

*The Greater Princeton Area*

EARLY SPRING ISSUE  
MARCH/APRIL 2017

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Monmouth County's ASK THE DOCTOR  
The Greater Princeton Area ASK THE DOCTOR  
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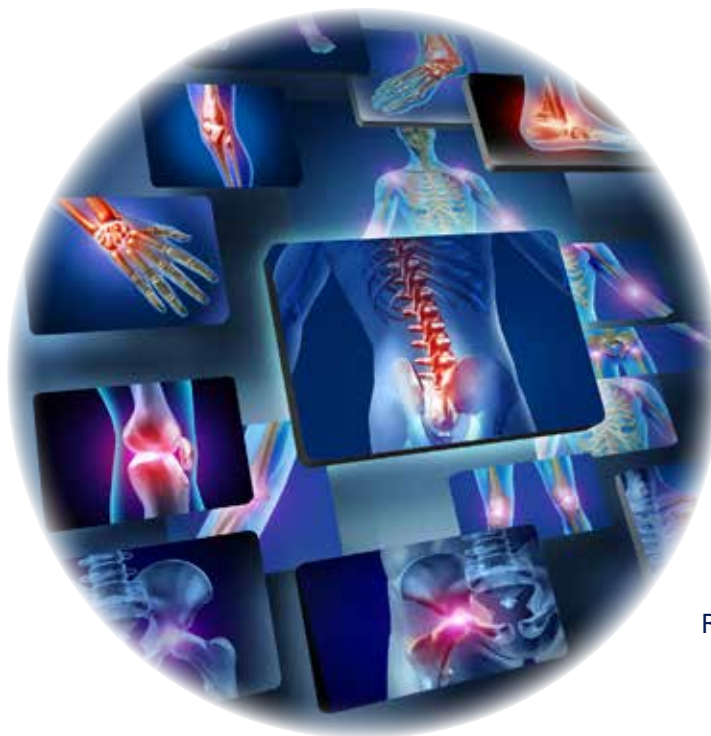
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**Dr. Helen Simigiannis,  
MD, FACOG**

## QUESTION:

### How does The MonaLisa Touch counteract vaginal dryness?

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

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

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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.



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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.



### 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.





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## 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)

# 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.

We are one step closer to remaining healthy.



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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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# Encourage Your Child to Have a Healthy Balance at Sports Camp This Summer

By Stefanie Maglio



It's a wonderful thing for young children and teens to be active during the summer. When they participate in a sport, it is great physically and mentally for their health and character. Participating in a sports camp can teach responsibility and how to act in an environment where teamwork is necessary. Physically, it is important for your child to be safe. Temperatures can be very high in the summer depending on where you live, making it easier for dehydration to occur. Make sure your child is drinking a minimum of eight cups of water a day, especially while being physically active. It can be easy for kids to become wrapped up in a game or activity that they are participating in. This isn't a bad thing, but remind them that they should take short breaks to rehydrate themselves and catch their breaths. In order to ensure that your child is performing to their full capability, make sure that they are eating healthy foods. Pack them healthy snacks to take to camp such as baby carrots or apple slices. They will feel more energized this way, rather than drinking energy drinks which may contain unnecessary sugars and chemicals. Mentally, it's important to talk to your child about good character and morals. Point out to them that the game should be more about teamwork and effort, rather than simply winning. Remind them that going to sports camp should be a fun experience, with a healthy balance of competition.



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# THE PREPARED ENVIRONMENT - THE MONTESSORI WAY

By: Toulou Houtras-Karnavas

A child's environment has been found to be one very important aspect, as it has a major role, in changing a child's behavior. The environment itself tends to either foster creativity or restrict it. Based on Montessori principles "The Prepared Environment" was created, devised to be consistent with the needs of a child during their process of learning and development.

Amongst its features is a beautiful, harmonious, classroom with an ordered array of sequential learning materials. The environment is controlled to better equip the child to gain accurate knowledge and organize their perception of the world around them. In order for this to take effect the environment needs to be based on reality. Such are the cleverly designed materials in addition to being developmentally appropriate, and aesthetically appealing. Abstract concepts become recognized and understood, when associated with these concrete sensorial experiences. Used in the non-competitive Montessori classroom, the materials allow each child to develop at his/her own individual rate.

The Montessori method is unique in taking advantage of the critical stages of Development. Dr. Montessori recognized that it was much easier for a child to learn a particular skill when it was pursued during the corresponding "sensitive period". Recall these periods as intense fascinations for learning a particular skill. The freedom of choice is of most importance during these periods. Where the child is free to select the materials which entice or awaken their own periods of interest and readiness. Each child is encouraged in this way to follow what interests him the most. The child is free to become an independent learner working at his own pace. A dynamic, interactive learning environment was created. It encouraged each child to reason, cooperate, collaborate, negotiate and to understand.

*In the special environment prepared.... in our schools, the children themselves found a sentence that expresses the inner need: "Help me to do it by myself!"*

Maria Montessori,  
The Secret of Childhood

Dr. Maria Montessori created what she called the "the Prepared Environment." to be a place of thoughtful planning. An attention to detail an intricate blend of order and purpose. The materials each with their own developmental skill are displayed in such a way that keeps the environment accessible, inviting, and in proper order. This system of preparation is continually perfected to rouse and sustain the children's curiosity. The real challenge is to be able to provoke a learning response from matching the educational materials to the sensitivities of each child at that time. As each task becomes mastered so does the patterns of concentration and inner discipline evolve. A life long attribute that will remain with the child, a building block laid down early in life, a wonderful habit; To be adamant.... is to succeed. The Montessori method allows each child to develop such qualities as self-discipline, love of order and concentrated attention to intellectual activities. The children become self-reliant, confident and develop self-esteem. In an excerpt from Montessori 101: Montessori Basics For Parents Tim Seldin best describes these qualities as being expressed by the children.

*In a very real sense, even very small children are responsible for the care of their own child - sized environments. When they are hungry, they prepare their own snack and drink. They go to the bathroom without assistance. When something spills, they help each other clean things up. Four generations of parents have been amazed to see small children in Montessori classroom cut raw fruits and vegetables, sweep and dust, carry pitchers of water and pour liquids with barely a drop spilled. The children normally go about their work so calmly and purposely that it is clear to even the casual observer, that they are the masters in this environment: a "Children's Community."*

Tim Seldin,

President of the Montessori Foundation

Montessori teaching today stands for a first-class education all over the world. The approach that has evolved out of her research and careful observation has not only stood the test of time, but much of her insights in the discovery of the child is now supported by modern research. The research of Piaget, Gardner, Coleman, and many others have substantiated the principles of Maria Montessori.

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Toulou Karnavas is the director of the Montessori School of Hamilton. Any questions should be directed to:  
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# Generational Food Allergies

By: Susan Heckler

This 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 germier 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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1. **WaterLogged** – iPhone (free basic version)



2. **WeTap** – Android (free)



3. **OasisPlaces** – iPhone (free)



4. **TapIt Water** – iPhone (free)



5. **Carbodroid** – Android (free)



Life is busy, so how can you possibly have time to keep track of exactly how much water you've had to drink? Let your Smart Phone which already manages most of your life, handle your drinking water needs as well!

## 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).



# 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 will 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 routing 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.



## 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.



# Common ADHD Myths & Facts

By Susan Heckler

So many parents and even educators are confused about exactly what Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) really are. Now we even have noted doctors saying it doesn't exist. Today there are an estimated 7% of adults who are affected by this disorder. If you are a parent of an ADHD child, you know full well it absolutely does exist.

## MYTH- You have to be hyper to have ADHD

**FACT-** The difference between Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) is one letter...H. That stands for Hyperactivity. While hyperactivity is the most common symptom of ADHD, it is possible for a child to be suffering from the disorder without being hyperactive. ADHD actually has three subtypes:

A predominantly inattentive subtype: Tell tale signs include becoming easily distracted by irrelevant sights and sounds; failing to pay attention to details and making careless mistakes; rarely following instructions carefully and completely; losing or forgetting things needed for a task.

A predominantly hyperactive-impulsive subtype: Signs include feeling restless, fidgeting and squirming; running, climbing, leaving a seat in situations where sitting or quiet behavior is expected; blurting out answers before hearing the entire question; and having difficulty waiting in line or for a turn.

A combined subtype, which is the most common of the three.

## MYTH- Children can outgrow ADHD

**FACT-** For those parents who have adult children, you already know that ADHD continues into adulthood if left untreated. With intervention, by developing their strengths, structuring their environments, and using medication when needed, children with ADHD can grow up to be adults leading very productive lives. In some careers, having a high-energy behavior pattern can be an asset. If you have any doubt, research Walt Disney, Michael Phelps, Michael Jordan, Elvis Presley, Justin Timberlake, Abraham Lincoln, Richard Branson and Albert Einstein to see some of the world's great minds and bodies had the same disorder.

## MYTH – Children with ADHD are more likely to take drugs

**FACT** –People with ADHD are naturally impulsive and more likely to take risks; those patients taking stimulants for this disorder are actually at lower risk of using other drugs. Children and teenagers who have ADHD and also have coexisting conditions may be at high risk for drug and alcohol abuse, regardless of the medication used.

Conduct disorder: Up to 35 percent of children with ADHD also have oppositional conduct disorder. Children with this condition tend to lose their temper easily and are defiant and hostile toward authority figures. Studies show that this type of coexisting condition is most common among children with the primarily hyperactive/impulsive and combination types of ADHD. Those coexisting conditions could be:

Mood disorders: About 18 percent of children with ADHD also have mood disorders, more frequently among children with inattentive and combined types of ADHD.

Anxiety disorders: These affect about 25 percent of children with ADHD. Children with anxiety disorders have difficulty functioning because of extreme feelings of fear, worry, or panic, and may frequently suffer from a racing pulse, sweating, diarrhea, and nausea. Counseling and/or medication may be needed to treat these coexisting conditions.

Learning disabilities: Learning disabilities make it difficult for a child to master specific skills, such as reading or math. ADHD is not a learning disability in itself, but it's a common adjunct to learning disabilities.

Psychostimulant medications are one of the most common forms of treatment for ADHD. It's been shown to help children focus and be less hyperactive. In some cases, children that are not medicated do get involved in drugs which, in essence, are an attempt at self-medicating.

For the best possible outcome, search far and wide until you find a team of professionals to properly diagnose, treat, and medicate your child. So many children are over or under diagnosed and over or under medicated as well.

ADHD is not an excuse for bad behavior; it is a reason to partner with your child and possibly show them out-of-the-box methods for learning and developing the strengths they have. They are unique individuals who need a little extra TLC and parenting.



# 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.



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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.



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# GO FRAMELESS



# Vinegar, Removing the Pickle from Cleaning

By: Susan Heckler

Vinegar is a liquid produced when fermenting ethanol by acetic acid bacteria. It consists of about 5–20% acetic acid, water, and other trace chemicals. Vinegar has mainly used as a cooking ingredient or in pickling... until lately.

The use of manufactured cleansers with massive marketing campaigns has paled the use of vinegar. 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 has historically had a great variety of industrial, medical, and domestic uses which seems to have been rediscovered as a healthy alternative. It is inexpensive, multi-purpose, and already found in almost every kitchen across the globe.



**Clean your oven combining vinegar and Baking Soda.** Just sprinkle Baking Soda on all the effected spots. Then, spray these spots lightly with vinegar. The Baking Soda and vinegar will react with each other, causing bubbling. Leave overnight to allow the mixture work dissolve the buildup. Then use a clean cloth to wipe clean.

**Clean your microwave by pouring equal parts of water and vinegar into a bowl.** Don't forget to add a wood toothpick to the bowl to prevent accidental explosions. Run the microwave on high for five to eight minutes. Wait for the liquid to cool before removing the bowl 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. The dirtier the window, the less you dilute the vinegar.

**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 that are sure to form on your coffee table. Use a clean soft cloth, moving in the direction of the wood grain. Polish using a second clean cloth. Soak the corner of a dishcloth in a few spoons of vinegar and use it 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!** Dirty toilet bowls need one cup of distilled vinegar into it and let it sit for at least 15 minutes. Ceramic tiles need a scrubbing with a mixture of  $\frac{1}{2}$  cup vinegar,  $\frac{1}{4}$  cup borax and  $\frac{1}{2}$  cup ammonia dissolved in one gallon of water. Wash with cold water and wipe dry. It can be used for the water spots on glass shower doors too.

**Remove mineral deposits from your showerheads,** fill a plastic bag with white vinegar and secure it around the showerhead with a rubber band. Let the showerhead soak in vinegar 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! Dip a clean cloth in a solution of vinegar and water in equal parts, and wring as dry as possible to avoid getting water into the electronic circuits of your machine. Wipe all parts clean using the cloth. To clean tight and hard-to-reach surfaces, such as between the keys of a keyboard, use a Q-tip dipped in the same solution. The natural anti-static properties will also help keep dust away.

**Remove stubborn ink stains** from clothes by mixing two parts of whole milk and one part of white vinegar in a large container. Place the stained item so that the ink stain is completely covered by the milk-vinegar solution. Let the stain soak overnight in the solution. When you remove the item, check for the stain. If it 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!

# 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, hand-pick 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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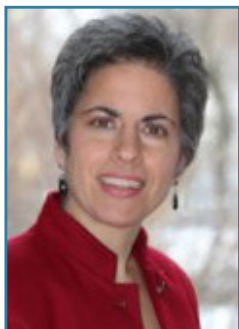
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Laura B. Moss, MSW, LCSW has over 20 years of experience as a psychotherapist. With a Masters in Social Work/Group Therapy, she uses a holistic approach with a meditation focus.

Laura has been teaching and supervising other therapists since 2000. Realizing that conventional psychotherapy was inadequate for meeting certain emotional needs critical to client recovery, she began to explore body-oriented approaches.

In addition to anxiety, depression, and pain management, Laura's specialties include child, adolescent, and group therapy. Laura is currently leading an ongoing Pain Management group, and will begin an anxiety group in April. Please call for more information.

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Dr. Yanni is one of New Jersey's premier, most well liked, pain and spine specialists. Board certified and fellowship trained, he is currently President and Clinical Director of the Spine Institute of North America, a practice known for their cutting-edge procedures.

Although Dr. Yanni treats all types of acute and chronic pain, his true passion is endoscopic spine, a subspecialty shown to be as effective as open back surgery with little down time and excellent patient outcomes.

He is a researcher and seminar leader and currently serves on the teaching panel for Wolf Endoscopy and St. Jude Medical. In his years of practice, he has helped countless individuals get back to living active, pain-free lives.

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## Dr. Vincent Leonti, MD Functional Medicine Practitioner



Dr. Leonti practiced family and emergency medicine for more than 30 years before discovering the transformational power of functional medicine to help people achieve optimal wellness. A graduate of SUNY Upstate Medical University in Syracuse, NY, he is currently enrolled in the Institute for Functional Medicine,

where he is in process of certification. He has also studied at the Functional Medicine University.

Dr. Leonti co-founded Princeton Integrative Health with his daughter, Jenna Richardson, Certified Integrative Health Coach and Functional Diagnostic Nutrition Practitioner (FDN-P).

For more information, or to schedule a consultation, call (609) 512-1468.

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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.seedsofchangeprocoaching.com](http://www.seedsofchangeprocoaching.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@seedsofchangeprocoaching.com](mailto:jill@seedsofchangeprocoaching.com) or visit [www.seedsofchangeprocoaching.com](http://www.seedsofchangeprocoaching.com) and click "contact us" to be featured in a future column.

## 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.



# QUESTION:

My teeth are showing significant wearing and erosion. What can I do to correct it?

The wearing of teeth can be caused by many factors. Some include clenching and bruxism. Severe abrasion of the teeth can result in many problems:

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- Fracturing of teeth
- Temporomandibular Joint Disease
- Headaches

Treatment for this problem may need to include the re-establishment of a correct bite with the use of crowns, bridges, or maybe even implants. The first step to any reconstruction of the teeth will need to be a comprehensive examination of the teeth, gums (gingival tissue), periodontal structures, and the joint. Prior to the start of treatment, a diagnostic wax-up should be performed. This step aides both the patient and the doctor by allowing each person to understand the changes that will need to be made to correct the problem. Depending upon the amount of erosion of the teeth, it may be necessary to fabricate temporary crowns so the jaw and corresponding muscles adapt to the new bite gradually prior to the permanent crowns being placed. Once treatment is completed, the use of a mouth guard is critical to prevent reoccurrence of the problem.



David P. Young, DMD, DICOI

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## 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 with 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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## 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!*



## 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!



## QUESTION:

### What are the benefits of group therapy?



group therapy provides benefits that individual therapy may not. Other therapists and I find that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a support network and a sounding board. Other members of the group often help you come up with specific ideas for improving a difficult situation or life challenge, and hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective. Many people experience mental health difficulties, but few speak openly about them to people they don't know well. Oftentimes, you may feel like you are the only one struggling — but you're

Depending on the nature of your problem, group therapy can be an ideal choice for addressing your concerns and making positive changes in your life. Joining a group of strangers may sound intimidating at first, but

not. It can be a relief to hear others discuss what they're going through, and realize you're not alone. By seeing how other people tackle problems and make positive changes, you can discover a whole range of strategies for facing your own concerns. Group therapy sessions are led by one or more therapists with specialized training, who teach group members proven strategies for managing specific problems. Many people find it's helpful to participate in both group therapy and individual psychotherapy. Participating in both types of psychotherapy can boost your chances of making valuable, lasting changes. If you've been involved in individual psychotherapy and your progress has stalled, joining a group may jump-start your personal growth.



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## QUESTION:

### We are having trouble getting pregnant. When is it time to seek out help?

## ANSWER:

Human reproduction is not as efficient as most people think. It may seem that all of your friends are able to get pregnant the first time they try, but that is really not the case. Even in normal fertile couples, the chances for pregnancy in a given month are only about 20-25%. A typical couple takes 3 months to get pregnant, and the normal time to conceive can be up to a year. For that reason, we recommend seeking out help after a year of unprotected intercourse. Since as you get older, the chances go down, and you don't want to waste time, we recommend coming in after only 6 months if you are over 35. Also, if your cycles are irregular, it is more likely you will need help, so we also recommend coming in after 6 months.

While many women, will see their obgyn or midwife when they are having problems conceiving, many others chose to go to a specialist such as myself. There is this misconception that seeing a specialist means that you will be encouraged to move on to more aggressive treatment such as IVF, but this not necessarily the case. We start off by reviewing a couples history to determine if there's any obvious reason for their infertility and then do a series of tests to look for any potential problems. Only after the workup is done, do will discuss treatment, and most often the initial treatments are relatively simple.



**Dr. Seth Derman**

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## The Hidden Dangers of Stress

Stress is a fact of life. Its impact on our health is well documented and far-reaching, from high blood pressure and heart disease to depression and irritable bowel syndrome. Yet, there are a great many “hidden stressors” that are also depleting our energy and making us feel unwell and out of balance.

Jenna Richardson and her father, Vincent Leonti, MD, founders of Princeton Integrative Health (PIH), take the time to uncover the root causes of disease and dysfunction. When a patient complains they don't feel well, the PIH team doesn't just treat the symptoms, they look at the whole person—from their relationships to their sleep patterns, as well as their medical history and laboratory results. Often they discover hormonal imbalances, digestive and detoxification issues, and poor energy production—all signs of stress on the body.

“Despite amazing advances in medicine, so many Americans are walking around tired and stressed and sick. More than ever, we need to take a step back and figure out what is preventing us from achieving optimal health,” says Jenna, who is also a Functional Diagnostic Nutritionist and Integrative Health Coach.

It could be stress, but it could also be a food sensitivity or intolerance, a chronic health concern, even a lack of connection. These are the healthcare issues of the 21st century. Functional medicine brings the practitioner and patient together to address them.



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## Manuka Honey & Citrus Drink

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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 turmeric + 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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## 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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# Excessive Alcohol Use and Risks to Men's Health

Men are more likely than women to drink excessively. Excessive drinking is associated with significant increases in short-term risks to health and safety, and the risk increases as the amount of drinking increases. Men are also more likely than women to take other risks (e.g., drive fast or without a safety belt), when combined with excessive drinking, further increasing their risk of injury or death.

## What is a "drink"?

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)

## What is excessive drinking?

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

Binge drinking, the most common form of excessive drinking, is defined as consuming

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.

Heavy drinking is defined as consuming

- For women, 8 or more drinks per week.
- For men, 15 or more drinks per week.

Most people who drink excessively are not alcoholics or alcohol dependent.

## What is moderate drinking?

The Dietary Guidelines for Americans defines moderate drinking as up to 1 drink per day for women and up to 2 drinks per day for men. In addition, the Dietary Guidelines do not recommend that individuals who do not drink alcohol start drinking for any reason.



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**Q:** What is an Endoscopic Discectomy? (Also known as a "Laser Procedure")

**A:** The word endoscopy refers to a physician's use of an endoscope, a small, flexible tube with a light to look inside of your body. It is the least invasive way to treat disc problems and takes about an hour. Ultimately, the patient is left with a ¼ inch scar but a lifetime of pain relief.

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