such as Lyrica or Gabapentin. These have addiction potential and other possible side effects.

Neurogenx provides one-of-a-kind Electronic Signal Treatment (EST) which is non-narcotic, non-surgical and non-invasive. Neurogenx EST relieves neuropathy symptoms and severe neuromuscular pain by safely using cutting-edge, high-frequency electronic waves to gently reach deep down through muscle and tissue. The treatment creates changes at the body's cellular level that reduce swelling, remove excess fluids and waste products, alter Ph levels and increase cellular metabolism. These changes relieve pain and help healing begin, giving dramatic results in patients across the country.

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# HUMAN CONNECTOME PROJECT MARKS ITS FIRST PHASE

*Brain connectivity gets personal, as an individual's scans predict behavior.*

Scans of an individual's brain activity are emerging as powerful predictive tools, thanks to the Human Connectome Project (HCP), an initiative of the National Institutes of Health. Such individual differences were often discarded as "noise" – uninterpretable apart from group data. Now, recently reported studies based on HCP neuroimaging and psychological data show that individual differences in brain connectivity can reliably predict a person's behavior. Such scans might someday help clinicians personalize diagnosis and treatment of mental disorders, say researchers.

One study([link is external](#)) found that an individual's unique resting state connectivity "fingerprint" can accurately predict fluid intelligence. Another developed a model([link is external](#))that similarly predicted individuals' performance on a variety of tasks, including reading and decision-making. Notably, no brain scans or psychological tests were required specifically for these studies; instead, the researchers drew upon an unprecedented trove of shared data from more than a thousand subjects made available by the HCP.

This database is one of the achievements being showcased this month, as the NIH celebrates completion of the HCP's first phase. A symposium([link is external](#)), open to the public, spotlighting HCP's successes to date, will be held on the NIH campus in Bethesda, Maryland, June 20, 2016, 12:30 – 5:30 p.m. ET. It will also be videocast worldwide (details below).

In 2010, NIH awarded two HCP grants to map the human brain's connections in high resolution. The aim was to understand the connections of the healthy human brain to establish a baseline that would help identify connectivity abnormalities in brain disorders. The grants supported two research consortia, one led by researchers at Washington University, in St. Louis, and the University of Minnesota; the other led by investigators at Massachusetts General Hospital (MGH)/Harvard University, Boston, and the University of California Los Angeles (UCLA).

The MGH/UCLA consortium built a custom "Connectom" scanner with advanced diffusion MRI technology that can visualize the brain's networks in 10-fold higher detail than conventional scanners. At least two other leading research centers have recently adopted the HCP-designed high-powered diffusion imaging scanners – which boost resolving power via magnetically stronger copper coils, called gradients.

In parallel, researchers at Washington University and the University of Minnesota led a multi-institution consortium that comprehensively mapped long-distance brain connections and their variability in 1,200 healthy adults (twins and their non-twin siblings), using both MRI and magnetoencephalography. By pairing studies of structural and functional brain connectivity with extensive behavioral and heritability measures, the project has provided data about brain connectivity, its relationship to behavior, and contributions of environmental and genetic factors to individual differences in brain circuitry.

Technical advances achieved during the project have transformed the field – for example, enabling much more efficient data collection by dramatically shortening the duration of scans while maintaining high-resolution images. The wealth of data gathered has been shared with the wider neuroimaging community via [adata archive](#)([link is external](#)) supported by NIH. These user-friendly tools for data mining, analysis, and visualization are enabling discoveries such as those on the predictive power of individual scan data, noted above.

The June 20 symposium will also feature reports on the second phase of the HCP, which will collect data from healthy subjects across the human lifespan and from individuals with specific clinical diagnoses.

The HCP is a project of the NIH Blueprint for Neuroscience Research. This collaborative framework includes the NIH Office of the Director and 15 NIH Institutes and Centers that support research on the nervous system. By pooling resources and expertise, Blueprint identifies cross-cutting areas of research, and confronts challenges too large for any single Institute or Center.

Grants: MH091657, EB009666, DA022975

About the National Institute of Mental Health (NIMH):The mission of the NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery and cure. For more information, visit the NIMH website.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).



*This High Angular Resolution Diffusion Image (HARDI) of the human brain shows long distance connections, or tracts, grouped on the basis of their anatomical neighborhood. Wiring associated with particular brain structures share the same color. In diffusion imaging, the scanner detects movement of water inside neural fibers to reveal their locations. Anastasia Yendiki, Ph.D., Viviana Siless, Ph.D., MGH/Harvard, Boston Adolescent Neuroimaging of Depression and Anxiety (BANDA)*

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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.

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**PRN-085**

## IT IS TRUE! Love Makes You Gain Weight

It has long been rumored that being in a relationship is bad for your waistline. According to DailyMail.com, if you piled on the pounds after meeting your significant other, you are not the only one.

A new survey has shown that people in relationships gain an average of 4lbs a year, swapping salads and skinny lattes with steak dinners and wine.

But don't panic, the key tipping point does not occur in the honeymoon phase.

Just over half the women polled said their own weight gain had caused their partner to pile on the pounds

More than half of couples surveyed said they experienced weight gain after three years of dating, in the time period called 'the comfort zone.'

Just 18 percent of couples reported significant weight gain during the 'honeymoon period' when they first fell in love.

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## When You Snooze You Loose

*By Mia Inqui*

There's a growing body of evidence that ties short sleep duration (getting less than 7-8 hours of shut-eye) with higher BMI's in both adults and children proving that sleep habits effect weight. In 2015, researchers at Weill Cornell Medical College presented evidence that cutting sleep by as little as 30 minutes per day can lead to weight gain. The researchers studied 522 participants with newly diagnosed Type 2 diabetes for 12 months, asking them to track sleep seven days a week. After a year, the researchers found that, for every 30 minutes of sleep debt accrued at baseline, the risk of obesity and insulin resistance significantly increased, by 17% and 39%, respectively.

Another study found that when participants weren't getting enough sleep it affected their food choices and meal patterns. When participants skimped on sleep, they not only ate more food, but they also chose food that was lower in nutrients and higher in fat and carbohydrates. They also ate smaller breakfasts and had a greater tendency to snack after dinner.

In another study of just 30 participants published in the American Journal of Clinical Nutrition in 2011 found that sleep-deprived participants ate an average of 300 more calories per day, mostly in the form of saturated fats. But why? There's a hormonal imbalance associated with sleep deprivation. Inadequate sleep impacts ghrelin and leptin, two hormones that regulate hunger and fullness. Ghrelin signals to your brain that it's time to eat. The less you sleep, the more of this hormone your body tends to make. Leptin, on the other hand, signals to your brain that you're full. Sleep deprivation actually causes production of leptin to drop, desensitizing your feeling of fullness. Tie the two together, and you've got one disastrous duo for weight control. But that's not all: There's a third hormone, cortisol, that may be involved as well. Cortisol is a stress hormone that signals the body to conserve energy (translation: store fat), and it spikes when we don't get enough sleep.

Sleep is undervalued. Getting enough quality sleep is holistically tied to your health and your weight-loss goals. Getting more sleep is not the solution to our current obesity epidemic here in the USA; however, knowing that getting enough sleep can possibly help individuals better manage their weight is a very helpful tool.



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# COLONOSCOPIES AND MAMMOGRAMS

## Top List of 'most-shopped' Healthcare Services

By Mia Inqui

Colonoscopies, mammograms, and childbirth services are the most searched-for medical services when it comes to cost information—and millennials with higher annual deductible spending are the most frequent comparison shoppers—according to an analysis of a large national health insurance plan database by researchers from Harvard T.H. Chan School of Public Health.

Other top searched-for services in the study included MRIs, vasectomies, physician office visits, and other non-emergency services.

"Previous studies have not identified the medical services for which individuals are most interested in getting prices, or the characteristics of people who use transparency tools. This research gives the first detailed look at patterns of use of a sophisticated price transparency tool by individuals," said Anna Sinaiko, research scientist in the Department of Health Policy and Management.

Given the wide variation in costs for health care services among

different hospitals and different doctors, the researchers wanted to know which people with access to a price transparency tool for comparing the costs of medical services would use it—and how. They looked at data from adults aged 19-64 who had health insurance with Aetna, a major national insurer. The researchers found that most of the health care price information people sought was about "shoppable services"—the kind that people plan for ahead of time, such as preventive screenings or outpatient procedures like knee replacements, tonsillectomies, or hernia repair.

Efforts to introduce price transparency to the U.S. health care system are on the rise. The hope is that consumers will incorporate costs into their medical decision-making and use that information to choose high-quality and high-value care. The study findings suggest that innovative approaches are needed to encourage patients to use price transparency tools to help them get more value for their health care dollar.

## 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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## The Importance of Organ Donation

By Susan Heckler

Many people don't understand the importance of organ donation until they or someone they love is in dire need. The gift of life they need has to come from somewhere.

The NJ Sharing Network Foundation is committed to increasing the number of lives saved through research, donor family support, education and public awareness about the life-saving benefits of organ and tissue donation and transplantation. NJ Sharing Network itself saves lives through organ and tissue donation. Their staff is responsible for recovering organs and tissue for those in need of transplants. They provide support for the families of organ and tissue donors to help them continue to honor the legacies their loved ones have created.

### Why should you be an organ donor?

One organ donor can save up to 8 lives.

Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine.

Your decision to donate could save and enhance more than 50 lives.

Donation will not interfere with your medical care or burial arrangements.

There are no costs associated with organ and

tissue donation.

Most religions support organ and tissue donation.

Many donor families are comforted knowing their loved one's legacy lives on through others.

More than 122,000 people are waiting for transplants in the U.S. including nearly 5,000 right here in New Jersey.

In addition to organ donation, there is also tissue donation. Did you know?

- Donated corneas help restore sight.
- Bone grafts, ligament and tendons are used to repair injured or diseased bones and joints.
- Skin grafts heal burn victims and are used for breast reconstruction post-mastectomy.
- Healthy heart valves are life-saving to those with diseased valves.

22 people die daily waiting for a life-saving organ transplant. There are currently 2.5 million registered donors in New Jersey, only about 1/3 of potential donors. That is an amazing amount, although only 1% actually become donors as the circumstances and timing has to be perfect. Even if you are a donor, family members can needlessly delay the process because your intentions were not made clear to them.

Think you are too old? Too young? Anyone

has the potential to be an organ donor regardless of medical history and age. Organ donors as young as a few days old to adults in their 90s have given the Gift of Life through organ donation!

Want to help now? Join the 5K Walk/Run on August 21 at Brookdale Community College, 765 Newman Springs Rd in Lincroft where NJ Sharing Network's Annual 5K Celebration of Life brings together thousands of walkers, runners and volunteers to honor those who gave, pay tribute to those who received, offer hope to those who continue to wait and remember the lives lost while waiting.

To learn more, or are interested in participating in the 5K Celebration of Life, contact [5k@njsharingnetwork.org](mailto:5k@njsharingnetwork.org) or 908-514-1761. You can also visit [www.NJSharingNetwork.org/5K](http://www.NJSharingNetwork.org/5K)

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## Dr. Shabnam Maghsood

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At Seahorse Pediatrics, we provide personal and friendly service in a fun, caring environment for children of all ages. Seahorse Pediatrics was founded in 2016 by Dr. Shabnam Maghsood, a Board Certified Pediatrician who completed her Pediatrics Residency at the University of Louisville (Kentucky)

in 2007. Dr. Maghsood is passionate about the health and welfare of children of all ages. She enjoys seeing the development of children as they grow from birth through young adulthood and is currently raising two children of her own right here in Monmouth County, New Jersey.

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## Dr. Gina Sclafani, OD

### Freehold Family Eyecare

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

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

Brooklyn area.

Freehold Family Eyecare offers Comprehensive eye exams for children and adults, Contact Lens Fittings and Evaluations, Eye Disease Treatment, Sports and Specialty eyewear fitting and Visual field testing.

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

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## Dr. Steven Linker, OD

### Monmouth Vision Associates



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

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

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

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## Dr. Peter Bufano, Board Certified Spine Specialist

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Dr. Pete graduated from Monmouth University and received his B.S. in Biochemistry in 1994. Dr. Bufano attended New York Chiropractic College in Seneca Falls, New York and received his Doctorate in Chiropractic in 1998. Dr. Bufano is Board Certified in New Jersey,

specializing in musculoskeletal diagnosis and treatments. Dr. Bufano continues his post graduate studies in sports medicine, whiplash, mild traumatic brain injuries, as well as, Neurology.

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

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## 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! ☺■

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



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## FUN FACTS ABOUT SNEEZING

Sneezing is something we all do time to time, but how often do you pause to think about what's actually happening in your body when you sneeze? While the causes of sneezing vary, the sneeze itself remains the same. Here are some fun and very interesting facts about sneezing.

You don't sneeze when you are asleep because the nerves that trigger sneezing are asleep too.

A single sneeze can travel up to 20mph.

A single sneeze can produce 40,000 droplets.

A single sneeze has a spray radius of 5ft.

A single sneeze is a full body work out. It includes the chest, diaphragm, throat and abdomen.

The force of one sneeze can change the rhythm of your heartbeat, but your heart never stops during a sneeze.

When you sneeze, you are not capable of keeping your eyes open.

## Buying Medicine Online Is Not Your Best Option

Buying from your local pharmacy is your safest option and also helps out your community.

While there are legitimate online pharmacies, there are also some fraudulent ones that advertise prescription drugs at low prices. Understand the dangers of buying from a fake online pharmacy, identify the warning signs, and find resources to help you safely buy medicine online:

### ***Health and Financial Risks***

Buying from fake online pharmacies can be dangerous, or even deadly. It can also hurt your wallet.

You could receive counterfeit or substandard drugs.

Slight differences in your medicine can make a big difference and cause further health complications.

You could put your personal and financial information at risk.

### ***Warning Signs***

It is important to be able to identify the warning signs of a fake online pharmacy. You should be suspicious if an online pharmacy:

Allows you to buy medication without a prescription from your doctor.

Offers medications at deep discounts that seem too good to be true.

Is not licensed and has no physical address in the U.S.

Sends unsolicited e-mails (spam) offering cheap drugs.

Does not have a licensed pharmacist available to answer your questions.

File a Complaint If you suspect that an online pharmacy is fake, report it to the U.S. Food and Drug Administration (FDA) and the Drug Enforcement Administration (DEA).

## *"I Used to Worry About Mom When I Could Not Be With Her"*



**Hibernian Home Care has made it possible for Mom to stay home safely, and enjoy the companionship of a professional caregiver.**

With a job of my own, and three teenagers at home, it was difficult to always be there for Mom. I always felt that no matter how much time I spent with my Mom, it was never enough. It upset me to think that she spent many hours alone in between my visits.

One of my friends told me about how they used services from Hibernian Home Care for their parents after one of them had surgery and suggested that I give them a call.

Immediately upon calling Hibernian Home Care, I felt a sense of relief. The staff person was so caring on the phone and was really interested in finding out about our specific needs and how Hibernian Home Care could help.

The Registered Nurse who came to meet me and Mom at her home was so helpful. She had many ideas to share to make things a little easier for both of us.

The Caregivers have all been wonderful, and my Mom looks forward to their scheduled visits. They help her keep the house tidy, prepare meals, assist with her personal care, and take her on errands and appointments.

Now I feel a tremendous weight has been lifted. I am comforted knowing Mom is enjoying life more and is so happy to be in the home that holds so many dear memories for her.

**Finally, Mom and I have more time to visit together.  
Thank you, Hibernian Home Care  
for making this possible.**

**For more information, contact us:**

**732-481-1148**

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**www.HibernianHomeCare.com**





# August Is National Breast Feeding Month: The Pregnancy Project

When it comes to eating for health, it's important to make food choices that are backed by robust scientific evidence, packed with essential nutrients, and that can help to prevent us from getting sick. For infants, one food that meets all these requirements is breast milk. During National Breastfeeding Month, we are excited to highlight the Birth to 24 Months and Pregnancy Project, which aims to advance the knowledge base on what is known about the impact of how we feed our babies and health. Breast milk is an important subject in this review.

At the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS), we're passionate about the work we do each day to help all Americans reach their highest standard of health. One of our major initiatives – the Dietary Guidelines for Americans – has been the Nation's go-to source for science-based nutrition advice for over 30 years. ODPHP partners with the Center for Nutrition Policy and Promotion (CNPP) at the U.S. Department of Agriculture (USDA) to develop each edition of the Dietary Guidelines, which is published every 5 years.

To date, the Dietary Guidelines has provided nutrition guidance for adults and children ages 2 years and older due to the unique nutritional needs, eating patterns, and developmental stages of children from birth to 2 years (24 months) that pose challenges to creating population nutrition advice with adequate scientific evidence. Similarly, pregnant and breastfeeding moms have distinct needs that have been addressed in the Dietary Guidelines, however, not with a comprehensive focus.

To ensure that future editions of the Dietary Guidelines include guidance for Americans of all ages and life stages, ODPHP and CNPP have undertaken the Birth to 24 Months and Pregnancy Project to begin a review of the evidence on nutrition and health for these groups. Congress also enacted a law requiring these groups be included in the 2020 Dietary Guidelines. This

initiative will follow a rigorous evidence-based process informed by a broad range of experts in the field of nutrition and health of young children and women who are pregnant, including pediatrics, psychology, and economics. The project includes three key phases of work, as shown in the figure.

Figure. Timeline of activities for the Dietary Guidance Development Project for Infants and Toddlers from Birth to 24 Months of Age and Women Who Are Pregnant.

Figure. Timeline of activities for the Dietary Guidance Development Project for Infants and Toddlers from Birth to 24 Months of Age and Women Who Are Pregnant.

Beginning with the ninth edition of the Dietary Guidelines for Americans, expected in 2020, this policy will be expanded to address the needs of infants and toddlers (from birth to age 2 years), as well as women who are pregnant. This critical expansion of the Dietary Guidelines will help ensure that the path to healthy eating starts as early as possible in life.



## Complete Family Foot & Ankle Care

# 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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## QUESTION:

**I wear contact lenses, what are the benefits of single use versus the other options?**

## ANSWER:

According to the Center for Disease Control, more than 30 million people in the U.S. wear contact lenses. We recommend these contact lens options, which are available for people with vision issues:

- v Hard contact lenses are rigid, gas-permeable lenses which provide clear, crisp vision for most vision problems. Most hard contact lenses must be removed for cleaning and disinfection at night, but some can be worn for a week or even 30 days.

- v Disposable lenses are typically more expensive. You wear the lenses during the day and remove them at night. You use them for the recommended time frame — such as daily, weekly or monthly — and discard them. You might consider disposable lenses if you wear contacts only occasionally, you can't tolerate disinfecting solution or you place a premium on convenience.

Soft contact lenses can be used to correct various vision problems, including; Nearsightedness (myopia), Farsightedness (hyperopia), Blurred vision (astigmatism), Age-related loss of close-up vision (presbyopia) and Corneal irregularities. Eighty percent of contact lens wearers use soft contact lenses, and the most popular are daily use disposable contact lenses.

Why single use disposable? Between 40%-90% of contact lens wearers do not properly follow the care instructions for

their contact lenses. Not following these instructions has been linked to serious eye infections. Improper cleaning and irregular replacement of contact lenses and contact lens cases have been associated with a higher risk of complications.

Single use contact lenses are disposable lenses that are worn once. You place the lenses in your eyes in the morning, then remove and discard them at night when you go to sleep. These contact lenses come packaged for a single day's use. This greatly reduces the care and hygiene needed to wear contact lenses, thus reducing the chance of complications. They do not require cleaning and there is also the issue of eye health. Proteins, calcium, and other elements can build up on contact lenses over time, making them less comfortable and increasing the risk of eye infections.

To determine the best type of vision correction for you and your lifestyle, consult an experienced professional. It is time for a back-to-school eye exam! 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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## Why I Chose Health Fusion Wellness

*By Susan Heckler*

**M**y saga began in a different era (I am 57) in a land far away (Long Island). Due to my posture and a lifestyle of inactivity, I have been plagued with neck and back issues my entire life to the point of surgery three years ago to remove three discs from my neck. And how can I forget the flat feet and tendonitis in both knees.

Eight months ago, I pulled a hamstring doing something routine in the shower, which caused a chain of painful events. The hamstring led to a change of gait, which stressed my hip, which strained my foot, which led to tendonitis, which led to a stress fracture, which led to intense muscle spasms in my hips and thighs. I had trouble standing on my feet at work, pain sitting at my computer, couldn't sleep and was a miserable excuse for a human being.

My 28 year old daughter told me to go to the practice she had been to when she dislocated her knee for the third time. She said they have a very different type of practice than I am expecting. I told her I had been there, done that and it was of minor help in the long run. Persistent as ever, she hounded me into calling.

Right from the start, the simplicity of getting an appointment was outstanding. I got an appointment the same day!! I came in for an evaluation/consultation with Dr. DiMarco. The environment was clean, relaxing, full of warm and inviting faces that immediately put me at ease and made me feel like part of the family. We discussed my health history, issues and goals to uncover the layers of past damage done and to help determine what may be the cause prior to my exam. Next, a short physical

exam by the doctor which included taking an actual picture of me and objectively evaluating my posture and the problems it was causing me.

I have been to approximately 10 chiropractors in my life and thought I knew everything there was to know about an adjustment. Dr. DiMarco explained they use the EAT PRINCIPLE (Exercises, Adjustments, and Traction) which helps to move the patient toward a healthier, more normal alignment. Gentle adjustments are performed utilizing a range of techniques to improve range of motion, provide pain relief, and improve posture and function of the spine and other joints. Their doctors have been trained with the latest, state of the art techniques.

As I assumed, my achy body was in need of physical therapy, which is done in the same room. I have been to 5+ physical therapy offices in the last 10 years in a more gym-like setting several times a week for months and always left a sweaty mess with a slight degree of progress each appointment. They gave you a circuit to do and sat at a desk giving little supervision. At HFW they work with you in a smarter, more effective way, which gave me better results without the sweaty mess. I was able to go straight to work.... standing up straight and walking straight.

Something new for me, was they work on Trigger Points with Myofascial release. Trigger points can occur as a result of muscle trauma, muscle strain from repetitive movements at work or play, postural strain from standing or sitting improperly for long periods at the computer, emotional stress, anxiety, allergies, nutritional deficiencies, inflammation,

and toxins in the environment. I checked off "all the above." As they worked on the trigger points, my bunched body released, similar to acupuncture, allowing for increased blood flow, a reduction in muscle spasm, and the break-up of scar tissue. It will also help remove any build-up of toxic metabolic waste.

At the end of the session, I was taped with Ninja Tape, which they developed themselves with patients and athletes using trial and error. They use this to reinforce the weakened muscles to add stability, as well as to help your body to acclimate to the way it was supposed to be moving all along. Typically used by acupuncturists and chiropractors in Japan, today is used by practitioners throughout the world to treat injuries and improve sports performance. I had heard about this from Israeli athletes I know.

To reduce inflammation, they use cold compression therapy called Game Ready and the compression only system called Normatech Recovery in a dual-action treatment system that sets a new standard of care in injury and post-op recovery. All the while I am sitting in a reclining chair nice and comfy. I also tried Whole Body Cryotherapy, which was wonderful for pain management as well as injury recovery (and is also unique to their office).

So when all was said and done, the treatment that began May 26 is winding down to once a week in mid-July. My foot is pain free 100%, my hips are 80% better (I am still on my feet way too much, which is why it is still an issue) and I am back to enjoying life as it should be! For more information contact them at 732 665-6334.



# Texting and Driving Apps Can Save Lives

By Susan Heckler

Got teens? Got texters! It's a given. Even the grown-ups can't help but look at their phones, without hesitation, even while speeding down the highway. The adults in the situation need to stop this dangerous behavior immediately. Even the most experienced drivers should never take their eyes and attention off the roads. Texting in front of your children while driving gives them free license to do the same. Let's face it, what is so important in that text that is worth risking a life over?

## Some thinking points:

- It takes 4.6 seconds to type two words; this is the amount of time it takes your car to travel the length of a football field, traveling at 55 MPH,
- Driver distraction was the cause of 18 percent of all fatal crashes – with 3,328 people killed and 421,000 people wounded.
- Insurance does not cover damages or liability for accidents caused by texting and driving.
- Civil lawsuits for damages can be pursued in accidents involving texting.
- 14 youths a day die from texting behind the wheel
- The average cost of a single crash with injuries is more than \$120,000.

Our teens are not experienced and texting is their conversation method of choice so that makes them even more vulnerable to the bad decision.

## Parents, check out some of the many apps out there that can stop your new driver from endangering lives:

- Textecution cuts off texting ability if the device is moving faster than 10 MPH. Any attempt to send a text message at more than 10mph brings up a window that simply says "you are moving too fast to use this application".
  - OneProtect provides even more control for parents. Once the app is installed on a teen's phone the parent can turn the app on remotely, making it impossible for a teen to turn the app off without the parents finding out.
  - AT&T DriveMode automatically sends a customized reply to incoming texts, just like an "out-of-office" autoreply. It also disables all ingoing and outgoing calls and web browsing.
  - DriveSafe.ly reads text messages and emails out loud in real time, including shortcuts like LOL, and sends an autoresponse. You can even pick whether to have texts read to you with a male or female voice, or based upon the gender of the text sender.
  - SafeCell aims to curb distracted driving in a couple of ways with a message letting the caller/texter know that you're driving and can't be reached.
  - Cellcontrol is a subscription-based service that features a device inserted under the dashboard and an accompanying app that blocks your teen from sending or receiving texts while driving.
  - Drive Safe Mode prevents texting and emailing while driving.
  - Live2Txt lets you block incoming texts and calls while driving.
- You can also check with your cellphone provider as some of them have apps or services built in to the phone.
- That text or email may have contained something really important...or not. In either case, you should all live to tell about it.

## Dark Circles Under Your Eyes? Try These Natural Remedies

By Joely Phenex

The actual reason for the development of these dark circles:

1. Exhaustive work hours
2. Insufficient sleep at night
3. More and more stress
4. Body undergoing hormonal change
5. Genetic problems
6. Unsettled and disturbed lifestyle
7. Aging

The few recommended natural remedial measures for removing the dark circles under your eyes are as listed:

- The best way to get rid of the dark circles is to have a sufficient amount of sleep in the night in order to refresh your mind and body as a whole.
- Tomato juice is another natural product that is very good for the treatment of dark circles. Its added advantage is the softening of skin.
- Raw potatoes have also been recommended by many dermatologist and have been very effective for the said treatment.
- Chilled tea bags of green tea, once placed under the eyes, give a soothing affect as well as play a pivotal role in the treatment of the dark circles.

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## QUESTION:

**I have a big bump on the joint under my big toe that is very painful. What is it?**

**I**t sounds like you have a bunion. The affected joint is the metatarsophalangeal joint (MTPJ). A bunion is caused when the bone or tissue at the joint moves out of place for some reason. This forces the toe to bend toward the other toes, producing a painful

lump of bone on the foot. Because the MTPJ carries a lot of the body's weight, bunions can cause extreme pain if left untreated.

This is a symptom of faulty foot development and is usually caused by the way we walk, our inherited foot type, or our shoes. It tends to run in families; you may have inherited your feet from someone prone to bunions. Other possible causes of bunions are foot injuries, neuromuscular disorders, or congenital deformities. If you have flat feet or low arches, you are prone to developing these problems, as are arthritic patients and those with inflammatory joint disease.

You can try a few things on your own that may alleviate the pain; apply a commercial, non-medicated bunion pad around the bony lump, wear shoes with a wide and deep toe box and avoid high-heeled shoes. If discomfort persists, you need to see your foot and ankle specialist for medical attention.

A podiatrist has several options of treatment; anti-inflammatory drugs and cortisone injections to ease the pain and inflammation, Physical Therapy to provide relief of the inflammation and pain, orthotics to control foot function, which may reduce symptoms and prevent worsening of the deformity. Surgery may become necessary to remove the bony enlargement, restore the normal alignment of the toe joint, and relieve pain.

As a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons, I am Board Certified in Foot and Rearfoot and Ankle Reconstructive Surgery. I have been practicing podiatric surgery in Central Jersey for the last 10 years, serving all your foot and ankle concerns. If you have any further questions, feel free to contact me. ■

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## Talking to Children about Tragedy

By Susan Heckler

**W**e all watch the nightly news with a feeling of dread, especially if our children are within ear shot. There is a fine line of what we can do to protect them from the evils of the world and how we can prepare them to deal with it in a healthy way. As a parent, it is natural for you to try and insulate your child from the negatives in life. Unfortunately, with social media and the digital age we live in, it is nearly impossible unless you moved off the grid. It is a balance to prepare your child for real life without instilling fear of it.

Explaining any tragedy in terms that a young child will comprehend is difficult, especially when it is an extreme like what transpired in Orlando. Can you really explain the irrational rationally?

Any discussion you have needs to be age appropriate. You can't get into the history of terrorism, gun control, sexual preferences and politics with a preschooler. Actually, The American Psychiatric Association and the American Academy of Pediatrics recommend avoiding the topic with children until they reach a certain age - around 8, but again, it depends on the child. Prior to this age, children struggle to process it.

When to speak to them is almost as important as what you say. Find times when conversation is conducive, such as when riding in the car or before dinner. It is best if you start the conversation so you are prepared for it and don't interrupt them- allow them to express their ideas and understanding before you respond. Of course, always reinforce that you are there for them to provide safety, comfort and support. A hug can't hurt.

With young children; preschool to kindergarten, its recommended parents keep their stories simple, and reinforcing of the parents' beliefs. Some recommend that an analogy to a movie or cartoon that the child can relate to may help. Try to focus on the positives, such as the heroes of the story. Conceivably, parents want their children to know that a bad man hurt people or to know that someone with a serious illness felt angry and hurt people.

Elementary school kids are very inquisitive and will ask many more interrogative questions. As a parent, you need to decide how much you want to share. It is suggested to avoid children from seeing pictures or the news. These images will stick with children longer than words.

Once your child is a "tween", chances are they heard about it before you did. With their smart phones in hand, the world is at their fingertips. With them, it may be better to listen to them, let them vent their fears and anxieties and then respond.

It is normal to experience a wide range of emotions, including fearfulness, shock, anger, grief and anxiety. You may notice your child's behaviors responding to the event...trouble sleeping, difficulty with concentrating on school work or changes in appetite. This is normal for everyone and should begin to disappear in a few months.

Unfortunately, we all need to stress the ability to communicate at all times. Be approachable to all subjects, it is okay to show your own vulnerability and sadness when tragedy occurs, but you need to show your child that you are in control of yourself and manage such events emotionally. It is okay to be upset and it is okay to reach out for help.

Your child should have their phone with them when they are not with you. You need to remain reachable at all times. Your child needs to know that if something doesn't feel right, they should bring it to the attention of an adult. This is a good time to reassure them that all safety measures are taken by you and their school to ensure their well-being.

When your child walks away from the conversation, they should have the feeling that life is good, people are good and that events like these are terrible but rare. The conversation can even expand into how we can all make the world a better place.



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## QUESTION: *What Should Parents Know About Concussions?*

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

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



Samantha Pingor MS, ATC, NASE, PES



Dana Snel, MS, ATC  
Concussion Program Coordinator



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## What Is The BRAT and BRATTY Diet?

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

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

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

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

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

## What Is Swimmer's Teeth?

*By Joely Phenes*

Competitive swimmers and people who spend a lot of time in a chlorinated pool may be at risk for developing yellowish-brown or dark-brown stains on their teeth, reports the Academy of General Dentistry (AGD).

Chlorine is an antimicrobial agent used in drinking water and swimming pools to kill harmful bacteria, as defined by the Centers for Disease Control and Prevention (CDC). And although it's a necessary chemical disinfectant, the effects of chlorine on your teeth can be a cause for concern.

The chlorine included in your tap water is generally not enough to cause a dental problem, but soaking in a backyard jacuzzi or doing laps at your local swimming pool could expose you to water that's too harsh on your enamel.

Pools with too much chlorine contain pH levels that can cause enamel erosion as water occasionally seeps into your mouth during your swim session. And in recent years, more and more evidence shows the connection between improperly chlorinated pools and tooth damage.

New York University's College of Dentistry collected data in 2010 from a male patient who reported extremely sensitive teeth, dark staining and rapid enamel loss during the five-month period he began a 90-minute swimming routine in his backyard pool. Having found improper chlorination to be the cause of his enamel erosion, Dr. Leila Jahangiri, who authored the report, noted that pool water does become a threat to your teeth when its pH level falls below 7.

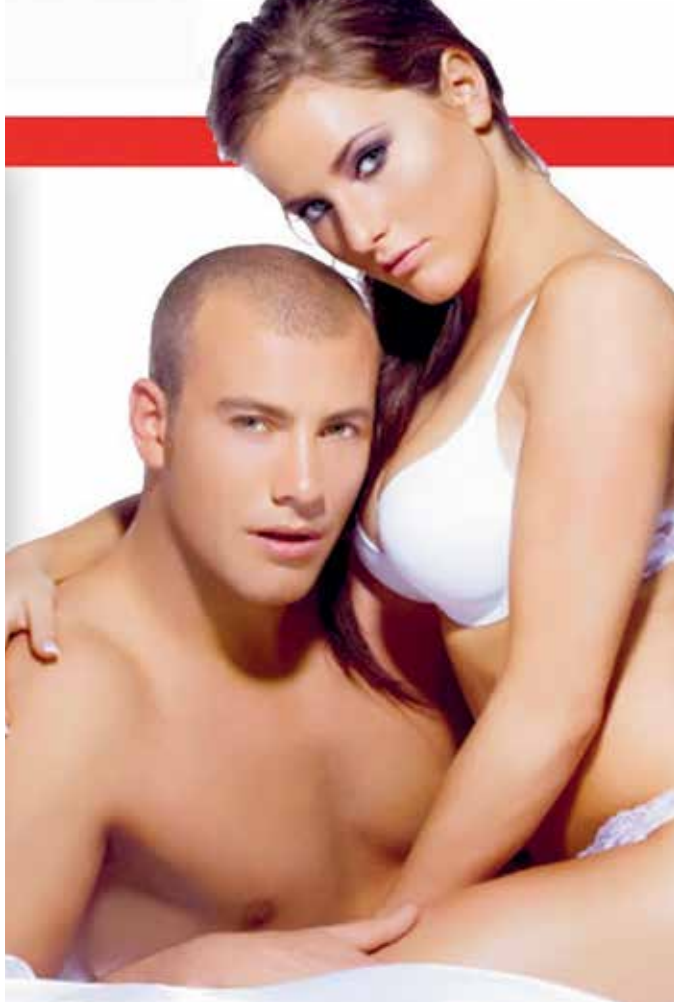
When your enamel wears down, your teeth may become discolored, the edges of your front teeth may look transparent and, in later stages, you may feel extreme dental sensitivity when consuming hot or cold foods. Once this enamel erodes, chips or even cracks, the body can't repair it.

When in a public pool or on a tropical vacation, take notice of pool linings, railings and ladders. Pool water that's too acidic will eat away at these surfaces. If you notice spots of erosion, the water may do the same to your teeth, so consider skipping your swim or pursuing a natural (but supervised) body of water. Pool pH strips are also common to local recreational supply stores, and allow you to test the water before wading in. According to the CDC, pool water should register between 7.2 and 7.8 on the pH scale.

If you're a homeowner, you might attempt to save money by maintaining your own backyard pool – but this can be tricky. Check your pool's pH balance once a week at a minimum, and budget permitting, hire a specialist to examine it upon your first use.

Ultimately, brushing with a soft-bristled toothbrush, having regular teeth cleanings and using a toothpaste specifically designed for the health of your enamel can keep your teeth strong and help modulate the effects of chlorine.

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## Why Seeing A Dermatologist Is Necessary

*By Mary Pats*

A dermatologist is a professional who has obtained a medical degree specializing learning how to examine, evaluate, diagnose and treat patients, both pediatric and adult, with disorders of the nails, hair, and skin both malignant and benign. The dermatologist is one with specific training in all of the following areas:

- Dermopathology: A subspecialty a dermatologist undertakes, which falls under the categories of pathology and dermatology as well as surgical pathology. It involves a study and focus on cutaneous disorders both molecular and microscopic.
- Skin cancer diagnosis and treatment
- Skin disorder management
- Skin disease identification
- Skin conditions requiring surgical intervention

### Acne

One of the leading issues a dermatologist deals with is acne: This is because acne is a universal condition, one affecting people of all ages, races, and males and females across the board. Acne can erupt on any part of the body and the exact causes for it are still unknown. While many people choose to deal with acne eruptions with the use of affordable over-the-counter treatments, such treatments do not always work or they may, for whatever reason, stop working. In that case, a dermatologist can assist the individual by offering alternative prescribed treatments.

### Skin cancer

The detection of skin cancer early on is imperative if one is going to deal with the condition successfully with a positive outcome. In the past thirty years, more individuals have gotten skin cancer than all of the other types of cancers combined. A dermatologist is one who can conduct annual skin screenings. When you notice a change in the skin or a growth that changes color, size or shape, or new moles, a dermatologist is the expert to see for diagnosis, treatment, and long-term care.

### Chronic skin issues

Some skin conditions are chronic and require ongoing care from a professional. Such conditions include eczema where the skin forms itchy, flaky, irritating patches. A similar condition can be identified in psoriasis where one develops scaly, red, itchy areas on the body. A dermatologist is trained to handle such conditions.

### Cosmetic issues

Cosmetic issues are also among the conditions that dermatologists treat. A dermatologist can help repair scars, remove hair, and can offer laser treatments, fillers for wrinkles, and in some cases, liposuction. What's more, they can help fix issues related to spider- and varicose veins as well as any issue regarding skin pigmentation. Bear in mind health insurance may not cover all cosmetic conditions.

### Expert tips

If you need tips from an expert who knows about skin, hair, and nail conditions, the dermatologist is the person to go to for such advice. A dermatologist can help you prepare for the summer and being out in the sun while getting the best in terms of UV protection. This same specialist can educate you about skin types and answer all your skin care related questions throughout the year.

Consider that a dermatologist may have a more cost effective means of dealing with a skin condition. You can end up spending a fortune on over the counter products for acne conditions where a dermatologist has a more powerful and successful treatment for less. This is ultimately an investment in yourself.





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## TIPS FOR BATTLING FRIZZ IN THE SUMMER

*By Mia Ingui*

Take it from a girl whose struggle each day is to tame her natural frizzy hair...there truly is no worse time of the year than the summer for those who battle with frizzy hair. The summer is your time of relaxation, and all you really want to do is get out of bed, throw on your bathing suit, and jump in the pool. But, when the only way your hair will stay tame is to spend four hours styling it, the summer proves to be a difficult time! Risk embarrassment leaving the house with your natural hair drizzling everywhere, or spend a ridiculous amount of time styling it only to have it get wet, and then frizzy again. I did my research, and these are the products that are acclaimed for the wonders they work on frizzy hair.

**Living Proof No Frizz Shampoo:** If your hair is thin, opt for a silicone free shampoo like Living Proof. Packed with the anti frizz molecule OFPMA, this will keep fine hair frizz free all day.

**Aussie Moist 3-Minute Miracle Condition:** An oldie but goodie. All it takes is three minutes to get your hair hydrated and frizz free.

**Moroccanoil Frizz Control:** Though a little pricey, Moroccanoil is the salon trusted brand that contains argan oil, a Godsend for over processed, fried, frizzy hair.

**Garnier Fructis Style and Sleek Spray:** This one is silicone-free, delivers tons of shine, and contains argan oil so it won't dry out strands. Tip: Mist it on your hands, and then use your fingertips to smooth out any problem spots, like around your forehead or along your part.

**John Frieda Full Touch Up Flyaway Brush:** For a quick touch up! Applied with a mascara like wand to tame a frizzed out hairline.



# GET FABULOUS FEET

To make sure your feet are ready for their (literal) time in the sun, The American Pediatric Medical Association has some tips to get ready. Here are their top recommendations:

## THE DO'S OF FOOT CARE

- Salon foot baths are typically cleanest earlier in the day, so schedule your appointment in the A.M. If you're not a morning person, make sure that the salon filters and cleans the foot bath between clients.
- When eliminating calluses, on the heel, ball and sides of the feet, use a pumice stone, foot file or exfoliating scrub. Soak feet in warm water for at least five minutes, then use the stone, scrub, or foot file to gently smooth calluses and other rough patches.
- Bring your own pedicure utensils to the salon, because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.
- When trimming your nails, use a toenail clipper with a straight edge to ensure your toenail is cut straight across. Other tools, such as manicure scissors or fingernail clippers, increase the risk of ingrown toenails because of their small, curved shape. Also: See a podiatrist if you have a tendency to develop ingrown toe- nails.

## THE DON'TS OF FOOT CARE

- Resist the urge to shave your legs before receiving a pedicure. Freshly shaved legs or small cuts on your legs may allow bacteria to enter. If you are receiving a pedicure and manicure, don't use the same tools for both services as bacteria and fungus can transfer between fingers and toes.
- Don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.
- Don't round the edges of your toenails. This type of shape increases the chances that painful ingrown toenails will develop.
- Don't use sharp tools to clean under nails. Using any- thing sharp makes it easy to puncture the skin, leaving it vulnerable to infection.
- Be sure that you don't leave any moisture between toes. Anything left behind can promote the development of athlete's foot or a fungal infection.



# The Bra & Girdle Factory

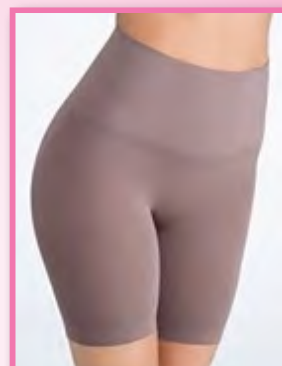
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# REPAIR DAMAGED HAIR

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

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

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

## WHAT TO DO

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

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

## LOOK OUT FOR HEAT

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

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



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## THE VIRTUAL LIPSTICK EXPERIENCE:

**New Beauty App and Facebook Messenger help you test the newest shades.**

**Y**ou can now try out full lines of lip colors on your phone — The App is easy, fun and germ free!

Vice Lipstick, an app from Urban Decay, launched for free in the iTunes app store. Using it is easy: Download the app, snap a selfie, and start swiping to see how different colors look on your lips. The app works Tinder-style, so you'll swipe left for colors you don't like, and right for colors you do. You can then purchase directly through the app, which stores all your right-swipes so you know what you liked. The app lists all 100 shades in Urban Decay's collection. Pro tip: Make sure your phone's brightness is up all the way. If you're swiping at night, turn the iPhone Night Shift function off — it'll mute any blue shades.

For those who can't be bothered to download a new app, there's ModiFace, available through Facebook Messenger. Just type "modiface" in the search bar of the Messenger app and type a greeting. A chat-bot will ask what shade or brand you're looking for, and prompt you to snap a straight-on selfie on which it can superimpose the lipstick.

# YOUR HEALTHY HOME: About Home Safety

There are many small and easy things you can do to protect your family from injuries in the home, some of which are listed below. Home accidents kill one person every 16 minutes and injure one person every four seconds in the U.S. Make sure emergency telephone numbers are next to all phones to make it as easy as possible to get help if someone gets hurt.

## About Poison

Read warning labels and follow storage directions on household products.

Keep poisonous products out of children's sight and reach on high shelves. Install child-proof latches on cabinets that do not have locks.

Store food and non-food products separately to prevent confusion and protect your family from container contamination and toxic spills.

Always choose non-toxic alternatives when possible and use products with child-resistant caps.

Never mix cleaning products together; they may produce dangerous fumes (ammonia and bleach should never be mixed).

Install Carbon Monoxide (CO) detectors in your home.

## About Fires and Burns

Install smoke detectors on every floor of your home near every bedroom. Test detectors every month and change their batteries every year. Never disable smoke detectors.

Develop a family escape plan.

Keep matches, lighters, and candles out of children's reach. Never smoke in bed- it is the leading cause of fire-related deaths.

Keep anything that can catch fire away from fireplaces, heaters, and radiators. Replace frayed electrical wires.

Set water-heater thermostats below 120 degrees F (50 degrees C). Always test the water before bathing yourself or your child.

About Drowning, Choking, Suffocation, and Strangulation

Never leave children alone near water, including bathtubs, buckets and swimming pools.

Learn and practice First Aid and CPR.

Use child-proof fencing around all swimming pools and hot-tubs.

Avoid toys for children under 3 years of age that are smaller than 2 inches long and 1 inches wide. Toys for young children should never have small or removable parts that could be choked on.

Avoid window blinds with looped cords, which may cause strangulation if not stored out of children's reach. Keep plastic bags and drawstring cords away from children.



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# Knee Pain Screenings Offered To Help Determine If Jersey Shore Area Residents Qualify For Popular Treatment

**Jersey Shore area knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them**

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Osteo Relief Institute located in Wall, 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 (synovial 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 of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

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 no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without results...

*"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 special and very advanced advanced low-dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Hyalgan exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time." said the clinic director at Osteorelieve Institute.*

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been 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."* added Dr. Amendolara.

## How To Get It

If you have knee pain, Dr. Amendolara and staff would like to invite you for a no risk screening to see if you are a candidate for Hyalgan treatments.

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 complimentary "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no charge screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee

And here's something really important - After your screening, Hyalgan treatments is covered by most insurance and Medicare if you qualify. To schedule your screening today call the office at 732-658-4122.



**Advanced Medical Technology Can Make All The Difference:** This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. OsteoRelief Institute uses this C-arm for every Hyalgan treatment.



NON-SURGICAL SPINE PAIN, NEUROPATHY, AND ARTHRITIS TREATMENT

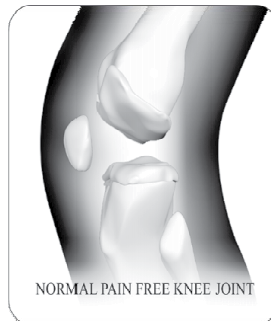
## If You Can Answer Yes - You Are Eligible For A Knee Arthritis Screening With The Experts At Osteo Relief Institute

→ Do you have pain and osteoarthritis (arthritis) of the knee?

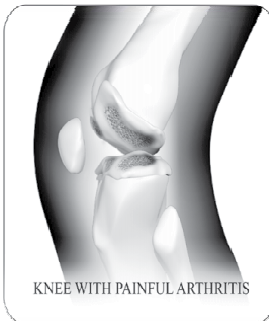
→ Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?

→ Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

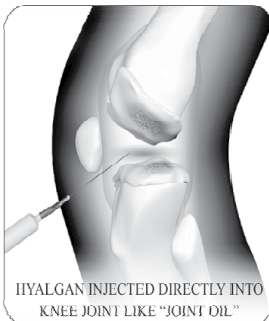
**If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your no risk knee pain screening 732-658-4122**



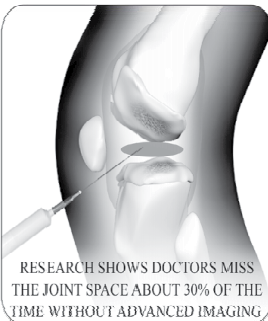
NORMAL PAIN FREE KNEE JOINT



KNEE WITH PAINFUL ARTHRITIS



HYALGAN INJECTED DIRECTLY INTO KNEE JOINT LIKE "JOINT OIL"



RESEARCH SHOWS DOCTORS MISS THE JOINT SPACE ABOUT 30% OF THE TIME WITHOUT ADVANCED IMAGING

**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain

**Pain** - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

**Successful Treatment** - Hyalgan (blue) being precisely injected directly into the knee joint using hologic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

**Failed Treatment** - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of hologic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.



# Squash the Gluten Mac & Cheese

Makes 5 servings

*This recipe takes only 20 minutes of prep! It is carb-free and can make a great dinner or side dish to any summer BBQ.*

## INGREDIENTS

- 1 pound gluten free pasta or brown rice pasta macaroni (Suggest a elbow or penne)
- Salt to taste
- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 2 tablespoons butter
- 1/2 medium onion
- 2 tablespoons chopped fresh thyme leaves, plus a few sprigs for garnish
- 3 tablespoons all-purpose flour
- 2 cups chicken stock
- 1 (10 ounce) box frozen cooked butter nut squash, defrosted
- 1 cup cream
- 2 cups (8 ounces) sharp Cheddar, grated
- 1/2 cup grated Parmigiano-Reggiano, a couple of handfuls
- 1/4 teaspoon ground nutmeg, eyeball it
- Black pepper to taste



## DIRECTIONS

Heat a pot of water to boil for the pasta.  
 Salt the water then add the pasta and cook to al dente.  
 While pasta cooks, heat a medium heavy bottomed pot over medium heat.  
 Add the extra-virgin olive oil and butter.  
 When the butter melts into the oil add the thyme and grate the onion directly into the pot.  
 Cook the grated onion in butter and oil 1 to 2 minutes,  
 Add flour and cook together 1 to 2 more minutes.  
 Whisk in stock and then combine with butternut squash until warmed through and smooth.  
 Stir in cream and bring sauce to a bubble.  
 Stir in cheeses in a figure 8 motion and season the completed sauce with salt, nutmeg and pepper.  
 Drain cooked pasta well and combine with sauce.

# Grilled Zucchini Pizzetti

*A simple, delicious recipe to reinvent your usual cheese pizza.*

## INGREDIENTS

- 1 whole zucchini, sliced thin
- 1/2 an onion, chopped
- Pizza dough
- Parmesan cheese

## DIRECTIONS

In a medium sized pan, drizzle about a tsp. of olive oil. When that heats up, add the sliced zucchini and chopped onion. Cook until golden brown. Set aside. Heat up your grill, brush the pizza dough with a bit of olive oil, and roll it out flat. Grill until crispy. Put the cooked zucchini and onions on the pizza with a sprinkle of Parmesan cheese, and serve.



## How is use of the USDA Organic seal protected?

By Mia Inqui

People who sell or label a product "organic" when they know it does not meet USDA standards can be fined up to \$11,000 for each violation. The labeling requirements of the NOP apply to raw, fresh products and processed products that contain organic agricultural ingredients. Agricultural products that are sold, labeled, or represented as organic must be produced and processed in accordance with the NOP standards. Except for operations whose gross income from organic sales totals \$5,000 or less, farm and processing operations that grow and process organic agricultural products must be certified by USDA-accredited certifying agents. To label a food holistically organic, Organic meat, poultry, eggs, and dairy products must come from animals that are given no antibiotics or growth hormones. Also, any food is considered Organic food when it is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

**IMPORTANT FACT:** The USDA does not directly certify any farms, products, or facilities. It's all done through the certifiers who answer to the USDA.

## Same-Day Decisions For Dinner?

*Planning your meals out in advance*

By Mia Inqui

Many studies find the consumer claim that eating healthy is very important to them. However, the truth lies in between what people say and what they do. When the evening meal, for example, is decided after work, on that day or an hour before meal time, convenience and taste generally drive the decision, not the health component.

This disparity between cooking food that's on hand and preparing a healthful dinner signifies the difficulty with meal planning. In fact, most of the time shoppers lack some ingredients in their kitchens that are needed or desired to make dinner. Therefore, what is quick, easy and looks good are the choices usually taken, which compromises health and calories. Keep this in mind and start planning your meals so that you will eat healthier meals.

## SWITCH OR CUT BACK? What is the Answer to Better Food Choices?

By Joely Phenex

There are two key ways people can alter their food purchasing habits to be more healthful. For one, they can buy a different version of a product, or they can stop buying a product all together. There are some signs that shoppers are increasingly choosing to reduce or cut out certain foods rather than try alternative products. This is particularly evident for soft drinks and cookies because shoppers are more likely to say they would stop drinking soft drinks and eating cookies in the pursuit of a healthier diet.

They were more likely to say they would either cut down on or cut out cookies and less likely to say they would switch to 100-calorie packs. This latter decline may point to the failure of prepackaged portion control as a healthy diet tactic. Shoppers may find it easier to control their own portions or avoid temptation altogether. For some food categories, switching products is more popular. About half of shoppers say that if they wanted to eat healthier when it comes to salad dressing, soup, yogurt, and crackers, they would buy a healthier alternative of the same product, substitute with a different product, or switch to a 100-calorie pack when applicable. Shoppers are more likely to say they would either reduce their consumption of the product or cut it out of their diet altogether when it comes to cookies, soft drinks, and bacon. The plurality of shoppers are unwilling to change their eating behavior at all when it comes to eggs, orange/fruit/tomato juice, or cheese, and they have mixed feelings about ice cream and maple syrup.

Men are less likely than women to be willing to make any of these changes. But they are also less likely to say they make an effort to eat healthy or to feel they are successful at it when they try, which suggests they are at least being honest with themselves about their intentions.

In short, it seems American shoppers turn to the same sources for inspiration and information about healthy cooking as well as quick solutions for meals.

# Fish Tacos with Watermelon Salsa

*Tip: How healthy is this recipe? Fish with omega-3, watermelon full of antioxidants, and lots of other fruits and veggies. Feel free to add other veggies that you like to the tacos as well.*

## INGREDIENTS

### FOR THE WATERMELON SALSA:

- 4 cups cubed seedless watermelon
- 1/2 small onion, diced
- 1/2 cup roughly chopped cilantro
- Juice of 2 limes

### FOR THE FISH TACOS:

- 2 pounds of white striped bass filets  
(cod, tilapia, and almost any kind of fish works well too!)
- 8 corn tortillas
- 1 romaine heart, shredded
- 1 sliced avocado
- Salt
- 1 tsp. olive oil



## DIRECTIONS

**Make the salsa:** Combine the watermelon, onion, cilantro and lime juice in a bowl. Toss with a tsp. of olive oil and a pinch of salt. Set aside.

**Make the tacos:** Brush the fish with olive oil and grill on high until cooked through, about 5 minutes on each side. When finished, cut the fish into bite-sized pieces. Warm the tortillas over the grill if you please, then put the fish, watermelon salsa, avocado and lettuce into the tortilla. Serve and enjoy.

## Putting Your Herb Garden to Work

By Susan Heckler

Whether hether you grow your own or hit the spice aisle in the supermarket, herbs are a wonderful addition to your kitchen. Can using herbs spice up your life?

Herbs and spices are both from plants. Herbs are obtained from the leaves of herbaceous (non-woody) plants that die down at the end of a growing season. Used for savory purposes in cooking, they do have some medicinal value. Some examples of herbs would be thyme, dill, mint, sage and oregano. Spices are obtained from roots, flowers, fruits, seeds or bark. Spices are often more potent and stronger flavored than herbs so you would use a bit less. Ginger, nutmeg, cinnamon and clove are spices. Some plants give you an herb and a spice like cilantro or coriander. There are over 400 common herbs, so a trip to the World Wide Web may be in order.

In addition to putting pizzazz on your plate, herbs and spices have some great health benefits. Here are some of your edible favorites and how they can help:

Basil or Sweet Basil has the Botanical Name of *Ocimum basilicum* and had 64 varieties. Delicious in cooking. In herbal remedies basil tea is used to ease nervousness and stress and can have a positive effect in controlling diabetes as well as asthma.

Ginger Root has the Botanical Name *Zingiber officinale* and is used in many of recipes in Chinese and Indian cooking. Ginger has been used for many centuries to treat digestive problems in Asia, recommended to be consumed to stimulate your appetite, helps the blood flow more freely, and is well known as an anti-nausea aid.

Cayenne Pepper, Capsicum, African Pepper, Chillies, or Bird Pepper has the botanical name *Capsicum Minimum*. This plant is hot stuff; it contains capsaicin, Beta Carotene, Manganese, Potassium, Vitamin A, B6, C, and E. It is the capsaicin which causes the burning sensation. Cayenne pepper actually contains more Vitamin C per unit than citrus fruits.

Cayenne pepper is known for its qualities to stop both internal and external bleeding, is widely known as a heart remedy as it will open up clogged arteries, help prevent blood clots and strokes, will assist the body to burn calories faster, has shown positive results in helping to cure stomach ulcers, lowers cholesterol and brings down blood sugar levels, is used to treat colic and relieve gas and even helps prevent damage to the lungs and assists in clearing chest infections.

There are over 300 different Thyme herb species; the most common is *Thymus Vulgaris* or garden thyme. It goes well in soups, chicken, cheese and meat dishes.

Thyme tea has traditionally been used to treat fight respiratory infections, treat dry coughs, bronchitis and laryngitis, is an antifungal, is an antiseptic, and is also used to cleanse the kidneys because of its antiseptic qualities.

Sage (*Salvia Officinalis*) is one of the best known herbs. There are about nine hundred different varieties. The sage herb tastes great with fatty food dishes like duck, turkey, red meat and pork. And what is the Sage Wisdom of sage as a medicinal herb? Sage is used as a mouthwash to fight sore throats and gum infections, helps people with extensive sweating, has positive effects on the mind by improving memory and concentration, has antioxidants, can be used to rub on stings and insect bites to ease itching and pain, will help defeat dandruff, and improves liver function and digestion.

Herb history is full of contradictions, superstition and dangerous mistakes. Some herbs have deadly side effects and have been used to do harm. Herbs have religious significance to many cultures and were credited with providing protection from evil spirits, ghosts, and the devil and are even mentioned in the Bible. But that, my readers, is herbaceous reading for another day.



# DEALING WITH FEVERS IN CHILDREN

By Pam Teel

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

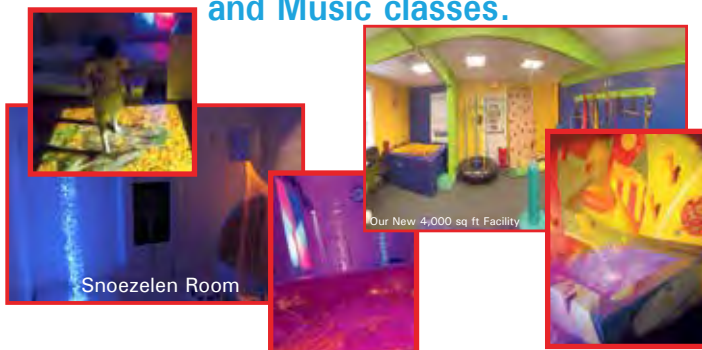
Fever increases the amount of interferon, a natural antiviral and anticancer substance in blood. A mild fever also increases white blood cells that kill cells infected with viruses, fungi, or cancer, and improves the ability of certain white blood cells to destroy bacteria and infected cells. According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



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**Q: My child requires ABA behavior intervention. Which is the better option- home or center based ABA therapy?**

**A:** You have taken a big first step, acknowledging your child needs help and are now searching for the best you can get for them. Even with center-based therapy, your job as a parent will continue when your child is home with you.

**You can do this type of therapy at home but do not expect the same results as Center-based ABA.**

During Applied Behavior Analysis (ABA) Therapy, skills are broken down into smaller, easy-to-learn steps. Positive reinforcement is used to encourage the child, and data is constantly collected to measure the child's progress and modify their personalized treatment plan. This is the single most effective treatment and the only treatment shown to lead to substantial, lasting improvements in the lives of children with Autism. Over 1,000 peer-reviewed, scientific autism articles describe ABA successes, leading to the National Institute of Health and the Association for Science in Autism Treatment to endorse the method along with the U.S. Surgeon General.

When comparing home-based and center-based ABA programs, no matter your choice, there needs to be a commitment to consistently attending therapy and achieving the medically recommended number of program hours. Keeping this commitment often comes down to your schedule, available transportation, and other circumstances that can influence your family's daily routine. You need to choose the most effective approach based upon the needs of your child, and the demands of their lifestyle.

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## Question: My son's OT recommended art classes to improve and strengthen his hands and improve handwriting. Can art classes really help him?

Children who routinely practice drawing, painting, collage or clay building increase awareness and understanding of how things work. These artforms strengthen fine motor skills, muscle memory and dexterity. Handwriting and drawing can definitely be improved when correct grip, pressure and posture are encouraged and monitored.

Drawing is the natural and best 'beginner art' for young children and can be enjoyed and improved as the child matures. Most children enjoy and benefit by early instruction, learning observational drawing; others may not be ready for instruction, getting frustrated when their drawings are not recognizable, and become resentful when help is offered. Give them time and try a few months later, eventually most children will accept help. To keep the child's interest going, make it a fun activity with praise for effort.

Another aspect to consider is your child's increasing confidence and self esteem as he notices the improvement made in his own ability to create a likeness of what his drawing should look like. Step by step instruction will create successful results for him as he will understand that art is a process that can't be rushed, increasing his patience and ability to follow directions (an unexpected added benefit for him).

We often receive thanks and acknowledgement from parents telling us of the change showing in homework and classwork reported by teachers. It's a wonderful feeling knowing that art can help.

Give your child a great start... give your child the gifts of art!

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## CONCUSSIONS Take Them Seriously and Test

*By Susan Heckler*

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

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

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

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

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

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

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

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

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

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



By Jill Garaffa

## How to Break Out of a Career Rut

Dear Jill,

I noticed on your website that you provide life coaching in the area of careers. What suggestions can you offer to get out of a career rut? I am very bored with my profession. I have been doing the same thing for years and have lost my passion for my work. I also feel stuck because it's the only thing I know how to do, so I feel like I can't change careers at this point in my life.

Signed, Bored in Brielle, NJ

Dear Bored,

A relationship with your job or career---no matter what the profession---is similar to relationships with people. In order to be healthy & fulfilling and go the distance, our career requires commitment, attention, love and a lot of self awareness. Careers, like relationships, go through natural cycles of ups and downs. And, like relationships with people, we can occasionally become checked out and just go through the motions or consider leaving altogether if something doesn't shift.

First, to get the spark back, consider what it was that drew you to your career in the first place? What got you excited? What did you look forward to each day? The sense of novelty and possibility of a new job releases a real chemical rush in the brain (dopamine) that fuels our passion. What was it for you? How can you bring it back?

Next, how can you challenge yourself to learn something new? Early in our career, we are often learning at a rapid rate. When we stop learning, we can quickly become bored. What opportunities are there for you to take a class? Take on a new project? Read a book? Get a mentor or become a mentor?

Last, taking a few days off or enjoying a well-earned vacation can work wonders to reframe your career perspective, provide clarity and restore emotional & physical wellbeing. When we feel drained of mental or physical energy it can impact our viewpoint on all areas of our life, personally and professionally. Taking a break can give our brain, body and spirit the rest we need to bring back a fresh outlook.

Most of us want to use our natural skills, gifts & talent to make a difference in the world. We want to know that our life matters in the lives of others. A life coach can provide clarity and support for you to explore your values, interests and passions as it relates to your current career and discovering alternative career options. Most importantly, a life coach can help position you to overcome the natural fear of change that can keep you stuck in a career that no longer serves you.

Wishing you peace, purpose and clarity, 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.

## Eggshells - a Great Source of Calcium

By Susan Heckler

Calcium benefits have been known for many years, it aids in maintaining bone health and dental health, as well as the prevention of colon cancer and the reduction of obesity. Once touted as a must for youth, it is now understood that we need calcium from cradle to grave. As we get older, our bodies absorb less calcium from the food that we eat, so it's important that we continue to consume calcium-rich foods and use supplements.

Dairy products are beneficial sources of calcium, but there are other unexpected ones too. See the chart below for comparison.

<http://33q47o1cmnk34cvwth15pbvt120l.wpengine.netdna-cdn.com/wp-content/uploads/calciumchartpreview.jpg>

Not on the lists and charts available are eggshells! Eggshells are about 90-95% calcium carbonate, and are easily absorbable by our bodies. This is great for those who don't digest dairy well or have allergies.

Using eggshells as a source of dietary calcium may lead to food poisoning due to salmonella or other bacterial contamination so take caution. Use the eggs as you normally would, and instead of discarding the egg shells, run them under clean, cool water. Make sure to get all the egg white out of the egg shell. To kill all bacteria, pasteurize the eggshells by bringing the eggshells to at least 140 degrees Fahrenheit as measured with a food thermometer for at least 3 1/2 minutes. A rolling boil, at 212 degrees Fahrenheit, falls well above the 160 degrees recommended by the USDA Food Inspection and Safety Service for safe egg consumption.

Then, using a blender or coffee grinder, pulverize the egg shell into a powder. Calcium content may vary from eggshell to eggshell and from batch to batch, depending on the method used to extract it. 1/2 tsp. of dry, powdered egg shell contains around 400 mg of calcium. The average person should consume around 1000 mg of calcium, which is easily done if you are eating a proper diet.

Use 1/2 tsp. in drinks, smoothies, cereals, recipes, etc. Excessive intake of calcium can lead to muscle cramps, so be sure to eat a banana or a magnesium source food to negate these effects.

Food	SERVING	CALCIUM (MG)
Sesame Seeds	0.25 cup	351
Sardines (with bones)	3.75 oz can	351
Yogurt	1 cup	296
Collard Greens	1 cup	268
Spinach	1 cup	243
Cherries	1 oz	204
Turnip Greens	1 cup	197
Canned sockeye salmon (with bones)	3 oz	168
Milkshake, blackstrap	1 1/2 tsp	160
Mustard Greens	1 cup	160
Beet Greens	1 cup	164
Bok Choy	1 cup	158
Almonds, dry roast	2 oz	132
Cow's milk	4 oz	128
Swiss Chard	1 cup	102
Kale	1 cup	94
Cabbage	1 cup	60
Broccoli	1 cup	62
Brussels Sprouts	1 cup	56
Green Beans	1 cup	50
Oranges	1 medium	32
Cinnamon	2 tsp	32
Summer Squash	1 cup	49
Fennel	1 cup	43
Parsley	1/2 cup	42
Asparagus	1 cup	41
Celery	1 cup	40
Cumin	2 tsp	39
Basil	1/2 cup	38
Garlic	6 cloves	33
Oregano	2 tsp	32
Lemon	1 cup	31
Romaine Lettuce	2 cups	31
Cloves	2 tsp	27
Black Pepper	2 tsp	26

# Helping Find the Cure to Alzheimer's

By Susan Heckler

Short Term Memory Loss is no laughing matter, unless it is featuring in an animated film by Disney, Finding Dory, in which an amnesiac blue tang fish goes on an ocean wide journey to find her parents who she lost as a youngster. While the film is endearing and adorable, you can't help but understand the frustration of memory loss, even for a fish.

<http://heartcoreyouth.files.wordpress.com/2012/02/dory.jpg>

Alzheimer's disease is a progressive, degenerative disorder resulting in loss of memory, thinking and language skills, as well as behavioral changes. It is not a normal part of aging and it is happening to people as early as in their 40's. Alzheimer's is a chief cause of 60-80% of dementia cases.

The disease attacks the brain's nerve cells, or neurons, which produce the brain chemical, or neurotransmitter, acetylcholine, eventually breaking the connections with other nerve cells and ultimately death of the cell.

The various stages of the disease have different symptoms, the earliest being:

- Forgetting words
- Misplacing objects
- Poor reading retention
- Ask the same question over and over
- Difficulty making plans or organizing
- Poor name recognition

When these early symptoms present, it may be time to go and be checked out. The earlier the disease is diagnosed, the better. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers.

Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing. You can be a part of this effort, which may help to find a cure. The Advanced Memory Research Institute of NJ is a complete memory care center. They provide comprehensive care for all people with a concern of memory loss. Specializing in identifying memory problems, reviewing currently approved treatment, and discussing involvement in memory research, AMRI concentrates on providing supportive care for patients and family members.

Memory screenings and clinical services are free of charge; they will never ask you for your insurance information. AMRI is in your own backyard, located at 9 Mule Road in Toms River. For information, call 732-341-9500 or view their website <http://www.amrinj.com>.



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Local health centers serve people with limited access to healthcare. Your annual income and family size determines your ability to pay, according to the most recent federal poverty guidelines. Visit: <http://findahealthcenter.hrsa.gov>.

Medicare's Prescription Drug Program can provide extra help with the cost of prescription drugs if you're a Medicare beneficiary. Visit: <https://www.ssa.gov/medicare/prescriptionhelp/>

Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach them at 1-800-677-1116 or <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

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## Advice for Older People on Staying Safe in Hot Weather

Summer weather can pose special health risks to older adults and people with chronic medical conditions. It is critically important that adults particularly susceptible to hyperthermia and other heat-related illnesses know how to safeguard against problems. The National Institute on Aging (NIA), part of the National Institutes of Health, has some tips to help avoid the hazards of hot weather.

Hyperthermia is caused by a failure of the heat-regulating mechanisms of the body. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke are forms of hyperthermia. Older adults are at risk for these conditions, and this risk can increase with the combination of higher temperature, individual lifestyle and general health.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions. Older people, particularly those with chronic medical conditions, should stay indoors in cooler spaces on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations in many communities, are another option.

Factors that increase the risk of hyperthermia may include:

### Dehydration.

High blood pressure or other health conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.

Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.

Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.

Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.

Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.

Being substantially overweight or underweight.

### Alcohol use.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Signs and symptoms of heat stroke include a significant increase in body temperature (generally above 104 degrees Fahrenheit), changes in mental status (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, feeling faint, staggering or coma. Seek immediate emergency medical attention for a person with heat stroke symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.

If you suspect heat stroke, call 911.

Encourage the individual to shower, bathe or sponge off with cool water if it is safe to do so.

Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.

If the person can swallow safely, offer fluids such as water, fruit and vegetable juices. Avoid alcohol and caffeine.



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