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WINTER ISSUE
JANUARY/FEBRUARY 2018

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The Orange Effect

At Orangetheory Fitness Princeton, add more years to your life and more life to your years.

The reviews on Yelp, Google and Facebook suggest that Princetonians have come to love a little gem of a boutique fitness studio, Orangetheory Fitness Princeton. As OTFPrinceton approaches its two-year anniversary in February, we spent some time with Owner Alla Borzillo, Head Coach Nancy McCorry and Studio Manager Diana Geherty to learn what makes this place so special.

Upon entering the studio, you'll be struck by the attention to detail and energy of the studio: an impeccably clean and bright lobby; bathrooms with complimentary toiletries; and of course the spacious fitness studio floor, dimly lit with orange lighting and a high-energy, motivating atmosphere courtesy of a sound system any audiophile would envy.

This is where the magic happens, where 24 people work out together with an OTFPrinceton Coach who will train and inspire you through what Alla calls "the most efficient and productive 60-minute workout you will experience." It's also where we recently met with Alla and her team to learn more.

What makes Orangetheory Fitness Princeton different from your average gym?

Alla: It's not a gym; it's a boutique group fitness studio focused on heart-rate-monitored, high-intensity interval training. This is the place to get fit, lose weight, make friends and be part of something that will change your life.



Left to right: Head Coach Nancy McCorry, Owner Alla Borzillo and Studio Manager Diana Geherty



Modified from the original version in Princeton Life Magazine

How is the workout designed and why does it work?

Nancy: We use heart-rate-monitored training that is designed to maintain a target zone that stimulates metabolism and increases energy. One of our skilled coaches leads each class, where members use a variety of equipment, including treadmills, rowing machines, TRX suspension training and free weights. Though we train in five heart-rate zones in each class, the goal of each 60-minute class is to achieve more

than 12 minutes above 83% of one's maximum heart rate, or what we call the Orange Zone. This creates a metabolic effect called Excess Post-Exercise Oxygen Consumption (EPOC)—The Orange Effect. The benefit is more energy, improved strength, visible toning and extra calorie burn for up to 36 hours after the workout. A typical workout at OTFPrinceton will burn up to 900 calories, including the afterburn.

Is the workout for elite athletes, or can anyone do it?

Alla: It's for everyone. The workout meets people where they are and optimizes their health by moving them through the fitness curve based on their own physiology. Our Coaches will provide exercise options as well to accommodate people who may have an orthopedic or other need for an adjustment.



Can I use other locations when I travel?

Alla: Yes! Orangetheory has over 700 studios open in the United States. When you are a member at one Orangetheory studio, you are a member at all studios in the U.S. When you travel for whatever reason, a workout is only a few clicks in the Orangetheory app away to book a class or a simple Yelp search to find the closest location to you.

How do the memberships work and what do they cost?

Diana: We do not have long-term memberships. Members can join on a six-month or month-to-month basis. Alternatively, class packs may be purchased or you can simply drop in and pay as you go. We do not charge an initiation fee or deposit; we simply ask for a 30-day cancellation notice. We also provide a 30-day money-back guarantee. If you will commit to work out with us three times a week for 30 days and are not satisfied with the results, we will refund your money. The best part of all: The first workout is free for local residents.

Where can I find out more?

Alla: Visit us at Princeton.OrangetheoryFitness.com, follow us on Facebook and Instagram and bookmark us on Yelp to learn what we are all about, read reviews and take a virtual tour of the studio!



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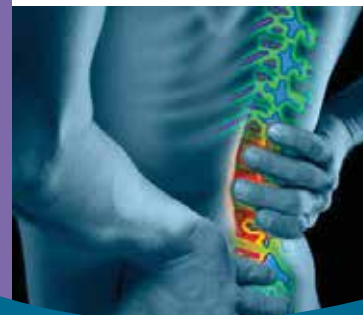
She is a member of the American Academy of Medical Acupuncture and has been a practicing physician in New Jersey since 2009.

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

QUESTION:

How does The MonaLisa Touch counteract vaginal dryness?

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

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

increasing blood flow to the genital region and helping maintain the size of the vagina. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

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Auto Immune Diseases and The Flu

By Susan Heckler

It seems people succumb to the flu all year, but when is the actual "flu season"?

Symptoms tend to show up in October with the peak of it falling sometime between December and February, lasting all the way through May.

According to the CDC, you are contagious one day before symptoms develop and up to 5 to 7 days after becoming sick. Children may spread the virus for longer than 7 days. Symptoms appear 1 to 4 days after the virus enters the body. This means that you may be able to pass on the flu to someone else before you are aware that you are sick, as well as while you are sick.



Direct contact is not necessary, an infected person can spread it to others up to about 6 feet away when people with flu cough, sneeze or speak. It can take up to two weeks to build immunity after a flu shot so it is best to get the shot before the season starts. There are still benefits from the vaccine even after the flu season starts.

The Centers for Disease Control (CDC) states approximately 200,000 people are hospitalized each year due to the flu and somewhere between 20,000-50,000 Americans die annually from complications of influenza.

Children under the age of 5, Senior Citizens, pregnant women or recently post-partum, Native Americans, caregivers of preschool children, anyone with any condition that weakens the immune system, or those with chronic heart or lung conditions and residents of long term care facilities are at high risk for developing complications or a more severe case, therefore prime candidates for a flu shot.

But is it safe for everyone to get a flu shot?

- The CDC recommends everyone 6 months and older should have an annual flu vaccination with exceptions:
- You should never be vaccinated if you are not in good health. If you are not feeling well, talk to your doctor about your symptoms prior to being vaccinated.
- If you have a severe egg allergy, it is of particular concern because the vaccines are manufactured using egg-based technology. They contain a small amount of egg proteins, such as ovalbumin.
- If you have ever had a severe reaction to a flu shot, it is recommended NOT to get it again.
- If you ever had Guillain-Barré Syndrome (GBS), discuss the flu shot with your doctor before receiving the vaccine.



Flu shots are readily available at doctors' offices, pharmacies, and even Senior Centers offer them. If you have any concerns about your health, it might be best to see your own doctor to discuss your health prior to receiving the vaccine. They have your medical history readily available.

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Dimensions of the New Year

This is the time of year when many of us put together that list of resolutions on how we want to work on ourselves.

If your list of New Year wishes includes better health and less stress, why not check out the benefits of anxiety relief and pain reduction at Dimensions Reiki in Matawan? Taking care of your own energy is one of the best ways to empower yourself in the year to come. Dimensions can also cleanse your home and office to give you a new start with positive energy!

As you go through your list and find you're looking for more insight to drive your New Year decisions, schedule your own psychic and medium readings to deepen your intuition. Dimensions is ready to help improve your well-being, mind, body, and spirit, with:

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Jeff Carpenter is a Reiki Master Teacher, psychic, and spirit medium who founded Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Registration is required for these events; please email dimensionsreiki@gmail.com or call 832-832-1036 to register. Register online at <http://dimensionsreiki.com/calendar>.

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ABOUT DYSLEXIA

By Susan Heckler

Dyslexia happens when there is a problem with the way the brain processes graphic symbols. This condition that makes it difficult to learn to read and learn in general.

First and foremost, Dyslexia in no way stems from any lack of intelligence, in fact people with even severe dyslexia can be absolutely brilliant. Albert Einstein, Thomas Edison and Henry Ford are notable dyslexics.

This is neurological condition with a linguistic problem (language-based), not a visual one many people assume. The brain processes written information another way, which makes it hard to recognize, spell, and decode words. It is not the result of poor teaching, instruction, or upbringing and is linked genetically.

The disorder can vary from person to person with the only shared trait being that they read at levels lower than non-dyslexic people of their age. It effects between 5 and 15 percent of the population in the United States.

Recent studies have found that dyslexia can affect time-based memory, which is remembering to do something that was planned for the future.

Back in the mid 1990's there was a suggested link between Dyslexia and Auto-Immune Diseases. Researchers found the possible location of a gene that seemed to be associated with dyslexia. The site of this gene is on chromosome six within an enormous stretch of DNA related to the human immune system. This fits with the observation that many dyslexics have asthma, hay fever and other immune disorders, although the results have been vague.

As with any disorder or learning difficulty, the sooner it is identified the better for the child. Some early warning signs for preschoolers are:

- A close relative with dyslexia
- Speech delay
- Confusing the sounds and syllables in long words
- Chronic ear infections
- Bad reactions to childhood illnesses
- Confusion of left versus right
- Delay establishing a dominant hand
- Difficulty learning to tie shoes
- Trouble memorizing basics such as address or phone number
- Inability create rhyming words



There is a grass roots movement in New Jersey that is looking to raise awareness and implement educational reform for best practices within the school system. They are advocating for NJ to implement:

- A universal definition and understanding of “dyslexia” in the state education code
- Mandatory teacher training on dyslexia, its warning signs and appropriate intervention strategies
- Mandatory early screening tests for dyslexia
- Mandatory dyslexia remediation programs, which can be accessed by both general and special education populations
- Access to appropriate “assistive technologies” in the public-school setting for students with dyslexia



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Stroke Victim Calls Neurosurgery and Yoga a Life-Saving Combination

When Jamie Falstraull's undiagnosed brain aneurysm ruptured while in his Manasquan home, he and his family feared for his life.

"I was having bad headaches and was diagnosed with a sinus infection three times," Jamie recalled. "The next thing I know, I'm disoriented and nauseous – and being rushed to the hospital."



Jamie (L.) and his nephew/godson, Jake DeRienzo, perform tree pose in Mantoloking Beach.

At Atlantic Neuroscience Institute at Overlook Medical Center, Jamie began seeing Dr. Ronald Benitez, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists and specialist in brain aneurysms and strokes.

"Sudden, highly severe headaches are a telltale sign that an aneurysm has – or soon will – rupture ... and that you should seek immediate medical attention," advises Dr. Benitez.

During Jamie's five-month-long hospital stay, Dr. Benitez performed multiple procedures, including surgery to clip his aneurysm, insertion of a shunt and several angioplasties to relieve the narrowing of cerebral arteries. While in the hospital, Jamie suffered a massive stroke that paralyzed the entire left side of his body.

Jamie spent six months in outpatient rehabilitation but continued to struggle physically.

"I was weak, having terrible tremors and unable to do everyday tasks. Still, I knew Dr. Benitez saved my life and I had to keep pushing myself," said Jamie.

That's when an acquaintance who also suffered brain injuries recommended Jamie try yoga therapy. He started yoga, focusing on breathing, stability and mobility exercises, and after just a few months, became significantly stronger.

"I was no longer paralyzed. Like a miracle, my strength began to come back, and my shaking stopped," he said. "For me, neurosurgery and yoga has been a life-saving combination."

Atlantic NeuroSurgical Specialists is New Jersey's largest neurosurgical practice and one of the most advanced in the country. www.ansdocs.com



Weight Gain and Anti-Depressants

By Susan Heckler

Congratulations, you have taken a step toward inner happiness and are working toward a wonderful 2018.

There is a side effect to anti-depressants that might be unexpected. Many, not all people, who take them find themselves gaining weight within weeks of starting. Hopefully you are reading this and just starting on the medication, so you can be cognizant before the pounds pack on.

THIS IS NOT A REASON TO REFUSE THE NEEDED MEDICATION!

According to the Center for Disease Control (CDC):

Latest data from the National Health and Nutrition Examination Survey (NCHS Data Brief No. 283, August 2017):

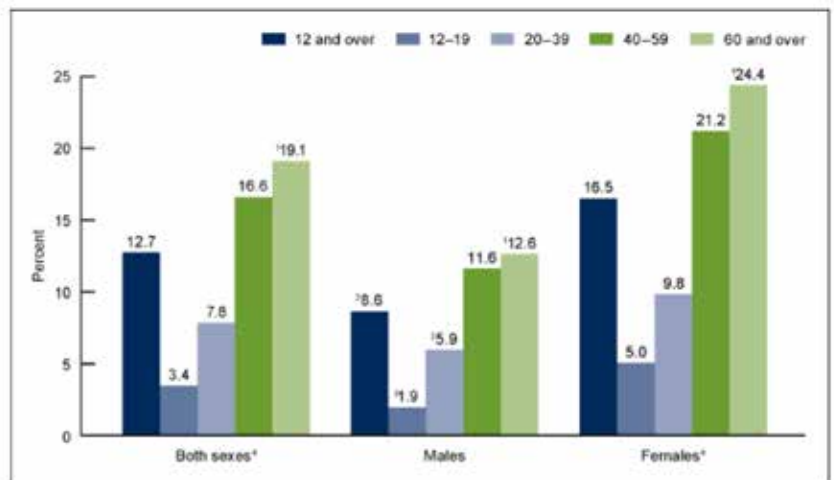
- During 2011–2014, 12.7% of persons aged 12 and over, 8.6% of males, and 16.5% of females took antidepressant medication in the past month.
- For both males and females, non-Hispanic white persons were more likely to take antidepressant medication compared with those of other race and Hispanic-origin groups.
- One-fourth of persons who took antidepressant medication had done so for 10 years or more.
- Antidepressant use increased from 1999 to 2014.

Antidepressants are one of the three most commonly used therapeutic drug classes in the United States. While most antidepressants are taken to treat depression, antidepressants can also be taken to treat other conditions, like anxiety disorders, pain and to stop smoking. Serotonin, the chemical in the brain that regulates mood, also regulates appetite. Antidepressants work only on the mood function of serotonin and may in some way interfere with the appetite function.

Unfortunately, this side effect encompasses nearly all anti-depressant medications, although everyone responds differently. There are other contributing factors, so the medication may not be totally to blame. Overeating or inactivity because of depression can cause weight gain. Your improved mood may give you an appetite.

Steps you can take to try and avoid the gain:

- Track your weight and report any change to your doctor.
- Are you truly hungry or just have an appetite? The difference is hunger is when you must eat NOW and don't care what it is. Appetite is when you want to eat but without the urgency. The medication will increase your appetite but won't really make you hungry.
- Sometimes the medication will cause your stomach to produce too much acid, feeling like being hungry. Try over the counter Rolaids or Tums to reduce stomach acidity to see if that hungry feeling goes away.
- Make more serotonin.
- Serotonin is made after you eat any carbohydrate except the sugar in fruit. Your brain will receive tryptophan, an amino acid that is used by the brain to make serotonin. Eat about 30 grams of a sweet or starchy food on an empty stomach or at least two hours after you have eaten protein.
- Choose carbohydrates that contain very little fat because the fat slows digestion and adds calories.
- If your meds make you want to snack all night, avoid eating protein at dinner. If you dine on a starchy carbohydrate like pasta or a large baked potato with vegetables for dinner, your brain will make enough serotonin to keep you satisfied and full until bedtime.
- Avoid high protein, low carbohydrate diets because it prevents serotonin from being made.
- Exercise! With an increase of serotonin, you will increase your energy.
- A word to the wise, just as it is easy to gain weight on these medications, it is also harder to lose. Do what you can to avoid the weight gain.



QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:



Dr. Steven Linker, OD

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection that going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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- Blisters
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- stress fractures
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E-Cigs, Flavored Tobacco & Your Kids: What You Should Know

With an increase in vape usage among teens, it is important to share validated information and resources.

What is an E-Cigarette or Vape?

A “substitute” for a cigarette or traditional “marijuana joint” that has become popular with teenagers due to easy concealment. Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.

According to the Center on Addiction, teens are using vaping devices to smoke marijuana or hash oil instead of nicotine liquids. The vaporized marijuana smoke has little smell, which makes it hard to detect.



Why should I be concerned as a parent of a teen?

Teenager use of e-cigarettes is on the rise due to accessibility (internet, stores) and easy concealment. Teenagers are inhaling a multitude of toxins including nicotine, Volatile Organic Compounds (VOCs), and THC (marijuana) in large quantities using e-cigarettes and vapes. Marketing companies are targeting teenagers by promoting e-cigarettes and vapes as a “healthier alternative” to cigarettes or a traditional joint.

In the past few decades, anti-tobacco lobbyists including the American Cancer Society’s advocacy organization, have made great strides in banishing the seductive advertisements that once lured people to smoking.

Certainly, fewer people are lighting up conventional (combustible) cigarettes these days. Even our kids -- and that certainly is a great victory. But a new genre of noncombustible, candy-flavored smoking products is hitting the market -- and slick, provocative pinup ads are sneaking up on us once again. The target? Our children.

According to the CDC’s National Youth Tobacco Survey, the decline of regular cigarette smoking among our kids has gone together with a sharp jump in the use of e-cigs.

“We’re seeing alarming number of kids using flavored products of all kinds, such as hookahs and e-cigs,” says Cliff Douglas, Vice President for Tobacco Control and Director of the Tobacco Control Center at the American Cancer Society. “The industry is producing these products using thousands of flavors, like watermelon and gummy bear, many of them clearly designed and aggressively marketed to appeal to and reach youth.”

The U.S. Food and Drug Administration (FDA) has banned all flavoring in conventional cigarettes, except menthol. However, federal regulations to prohibit e-cig promotion and sale to youth are not yet in place.

Vaping: Reglamorizing Smoking?

E-cigs can be designed to look like a cigarette, cigar, or pipe; however, some resemble a pen or even a USB device, which means students could stash them easily into a backpack. They deliver nicotine and other chemicals and flavors into the lungs using water vapor, not smoke. Manufacturers and users refer to the act as “vaping,” not smoking, but Douglas says it looks the same. “The products are designed to create a very visible vapor, even more visible than cigarette smoke. This has created a whole new era of unfettered marketing concerning e-cigs that is re-glamorizing the act of smoking.”

And that’s one of the many worries: Vaping ads – along with sweet lollipop-like flavors – are enticing our kids to use the nicotine products in the same way cigarette ads lured us or our parent’s decades ago. According to the National Youth Tobacco Survey, about 7 in 10 U.S. middle and high school students were exposed to e-cigarette advertisements in 2014. They were most likely to see the ads in retail stores, followed by the Internet, TV and movies, and newspapers and magazines.

...continued on page 17

...continued from page 16

At the same time, battery-operated e-cigs are soaring in popularity among kids. In 2014, nearly 2.4 million of them vaped. Among middle and high school students who used tobacco, about 80% used at least one flavored tobacco product (e-cigs, hookahs) within the last 30 days, according to a survey of kids ages 12 to 17 published early online October 13, 2015 in Journal of the American Medical Association.

Some worry vaping could serve as a gateway to using other tobacco products. The same JAMA survey found that most students started with a flavored product before trying any other type of tobacco. Would they ever have done so if they weren't introduced to that item first? It's hard to say. But there's legitimate concern. More than half of the students who used e-cigs in the last 30 days also used multiple tobacco products.

Begin talking to your kids about the dangers of tobacco and nicotine starting in elementary school. Tell them about the dangers of addiction and how tobacco use can hurt their lungs and their overall health. Parents are encouraged to talk to their kids about flavors. Tell them how it can seem like candy, but it's not. Teach them how to say no and develop ways to reward them for doing so.

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Conversation Starters For Alcohol Abuse

It takes courage to talk to a family member or friend about a drinking problem. These tips can help you get started.

Be honest about how you feel.

"I care about you."

"I'm worried about your health. Drinking too much puts you at risk for heart disease, stroke, liver problems, and some cancers."

"Your drinking is affecting our relationship."

Offer tips on how to cut back or quit.

"Set a drinking limit. Stick to your limit by writing down every drink you have."

"Try taking a night or two off from drinking each week."

"When we go out, we can stay away from bars or other places that make you want to drink."

"If you are having trouble sticking to your limits, consider joining a support group or talking to a doctor."

Support making a change.

"How can I support you?"

"Talk to me when you want a drink. Whenever you feel the urge to drink, you can call me instead."

"Let's do things that don't involve drinking – like seeing a movie or going for a walk."



Rethinking College Student Stress

How often have you heard your son or daughter complain about how much "stress" they have? Perhaps you've made suggestions about how to "manage" or "reduce" their stress. These kinds of conversations may include an unspoken assumption that stress is something negative that we should aim to eliminate; however, new research suggests that changing our beliefs about the nature of stress can play a large role in whether it can have negative or beneficial effects.

What do students mean when they say something is "stressful?" Without realizing it, students often perceive academic or social situations as a measure of how smart, talented, or likable they are. They may believe they have a "fixed" amount of intelligence or social aptitude that cannot be improved with practice. If they don't meet their expectations for a grade or for how many friends they make during their first semester they might experience fear, shame, or hopelessness about the future.

Many students believe that experiencing such emotional distress will prevent them from taking a step to change or improve a disappointing academic or social situation such as going to a professor's office hours, having a conversation with a roommate, or looking over a test on which they did poorly. Over time avoidance and procrastination can become a habit that increases the chances that students will suffer the negative consequences they were trying to avoid in the first place.

The most meaningful and important aspects of our lives are often accompanied by demands on both our minds and bodies. When students are taught how to reinterpret "stress" as "excitement" or "readiness" they perform better in demanding situations such as public speaking or test taking. If you hear your son or daughter complain about how their heart beat faster before a class presentation or a difficult conversation with a roommate be careful about using the terms panic attack or anxiety disorder to describe an experience that is common for many individuals. Instead, remind them that these are signs that their bodies are getting ready to do something meaningful and important rather than a signal that something bad is about to happen.

The next time your college student expresses distress about the challenges he or she is facing consider asking the following:

- Think of a difficult situation when you were worried about the outcome but persevered anyway. What did you do to get through it?
- What personal resources did you draw on, and what strengths did you use?
- What could this experience teach you about how to deal with adversity?
- How did this experience make you stronger?
- How could you apply this experience to what you are facing now?

How To Decide If You Really Want To Be a Mother

by Susan Heckler

For many women, the desire to be a mother is just an assumption. After all, doesn't everyone want to be a parent?

Apparently not! Parenthood is one of the most crucial decisions a woman will ever make. If is a lifetime commitment...24/7 for at least 18 years. You are no longer a 'me', you are a 'we' and need to think and act like one for a very long time.

For some women, like me, it was a no brainer. I had a very strong desire to be a Mom and raise a family. For others, like my sister, who told everyone she was doing it for my brother-in-law and didn't care to have kids, not so much. (Not to worry, there was a dose of motherly love in the Demerol they gave her, and she had instant love for my niece and nephew). And then there are those that are just not so sure.

The more recent generations have taken the Daddy Factor out of the decision in many cases and make their decision as a single. Women are opting on being single parents because they are ready for motherhood and haven't found the right man.

Think long and hard ladies, someone's life is going to be in your hands and you need to give it your all. Your ability to be a mother will shape another human's life and have an impact for generations to come.

Many people place a stigma on women not wanting children. Do not listen to them. If you do not have it in your heart to do this, maybe you should listen to your heart. Doing a bad job at motherhood has long term ramifications to your child and your life. Hey...someone's life depends on you!

- First of many questions: **Do you like children?** How do you feel when you are with friend's kids or in a family style eatery?
- **Are you emotionally ready for this?** Do you have room in your life and your heart for a child? Are you a stable, mature woman?
- **Are you willing to give up some of yourself?** You will have less time for your career, partner, interests, social life, travel, sleep, and downtime. And yes, children are expensive and put a massive dent in your spending patterns. You need to be willing to make sacrifices for someone other than yourself.
- **Do you have the capacity to love?**
- **Are you able to take care of yourself?** If you cannot handle your own life, think twice before forming a new one to take on.
- **Do you have a support system in place?** If is very difficult to parent alone without the help of family and friends occasionally.
- **Are you a responsible person?** How is your emotional, intellectual, and spiritual development?
- **Is your partner ready, willing, and able to parent?**
- **What are your motives for having children?** Is it to make someone else happy? Repair a relationship? Because everyone else is?

No matter what your decision is today, tomorrow is another day and you can ask yourself the same questions.



Avoid Being Pulled Over by The Police?

By John Bazzurro

Obviously, the easy way to avoid being pulled over is to refrain from violating any traffic violations. However, in my practice, I have recently seen a number of people pulled over for reasons other than moving violations under the traffic code. Because the first defense for attorneys in representing individuals in municipal court is to challenge whether or not the officer had appropriate cause under New Jersey law to actually make the stop in the first place, any "legal" reason that an officer has to effectuate a traffic stop makes the attorneys' defense of any case much more difficult.

Other than moving violations, the four most used violations by officers to validate a potential, otherwise "illegal" traffic stop have to do with simple equipment violations that can be resolved rather quickly and inexpensively.

The first equipment violation relates to the "improper" covering of a license plate by a license plate frame. License plate frames are generally the plastic "frames" that are given out by most car dealers or that can be bought in any automotive store. New Jersey law prohibits a motor vehicle from having a license plate frame which conceals or otherwise obscures "any marking" on the license plate. Thus, if a portion of the words "New Jersey" or "Garden State" is obscured on your license plate in any way, a police officer has the legal right to effectuate a traffic stop.

The second violation relates to items hanging off of your rearview mirror and other obstructions of the windshield and front side windows. New Jersey law prohibits the operation of any vehicle which is "constructed, equipped or loaded" so as to "unduly" interfere with the driver's vision. New Jersey case law has held that items hanging from the rearview mirror could fall under the language of this statute. However, the statute also includes the existence of stickers, signs, radar detectors, navigation systems or any other device or mechanism attached to the front windshield.

The third violation relates to tinted windows. The same statute that restricts the hanging of anything from the rear view mirror also has been construed to hold that tinted windows constitute such an obstruction of view and, as such, the tinting of any three of your front windows would constitute appropriate cause for a law enforcement officer to pull you over even where you have not committed a moving traffic violation.

The fourth violation relates to broken lights on your vehicle such as headlights, taillights, brake lights and signal lights. Even where you have not committed a moving traffic violation, a law enforcement officer has appropriate cause to effectuate a traffic stop where he observes that one of your lights is not operational.

It should be noted that the fines and penalties for these violations, in and of themselves, are not excessive. However, as is often the case, the law enforcement officers, upon effectuating a traffic stop will then observe that the driver or passengers in the vehicle have violated other motor vehicle and/or criminal statutes such as driving while intoxicated (DWI), driving under the influence (DUI), possession of controlled dangerous substances (CDS), possession of drug paraphernalia, open containers of alcohol in a vehicle, possession of a weapon or any other offenses which the officer may observe during a traffic stop. Once you are pulled over for a valid reason, it is difficult for an attorney to challenge the traffic stop on the basis of articulable suspicion or probable cause.

Accordingly, in light of all of the above, it is prudent to make sure that your motor vehicle complies with all of the above statutes in order to prevent being pulled over by law enforcement even where you have not actually committed a moving traffic violation.

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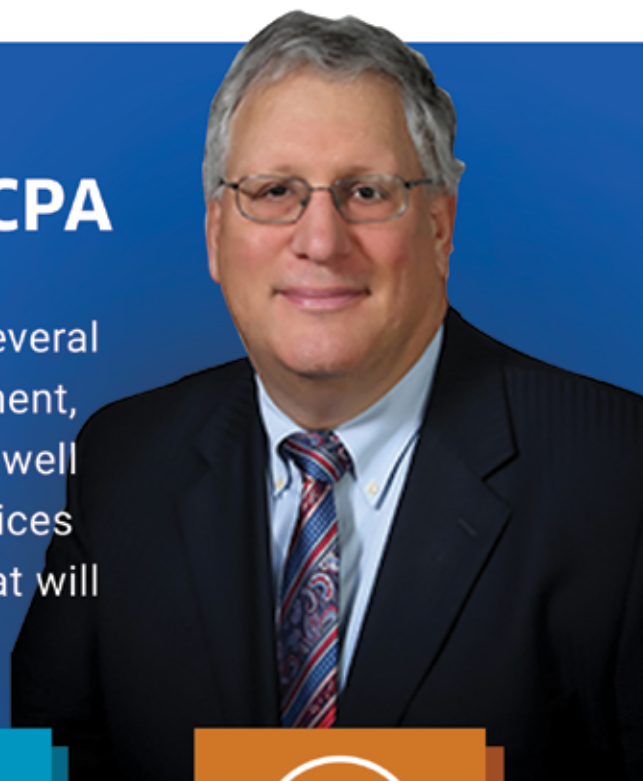
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How Can You Improve Your Financial Fitness This Year?

If one of your New Year's resolutions is to get healthier, you may already be hitting the gym and improving your diet. But don't forget about your financial fitness. How can you "shape up" your investment picture?

Build endurance – Just as exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. If you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

Maintain an ideal "weight" – You can help yourself stay healthy by maintaining your ideal weight. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidating some of your duplicate, or near-duplicate, investments, and using the proceeds to help broaden your investment mix.

Get proper rest – Many studies have shown that we need adequate rest to stay alert and healthy. If you look at your investment portfolio as a living entity – which, in a way, it is, as it certainly provides life to your goals and aspirations – then you can see that it, too, can be weakened by stress. You can keep your portfolio from becoming overworked by avoiding excessive buying and selling, which can result in fees, commissions and taxes. So, confine your trading to those moves that are really essential – and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health – and, as it turns out, you can make similar types of moves to help yourself in both areas.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Edward Jones
MAKING SENSE OF INVESTING

Teaching Your Child About Comparison Shopping

Teaching kids to be smart consumers is important. It introduces the concepts associated with comparison shopping and choosing the best option for your wants and needs. Your child will be better consumers and will develop healthy spending habits and learn to avoid spending traps if taught to recognize the need to conduct research before making a purchase decision. It also helps to recognize the difference between needs and wants. Teach your child to apply this knowledge to real purchase selections when you are with the shopping with them and by analyzing sale advertisements. Comparing your costs and spending with your child teaches them to be savvy and smart consumers.



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How to Use Consequences to Motivate Kids

By Susan Heckler

All choices in life have consequences, at every age. By definition, what exactly is a consequence?

According to our friend Merriam-Webster, the definition of consequence is:

- 1: a conclusion derived through logic
- 2: something produced by a cause or necessarily following from a set of conditions
- 3 a: importance with respect to power to produce an effect a mistake of no consequence
b: social importance
- 4: the appearance of importance

This is perfect word to use for parenting because, in fact, parenting can become a power play with a push and pull going on constantly. Children learn at a very young age that there is a direct relationship between their actions and your reactions. Good behavior leads to good consequences and bad behavior leads to more negative consequences.

They are directly responsible for the consequences they receive. They need to own their responsibility. In the parental role, consequences need to be consistent and immediate or they lose their potency.

One important fact to remember is to focus equally on the positive. As parents, we get wrapped up in negotiating bad behavior and are remiss in positive reinforcement. Good work is assumed but should also be acknowledged. Don't be stingy with the praise and positive attention, it means a lot to kids.

We all need to establish a relationship of IF/THEN with our children. When they are deciding on a course of action...

- IF I blow off curfew...THEN I may be grounded.
- IF I walk the dog...THEN I won't have to clean the puddles on the floor.
- IF I ace my calc exam...THEN my GPA will go up.
- IF I work harder in school...THEN I have a better choice of colleges.
- IF I drive recklessly...THEN I may lose my driving privileges.
- IF I get a job...THEN I will have extra spending money.

Consequences should be appropriate to their age, it should have some meaning to them and their lifestyle choices. Negative ones should act as a deterrent for bad behavior and have relevance to the bad behavior. Justin left his bicycle on the street, so he has no use of it for a week. Sarah had a meltdown in the mall to get attention, Sarah's meltdown gets ignored so the bad behavior isn't rewarded with the desired attention.

When it comes to using consequences to motivate kids, you must remember that the reaction can't be just to get you to stop nagging. The goal is to get them to do what they need to do because it is what they should be doing. This type of child may respond better to the carrot on the stick rather than the threat of taking a carrot away. IF I do my homework first...THEN I can go out to play.

What motivates and inspires them to do what they should be doing? Be the influencer in their life; they will love you for it and you will enjoy watching them reap the rewards of their own great choices!



QUESTION:

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

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WHAT IS HYALGAN AND HOW DOES IT WORK?

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WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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Virtual Reality Fitness Machines

By Susan Heckler

Virtual reality is a computer technology which uses specifically designed headsets and/or environments projected through multi-media to generate realistic images, sounds and other sensations that simulate a user's physical presence in a virtual or imaginary environment. You have seen this in the gaming industry for years and it has been a huge success.

Take this high-tech idea and project it into the workout environment in combination with physical environments and props and voila...you have, Virtual Reality Fitness! This wonder of wonders takes you 'out of the gym' and into any place you prefer to be working out. You can be biking in your field of dreams or stair mastering the Himalayas. The variation of where and when fools your mind into a state of exploration rather than hum drum workout place.

If you think of how Wii Sports made an athlete out of anyone, so can these virtual reality fitness machines. Also called "Immersive Fitness", the world is your yoga mat. VR takes you out of the gym and into a place of exploration and imagination. Your mind is so busy absorbing where you are that you are stressing less about what you are doing, and the time passes by so much faster (and better)! You choose the time and place, and let VR take you away.



Exer-tainment isn't a new concept but it certainly is improved. High cost and limited imagery have caused the old products to fail. The companies have stepped up their game with new technology and lower costs to make the equipment a success. The graphics are amazing, and the choices are wide.

There are still the traditionalists who prefer watching CNN or reading while they put in sweat equity building their bodies and their health. The price tag is up there, make no mistake.

You also have socially interactive VR fitness where you are in a group with others who are working out using the same programming. You can bike in a group in your head. You can join VR fitness classes with instructors and classes projected onto a screen which has already penetrated some thousands of clubs worldwide. Even Zumba got in on the act a few years ago.

Gamers are not the only ones who Got Game. Fool my mind into working out harder and smarter and make me a healthier person...I dare you! Pardon me while I go back to exploring the world on my stationary bike.

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Q: What Are My Alternatives To Pain Medication?

A: If you're one of those people that reach for the Tylenol or Motrin bottle on a daily basis, take a look at what happens to your body from their use. Immediate side effects of NSAID drugs include: heart burn, nausea, upset stomach, rashes, and even liver damage with high doses. The long-term effects are scarier. If you use these OTC drugs for longer than recommended, you put yourself at a much greater risk of heart attack, stroke, kidney problems, and even peptic (stomach) ulcers. The drugs can literally eat away at the lining of your stomach! Even more than that, these drugs can make you more sensitive to painful stimuli long term. Anyone that has had a peptic ulcer in the past knows just how unpleasant these are to have.

Don't, however, think that prescription medications are okay to use just because your doctor gave them to you. The long term effects of using prescription medications can often times be worse than the OTCs! Here's what repeatedly using these drugs can do to your body: dizziness, fainting, constipation (ouch), drowsiness, nausea, and vomiting. They can cause hormonal imbalances that can send your bodily functions spiraling out of control. More of a turn off to these prescribed meds (if you even realize it's happening) is that you build tolerance to them. You might find yourself telling your doctor how great this medicine worked, but you are having pain again. This just means that your body needs more of the drug to get the same effect. More so, these drugs can make you more sensitive to painful stimuli long term. Often, users become addicted to the medications and look to find a stronger high. This is when we see them turning to the cheaper, more dangerous alternative: heroin. Heroin can often be laced with other substances to increase the high and is very easily overdosed. The mortality rate of heroin users is staggering.

To combat this epidemic, we have partnered with the Old Bridge Police Department and MAPSA to bring educational seminars to the community on alternatives to pain meds. We encourage all to look for natural solutions to pain relief first. Consider conservative care like physical therapy, chiropractic, acupuncture, and proper nutrition to fix the root cause of your pain and avoid the prescriptions from even being written. In most cases, the right conservative care can have better and longer lasting results than just taking pills. Strengthening your body will lead to pain free and functional longevity. Pumping your body with pain pills will only cause a need for more pain pills, not fix your issue. Try physical medicine first!

** This article is strictly informative and should not be used as medical advice. You should ALWAYS consult your physician before making any medical decisions.



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Daily Exercise Plank

By Gabriella Mancuso

Planks are an effective and simple way to fit exercise into your daily schedule. There are a variety of different plank styles such, side planks, forearm planks, standard planks, all designed to benefit your body in multiple ways. Doing a plank a day results in a habit that will build your core and all other muscles in your body. Planks also decrease risk in injuries, increase metabolism, posture will be better and of course will help with your ABS!



10 Autoimmune Triggers You Should Avoid

By: Erin Mumby

1. Sugar

The toxins in processed sugar sabotage your immune system. It interferes with your immune system's ability to handle outside threats. Your immune system will also have trouble regulating itself. A good substitution for sugar is raw organic honey.

2. Gluten

Gluten is another trigger to avoid. Most people with gluten intolerance should avoid consuming gluten. Anyone with a chronic autoimmune disease should avoid gluten as well. Your body can't process gluten naturally. This will trigger your immune system's ability to function properly.

3. Dairy

A lot of cattle owners use antibiotics for their stock which would aggravate someone with an autoimmune disease. Even organic milk can mess with your immune system. The casein protein in dairy can cause your body to become inflamed.

4. Quinoa

Quinoa is currently a trendy health food because of its high fiber content and high protein. If you live with an autoimmune disease, it's best to avoid quinoa. The saponin in quinoa can damage the lining of your gut. This will make your immune system go haywire!

5. Milk Chocolate

Cocoa has amazing health benefits. However, milk chocolate still is a dairy product. This can cause the reactions we discussed above. Avoid milk chocolate and your immune system will thank you.

6. Toxins

The earth has been rampant with toxins that were unknown before our time. Studies show that toxins cause autoimmune issues like autoimmune thyroiditis.

7. Nightshades

Nightshades are a plant group. This group encompasses tomatoes, potatoes, peppers, and eggplants. Goji berries and spices with alkaloids in their skin can cause your body to produce an inflammatory response.

8. Leaky gut syndrome

A leaky gut can be triggered by everything on this list. A leaky gut is seen as a causal trigger. The damaged gut lets undigested food and bacterial endotoxins through the protective gut lining. This will produce an autoimmune reaction in the body. Leaky gut syndrome is linked to many autoimmune diseases, including Type 1 Diabetes. Take steps to prevent yourself from succumbing to leaky gut syndrome.

9. Stress

Stress is known to have a lot of negative effects on the body. One of the many negative effects it has is on your immune system. Constant stress can be a trigger for different autoimmune disease. Health problems can first appear during a particularly stressful time in a patient's life.

10. Infections

Autoimmune diseases have long been thought to have arisen from bacteria, viruses and toxins. Epstein Barr, Herpes Simplex 1 and 2, and E. coli are all infections that have been linked to certain autoimmune disease.



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Griggstown Farm Market, unlike so many other farm stores, is open seven days a week, all year round. Both Griggstown farm and Griggstown Farm Market work to provide top quality culinary foods for each season. In the winter Griggstown pot pies and fruit pies are always in high demand. Pot pies are both healthy and delicious and every pie is made by hand in the farm's USDA regulated kitchen.

Chicken pot pies are Griggstown farm's signature product. For almost twenty years Griggstown Farm has sold chicken pot pies through its own farm store and also through other top-quality food vendors. This isn't your ordinary chicken pot pie! They are filled with six different fresh vegetables, large chunks of all-natural meat, a delicious gravy and a puff pastry top. The nine-inch diameter pies will provide dinner for four, and the five-inch pies are suitable for one or two. These pies delight with each taste. The fresh ingredients truly make the difference.

Winter is the season for comfort foods and especially savory pies. Griggstown's savory pies are both elegant and down-home depending on how you serve them. Griggstown Farm Market offers five different types of savory pies such as chicken, turkey, beef, vegetarian and shepherd's pies. Each variety is available in both five and nine-inch sizes.

When you visit the Griggstown Farm Market you will find far more than just pot pies. The store offers fresh vegetables, fruits, cheeses, home-made salads, fresh chicken and other poultry all of which are grown on the farm. There are also hearty soups like, potato leak, butternut squash, chicken chowder, chicken orzo, and many others.

Griggstown Farm's cage-free poultry is grown naturally and processed in a USDA processing plant right on the farm property. Some of the produce grown on the farm is used in the prepared foods from their USDA kitchen. Freshness and all-natural ingredients make Griggstown Farm distinctive. The uniqueness of what the farm does enables Griggstown Farm to provide their customers with superior quality poultry, produce and prepared foods. Store hours are Monday thru Friday 10 am to 6 pm; Saturday 10 am to 5 pm and Sunday 12 noon to 5 pm. Visit them soon.



Cashew Cream Recipe

Cashew cream is the preferred substitute for cheese, cream, and sour cream. It is an easy vegan substitute for a wide array of dairy foods and has many health benefits. Cashew cream has almost 1 gram of protein per tablespoon and is high in magnesium. It is cholesterol-free and is also a good source of copper, fiber, and healthy monounsaturated fats (necessary—in moderation—for a healthy diet).

INGREDIENTS:

- 2 cups raw cashews
- 8 cups boiling water

PREPARATION:

Cover 2 cups raw cashews with 8 cups boiling water in large bowl. Cover with clean kitchen towel, and let stand 6 to 8 hours. Drain cashews, then blend in blender with 1/3 to 1/2 cup cold water 5 minutes, or until smooth and thick, like sour cream.



Sundae Funday

Need a sweet treat for a snack or dessert? This healthy low-calorie recipe will satisfy your craving and is ready in less than 5 minutes.

INGREDIENTS:

- 1/2 cup fat-free frozen yogurt
- 1 tablespoon blueberry jam (Blueberry Jam)
- 1 tablespoon fat-free caramel topping
- 2 tablespoons light or fat-free whipped topping
- 1/2 tablespoon chopped nuts

DIRECTIONS:

1. Place ice cream in bowl.
2. Place jam on ice cream and follow with caramel then whipped cream.
3. Add nuts on top.



Zucchini "Enchiladas"

This hearty and nutritious vegetarian dish is perfect as a main dish, side dish or appetizer. It also makes a great snack or light meal for the kids when they get home from school.

Ingredients

- 2 tablespoons olive oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 can black bean, drained and rinsed
- 1 can corn, drained and rinsed
- 1 ½ cup enchilada sauce, divided
- ½ lime, juiced
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 4 zucchini
- ½ cup shredded cheddar cheese
- sour cream, for serving
- fresh cilantro, for serving



Preparation

1. Preheat oven to 375°F (190°C).
2. In a pan over medium heat, add the oil and the onions and cook until the onions are translucent.
3. Add the garlic and stir to combine.
4. Add the black beans, corn, 1 cup (290 g) of enchilada sauce, lime juice, salt, cumin, and chili powder, and stir until combined. Cook until just simmering. Set aside.
5. Cut off the end of each zucchini then using a vegetable peeler, peel each zucchini into wide strips.
6. Place 4-5 zucchini strips on a plate and spoon a large spoonful of filling at the bottom of the strips.
7. Fold the ends of the zucchini over the filling and continue to roll, tightly.
8. Transfer the zucchini rolls to a baking dish.
9. Spoon over the remaining enchilada sauce and top with cheese.
10. Bake for 15-20 minutes or until cheese is melted.
11. Serve with sour cream, cilantro and any other toppings you may prefer.

Banana & Egg Pancakes

This breakfast is Vegetarian and oh- so- easy! This breakfast is great for every member of the family's morning moods because it is full of Vitamin b6 which helps with fatigue and moods. It is also high in fiber, protein and potassium. It takes less than 10 minutes to prepare and serves 4.

Ingredients

- 1 banana
- 2 egg
- ¼ teaspoon cinnamon
- maple syrup, or honey, to serve

Directions

1. Mash the banana with a fork in a bowl.
2. Add eggs and cinnamon. Mix until combined.
3. Heat a nonstick skillet over medium heat. Add a spoonful of batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.
4. Serve with maple syrup or honey. Enjoy!



35 Calorie Chocolatey Oatmeal Pancakes

Recipe makes about 20 small pancakes.

At 1 pancake per serving, these wholegrain breakfast treats are soft, fluffy, light, sweet, and wholesomely healthy!

INGREDIENTS

- 3/4 cup plus 1 tbsp spelt flour, all-purpose, Bob's gf, or ww pastry flour (120g)
- 6 tbsp rolled oats (30g)
- 1/2 tsp salt
- 2 tsp baking powder
- 1 tsp cinnamon
- 4 stevia packs or 3 tbsp pure maple syrup
- 1 cup plus 2 tbsp milk of choice (minus 3 tbsp if using pure maple syrup)
- 2 tbsp oil (20g)
- 2 tsp pure vanilla extract
- 1/2 tsp pure almond extract (omit if desired)
- optional: handful chocolate chips or raisins
- optional: can add up to 2/3 cup blueberries if desired

DIRECTIONS

In a small bowl, combine all dry ingredients and stir very well. In a separate bowl, whisk together all liquid ingredients. Pour dry into wet, and stir together to form a batter. (Note: if the batter is too thin—which might be the case especially if using cup measurements of ww pastry flour—just add a little more flour until you get a pancake-esque batter.) For fluffiest pancakes, let the batter sit in the fridge for 10-15 minutes. Lightly grease a medium skillet, then place over medium heat. When pan is hot drop small ladelfuls of batter onto the skillet. Flip pancakes, using a spatula, when the edges begin to look dry. Allow to cook one minute longer, then remove from heat. Serve with your favorite pancake toppings.

TIP: Test the heat of your skillet by throwing a few drops of water onto the surface. When the water sizzles, the pan is ready for the pancake batter.



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- Any type of chest discomfort or pressure, such as squeezing or achiness
- Feeling queasy or throwing up
- Looking “white as a ghost” (very pale)
- Breaking out in a cold sweat
- Feelings of dread or doom
- Pain, or achiness in your back, shoulders, arms, neck or jaw
- Dizziness or passing out
- Weakness or feeling unusually tired
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Close Grandparent-Grandchild Relationships Have Healthy Benefits

By Susan Heckler

So many of us are fortunate to have known our grandparents and even luckier if you have wonderful memories of special times with them. Wouldn't it be great if you can give that same gift to your children?

Many families are living multi-generationally, meaning you have more than two generations sharing a home. The economy is such that sharing a dwelling makes sense financially, plus Mom and Dad are at work all day so Grandma and Grandpa are big helps in raising the kids and getting them where they need to go. All parties concerned are so lucky, they get quality time with each other and can forge a strong bond.

There are so many wonderful benefits of having a great relationship with your grandparents, and it is great for both sides.

Grandparents are your link to the family tree and its history. They can regale your kids with tales of ancestors long gone who can give your family a sense of pride in their past. Children learn about history in school, but they can hear about it first hand from someone who has lived through it. Grandparents are a source of unconditional love and admiration toward the grandkids. There is nothing like learning the secret family recipes from Grandma to save for generations to come. Children in high risk situations such as poverty or family dysfunction are likely to do well with a Grandparent in their corner, guiding them through the tough times giving sage wisdom and love.

Grandchildren are the link to perpetuating the family tree and adding new limbs. A grandchild's achievement is a source of great pride. Grandchildren can be loved and nurtured without being the disciplinarian, making the experience that much more fulfilling. The Grands can share the latest trends and technology and teach G & G new things. One of the big issues of aging is loneliness and isolation, a tight relationship with the grandchildren does wonders to combat this. Social contact extends their lifespan as well as keeps their mind more alert.

The wonders of this wonderful relationship continue until adulthood. Research done by Boston College concluded that emotionally close ties between grandparents and adult grandchildren reduced symptoms of depression in both groups.

Thanks to the internet, it is so much easier to stay close and benefit from your relationship. Even at long distances, you can see their faces and hear their voices without breaking the bank. Talk! Text! Facetime! Facebook!

Keep sharing your love and your life with the Grands because it is grand!





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THE ALLAIRE DIFFERENCE; NOT ALL REHABS ARE CREATED EQUAL

By Susan Heckler

Being a care giver for a family member or friend is no easy feat. There are so many decisions to make and so many details to try and understand. To make matters worse, these decisions need to be made in a split second under stressful situations. You never want to make these life-altering decisions in panic-mode.

Case in point, my 84-year-old mother fell in her home. My first notification was by the police as her Medical Alert called them. Her cellphone was not in reach as she lay in pain on the floor. I somehow got to the emergency room, not even remembering the drive.

One of my worst fears was realized, my mother fractured her pelvis in 2 places. She was going to need Acute Rehab followed by Subacute Rehab. What next? It is so important to get her the very best care, so she can resume independent life as much as possible.

Here is where you will notice the Allaire Difference. If you visit the local rehabs, you will notice many variations. One of the outstanding features at Allaire Rehab & Nursing's Subacute Unit is the hotel-like setting. Your first clue is, as a sub macute patient, you will receive a faux mink robe and your own cushy slippers, a clear sign of luxury and being indulged.

Your loved one will be spending many weeks or months residing in a rehab, why not let them have the comforts they are used to such as the option of their 12 private rooms, spacious patient suites, large flat screen Smart TVs, Bluetooth speakers, a sleeper sofa if a family member wants to stay the night in comfort, and a desk and refrigerator. By the way, these comforts are for you too. As a family member or a friend, it is a lot more pleasant visiting in a less hospital-like setting.

The atmosphere you are staying in has a lot to do with your mood and attitude. All this factors in to your healing time. If you are well rested with a positive mood, you can face the challenge of physical therapy with better success.

Another difference is that Allaire offers therapy 7 days a week for Post-Surgical, Orthopedic, Respiratory, Cardiac, and Neurological patients. They have worked very hard to achieve a 5-star rating by the Center for Medicare and Medicaid Services, delivering clinical excellence to their patients.

Consider Allaire Rehab & Nursing and allow Mom, Dad, or whoever you are deciding for to recuperate in unmatched luxury while they are getting superior therapy. The Freehold location at 115 Dutch Lane Road is incredibly convenient.



What Conditions Make Seniors More Likely to Fall?

Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, throw rugs or clutter that can be tripped over.



Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. There are some simple things you can do to keep yourself from falling so it is important to talk to Your Doctor.

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements. Do exercises that make your legs stronger and improve your balance.

Dr. Rochelle Heller Freehold Smiles



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

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

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

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Dr. Nikunj Zalavadia, DMD Smiles by Cranbrook Dental



Dr. Nikunj Zalavadia has been practicing dentistry in the Philadelphia area since 2009. He earned his Bachelor of Science in Computer Science and Biology from Rutgers University in New Brunswick, NJ. His undergraduate education and volunteer experiences at various dental clinics sparked his interest in dentistry. To pursue his dream of becoming a dentist, he enrolled in Temple University School of Dentistry. He obtained his Doctor of Dental Medicine degree in 2009 from

Maurice H. Kornberg School of Dentistry at Temple University. Since graduation he has earned numerous continuing education credits and is an active member of the Academy of General Dentistry and Pennsylvania Dental Association. He firmly believes that continuing education classes and discussions are essential elements in providing excellent patient care. Dr. Zalavadia is also a member of the Dawson Academy study club which meets monthly to discuss cutting edge dental technologies, therapies and guidelines. He is dedicated to providing affordable and accessible care for all patients. Dr. Zalavadia greets every patient with a smile to better theirs!

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Dr. Helen Simigiannis, MD, FACOG Antheia Gynecology



Dr. Helen Simigiannis received her undergraduate degree in the Biological Sciences at Rutgers University in 1993. In 1999, she received her M.D. from Ross University School of Medicine. After finishing two years of training in Family Medicine, she went on to complete her OBGYN residency with her last year as Chief Resident at Creighton University Medical Center in 2005. She has been in private practice since. In 2010, she

pursued her goal of starting Antheia Gynecology. Her goal here is to focus on menopausal, adolescent and adult gynecology, minimally invasive laparoscopic surgery, and office-based minor gynecologic procedures.

Dr. Simigiannis speaking about lifetime gynecologic health: "You have babies for one segment of your life," she says. "For the rest of it, you want an attentive caring doctor to look after your gynecologic health." - As quoted in NJ Monthly Magazine Oct 2010.

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Christine Taliercio, M.S.,C.A., L.ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained in treating infertility, smoking, anxiety, and depression.

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What Every Middle School Boy Needs Most From His Parents

By Gabriella Mancuso

Middle School is a difficult time for children, especially boys. They are confused, immature and just typical young boys. From grades 6-8 boys tend to have behavior changes. Typically, they choose to show this towards their parents more than anyone else. As a parent, only you know how to handle your child, however if you are struggling here are some things you might need to start considering.

ENCOURAGEMENT

Every middle school boy needs encouragement from both of his parents. Both mom and dad need to encourage their child to do great, and motivate him to act to the best of his ability. Show him that you are proud, but there is always room for improvement.



PRIDE

Be proud of your son. Show him that you love him and all he does. Build up his self confidence and self esteem by pointing out success, rewarding his good efforts and supporting him at all of his games and or interest. He needs his parents to support him more than anyone else.

ATTENTION

All young men need attention. They need their parents to pay attention to them, their lives, preferences, mood, etc. You need to show your child you care about them and their well being. What you should not do is get too much involved, but just enough so that your son feels wanted and loved.



TRUST

Give your son the chance to become independent. Although this may be hard for some parents, especially moms, you must let them grow and develop their own beliefs and mindsets. Allow them to figure certain situations out by themselves so they can learn and develop maturely. Although it may be hard not to intervene, you can always assure your child they can confide in you whenever they need to.

Best Tips for Dealing With Tweens

By Gabriella Mancuso

You just got out of the “naughty child” stage only to enter the “tween stage”. Even if you don't want to believe it you know exactly what the tween stage consist of. The usual, I am an adult now, let me do what I want, I don't need your help kind of attitude. Dealing with a child ages 11-13 can be difficult, but there are some things you can do to help.

Build a Support Network

Being a tween is hard. It is awkward, everything is changing and you self confidence is at an all time low. Building a support network can help your child a lot. Surrounding them with love, trust and support will help raise their self-confidence and make life a little less awkward.

Point Out Their Good Actions and Praise Them

Be sure that your kid knows that you are proud of them. Pointing out their good actions will result in them wanting to feel flattered more, furthermore resulting in them doing more good things. Be sure to also give them criticism as well as compliments. You do not want your child to believe they can get away with anything as long as they do one good deed. Self-confidence is important, but too much of something is never a good thing.

Being Involved

Being involved in a tweens life can be a difficult situation. They might lash out and demand privacy and independency. The best thing to do is to work with this. Ask the questions while being informed on their life but all to a certain extent. Give them privacy and allow them to grow on their own as well. You can not smother them, but you must be aware of their actions and well being in order to guide them the right way.

Do Not Lash Out

Arguments are inevitable. They will happen and they will not be pleasant. The worst thing you can do is scream back and make the problem worse. Obviously, all children require reprimanding, but try hard not to cause a huge blow out. Before screaming back take some time and cool down. Make sure both of you are calm enough to speak without getting excited, and then return to the conversation ready to find a resolution.

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How to Talk to Your Child about their Diagnosis at Any Age

By Susan Heckler

Every expectant parent hopes to give birth to a beautiful, healthy child. Even when that wish is granted, their health can be compromised. Whether your child has a disorder from birth or their health has declined, you are faced with a mental or physical health issue that you need to deal with...but so does your child.

Some issues are more obvious than others. Some are more serious or life threatening. Any and all need to be explained to your child at some point to help them manage their health and life. Whether it be allergies, asthma, diabetes, autism, ADHD, cancer...they need to understand what is happening to them and what they need to do to stay safe.

When to tackle the issue really depends on the maturity, personality, social awareness and understanding of your own child. It is difficult to assess when is the right age, you may need to break the issue down into small bites and feed it little by little as they are able to comprehend it. Sometimes just dealing with the fear of symptoms may be all they can handle.

You want to be very careful how you approach this tender situation; you want to avoid The Three D's of a Diagnosis: Denial, Discouragement, and Disappointment.

This is a life changing experience they are living through, how you handle delivering the information can set the stage for how they cope with their illness.

1. Pick the right time to sit and speak, when they are more receptive to conversation.
2. Use a tone of voice that is comforting and reassuring so they feel confident in your confidence. If you are hysterical, it is contagious.
3. At all times, in all conversations, they need to know you love them and stand with them. You are a team and they are not going through this alone.

Your child may already understand that they are different. Their behavior may have set them apart from their peers. There may be bullying and taunting that affects them. They may look different physically as part of their symptom or treatment. They know something is wrong and getting an explanation may actually help.

The first step is making sure you and any other caregivers understand the situation fully themselves. It is essential that you explain it correctly and not project panic or sadness to them as this is what they will associate with the news. Be accurate but with a positive attitude.

Accentuate the positives, do not dwell on the doom and gloom of their situation. Let them see some hope and give them reason to fight. If it is a medical diagnosis, we all know the power of positive thinking. If it is a disability; various therapies may make a difference so let them have incentive to work at it. Mental health issues may improve with the correct therapies and intervention. Be their cheerleader and let them know you have confidence in their ability to do what they need to do, focus on their strengths.

If your child asks you a question and you do not have the answer, it is acceptable to let them know you do not know, but will ask for the information and get it for them.

There are many books available at various reading levels that can help your child understand their disability or health issue through the story of someone else. They may find this helpful as they are relating to someone else before understanding their own issues.

If you feel it is warranted, consult your physician, or enlist the help of a therapist so your baby of any age can tackle their battle under the best of circumstances.



HOW TO TELL IF YOUR TEEN IS LYING

By Susan Heckler

There are countless reasons people tell lies and even more means to justify them. White lie, purple lie...lying isn't acceptable but it is a fact of life. People lie.

Now that we have this understanding, what do you do when your child lies. You are their parent, charged with the responsibility of your child's safety and possible the safety of others too. You need the truth, so problems of unsafe behavior can be addressed. Who? Where? What? When? How? You gave them life and love, you are entitled to know these answers.

Research shows you have a 50/50 chance of detecting a lie. Apparently everyone lies, and it is a part of human nature, our defense when we screw up. The degree of severity of the lie should predict your response. Your trust was breached, not a good feeling.

RED FLAGS FOR FIBBERS

When your child was born, your Parent Radar became very acute. You could hear the scratch of their tiny little fingernails on their crib sheets from three miles away. Follow your instincts, if something feels wrong to you, poke into it. There is some variation as we are all individual and unique, but be on the lookout:

- **Hesitating:** Unnatural pauses may mean that they are having to think harder to give an answer.
- **Eye Contact:** Avoiding direct eye contact can be a sign of lying as can frequency of blinking.
- **Change in Breathing and Dry Mouth:** The stress of lying can cause a change in breathing and a drying up of saliva as well as a change in the vocal quality.
- **Stillness:** Panic is setting in and their brain is busy coming up with a lie, so the body language may change.
- **Pointing and Foot Shuffling:** Their body is quieter as they ponder the lie, but the feet are showing the nerves.
- **Touching vulnerable areas:** Fibbers body language has them protecting a vulnerable area and literally blocking communication.
- **Specifics:** The truth is in the details; withholding them, changing them, avoiding them, too many of them.
- **Verbal Nuance:** Do their actions match the words?
- **Relief:** Notice a reaction when the subject is changed, and they feel they are off the hook.
- **Eyebrows and facial expression:** Check if their eyebrows and mouth suddenly change their position.
- **Over-reaction** is a defensive measure.



So, you have now determined whether or not your child is lying. The question remains is what do you want to do about it?



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Our Postpartum Truth - In Her Words: My Anger

By Michele Inzelbuch, LCSW, LCADC

Postpartum depression can manifest in different ways with each individual. Many women suffer from symptoms of anxiety, depression or obsessive-compulsive disorder (OCD). They may also experience a variety of other symptoms such as constant worry, a sense of doom, racing thoughts, changes in sleep or eating habits, fear of being alone, restlessness and medical worries to name a few.

A new baby adds more responsibilities to the mother. If she is struggling with any of these symptoms, frustration and anger can be what the family notices first. Managing care for a newborn while feeling overwhelmed by anxiety, worry or racing thoughts can be extremely stressful to the mother and anger becomes a way of coping. It can have a negative impact on the individual and family members, but it is a big indicator that mom needs help.

Having some quiet time away from the baby so that she can tend to taking care of herself is extremely important. Family members stepping up to do household chores, cook a meal, or feed the baby can take some of the daily pressures off and reduce stress.

It takes a lot of energy to care for a newborn. Support from family and friends can benefit a new mom in many ways by giving her time for self-care, reducing feelings of isolation, be a positive distraction and most importantly, let her know she is cared for and not alone.

Many women have discussed that their anxiety, though directed at themselves, tends to be released outwards on those closest to them. Often, we see other moms who appear happy and carefree leading to feelings of inadequacy and adding to negative emotions. Family members and older children frequently take the brunt of the anger. The guilt that follows can worsen symptoms and leave a woman feeling trapped in a cycle of negativity.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on the topic of their anxiety and anger with hope of bringing about a deeper understanding of PPD/PPA and recovery to the community.

N.D. - "I usually got angry when my patience ran out or when irrational thoughts were in my head." Struggling with a high level of anxiety, N.D. would often feel attacked or insulted when dealing with other people. "I have always been very sensitive and the PPD/A made it worse." When a situation became too much she would remove herself from what was triggering the anger. "I usually close myself in a room when I am really angry because I need to when I am anxious," she said. "I did fear becoming violent at times, but I would rather decompress by

myself and explain to them [children] calmly later that mommy needed a time out." Allowing herself to calm down can lower the anxiety in that moment and let the anger subside to avoid an angry outburst. She would rather feel guilty for shutting everyone out for a bit than regret becoming verbally or physically violent.

L.M. - Anger can be directed at oneself but present itself as anger towards others. "I'm angry because I can't control anything," L.M. shared. "Especially not a 5 year old with her own mind who is out in public and who is not perfect and doesn't always listen. I'm angry that I'm not the happy, put together, cupcake baking, Zen, working mom who takes things one minute at a time with grace and makes parenting look easy." Putting pressure on oneself to be the perfect mom is harmful to our self-esteem and sets an unrealistic goal. No one is the perfect mom no matter how they appear. Be mindful when using social media that what you see is people at their best and it is a one-second snapshot of a moment. Just because a photo makes them look like the poster mom of happiness, it doesn't mean their house isn't a mess with piles of laundry to do. Give yourself a break and set realistic goals that are attainable for you.

J.D. - "Everything became a trigger to me and I so easily went from happy to raging," she said. "I had zero patience. I'd rage, scream, say things I didn't mean and then feel like the worst person in the world for the things I said and for making my child cry." She swore she would not do it again but it would happen again and again. She was angry and stuck in a negative cycle. There was no physical violence but verbal outbursts happened frequently leaving her with a lot of guilt. The anxiety lessened her ability to be patient and everything became a stressor.

M.W. - "I don't recall being angry; more being scared, sad, and depressed." The anger she did experience came from family members comparing her parenting to others. "If I had any anger it was towards those who told me it wasn't all about myself anymore, who praised the parenting/bond of others while in front of me." For example, when her mom commented on how well her sister did with the baby. "That really got me angry, but the anger was covered by my anxiety," she said. She also noticed a decrease in tolerance and patience.

M.T. - The anger came on gradually for M.T. after months of her partner not helping as much as she needed, and her symptoms began to surface. "As the months passed and the depression became more and more anxiety, the anger began to increase," she shared. The anxiety brings on the anger and it is necessary to address the anxiety in order to recover from the anger. "My older child received the brunt of

the outbursts. I said mean things, cursed at him and every moment of every day, I wish I could take it all back." One rage-filled outburst scared M.T. and she worried she could have hurt her older child if the anger got the best of her. She decided to make a medication change to better treat the anxiety. "I am now able to explain to my children, 'Mommy needs a time out.'" The insight and control that she had in the moment that prevented the rage from becoming physical did not prevent the verbal outbursts.

Already having feelings of guilt and shame from their inability to enjoy their new baby, the anger and rage can be yet another complication to Postpartum Depression and Anxiety. For many of these women, they fear that their verbal outbursts may have caused long-term harm to their children. These mothers struggle with self-forgiveness. Thankfully, none of them ever became physically violent with their children.

It is important to reach out and ask for help if you are struggling. A partner or family member may not know why you are feeling so angry so it is imperative to communicate your feelings and let them know how they can help. In moments of anger it is okay to take a break and calm yourself down before dealing with a stressful situation. As long as the baby is clean, fed, and safe in their crib, take some time to do deep breathing, a simple task or even lay down to rest. You cannot take care of a child if you do not take care of yourself! Be sure to let your partner know how they can help and give them some tasks to do to lessen the burden on you and share the parental responsibilities.

For the new mom from a survivor - The anger is the anxiety. Do not let it turn into rage. Get help, find an outlet. Half the battle is forgiving yourself for feeling the way you do, prevent yourself from having more self-forgiveness that is needed. If you relate to our words, then you know you are not alone.

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

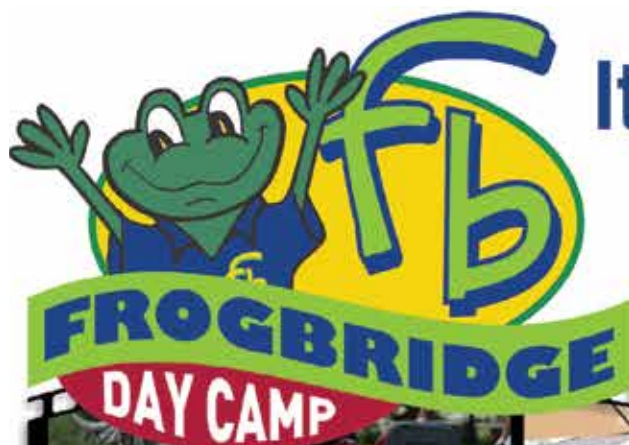
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Recognizing If Your Newborn Is Ill

The most important tip for assessing your baby's health is remaining calm.

Be on the lookout for:

- Clean diapers. If your baby isn't having bowel movement every 24 hours, there might be a larger issue. Your infant also should have at least six wet diapers every 24 hours.
- Nose bleeds
- Red skin around the base of the umbilical cord or belly button
- Rapid breathing
- Tinges of blue around the lips or fingernails
- Heavy bleeding around the site of circumcision
- Excessive diarrhea or vomiting
- Excessive twitching or jerky movements
- Refusal to eat
- Yellowing of the skin or eyes.

If your infant exhibits any of these signs, call a doctor immediately.



You might be a new parent, but your instincts should not be dismissed. If something feels wrong to you, follow up with a call to the doctor. You will never feel sorry you did.

Your doctor's phone number, as well as phone numbers for your local hospital and the Poison Control hotline should be kept in a location that is easily accessible.

ITEMS TO KEEP ON HAND

There are several items you should keep on hand that will help you treat minor discomforts and diagnose more serious issues. Never be without the following:

- Infant thermometers (ear and rectal)
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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.

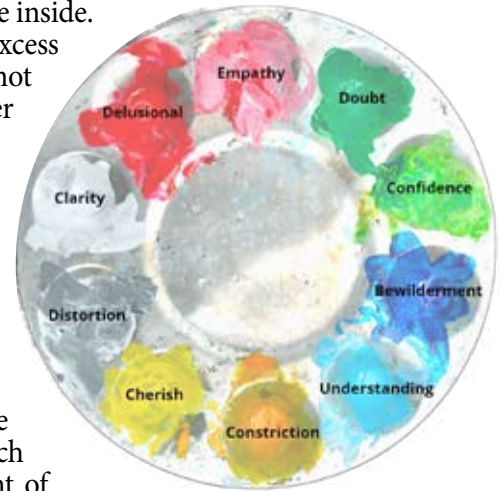
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Further I'm a catalytic agent, for Business Cultures and Organizations, dedicated to Service, Value, Purpose, People and the Customer. Businesses that have decided to deliberately place the "profit" motive, lower down on the Priority-List. Business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

The Gift of Winter: Time To Nurture Light-Giving Emotions

The winter landscape is somber, many colors are absent, yet life is teeming on the inside. The trees bare trunks and bone dry branches, empty of leaves. Nature sheds the excess to protect the strength and tender warmth of life, within. We human beings are not naturally equipped like the trees, to protect life. We have to work harder, to decipher Winter's gift.

Winter is here to nudge us to prioritize, to shed the excess we collected through summer and fall. The cold keeps us indoors, and this confinement, can propel reflection. A deeper process of ruminating and nourishing priorities. **Refresh your Life-List in a playful way.** Add in the people, relationships, food, activities, projects and passions that truly warm your heart and soul. Share it with a soul mate, your best friend, your favorite relative or yourself. Use ink, charcoal, paint, stickers, symbols and flourishes if necessary, to let the list glow. Discuss the emotions, the feelings and the thoughts that come to you, when you reflect on each item of your list. **Highlight those items** that seem **self-effulgent** with the light of better feeling and thoughts. The ones that clearly show potential, those that **ring true**.



Despite the harsh weather, find ways to give life to your list. If it is a friendship you listed, give it more time, brave the weather and meet up, give the relationship more of yourself and learn new dimensions of the person you cherish. Initiate those prized projects with extra work, savor how the experience kindles warm flames of good feeling and constructive thoughts. Organize late afternoon teas or coffee outings, and have in depth discussions on issues that concern you, or the world or the people you share. In short, honor the items on your list, with renewed attention and creativity.



Your Life List, if rejuvenated in winter, generates within a thrumming stream of emotional energy and nurturing thoughts, gifted with many extra ounces of grit and resilience. These vivid new seeds of life within you, will shape the new opportunities, waiting for you in the climes of Spring.



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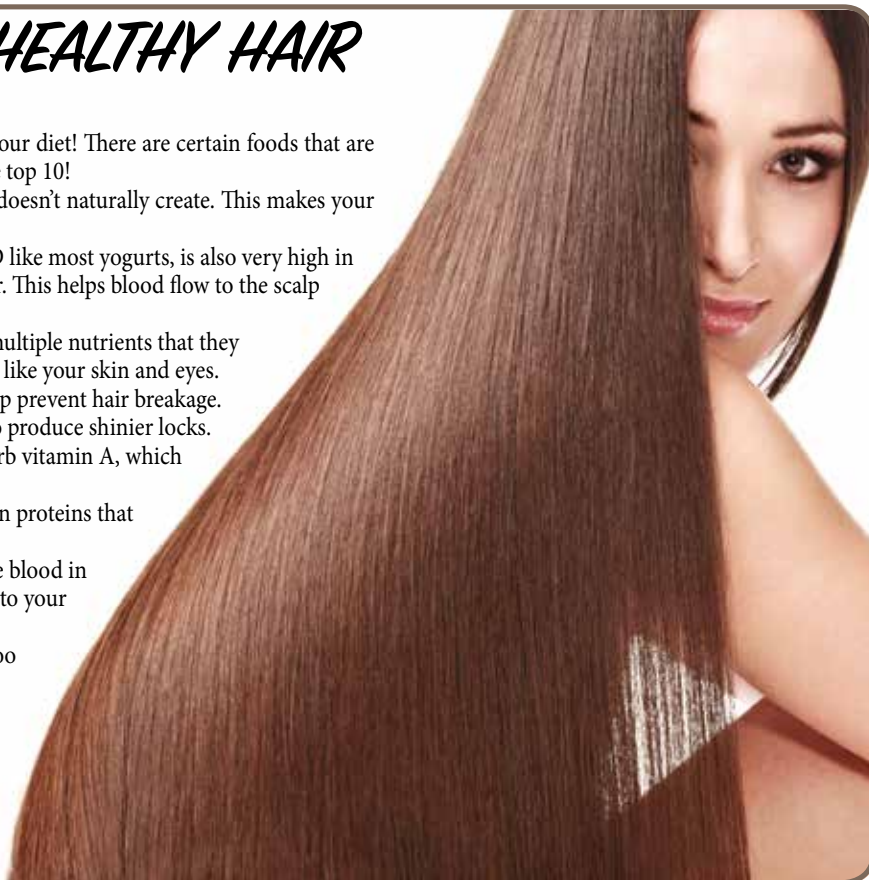
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TOP 10 FOODS FOR HEALTHY HAIR

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

1. **Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
2. **Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
3. **Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
4. **Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
5. **Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
6. **Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
7. **Cinnamon:** Cinnamon helps promotes circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
8. **Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
9. **Oysters:** Oysters are rich in zinc, which also fights hair loss.
10. **Avocados:** Avocados have natural, healthy oils that fight dry hair.



Best Lip Trends

Lipsticks are a must in the world of makeup. No look is ever truly complete without the pop of red, shimmer of gold, or a striking pink. However, lip trends change every year. Once it was the year of glosses, then it was the popping “Taylor Swift” red, and then it transitioned to liquid mattes. Things come and go and a lot of these trends are still used today! With 2018 around the corner, that means more trends are coming to light. Isn’t it time to be on top of them?

Trend 1: The Glass Lips

Refinery29, a site for all fashion and beauty lovers, states that heavily glossed lips are very in trend right now. There are images floating everywhere of models rocking the heavily glossed look on the runways. Even Rihanna, who dropped the most sought out makeup brand of the year, made sure all her models wore the “glass lip” as they modeled her designer clothing line for spring 2018. Fenty Beauty has a huge line of glosses, if you wanted to get Rihanna’s exact look. However, glosses are sold everywhere and this look can be accomplished so easily.



Trend 2: Cupid's Bow

Adding highlighter to the Cupids bow has been in trend for ages. However, Refinery29 states that makeup artists are taking this to a whole new level. Makeup artists are now making the Cupids Bow the focus point of the look. Just put on a dark lipstick with a bright liquid liner on the Cupids bow, and your makeup look will be amped up immensely.



Trend 3: Bright Colors

Bright colors are in for the 2018 season. It is all about being bold and taking risks this year. Maybe it is time to purchase a nice fuchsia or a brighter pink!



Trend 4: Blood Red Lips

Red lipstick has always been a popular color, however, this year things are a little different. The blood red color is being seen on so many models as they walk down the runway. It is very bold and a shade that exudes confidence.



Trend 5: The Peach

Finally, this color is going to take 2018 by storm. It is neutral, minimalistic, yet a very trendy shade. Selena Gomez, a role model and a fashion icon to many, has been seen rocking the peachy lip look. It is an easy look to pull off if you want to be just like Selena!



The trends are constantly changing and are hard to keep track of at times. This list will have any makeup lover ready to take on 2018 in a flash!

QUESTION:

What Is Cellulite and How Can It Be Treated?

There is a common misconception that cellulite is a fat problem. It is true that the appearance of the dimpling is worse in someone with higher body fat but we certainly see this problem in patients of all weights. The etiology of cellulite is really a structural problem beneath the skin. It is also an issue that disproportionately affects women.

Many patients develop bands under the skin which are somewhat analogous to the threads that segregate the surface of a mattress. These bands restrict the venous and lymphatic drainage in specific areas and cause segmented swelling between the restricted dimpled areas.

One method of treatment used in the past was Endermology. This was an aggressive massage system which transiently increased venous and lymphatic drainage of these sequestered areas and was clinically efficacious. This system required frequent treatments and results lasted only if treatments were continued.

Current state of the art treatment now involves a laser treatment which addresses all aspects of this condition. Cellulaze is the only FDA cleared minimally invasive one time laser treatment for cellulite with proven results up to three years (the longer term efficacy is still being studied as the original studies only went out three years). This side cutting laser delivers energy under the skin, through tiny incisions, to treat the dimples, bumps, and valleys. The laser energy is deployed to release the bands, melt the fat in the bumps, and promote collagen production which ultimately improves skin thickness and elasticity.

This procedure is done in the office with oral sedation and locally infiltrated anesthesia. Some results are seen right away and final results are seen in three to six months.



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Wigful Thinking also offers wig care and styling services. After you've selected a wig or hairpiece that is perfect for you, the last thing you want to do is have it ruined by using the wrong products or tools to care for it.

Wigful Thinking offers free consultations so you don't have to make your wig or head covering decisions without support. Personalized care is what sets Wigful Thinking apart from other wig studios and online retailers.

No matter where you find yourself on your journey of hair loss, take the hope of a New Year and make it an opportunity for renewed hope and a New You!



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The Healing Power of Plants

Did you ever wonder if there is a way to healthy glowing skin without the use of harsh chemicals? One inquisitive lady did just that. Edye Dumhart, an avid sailor, spent years enjoying fun in the sun. As a result her skin took a beating. Refusing to apply toxic ingredients found in most cosmetics, Edye decided to create her own natural line. Using only organic oils from plants and a little beeswax, Edye created a Face and Body Butter, a Peppermint Repair Cream, a Himalayan Salt Scrub, a Deep Nourishing Serum and a Lemon Cleansing Oil. Each ingredient has been carefully selected to heal, soothe and protect your skin from head to toe. At Edye's Naturals you will never find any water, emulsifiers, preservatives or petroleum based chemicals. First time users are pleased to learn how quickly their troubled skin issues disappear. To learn more about this Lawrenceville, New Jersey company, go to www.edyesnaturals.com.



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Ear Pinning

By Susan Heckler

Back in "the day", parents used to threaten kids with having their ears pinned back. Dating back to the mid-19th century, this meant to be chastised, scolded, or verbally disciplined in a very forceful manner. The American phrase could also mean to be defeated in an argument or contest.

Here in the 21st century, Ear Pinning has taken on new meaning. Also referred to as Pinnaplasty, it is one type of Otoplasty (surgery of the ear), this cosmetic ear surgery is used to change the shape, position, or size of the ears.

Some people, especially those with short hair, may be bothered by how far their ears stick out from their head. Birth defects and injuries may lead to misshapen ears that make some uncomfortable. Approximately 5% of the population have ears which stick out more from the side of the head. Protruding ears are genetic; 59% have a family history. Apparently over 20% of adults admit embarrassment about the shape, size, or position of their ears to the point where it affected their hairstyle or behavior.

Corrective ear surgery dates to the 5th century BC and in more 'modern times', in 1845, Johann Friedrich Dieffenbach described correction of a posttraumatic auricular deformity by surgery.

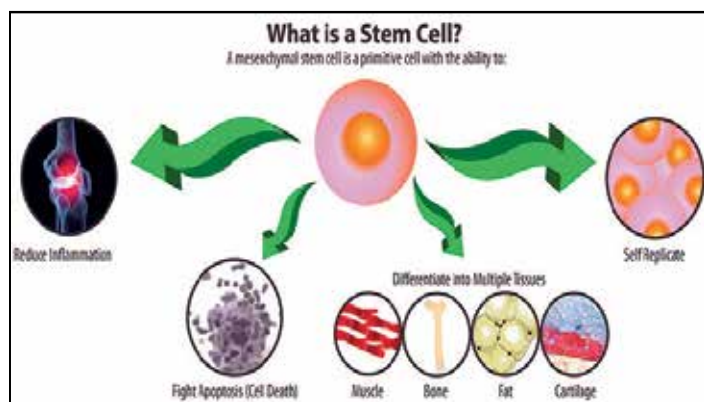
Ears are 90% done growing typically by age 5 although the surgery is done as early as 3 years old. Prominent ears classically do not affect a child's self-image until the child is older than 5 or 6 years. The surgery is performed by a Plastic Surgeon who will make an incision just behind the ear in the natural fold where the ear and head meet. They may remove or trim excess ear cartilage and skin and reposition and secure your ear with permanent, internal stitches.

As with any surgery, there are risks involved. It is best to speak to your surgeon at length to be sure this surgery is right for you.

QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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Is Stress a Metabolism Booster for Men?

Although it is a popular belief that stress can speed up a slacking metabolism, recent studies have shown that it can have quite the opposite effect. Everyday stress is a normal part of our lives today, and can help to encourage your body to start producing the appropriate amounts of chemicals to keep you balanced. However, many people experience stress levels that exceed the "normal" amount – which can slow your metabolism and have a negative effect on your weight loss/management goals.

In a recent study published in the Journal Biological Psychiatry, the theory of stress and depression contributing to obesity was tested. Two separate 9.5 hour sessions were conducted; the first session they received either a highly-saturated fat meal or a high oleic sunflower oil meal. Their stresses from the prior day were assessed by the Daily Inventory of Stressful Events.

Within the 6-hour difference between one day prior of stress versus no stress, the results had translated into that extra calories could add an average weight gain of 11 pounds a year!

Stress and depression can not only have a negative impact on us mentally, but it is also clearly a contributor to the obesity epidemic.

Remember to always speak with your doctor if you feel overwhelmed and never stop taking any medication without your doctors' approval.



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How Dads Parent Different Than Moms

By Susan Heckler

Parenting Styles differ between all parents, but the difference between how a mother parents and a father parents can be night and day for the children and can be a source of conflict for parents. Each parent brings unique contributions to the job of parenting a child. The key is to get the right blend that works for your family.

Many women feel their children's father's way of parenting is more demanding, more physical and focused on dealing with the real world. They practice more tough love than many women are comfortable with.

Mom is the nurturer in the family. They parent from emotion and tend to be more verbal and descriptive with their children. Mother's put their children's needs first, possibly a throwback to pregnancy. Mom prefers to establish firm, consistent rules. Mothers help boys understand the female world and develop a sensitivity toward women. Mothers tend to see the rest of the world in relation to their child.

Fathers set the bar high and expect the kids to meet expectations consistently. They prefer to challenge the kids and take a firmer disciplinary standpoint. Dads are more spontaneous. Their words are fewer and their instructions are more concise with less explanation. Girls with involved, married fathers are more likely to have healthier relationships with boys in adolescence and men in adulthood because they learn from their fathers how proper men act toward women. Dads tend to see their child in relation to the rest of the world.

There are some negatives when a family's parenting styles aren't blended well.

- Children may feel confused or conflicted with dissimilar expectations
- Children can be drawn more to one parent or the other because of their like-mindedness for the specific parenting style
- The conflicts can result in alienation or depression as the child matures
- Frustrating at best and destructive at worst
- Creating dissonance and distance between partners



This is not all bad though, opposing parenting styles can help kids prepare for a world of negotiating with various types of people. It is best for your children if both parents can act as a partnership, showing unity in parenting. Issues come up, but maybe they should be worked out between adults without the children observing the conflict and manipulating the situation to their advantage. Parents with different styles need to find a balance by negotiating, showing support for each other, protecting key values, and seeking help before damage is done.

Dr. Kyle Pruett of Yale Medical School stated, "By 8 weeks of age, infants can tell the difference between a male or female interacting with them. This diversity, in itself, provides children with a broader, richer experience of contrasting relational interactions—more so than for children who are raised by only one gender. Whether they realize it or not, children are learning at earliest age, by sheer experience, that men and women are different and have different ways of dealing with life, other adults and children."

Best Beard Foods for Men

A truly epic beard is all the rage now. If you are looking to grow one quick leave it untouched for the first 4-6 weeks, wash it regularly use of beard oil.

There are also foods that promote beard growth.

Since facial hair growth is almost completely regulated by male hormones (testosterone and DHT), eating foods that increase the levels of these two hormones, and increase the bodily utilization of these so-called androgens, is the real way to stimulate facial hair growth naturally.

1. **Eggs:** Eggs are very high in quality protein which is one of the essential building blocks of hair.
2. **Orange Juice:** It's high in fructose which has been shown to lower the amounts of sex hormone binding globulin (SHBG), which is a hormone that binds testosterone and DHT, making them less active in the body and thus leave more free-testosterone and free-DHT into the bloodstream to attach to hair follicles and make them grow thicker and stronger.
3. **Potatoes:** They are a clean and gluten free source of quality carbohydrates and carbohydrates are what your body needs in good amounts to produce testosterone, as well as DHT (the main hormone behind facial hair growth).
4. **Brazil Nuts:** They are one of the best foods that help grow facial hair because of the very high amount of the mineral selenium which speeds up beard growth because selenium increases testosterone.
5. **Beef:** Meat is good for testosterone production and therefore also beard growth. Red meat is a great source of saturated fat, the main fatty-acid needed for testosterone synthesis helping your body to naturally maintain the building material for hair growth.
6. **Sorghum:** It's also one of the unknown foods that help promote beard growth because it converts testosterone into DHT, the more potent beard growing hormone.

So, make sure you stock up on eggs and OJ. Cook with more potatoes and eat lots of beef. Remember your beard is made from protein and fat, but it's also heavily reliant on Vitamins B5, B3, and B9. That means lean meats, nuts, egg yolks, milk, and plenty of leafy greens will keep your beard healthy and shiny too.



Spider Repellents-

What Little Miss Muffet Should Have Known

By Susan Heckler

We old wives used to say that spiders come indoors in the fall because the weather is cooler. In actuality, house spiders are usually not the same species as the yard or garden spiders outside the house.

Use these all-natural spider repellents (not killers) any time of year:

1. **Peppermint essential oil**, dishwashing liquid. Combine 3 cups of water, 1 teaspoon of any dishwashing liquid, and 1 tablespoon of peppermint essential oil to a spray bottle. Shake and spray.
2. **Cinnamon**. Sprinkle cinnamon around the outside of your house to prevent spiders from coming inside.
3. **Minted cotton balls**. Dip cotton balls in mint essential oil and place them under (crawl space) or outside your home.
4. **Chestnuts**. Keep chestnuts on your window sill to deter spiders.
5. **Salt water** is an excellent spider killer. Spray a mixture made from 1 gallon of warm water and 1-ounce salt directly onto spiders and spider nests.
6. **White vinegar**. Fill a spray bottle with white vinegar and water and use the mixture to spray cracks.
7. **Citrus peel**. Rub citrus peels on baseboards, windowsills, and bookshelves to prevent spiders from coming in the house.
8. **Cedar hangers**. prevent spiders residing in your closet.
9. **Tobacco**. mix tobacco with water and spraying it on home entry points.
10. **Coconut oil**. Combine 1-part coconut oil with 2 parts water to keep spiders away



Scents are a Simple Way to Refresh Your Home

By: Erin Mumby

Scents can easily make your house a home. Every house has a scent. Make sure that yours is a good one! A new smell in your home can energize you and your mind. Here are some simple ways to make your place smell and feel like home sweet home without using store bought air freshener.

Essential Oils

Using essential oils is a great way to avoid the toxic chemicals in most air fresheners. Lemon, peppermint, and rosemary are all examples of great smelling essential oils that are perfect alternatives! If you have an air filter, use a dropper to add a few drops of your favorite essential oil on the new filter. A fresh new scent will flood the desired room in no time. You can also place a few drops of your choice essential oil onto a light bulb or a warmer to get a soft scent in the room.



A New Use for your Crock Pot

A crock pot is a great tool in refreshing your home! Ever notice when you cook a meal in the crock pot, your whole home smells like your dinner! You can fill the crock pot with your favorite herbs and spices to create a unique, sweet-smelling scent. Toss in some scented twigs, your fruit slices, herbs and spices into your crock pot. Pour some water into the pot and set it to low heat. Leave the crock pot uncovered and your whole house will smell like your favorite scent.

You can also use baking soda to neutralize the smells in your house. It's no secret that baking soda is great at absorbing nasty smelling odors. Combine a few tablespoons of baking soda with water and pour it in your crock pot. Turn the crock pot to low and make sure the lid is off. The solution will work to absorb the nasty smells in your kitchen,



Vanilla

Vanilla is one sweet and strong smelling scent! Take vanilla coffee beans and place them into a small bowl. Place a small tea light candle in the middle of the bowl or jar. Light the wick, and the candle will heat up the coffee beans. Your home will be smelling like vanilla coffee in no time. Another way to get your home smelling like vanilla is to place a few teaspoons of vanilla into an oven dish. Bake at 300 degrees, and your home will smell sweet in a few short minutes.

Cinnamon in a Sauce Pan

A super simple way to freshen your home is to use cinnamon sticks! Fill a sauce pan with water and a couple of cinnamon sticks. Simmer on low heat. Your home will smell like sweet cinnamon in no time! If you don't feel like heating up the cinnamon sticks in a sauce pan, you can throw them into the crock pot as well!

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Get Top Dollar in Winter

By Gabrielle Mancuso

You might think that the winter months are a less than an ideal time to enter the real estate market, but recent research will have you thinking again. According to a study by online brokerage Redfin, homes listed in winter months sold faster than those posted in the spring.

If need or desire has you considering listing in the winter, here are three strategies that will make your listing stand above the rest.

PRICE IT RIGHT

Price your home to sell and it surely will. Your real estate agent should do most of the heavy lifting, but it won't hurt for you to visit a few real estates websites and look at the list and sale prices of comparable homes in your area. Remember, don't get greedy here. Price your home at market value and you are more likely to garner attention from buyers.

PERFORM A SELF INSPECTION

It is important to look at your house the way a buyer would. Does the roof look to be in good shape? Are the gutters clean and securely fastened? Are all your windows double-paned? If there are major issues, it is in your best interest to address them now. A hanging gutter in the back of the house might seem like a small project you've been "meaning to get to," but to a potential buyer, this could hint at other hidden problems. If this one issue needs to be fixed, what else needs looking after?

PLAN, IF POSSIBLE

If you know ahead of time that you will be listing your home in the winter, consider taking photos well in advance. Homes look their best in the spring and summer, and by planning you can show potential buyers aspects of the home and property they might miss in the winter. If your listing photos show the thick and lush green lawn or a pool that is clean and glistening in the sun, potential buyers are more likely to swoon over the home's curb appeal or imagine themselves in a deck chair in the backyard.





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Is Bigger Better When It Comes to Your Home?

By Mia Inqui

Downsizing might be all the rage now, but some life circumstances still require living larger. Whether your family is getting ready to expand, you are welcoming other members under your roof or you are just looking to have a little more breathing room, upsizing might be in your near future.

It is important to crunch the numbers. Knowing what you can afford is an obvious first step in any home search, but it also is important to consider what you might need to give up acquiring more square footage. Are you willing to leave your current neighborhood or school district? Are you okay with purchasing a home with a few projects, rather than something move-in ready? Asking yourself these questions will help you keep your financial priorities front and center in your search.

If you are looking for more space vs. more house, a bigger house may not be the answer. Do you need a better utilization of space? Perhaps the number of square feet you currently live in would be fine if it were organized in a different way or had a more open layout design.

Assess what you dislike about your current home. Do you need extra bedrooms or just more closet space? Or perhaps your home's size is working for you but the outside space is not. **THINK RESALE** While you might need a bigger home, you can't ignore the trends suggesting that people are feeling happier living in less square footage. Be sure to purchase only the space you need and will use. This also makes features such as location, neighborhood, school district and walkability more important in your new (and bigger) home search. Even if a home seems perfect, it is likely that your life circumstances will change and you will downsize again in your life. It's always best to purchase your home through future buyers' eyes as well as your own.



Most weight loss efforts fail.

Here's what you can do about it.

How are those New Year's resolutions coming along? Not so good? According to *U.S. News & World Report*, approximately 80 percent of New Year's resolutions fail by the second week of February. Many of them pertain to weight loss—or, rather, weight *not* lost.

How can this year be different? By changing your mindset about weight loss. So many fad diets fail because they don't focus on the quality (or lack thereof) of the food you are eating. A healthy diet focuses on nutrition and feeding your body the fuel it needs to function optimally.

When your diet emphasizes calorie restriction or appetite suppression, it can lead to a slowing of your metabolism and a loss of muscle. This is the exact *opposite* approach of what we should be doing to sustain lasting weight loss. When you lose muscle, you lose metabolic fire, your fat-burning power. We need to maintain and build lean muscle by focusing on the best foods for our metabolic machines, keeping our blood sugar balance not too high, not too low, but just right, in what we call the Goldilocks zone.

When your diet focuses on restriction (i.e., what you can't have), it ignores the important fact that food is fuel. Literally everything we eat breaks down into glucose that feeds our cells for energy production.

Healthy Weight Loss for Life Starts Here

- Find your why: Weight loss starts with your mindset.
- Evaluate your toxic burden, which might be a combination of foods, environmental triggers, stress, trauma and infection.
- Get tested to see how your body is functioning from a metabolic standpoint.
- Eat whole, unprocessed foods.
- Eliminate or limit grains and glutens.
- Up your intake of phytonutrients by eating fruits and veggies in the colors of the rainbow.
- Seek good fats: nuts, seeds, fish, healthy oils, etc.
- Eat smaller meals, and space them out to avoid blood sugar fluctuations.
- Focus on relaxed, mindful eating: Slow down, turn off the TV, and stop looking at your cellphone.

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QUESTION:

Tinnitus. What is it and how do you pronounce it?

Tinnitus, simply put, is the perception of noise or ringing in the ears which is not coming from an external source. Tinnitus can vary from person to person. It can be a hiss, click, single steady tone or a sound which may vary in frequency and volume-sometimes differently from day to day. It is pronounced (tin-ih-tus,) not as an "ITIS" such as laryngitis.

What are some of the common causes?

The causes of tinnitus are multiple. The most common cause is hearing loss. This is due to the fact that the organ of hearing is not providing the brain with the appropriate amount of information at a given frequency, so it begins to create its own information. This is similar to "phantom limb pain", wherein an amputee may experience pain in an extremity that is no longer present. Another cause could be temporomandibular joint abnormality, which is an irritation of the nerves in the head, neck or jaw that cross over into the acoustic nerve. It could also be as simple as too much ear wax.

What can be done?

For the person who suffers from tinnitus, 'background noise' is your friend. This means that if you can provide the brain with a sound a bit louder than the tinnitus, the brain will be distracted. Playing music, using white noise generators, a fan in your bedroom etc. are some ways to alleviate the distress brought about by tinnitus, especially at night when it is very quiet.

If you have hearing loss, wearing hearing devices can not only help you hear more clearly, but can oftentimes also reduce the perception of tinnitus. Some hearing devices have built-in noise generators for even more relief.



*Schedule your appointment today to discuss your
concerns about, and possible remedies for, your tinnitus.*



Scott L. Kay, M.D., F.A.C.S.
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Question:

What are two of the newest and most promising treatments in pain management?

Answer:

First, there is Dorsal Spinal Cord Stimulation (DSCS). What's great about living in this decade is that DSCS is now more effective and safer than ever before. The reason for that is the introduction of High Frequency (HF) DSCS within the last three years. With HF DSCS, we can achieve 70 to 80% average pain relief for both chronic low back pain and chronic leg pain. More traditional devices use low frequency stimulation, which provides less than 40% average relief of low back pain. Furthermore, when the HF DSCS device is on, it does not cause any persistent tingling in the back or the limbs, unlike the older devices. Finally, it is safe to drive with the HF device on, another big advantage over the traditional devices.

Secondly, Spine medicine and Regenerative medicine (sometimes called Biologics) have merged together in the last five years to create one of the most promising and radical new treatments - Intra-discal Stem Cell Therapy (ISCT). ISCT involves the injection of stem cells into injured or degenerating painful intervertebral discs in order to provide relief of chronic low back pain. The stem cells can come from the patients themselves via bone marrow aspiration, or from an external lab harvesting them. Two year outcome studies of ISCT are showing 60-70% average relief of chronic low back pain - results far better than the average 45% pain relief provided by Spinal Fusion Surgery. Pain relief from ISCT usually sets in within 1-2 months of the injection and the pain relief is holding at least two years so far. Longer outcome studies are pending. The procedure uses needles and does NOT involve surgery. Finally, the cost for ISCT is only a small fraction of the cost of Spinal Fusion Surgery. With efficacy and features like this, ISCT is quickly becoming the preferred treatment of discogenic low back pain.



Scott Jarman, MD FAAPMR

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QUESTION:

Should I consider whitening my teeth?

Your smile is the way you greet the world. While there are many options for teeth whitening, it is advisable to discuss this process with your dentist.

There are three types of systems for teeth whitening:

The in-office system takes place in one visit and you get the most advanced whitening technology with the results you want. The usual session takes between 45-60 minutes.

The take-home system utilizes custom fitted trays and gels. The procedure may take several days to two weeks to achieve similar results as the in-office system. This system is advantageous for mild discoloration or periodic touch-ups.

In addition to the professionally prescribed systems, there are several over-the-counter products. Depending upon the concentration of the whitening agents, your expected results may vary. Again, before using any of the over-the-counter products it is advisable to discuss this with your dentist. Tissue irritation and sensitivity need to be considered when using any whitening over-the-counter product.

With regards to sensitivity, everyone responds differently to whitening. Sensitivity is a side effect of the procedure, but products are available that can be prescribed by your dentist to control this condition.

Another question I am frequently asked is how long it lasts? Many foods and beverages people consume can have an effect on whitening maintenance. Periodic whitening touch-ups are quite common to maintain the whiter color of your teeth but the frequency of utilization should also be discussed with your dentist as you do not want to create long term sensitivity issues.

For additional information or a complimentary consultation, feel free to contact my office.



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