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Too many people are burnt out and blind sided by the demands of their working life. Highly intelligent and well qualified individuals have the skill set and resume for the job, but quickly find themselves knocked off their feet with the workplace culture they are in. Their TRUE VOICE feels enfeebled and trapped into echoing empty cliches.

You have always known that Your True Voice, Unique and Distinctive, would carry the tone of what you really care about. But how do you disentangle it, from *artifice*, the mechanical voice of *conformity*, of *niceness*, of not being *real*? How do you make **Your Voice speak with conviction, power and efficaciousness?**

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Greetings, this is Nithila Peter, Ph.D. I am an EI Coach for Individuals and Organizations. I'm a great fit for sincere, well-qualified individuals, who are concerned about giving their passion and conviction space for expression and influence, at work and in life. You can reach me, to ask about EI Counsel&Coaching through my website at www.eileads.com.

Write to me via, Email id.: nithilapeter@eileads.com or Text me at: 908-336-5735

Further I'm a catalytic agent, for Business Cultures and Organizations, dedicated to Service, Value, Purpose, People and the Customer. Businesses that have decided to deliberately place the "profit" motive, lower down on the Priority-List. Business interested in hiring and retaining character-driven individuals with authentic talent, individuals who the business can rely on.

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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:

Why should I consider having mini implants with my dentures?

Complete dentures are prosthetic appliances that are used for chewing purposes as well as giving support to facial tissue. After years of wearing dentures oral tissues shrink or atrophy. The changes in bone height and width make the original dentures fit poorly. Continuing to wear dentures will result in further jawbone deterioration and an increasingly poor denture fit, significantly affecting quality of life.

Mini implants are small titanium anchors that are permanently placed in your jawbone. Over time, the implants integrate with the bone and acts very much like your natural tooth root.

One popular treatment option for complete or partial edentulous patients is the "implant retained over-denture" This type of over-denture is implant and gum supported. This one rests directly on the gums and is retained by the implants. This denture is stable but removable.

One of the best benefits of mini-implants with over dentures is the improvement ability to chew. Since the removable prosthesis will be more stable, one's chewing function will become improved. In addition, the rubbing and irritation that frequently occurs with removable dentures becomes eliminated.

Depending on your unique treatment requirements an implant supported over-denture may be the right fit for you. Feel free to contact my office to schedule a consultation so all your questions can be answered, thus allowing you to make the best possible decision.



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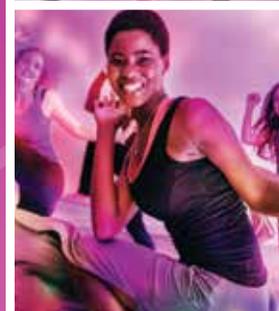
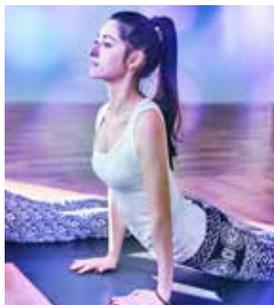
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Restating the Obvious on *Thanksgiving*

By Susan Heckler

Sometimes we coast through life, enjoying its riches without a second thought of how lucky we are. It is easy to take what you have for granted. We are all aware of the many people waiting in line to have a meal at the local homeless shelter or those who have had their home hit with disaster. This is a great time of year to reflect on what you must be thankful for...sometimes it is the simplest things.

- Be thankful for the relationships you have, whether they be by birth or by choice.
- Be thankful for those who challenge us, they make us stronger.
- Be thankful for the teachers, pastors, coaches, or anyone who cares about you enough to tell you the truth no matter how much it hurts.
- Be thankful for growing older, we all know people who never got the opportunity.
- Be thankful for your education, many do not have the ability.
- Be thankful for a world filled with music.
- Be thankful for the brave men and women risk their lives daily to save the lives of others.
- Be thankful for a world filled with beauty.
- Be thankful for the choices in your life and the ability to make them.
- Be thankful that you can afford what you want to eat and have a convenient place to buy it.
- Be grateful for the companionship of a pet.
- Having basic needs met is a luxury for many people, be thankful for the ability to pay your bills, even if it means that you must give up some things that you want.
- Be thankful that you get to see another sunrise and have a job to go to.
- Be thankful you have a car to get where you need to go and money to buy gas.
- Be thankful for the laughter in your life.
- Be thankful that you have children to love and who love you, not everyone is so blessed.
- Be thankful for having love in your life and someone to grow old with, less than half of the population has.
- Be thankful if you still have your parents around and for the time you had with them.
- Be thankful for everyone and everything that makes your life possible.

Thankful



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DIABETES AND THE HOLIDAYS

It can be hard to resist a spread of desserts or other unhealthy foods when they surround your dinner table. If you're suffering from diabetes, it is important to remember how dangerous your blood levels may become by consuming them. This year, put your focus on celebrating fun times with family rather than what's on the table. Be honest with your family over the concerns you have about being faced with unhealthy decisions.

Together, you can plan a get-together featuring healthy alternatives to your favorite holiday dishes. Consider using fat-free substitutions or create a brand-new recipe featuring an attractive spread of fruits and vegetables.

IMPORTANCE OF PLANNING AHEAD - For diabetics, timing is everything. The American Diabetes Association recommends planning your family meals to coordinate with your regular eating schedule. If it just isn't possible to get everyone together at the same time, there is an alternative. Being required to take insulin injections or medicines to lower blood glucose means you must stick to a strict eating schedule. You can adjust to a different schedule by consuming a small snack during your normal meal time. To be safe, check with your professional health team to ensure this practice won't have negative effects. It also is important to be selective about what you consume at the dinner table. Holiday staples are full of carbohydrates and sugars. Sampling a little of everything can throw your blood sugar levels off balance. Choose to eat only smaller portions of your favorite dishes. You'll thank yourself later.

STAY ACTIVE - Even if you try your best, you will likely consume a little more during the holidays than you typically would. While it's best to avoid overeating, being physically active can lessen the impact the extra calories have on your body. Start a new holiday tradition that involves getting the whole family on board with being active. Take walks around the neighborhood or play outdoor games with your children or grandchildren.

REST - Making sure your sleep quality remains intact is crucial during the holidays. The extra stress caused by hectic schedules and shopping can disrupt your condition. Stick to these tips from the National Sleep Foundation: • Avoid napping as it can throw off your rhythm; • Keep your room between 60 and 67 degrees to add to your comfortability; and • See your doctor if you are having trouble falling asleep.





**Dr. Helen Simigiannis,
MD, FACOG**

QUESTION:

What can I do to control my heavy periods?

Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle - they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions.

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most women report no pain and can return to most activities within a day.

This is how it works: Each month during a period, the uterine lining is shed and a new lining starts to grow. By preventing the re-growth of this uterine lining, we can stop periods sometimes permanently. Prior to the introduction of endometrial ablation as a treatment option, hysteroscopy with D&C was performed to thin the lining of the uterus. Alternatively, hormones and hysterectomy were offered. With advancements in medicine, Novasure endometrial ablation has become a well recognized treatment. Dr. Simigiannis will use the Novasure to permanently remove the cells that grow a lining in the uterus. Dr. Simigiannis is committed to providing you the best experience possible by having a Board Certified Anesthesiologist available making the experience pain free.

You may return to work the day following your procedure.

Please call Dr. Simigiannis at 609-448-7800 for more information and a consultation. A full exam and evaluation is always necessary prior to any procedure. If you are still considering child bearing, this is not the procedure for you. Medical insurance eligibility is evaluated and we encourage patients to check this as well.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
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News for Teens with PMS (Pre-Menstrual Syndrome)

Next time you feel those PMS symptoms coming on, **EAT A SALAD.**

The onset of menstruation can be a testing time for most girls, and can lead to severe abdominal cramps during their periods.

Feeding your body some period-friendly foods like leafy greens include a powerhouse of nutrients giving you what you need to feel balanced and comfortable during your period. They are full of antioxidants which help fight inflammation and bloating since they are a natural diuretic as well. Vitamins and minerals such as calcium and magnesium are found in leafy greens which do a great deal in preventing cramps and headaches. Both kale and Swiss chard are rich in iron and high in fiber, both of which should be increased during your period to help with digestive issues. To slow down blood flow, vitamin K found in leafy greens will help restore your energy levels.

Remember to continue eating your greens past your period to restore minerals lost during menstruation.

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Giving Thanks to Gratitude: It's Good for Your Health!

Every year at Thanksgiving, we are reminded to acknowledge the goodness in our lives—the people and moments for which we are most grateful. It's a wonderful tradition that sets the tone for a meaningful and authentic holiday season. Why stop there? At Princeton Integrative Health, we believe gratitude should be a daily practice, not just an annual ritual. It's good for our spirits. It's essential to our health.

Feelings of gratitude can improve your mood, boost your immune system, release feel-good hormones, help you sleep at night, and reduce your blood pressure. They might even make you a nicer person!

Adopt an Attitude of Gratitude

One of the best ways to practice gratitude is by acknowledging what you have. Make a commitment to do it every day. Here are a few ways:

- **Keep a gratitude journal.** Take a few minutes to jot down five people, circumstances or situations that make you feel grateful.
- **Tell a friend or loved one how much you care.** Let them know they are special to you.
- **Send a thank-you card** to someone who helped you out.
- **Volunteer your time.** You will feel more grateful for the things you have. Helping others also boosts feel-good hormones such as oxytocin, serotonin and dopamine.
- **Live in the present.** Don't spend as much time worrying about the past or future.
- **Perform daily acts of kindness.** Open the door for an elderly person, let someone go ahead of you in line, compliment someone to their supervisor.

Experience an abundance of joy by allowing gratitude to fill your heart. It's one of the nicest gifts you can give yourself and those around you.

We are grateful for the opportunity to help our patients optimize their health. For more information, or to schedule a consultation, call 609.512.1468 or email info@princetonih.com.

ASK THE AUDIOLOGIST

Question:

Can you discuss the link between Hearing Loss and Diabetes?

Answer:

Studies have confirmed that there is a link between hearing loss and diabetes. In 2008, the National Institutes of Health (NIH) found that people with sensorineural hearing loss are twice as common in people who have diabetes. Approximately 30 million people in the U.S. have diabetes and about 35 million suffer from hearing loss.

According to American Diabetes Association, 84 million prediabetic americans, the rate of hearing loss is 30% greater than those with normal blood glucose. High blood glucose causes tiny blood vessels in the inner ear to break, disrupting sound discrimination. The link between hearing loss and diabetes are associated to mechanisms related to microvascular factors, inflammation or hyperglycemia.



The best way to protect your hearing from damage due to diabetes is to maintain good control of your blood sugar. That includes taking your prescribed medications, eating a healthful diet, controlling portions, and making exercise a part of every day. If you think diabetes has affected your hearing, schedule an audiometric evaluation.

If you or someone you love is having difficulty hearing, listening, or communicating, **Dr. Tara Fuchs and Dr. Jane Brady** invite you to contact them for a consultation. Their offices are in East Windsor 609-448-9730 and Pennington 609-303-0291.



Dr. Tara L. Fuchs, AuD, FAAA
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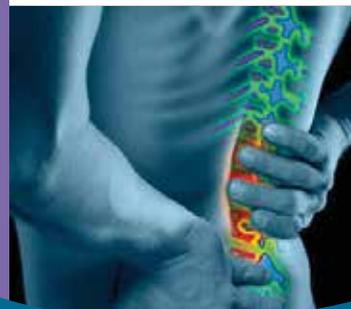
Dr. Geng is board certified in internal medicine and also has extensive training in acupuncture. She is a member of the American Academy of Medical Acupuncture and has been a practicing physician in New Jersey since 2009.

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Why Should I Buy a Human Hair Wig or Topper?



Owner Caryl Dillon (left), with Manager Olivia Reese

Many people use human hair wigs because they feel and look more natural than synthetic wigs. Human hair wigs and hair-pieces are created from hair harvested from a human. They can be treated just as you would natural hair by styling, perming and col-

oring them. It's important to remember that if you plan to alter your human hair wig, that you should take it to a stylist who has experience in dealing with this type of wig.

Are you looking for more coverage or volume, but don't need a full wig? Human hair toppers are a great solution! Wigful Thinking recently hosted a Sip & See event featuring our new line of toppers. We will be hosting more of these events in the future.

The staff at Wigful Thinking would love the opportunity to help you choose the perfect wig for your individual style. We have products to care for your new wig as well as

styling and care services to keep your wig looking perfect!

Everyone who comes to Wigful Thinking experiences caring service. Owner Caryl has a special place in her heart for those with medical hair loss. As a two-time cancer survivor, she knows how vital it is to garner courage and dignity while facing a diagnosis.

No matter where you are on your journey of hair loss, don't stay overwhelmed and alone. Call (609) 249-4811 for your free, confidential consultation and be expertly served with compassion by Caryl Dillon.

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*A*s a two-time breast cancer survivor, I've used my skills and knowledge in creating a haven where all your needs will be met.

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LAY BACK ON THE SWEETS

By Nicole Iuzzolino

Added sugars and artificial sweeteners are Bad Mood Foods!

Chocolate cake, maple syrup, and granola are just some basic food items that most Americans love. So much attention is put on the fact that these foods could affect your weight, but nothing ever focuses on the mental side of things. Naturally occurring sugars, such as those found in fruits, are usually okay. It's those sneaky sugars added to food products that you need to be aware of. These added sugars can negatively affect your mood and the quality of your life as a whole. It is time that these facts are presented to the public more frequently, so we can improve our eating habits for good.

You see it all the time in movies. A girl is dumped by her boyfriend on the night of the prom, so she resorts to sitting on the couch and eating a whole tub of ice cream to cure her sadness. In reality, desserts like that just make your mood worse. As explained by Psychology Today, "The roller coaster of high blood sugar followed by a crash may accentuate the symptoms of mood disorder." By consuming so many sugars at once, you are at a bigger risk of depression and chronic inflammation which negatively impacts the brain and makes you feel worse than you felt before. It has been reported that countries with a high rate of sugar intake, have had higher depression rates.

Another negative effect of these sugars is the "vicious cycle" when the taste buds begin to light up and start sending messages right to the brain. The "feel good" hormones begin taking over your brain leading to another chocolate chip cookie.

BUT, artificial sweeteners are just as bad. Artificial sweeteners are a sugar substitute that provides that sweet taste to some food items labeled "sugar free" or "diet." Researchers at Harvard University who studied how artificial sweeteners affected the brain were alarmed to see that those who had at least one of these things per day suffered three times more from dementia. The fact that humans consume so much food containing artificial sugars is alarming after knowing this information. Additionally, side effects including headaches, mood disorders, dizziness and migraines have been linked to them.

It is all about moderation (not to overindulge) and choices. Or... for a Good Mood Food alternative, think of natural sweeteners such as raw honey and stevia to coconut sugar and blackstrap molasses. Experiment with the sugar substitute that works best for each individual recipe or your own needs.





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GESTATIONAL DIABETES SCREENING: Questions for the doctor

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

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

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

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

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

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

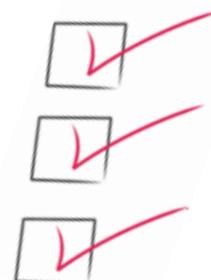
Getting tested for gestational diabetes is part of regular prenatal care (health care during pregnancy). The test is usually done between 24 and 28 weeks of pregnancy.

What do I ask the doctor?

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

- What puts me at risk for gestational (“jes-TAY-shon-al”) diabetes?
- What can I do to lower my risk?
- How will you test me for gestational diabetes?
- How could gestational diabetes affect my baby’s health?
- How could gestational diabetes affect my health?
- If I have gestational diabetes, what happens next?

These questions are important.



Inflammatory Bowel Disease (IBD)

Inflammatory Bowel Disease (IBD) is a broad term that describes conditions characterized by chronic inflammation of the gastrointestinal tract. The two most common inflammatory bowel diseases are ulcerative colitis and Crohn's disease. Inflammation affects the entire digestive tract in Crohn's disease and only the large intestine (also called the colon) in ulcerative colitis. Both illnesses involved an abnormal response to the body's immune system.



IBD should not be confused with irritable bowel syndrome or IBS. Although people with IBS may experience some similar symptoms to IBD, IBD and IBS are very different. Irritable bowel syndrome is not caused by inflammation, and the tissues of the bowel are not damaged the way they are in IBD. Treatment is also different. To learn more about the difference between inflammatory bowel disease and irritable bowel syndrome, go to <http://www.crohnscolitisfoundation.org/resources/ibs-and-ibd-two-very.html>

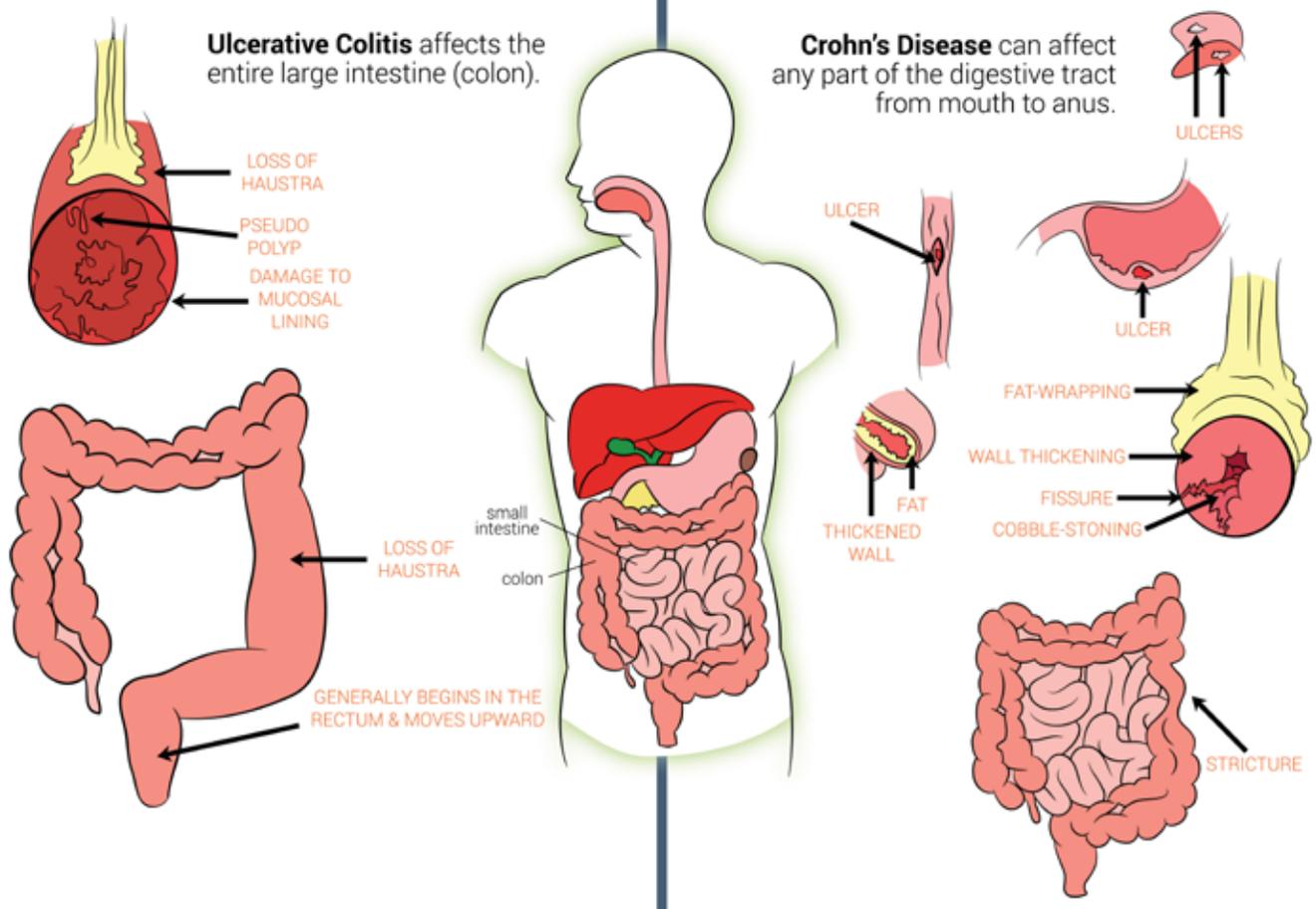
Inflammatory bowel disease (IBD) is a term for two conditions (Crohn's Disease and Ulcerative Colitis) that are characterized by chronic inflammation of the gastrointestinal (GI) tract.¹ Prolonged inflammation results in damage to the GI tract. Some of the differences between Crohn's disease and ulcerative colitis:

What are the symptoms of IBD?

Some common symptoms are:

- Persistent diarrhea
- Abdominal pain
- Rectal bleeding/bloody stools
- Weight loss
- Fatigue

Ulcerative Colitis vs Crohn's Disease



New Study States Snorers Face Higher Risk of Alzheimer's

By: Gabrielle Mancuso

Those who suffer from sleep apnea are at a higher risk of developing Alzheimer's disease. The study found those with sleep apnea had a buildup of a toxic protein in their brain called beta-amyloid which triggers Alzheimer's, the progressive brain disease known for slowly causing impairment in memory and cognitive function.

Researchers found the protein formed due to the obstructed breathing from heavy snoring because of sleep apnea. But experts say there is a silver lining: the study showed treatments used to calm the snoring and increase oxygen flow may be able to prevent Alzheimer's disease.

Researchers performed spinal taps to analyze the amount of amyloid in their cerebrospinal fluid (CSF), fluid that protects the spine and brain and then scanned the brain to measure deposits of the toxic protein directly in the brain. And though none of the participants were referred by a sleep center, were known to have sleep apnea or had a condition that might affect their brain function, more than half were found to have sleep apnea - 36.5 percent with a mild form and 16.8 percent whose condition was moderate to severe.

Exactly half the original group (104) were then followed for two years, which found a link between sleep apnea severity and an increase in amyloid deposits in the brain.

The toxic proteins clump together in the brains of Alzheimer's patients and were found to increase over time due to snoring severity, meaning those with more sleep disturbances per hour had greater accumulation of amyloid over time.



THE KEY TO A SUCCESSFUL IEP MEETING IS BEING READY



Emotion before reason

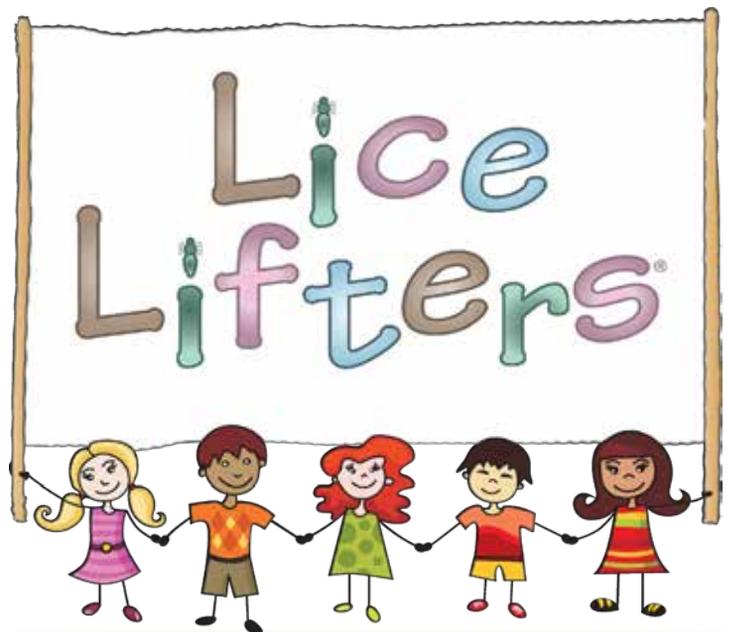
Parents of special needs children are usually aching for their child. So, by the time they get to the IEP meeting, they are already emotionally vulnerable. Try not to let your exhaustion, fears or sadness control your reason, open-mindedness and creative problem-solving capabilities.

Ignorant of options

Some IEP teams need to decide on the spot. Therefore, do your best to know what the possible resolutions may include, in advance. Ask around, gather information and request necessary documents ahead of time.

Lack of preparation

If you have a realistic vision about what lies ahead for your child, you will know what questions you need to ask well before the next major decision becomes necessary. Thus, you will want to ask for data collection and responses to your questions or concerns systematically, over the months prior to your meeting, so that you



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Raising Awareness for Mosaic Trisomy 18 (Edwards Syndrome)

By Pam Teel

Stefanie and Tim Hilarczyk of Jackson, never ever heard of the disease, Mosaic Trisomy 18, also called Edwards Syndrome, until their son Timothy was born nine years ago. Trisomy is a condition, which is caused by an error in cell division, known as meiotic disjunction. When this happens, instead of the normal pair, an extra chromosome 18 results (a triple) in the developing baby and disrupts the normal pattern of development in significant ways that can be life-threatening, even before birth. A Trisomy 18 error occurs in about 1 out of every 2500 pregnancies in the United States and 1 in 6000 live births. The numbers of total births is much higher because it includes significant numbers of stillbirths that occur in the 2nd and 3rd trimesters of pregnancy.



Unlike Down syndrome, which also is caused by an extra chromosome, the developmental issues caused by Trisomy 18 are associated with more medical complications that are more potentially life threatening in the early months and years of life. Studies have shown that only 50% of babies who are carried to term will be born alive, and baby girls will have higher rates of live birth than baby boys. At birth, intensive care admissions in Neonatal Intensive Care Units are routine for infants with Trisomy 18.

Some infants will be able to survive to be discharged from the hospital with home nursing support to assist with care by the parents. And although 10 percent or more may survive to their first birthdays, there are children with Trisomy 18 that can enjoy many years of life with their families, reaching milestones and being involved with their community. A small number of adults (usually girls) with Trisomy 18 have and are living into their twenties and thirties, although with significant developmental delays that do not allow them to live independently without full time care-giving.

Most cases of Trisomy 18 are diagnosed prenatally in the United States, as was the case with Stefanie. Her pregnancy was a tough one and Doctors immediately knew something was not right when they detected too much amniotic fluid around the baby. Stefanie and her husband went ahead with the pregnancy and determined whatever the outcome they would handle it. Regardless of whether the diagnosis is made prenatally or postnatally, the process is the same. A sample of the baby's DNA is extracted from a blood sample or other bodily cells or tissue and is cultured to examine a picture of the chromosomes, called a karyotype. A karyotype is simply a picture of a person's chromosomes. In order to get this picture, the chromosomes are isolated, stained, and examined under the microscope. Most often, this is done using the chromosomes in the white blood cells. A picture of the chromosomes is taken through the microscope. A visible extra 18th chromosome confirms a Trisomy 18 diagnosis.

Timothy was home for three months when his temperature spiked up to 106 degrees. It was then that doctors suggested that the couple set up an appointment with a geneticist. Eventually, Timothy was diagnosed with Mosaic Trisomy 18. Stefanie's son had feeding issues and had a hard time getting food down. His stomach didn't move the food fast enough and it just sat there causing him GI issues. With food behavior therapy, Timothy is now able to enjoy eating food. To date, Timothy has had five surgeries and has suffered extensive weakening in his leg muscles. He has a tough time keeping up with kids his own age.

The Hilarczyks still try to make his life as normal as possible. At nine years old, Timmy has beaten many odds. He is on a special needs hockey team and interacts well with his good friends and his sister Lorelai, though he is still behind in his emotional socialization skills. Stefanie remarked how magic always happens when he and other special needs children take to the ice. Symptoms of the disease do vary and are different with each individual case. Timothy also has calcium spots on his heart and fluid on his kidneys. He also suffers from Attention Deficit Disorder.

Problems associated with Trisomy 18 can include: Heart defects: VSD (Ventricular Septal Defect): a hole between the lower chambers, ASD (Atrial Septal Defect): a hole between the upper chambers, Coarctation of the aorta: a narrowing of the exit vessel from the heart, kidney problems, part of the intestinal tract is outside the stomach, the esophagus doesn't connect to the stomach, excess amniotic fluid, clenched hands, pocket of fluid on the brain, rocker bottom feet, delayed growth, small jaw, small head, low-set ears, strawberry-shaped head, severe developmental delays, and umbilical or inguinal hernia.

Stefanie has become an advocate for her son and the disease, speaking in schools, hospitals, dance studios, and other places. In July, she will speak at the Trisomy Registry in Baltimore, MD. She also wrote two cookbooks that can still be purchased with all proceeds going to Trisomy Research. For cookbooks email: Shilarczyk@hotmail.com

Trisomy is not heredity but unfortunately there is not a lot of research out there on the disease and no cure. Stefanie had been told by doctors that Mosaic Trisomy 18 is a disease that is incompatible with life. To help Stefanie and her family raise awareness, you can purchase a cookbook or send a donation to the Molly Brown- Molly Bear Foundation in Hightstown, NJ. The Molly Bear Foundation, named in loving memory of Molly Elizabeth Brown, who was known by friends and family as Molly Bear, provides supplemental financial support to families raising children with Trisomy 18. Mail to: PO Box 1258, Hightstown, NJ. Or <http://www.mollybear.org/>

Keep on fighting Timothy and God Bless you and your family!

From The Girl Who Always Wanted To Ask You, "What About Me?"

Stop being angry at me for how I feel.



By: Anna Lopez

I was about two years old when she was born. My little sister, my built-in best friend for life. Someone I could play with, fight with, cry with, share with, and talk with. Some time passes, I eagerly wait for her to catch up to me. I'm still waiting.

I've never had a conversation with my sister, she has never stolen my clothes or yelled at me for borrowing shoes without asking, and she has never been my friend. She was the bandit of my childhood, the thief sleeping in the bed across the room. If she and I weren't so close in age, maybe things would be different, but I only know things as what they were and are now. When I was almost four years old, my sister was diagnosed with Rett Syndrome.

Rett Syndrome is a neurological disorder found most commonly in females. It is a disorder that one is born with, and it is most easily described as a mixture of epilepsy, cerebral palsy, anxiety, and autism. Girls with this disorder, for the most part, never speak, walk properly, or communicate without some sort of device assisting them. Being as we are only about two years apart in age, I was at a stage in my life where I required emotional connection given through validation and attention from my parents when she was diagnosed at two years old.

Some of my earliest memories are her being doted on and me watching from afar. Now, being that I'm older and know better, I know she wasn't being doted on but rather being helped and attended to, but at the time all I could see was her getting attention I desperately craved. The fourth of July after she was diagnosed, my parents invited our friends and family over for a barbecue. Everyone flocked to her. Sympathetic looks clouded their faces as they spoke to my parents and glanced at my sister, nobody said more than a greeting to me. I decided to take matters into my own hands. My parents and everyone who came into my house since she was diagnosed had only had eyes for her, why? Because she was sick. I thought, maybe if I were hurt they would pay attention to me too! I made my way up the stairs into the bathroom and retrieved an ace bandage from the drawer under the sink. I wrapped my leg in it and stumbled back down to the barbecue. I stood and I waited, waited for someone to see. Nobody looked, so I screamed. I screamed that my leg had been broken and that I needed help. Everyone laughed. They must have thought it silly; a small child pretending to be hurt for attention. The last thing I remember from that day is gritting my teeth and staring at her through hot tears.

..to be continued on page 19

..continued from page 18

I adopted the mindset I had that day of receiving attention by being hurt, and I've only just recently begun to be able to shake it. Since I, according to my memory, did not get the attention I needed as a young child, I've had a very hard time dealing with certain aspects of my life. I've accepted incredibly bad treatment from friends and boyfriends just because I was afraid they would leave me, for a very long time I assumed my parents did not care about me, and I built a very unfortunate resentment towards my sister.

I'm sure by now you've already decided what kind of person I am. How could someone have resentment for a girl who has never spoken a bad word about anyone, or any words for that matter? A girl who didn't ask to be born like this? A girl who is my sister? I always struggle at this point of the conversation when I try to explain my situation to others. How do I come back from that? It's very hard to explain to people that the things that happen to you as a young child stick with you forever, and if they don't, they're very hard to shake. I was so young that the resentment and negative behaviors I adopted are built in deep today. I'm sorry if you think I'm a bad person, but I know there are other people like me out there.

My entire life, my mother has pointed out people that have disabled siblings to me and asked me why I can't love my sister and interact with her like they do? And my entire life I've been told my reasoning isn't real, and that how I feel is my fault. I'll level with you, I could have made efforts to change this for myself, but by the time I understood the root of my feelings I was too old to make much of a difference. Don't get me wrong, I don't hate my sister. I just am indifferent to her. It took a long time and a lot of heartaches to push me to that, and I won't toss the blame entirely on the people around me, but the way the events of my past have played out has made me into who I am as I'm writing this. I want to apologize to my mother and my father and anyone else that has ever gotten angry with me for how I feel, but I don't know what to be sorry for. She has given me countless positive experiences that I wouldn't have if she wasn't the way she is, and I don't discount those experiences at all; I just can't seem to form the bond with her that I know would make the people around me happy. Here is where my main point comes to light: what about me?

What about me? Why did nobody ever ask how this affected me? Everyone was so busy with her, that nobody bothered to realize just how much her disability had impacted me. I realize how this sounds, and I know it doesn't sound good, but there really is no simpler way to say it. I'm sure there are people out there who have felt how I feel, and I'm sure they know just how shamefully cliché it is to say, "what about me?" in this situation. The siblings of people with disabilities, especially those that are close in age, are more affected by it than you would think. I have lived my life with the fear of abandonment so crippling and fierce, I've let friends, boyfriends, and even family members, walk all over me and abuse me without speaking up just because I was afraid they would leave me and I would lose that attention — that human connection I need to function. It took years of therapy and mindfulness exercises to realize that more likely than not, the root of these self-destructive behaviors is the experiences I had and how I perceived them when I was a young child.

Again, I'm sure you're disappointed with my feelings, and I understand why. But know that I will never flat out blame my sister for what has happened to me and the negative attributes I have. But I will say that she has played a significant role in them. I know that's not what anyone wants to hear, but it is the truth.

Next time you see a friend or a family member with a disabled sibling, ask them how they are. Ask them how they are feeling and if they're okay. Nothing breaks a child in that situation quite like seeing their loved ones walk right past them to the more interesting child. I can almost guarantee that they see that as them getting attention, not help. Looking back, I know a good lot of the time she was getting help, not attention, but while it was happening I didn't understand that; and understanding that now does not change the experience and how it made me feel.

I've been called selfish, cold, and a monster by people as close to me as my family when I try to voice my feelings on this; and maybe these things are true, but they don't invalidate my experiences and how they shaped me. People need to understand that feeling this way is not selfish, and it deserves to be acknowledged instead of shamed into submission.

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Too Much Cola 'Raises Cancer Risk' Due to Caramel Color

By Mia Inqui

The chemical process during the manufacture of the caramel coloring used in soft drinks such as cola produces a carcinogen that could be raising the risk of cancer. Matching laboratory tests conducted by Consumer Reports on 11 different soft drinks showed with an analysis of average consumption by Americans, the researchers found that one can a day could be enough to expose them to potentially cancer-causing levels of the chemical known as 4-MEI (short for 4-methylimidazole).

The potential carcinogen is formed during the manufacture of the familiar caramel color that is added to many widely-consumed beverages. This chemical is not needed for taste and it used for beverage color only.

Testing on 110 samples of soda brands carried out by the Consumer Reports researchers, led by a team at the Johns Hopkins Center for a Livable Future in Baltimore, MD, found that drinks contained levels ranging from 9.5 mcg per liter (mcg/L) to 963 mcg/L.

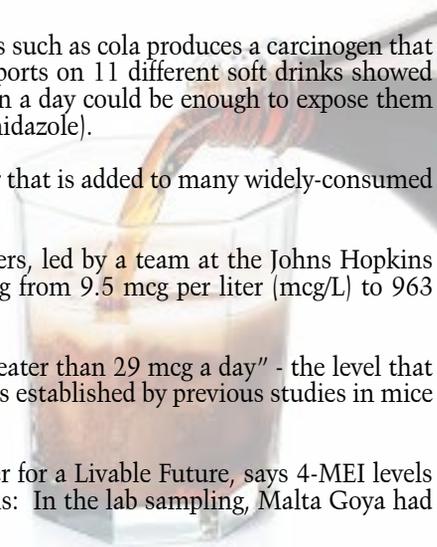
They add: "Routine consumption of certain beverages can result in 4-MEI exposures greater than 29 mcg a day" - the level that triggers a new case of cancer in every 100,000 people consuming the drink, toxicity that was established by previous studies in mice and rats conducted by the U.S. National Toxicology Program.

Lead author of the study, Tyler Smith, a program officer with the Johns Hopkins Center for a Livable Future, says 4-MEI levels can "vary substantially across samples, even for the same type of beverage." Smith explains: In the lab sampling, Malta Goya had the highest 4-MEI concentration while Coca-Cola produced the lowest value.

California listed 4-MEI as a carcinogen in 2011, under the Safe Drinking Water and Toxic Enforcement Act of 1986 - better known as Proposition 65. The authors say their results suggest that "federal regulation of 4-MEI in caramel color may be appropriate."

To estimate consumers' exposure to the potential carcinogen, the researchers took the laboratory readings and analyzed soft drink consumption using data from the National Health and Nutrition Examination Survey (NHANES).

They found the proportion of the population consuming each type of soft drink varied, with "colas being the most popular and root beer and pepper colas being the least popular."



Congratulations to Jane Lynn Britton on the Launch of her Television Show!

Jane Lynn has taken her years of experience as a parent of an autistic child and is now collaborating with parents and caregivers of children with autism.

In 2003 at the age of two her son was diagnosed with autism. After spending over \$100,000 on the best doctors, therapists, and schools, she was shattered because nothing worked. He was not developing as hoped, in fact their situation only got worse! She quit the career she loved and left Dow Jones in 2009 to home-school her son.

Jane Lynn spent 8 years and over 18,000 hours working with her son and teaching him simple things like to look, listen and to engage with her in activities. During that journey, she has successfully trained over 30 people to use her techniques while also learning holistic healing techniques to calm and strengthen the whole family.

Her son is her success story, he is back in school, and he is THRIVING. Her whole family is joyful and vibrant.

To continue her efforts to share her story and her hard-learned lessons on how best to help her special needs son, she created the TV show, *Navigate Autism with Jane Lynn*. Her goal is to help other parents along their journey, and to bring community together to talk, learn and share resources around autism.

Join her on Wednesdays and Fridays for the only Autism TV show of this genre! She shares tips that she learned that helped her son go from completely exclusive to being interactive, social, and very connected with others. She also features different guests and services who share ways that parents can help their children TODAY.

Although the show is through Princeton TV in NJ, anyone can watch online. *Navigate Autism* with Jane Lynn airs each Wednesday at 6:30pm and Friday at 10am on www.princetontv.org. As a new show, it airs 4 times until the next episode. You are able to see 2 new shows each month.



For more information: Tel 609-448-0123 • Email: janelynn@navig8autism.com

Why Milk Is a Great Protein Food for Kids

Looking for a natural, high-quality protein food for kids? With 9 essential nutrients, including protein, in each 8-ounce glass, milk is a delicious, simple and wholesome option. And, consuming milk and milk products is especially important during childhood and adolescence, when bone mass is being built, according to ChooseMyPlate.gov.



But it's important to know, not all protein foods are created equal. You'll find two types of protein in milk: whey (20 percent) and casein (80 percent). Both are considered high-quality proteins because they contain all essential amino acids in sufficient amounts to qualify milk as a good source of protein. Milk is a complete protein, which means that every glass contains a full mix of the essential amino acids your body needs. While plant-based proteins like beans and peas can be great economical choices, most plant proteins are not considered complete.



NAVIGATE AUTISM
With Jane Lynn

5-Step Process for Creating Connections

Former HR leader, trainer and coach for 20 years and mom of two, I home schooled my son for 8 years, spending over 18,000 hours working with him. I trained over 30 people in my process. Now I partner with parents and caregivers teaching the same strategies and techniques to connect deeply with their child, helping both parent and child to thrive, and creating a calmer, more harmonious life.

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- At local workshops
- 1:1 during a free strategy session (by phone)
- On TV channel 30 (Comcast) or 45 (Verizon) for *Navigate Autism with Jane Lynn*

Do You Have A Teenage Driver And Are Worried? If so, You must get this App.

Life360, the world's leading family location app, Life360 Driver Protect, a new subscription service that uses your smartphone to automatically detect if you are in a serious accident and immediately contacts emergency responders and your family members. The service also delivers Safe Drive Reviews to subscribers, providing them with actionable safety insights about their driving habits.



Comprehensive driver safety services used to only be available via in-vehicle hardware diagnostic systems. Now, through a partnership with Zendrive, the leading safety analytics company, Life360 is democratizing access to driver safety features through the company's proprietary mobile technology.

Life360 Driver Protect covers every member of the Family Circle in a single subscription, and the features travel with everyone on their smartphones, providing peace of mind to families when their loved ones are on the road.

Among the services included with a Life360 Driver Protect subscription:

- **Automatic Crash Detection and Emergency Response:** Using proprietary technology and sensors on the smartphone, Life360 Driver Protect can automatically detect when a family member is involved in a serious accident. Life360's trained advisors will immediately contact emergency responders and provide the accident location coordinates while staying on the phone until help arrives. Life360 advisors will also contact members of the Family Circle to share that their loved one has been in an accident and provide the accident location.
- **Safe Drive Review:** Family members can opt to receive safety insights about each drive taken by a loved one in their Family Circle, whether that person is the driver or a passenger. Insights include trip information on a map that shows duration and route, reporting on top speed, and instances of rapid acceleration, hard braking and cell phone usage.
- **Extended Roadside Assistance:** Help is just a tap away. Drivers can contact Life360 24 hours a day, seven days a week for roadside assistance if they get a flat tire, require a tow, or need advice when in a minor accident or stuck in a severe storm.
- **Unlimited Place Alerts:** Subscribers can set up unlimited Place alerts to get notified automatically when loved ones arrive or depart locations like school, work and home.
- **30 Days of Location History:** Thirty days of location history for everyone in the Family Circle is available to easily look back in time at the family's comings and goings.

The Life360 Driver Protect subscription is currently available in the U.S. and covers all members of the Family Circle for \$7.99 per month or \$69.99 per year. This is less than half the price of existing, comprehensive driving safety services.

Life360 has also added to its suite of free features the option to view trip details after each drive. When "drive detection" is turned on within the app, family members can view the duration, route, miles traveled and top speed reached for every drive completed during the past two days. A trip detail push notification can also be sent when each drive is completed.

Life360 expects both its detailed subscription-based Safe Drive Reviews and also its freemium version of trip details to be especially helpful for parents of teens. According to a recent survey conducted by Life360 among its users, 82% of parents with teenagers worry about their teen's safety when driving without a parent. The same survey found that 94% of parents of teens say they regularly talk about driving safety with their teen.* Life360's new Safe Drive Reviews will help families have more focused conversations to review specific driving habits they can improve."

Life360 has always been focused on delivering peace of mind to families with technology that can save lives, so the addition of driving safety features is a natural expansion of our app's capabilities," said Alex Haro, co-founder and president of Life360. "Millions of families already use our app to communicate and look out for each other. We know families will appreciate using our newest features to help each other be safer drivers while gaining peace of mind that loved ones are safe while on the road."

To power crash detection and driving analysis, Life360 partnered with Zendrive, which leverages the power and ubiquity of mobile for its technology to provide actionable insights and analytics at scale. To date, Zendrive has collected and analyzed 1 billion miles of driving data giving it unrivaled visibility into driver behavior and modern transportation patterns. Through the partnership with Life360, Zendrive's data will grow exponentially by billions of miles a month giving them unmatched data set and insights.

Life360's proprietary location-based technology has enabled families to privately share their locations and communicate with ease within the app since 2008. Families can see loved ones' locations on a map and can opt to receive automatic alerts when they arrive or depart designated places, like school, work or sports practice. Now, with the addition of driving safety features, Life360 also provides peace of mind that loved ones are traveling safely to each destination throughout the day.

*For more information about Life360 Driver Protect and to download the app, please visit <https://www.life360.com/driverprotect/> *Survey was conducted online in September 2016 among 671 Life360 users who have teenage children in their home.*

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What A Dad Feels When a First Child Is on Its Way

It is completely normal to be a little freaked out becoming a first-time dad. Here is a list of the 3 biggest new-daddy fears and some things you can do to ease the pressure.

FEAR #1: "Will I do everything right?"

It's okay to be clueless and scared. It is a very common feeling that many new dads feel. Practice makes perfect and asking questions and reading about what you will experience is a sure way to ease the worry.

FEAR #2: "Will I be able to properly provide for my family?"

This too is a common feeling among men expecting their first child. Suggest a new household budget that includes baby expenses and college planning. Having your finances laid out before the baby arrives is important.

FEAR #3: "What if my baby is not healthy?"

As a parent, worrying starts in the womb. It is important to talk to your caregiver as well as your partner about what is recommended and follow a healthy lifestyle and diet. Communicating with your caregiver on a regular basis can get those fears under control a bit.



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Question:**What are the differences between a cervical fusion and an artificial disc replacement?****Answer:**

The cervical fusion has been available since the 1950's and is a tried-and-true procedure with excellent results in the majority of individuals experiencing neck and arm symptoms. However, we have learned that a fused level in the spine places more movement stress on adjacent levels. Artificial joints have become the standard of care for hip and knee severe arthritis over the last 40 years. These devices maintain motion and relieve pain allowing many individuals to maintain a very active lifestyle. In the United States, the lumbar artificial disc was approved in 2004 and the cervical artificial disc was approved in 2006. We now have studies that show that the artificial disc appears to be better preserving the health of the discs above and below the artificial disc with excellent relief of symptoms. Both procedures are performed in an outpatient setting through tiny incisions, but the patients who receive an artificial disc, generally return to work and activities faster than patients who have had a cervical fusion.

**Larry Deutsch, MD**

Dr. Deutsch is a board-certified orthopedic surgeon who has specialized in spine surgery for more than 25 years



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Understanding Gynecomastia (Large Breasts) In Men

The male body produces both testosterone and estrogen, although estrogen is usually found at low levels. If a man's testosterone levels are especially low in comparison to estrogen, or if there is an excess of estrogen activity relative to testosterone, larger breasts may develop.

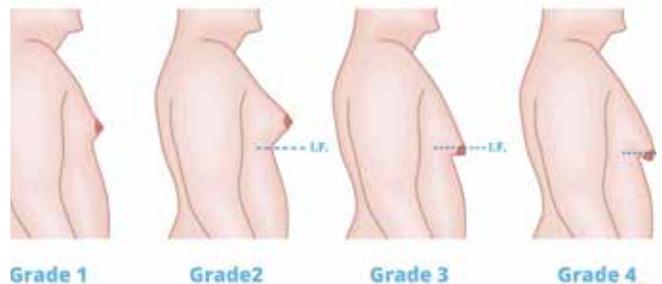
When boys hit puberty and there's a noticeable change in hormonal activity in the body, gynecomastia may appear. However, it may resolve itself with time and without treatment. The excess of breast tissue may be equal in both breasts, or there may be more in one breast than the other.

As testosterone levels drop in older men, gynecomastia may develop and persist unless it's treated. Gynecomastia affects about 1 in 4 men between the ages of 50 and 80, according to the Mayo Clinic. The condition usually isn't harmful or serious. In some cases, it can result in sore breast tissue.

Low T is most often simply the result of aging. Underlying health conditions can also be the cause. Talk to your doctor about whether your low T might be the result of an underlying condition, such as:

- Damage to cells in the testes that produce testosterone
- An accident
- Inflammation (swelling)
- Testicular cancer
- Cancer treatment, including radiation and chemotherapy
- Diseases that affect parts of the brain, such as the hypothalamus and the pituitary gland

Additionally, if you take anabolic steroids, you may also be damaging your body's ability to manufacture testosterone.



QUESTION:

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New OPN technology differs from the old in that the OPN processing chip is faster than ever and accurate enough to analyze the complicated dynamics of various soundscapes. This in turn helps patients to participate in group conversations and handle multiple speakers at the same time.

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Scott L. Kay, M.D., F.A.C.S.
Princeton Otolaryngology Associates

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Thinking of Moving Closer to Your Grandkids?

If you're thinking of relocating to be closer to the grandkids, you're not alone. These days, families are more geographically separate than ever before and it's not unusual for adult children to settle a significant distance away from their parents.

It's natural to want to live closer to your grandchildren, but there are a few things you should consider before deciding to make the move.

Is your adult child really committed to staying where they are now? Have they bought a house and are their kids established in the school system? Do they or their spouse have a job that requires periodic relocations? You don't want to uproot your entire life to be closer to them, only to have them move again in a few years.

This may not be the case for every family. But for many adult children, a parent relocating to the area could be an ideal source of free childcare. Are you willing to make this commitment?

If you've chosen your retirement area carefully only to be tempted to move elsewhere to be close to the grandkids, consider how this will affect your financial picture. What is the tax situation, real estate prices, and cost of living like for retirees?

If you're retired and in good health, having access to good healthcare may not be as important now but as you age, it will become more so.

Consider how good the new location would be as a retirement spot with access to fun activities and amenities, health care, and a good tax situation.

Finally, be ready and willing to be independent and build your own life there, one that includes grandkids and adult children, but doesn't depend on them.



WHAT IS COPD? How Does It Affect Breathing?

COPD is a serious lung disease that, over time, makes it hard to breathe. You may also have heard COPD called other names, like emphysema or chronic bronchitis. In people who have COPD, the airways—tubes that carry air in and out of your lungs—are partially blocked, which makes it hard to get air in and out. The air sacs in the lungs may also lose their elasticity and shape.

When COPD is severe, shortness of breath and other symptoms of COPD can get in the way of even the most basic tasks, such as doing light housework, taking a walk, even washing and dressing.

How Does COPD Affect Breathing?

The “airways” are the tubes that carry air in and out of the lungs through the nose and mouth. Healthy airways and air sacs in the lungs are elastic—they bounce back to their original shape after being stretched or filled with air, just the way a new rubber band or balloon does. This elastic quality helps retain the normal structure of the lung and helps to move the air quickly in and out.

In people with COPD, the air sacs no longer bounce back to their original shape. The airways can also become swollen or thicker than normal, and mucus production might increase. The floppy airways are blocked, or obstructed, making it even harder to get air out of the lungs.

Symptoms

Many people with COPD avoid activities that they used to enjoy because they become short of breath more easily. Symptoms of COPD include:

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing activities you used to be able to do
- Excess sputum production
- Feeling like you can’t breathe
- Not being able to take a deep breath
- Wheezing

When COPD is severe, shortness of breath and other symptoms can get in the way of doing even the most basic tasks, such as doing light housework, taking a walk, even bathing and getting dressed.

COPD develops slowly, and can worsen over time, so be sure to report any symptoms you might have to your doctor or healthcare provider as soon as possible, no matter how mild they may seem.



When COPD is severe, shortness of breath can get in the way of even the most basic tasks

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- Are 55 to 85 years of age
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- Have a study partner who will support you in participating in this study and accompany you to study visits
- If female, you are post menopausal

The study doctor will discuss with you these and other requirements to determine if you are able to participate in this research study. As a study participant, you will receive study-required medical care and monitoring at no cost.

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Is this study right for you, a friend or family member?

Clinical research trials like this one are vital to helping researchers develop new treatments for medical conditions.



Alzheimer's disease (AD)

is the most common cause of dementia and affects millions of people worldwide. The prevalence is expected to double over the next 20 years. AD is rare in younger and middle aged adults, but it increases after the age of 65 and becomes very common over the age of 80. Current treatments may not be completely effective. Currently, there is no cure. New therapies for AD are urgently needed.

Talk with your own personal doctor as well as your partner, family and friends before deciding if the study is right for you.

WHERE TO LEARN MORE

To learn more about the trial, please visit clinicaltrials.gov and search for NCT02880956

Let's Show Some Love

By Nicole Iuzzolino

November is National Care Giver's Month



The definition of a caregiver is quite simple: it is one who provides care for another individual. Care.com states that, "... more than 45 million unpaid family members, and another 2.6 million paid professionals" take on this role. Caregivers do a plethora of different things such as help with personal care, medical care, household help and companionship. While the role as a caregiver does not seem that hard, in reality it is quite strenuous and any small task has to be done properly. These individuals deserve massive love and appreciation for all the time and hard work they put in every day.

Caregivers do lots of tasks on an everyday basis. One of the most common tasks is to assist with personal needs. They buy groceries, clean the house, handle medications, and are always ready to handle medical emergencies. Caregivers fill the role as the "on-call" family member. They are always ready for a situation or need that is asked by them.

Luckily for them, November is National Family Caregiver month. This month, let's show the ones that care for individuals who need it most that we appreciate all the work and time they put in. It can be big or small, but anything to show that you care, will really make any caregivers day. There are many ways to treat your caregiver the way they deserve to be this month. One way of doing this is to pamper them for the day! It can be a day of relaxation full of all the spa treatments. Manicures, pedicures, a new haircut, massages and maybe some meditation techniques will really put a smile on anyone's face. Another way to show appreciation is to have fun night on the town. Pay for a nice dinner and go see a play after! This is a fun yet relaxing night that will relieve your caregiver of any stress. Finally, the best way to show appreciation is to lend a helping hand. If you are able to, give them the day off so they can recompress. Caregivers can become drained with the amount of work they may have to put in on a daily basis, so a day off is the best way for them to get their energy back. Give them the day to do whatever they want so they can regain all their energy. This is one of the easiest and best ways to show that you care.

Caregivers do a lot every day when caring for an individual. But this November, they are not going to go unnoticed, because everybody deserves a little love.





Coach's Corner

By Jill Garaffa

Conquering Holiday Food Cravings

Dear Jill,

This time of year is such a challenge to stay focused with all of the tempting food all over the place. What suggestions can you offer to help overcome the temptations and not overindulge over the holiday season?

Signed, C.K. in Manalapan

Dear C.K.,

Great question! Most people can relate to the challenge of food temptations around the holiday season. Everyone from elite athletes to couch potatoes has experienced the vast assortment of savory and sweet food temptations around the holidays. If you want to stay focused, I do have a few tips that I not only recommend to clients, but use myself from now to January 1st to get through the holiday season with minimal damage!

The first tip: change your mindset: We tend to relate to "the holidays" as a 6 week long endless encounter with continuous food temptations at every corner. It may feel like this, but the truth is: "the holidays" are actually only a handful of specific days, depending on the holidays you celebrate: the actual days of Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Hanukah. Even with the extra parties in between, it's just a few meals we are dealing with---not every day, all day long. Shifting your perspective will help keep things in balance on the days and meals you can—which is most of them.

Second tip: Set boundaries. Decide for yourself ahead of time when you will give yourself permission to indulge and what time frames and situations are off-limits. For example: if you work in an environment where there is a constant supply of holiday treats you may set a boundary for yourself that you will not eat sugar/treats during work hours, but you can enjoy treats in the evenings or weekends. Or, you will allow yourself one single treat per day, but no more than one. If you are attending a holiday party, a boundary may be to only use one plate---you can enjoy all the food you like as long as it fits on one plate (no seconds). Ask yourself, "Where can I put structure around my food intake that would allow me to enjoy myself but still feel a sense of control over my eating?"

Last tip: Take extra good care of yourself: The holiday season naturally comes with extra stress. When we are under too much stress, our brains switch over to into 'survival mode'. This usually looks like craving more sugar & comfort food while simultaneously conserving energy by avoiding exercise. This sets up a vicious cycle of falling prey to every opportunity to indulge because our defenses are down and we are exhausted. Be proactive to take extra good care of yourself. Sleep resets the brain, so does relaxation and rest, so be sure to take some time to nurture your soul by having some scheduled "down time" over the next several weeks. It will help curb cravings and give you extra energy to exercise which can regulate our appetite.

Life coaching is a process to help you discover your own answers to your challenging life situations. For more information, visit www.seedsofchangeoaching.com or call 732-859-6962

Wishing you peace, power and purpose this holiday season!

Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchangeoaching.com or call 732-859-6962.

If you have a life situation where you feel stuck or stalled, and would like coaching, please email jill@seedsofchangeoaching.com or visit www.seedsofchangeoaching.com and click "contact us" to be featured in a future column.

STRESS & YOUR HEART HEALTH

How do you react to a stressful situation?

Do you shut down or lash out? Take to unhealthy habits to deal with the pressure building up inside of you? How you handle life challenges can have a major impact on factors that have been proven to negatively impact your heart health.

Stress may affect behaviors and factors that increase heart disease risk, including high blood pressure, cholesterol levels, smoking, physical inactivity and overeating. So step back and take a deep breath — for your heart's sake.

Overall Body Impact

Bodies react to stress in different ways. You may experience a headache, back strain or even stomach pains if you're stressed out. Your energy level can be greatly reduced and your sleeping patterns disturbed.

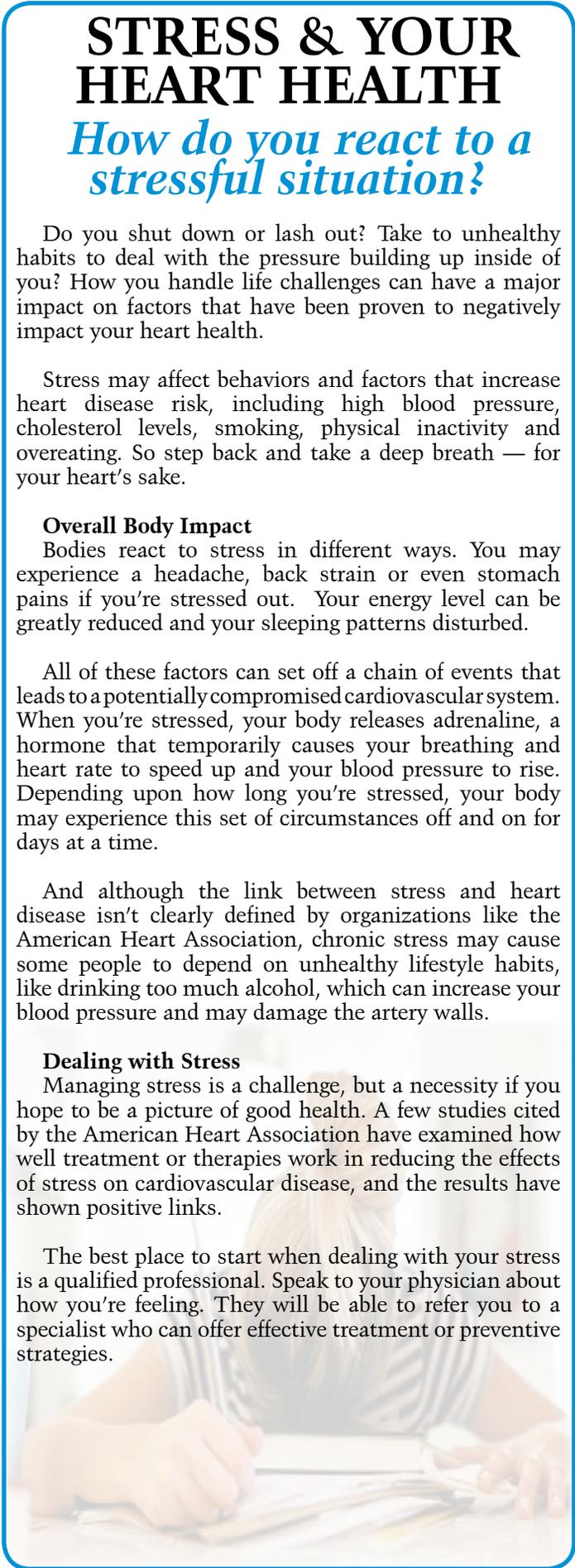
All of these factors can set off a chain of events that leads to a potentially compromised cardiovascular system. When you're stressed, your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Depending upon how long you're stressed, your body may experience this set of circumstances off and on for days at a time.

And although the link between stress and heart disease isn't clearly defined by organizations like the American Heart Association, chronic stress may cause some people to depend on unhealthy lifestyle habits, like drinking too much alcohol, which can increase your blood pressure and may damage the artery walls.

Dealing with Stress

Managing stress is a challenge, but a necessity if you hope to be a picture of good health. A few studies cited by the American Heart Association have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease, and the results have shown positive links.

The best place to start when dealing with your stress is a qualified professional. Speak to your physician about how you're feeling. They will be able to refer you to a specialist who can offer effective treatment or preventive strategies.



Insomnia/Allergy Medications Drugs Work Differently Among Elderly Populations

If you're a senior, you may have questions about drug safety. Medicines that are helpful to young adults and middle-aged folks can sometimes do more harm than good to seniors. Bodily changes that many older people experience, such as weight loss, fatty tissue increase, and lowered liver and kidney functions affect the way drugs work. Two of these over-the-counter (OTC) medications that can pose danger for those in their mid-60s and older are Allergy and Sleep medications such as Benadryl and Simply Sleep (diphenhydramine): These OTC drugs are available without a prescription to relieve allergy symptoms or insomnia; they can cause mental impairment, sleep cycle interruptions, urinary retention, constipation and blurred visions in older adults.



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Participants may be liable for the payment of unauthorized or out-of-network services.

October 21 was National Check Your Meds Day!

By Susan Heckler

We can celebrate this momentous occasion a little late, especially given the importance.

Half of the American population regularly takes four or more prescription medications. Now is a good time to look at your medications, see if you still need them and discard the unnecessary. In many cases, a more effective alternative may have been released or a less expensive choice.

A whopping 52% of prescription drug takers said they had never asked their healthcare provider whether they could stop taking one or more of their medications. Three-quarters of those who inquired said their provider could help them reduce the number of drugs they were taking.

To prepare for your review, put everything you take in a bag, including prescription and over-the-counter drugs, plus vitamins and dietary supplements. When possible, bring the original containers so your pharmacist can have complete information, especially if you do not use the same pharmacy for everything.

Keeping an up-to-date list of medications, what they're for, and the dosage will benefit both patients and their providers.

Questions to Ask Your Pharmacist

1. What is this medication for?
2. What are the possible side effects?
3. Will this medication interact dangerously with other prescriptions or Over the Counter, or any foods or drinks?
4. Is this similar to another drug I already take?
5. Do I still need to take this?
6. Is there a nondrug alternative that works just as well or better?
7. Is there a less expensive medication that works just as well or better generic versions?

Mark this date on your calendar for the coming years so we all can celebrate on time!!

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Can an Apple a Day Keep Alzheimer's Away?

By Susan Heckler

New research has discovered apple juice three times a week helps prevent Alzheimer's and heart disease. Dr. Thomas Shea, a neurobiologist, at the University of Massachusetts topped off 10 years of studying apples' effects on brain health. They used test tubes, Petri dishes, and mice for years. Then finally they confirmed their findings with a human clinical trial.

Twenty-one Alzheimer's Disease (AD) patients from ages 72 to 93 were fed four ounces of apple juice twice daily for thirty days. There were improvements with memory as well as the negative emotional moods normally associated with AD victims.

Dr. Shea concluded that by drinking apple juice only three times per week, you would reduce your chances of Alzheimer's by 75%. Other animal studies have demonstrated that apples protect the heart, increase lipid metabolism, and reduce inflammation.

A Florida State University study involving several women aged 45 to 65, discovered that a heavy diet of apples reduced LDL in the women by 23% in six months. The women also lost three and a half pounds on average.



How to Juice Apples Yourself

Conventionally grown apples usually top the Environmental Working Group's (EWG) "Dirty Dozen" list of excessively pesticide sprayed fruits and vegetables. Try to find organically grown apples or apples that are locally grown as small orchard apples may not be sprayed, but they are not USDA certified organic.

Organic raw and unfiltered apple juice is better than pasteurized. The best way to go is juicing just enough apples to drink at one sitting each time. A slow speed masticating juicer is recommended. This type of juicer eliminates the extra fiber that inhibits rapid absorption while concentrating the juice of several items in one drink and preserving the enzymes that a high-speed juicer may destroy.

Do not peel the apples. Cut them into pieces small enough for the juicer and include the core, seeds and all. Adding a small piece of peeled ginger root into the juicer adds more inflammatory protection. A freshly squeezed lemon can be added also. This should be done at least three times a week.

Early Alzheimer's Disease (AD) Symptoms

If confusion, fog, and memory loss is creeping in as a matter of daily life, the apple juice approach is good, but it may not be enough if AD symptoms have already set in.

Orthomolecular medical doctors specialize in curing with high dose vitamin and mineral supplements, such as IV mega-dose Vitamin C. They have had a good deal of success with all types of brain issues using large doses of niacin, aka vitamin B3. It shouldn't be buffered as niacinamide, it needs to be plain niacin. This helps generate ATP for cellular energy in the brain.

Coconut Oil?

Consuming a tablespoon of pure cold pressed coconut oil twice or more daily has even reversed advanced Alzheimer's. Dr. Mary Newport reversed her husband Steve's advanced Alzheimer's, which couldn't be improved with pharmaceuticals, after discovering fresh virgin coconut oil has MCTs (medium chain triglycerides) that the liver can easily convert to molecular energy enhancing ketones.

Alzheimer's Disease is considered diabetes 3 by some health experts. Dysfunctional insulin in the brain starves brain cells of the glucose needed for cellular metabolism. But ketones replace the glucose that's in short supply in an AD victim's brain.

Coconut oil also helps create "good cholesterol" that forms much of the tissue in the brain and also protects the central nervous system with a myelin coating.

The Freshman 15: What's Behind First-Year Weight Gain?

Everyone's heard warnings about the "freshman 15." But is it true that many college students pack on 15 pounds during their first year at school?

Recent studies find that some first-year students are indeed likely to gain weight — but it might not be the full freshman 15 and it may not all happen during freshman year. That might sound like good news, but it's not. Doctors are concerned that students who gradually put on pounds are establishing a pattern of weight gain that could spell trouble if it continues.

Studies show that students on average gain 3 to 10 pounds during their first 2 years of college. Most of this weight gain occurs during the first semester of freshman year.

College offers many temptations. You're on your own and free to eat what you want, when you want it. You can pile on the portions in the dining hall, eat dinners of french fries and ice cream, and indulge in sugary and salty snacks to fuel late-night study sessions. In addition, you may not get as much exercise as you did in high school.

College is also a time of change, and the stress of acclimating to school can trigger overeating. People sometimes eat in response to anxiety, homesickness, sadness, or stress, and all of these can be part of adapting to being away at school.



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CONTROLLING PORTIONS

With the holiday season around the corner, Americans will likely be tempted to overeat at gatherings. Potlucks, family get-togethers and work parties all tend to encourage second helpings of unhealthy foods. Be sure to avoid breaking your diet while enjoying this special time with your family.

Holiday traditions often include indulging in high-calorie recipes. Having control of your intake allows you to enjoy these delicious foods while keeping your calories in check. If you know you will be attending a get-together, it is a good idea to have a light breakfast or lunch so you can partake in these delicacies guilt-free.

KNOW YOUR INTAKE

You likely have a smartphone or other device that can make calorie counting simple. It is an easy task to find a mobile application that allows you to record the number of calories you have ingested and even burned.

It is important to log your intake and output every day to ensure accurate results. This is a fun way to track eating habits and lessen the chances of eating foods that don't clearly spell out their nutrition facts.

Get your family involved with the same program you're using to track calories. Friendly competition makes it easier to stick to your set number of calories. If everyone is on board, there might be fewer unhealthy foods on the table this holiday.

EATING OUT

During the holidays, you will likely find yourself at a restaurant enjoying the company of family and friends. This is a crucial time for portion control. These foods can be rich in calories and other unhealthy components that can cause you to backtrack on your diet.

Avoiding all-you-can-eat buffets is a no-brainer, but if your family insists on gathering there, you can still do it healthily. Most buffets have impressive salad and fruit bars that sometimes go overlooked due to the full dessert bar. Fill your plate with healthy choices, such as green vegetables and lean proteins.

Eating at a traditional sit-down restaurant can make it easier to make healthy decisions. If the menu doesn't list the nutritional information, inquire with the staff about low-calorie options.

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Chicken & Brussels Sprout Dinner

Have you tried cooking with a zesty mustard sauce? This recipe makes a delicious low carb & high protein meal.

INGREDIENTS

- 2 tablespoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breasts
- 3/8 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup fat-free, lower-sodium chicken broth, divided (certified gluten-free if necessary)
- 1/4 cup unfiltered apple cider
- 2 tablespoons whole-grain Dijon mustard (certified gluten-free if necessary)
- 2 tablespoons butter, divided
- 1 tablespoon chopped fresh flat-leaf parsley
- 12 ounces Brussels sprouts, trimmed and halved

Directions

1. Preheat oven to 450°F.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.
3. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.



A Banana of any Color Is your Friend!

By: Erin Mumby



Bananas are an important super food. Most people purchase a bunch of bananas while they're still green. As they ripen into a yellow color, you'll eat them. When they develop brown spots, or turn completely brown, you'll throw them out! Think again!

Not only do brown spots mean that the banana is getting riper, they also have improved qualities to strengthen your immune system. Those qualities are found in Tumor Necrosis Factor, or TNF, which is found in bananas. TNF is a substance that fights cancer! It helps to move body cells toward infected/ inflamed areas. Cells are destroyed and prevent tumor cells from growing and spreading throughout the body.

Bananas have high levels of antioxidants. Bananas can increase our white blood cell counts. They also help to strengthen the immune system.

Highly nutritious- Not only are bananas good for our immune system, they are also filled with vitamins, nutrients, fiber and natural sugars. Bananas can keep your body healthy in various ways.

Here are some of the reasons why:

1. NEED TO LOWER YOUR BLOOD PRESSURE? HAVE A BANANA!

Bananas can help to lower your blood pressure because they are low in sodium and high in potassium. The high potassium lessens the effect of the sodium! Look for other ways to add potassium into your diet as well in order to lower blood pressure.

2. THEY TREAT ACID REFLUX

Bananas can be considered a naturally occurring antacid. Eating just one banana when you feel that you're having heartburn can immediately reduce and relieve the pain and discomfort of heartburn.

3. BANANAS ARE A GREAT SOURCE OF IRON

The unpleasant effects of anemia can be improved by taking in a significant amount of iron through diet. Bananas are a great source of iron! Iron promotes the growth of red blood cells and hemoglobin. These combined efforts strengthen the blood flow throughout your entire body.

4. THEY PROVIDE ENERGY

Bananas are also a great source of energy! They make for a great pre-work out snack. Bananas have low glycemic carbs that increase your body's endurance. The potassium in bananas also help your muscles fight against cramps.

5. SOFT AND SATISFYING

People who suffer from stomach ulcers have to avoid certain foods. Many nutritious foods can cause pain or damage to the ulcers. Bananas are different! Bananas can be safely eaten by people with ulcers because of their smooth texture. The softness of the banana protects the stomach lining from acids and other irritants.

6. THEY HELP TO FIGHT DEPRESSION

Did you know bananas can help beat depression? The reason is that bananas contain high levels of tryptophan. Tryptophan is then changed into serotonin in our bodies. Serotonin makes you happier, relaxed and improves your mood! Eating bananas can help people improve their lives!

7. BANANAS PREVENT CONSTIPATION

Bananas contain sufficient amounts of fiber to help regulate bowel movements. Their high fiber safe guards against constipation. If you happen to be constipated, a few bananas will help you with this problem! Their fiber content is natural relief for constipation.

8. THEY CALM THE NERVOUS SYSTEM

We all get stressed out. Everybody has moods. Consider eating a few bananas if you're down in the dumps. Bananas regulate blood sugar and contain B vitamins. B vitamins help to calm your body's nervous system. Who knew bananas could make you so happy?

9. THEY CONTROL YOUR BODY TEMPERATURE

Eating a banana when it's hot outside can cool you off! It will lower your body temperature! Have a fever? Don't worry! Eat a banana, and your temperature should fall back down to normal shortly!

10. BANANAS HELP WITH PMS

Premenstrual Syndrome (PMS) Eat a banana instead of taking your pills! Bananas contain the vitamin B-6, which helps to regulate blood glucose levels, which can affect your mood, even before your menstrual cycle.

11. BANANAS CAN HELP BEAT BELLY FAT

Bananas have 12 mg of choline, a B vitamin that acts directly on the genes that cause fat storage in your abdomen. Choline is also present in lean meats, seafood and collard greens. Foods high in choline are an essential part of having a flat stomach. Eating bananas is another way to reaching your goal weight!

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THE CHALLENGES OF A GLUTEN-FREE DIET

Following a gluten-free diet requires you to become educated on all the hidden sources of gluten, as well as educating everyone you live with. To avoid all gluten, you must read labels carefully. You must avoid not only wheat but its derivatives: durum, graham, kamut, semolina and spelt. The same goes for barley derivatives: malt flavoring and malt vinegar, as well as rye, MSG and soy sauce.

Read labels regularly. Manufacturers change ingredients without notice.

Just because a food is labeled wheat-free doesn't mean it's gluten-free. And just because a food is labeled gluten-free doesn't mean it's calorie-free. Some manufacturers add sugar, saturated fats and preservatives to their gluten-free offerings to make them taste better, and that adds calories.

You can still eat a balanced diet when you're trying to avoid gluten. Gluten-free diets allow you to eat fresh fruits and vegetables. Beef, chicken, fish, lamb, pork and dairy products are also naturally gluten-free. (But watch for additives.)

Following a gluten-free diet is a major commitment. It can be difficult to maintain a balanced diet while eliminating the many foods that contain gluten. It's not a step you should take unnecessarily.

Eliminating gluten from your diet may help reduce your concerned health symptoms as well as eliminate digestive woes, but it's only likely to help if gluten is a problem food for you in the first place.

The Celiac Disease Foundation provides a list of foods to eat and those to avoid on a gluten-free diet, it may be helpful to reference when planning your meals.



Calling all Kids, Can You Cook Like Zach?

By Susan Heckler

Hey Kids, did you ever stop and think about what kind of crazy days your Mom & Dad have? Ever wonder how they fit it all in?

Twelve-year-old Zach Krieg was thinking the same thing! Then he started thinking about what he could possibly do to be a help to them. He started by helping his mother cook a nightly dinner. He enjoyed working side by side and learning how she made her chicken cutlets.

One day he was sitting home and Mom (Malki) called and asked him to make dinner! He was only 12. He said okay and asked for suggestions. He knew how to make chicken cutlets since he had helped his mom before. He followed what she taught him, and the family enjoyed his creation and Mom got to be a guest in her own kitchen for once!

Then Zach continued in this line of thinking and decided to video himself making a dinner and post it on Facebook, so others can learn to do the same thing. This is his way to inspire friends to be more helpful at home.

The Challenge from Zach- with parental approval. Can you cook like Zach?

This is for everyone I know that has a parent that has a long day at work and then has to come home, feed the dog, and make dinner. These steps should help you teach your kids how to make dinner and have it ready so when you get home, you don't have to take the dinner shift.

Ingredients/What you will need: Frying pan, thin sliced chicken cutlets, bread crumbs, tongs, 4 eggs, bowl, 3 plates, paper towels, olive oil, forks, spoons, knives, and a stove.

Step 1: Defrost chicken by putting it in a bowl with hot water from the sink, leaving it in hot water for 30-60 minutes.

Step 2: (How to set up from left to right.) Plate, tin foil, another piece of tin foil, then another plate. On the right, take your chicken from the defrosting bowl and put it on your plate closest to the sink. You will put a bowl on the right with 3-4 raw eggs scrambled. On the left tin foil (farthest from the sink) and put (seasoned) bread crumbs down.

Step 3: Take a piece of chicken and put it in the eggs.

Step 4: After putting chicken in the eggs, put it in the bread crumbs on both sides until you can only see the bread crumbs on the chicken.

Step 5: Keep on doing that process with the chicken until all of your chicken is ready to be fried.

Step 6: Get out a frying pan, olive oil, and tongs. Take the frying pan and put it on the stove on medium high heat; allow the pan to get hot for 5 minutes. After the pan is warm enough, put olive oil in the pan so it is a quarter way filled.

Step 7: Get out one plate and eight paper towels on the side split in to two.

Step 8: Put the chicken in the oil carefully!

Step 9: Flip the chicken when you can see it is cooked on the other side (the bottom side of the chicken's bread crumbs is now a black/brown color).

Step 10: When the chicken is done cooking, put it on to the plate covered with paper towels.

Step 11: Get out your family's favorites drink and condiments for your chicken cutlets & put out the silverware (set up the table).

Step 12: Enjoy with your relaxed Mom and Dad.



Traveling with Beauty Products

With these quick tips, you will be traveling happy in no time.

The most important question is how long you will be gone. The answer to this can alter whether you bring travel-sized bottles of products or choose to bring full-sized items.

Unless you are traveling for an extensive period (read three weeks or more, travel-sized bottles will get you through just fine. You can even pick up empty, TSA-approved bottles at your local drug store and fill them up.

As a bonus, you can leave them behind when you pack to come home, leaving you with a bit more room and one less thing to unpack.

If you don't require specific shampoos or conditioners, forgo them completely. Most hotels keep small toiletries in stock, with their complements, so use that precious luggage space.

If it at all possible, pack your beauty products in your carry-on luggage even if you also are checking a bag. Just don't forget the 3-1-1 rule: TSA only allows 3.4 ounce bottles of all liquids and gels in one, quart-sized clear plastic zip-top bag per passenger.

This can be quite a feat when it comes to beauty products, but if you can manage it, you'll not only be less likely to experience a toiletry leak (no one else is handling your bag) but, on the off chance your luggage is lost, you can deal with that crisis with your shampoo and toothbrush in hand.



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QUESTION: What Can Botox Do For Me?

Botox has topped the list for many years as the most popular non-surgical cosmetic procedure performed. This FDA approved wrinkle treatment can provide predictable dramatic results with minimal risks and no down-time.

Botox works by blocking the chemical signal that causes a muscle to contract. Specifically stopping muscles that cause unwanted facial wrinkles is the usual goal. More innovative uses for Botox, based on a thorough understanding of the anatomy of the facial muscles of animation, now include facial shaping. The most straightforward example of this involves injecting a small amount of Botox just beneath the outer half of the eyebrow. This weakens the muscle that pulls down on the eyebrow (the orbicularis oris muscle) and allows the muscle that elevates the eyebrow (the frontalis muscle) to act unopposed. The aesthetic result is an elevation of the eyebrow that can relieve that tired look and frequently rivals the results of a formal operation to elevate the brow.

The results of your Botox treatments are very much dependent on the level of expertise of your doctor. Many patients are being treated by physicians (and sometimes even non-physicians) with only a casual understanding of the complex anatomy and interactions of the muscles of facial animation. Errant injections can leave a patient with significant facial distortion for several months. Plastic surgeons who routinely perform procedures such as facelifts and browlifts visualize these complex structures during surgeries and are well versed in the anatomy of facial animation. Pursuing your treatment with a physician certified by The American Board of Plastic Surgery is the best way to ensure a positive experience.

Dr. Thomas Leach, M.D. is a diplomate of the American Board of Plastic Surgery and a member of The American Society of Plastic Surgery. Dr. Leach can be reached at The Princeton Center for Plastic Surgery – 609-921-7161.



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Corsets- The Dangers of Waist Training

By Gabriella Mancuso



From the Victorian times until now "waist training" or "waist slimming" has always been a trend in fashion. The idea of slimming your waist down to the ideally perfect size in a short matter of time sounds appealing to every girl. Celebrities endorse it, regular women encourage it, so why not? Waist Training is dangerous and can cause many issues.

Waist training in its original form was called a "corset". A corset was used to sculpt a woman's figure into the perfect shape. Corsets were worn under a woman's clothing for as long as she desired the shape. Waist Training, like corsets, are used to achieve this goal but permanently. Waist training is using a corset like garment to slim the waist and stomach areas. This device is to be worn as often as possible as it is believed to produce permanent, thinning results.

The truth about waist training is that it is harmful, and the results are not as everlasting as people would like. This activity weakens your abdominal and back muscles. It also crushes your organs which is not at all healthy. It can also cause extreme perspiration. Finally, contrary to belief, waist training is in no way permanent. Your original shape will eventually come back due to muscle memory, and improper ways of tightening the muscles around your hip area. If you are looking for a way to slim down your waist and or stomach, stick to the basics. Workout and eat healthy instead of hurting yourself physically and mentally.

The Importance of Hydration

According to Medical Daily, approximately 75 percent of the American population are functioning in a chronic state of dehydration.

Perhaps this is not surprising, given all the alternative beverages choices marketed to us from every direction, but we should be concerned.

Dehydration has deeply harmful side effects in so many aspects of our lives. The human body is made up of more than 60 percent water, and we lose water everyday through natural processes, such as urine, perspiration and breathing.

Yet stopping to take a sip of water is one of the most overlooked self-care tasks we can perform for ourselves daily. Water is essential for our bodies to function. It is needed to remove waste as well as carry nutrients and oxygen throughout our body.

In general, you should follow the 8x8 rule — eight, 8-ounce glasses of water per day. To make it easier, we have gathered several tips to help you make a more concerted effort to consume more water:

Bring a water bottle everywhere you go. It saves time and money. Bottles with liquid measurements indicated on the side make it easier to track your water intake, which is not only helpful but helps motivate those who are goal-oriented.

Lifestyle tracking has exploded in popularity in recent years, from tracking your steps, calories, sleep, and exercise to meditation and household chores. Water consumption is no different.

Apps like Water Your Body allow you not only to track your consumption but keep track of your intake history. You can view the dates and time of every glass you've taken to help you understand your consumption patterns, and you also can create customized reminders to take a sip.

How dehydrated are you?

A quick way to test how well you're hydrated is to check the colour of your urine.



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EMERGENCY CARE • NEW PATIENTS WELCOME

Face Time – the Benefits of Facial Treatments

By Susan Heckler

Having a facial treatment is one of the most relaxing ways to pamper yourself. There is nothing like spa time to soothe the soul. Facials may also be done in a doctor's office if that is your preference.



In addition to relaxation and feeling pampered, there are other benefits! The first thing you need to do is to decide what you are looking to accomplish with a facial treatment. Do you have a problem area or situation? Blemishes? Large pores? Sun damage?

A facial is a spa therapy that leaves your skin cleaner, softer, younger, and transformed. Facials can help clear clogged pores, satiate parched skin and remove dead skin cells. Facials also include some massage which benefits blood circulation and lymphatic drainage because it increases the flow of oxygen-enriched blood to skin cells. The facial massage will help to ease facial muscles. This can slow the onset of wrinkles on the face. Many find a reduction in puffiness and sagging.

Sun, smoking, pollution and other factors in the environment wreak havoc with your skin. Stress plays a large part as it can shorten the life span of cells, aggravate acne, and trigger rosacea. A regular routine of a deep cleansing facial will assist in removing toxins caused by pollution as well as grease and dirt found in your everyday environment.

Many women opt to make this a monthly treat while others less often. You will leave the experience looking better and feeling like a new you...rested, relaxed and beautiful.

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Be Active! Pick A Buddy and Move More



Being active can greatly improve life span as well as life quality.

If you don't enjoy running, you will never climb out of bed every morning and hit the pavement. That's OK. Not everyone has to be a runner.

Picking an activity, you genuinely like will make you want to do it. For so many of us, exercise has become a chore and one more thing to carve out time for. By participating in something that brings you joy, you will be fueling yourself physically and mentally.

Exercising with someone can not only be motivational but helps make it fun. You can even pick a family activity, such as playing whiffle ball in the backyard with your kids. Studies show that when we are active with even one other person, we are more likely to participate in that activity more often and for longer periods of time.

While practicing a specific activity or exercise routine is great, you also should try to retrain your brain into a "move more" mentality.

This is not just, "taking the stairs instead of the elevator" stuff. How many times do you circle a parking lot, hoping to find a spot just a little bit closer to the entrance? In a society that prioritizes time, we are guilty of wasting it in the name of moving less.

Building the habit of exercising every day is just as important, if not more important, than the results you achieve. If you develop a ritual or routine around your exercise, you are significantly more likely to make it habit.



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CLOTHES DRYER FIRE SAFETY

FACTS ABOUT HOME CLOTHES DRYER FIRES

- 2,900 home clothes dryer fires are reported each year and cause an estimated 5 deaths, 100 injuries, and \$35 million in property loss.
- Failure to clean the dryer (34 percent) is the leading cause of home clothes dryer fires.
- More home clothes dryer fires occur in the fall and winter months, peaking in January.



CLOTHES DRYER DO'S

Installation

- Have your clothes dryer installed by a professional.
- Make sure the correct electrical plug and outlet are used and that the dryer is connected properly.
- Read manufacturers' instructions and warnings in use and care manuals that come with new dryers.

Cleaning

- Clean the lint filter before and after each load of laundry. Don't forget to clean the back of the dryer where lint can build up. In addition, clean the lint filter with a nylon brush at least every six months or more often if it becomes clogged.
- Clean lint out of the vent pipe every three months.
- Have your dryer cleaned regularly by a professional, especially if it is taking longer than normal for clothes to dry.

Maintenance

- Inspect the venting system behind the dryer to ensure it is not damaged or restricted.
- Put a covering on outside wall dampers to keep out rain, snow and dirt.
- Make sure the outdoor vent covering opens when the dryer is on.
- Replace coiled-wire foil or plastic venting with rigid, non-ribbed metal duct.
- Have gas-powered dryers inspected every year by a professional to ensure that the gas line and connection are together and free of leaks.
- Check regularly to make sure nests of small animals and insects are not blocking the outside vent.
- Keep the area around the clothes dryer free of items that can burn.
- If you will be away from home for an extended time, unplug or disconnect the dryer.

CLOTHES DRYER DONT'S

- Don't use a clothes dryer without a lint filter or with a lint filter that is loose, damaged or clogged.
- Don't overload the dryer.
- Don't use a wire screen or cloth to cover the wall damper. They can collect lint and clog the dryer vent.
- Don't dry anything containing foam, rubber or plastic. An example of an item not to place in a dryer is a bathroom rug with a rubber backing.
- Don't dry any item for which manufacturers' instructions state "dry away from heat."
- Don't dry glass fiber materials (unless manufacturers' instructions allow).
- Don't dry items that have come into contact with anything flammable like alcohol, cooking oils or gasoline. Dry them outdoors or in a well-ventilated room, away from heat.
- Don't leave a clothes dryer running if you leave home or when you go to bed.

WINTER TREE CARE TIPS

PLAN(T) FOR THE FUTURE

Ready For Winter

- * You may want to cable, brace or prune limbs and branches over your house, sidewalk or driveway, before winter stress causes breakage.

Plan To Prune

- * If branches are dead, diseased or unsafe, it's best to have them removed.

Inspect For Ice

- * If you see your tree is bending or drooping because of snow and ice accumulation, think twice before shaking the branch, walking or parking underneath a tree. Ice can cause branches to become brittle and high winds make them vulnerable to breakage.



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Staging Your Home in Winter-

Be sure to always show off your home's best features

THINK 'CHEERY AND BRIGHT'!

Cold and dreary weather doesn't make it easy for your home to put its best "face" forward. Take extra care in the presentation of your front entryway. Brighten it up with a colorful wreath or a swag of fresh greenery. Consider giving your front door a fresh coat of paint and add planted seasonal bushes — such as holly — on your front porch or stoop. Consider greenery on the mantel for a cozy touch.

MAKE IT COMFORTABLY WARM

A chilly house can be uncomfortable. Turn your thermostat up before a showing. Arrange an extra coat rack near your front entrance so potential buyers can take their coats off and view your home in a more relaxed and comfortable atmosphere. Bonus tip: A warm house invites lingering in colder months — giving them more time to fall in love with the space.

DE-PERSONALIZE — TO AN EXTENT

Ever wonder why "show homes" sell new builds so well? It is because building companies have mastered the balance between enough furniture and decor so that a space looks lived in and cozy, but zero clutter and personalization. Removing personal photos and replacing them with inexpensive, general artwork is a great first step. Removing all clutter (like those stacks of paperwork you've been meaning to get to or the piles of toys littered throughout the house) is a must. Staging your home is a great way to both show potential buyers all your home can be and depersonalize it a bit so that they can better imagine themselves in the space.





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Do You Know Why Your Electric Bill Is So High?

By: Erin Mumby

Just because you turned off the electrical appliances around your home, doesn't mean they're not using any power. Most household appliances are never "off"! They still consume power when they're in standby model. This can get costly considering most Americans have about 40 electrical appliances plugged in! According to the United States Department of Energy, the average household spends about \$1,900 annually on energy costs for their home.

Any appliance that has an external power supply still uses electricity even while powered off. This includes cell phone chargers, speakers, or any electrical device with a cubed power supply. Any electrical appliance that has a clock or LED light or display also uses electricity while turned off. These kinds of appliances include microwaves, coffee makers, TVs and DVD players. Even if you put your appliances on sleep mode will still consume electricity. Most cable boxes never even turn off! Desktop computers are the same.

The amount of electricity consumed by an appliance depends on the individual appliance. They range anywhere from 1 watt to 50 watts of electricity! 1 watt doesn't seem like much, but ten or so devices using 1 watt is a lot! For example, one cell phone charger consumes 1 watt of electricity if plugged into the wall, even when it's not charging a phone. When actually charging a phone, the charger will consume 8 watts of power. Chargers are usually the culprits behind unnecessary watt usage. This is because most households have multiple people. Now most people have multiple devices that need different chargers. Cell phones, laptops, and tablets all need to be charged quite often!

You can save money and electricity by eliminating the electricity leaking! The simplest method is to unplug electrical appliances when you aren't using them. This method is the best method because no electricity will be used at all. It's also a smart way to save your self some trouble in case there's a power surge! A power surge could burn out some of your electrical devices or appliances if they were still plugged in. Another way to cut down on costs is to use a standard surge protector. Plug your devices into the surge protector. When you're not using any of the devices, turn off the power strip. You could also invest in a smart power strip or surge protector. They will cut off power automatically to the devices are turned off, but will still supply power to those devices that are on. Make smarter choices when it comes to your electrical devices. It's not just good for your wallet; it's good for the environment!



Remember The Dangers of Radon In Your Home

By Gabriella Mancuso

Radon is a cancer-causing radioactive gas. You can't see, smell, taste or feel radon. When you breathe air containing radon, you increase your risk of getting lung cancer. In fact, the Surgeon General of the United States has warned that radon is the second leading cause of lung cancer in the United States today.

Radon is a decay product of uranium deposits found naturally in the ground. The amount and depth of the uranium varies widely from area to area.

Radon levels are affected by many factors including, but not limited to, the amount of uranium and type of soil below your home, weather conditions, and construction of your home. Just because your neighbor's home tested at a certain level does not mean your home will test the same. **TESTING IS THE ONLY WAY TO DETERMINE THE LEVEL OF RADON IN YOUR HOME AND MUST BE DONE.**

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Damp Smell in Your Home? Call Jerome!

By Susan Heckler

When you walk in to your home, what do you smell? If you smell moisture in any form, that is a big stinky red flag. A damp basement can act as a breeding ground for mold, dust mites and odor causing damage.

Molds and dust mites are microscopic in size, and can easily travel through vents and tiny holes. Being exposed to these organisms for a very long time can encourage allergies (skin and nasal), as well as destroy homes structures (e.g. walls and ceilings). Odors, on the other hand, make it impossible to breathe inside your home and place you into an inhabitable circumstance.

If your basement has ever leaked or flooded, you should consider a quality basement waterproofing system. Without basement waterproofing, water problems never get better, they only get worse. Even if water leaks are uncommon, your home's air quality can be impacted and your ability to finish your basement is restricted.

If you have a crawl space or a basement, you want to seal that moisture out as it can lead to health concerns for your family. Did you know that over 40% of the air that you breathe on the first floor of the home comes from the basement or crawl space? Most builders, architects, and engineers have not designed your home to assure a dry basement. As you may have noticed, your basement walls (interior or exterior) have never been waterproofed with a rubber membrane. And, your basement floor has never been properly protected below the slab.

Select Basement Waterproofing is the leading local basement waterproofing contractor, serving NJ families with a sub-floor drainage system engineered specifically to solve basement water problems in our area. Their systems can be designed to meet the needs of any home, regardless of age or size.

Hydrostatic pressure is caused when water pressure builds up outside a foundation. The weight of the water pushes downward until it finds the path of least resistance, and since a basement is nothing but a hole in the ground it is easy to see why it would come in through a hold, crack, small seam at the floor or wall seam. The holes and cracks need to be found and sealed, the pressure needs to be relieved, the moisture removed and kept out to avoid future moisture issues. Select Basement offers full basement water proofing solutions, French drains, foundation repairs, mold removal and remediation, sump pumps and dehumidifiers.

Basement waterproofing system

Crawl space waterproofing and encapsulation is essential to your family's health!

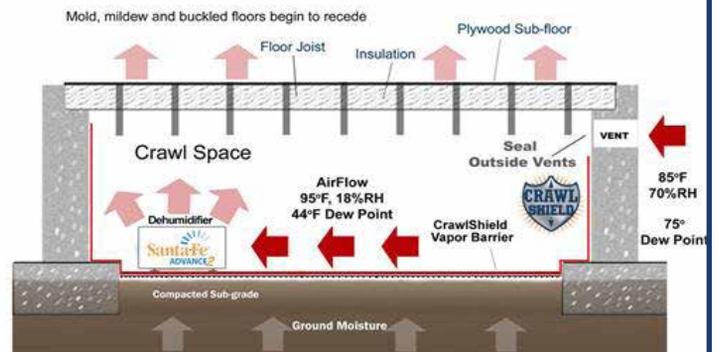
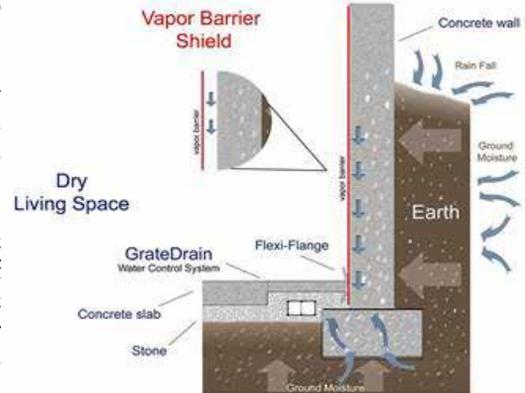
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Dutchie and Renee Senior Cat Rescue A Mission Straight from the Heart

By Pam Teel

David and Lisa Lande, of Millstone Township, are compassionate when it comes to helping rescuing and placing cats in forever homes. The two have such a love for their felines and a special connection with each cat that they rescue. Dave always had cats in his family growing up. When he and his wife lost their two senior pets, Dutchie and Renee, within weeks of each other last year, the couple decided that they would honor their cat's memories by focusing on helping other senior cats find permanent homes.

David and Lisa know firsthand that some senior cats need a little more medical attention and care, while most do not. Some might be suffering from diabetes, or thyroid problems and require that little extra attention. Just like a human, these things are treatable, but a cat can't give himself a pill or an insulin shot. The sad truth is that it's hard enough trying to place an older cat in a forever home, but try finding a home for a senior cat that might require a little bit more caring for. Many people shy away because they think they can't do what they have to or because of extra medical expenses.

There are many senior cats that are in great shape but were given up because their owners were no longer capable of caring for them or their owners had passed away. If you were to compare a cat's age to a human, a senior cat would be classified as 11-14 years (60-72) years for a human, Mature or middle-aged: 7-10 years (44-56) years for humans), Geriatric: 15+ years (76+ years for humans).

Can you imagine being in a loving a friendly environment for years, even for over a decade, and then being put in a cage at some shelter because your caregiver had passed on? Cats are like humans. They get depressed, they stop eating and they give up the will to live, and the older cats are already often overlooked in shelters.

The Landes mission is to assist and to find foster and permanent homes for abandoned senior and geriatric cats. They care for the senior cats in their home, along with their own. Each cat has their own special place that they like to be, somewhere indoor where they are safe. The couple also helps out local rescues by fostering cats for them while working together with them to find forever homes.

The Senior Cat Rescue is a 501 3c registered non-profit corporation, so all donations are tax- deductible with all donations going toward the beneficiaries of the Dutchie and Renee Senior Cat Rescue Foundation. The Lande's have paid and will continue to pay for all the foundations administration costs.

If you are thinking about adopting, please consider an older cat that has been displayed through no fault of their own Even if you are just interested in fostering or wish to donate, you can reach the Lande's at: dutchieandreeneeseniorcatrescue@gmail.com. / 732-998-2232/ or Visit them on facebook for the latest information about fostering and adoptable cats at: Dutchie and Renee senior cat rescue. Donations can be sent to: 88 Agress Road Millstone Township, NJ 08535.

Currently Cottonball and Nick are being fostered at the Lande home. These are two great cats that have become inseparable. Cottonball is between 7-10 and Nick is believed to be 4. You can read up about them on Facebook. If you are interested in adopting or fostering, please contact the Landes. You can also visit the cats firsthand and meet them for yourselves.



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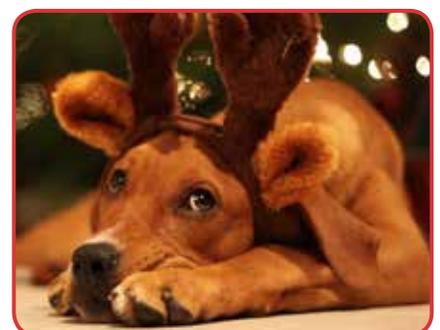
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Dr. Rajool Dave, Au.D., FAAA Princeton Otolaryngology Associates



Dr. Rajool Dave has been in the hearing healthcare industry for over 10 years. She has been with Princeton Otolaryngology Associates since 2011 and prior to that time, gained considerable experience working at JFK Medical Center, dealing with all aspects of audiology and working hand in hand with the JFK Neuroscience Institute.

Dr. Dave has helped hundreds of patients rehabilitate their hearing with the latest technology in hearing aids and takes great pleasure in watching her patients rediscover the joy of hearing.

Rajool Dave spent most of her primary education years in Rochester, New York. She attended the State University of New York at Fredonia where she obtained her Bachelor of Science degree in Communication Sciences & Disorders. Dr. Dave was awarded her Doctorate degree at Nova Southeastern University in Fort Lauderdale, Florida. Currently, she is a Fellow of the American Academy of Audiology.

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Nithila Peter, Ph.D has pioneered an interdisciplinary framework for Emotional Intelligence and Allied Internal Competencies for Leadership. She is a graduate of University of Southern California's (USC), Critical Studies Division from the School of Cinematic Arts. She has her undergraduate degree in Physics, and has a double Masters in Communications and Critical Theory.

Her Doctoral work, focused on a range of higher order constructive emotions, aids self-knowledge & EI.

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Mrs. Herring is an expert in audiology who has been at the front lines of public education and hearing healthcare for over 30 years. She has served as Director of Audiology in private practice as well as Otolaryngology settings.

She received her Masters of Science degree from the University of Florida, earned the Certificate of Clinical Competence through the American Speech and Hearing Association and is a Fellow of the American Academy of Audiology.

Having dispensed 1000s of Advanced Digital Hearing Devices over the years, she is highly regarded throughout the region.

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David P. Young, DMD, DICOI



“Since 9th grade, I always wanted to be a dentist. A distant cousin who happened to be a dentist knew how much I enjoyed technical projects and science. He recommended to my parents that I consider a career in dentistry, too. I am more excited about dentistry today than when I first started out. New technology and treatment innovations let me do more for my patients with far less discomfort and inconvenience to them.

My goal is to educate every patient about their dental condition. I use photos and X-rays and the intraoral camera to show them exactly what's going on. I use my advanced training and knowledge of dentistry to give every patient the most up-to-date care.”

In his spare time Dr. Young enjoys aerobic fitness, playing golf, travel and wine.

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Financial Health Also Includes Hiring a Tax Accountant?



Should You Do Your Own Taxes, or Should You Hire a Tax Accountant?

Accountants can help you navigate through the complex maze of tax codes you may have to face every year. However, people sometimes choose to file their own taxes. While preparing and filing your own taxes may seem like a simple there are several important considerations to factor into your decision:

Do you have time to adequately complete your tax return?

In 2012, the Internal Revenue Service (IRS) estimated it would take over 20 hours for the average taxpayer to complete a tax return. The amount of time it takes to complete the return increases significantly – at least an additional 50% – if you own a business or rental property that must be included in your return. There is a much higher risk of making a mistake and then being audited.

Due to the number of items and documents you need to acquire, organize, and prepare, it can be deceptively easy to make a single mistake on your tax return that could result in an audit. A professional tax accountant will properly organize and make accurate assessments of your finances, and then will file your return to help ensure that you are not audited by the IRS.

The tax code may be too complex for inexperienced navigation.

Depending on how much income and assets you possess, the tax code and laws might be too much for inexperienced individuals to handle on your own. The average taxpayer cannot possibly understand them all or know which laws are relevant to his or her specific situation.

You might not get as high a tax refund as you deserve.

No one knows tax laws as well as a certified public accountant. With years of in-depth research and careful study under their belt, CPAs have all they need to find exemptions and credits that you may not realize you have. This information is something only a tax professional with years of experience would have. Hiring a tax accountant offers you the best chance of getting a larger tax refund.

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STAY OFF YOUR CELL PHONES!

By John Bazzurro

A recent change in New Jersey Motor Vehicle Law has prompted me to write this article and advise the public of the potential pitfalls of talking on a cell phone or operating an electronic device while operating a motor vehicle within our state.

The relevant statute, N.J.S.A. 39:4-97.3 has been amended by our Legislature to increase the fines associated with such an offense and, further, provide the Municipal Court with discretion to suspend driving privileges for a period of up to 90 days for a third or subsequent offense. Further, the revised statute now provides that a third or subsequent offense will also include the imposition of three motor vehicle points. While the suspension of driving privileges and three motor vehicle points are significant for a three or more time violator, the increase in fines are also rather significant even for a first offender. The statute provides that the fine shall be between \$200.00 and \$400.00 for a first offender; between \$400.00 and \$600.00 for a second offender; and between \$600.00 and \$800.00 for a third or subsequent offense. These penalties have been significantly increased as a result of the change of this statute.

It should be noted that talking on a wireless telephone or using an "electronic communication device" by the operator of a moving vehicle on a public road or highway is a violation of the statute. This would include utilizing a smart phone for texting, emails, Internet browsing, etc. Using a "hands-free" device does not violate the statute as long as the placement of the device does not interfere with the operation of the motor vehicle or any equipment within the motor vehicle. Interestingly, an "amateur radio" is not an "electronic communication device" under the statute.

Finally, you should be aware that you may use a handheld wireless device while operating a motor vehicle as long as one hand is on the steering wheel if you are contacting emergency personnel where you feel that a criminal act is being perpetrated or you are reporting a hazardous road situation. In this instance, however, you will be required to provide cell phone records to establish that the phone call you were on was, in fact being made to emergency personnel.

In conclusion, it would not only be wise to stay off of your cell phone while operating a motor vehicle because of the penalties described above, but also due to fact that utilizing a cell phone, including texting or looking at emails, etc. while operating a motor vehicle could put your life and the lives of others in jeopardy.

Should you have any questions concerning any of the above, please feel free to contact our offices.

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FINANCIAL HEALTH CHECKUP

Financial Health is a term used to describe the state of your personal financial situation.

Someone with good financial health deals well with their finances, makes their payments on time, and knows how to manage their money. They also sleep really well at night because of it.

Someone in poor financial health usually owes a lot of money and isn't making their payments on time. They toss and turn a lot and wake up exhausted.

Your Financial Health plays a role in your physical and mental health. If your finances are a mess with loose ends all over, then your mind cannot be at rest and your body experiences tremendous stress.

There are many dimensions and areas of focus that must be met and analyzed in regards to painting a healthy financial plan and flow of your money. Think about your answers to these questions. If you are not comfortable with them, you need to take action to protect your wealth and your family's future before a crisis comes. Planning ahead reduces your stress greatly and allows you to make smart decisions without the crisis mode we fall into.

- *Have you compared the difference in what you own and what you owe?*
- *Are you properly insured?*
- *Have you considered lifestyle inflation and changes-in-life events?*
- *Are you mindful of the difference between needs and wants so you can make better spending choices?*
- *How and where can you reduce or eliminate expenses?*
- *How can you best save for future goals?*
- *What is your plan for emergencies?*
- *Do you have a Will, Power of Attorney, and an Estate Plan?*



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Anxiety

By: Nicole Iuzzolino

40 million people in the United States suffer from anxiety. Of that 40 million, the Elements of Behavioral Health states that seven million suffer from general anxiety disorder, 15 million suffer from social anxiety disorder, 14.8 million suffer from major depressive disorder, and 7.7 million are affected by post-traumatic stress disorder. This is a very sobering fact that so many people's lives are affected by such anxiety. There are many reasons why people can be plagued with this. Healthline.com states that anxiety disorders can be caused by a vast variety of factors such as a family history of anxiety, exposure to stressful situations, intense use of tobacco or caffeine, and child abuse. There are two main ways that anxiety can be treated. The first one is with short term medications that are used to relieve muscle tension and stomach cramping, and should never be taken long term because they could lead to addiction. If you are looking for a long term option however, antidepressants is the route to go. However one should always consult with a doctor before taking any of these steps.

If medication is not the route you want to take, there are many steps and easy ways to control anxiety every day. The first way is with exercise. Exercise can release brain chemicals that provide feelings of relaxation, improve overall hormonal balance, and can help with sleep. Even simply jogging can provide a great deal of stress relief and help to control anxiety levels.

The next way to help with anxiety is to keep a journal. Writing all of your thoughts down is a great way to relieve mental stresses. Always keep a journal on your nightstand, and jot down your nightly thoughts and stresses. It will help you sleep better at night and not wake up carrying the stress or anxiety you had the previous day. Another way to journal is put down all positive things. Write down all the positive things that happened to you that day. Maybe someone bought you a snack from the vending machines, or gave you a dollar if you were short. No matter how big or small, if it was something that made you happy, just write it down. Writing ten to fifteen entries a day will help with anxiety immensely.

There are many options for helping with anxiety. While medications seem like the obvious choice, it is not always the right choice for everyone. Easy everyday things such as journaling, exercising, and more can improve anxiety levels immensely. Simple tasks can really do so much good.

Our Postpartum Truth - In Her Words: My Support System

By Michele Inzelbuch, LCSW, LCADC

Women who suffer from Postpartum Depression or Anxiety often feel alone, isolated or ashamed. Watching friends or family members reveling in the joy newborns bring can intensify these emotions in a struggling mom.

Many hospitals, including those in Monmouth County, conduct the Edinburgh evaluation that identifies PPD/A symptoms, prior to discharge, when help is readily available. Many women do not show any symptoms while still in the hospital. New parents are sent home with an overwhelming amount of information on how to care for the new baby, doctor follow-ups and concerns to look out for. But, a busy new parent may not even realize how the negative emotions are taking over and feel lost as to where to turn for help without the fear of judgment.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on finding support in hopes of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. "I went to individual therapy and I joined a PPD support group which was one of the most helpful things that really got me back on track," she shared. Her family and friends were also a strong support system for her recovery. Group therapy can help a person feel understood and find hope for improving their healing process. "Being able to talk to other women going through the same thing, with similar thoughts and fears was so validating and comforting."

J.D.'s husband was her "biggest supporter." Though J.D.'s mother made an attempt to be helpful, her mother's lack of understanding of postpartum often made it worse. J.D. was unaware of the resources available to her after her sons were born, and she was not able to take the time to find a therapist when she was in the midst of her struggles. J.D. eventually sought out a therapist who she continues to see. Since beginning her healing process she now has "an amazingly supportive group of friends." J.D. also educated herself on the supportive communities that exist online, and understands that having these additional supports in place would have vastly shortened and improved her PPD/A. Maintaining these positive support systems in her life, allows her to feel more confident moving forward. "I have a support system in place."

Throughout M.W.'s struggle with PPD, she was fortunate to have the support of

her family and friends. M.W. tried to work with postpartum doulas, though it was not the right fit. Supportive friends opened up and shared their experiences that helped her feel less alone. "I happened to find a local group that, while not specific to PPD, dealt with adjusting to motherhood, and I found my current therapist there," she said. In addition to medication she attended a program at Women and Infants Hospital in Providence, Rhode Island with her son. "It's a day-treatment program for perinatal mood disorders," M.W. said. "That's kind of where my recovery really started, having to be with my son all the time in a supported environment where I could learn more about attachment and parenting."

M.T. had family that was both supportive and others who were not. Fortunately, her parents understood her struggles with depression and anxiety, due to past experience, and saw the signs. They helped out caring for the baby when needed and occupied her 6 year-old allowing M.T. space for self-care and recovery. Upon the first symptoms of depression, M.T. reached out for help to the local Consortium (contact listed below), who directed her to a postpartum support group at Monmouth Medical Center (contact listed below). While attending group, "Pat from the Consortium continued to contact me weekly to make sure I was ok," M.T. said. Pat had a friend who assisted M.T. in finding a psychiatrist and she returned to her past therapist. The friends that she met at the support group have been priceless to her in learning that she was not alone in her thoughts or feelings. When M.T.'s mother passed away at five months postpartum, she became even closer to the women in the group that had lost a parent

because they were there to support her. Some family members still do not fully understand what she went through, but she also has family that continues to help when needed.

These women were all able to have support in the home and, at some point in their recovery, found a support group. Having women confide in each other allows them to create relationships and friendships that would not have otherwise existed. Being able to hear someone's story, one that closely matches theirs, created a feeling of normalcy, removed the feelings of isolation and decreased the feelings of shame. Having negative feelings and thoughts being validated by others helped these women understand that what they were experiencing is normal. When 1 in 7 women suffer from Postpartum Mood Disorders, this is normal. These women were the 15% of the 1 in 7 that reached out for help.

For the new mom from a survivor- don't hold it in. If your support people do not know what you are going through, they cannot learn to understand, nor can they do what you need of them. Sharing will help the healing. Find a support group, find a good therapist, and find someone to tell it to.

If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331.

Michele D. Inzelbuch LCSW, LCADC

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What is a Phantom Hangover?

Over 75 percent of moderate drinkers experience a hangover after drinking. But the phantom hangover is something completely different. Some heavy drinkers report that in the early stages after quitting alcohol, they often wake up feeling like they have a hangover without touching a single drink, similar to how some amputees report feelings and sensations in their now non-existent limbs. But what causes the phantom hangover after quitting drinking, and what can you do about it.

Exercise is a 4 letter word for a lot of people. I know from experience. It was the hardest part of my recovery program. But now that I am in it, I exercise every day and could not see my life without it. And doing some basic exercises may just help to prevent or get rid of a phantom hangover.

This is one of those things we should all be doing anyways. Exercise boosts your mood, strengthens the heart, and clears toxins from the body, among many other things; so it is safe to say we could all use a few extra laps around the block.

A 20 minute jog or ride on a bicycle helps to move blood through the body; bringing fresh oxygen and nutrients everywhere they are needed. And when this happens, guess what clear up? Those pesky phantom hangover symptoms. I have found the symptoms go away quickest if you do light exercise right after getting up in the morning. It is also a very energizing way to start the day, and helps to build up an appetite after recovering from nausea.



Water, Water Everywhere

It is such a cliché statement at this point. Drink more water. We all know we slip up and forget to drink enough water from time to time. Maybe you had too many salty snacks or sodas yesterday and now you are dried out. This can easily trigger headaches, migraines, and aching muscles.

The simple solution is to drink 8oz of water right before bed, and to drink at least 1-2 liters of water a day. It may also help to replace those stimulating drinks like coffee, tea, and soda with herbal tea or green tea, especially at night.

Mealtime Matters

In some cases, poor digestion may be to blame for phantom hangover symptoms. When your muscles are aching, you sit down. When your brain is tired, you zone out or sleep. The digestive system needs a break, just like every other part of the body.

Here's the thing. The digestive system needs to shut down when you sleep to put you in that REM sleep state you need to wake up feeling refreshed. But if you eat a big meal at midnight right before falling asleep, it cannot take the break it needs. Instead, you will spend the first 3-4 hours digesting AND THEN you will actually properly start your sleep cycle. So while you think you got 7-8 hours of sleep, you are actually running on 3-4 hours. And what are the symptoms of too little sleep? Aching muscles, headache, fatigue, brain fog...very similar to a hangover.

This is why it is crucial to stop eating three hours before you sleep. That is enough time for your body to pass the food to the "autopilot" stage of the intestines, so it can focus on sleep. Drink tea, drink water before bed, sure, but don't take a single bite! You will thank yourself in the morning, trust me.

Stay Strong

Phantom hangovers can be a drag. If you didn't do the crime, why should you do the time? Instead of dwelling on why you feel like this, focus on what you can do to make it better.

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(Including Birthday Child)*



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THE ULTIMATE SPORTS PARTY!**

PACKAGE INCLUDES:

T-shirt for the birthday child, 2 Sports Coordinators, 60 minutes of organized sports (choose 1 or combination of 2 sports), 45 minutes in a private party room and end the party in the arcade. Cheese pizza, party snacks, beverages, paper products, table covers, and \$5.00 arcade token card for each guest.

ADD ONS:

\$20 for each additional guest • Bubble Soccer, Age 10+
Ice Cream Novelties/Ice Cream Cake • Additional menu items available

For more information, call 732.792.9900 or email events@sportikasports.com

NO ENTRY FEE + NOW ACCEPTING APPLICATIONS + SCHEDULE YOUR TOUR TODAY



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Meaningful Life + Real Home + Empowered Staff



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