

Monmouth County's

EARLY SPRING ISSUE  
MARCH/APRIL 2017

# Ask The DOCTOR

THE HEALTH & WELLNESS MAGAZINE FOR YOU AND YOUR FAMILY

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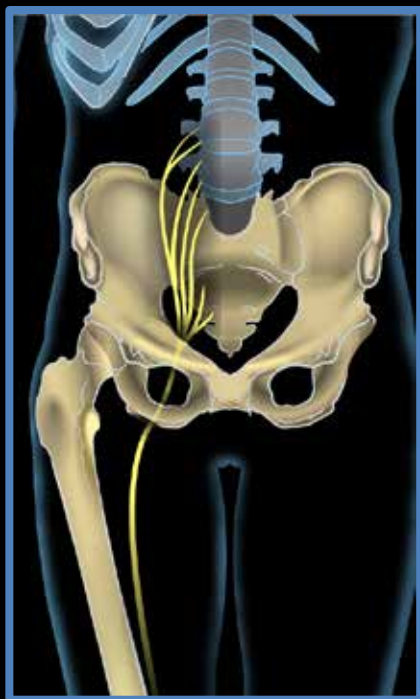
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**Q:** *What is Sciatica? How Can I Treat It?*

**A:** Sciatica is a condition that occurs when the sciatic nerve becomes compressed. The sciatic nerve is a large nerve that begins in the lower back and travels through the buttocks and lower limb. The sciatic nerve



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

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



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Monmouth County's ASK THE DOCTOR  
The Greater Princeton Area ASK THE DOCTOR  
THE MILLSTONE TIMES • FAMILY TIMES

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# QUESTION:

I've been reading about supervised medical weight loss. What does that entail?

Our program involves FDA approved appetite management therapies and lipotropic nutrients that will promote, encourage, and support the removal of fatty deposits from the liver and aid in ensuring that

excess stored fat gets burned off in fuel and energy instead of being stored in the body. This plan also includes nutritional guidance, meal planning and

recipes to ensure you are nourishing your body with the right foods. Advanced Wellness has the expertise and personalized care to guide you step by step to help you reach your health and weight loss goals.



We have also found that many people who struggle to lose weight may actually have food sensitivity issues that cause inflammation of their cells due to an adverse reaction to certain proteins. Aside from unexplained difficulty losing weight, people with food sensitivities may also experience a variety of symptoms including headaches, acid reflux and digestive issues to name a few. By including a food sensitivity test in our weight loss program, we can identify what foods are most compatible with your body and what foods you should avoid so that we can remove the offenders, reduce inflammation and aid in weight loss.

We have many health and weight loss plans available. At a consultation with one of our Case Managers we can determine which plan best suits your goals and budget.

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## QUESTION:

Have you lost the range of motion in your shoulder?

## ANSWER:

If the answer is yes, we can help you.

This is called a frozen shoulder, also referred to as adhesive capsulitis. The bones, ligaments and tendons that make up your shoulder joint are sheathed in a capsule of connective tissue. You are feeling the inflammation, scarring, thickening, and shrinkage of the capsule that surrounds the normal shoulder joint many times (but not always) with pain.

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

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

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

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



### PHYSICAL THERAPY BY ROBERT S. FRIEDMAN, PA

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(located within Breakthrough Wellness)

## QUESTION:

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



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

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

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

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

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

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

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

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

**Dr. Holli Alster at Family Foot & Ankle Center of Central Jersey**  
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Dr. Sanjay Gandhi, DPM

## FOOT KNOWLEDGE:

### Your Feet Can Say A Lot About Your Health

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



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# QUESTION:

## What's the best way to treat knee arthritis?

### Consider a non-surgical treatment that really works!

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



#### WHAT IS HYALGAN AND HOW DOES IT WORK?

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

#### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

#### DOES IT HURT?

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

#### WILL MY INSURANCE COVER HYALGAN?

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

#### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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



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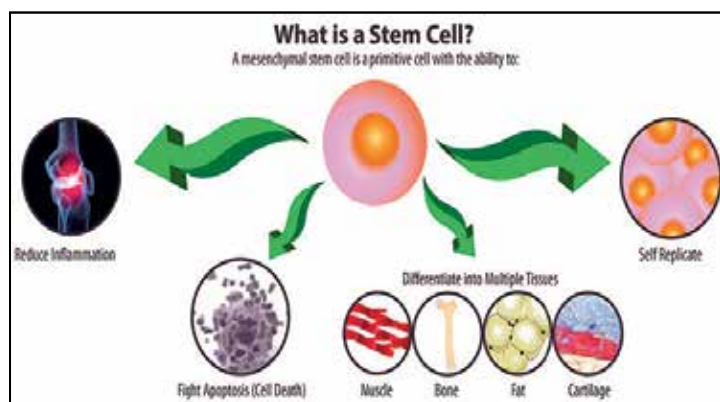
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# QUESTION:

## Can amniotic stem cell therapy help my knee pain?

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



### HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

### WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

### ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

### AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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

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# Planning a Vegetable Garden

Vegetable		Spacing (in.)		Transplant or Seeds	Planting Dates*	Avg. Yield per 10 ft. of Row
		In Row	Btwn. Rows			
Asparagus		18	60	Crowns	Perennial	5 lbs
Beans, Lima, bush		4	24	seed	Ma,Ju,Jl	6 lbs
Beans, Lima, pole		36	36	seed	Ma,Ju,Jl	7 lbs
Beans, Snap, bush		4	24	seed	Ma,Ju,Jl	6 lbs
Beans, snap, pole		36	24	seed	Ma,Ju,Jl	7 lbs
Beets		3	15	seed	Ap,Ma,Ju,Jl	14 lbs
Broccoli		15	30	transplant	Ap,Ma,Jl,Au	8 heads
Brussels Sprouts		18	30	transplant	Jl	5 lbs
Cabbage		18	24	transplant	Ap,Jl	7 heads
Cabbage, Chinese		12	18	seed or trp.	Ap,Jl	10 heads
Carrots		3	15	seed	Ap,Ma,Ju,Jl	10 lbs
Cauliflower		24	30	transplant	Jl	5 heads
Celery		6	18	transplant	Ma,Ju	20 stalks
Chard, Swiss		6	24	seed	Ap,Ma,Ju,Jl,Au	20 plants
Collards		18	24	seed	Ap,Ma,Ju,Jl	10 lbs
Corn, Sweet		12	24	seed	Ma,Ju	10 ears
Cucumbers		36	30	seed or trp.	Ju,Jl	8 lbs
Eggplant		30	30	transplant	Ma,Ju	20 fruit
Endive		12	18	seed or trp.	Ap,Ma,Ju,Jl,Au	10 plants
Kale		15	18	seed	Jl,Ag	24 lbs
Kohlrabi		4	15	seed or trp.	Ap,Ma,Jl,Au	20 bulbs
Leeks		3	15	transplants	Ap,Ma,Au	40 plants
Lettuce, Leaf, Romaine		8	15	seed or trp.	Ap,Ma,Au,Se	15 heads
Lettuce, Bibb		6	15	seed or trp.	Ap,Ma,Au,Se	20 heads
Muskmelons		36	72	seed or trp.	Ju	8 melons
Mustard Greens		12	15	seed	Au	10 lbs
Okra		24	36	seed	Ma,Ju	100 pods
Onions, dry		4	15	seed, trp. sets	Ap	10 lbs
Parsley		6	15	seed	Ap,Ma,Ju	20 bunches
Parsnips		3	18	seed	Ap	10 lbs
Peas		2	18	seed	Mr,Ap	3 lbs
Peppers		15	15	transplant	Ju	12 lbs
Pumpkins		48	96	seed	Ju	4 fruit
Radishes		1	12	seed	Ap,Ma,Ju,Jl,Au,Se	60 roots
Rhubarb		36	48	crowns	Perennial	20 stalks
Rutabagas		4	18	seeds	Ap,Jl	15 lbs
Spinach		4	18	seeds	Ap,Se	7 lbs
Squash, bush		24	48	seeds or trp.	Ju,Jl	25 fruit
Squash, vine		36	72	seeds or trp.	Ju	20 fruits
Sweet Potatoes		12	36	transplants	Ju	12 lbs
Tomatoes		24	36	transplants	Ma,Ju	50 lbs
Turnips		3	18	seed	Ap,Jl	7 lbs
Watermelons		36	96	seed	Ju	3 melons
White Potatoes		12	24	tubers	Ap	18 lbs

\*Mr=March; Ap=April; Ma=May; Ju=June; Jl=July; Ag=August; Se=September

## MORGANVILLE FLOWER FARM

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# STEP ONE - Planning Your Meals from the Ground Up

By Susan Heckler

Tired of worrying where your fruits and vegetables were grown and what was sprayed on them? You can always go back to being the Hunter-Gatherer.

Back in 'The Day,' people had to plan their meals from the ground-up. That meant saving seeds from last year's crop, storing them, knowing when to plant and how much of each crop you would need to sustain your family during the growing season and preserve some for the winter months. This was a real science, not a hobby, because this is what your family needed to live on. That didn't mean a small patch of garden surrounded by lush, rolling lawn. This meant using every foot of your property to feed your family. There was no supermarket...it was you or you. Think Little House on the Prairie folks.

Assuming this is your first vegetable garden and there were no seeds to save, this is the time to scour catalogs and due diligence. There are several things to keep in mind when ordering seeds for the growing season. Vegetables only? Herbs? Some Perennials for beauty? Don't get tantalized by the photos, THINK.

Unless you have a large garden you might not have enough space to grow everything you want to grow. Start with a wish list of what your family loves and needs, placing your favorites on top. Then set your list aside for several days and revisit it again.

Choose plants that work for you and your environment, making sure they are Zone hardy. Is your garden sunny, shady or a mix? Full sun means six to eight hours of full sun each day. Partial sun is four to six hours per day. When you read about the seeds or seedlings, keep this in mind to determine if they will do well in your yard.

When you go to your Garden Center, remember that those cute little plants will not remain anywhere near the size you purchase them at. The marker in the plant should tell you the space requirements. There are varieties that take up less room than others that you may want to consider.

All soil is not created equal; some need a little help, maybe 2- to 3-inch layer of compost, decayed leaves, dry grass clippings, or old manure or other organic matter. This needs to be done prior to planting so check it out. To learn more about your soil, have a soil test done through your county cooperative extension office.

Water...if it isn't coming down from the heavens, how are you getting it on your lettuce. Do you have irrigation nearby? Choose a spot that has a hose or sprinklers for your thirsty plants.

Now comes the hard part. Before you start ordering seed or seedlings and planting, you need to plan. You can purchase software for this or borrow some graph paper from your kids. Plot the size and shape and any features like trees, shrubs, paths etc. Not all plants are symbiotic, some grown better next to others. Plot the adult size of the plant, not the seedling size.

You can always expand your garden later in the season or next year. It can be a lot of work, so don't be over zealous. When you take your children in to pick their home grown vegetables for the salad and taste the difference right-off-the-vine, you will realize the rewards are bountiful. Stay tuned for next issue when we convert lawn to garden.







By Susan Heckler

## CILANTRO & CORIANDER



If you have stepped into an herb garden when the winter weather starts to break, you will see the regrowth of cilantro. Although this is an annual and should be planted annually, when left to go to seed this prolific plant yields a carpet of green. Here it is, March 5, and I have enough volunteer cilantro to start cooking with.

Cilantro and coriander are the names used in the United States to describe two different parts of the same plant, *Coriandrum sativum*. Cilantro is used to describe the green, citrus-flavored leaves while coriander is the common name for the plant's light brown seeds. When dried they are used as a cooking spice.

Beyond its nutritional benefits, cilantro and coriander is a powerful cleansing agent that specifically targets toxic metals. Toxic metals accumulate in the endocrine system, muscle tissue, and even deep within the bones. Once these metals reach unsafe levels, many severe health complications occur. Common side effects of toxic metal exposure include hormone imbalance, oxidative stress from free radicals, and impaired organ function.

It is also said to aid with skin disorders and inflammation, cholesterol levels, blood pressure issues, diarrhea, anemia, eye care, and blood sugar levels.

### HOW TO SELECT:

Easily confused with flat-leaf parsley in appearance, so be sure to give it a good whiff. Look for a bunch with un-wilted leaves in medium green. It is found in grocery stores but so easy to grow your own!

### HOW TO STORE:

Store in refrigerator with cut ends in a jar of water and leaves loosely covered with a plastic bag for several days. Change water every 2 days. Or store in a plastic bag for a week.

### GREAT WITH:

Serve raw in salads or toss in with cooking. Pair with avocado, chicken, fish, ice cream, lamb, lentils, mayonnaise, peppers, pork, rice, salads, salsas, shellfish, tomatoes or yogurt.

## MINT

Mint originated in Asia and the Mediterranean region. Mint is used as medicine and a flavoring in hot and cold foods but was also often used as an air freshener, perfume and bath scent.

It is a perennial, which means it comes back on its own each year, a little fuller and it grows aggressively. Known for its runners, mint should be planted where it can be contained or where it can fill several square yards of space. One mint plant can easily overtake your garden and choke out other surrounding plants.

There are many varieties of mint with varied uses:

- Nutritionally, 1/4-cup serving of fresh peppermint contains only 4 calories, while an equivalent serving of spearmint provides just 10. Fresh mint leaves contain negligible amounts of protein and fat, and provide small amounts of carbohydrates. A serving of peppermint offers 1 gram of total carbohydrates -- including 0.5 grams of fiber -- while spearmint contains 2 grams of carbohydrates per serving, including 1.6 grams of fiber. Mint also contains a wide range of essential minerals such as manganese, copper, iron, potassium and calcium.
- Mint has one of the highest antioxidant capacities of any food and contains an anti-inflammatory agent called Rosmarinic acid, which has been studied for its effectiveness in relieving seasonal allergy symptoms.
- Mint contains menthol, a natural aromatic decongestant that helps to relieve phlegm and mucus.
- Menthol's cooling effect can help relieve a sore throat, especially when combined with tea.
- Mint is thought to increase bile secretion and encourage bile flow, which helps to speed and ease digestion and which may also support healthy cholesterol levels.
- Peppermint is also thought to relieve pain and discomfort from gas and bloating. Peppermint tea is a common home remedy for flatulence. The use of peppermint oil has been found to be an effective and safe treatment for those suffering from abdominal pain or discomfort associated with IBS.
- In a study in animals, menthol was found to help protect the lining of the stomach from the negative effects of indomethacin and ethanol, giving it a potential role in preventing gastric ulcers associated with alcohol consumption and regular use of painkillers.
- Applying peppermint extract externally has been found to increase pain threshold in humans.
- When applied topically in oil, ointment or lotion, mint has the effect of calming and cooling skin affected by insect bites, rash or other reactions.
- Mint is a natural anti-microbial agent and breath freshener.

**CHOOSING:** Look for stems of healthy, bright green, crisp leaves that show no signs of wilting or browning or grow your own.

**STORING:** Place freshly cut stems of mint from the farmers' market or your garden in a vase of water on the kitchen counter for up to several days. Mint from the supermarket has been cut for several days, so place it in a plastic produce bag in the vegetable bin of the refrigerator.

Mint is a common ingredient in Thai food, Middle Eastern dishes, and in traditional mint tea from North Africa. It's not unusual to see mint paired with lamb or chocolate; other popular uses for the herb are jellies, sauces. Let's not forget cocktails such as the Mint Julep and Mojito.



# SPRING LAMB DINNER

*Not only is lamb a rich source of high-quality protein, it is also an outstanding source of many vitamins and minerals, including iron, zinc, and vitamin B12.*

## Ingredients

- 1 leek, cut in halves & sliced into 1/2-inch chunks
- 1/2 cup light olive oil
- 4 (1 pound) lamb shanks
- 2/3 cup all-purpose flour
- 2 stalks celery, chopped
- 2 large carrots, coarsely chopped
- 2 large onions, cut into chunks
- 2 large potatoes cut into chunks
- 12 cloves garlic, unpeeled
- 1 bay leaf
- 1 tsp whole black peppercorns
- 1 sprig thyme (or one tsp dried)
- 1 sprig rosemary (or one tsp dried)
- 1 1/2 cups red wine
- 3 cups chicken or vegetable stock
- kosher salt to taste



## Directions

1. Preheat oven to 300 degrees F (150 degrees C).
2. Toss lamb shanks with flour to coat evenly; then shake off extra.
3. Heat the olive oil in a heavy, metal roasting pan on the stove over medium-high heat. Sear the shanks in hot oil until well browned on all sides, then remove from pan and set aside.
4. Add the leeks, celery, carrots, potatoes, onions, and garlic cloves to the roasting pan. Cook until soft and slightly browned. Stir constantly; about 5 minutes.
5. Season with the bay leaf, peppercorns, thyme and rosemary. Pour in the red wine and stock, increase heat to high, and bring to a simmer.
6. Season to taste with salt, and put the lamb shanks on top of the vegetables.
7. Cover the roasting pan tightly with heavy aluminum foil, and place into the preheated oven.
8. Bake gently until the meat is tender and falls off of the bone, 2 1/2 to 3 hours.
9. Remove the bay leaf and herb stems before serving shanks with vegetables and sauce.

# Generational Food Allergies

By: Susan Heckler

**T**his generation of children seems to have such severe allergies to so many things. As a baby boomer growing up in the 60's, I can't recall ever hearing about peanut allergies, much less the steps the public needs to be aware of to prevent exposure. Grandma and Grandpa didn't have food allergies...why do they?

The food everyone ate came from local farms and small markets in the early 1900's. Food preservatives were not widely used yet, so the food was fresh. They got their nutrition from the food they ate because supplements were not around and processed food wasn't an issue.

The perishables they ate were seasonal, real food. They are rediscovering the rewards of eating locally grown produce such as local honey.

Grandma and Grandpa ate to live; they didn't do fad diets, food marketing, calorie counting, and other detrimental dieting habits that are popular today. They ate what their bodies craved and had a healthy metabolism.

Processed food was not an option and dining out was a rare occasion back then. They cooked from home using familiar recipes and totally aware of all ingredients.

In those days, food was not yet treated with additives, antibiotics and hormones to help preserve shelf life and pad the pockets of food producers. There were no GMO's, additives, preservatives, stabilizers or thickeners.

Animal bones were saved or bought to make broths and soups, and organ meats always had a special place at the dinner table. These foods were valued for their medicinal properties, and never went to waste. No one worried about high fat and

cholesterol; they ate hearty food from the whole animal, which included organ meats and broth rich in bone marrow.

In addition, when they were ill they rested it out and ate broths and soups where nutrition played a part in healing. They didn't rush to the doctor and rush to take medication. Their body's learned to do a lot of the healing.

The previous generations got a lot of fresh air and sunshine. They were not stuck indoors sharing germy air. Their healthier lifestyle made for a better immune system.

There is a theory, when a baby is born; its immune system is a work in progress. During the first days, weeks and months of life, as the baby comes into contact with various germs, bacteria, viruses and infection, the system is supposed to start learning to distinguish between what is harmful and what is benign. The child's immune system creates allergy antibodies – specifically Immunoglobulin E or IgE antibodies – to guard against the offending trigger. Over the last 30 years, that seems to have changed. Figures from the World Allergy Organization reveal the global prevalence of asthma has increased by an astounding 50 percent every decade for the past 40 years. In North America today, leading allergy organizations estimate that about 24 million Americans and three million Canadians have asthma.

Back to basics is sounding pretty good right now.



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## Mobile Tour Lets People Know What It Feels Like to Have Autism Is Launched in the UK.

The mobile tour is a unique simulator and asks users to carry out simple tasks while being completely overwhelmed by light and sound. Participants wear special headphones, glasses and gloves which make it impossible to concentrate as they struggle to filter out the senses around them. Experts say this helps to create a similar environment to that of sufferers of the condition.

The unique simulator asks users to carry out simple tasks while being completely overwhelmed by light and sound. The agency running the experience is Training 2 Care in the UK and hopes to launch world wide to have people get a better understanding of Autism.

It is hoped the 'Autism Reality Experience,' which will tour up and down the country will be used by schools, retailers and prisons.

This will allow them to get a better perspective of the symptoms that tend to go unnoticed to the untrained eye.

Chelsey Cookson, from Training 2 Care, the agency running the experience, said: "Lots of people have family members with autism, including myself, and this could help a lot of them."



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## The National Center for Health Statistics released a study about sugar-sweetened beverage consumption among U.S. youth

**H**ow many sugary beverages do you consume each day? How many do your kids drink per day? A new study released by the Centers for Disease Control and Prevention's National Center for Health Statistics reveals just how many calories and added sugars kids are drinking per day.

While approximately one-half (49.3 percent) of U.S. adults drank one sugary beverage per day, nearly two-thirds (62.9 percent) of U.S. kids ages 2-19 consumed at least one sugar-sweetened beverage per day between 2011-2014, according to the study, which was released Jan. 26. It also found that roughly 30 percent of children consumed two or more sugar-sweetened beverages per day. On average, children consumed 143 calories and 7.3 percent of their daily energy intake from sugar-sweetened beverages.

"This study is important because consuming sugar-sweetened beverages is associated with weight gain, Type 2 diabetes, dental caries (cavities), and dyslipidemia (high cholesterol) in children, all of which have serious negative downstream health consequences," said Asher Rosinger, Ph.D., M.P.H., in a CNN.com article about the study.

For the report, sugar-sweetened drinks included regular soda, fruit drinks (sweetened bottled waters and fruit

juices with added sugars), sports and energy drinks, and sweetened coffees and teas. The report did not count diet drinks, 100-percent fruit juice, beverages sweetened by participants, alcohol, or flavored milks.

The study also showed the differences in sugary beverage consumption among age, gender, and ethnic groups.

Calories consumed from sugar-sweetened beverages on a given day increased with age. On average, kids ages 2-5 consumed 62 calories, ages 6-11 consumed 118 calories, and ages 12-19 consumed 197 calories.

Boys consumed more calories from sugary drinks than girls across all age groups. On average, boys consumed 164 calories while girls consumed 121 calories.

Calories consumed from sugar-sweetened beverages differed by race and Hispanic origin. Across the board, non-Hispanic Asians consumed the least amount of calories from sugary beverages.

The percentage of total daily calories from sugar-sweetened drinks increased with age. Approximately 4 percent of daily calories came from sugary drinks for ages 2-5, while 9.5 percent of daily calories for ages 12-19 came from sugar-sweetened beverages.





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### Ingredients:

Handful of fresh turmeric  
Two-inch piece of ginger  
Three apples  
Four oranges, peel removed  
Manuka honey  
Coconut water (or sparkling water)



### Required: Juicer

### Method:

1. Juice the turmeric, ginger, apples and oranges in the order listed. It is important to juice the turmeric first because not much juice comes out of it and the subsequent fruits will help to clear the turmeric from the blades of the juicer and move it into the juice.
2. In a tall glass add 1 teaspoon of Manuka honey. Fill halfway with the tumeric + citrus juice and stir until the honey has dissolved. Then fill to the top with either coconut water or sparkling water.
3. Drink immediately, but any of the citrus mixture that you don't use right away can be stored in an airtight container for up to 24 hours.

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## Hair Accessories for Spring

By Jordan Tinitigan

New York Fashion Week has just passed, so you know what that means...new trends! With spring on the rise, there are many new accessory trends for hair. Here are some of our favorites...

**The Top Knot Head Band:** This gives a cool twist (literally) to a boring old fabric headband. The extra top knot gives a little more flair to the hair.

**Decorated Bobby Pins:** Again, adding flair to the hair. Designs on these range from stars to glitter to flowers, and boy are they adorable!

**Boho Headwraps:** This one has been making its way to the spotlight for quite sometime, and that is because they are adorable! Fabric-like wraps that have awesome patterns and colors that wrap around your entire head.

**Metal Headbands:** No, not just plain old metal headbands. Stores like Urban Outfitters and Forever 21 are making mock Greek-headpieces and tiaras out of gold and silver metal.

*A-dor-a-ble!*



## perfect waves

By Jordan Tinitigan

Achieving the perfect wave is a tough thing for most women to achieve. Here are two awesome ways to achieve the perfect beach waves...

**\*Heat Required\***

- Step 1: Apply preheat spray to dry/damp hair
- Step 2: Blow dry hair straight
- Step 3: Section off your hair (depending on thickness) into at least two sections
- Step 4: Take a three barrel wave curler and wrap pieces on and hold for a few seconds
- Step 5: Repeat until whole head is done and set with hair spray

**\*No Heat\***

- Step 1: Wash hair, do not condition (Skip if you have dry hair)
- Step 2: Squeeze hair to dry
- Step 3: Comb hair & spray w/ sea salt spray
- Step 4: Split hair into several sections (at least two) (part normally)
- Step 5: Braid each section
- Step 6: Wait until completely dry & set with hair spray







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## DEAR DENTAL INSURANCE, WHAT HAVE YOU DONE FOR ME LATELY?

**So you have dental insurance... why doesn't it cover all your treatments?**

When most people think of insurance they think of their medical insurance. The biggest benefit they have with this type of coverage is that medical insurance not only pays for wellness visits but its major purpose is to help defray costs when it comes to catastrophic illness or accident.

**Enter dental insurance..** and while medical disease can be both unpredictable and catastrophic, the majority of dental ailments are preventable. Preventative care including routine check-ups and cleanings are paramount to maintaining good oral health. If you regularly visit your dentist, problems can be diagnosed early and treated without need for extensive, elaborate, or expensive procedures. That theoretically keeps the cost of dental care much lower than those of medical care.

So what really are the differences?

- **Medial Insurance** is designed primarily to cover the costs of diagnosing, treating, and curing serious illness or care in case of an accident. This usually requires a family practice physician, numerous specialists and a variety of tests administered by doctors and labs, multiple procedures may be required and then there is the need for medication.
- **Dental Insurance** works differently. Most plans are designed to make sure that patients receive regular preventive care. High dental care rarely requires the complex multiple resources often required by medical care. Because most dental disease is preventable by routine care dental benefits are structured to encourage patients to get regular routine care.
- **Medical Insurance** usually pays for the majority of tests, operations, lab work etc. needed to diagnose and treat disease. The exception is some brand new technologies or experimental treatments.

- **Dental Insurances** are designed to cover only a portion of the total cost of a patients necessary dental needs when faced with treatment beyond the normal preventive care. For example your dentist may recommend a crown for a badly decayed tooth while your insurance may only pay for a filling, your dentist may recommend an implant for a diseased tooth but your plan will only pay for a bridge.

The second difference between the two types of insurance are important to expand on. If the patient has not maintained routine dental care and is now faced with extensive dental needs, they are presented with the choice- to accept the treatment planned as outline by their dentist and pay money out of their pocket to cover the treatment or only go forward with the treatment that is covered by insurance.

This leaves both the patient and the dentist in a bit of a pickle. The dentist wants to treat the disease that the patient is faced with so that it doesn't get worse or cause any more serious problems. The patient on the other hand is asking the dentist to only preform those treatments that are covered by their insurance which may not be the preferred solution to the problem. Or they may have multiple teeth that require care and ask that only certain teeth are treated and then will wait until the next year's dental benefits kick in.

The decision to not move forward with the recommended treatment usually leads to more extensive and expensive procedures. The patient may even be putting their health in jeopardy while delaying treatment.

The question you should ask yourself when making the decision to move forward with dental treatment not reimbursed by your dental plan is this, if you were presented with the fact that you had heart disease and your insurance did not pay for all of your treatment would you risk serious complications by only accepting the treatment covered by insurance or follow your physicians recommendation for treatment?

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## Glitter Makeup

By Jordan Tinitigan

2017 is for all that glitters! So many makeup trends revolve around our reborn love for everyone's favorite craft supply. But don't worry! This glitter is perfectly safe for your face, and you will not be using Elmer's Glue to get it on! Actually, there's a certain type of eye primer used specifically for loose glitter. (NYX makes one for only \$5.99!) It has a creamy consistency and blends right into your skin like any other eyeshadow primer would. Loose glitter is then applied on top of that and your glittery look is assured for the rest of the night! I have personally tried this out for New Year's Eve, and it's easy to use and almost flawless.

Surprisingly loose cosmetic glitter isn't very expensive. There's a website called [bulkglitters.com](http://bulkglitters.com) that sells mini pots of several different colors for only a dollar! They're not very big, but tons of glitter isn't usually your go-to look for an everyday basis, so it should last. Also, there's a huge difference between the glitter size too. It ranges from fine to chunky, and it's pretty self-explanatory.

Another cool trend is glitter eyeliner. Brands like NYX and Urban Decay sell glitter in the form of liquid eyeliner. This means that you could just dab it onto your eyelid like any other liquid liner you have! Many beauty gurus have been using glitter to make a fully wing, or drawing a thin line on top of their already-there wing.

The last and coolest new glitter trend is... Glitter Lips! Pat McGrath made a lip kit that gives you glitter, clear lip-gloss, pigment, and lipsticks to create the perfect glitter lip. (I'm sure you've seen Bella Hadid rocking them on the runway) The only problem is...you can only find them on resale... for \$100!!! However, word on the street is using a combo of your favorite lipstick, matching (or similar-colored) loose glitter, primer, and a clear gloss to go over the top will do just the trick on its own. Another way to go about this is to just mix the glitter and the gloss together in a small bowl and applying it like a regular lip-gloss.

Hope your 2017 sparkles as much as your makeup does!







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By Jill Garaffa

## How to Get Un-Stuck

Dear Jill,

There are so many changes I want to make in my life, but I find myself in this place of inertia—no movement at all. Intellectually, I can look around at my life and see I need to make some changes and I know I have so much potential, but something is stopping me from taking any action. It's like I can't get out of my own way. Can you help?

Signed,  
Stuck in the Mud

Dear Stuck in the Mud,

First, I'd like to acknowledge that you are aware that there are aspects of your life that aren't working and things you'd like to change—and that you do have potential. This is wonderful insight! And a great first step! It may seem obvious, but the fact that you are actually aware that you are not moving forward is a good thing. Awareness is the first step in the process of change.

You see,, most people aren't aware of their pain and what it is costing them. As human beings our brains are wired to avoid pain, so when we experience it (like the pain of upset, disappointment, anxiety, fear, frustration, stress, etc), we tend to do things to numb it or distract ourselves from it, so we don't feel it. For example: we may use food, alcohol, credit cards, social media, television, social isolation or being over-scheduled & over-committed to the point of exhaustion. We believe things like "I don't have the time" or "I don't have the money" or "I can't do it." And, then we think, "why is my life not changing? Why am I not where I want to be in my life?"

Pain is actually our greatest teacher & most effective motivator. Allowing yourself to feel that pain is the catalyst to getting unstuck. It involves considering first: what is it costing you to not change? Answering this question can be life transforming. This is your moment of truth, the "hitting bottom" question. There is a saying: "When the pain of changing becomes less than the pain & consequences of staying the same; that is when you will make a change."

A word about fear: our brains are wired against anything that will cause us harm (both real and imagined), so naturally, if your view of change is that it is "scary" or "uncomfortable", then you will avoid it and stay stuck forever. If you reframe change into something that can be exhilarating and stimulating and fun or an adventure, then you will be willing to endure the work that it takes to get through the process until your life resembles the life you actually want.

So, a moment of truth: consider: what is it costing you to not change? Dying of a heart attack? Gaining 30 more pounds? Dying of boredom or stress from your current career? Being isolated from your family? There are very real consequences to all of your choices. Your choices don't just affect you---they affect others. Dig deep within yourself to find the courage to be honest. Your future, your happiness and the quality of your life depend on it!

Wishing you peace, clarity and purpose!

Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit [www.seedsofchange.coaching](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](mailto:jill@seedsofchange.coaching) or visit [www.seedsofchange.coaching](http://www.seedsofchange.coaching) and click "contact us" to be featured in a future column.



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## Reiki for the Entire Family!

By Jeffrey Carpenter

Reiki (pronounced "RAY-key"), with its ability to promote the body's own healing and balance on physical, mental, and spiritual levels, is one of the most adaptable therapy systems available. Its use and practice provide physical pain reduction, stress relief, and overall wellness, and it also serves as a complementary therapy to many medical treatment programs, from physical therapy to post-OP rehabilitation and pharmacological prescriptions. With its versatility and non-intrusive nature, Reiki is good for the entire family. In children, the calming and regenerative effects of Reiki are well-received. The healing energy can be applied to infections, viruses, and even the flu to promote faster recovery and reduced symptoms of these illnesses, and it also helps to balance the emotional states of little ones, imparting general well-being. For seniors, the healing capabilities of Reiki continue to be documented. The reductions in anxiety and pain are always available, but it is important to note that more significant diseases can be treated with Reiki. Cancer, multiple sclerosis, muscular dystrophy, Alzheimer's disease, and recovery from surgery are all ailments for which the application of Reiki therapy has demonstrated improvements in health and wellness, and Reiki can improve anyone's quality of life, including hospice patients. In addition, pets and working animals alike love the feeling and the energy of Reiki. The illnesses that affect our beloved furry friends can be treated in the same way as in people, reducing pain and emotional stress while helping to heal injuries and tumors. Finally, practitioners of Reiki provide healing to family and friends as well as themselves, so Reiki can become a daily source of healing and relaxation in any family's wellness program.

## What Is Your Internal Clock Telling You?

By Susan Heckler

In Traditional Chinese Medicine, it is believed that each organ has its point of highest energy and lowest energy in a 24 hour cycle. It is believed to help us know when to exercise, eat, have sex, rest and sleep.

The Body-Energy Clock is built upon the theory of the ebb and flow cycle of energy through the body. During a 24-hour period this energy, Qi, moves in two-hour intervals through the organ systems.

What does it mean when you wake the same time with discomfort or symptoms? Chinese Medicine practitioners use this clock to help them determine the organ responsible for disease. For example, if you find yourself waking up between the hours of 3-5am each morning, you may have underlying grief or sadness that is bothering you or you may have a condition in the lung area.



There are a total of 12 meridians, belonging to every major organ. According to yin-yang, they are divided in six yin and six yang meridians. The yin meridians belong to the organs, which collect, storage and process substances and energy. The yang meridians include the organs, which exchange and excrete substances and energy. When one organ is at its peak energy, the

organ at the opposite side of the clock, 12 hours away, is at its lowest ebb.

### Time Of Maximum Function

- 1 AM – 3 AM – liver (detoxification, muscles and eyes)
- 3 AM – 5 AM – lungs (skin)
- 5 AM – 7 AM – colon (assimilation, elimination, skin)
- 7 AM – 9 AM – stomach (lymph, food digestion)
- 9 AM – 11 AM – spleen, pancreas (lymph, food digestion)
- 11 AM – 1 PM – heart (artery blood circulation)
- 1 PM – 3 PM – small intestine (digestion, assimilation, arteries)
- 3 PM – 5 PM – bladder (bones, teeth, elimination, cleaning)
- 5 PM – 7 PM – kidneys (bones, teeth, ears, filtration, elimination)
- 7 PM – 9 PM – cardiac layer (constriction of blood vessels)
- 9 PM – 11 PM – duodenum (thermoregulation)
- 11 PM – 1 AM – gallbladder (digestion, muscles, eyes)

### Time Of Minimal Functions Or Rest

- 1 AM – 3 AM – small intestine (digestion, assimilation of the arteries)
- 3 AM – 5 AM – bladder (bones, teeth, cleaning elimination)
- 5 AM – 7 AM – kidney disease (bones, teeth, ears, filtration, elimination)
- 7 AM – 9 AM – the heart layer (constriction of blood vessels)
- 9 AM – 11 AM – duodenum (thermoregulation)
- 11 AM – 1 PM – gallbladder (digestion, muscles, eyes)
- 1 PM – 3 PM – liver (detoxification, muscles and eyes)
- 3 PM – 5 PM – lungs (skin)
- 5 PM – 7 PM – colon (assimilation, elimination, skin)
- 7 PM – 9 PM – stomach (lymph, food and digestion)
- 9 PM – 11 PM – spleen, pancreas (lymph, food digestion)
- 11 PM – 1 AM – heart (artery blood circulation)

# QUESTION:

**Do my glasses really need UV Protection?**

# ANSWER:

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

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

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

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

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

**Dr. Steven Linker, OD**



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

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

In purchasing sunglasses, keep in mind:

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

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

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

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

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# Don't Let Neck Pain and Picking the Right Doctor Be a Pain in The Neck

Not sure what's causing your neck pain or who to see? Neurosurgeon? Orthopedic surgeon? Doctor launches public service initiative to educate patients and help them determine best course for treatment.

If you suffer from neck pain – the third leading cause of chronic pain in the country affecting more than 80 million Americans – understanding its causes and how to treat it is critical.



Atlantic NeuroSurgical Specialists' Dr. Jay Chun, a nationally renowned neurosurgeon and cervical spine expert, reviews a patient's films before a team consult.



"Despite the high number of incidents reported of neck pain, getting to the root of it and determining how to best treat it still remains a mystery to many," says Dr. Jay Chun, a neurosurgeon at Atlantic NeuroSurgical Specialists. Dr. Chun, who specializes in the diagnosis and treatment of cervical spine issues, is on a mission to educate patients.

The neck – called the cervical spine in the medical community – houses the spinal cord which sends messages from the brain to all parts of the body. Because of its delicate nature, treating cervical spine issues correctly is critical to well-being.

"This is why symptoms of neck pain should not be ignored. Whether you have a stiff neck or numbness and tingling that radiate down to your fingers, neck pain can signal an underlying medical issue, especially if it persists," Chun, who specializes in cervical spine, explains. "Some cervical spine issues can lead to problems with walking, balance and coordination – even loss of bladder or bowel control – so it's best to see a doctor sooner than later to avoid larger problems down the road."

There are many causes of neck pain. They may include:

- **Degenerative Disc Disease:** Usually related to aging, more than 3 million cases of deteriorating discs that lose their cushioning are diagnosed annually.
- **Muscle Strain:** This may be caused by a pulled muscle, a muscle spasm or injury to the soft tissues of the neck.
- **Mechanical Neck Pain:** Often a result of degenerative disc disease or arthritis in the cervical spine, this term is used because the pain comes from the mechanical parts of the cervical spine that allow us to move our head.
- **Pinched Nerve:** This can be caused by a herniated disc (a tear in the surface of the disc) or a bone spur that rubs on a nerve root and causes pain, numbness and muscle weakness.
- **Spinal Stenosis:** Resulting in numbness, tingling and pain in the arms, hands and legs, this is the most serious problem and is caused by bone spurs that press on the spinal cord or the nerve roots.

"Over many years, our necks are subjected to repeated stress and minor injury," Chun details. "Add to that aging and poor posture, and it's easy to see why so many Americans suffer from neck pain."

"For chronic pain, there may not be a quick fix or a complete cure – which is why you should see a healthcare professional right away and get help to slow down the degenerative process," he advises.

## What kind of doctor should you see?

"There are two types of doctors that typically treat neck pain: neurosurgeons and orthopedic surgeons," Chun elaborates. "Neurosurgeons diagnose and treat disorders affecting the nervous system – the delicate and complex command, control and communication network in the body that's made up of the brain, spine and neurovascular system. Orthopedic surgeons specialize in the musculoskeletal system comprising the bones of the skeleton, muscles, cartilage, tendons, ligaments, joints and other connective tissue. Both can specialize in spine surgery; however, orthopedic surgeons do not deal with the neurovascular system. They often call in neurosurgeons when they encounter complications in surgery."

Ask these questions when determining the best doctor to treat your specific issue:

- What kinds of minimally invasive procedures do you offer?
- How many neck surgeries have you performed?
- What is the range of cervical care you provide?
- What do you do if there is a neurovascular issue?
- Do you use the latest technologies such as image guidance, computer modeling and navigation?
- Do you treat the spinal cord itself?
- Do you collect data on patient outcomes and participate in the national registry that tracks results by procedure?

"Choosing the right doctor for you and your neck pain shouldn't be a pain in the neck," Chun concludes. "But, be sure to do your due diligence. You – and your neck – are way too important."

For more information on cervical spine issues and treatments, contact ANS at 732.455.8225 and visit [ansdocs.com](http://ansdocs.com)

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. Since its founding in 1958, ANS has specialized in the diagnosis and treatment of disorders affecting the nervous system. Its Spine Center is known for evaluating spine disorders and treating them with innovative non-surgical and surgical treatments. ANS is changing the way patients are treated by actively participating in an outcomes database that measures the quality and efficacy of common spinal and neurosurgical procedures.

# The Downside of Winter Warmth

By Susan Heckler

Loving those balmy days of winter? Mother Nature's weather tug of war during February and March has ushered in an early spring across the county. Yes, we enjoyed it, but it is not good news for those who suffer with seasonal allergies.

Your trees are budding and your bulbs are sprouting. Mild weather means more time outdoors, which in turn means more pollen and mold exposure. Though the allergy season has started four weeks sooner, that doesn't mean it will be cut short.

Medical offices were filled with patients suffering from allergy symptoms, including itchy nose, eyes and mouth; watery eyes; and sinus congestion. If those symptoms are persisting longer than one to two weeks or if nasal fluid is colored, it could indicate an infection or a cold and not allergies.

It could also be a sign of asthma. Cold air, changes in temperature, and humidity can trigger asthma to begin with. Add an increased pollen count and you have uncomfortable asthma sufferers.

Allergies and asthma together are a common problem. 80% of people with asthma have allergies to airborne elements such as tree, grass, and weed pollens, mold, animal dander, and dust mites.

There are other irritants such as tobacco smoke, smoke from wood-burning appliances or fireplaces, strong odors from perfumes, and cleaning agents are all irritants that can trigger asthma. Additionally, air pollution, occupational dust, or vapors can trigger an attack.

If you experience coughing (especially at night), wheezing, and shortness of breath or chest tightness, pain, or pressure for a prolonged period of time, it may be wise to be checked by a Pulmonologist who specializes in conditions of the lungs.



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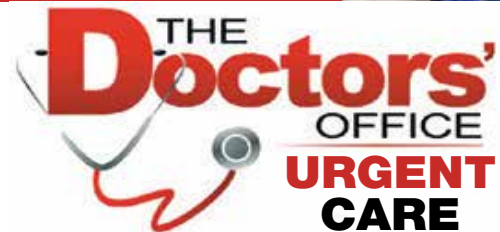
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# Vinegar, Removing the Pickle from Cleaning

By: Susan Heckler

Vinegar is a liquid produced when fermenting ethanol by acetic acid bacteria. It has mainly been used as a cooking ingredient or in pickling... until lately.



Recent studies have shown that commercial cleaning products are expensive and contain toxic chemicals that can cause mild to serious health and environmental issues. Vinegar is inexpensive, multi-purpose, and already found in almost every kitchen across the globe.

- ❖ Clean your oven combining vinegar and Baking Soda. Sprinkle Baking Soda on all the effected spots and spray these spots lightly with vinegar. They will react with each other, causing bubbling. Leave overnight to allow the mixture to dissolve the buildup, use a clean cloth to wipe clean.
- ❖ Clean your microwave by pouring equal parts of water and vinegar into a microwave safe bowl. Add a wood toothpick to the bowl to prevent accidental explosions. Microwave on high for five to eight minutes. Remove when liquid is cool and wipe the inside of the microwave clean using a clean cloth.
- ❖ Clean windows by mixing equal parts of vinegar and water in a spray bottle. Spray the solution on the window and wipe clean with a squeegee or a clean microfiber cloth. Dilute less for dirtier windows.
- ❖ Remove water stains from practically anywhere. For wood furniture, keep a solution of equal parts of olive oil and vinegar handy to remove the white rings. Use a clean soft cloth, moving in the direction of the wood grain. Polish using a second clean cloth. Use straight vinegar on a cloth to clean your glass baking dishes, serving pieces and drinking cups. Larger dishes can be soaked in a sink full of hot water to which two cups of vinegar has been added.
- ❖ Clean the bathroom Pour one cup of distilled vinegar into dirty toilets and let it sit for at least 15 minutes. Scrub ceramic tiles and glass shower doors with a mixture of ½ cup vinegar, ¼ cup borax and ½ cup ammonia dissolved in one gallon of water. Wash with cold water and wipe dry.
- ❖ Remove mineral deposits from your showerheads, fill a plastic bag with white vinegar and secure it around the showerhead with a rubber band and soak overnight or at least for a few hours. Remove the bag and turn on the shower to let the mineral deposits and vinegar wash away. Wipe clean with a soft cloth.
- ❖ Clean and disinfect your electronics but first switch off and unplug the machine! Dampen a clean cloth in a solution of vinegar and water in equal parts; wipe all parts clean using the cloth. Use a Q-tip dipped in the same solution for tight spots. The natural anti-static properties will also help keep dust away.
- ❖ Remove stubborn ink stains from clothes by submerging the stain in a mix of two parts of whole milk and one part of white vinegar in a large container. Let the stain soak overnight in the solution. If the stain is still visible, rub gently to work the stain out. Wash normally.
- ❖ Remove most spills and stains from a carpet using a solution of half-cup vinegar and two tablespoons of salt. Bigger or deeper stains may require adding two tablespoons of borax to the mixture to strengthen its reaction.

Now, add up all of the money you just saved on household cleansers and treat yourself to something fun!

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# Flame Retardant Chemicals in the Home

By Susan Heckler



**T**he average American home contains multiple sources of toxic flame-retardant chemicals. They're widely used in carpets and textiles, foam insulation, polyurethane foam furnishings, electronics and plastics and motor vehicles.

These outgas into your home regularly. The chemical industry maintains that these chemicals are necessary to keep flames from engulfing your home as quickly, allowing you valuable time to escape. The other opinion is that they have questionable effectiveness, while exposing you and your children to indisputably toxic substances.

Polybrominated diphenyl ethers (PBDE) bear a resemblance to the molecular structure of PCBs, which have been linked to cancer, reproductive problems and diminished fetal brain development. Like PCBs, they persist in the environment and accumulate in your body.

Globally, flame-retardant chemicals gross more than \$4 billion a year. The industry has a potential loss financially so they are fighting a ban despite the growing proof of health risks.

Brominated vegetable oil (BVO) was first patented by chemical companies as a flame retardant. The chemical is currently forbidden in food throughout Europe and Japan, but BVO has been added to about 10 percent of sodas in North America for decades. It's added as an emulsifier, to prevent the flavoring from separating and floating to the surface.

It's quite difficult to avoid these toxic chemicals because of their abundant use in household goods and even in the foam insulation used in your walls.

Frighteningly, a study also detected flame-retardant chemicals in **80 percent** of the following children's products tested:

- Nursing pillows    • Changing table pads    • Bassinets    • Baby tub inserts & bath slings
- Baby carriers    • High chairs    • Portable cribs    • Glider rockers
- Car seats    • Strollers    • Walkers    • Sleeping wedges

Since these toxins are not chemically bound to the plastics, foam, fabrics and other materials to which they're added, they easily seep out into your home where they accumulate in household dust. They are also contaminating air, soil and waterways during their manufacture, use and degradation in landfills.

Until these chemicals are removed from use entirely, tips you can use to reduce your exposure to PBDEs around your home include:

- Be particularly cautious with polyurethane foam products factory-made prior to 2005, such as upholstered furniture, mattresses and pillows, as these are most likely to contain PBDEs.
- Older carpet padding is another major source of PBDEs. Take safety measures when removing old carpet. You'll want to use a HEPA filter vacuum to clean up.
- You probably also have older sources of the PBDEs known as Deca which can be found in electronics like TVs, cell phones, kitchen appliances, fans, toner cartridges and more. It's a good idea to wash your hands after handling such items.
- As you substitute PBDE-containing items around your home, handpick those that contain naturally less flammable materials, such as leather, wool and cotton.
- Look for organic and "green" building materials, carpeting, baby items, mattresses and upholstery, which will be free from these toxic chemicals and help reduce your overall exposure. Furniture products filled with cotton, wool or polyester tend to be safer than chemical-treated foam; some products also state that they are "flame-retardant free."
- PBDEs are often found in household dust, so clean up with a HEPA-filter vacuum and/or a wet mop often.



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## April is Autism Awareness Month, which was declared by the Autism Society in April 1970.

In the United States, autism affects 1 in 68 children and 1 in 42 boys. It is one of the fastest-growing developmental disorders in the United States. With better awareness, a better informed public will be more empathetic and supportive towards people with autism.

People with autism are categorized as having Autism Spectrum Disorder (ASD). Both terms autism and ASD are often used interchangeably. It is wide spectrum disorder, meaning people with autism have a set of symptoms unique to themselves with no two people being the same. They do share the same characteristics, difficulties in areas of their lives, although at different levels of severity:

- Social Skills
- Empathy
- Physical Contact
- Sudden Changes To Their Environment
- Speech
- Changes to Behavior and Routine



Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Interesting is the fact that rates of ASD are anywhere from two to five times higher among boys than they are among girls. In a report published in JAMA Psychiatry, scientists point to one possible explanation for the discrepancy. Brain scientists know that some structures in the brain differ between the sexes; one is the thickness of the cortex. The brain's outer layer is embedded with nerves involved in memory, thinking, language and other higher cognitive functions. Males tend to have thinner cortex measurements, while females tend to have thicker ones. The thinner the cortex, regardless of gender, the more likely the person was to have ASD.

In June 2014, researchers estimated the lifetime cost of caring for a child with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism, including research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.

The financial cost is nothing compared to the emotional drain on the entire family. If you look at your normal daily parenting routine with your children, very little of it can apply to a parent of an autistic child.

There are many ways to get involved in the autism community. You can donate your time or money toward research, support or awareness. You can spread the word to promote tolerance and understanding. If you know someone with ASD, give a little love...be a friend.



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## Toe Walking

By Susan Heckler

Toe walking is quite common in young children, age 3 and younger. Walking on the toes or the ball of the foot is fairly common in children who are just beginning to walk.

Normal gait involves a specific sequence of events separated into two phases: stance phase and swing phase. Stance phase is the part of the gait cycle when the foot touches the ground. Stance phase begins with landing your heel on the ground, and then rolling your foot forward, and then coming up on your toes to push off. Swing phase is the part of the gait cycle where the foot does not contact the ground. In toe walkers, the heel strike is skipped, and the individual lands on their toes, and maintains that position through the stance phase.

Most children outgrow it as they develop. Children who toe walk beyond age two should be evaluated to ensure they do not have any other condition that may cause toe walking.

Toe walking beyond this age is not considered normal. Some continue out of habit, or Behavioral Toe Walking, which is more a preference for the child than a disease. Some due to other issues such as neurological immaturity, Cerebral Palsy, Duchenne Muscular Dystrophy, Heel Cord Contracture and Autism. Are they exhibiting tactile defensiveness in their feet? Is there a proprioceptive or vestibular problem? An evaluation is needed to rule these out.

Children who have persistent toe walking, with no other diagnosis that explains the condition, are usually started with some simple forms of treatment. The most common treatments include physical therapy, stretching, night splinting, and casting. If simple stretching does not help, placing a splint or cast to provide a constant stretch may help to loosen the tight heel cord.

If you have a child that toe walks, observe them carefully, and have them screened to rule out any other issues.



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## Modified Checklist for Autism in Toddlers, Revised (M-CHAT-R™)

By: Susan Heckler

The Modified Checklist for Autism in Toddlers-Revised (M-CHAT-R™) is a scientifically validated tool for screening children between 16 and 30 months of age that assesses risk for autism spectrum disorder (ASD). The original version, the MCHAT, was developed by neuropsychologists Diana Robins and Deborah Fein and clinical psychologist Marianne Barton. The revision, which improves specificity, was released in December 2013. You can use the checklist at <https://www.autismspeaks.org/what-autism/diagnosis/mchat>.

The American Academy of Pediatrics (AAP) recommends that all children receive autism screening at 18 and 24 months of age, and the M-CHAT-R is one of the AAP's recommended tools.

The M-CHAT-R's primary goal is to detect as many cases of ASD as possible. However, no screening tool is perfect. To improve the accuracy of the tool, the authors developed a structured Even with the follow-up questions, a significant number of children whose results show risk for ASD will not meet the diagnostic criteria on a more comprehensive evaluation by a specialist. Nonetheless, these children are at risk for a range of developmental disorders and delays and should receive further evaluation. A child should likewise be referred for further evaluation any time a parent or professional has persistent concerns about autism, even if the child does not show ASD risk on the M-CHAT-R. If you and/or your physician feel that further screening is needed, you can request a free developmental assessment through your state department of health.

# Hip, Hop, Hooray! Sonny the Bunny Returns to iPlay America!

Sonny the Bunny hops into the spotlight at iPlay America, Saturday, April 8, for his **Fourth Annual Colossal Carrot Adventure!** This family-friendly event is more than EGG-citing, it is EGG-cellent! Sonny the Bunny makes a triumphant return to iPlay America on Saturday, from 10:00 a.m. – 12:00 p.m. This year's adventure is bigger and better than ever with two fantastic and fun events, the **Bunny Trail** and the **VIB (Very Important Bunny) Breakfast with Sonny the Bunny**.

For three-years, families, and especially children have fallen in love with iPlay America's Bunny Trail. It's **FREE** to come hop along the trail and collect Easter eggs filled with special treats and prizes at several stops. Each registered child will receive a **FREE** Easter egg bucket, **FREE** digital photo download with Sonny the Bunny, and raffle ticket to win super prizes. This is a **FREE** event, but registration is required.

Looking for more HARE-raising, family fun this Easter holiday? Then get your taste buds ready for iPlay America's **VIB (Very Important Bunny) Breakfast with Sonny the Bunny!** Priced at just \$19.95 for children 2 – 12 and \$29.95 for adults, children under 2 are **FREE**. The event features a delectable multi-item buffet breakfast, a special table visit from Sonny the Bunny, a collectible Easter egg bucket, extra prize-filled egg, a **FREE** \$5 Game Card for each paid ticket holder, and extra special games and prizes exclusively for VIBs. The VIB gives families a special **FREE** opportunity with Sonny the Bunny that includes a free frame and **FREE** digital photo download. This year's VIB will include radio personalities from 94.3 The Point to host the breakfast. Plus, there will be balloon artists from Neverland Balloons on hand and Miss Sherri from the Honey Child Music Academy will be performing **LIVE**. Breakfast begins at 9:00 a.m. and guests can join in the **FREE** fun in the park after the VIB Breakfast. Last year's VIB Breakfast **SOLD OUT** so make your reservations **NOW**.

This year's raffle prizes include two Ultimate Easter Baskets from Broadway Sweets, and two iPlay America Prize Packs, plus the Grand Prize – a spectacular Diamond Prize donated by Giorgio's Fine Jewelry and an iPlay America iParty Plus Birthday Party. There will be "HOPPY-ness" in abundance as each and every winner is chosen!

**Get Inside the FUN** and make plans now to attend the **Fourth Annual Colossal Carrot Adventure** at iPlay America! It's a fun and fabulous way to celebrate for the whole family, so don't miss out on all of the good times and EGG-citement! Availability is limited. Registration for both the **FREE** event and the VIB Breakfast is required. Registration closes on Thursday, April 6. To register for the **FREE** event and buy tickets for the VIB Breakfast go to [iPlayAmerica.com/CarrotAdventure](http://iPlayAmerica.com/CarrotAdventure).



# 15 Things Every Parent with Special Needs Kids Should Hear

By Stefanie Maglio

Being a parent comes along with many responsibilities, but when a parent has a special needs child, those responsibilities can double. It can be difficult in many aspects to parent a special needs child, so here are fifteen things to keep in mind:

1. You are not alone. Many parents are in a similar situation to yours, if not the same. It's important to have friends and family that can be there to support you through difficult times.
2. It's okay to make mistakes! Not everything you do will be perfect. No one automatically knows how to be a parent. It is a learning process, and you adjust as you go.
3. Make time for yourself when you can. It helps to have friends and family that you can lean on in times of need.
4. You are stronger than you think you are. On a daily basis, you manage situations that a regular parent wouldn't be able to handle.
5. Make time for your kids doing simple things like watching a movie, snuggling, talking with them, and playing with them.
6. You'll have to make difficult decisions. Do what you believe is best for your child.
7. You won't always get everything right on the first try. Just keep doing the best you can. Your child needs you to be strong for them.
8. Forgive yourself for any mistakes you make. Learn from them.
9. Keep in mind that although parenting a special needs child is hard, it is even more so rewarding when certain milestones are reached.
10. Keep your sense of humor. It will be difficult at times, but that's when it will be most helpful.
11. Don't lose your sense of self. Make time for personal hobbies when you can, to help keep your spirits up.
12. Celebrate little things. Things that may seem small to others are a big deal for your kids!
13. Don't let typical parents get you down. They may not understand what you're going through.
14. Don't compare yourself to others. Your situation is unique. You must handle it as so, and do what is best for you and your family.
15. Trust your instincts. They won't steer you in the wrong direction.



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## Why Day Camp Matters?

By Stefanie Maglio

While Day camp may be introduced for convenience reasons as parents work and children need supervision, it can provide much more than just that. Summer is usually at least two full months. That is a long time for children to be alone, or less involved because they are not in school. They have more free time so to speak. Instead of spending this time watching cartoons all day, day camp is a great alternative as they can gain so much from the experience. There are so many day camps to select from. This is a wonderful thing because all children are different and certain camps may be better for your child than others. There are sports camps, special needs camps, camps for just boys, or camps for just girls, and many more. Different camps vary in price range as well. When your child attends camp, they stay active physically and mentally. Doing different activities each day, they get plenty of exercise. They gain opportunities to make new friends and build new relationships with others their age. This can help children to develop better social and communication skills. However, all they will know is that they are having fun and enjoying themselves while making the most of their summer or free time in general. Some children have even said that going to camp has made them feel better about themselves as individuals. In a way, day camp is a wonderful way for children to build and develop skills that will benefit them for the rest of their lives.

## Sharing Information With Camp Staff

Some parents are reluctant to share too much information with camp staff for fear it will have negative repercussions for their child (for example, they may wonder if the camp will still take their child or if they're setting their child up for failure). But good camps will want and need to know as much as possible — the more information they have, the better.

Consult with your child's doctor and other specialists, such as a physical therapist, to make sure you give the camp director and staff all necessary information, and ask the camp staff if they have everything they need from you.

You can help educate the staff by spending time with them and answering and asking questions before you drop off your child. This can be critical. For example, if your child will be attending a mainstream camp, you'll want to make sure that everything is accessible for your child and that the staff understands your child's needs.

Many camps have paperwork you can fill out to share information about things like dietary and medical needs. And regardless of whether your child is going to a day or residential camp, you should give the staff a list of emergency phone numbers and email addresses, and make sure they know how to reach you at all times during your child's camp stay.

If your child takes any medication, include the phone number of your doctor in case the prescription is lost and needs to be refilled by camp staff. Check whether the camp infirmary stocks your child's medication, too. If it doesn't, send extra medicine in case of an emergency.

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

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

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## Robert S. Friedman, PA



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

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

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

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

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# Cranky and Hungry? The Hormonal Effects of PMS

By Susan Heckler

I don't know about you, but there are times of the month where handing me a shovel replaces setting the table. Blame it on the PMS.

PMS is a monthly disturbance in mood and appetite brought on by hormonal changes a few days before menstruation. It doesn't affect everyone (3 out of 4) and if it does, not consistently or equally. PMS removes a sense of emotional well-being and, in its place, brings anger, irritability, confusion, exhaustion and depression and in some, an impulsive, uncontrollable need to eat. The female body directs a high amount of its energy to the ovaries and to related activities, like producing extra quantities of female hormones. As more energy and glucose are diverted to the reproductive system, there's less available for the rest of the body, which responds by craving more fuel.

Of course, the foods we crave during the last days of the menstrual cycle fall in the very unhealthy category; greasy, salty, crunchy, starchy category or the fatty, creamy, or sugary.

Massachusetts Institute of Technology (MIT) studied women who lived in the Clinical Research Center during the first few days of their cycle and then returned three weeks later when they had PMS. The normal weight volunteers consumed about 1,100 calories more when they were premenstrual than they did at other times of the month. And surprise-surprise, the extra calories came from chocolate, potato chips, cookies and crackers.

The good news is MIT also discovered that serotonin activity is diminished during PMS so simply increasing serotonin production reduces the unpleasant mood and overeating during this time of the month! Increasing serotonin is easy; the brain chemical is made when a non-fruit carbohydrate is eaten.

Edible Therapy for PMS (effects of eating should be felt within 45 minutes or even sooner)

Twice a day eat a snack containing 30-35 grams of a starchy or sweet carbohydrate. Choose foods that have no more than 2 grams of protein and 2 grams of fat (Protein prevents serotonin from being made). Eat the foods on an empty stomach or three hours after a meal.

BUT:

- \* Alcohol is not a substitute for the carbohydrate.
- \* Eating fruit will not lead to serotonin production.
- \* Soda and other foods made with high fructose corn syrup sweeteners will not lead to serotonin production.

So there you have it. It is scientific fact....you are in good company. That is not to say you can use that excuse to go overboard. The bathroom scale knows all.



## Diet Linked to Cancer

*Eat well and exercise. How often are we advised by medical professionals that these two simple lifestyle choices can help us live longer, healthier lives?*

**W**ell, recent international research on the link between high-fat diets and breast cancer only strengthens the validity of the guidance.

The Epic Breast Cancer Study researched more than 300,000 women in 10 European countries, and its results were published in the Journal of the National Cancer Institute.

The study found that a high-fat diet increases the risk of the most common form of breast cancer by one-fifth. A 28-percent rise in risk is attached to heavy consumption of saturated fat, which is what comes from butter, lard, cuts of meat and some dairy products.

The study amplified the call for women to eat healthier to improve their odds of avoiding breast cancer.

More research is being done in the area through another study called Women's Healthy Eating and Living (WHEL), which is looking into how diets rich in fruits and vegetables and low in fat can help reduce breast cancer recurrence.

### What You Can Do

If you or someone you know struggles to maintain a healthy diet, you can take these steps:

- **Lower Your Fat Intake:** Sounds simple, but what does it mean? Fruits and vegetables have less fat and more fiber than animal products. Most are packed with helpful nutrients, so be sure to mix them in throughout the day. If you're not likely to sit down and eat an entire carrot for a snack, chop one up and add it to your salad or spaghetti sauce.

- **Variety is Key:** Research has shown that the healthiest way to make sure your body is nutrient-rich is to consume a wide variety of foods. Fruits, vegetables, legumes and whole grains are all great diet options on their own, but even more effective when working together to fuel your body.



## What to Eat & Not Eat During Pregnancy

By Stefanie Maglio

**P**regnancy can cause women to have cravings for all sorts of foods or treats. However, for the mother's health and the baby's, it's important to remember what foods to avoid & which to consume more of.

**Foods to eat:** Pregnant women should focus on eating plenty of fresh fruits and vegetables. These colorful foods are low in calorie, but contain many vitamins, fiber, and minerals. Good protein sources such as lean meats should be incorporated into the diets of pregnant women to support the baby's growth. Also, whole grains are a great way to gain energy, fiber, iron, and B-vitamins. Dairy is also recommended (three to four servings), from milk, yogurt, or cheese to gain calcium, protein, and Vitamin D.

**Foods to limit:** Fewer than 200 mg of caffeine is considered safe, more can lead to miscarriage or premature birth. Also, fish is a good source of lean protein, but fish with too much mercury can cause damage to the baby's developing brain.

**Foods to completely avoid:** Alcohol. Alcohol can go straight to the baby through the umbilical cord and cause fatal disorders. Fish with very high levels of mercury should definitely be avoided since it can cause harm to the baby's developing brain, kidneys, and nervous system. Also, unpasteurized foods can cause food poisoning from bacteria or parasites. This then may cause miscarriage, stillbirth, preterm labor, and illness or death in newborns. Similarly, raw meat should be avoided as toxoplasma infections can be passed from mother to the baby.

# Doggie Dining Do's & Dont's

By Susan Heckler

We all love our fur babies! We want to keep them safe and healthy and make them happy giving them those special treats. Some of us are rewarding Rover with human treats that we treasure but that can make our friend sick. It's time to decipher the yum from the dumb. The basic rule of dew claws:

- Human food like table scraps should never replace your dog's regular food, which should be nutritionally complete. Table scraps should be regarded as treats instead of a substitute for a natural balanced diet for your dog.
- To keep Tippy trim, avoid overfeeding. If you give him human food, you should reduce the amount of his regular food accordingly.
- Puppies and pregnant dogs especially need a well-balanced nutritious diet for obvious reasons. Therefore, they should stick to their regular meals and not be fed human foods.

## DOGGIE DON'TS:

- Chocolate contains caffeine and theobromine, both of which can over-stimulate the central nervous system and cause serious, even life-threatening, health problems to dogs.
- A mere handful of raisins or grapes can cause a lot of damage to some dogs. In large quantities, raisins or grapes can cause acute kidney failure and even death to dogs.
- A compound found in onions (and in lesser amount in garlic) called n-propyl disulfide can, in large doses, cause oxidative damage to red blood cells, creating Heinz bodies and triggering the body to reject these cells from the bloodstream. To be safe, never feed onions to your dogs.
- Processed foods, such as sausages, deli meat, and canned soup, contain a lot of salt. Too much salt can cause electrolyte imbalance, kidney disease, and seizures in dogs.
- Although many dogs have a sweet tooth and enjoy desserts like pie, cake, and ice cream, sugary foods should not be given to your dog. These foods have no nutritional benefits to dogs; they can cause diabetes in dogs as well.
- Rich sauces and gravy usually contain a lot of salt and sugar, as well as cream or fat. All these can cause digestive problems in dogs.
- Dogs do not have the digestive enzymes to break down the sugars in cow's milk, so drinking milk can cause gas, bloating, diarrhea, and vomiting in dogs.
- Tea and coffee contain caffeine to which dogs are extremely sensitive. You may not be feeding your dog tea or coffee, but if you keep coffee beans or tea bags within easy reach of your dog, he may end up eating enough coffee beans or tea bags to get seriously ill. Therefore, keep them out of your dog's reach.
- All kinds of alcoholic drinks (e.g. beer, wine, cocktail) are extremely hazardous to dogs because dogs are highly susceptible to alcohol's toxic effects. Alcoholic drinks can cause vomiting, diarrhea, lethargy and liver failure in dogs.
- Xylitol is a sweetener that is contained in many sugar-free gums, breath mints, candies and some baked goods. Xylitol is dangerous to dogs because it triggers a sudden release of insulin, causing hypoglycemia. This can result in shock and liver failure. It is therefore extremely important that you keep your sugar-free gums or any other foods containing xylitol out of your dog's reach.
- You should never feed your dogs with foods containing macadamia because they can be fatal. As few as 6 roasted or raw macadamia nuts can make dogs sick. Symptoms of poisoning contain rapid heart rate, elevated body temperature, vomiting, weakness or paralysis of the hindquarters, and muscle tremors.
- There are two problems if you feed your dog with raw egg. The first is that your dog might get food allergy or poisoning due to bacteria, such as E. coli or Salmonella. The second matter is that raw eggs contain a type of enzyme that interferes with the absorption of a particular B vitamin. This will lead to some skin issues and problems with your dog's coat if you feed him or her with this food for long.
- The problem of plums, peaches and persimmons lies in their pits or seeds. The difference is you – as a human being – know that you should not eat them, but your dog does not.
- Raw salmon is never a good food for dogs. While cooked salmon is good, the raw salmon can lead to Salmon Poisoning Disease (SPD). This disease is caused by parasites, and it can resemble the parvovirus. If your dog has this disease, you will see these symptoms on him/her: a high fever about a week after eating raw salmon, followed by bloody yellow diarrhea and vomiting.
- Nearly every part of the avocado tree are toxic to your dogs, including the fruit. If you dog eat even just a bit of the avocado fruit, he might get food poisoning. Nevertheless, the toxins in the skin and flesh of the avocado are not the single risk. The avocado pit can also pose a serious threat. If it is swallowed, it can lead to an intestinal blockage.

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## Horizons at Allaire: New Vistas In Neurological Care in Monmouth County

Leading neurological specialists often state that where an individual goes for rehabilitation after a brain injury or when diagnosed with a neurological condition can make all the difference in maximizing their patients' potential for recovery and their quality of life.

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Awarded a 5 Star rating by the Centers for Medicare & Medicaid (CMS), and ranked among the Best Nursing Homes In The Nation by the US News & World Report, Allaire has gained renown in the community for offering a resort-like luxurious environment that features the latest in rehab technology – and comfort!

Centrally located in Freehold, Allaire is celebrated for its Horizons Program dedicated to the specific needs of individuals, ages 18 to 50, who have experienced Traumatic Brain Injury or have been diagnosed with other neurological impairments such as Multiple Sclerosis (MS), Cerebral Palsy (CP) or suffer from conditions such as Spina Bifida.

Directed by a leading neurologist and staffed by specialty trained nursing and rehab professionals, Horizons at Allaire provides goal-oriented neuro rehabilitation and management focused on helping patients maximize responsiveness and develop new strategies to adapt to their challenges.

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Licensed for 174 beds and dedicated to patients with long-term neurological impairment, Horizons at Allaire is at the forefront of neuro rehab in the State of New Jersey. For more information please contact Lisa Torre, Program Manager at 732 431-7420 or visit [horizonsatallaire.com](http://horizonsatallaire.com).

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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.

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## Quality Time with Grandparents

By: Susan Heckler

Grandmas and Grandpas are the roots of your family tree from which your parents, siblings, aunts, uncles and cousins have grown. They embody your family history in mind and in body. Spending quality time with them is amazing; you are having a great time and making memories for a lifetime. Here are some great suggestions on how to make the most of the time together:

- Cooking with grandparents is a great way for your kids to learn about their heritage and learn the secret family recipes to hand down to future generations.
- Creating a Family Scrapbook is a fun and easy way to chronicle fun times together. Silly selfies and snapchats will give everyone smiles for years to come, especially if Grandma and Grandpa don't live nearby.
- Plan fun activities for your kids to do with their grandparents outside of the house. It's much more enjoyable for everyone and gives all a chance to make some great memories.
- Face time or video chat with Grandparents that live out of the area. A phone call is wonderful but seeing their smiles is even better. A random text to let someone know you are thinking about them can make their day at any age.
- Learn their favorite hobby! Fishing, sewing, chess, woodworking, bird watching or baking...no matter what it is, it is time shared.



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# The Geriatric Advisory Council- Giving Information Benefiting Generations

By: Susan Heckler

So many businesses center their marketing around Generation Z/ The Boomlets (born after 2001), Generation Y/The Millennials (born between 1981 and 2000), Generation X (born between 1965 and 1980), and The Baby Boomers (born between 1946 and 1964). There is a whole other market out there that deserves the same time and attention; The Mature or The Silents (born 1927- 1945) and the GI Generation (born 1901-1926) with The Baby Boomers following close behind.

With the help of better health care, our population is aging more gracefully. We are living longer and better, but sometimes not well enough. With age comes the sacrifice of some of our faculties and the ability to live independently or without assistance. Loved ones and care givers are at a loss of what to do and many live out of the area, are busy in their own lives and just can't manage on their own.

The Geriatric Advisory Council ([www.geriatricadvisorycouncil.com](http://www.geriatricadvisorycouncil.com)) was founded 7 years ago by Freehold resident Seymour Semaya. The GAC currently has chapters meeting monthly in New Jersey counties; Burlington, Essex, Mercer, Middlesex, Monmouth and Ocean, and in greater Philadelphia, PA. The purpose of the GAC is to encourage networking among people and organizations that provide services to elderly people and their caregivers.

In the monthly meetings, GAC members educate each other and combine their expertise to provide a better quality of life for seniors and caregivers. They are an umbrella of professionals who do outreach into the community to provide information and services to the aging population and their family members. There is a wealth of resources out there for the senior population and only a handful of people who understand it and know where to find it. Awareness is priceless.

Their mission statement explains it best; "The Geriatric Advisory Council is a professional organization comprised of dedicated local businesses and non-profit organizations that are focused on eldercare and senior related issues. The council was formed with the mindful mission of assisting seniors and their caregivers by providing FREE educational resources along with targeted referrals to help caregivers provide the quality of life that their loved ones need and deserve."

Among its members you will find Eldercare attorneys, Reverse Mortgage specialists, Financial Planners, Medical doctors, Realtors, Medical Transport, Technology Product & Service Providers, Medicaid Planning, Ramp and Home Safety companies, Home Health Care Agencies, Long Term Care facilities and many others that are relevant for each County.

If you think you can benefit from one of the chapters of GAC, need information or a referral, or if you can benefit them, reach out to them by email at [seymour@elderconnectionsny.com](mailto:seymour@elderconnectionsny.com) or call (732)239-2110.



## Is There a Link Between ADHD and Diet?

By Susan Heckler

What came first, the diet or the disorder? In the United States, roughly 11 percent of kids ages 4 to 17 have been diagnosed with ADHD, according to the U.S. Centers for Disease Control and Prevention. New research has found that children are less likely to have ADHD if they are exposed to the healthy regime of the Mediterranean Diet. A small study (120 children) in Spain concluded that those who did not adhere to the diet were 7 times more likely to have ADHD. The study takes this one step further, suggesting that a pregnant mother-to-be may be less likely to have a child with ADHD should she adhere to the same diet.

The traditional Mediterranean diet is typically rich in fruits and vegetables, whole grains, beans, and healthy fats from foods like olive oil and nuts. It also favors fish and poultry over red meat. Studies have hinted that omega-3 fatty acids can help lessen ADHD symptoms. The Mediterranean diet tends to be high in those fats, which are largely derived from oily fish such as salmon, mackerel and tuna.

The study suggests a correlation between the diet and the disorder, not necessarily a cause and effect link. Do children with ADHD make more impulsive food choices and tend toward more junk and fast food? Although much research has been done on the subject, it's still not believed that food actually causes ADHD. "Excessive caffeine and excessive use of fast foods and other foods of poor nutritional value can cause kids to display behavior that might be confused with ADHD," said Frank Barnhill, MD, an expert on ADHD and the author of "Mistaken for ADHD."

Suggestions of foods to AVOID include:

- Candy, which is loaded with sugar and artificial colors, leads to hyperactivity in any child, which is especially a bad combination when it comes to children with ADHD
- Soda and sweetened drinks have excessive sugar and caffeine; both cause symptoms of hyperactivity and easy distractibility. One 2013 study also found that 5-year-old children who drank sodas were more likely to show aggression and social withdrawal
- Foods treated with organophosphates for insect control (some frozen fruit and vegetables) have been shown to cause neurologic-based behavioral problems that mimic ADHD and many other behavior problems
- Energy drinks are a veritable treasure trove of ingredients that can worsen ADHD symptoms: sugar, artificial sweeteners, artificial colors, caffeine, and other stimulants
- Certain fish such as shark, king mackerel, swordfish, and tilefish contain high levels of Mercury, which can accumulate in the brain over time
- Food sensitivity can cause ADHD reactions include milk, chocolate, soy, wheat, eggs, beans, corn, tomatoes, grapes, and oranges

Regardless of whether the Mediterranean diet affects ADHD, it's still a generally healthy one that parents can encourage and pregnant women may benefit from.

All in all, it is food for thought.





# Does Sugar Feed Alzheimer's Disease?

By Susan Heckler

A recent study cites Washington University researchers increased the blood sugar of mice that had been bred to develop a condition much like Alzheimer's disease. When they doubled the blood sugar of the mice, they increased the levels of something called "amyloid beta" in their brains by 20%. When the researchers doubled the blood sugar levels of older mice that already developed such plaques, the amyloid beta levels rose by 40%.

The association between sugar and Alzheimer's was first introduced in 2005, when the disease was initially labeled "type 3 diabetes." At that time researchers discovered that your brain produces insulin necessary for the survival of your brain cells. Earlier research has also shown diabetics have a doubled risk of developing Alzheimer's disease.

As of 2013, 5.2 million Americans had been diagnosed with Alzheimer's disease and Alzheimer's diagnoses are projected to triple by 2050. Over 500,000 Americans die from the disease each year, making it the third leading cause of death behind heart disease and cancer.

As there is no known cure, prevention is our only weapon against it. The good news is that your lifestyle selections such as diet, exercise, and sleep can have a significant impact on your risk.

Processed foods tend to be virtually without healthy fat while being excessive in sugar and this combination appears to be at the heart of the problem. The Mayo Clinic has revealed that diets rich in carbohydrates are associated with an 89 percent increased risk for dementia while high-fat diets are associated with a 44 percent reduced risk.

Most people (especially Americans) are on a processed food diet, and this virtually guarantees you'll end up getting inverted ratios of carbs and fats, not to mention both are typically inferior due to processing and adulteration.

- Avoid processed foods of all kinds
- Replace refined carbohydrates with healthy fats
- Avoid gluten and casein
- Optimize your gut flora

Recent research also points out that heart disease increases your odds of developing Alzheimer's. These two diseases share a number of risk factors. Shared risk factors also include smoking, alcohol use, diabetes, high fasting blood sugar levels, and obesity.

Three new studies looking at exercise and Alzheimer's show that not only can exercise reduce your risk of the disease; it appears to be an important part of treatment as well.

A number of studies have linked poor sleep or lack of sleep to an increased risk of Alzheimer's disease. One reason for this is because your brain's waste removal system only operates during deep sleep. In order for it to do this effectively, you must enter deep sleep for a long enough time because during sleep, the glymphatic system becomes 10 times more active than during wakefulness. In short, people who sleep poorly tend to have higher amounts of amyloid plaques in their brain, which in turn are associated with worse performance on memory tests.

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- March 23<sup>rd</sup> at 7:00 PM – Veteran Benefits: Aid and Attendance Seminar with Eagle Care Consultants
- March 25<sup>th</sup> at 9:30 AM – Services and Kiddush
- March 28<sup>th</sup> at 3:00 PM – Ladies Club with Ester

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