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EARLY SPRING ISSUE  
MARCH/APRIL 2018

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# Ambient Physical Therapy



- *Orthopedic Post Surgical*
- *Neck and Shoulder Pain*
- *Spine and Lower Back Pain*
- *Scapular Movement Syndromes*
- *Upper Back Pain and Thoracic Outlet*
- *Pelvic and Sacroiliac Pain*
- *Piriformis Syndrome*
- *Hip and Knee Replacements*
- *Lower Extremity Injuries*
- *Fibromyalgia and Muscle Aches*
- *Neurological Issues: CVA, Parkinson's*
- *Craniofacial Pain and Facial Paralysis*
- *Complex Neuro-Ortho Cases*

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*Desiree Gibbs, PT, MHA, ABDA*



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## OUR DEPARTMENTS

<b>Kids' Health &amp; Camp</b> .....	14
<i>Information, news and expert advice to raising healthy children from pregnancy to 18</i>	
<b>I Am Beautiful</b> .....	26
<i>Everything from tips to trends Where to go in NJ for specialty services</i>	
<b>Men's Health</b> .....	31
<i>Expert tips for Men's health and fitness</i>	
<b>The Healthy Palate</b> .....	34
<i>Recipes to enjoy and local dining options for eating out</i>	
<b>As We Age</b> .....	38
<i>Articles and physician information just for seniors</i>	
<b>Healthy Home</b> .....	53
<i>Here you will find expert tips to make your home healthier, safe and fabulous</i>	
<b>Health Articles and Q&amp;A Pages</b> .....	5
<i>Your questions answered from local physicians, medical news and information</i>	
<b>Healthy Mind &amp; Soul</b> .....	60
<i>Inspirational stories and advice on achieving mental balance and clarity</i>	
<b>Financial Health</b> .....	62
<i>Information, resources and news related to the health and well-being of your financial future</i>	
<b>The Strong Lean Body</b> .....	65
<i>Tips on how to reach and maintain a healthy fitness level</i>	



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

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## QUESTION:

**Why should I choose early orthodontic treatment for my child with a palate expander?**



**A**s Palatal expanders are often placed while a child is still growing. They are used to widen the upper jaw so that the upper teeth fit properly together out and over the lower teeth. Underdeveloped growth or narrowing of the upper jaw is one of the major causes of crowding. If the upper jaw is too narrow, there is not enough room for all the permanent teeth to erupt, which results in crowding, crossbites, underbites, or an edge-to-edge bite. Palatal expanders will not prevent the need for braces when all the permanent teeth erupt, but often times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop. As the palate begins to expand, it creates more room in the mouth for all of the teeth and the remaining teeth can begin to shift into position and will be far closer to their final position. A palate expander will reduce treatment time too. Different factors can lead to narrow upper jaw growth such as thumb-sucking, tongue thrusting or mouth breathing due to enlarged tonsils. Although these problems may look harmless, they may have serious long-term consequences on aesthetics and both dental and physical health. Palatal expanders often

times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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## QUESTION 1: You always say, 98% of the time a claim can get paid on its first submission? What made you support this claim?

Let me tell you what we do that I can guarantee you can make your claims get paid 98% of the time on first submission.

1. You have verified benefits and eligibility
2. You have checked your payer's guidelines (clinical, utilization and reimbursement)
3. You have identified Medical Necessity (the biggest thing here!)
4. You have obtained Prior Authorization (if required)
5. Submit the claim with all information needed on the claim to support the necessity of the rendered service. Report to the highest specificity of your diagnosis code(s), procedural code(s), drug(s) and supplies used. Be careful with bundling codes! and out-dated codes! Then document real time.

I can boldly say, **our providers get paid 98% of the time** because we make sure they are documented and their services are reported based on what they have rendered and based on medical necessity.

## QUESTION 2: How do we know if our practice is getting reimbursed appropriately?

Well, if you are not too sure if you are getting reimbursed appropriately, its time to review your contracts. If you don't have them, call the Provider Services of your Insurance Payers. If you are an Out of Network Provider, check out the Fair Health Rates and make comparison. *TIP: Always analyze your EOBs when you receive them, it's important to see how your payers are processing your claims.*

## QUESTION 3: We have learned from a Billing Seminar that if we get reimbursed at 100% of our charges, we should not be happy with the reimbursement. Do you know why NOT?

Ok, so for example if you charged \$1,500 and an EOB came back with an allowed amount of \$1,500, right? I will be very concerned because you are potentially losing and missing revenue here. See, the insurance payer could have allowed more but how could they, when you are charging them less than what they could have allowed? Think again. I had a Practice who literally argued with me in this scenario. **Can you recover underpayments? YES, you can.** If you have time, you can send a corrected claim and recover your payments. I have done this a countless times and been successful with it.

### Truths:

- 98% of the claims can get paid on first submission with maximized reimbursement if only you have the experienced and knowledgeable medical billers and coders
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# Meet Meghan



My name is Meghan McFadden and I am the new **Equine Facilitated Psychotherapist**. I am very excited to work with Laurie, Susie and the staff at Special Strides. I received my undergraduate degree in Psychology from Rider University and a master's degree in Social Work from University of Southern California. Prior to this position I worked as a Mental Health Counselor at Oaks Integrated Care in Trenton, NJ, as an Assistant Family Service Worker at Department of Child Protection and Permanency, Camden, NJ and as a Mental Health Counselor at Preferred Behavioral Health in Lakewood, NJ.

My connection with horses started at a young age. By identifying with these dynamic, strong animals I could express myself both physically and emotionally. My horse and I could form a

trusting relationship. Combining my love for horses with my education and work experience is what led me to a career in **Equine Facilitated Psychotherapy or EFP**.

Horses have always played a part in human interactions whether at work or for pleasure. Now they are also playing the role of therapeutic medium through Equine Facilitated Psychotherapy. EFP is a powerful methodology providing, counseling services to those interested in therapy outside of the office setting. The horse can provide feedback in a way that enables the individual to investigate their communication and attachment styles along with their personal strengths. Horses provide honest reflection in the horse/human relationship. This allows individuals to see their influence on others in a very clear manner, thus fostering change.

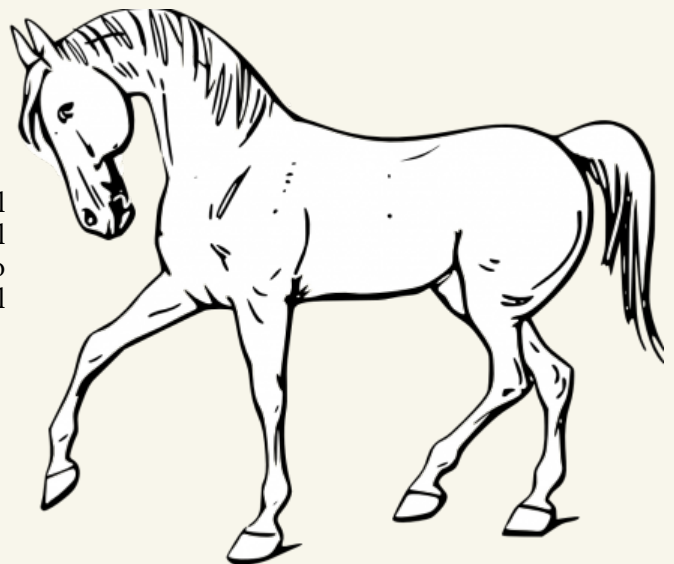
## **I specialize in many areas in the mental health field including:**

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- Anxiety Disorders
- Stress Management
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- Domestic Violence
- Para/Military Individuals and Families
- Social Skills
- Behavioral Needs

Working with individuals at Special Strides and utilizing the natural abilities of the horse to communicate emotions is very powerful therapy. If you are interested in learning more or know of someone who may benefit from these services I encourage you to please call or email me.

**Special Strides office: (732)446-0945**

**Email: Meghan McFadden at [mcfaddenlsw@gmail.com](mailto:mcfaddenlsw@gmail.com)**





# 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.

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.

# The Importance of Having Cousins

By Pam Teel

They always say, nothing should be more important than family and that includes cousins. They're like the siblings that you never had, and you love them just the same. They aren't meant to be people that come in and out of your life when it's convenient. They are meant to be there forever, no matter the distance.

In the past, when people all lived in the same area, you would get to know your cousins' children and your second and third cousins, but nowadays, everyone is so spread out all over the country, you might be lucky to know one or two people in your extended family outside of your first cousins and maybe their children. With great DNA sites like Ancestry.com you are now able to connect with first and second cousins that you never knew ever existed. It's interesting and fun to fill in the family history blanks.

Most people grow up close to their first cousins. They look forward to seeing them around holidays and weddings and unfortunately funerals. Anytime they can all get together is a special time. Cousins are some of the most important people we will ever have in our lives. They understand us, they love us unconditionally, and they share some of the most amazing experiences with us. Whether you are with your cousins 24/7, or you're just getting close with each other, cousins are huge blessings in our lives.



Here are some reasons why cousins are the best.

1. **Siblings usually police what you do, and don't want to get involved, whether it's good or bad, but your cousins will join in on your plot no matter what it is.**
2. **Cousins will give you advice like a best friend would.** They are Lifelong Friends. Friends come and go, but cousins are family—cousins are forever. Cousins will always be there for you.
3. **Visiting your cousins is more like a choice instead of a requirement.** Siblings, you have to live with, and you're stuck in a house with them. On the other hand, you can always go to your cousin's house whether you want to hang out with them or escape from your siblings.
4. **You might not see your cousins all the time, but when you do, it's always a good time together.** Not all of us live down the street from our cousins and get to see them every day, but when we do see them, it is guaranteed to be a good time. You and your cousins instantly click, kind of like you all haven't gone a single day without seeing each other.
5. **Cousins are forever.** Your cousins are like your siblings; they will always have a place in your life. Whether or not you see your cousins every day or talk to them every day, they will always and forever have your back -- just like how your siblings should! You will always cherish the memories you create with your cousins and will look back on these memories and laugh or cry together about them.
6. **Cousins are forever and are huge blessings in our lives.** They can act As Replacement Siblings. Not everyone is lucky enough to have siblings. So when that is the case, cousins can be essential to the family dynamic. Cousins have An Understanding. You and your cousins will always understand your dysfunctional family dynamics. No matter how crazy a situation gets, you have each other to share it and get through it.
7. **Cousins Can Help You through Rough Times.** Cousins will be there to talk with you, laugh with you, and comfort you when you need it most. They are the Family you need when you just lost a loved one. They are there to remind you that you have not lost all of your family because they still got you and they are grieving for your lose just as much as you. Cousins can be that extra love and support you need.

If you haven't been in touch with your cousins lately- email them, facebook them, call them! Give them a great big nod- just for being there!!!!



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# QUESTION:

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

Dr. Holli Alster



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

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

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

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

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

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

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

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

**Dr. Holli Alster at Family Foot & Ankle Center of Central Jersey**

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## Stop Sleeping on your iPhone *Place on Airplane Mode*

By: Lauren Kolacki

In 2017, an estimated 223 million people in the U.S used a smart phone. Of those people, how many are sleeping with them close by?

Huff Post conveyed a survey and the results are as follows, among 1,000 checking or savings account holders, age 18 and above, who also own smartphones, 71 percent claimed they usually sleep with or next to their mobile phone. Is this population aware of the consequences that accompany these actions?

Cell phones pump out electromagnetic radiation whenever they are turned on. One of the negative effects of electromagnetic radiation is its capability to destruct DNA in the cells. In this case, damaged DNA alters the way the cell works, grows, and reproduces.

For those who use their phone as an alarm clock, there is a painless fix. By putting your phone on “airplane mode” you shut down the transceiver, which dramatically lessens the amount of radiation that is produced. By reducing your exposure to electromagnetic radiation, you put yourself at less of a risk for other health concerns.







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

## QUESTION:

### How does The Mona Lisa Touch counteract vaginal dryness?

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

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

#### For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG  
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**Are you looking for alternative treatments for conditions you are suffering from? Are you experiencing symptoms in your neck, upper back or lower back or do you suffer with headaches, sciatica, carpal tunnel syndrome, tennis elbow, TMJ?**



**Allison J. Scharf, DC**

I'm here to help. As a chiropractor, my goal is to restore function to the nervous system to help relieve symptoms and to help prevent future exacerbation or injury. I seek to provide the best individualized treatment that each patient needs. Whether it is through hands on manipulation (adjustments of the joints) alone or with the addition of soft tissue massage, electrical muscle stimulation or ultrasound, after taking a history and performing an evaluation, I can determine which treatment plan would be most beneficial for you.

In addition to the typical conditions that chiropractors help people with, I am certified in **Nambudripad's Allergy Elimination Technique (NAET)** - a technique that can help relieve symptoms from allergies. This technique uses kinesiology (muscle testing), reflexology, acupressure, nutrition and energy balancing.

Recently, I began to learn about and educate patients on using **Essential Oils** to help with overall health and wellness. Essential Oils are naturally occurring compounds found in the seeds, bark, stems, roots, flowers and other parts of plants.

There's no need to suffer anymore! Contact me to see how you can benefit from alternative care!

**Remember - keep your spine in line and you'll be fine!**



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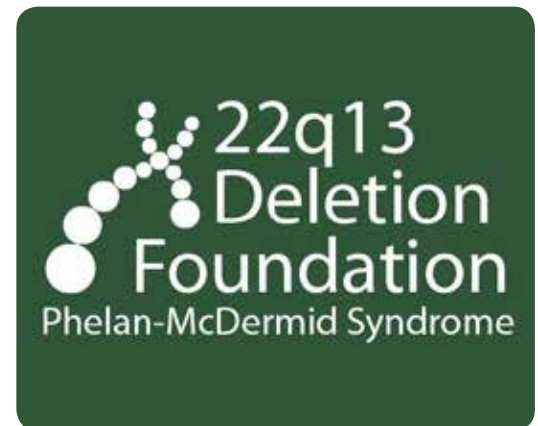
## What is Phelan-McDermid Syndrome?

By Lauren Kolacki

First characterized in 1985, Phelan-McDermid Syndrome (PMS), is a rare neurodevelopmental disorder where there is breakage and rearrangement within the 22nd chromosome. Chromosomes are found in the nucleus of all body cells and are responsible for carrying genetic information for the growth and development of everyone. The deletion of 22q13, results in an inversion that depresses cognitive, intellectual, and physical growth which alters speech, motor skills, and muscle tone.

Phelan-McDermid Syndrome is usually first characterized by hypotonia, which is low muscle tone in a newborn, but is also discovered when children have a lack of developmental milestones such as; rolling over, sitting up, walking, or talking on time. Those who are diagnosed with PMS may possess behavioral abnormalities that mimic autism. These include, animosity towards changes in routine, sensory sensitivity, repetitiveness, chewing, delayed speech, etc.

Unfortunately, there is no specific treatment for this syndrome. Each symptom can be treated specifically with the help of pediatricians, neurologists, nephrologists, gastroenterologists, immunologists, orthopedists, physical or occupational therapists, and speech/language pathologists. It is important to spread awareness of this rare disease to provide support for those experiencing it and to educate those who will be affected in the future. If you have a child with these symptoms, please speak to your physician.





# DNA Beauty Testing for Your Appearance

By Lauren Kolacki

Testing antigens in the blood to find appropriate donors has existed since the 1920's. Each year scientists made advancements, resulting in the discovery of DNA testing in the late 1970's. Today, taking an at-home DNA test has become particularly common. With new discoveries, these at home tests now include beauty results. With a simple swab, a DNA kit could specify characteristics about your appearance now and in the future. Those who have taken, have been informed of their UV sensitivity, skin elasticity, strength of their hair, etc. These tests even recommend specific cosmetics to assist with your concerns. By searching for skin and hair DNA tests, the internet will provide an abundance of kit options, such as SKin iQ, Orig3n, SkinGenie, SKINSHIFT, and Nutrafol — which could all be purchased online.



*Princeton Endoscopy Center provides services (colonoscopy, upper endoscopy) that can detect early signs of colorectal cancer and can help doctors diagnose unexplained changes in bowel habits, abdominal pain and bleeding and weight loss. Our goal is to provide patients with timely, compassionate, high quality care for their digestive ailments. If you would like to arrange a consultation with one of our physicians, call us at **609-924-1422***

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## QUESTION:

### What are the effects of missing one or more teeth?

Each tooth in our mouth has a specific purpose and function. Front teeth are designed to cut or tear our food and back teeth are designed to crush the food. Adults usually have 28-32 teeth. This can vary based upon the presence of wisdom teeth and/or teeth removed for orthodontic reasons.

When teeth are missing, most people compensate by altering their chewing patterns.

Other results of missing teeth include:

- Drifting of teeth which creates a mal-occlusion (incorrect alignment of teeth)
- Formation of periodontal issues and cavities
- Ill effects on the TMJ (tempromandibular joint) which can cause muscle and head aches.
- Inconsistent wearing of teeth
- Reduced chewing ability of certain foods
- Speaking concerns
- Cosmetic concerns

It is usually recommended to replace missing teeth after their loss within a reasonable amount of time to prevent the issues noted above. Many options are available and should be discussed. The specific recommendations for each individual should be discussed with their dentist. In general, the three most common ways of replacing missing teeth include Implants, fixed or non-removable bridges, and removable prosthesis (dentures). There are advantages and disadvantages for each option. Before making any final decision, make sure all of your questions are answered and you understand what the results will be.

**If you have any questions or wish to have a second opinion, call to schedule a complimentary consultation.**



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Growth plates in children's bones are not completed until their later teen years and are more susceptible to both traumatic and stress injuries in younger children. Proper footwear that is designed for a single sport, formal warm-ups and thorough stretching exercises, should be part of every youthful athlete's pre-game routine as well as cool-down sessions. The American Academy of Podiatrists also recommends that a preseason physical examination by a podiatric professional is valuable insurance against latent foot and ankle problems which can suddenly turn into serious and long-lasting injuries.

If a young athlete injures an ankle or foot during sports activity and if serious pain is experienced or the ankle/foot appears to look different, professional medical treatment is required. Foot injuries should be taken seriously and seeing a specialist always ensures best prevention as well as recovery.



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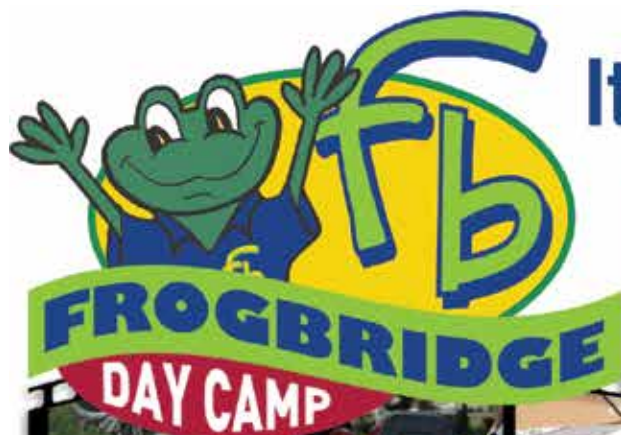
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**\*Activities are subject to change**





# 10 THINGS Parents with Loved Ones on the Autism Spectrum Would Love to Hear



- 1** What people say: "Maybe it's a misdiagnosis – I've heard they are over diagnosing things these days."  
*Better to say: "He's lucky to have an observant parent learning about his needs. Thanks for trusting me enough to share this – I am here for you."*
- 2** What people say: "Are you getting enough time for yourself?"  
*What we wish you'd say – "Can you find time to catch a movie or have dinner out with me next week? If you can't get out, can come by?"*
- 3** What people say: "I got him this gift – I know it's technically a little young for him, but I thought that it might be more his level."  
*Better: Call ahead and ask what the child would like, or, when in doubt: gift card.*
- 4** What people say: "Do you know whose family it came from?"  
*Better to say: Nothing. This is a deeply personal issue and with some disorders it's still unclear if they stem from genes, environment, or both. Listen only to what the parent volunteers.*
- 5** What people say: "Life doesn't give us anything we can't handle."  
*Better to say: "So, when can I babysit?"*
- 6** What people say: "This is an opportunity: You just didn't land where you expected, but landed. You thought you were going one place, but just ended up in another place. Have you seen that wonderful poem, 'Welcome to Holland?'"  
*Better to say: "I'm here if you want to talk."*
- 7** What people say: "Maybe he just needs a little more discipline."  
*Better: Recognize that communication – particularly the ability to understand language receptively – can be an issue in some disabilities. This can look very different from the outside; try to resist passing judgment.*
- 8** What people say: "It's too bad you didn't find out sooner. I've heard the prognosis isn't as good if they don't catch it early."  
*Better to say: "Can I help by reading up on the current resources and research? I'd be interested in learning more and I'm happy to help fill out forms/laminate PECS/help with your laundry."*
- 9** What people say: "I don't know how you do it."  
*Better to say: "So – when's our next playdate?"*
- 10** What people say: "So how is Junior (child with special needs)?" Not asking about your other kids, family, etc.  
*Better to say: "I love your holiday cards/Facebook posts/email updates. What's the latest?"*

For more advice and info please visit [www.autism.com](http://www.autism.com)

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## Away at Camp

*Taking part in an annual camp can be one of the most exciting parts of a child's summer.*

There are nature walks, cookouts and up-all-night summer fun. Camp has long provided many staples of American childhood and should be experienced by any child seeking some adventure and camaraderie.

But before you pack a bag and send your child off to summer camp, you should take some precautions to ensure that the trip is both fun and safe.

### Research the Camp

As a responsible parent, you should get to know what medical and safety services are available at the camp. According to recommendations from the American Academy of Pediatrics, a safe camp will make public its written health policies and protocols.

All children attending a quality camp should be required to have had a complete exam by a doctor in the past year and be up to date on all childhood shots. Before camp starts, parents should make sure camp officials understand any health issues the child has, as well as past significant illnesses, operations, injuries and allergies.

It also is important to find out if the camp has nurses or other medical personnel on site. Is there a place your child will be able to go if she doesn't feel well? What are the caregiver's credentials and background in treating children? These are critical questions to ask camp officials before sending your child there.

### Homesickness

The stress of being away from home should be a serious consideration before enrolling your child in summer camp. Eight out of 10 campers report being homesick at least one day at camp, according to American Camping Association statistics. Less than 10 percent of those cases result in the child becoming so anxious or depressed that he stops eating or sleeping, the ACA says.

You know your child best, so if she has struggled with leaving your company in the past, maybe a short day camp is good way of testing readiness for the overnight variety.



# Tips to Help your Baby Sleep Better

By Lauren Kolacki

- Have a consistent bedtime routine. This can include going into their room, shutting the blinds and lights, rocking in the rocking chair, etc. Your baby will quickly come to love the consistency and predictability.

*\*\*Try to avoid feeding before sleep, so the baby does not come to correlate the two.*

- Babies possess a startle reflex. This means, when they start to fall asleep they may feel as if they are falling and jerk. This movement causes them to wake instantly. By keeping your baby in a tight swaddle, you prevent the baby from startling him or herself, allowing for an improved night sleep.
- Change diaper strategically.
- “White Noise.” Place a fan or soothing music in the baby’s room. This will provide a relaxing aura and hinder exterior noises from waking the baby.
- Provide a familiar sleeping zone and try to avoid deviating bed time from this space. This corresponds with a bed time routine and the consistency that accompanies it.
- Limit day time naps. I know it is hard to wake an innocent, quiet baby, but sleeping too long during the day can interfere with nighttime rest. If the baby begins to sleep longer than 2.5 hours, you may want to wake them.

*\*\*On the contrary, forcing your baby to stay up during the day so they sleep better at night is counterproductive. He/she can be overstimulated causing them to be overtired and restless, resulting in less sleep.*



# PREPARE YOUR CHILD... AND YOURSELF FOR CAMP!

For parents, the most heart-racing, adrenalin pumping moments happen when you let go and watch your child try something on his or her own. The moment the training wheels come off, the first trip down the driveway on the skateboard, the time our children ride the school bus – these are more than just memories, these are critical moments that define growth and change. For many families, the first time they send their child to camp is one of the biggest let go, hold your breath, and watch them soar moments in childhood.

In today's world of high-tech kids and families who have a constant connection to each other, it's essential to take the time to emotionally prepare for camp. It is, of course, important to prepare the first-time camper, but families need to make sure that Mom, Dad, younger siblings at home – virtually everyone – is ready to adjust to camp life. The American Camp Association® (ACA) provides the following tips to help ease first-time families into the camp experience:



- **Parents** – As parents, it is important to focus on the positive aspects of camp. Remember that separation is natural, necessary, and inevitable – what better place to have that first experience than in a caring and nurturing environment designed specifically for children? Parents can also focus on the amazing benefits of camp – an experiential education like no other teaching valuable 21st century survival skills like leadership, teamwork, problem-solving, and interpersonal communication. “The greatest gifts that parents can give their child are independence and resiliency,” said Peg Smith, ACA’s former chief executive officer. “Parents should remember that by choosing camp they are giving both.”
- **Siblings** - Bob Ditter, family therapist and one of the nation's leading experts on camp, cautions it is likely that the child left at home will experience separation anxiety and truly miss his or her sibling. To help them prepare, be sure to talk about the upcoming separation. Before the eldest child leaves for camp take a picture of your children together that the sibling can keep in their room or carry around. Remind your children about the communication they can have with each other through letters and postcards.
- **Other family members** – Be sure that everyone is aware of the upcoming experience. Let family members know how to contact camper if they are interested through letters and care packages — make sure they are aware of any communication policies the camp may have, i.e. no phone calls or restrictions on what can be sent in a care package. In addition, an increasing number of camps are using Web sites to display photos or video during the camp session. According to ACA’s 2011 Emerging Issues Survey, 75 percent of responding camps indicate that they post photos or videos to a Web site for families to view. Forty-five percent indicate that they post information, photos, and videos to social media outlets like Facebook. Families should be sure to ask camp directors about these options.

Camp is an equal opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. By taking steps to mentally prepare for camp, families not only keep from getting “kid-sick” for their camper, but they can stay positive about the camp experience – which goes a long way toward helping first-time campers adjust to life at camp. And just like taking off the training wheels, the moment families see their camper radiating confidence and joy they will feel that burst of pride and gratitude that they allowed their child this experience.

For more information about preparing for the summer camp experience, or to Find A Camp, parents can visit [www.ACACamps.org](http://www.ACACamps.org). This online resource for families includes expert advice, information on health and safety, and ACA’s searchable database of over 2,400 ACA-Accredited® camps.

Contact Public Relations at 765.346.3391 or [pr@ACACamps.org](mailto:pr@ACACamps.org) to interview an ACA spokesperson for more information about the essential camp experience. For customizable public service announcements or article reprints, visit our Media Center at [www.ACACamps.org/press-room/](http://www.ACACamps.org/press-room/).



# American Academy of Pediatrics Releases New Guidelines on Juice Consumption for Children

In May of 2017 The American Academy of Pediatrics (AAP) released their current recommendations for 100% fruit juice in infants, children and adolescents. The recommendations are like previous recommendations released in 2001. Differences include:

1. The recommendation that juice not be introduced in the diets of infants under 1 year of age. Previously the AAP recommended juice not be given to infants under 6 months of age.
2. Toddlers age 1 to 3 years should limit juice intake to 4 ounces/day. The previous recommendation suggested a juice limit of 4 to 6 ounces/day for this age group.
3. Children age 7 and older should limit juice intake to 8 ounces/day. The previous recommendation stated a limit of 8 to 12 ounces/day.



The recommendations for children age 4 to 6 years of age remains the same (4 to 6 ounces/day). Children are encouraged to choose whole fruit to meet fruit intake recommendations, which aligns with recommendations in the Dietary Guidelines for Americans. The AAP also concluded that 100% fresh or reconstituted fruit juices can be a healthy part of children's diets when they are consumed as part of a well-balanced diet and that consuming a variety of juices in appropriate amounts is not likely to lead to significant clinical issues. The report advises that excessive juice consumption may have adverse effects including weight gain, gastrointestinal issues, and tooth decay.

The Florida Department of Citrus is committed to supporting consumers' health by sharing the nutrition and health benefits of 100% orange juice. We appreciate the American Academy of Pediatrics' expert review on juice guidelines for infants and children. We fully support portion control and responsible consumption of 100% orange juice. Whether it's 4, 6 or 8 ounce servings based on the new guidelines, 100% orange juice offers important nutrients such as vitamin C, folate, potassium, calcium and vitamin D in fortified juice, and hesperidin, a plant polyphenol. We look forward to working with pediatricians, registered dietitians, and other health professionals to ensure the health and wellbeing of our future generations.

## 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.

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Pain medication simply masks pain signals in the body and does not address underlying issues. There are many alternative options that have better outcomes. Try conservative care today!

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# QUESTION:

## What Is A Mommy Makeover?

The toll that pregnancy may have on a woman's body is something that most women do not prepare for. The good news is that many of the changes that diet and exercise cannot fix may be addressed through a single surgical experience – the “Mommy Makeover.” This is a customized combination of procedures that rejuvenate the most commonly affected areas after childbirth – the breasts and abdomen.

The fullness of a breast due to pregnancy and longer if one breastfeeds, is sometimes followed by a rather deflating experience as the breast tissue shrinks and the skin envelope does not. Fortunately there are surgical options for rejuvenation. These include reducing the enlarged skin envelope (mastopexy), refilling the envelope with an implant (breast augmentation), or more frequently a combination of the two. The exact approach is tailored to the patient's desires with guidance from her plastic surgeon based on her specific situation.

A woman's abdomen stretches to accommodate the growing baby, and more for large or multiple babies. The skin stretch is obvious but beneath this the core abdominal muscles are also affected. A midline separation of the rectus muscles is called a diastasis and may not be corrected with exercise alone. The adjacent oblique muscles may also be over stretched. A tummy tuck (abdominoplasty) is an operation that addresses both skin and muscle. The muscles are retightened with permanent deep sutures that create an internal corset. The extra skin (typically including areas of stretch marks) is then removed and the umbilicus is also surgically rejuvenated. New techniques now allow this procedure to be done without the inconvenience of drains that had been required in the past. The result is a dramatic aesthetic improvement as well as a stronger core with the muscles back where they belong.

These breast and abdominal rejuvenation procedures may be performed in the same session for most patients. The surgery is done in a hospital and typically is safest with one overnight stay. The patient is discharged home the next day and most daily activities are resumed with a week or two. Full unrestricted exercise usually resumes in another month or so.

While a mommy makeover is a significant operation, it is tremendously satisfying for both the patient and the doctor. These are some of our happiest patients!



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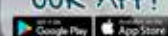
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## Hair Loss During Cancer Treatment Can Be One of the Most Traumatic and Stressful Side Effects of Fighting the Battle Against Cancer.



Owner Caryl Dillon (right), with Manager Olivia Reese

**W**earing a wig shouldn't make you feel self-conscious, it should empower you to feel more beautiful and confident.

When your world has been rocked by a cancer diagnosis, doing things that make you feel 'normal' again can be cathartic. Our hair is one way we express our individuality, so using a wig in a time of transition can help you keep your personal style.

If losing your hair is upsetting to you, wearing a wig is one way to gain control over the situation. A wig will allow you to decide what style, texture, length and even color you want for your individual look.

Once you choose your wig, the team at Wigful Thinking offers styling services and products that will help provide you with the look you're wanting to achieve. They will show you how to keep your wig in top shape and provide instruction on how to care for it correctly.

As a two-time cancer survivor owner Caryl understands the emotional toll to women when we lose our hair and eyebrows, "I remember...and it is important to me that every woman is taken care of with a confidential customized hair plan, support, and encouragement." Take the next step and make an appointment at Wigful Thinking. You won't be disappointed.



Wigful Thinking will serve a growing market for a simple and highly personalized approach to non-medical, non-surgical hair augmentation solutions for those driven by fun, fashion, convenience or medical hair loss.

Wigful Thinking offers the largest selection of high-quality wigs and hairpieces available in synthetics, blends and human hair for the most discriminating buyer. Wigful Thinking is a full-service studio offering maintenance (steaming, shampoo, conditioning and styling), in addition to wig styling products and accessories. A new addition to the product line is the human hair eyebrow collection—a necessity for eyebrow hair loss.

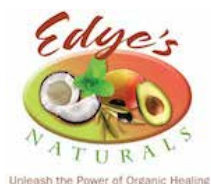
As a two-time breast cancer survivor, I've used my skills and knowledge in creating a haven where all your needs will be met.

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## Having trouble getting pregnant?

### *Have Your Husband Eat Tomatoes*

By Lauren Kolicki

Before you resort to spending a great deal of money on alternative fertility treatments, there may be another option.

"There's an assumption that infertility is a female issue because women are the ones who have the babies, but half the time it comes down to problems with sperm function or quality," says Karen Veness, spokeswoman for Britain's Infertility Network. Studies have shown that there is in an antioxidant compound found in tomatoes, that could increase sperm count by 70 percent. Lycopene, a powerful phytonutrient that gives tomatoes its color, has been found responsible for increasing sperm count, swimming speed, and decreasing abnormal sperm.

Aside from tomatoes assisting with conception, multiple studies have found that a tomato rich diet can reduce heart disease, help lower cholesterol levels, and reduce disease in the prostate, lung and stomach.



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# How to Father a Teen

By Lauren Kolacki

Children need to be both nurtured and disciplined. Many times, in a family, one parents tend to be the nurturer while the other lays down the law. This may work in correlation to your family structure but it is not always healthy. If you constantly must be the “bad cop” your children can grow to resent you, it is important possess both traits to develop a healthy relationship.

**Lead by example.** Allowing your children to be present when dealing with difficult situations, grants them the opportunity to see how you make decisions and handle stress. This illustrates a picture of what they aspire to be.

**Build up Positives.** Applauding your children's accomplishments helps to boost their confidence. Be sure to not only praise them about sports or grades but more so their character. When your child is compassionate, determined, considerate, etc. remind them how proud you are.

**Show up.** Life gets in the way sometimes; you're busy at work, the car needs service, you're exhausted. These are all temporary situations. Being there for your child can affect him/her for a lifetime. Go watch their sporting events, be there at their school shows, show up to parent-teacher conferences.

**Love your significant other.** Loving your spouse shows your daughter how she should be treated and shows your son how to treat a woman. Your relationship is a model of how intimate relationships work - the handling of differences, showing affection and respect, managing your own emotions.

**Spend Time.** Stanley Greenspan, the famous child psychiatrist and pediatrician, created the concept “Floor Time,” where you dedicate somewhere between 15 minutes and an hour strictly to your children, no distractions. This time could be spent doing anything of their choice; watching TV, playing a video game, going for a bike ride, etc., allowing them the chance to be in control.

**Apologize.** Do not be afraid to apologize when you overreact or are wrong. This displays compassion, sensitivity, humility; all favorable characteristics to pass on to your children.

**Make memories.** Be sure to make a big deal out of the big milestones and the same big deal out of the little things. Sunday breakfast, birthday dinners, etc. These are things your children will remember forever, these memories that made them feel special, that taught them their self-worth.



# For Sensitive Skin

By Nicole Iuzzolino

Skin care products are not just for girls. Men have faces too. The right shaving balm is essential for the perfect shave. When it comes to sensitive skin, finding the right shaving balm may be difficult, but there are some that will make shaving increasingly more comfortable.

One cheap but highly effective shaving balm is Nivea. It is not full of fancy lavender smells and other essential oils, but it gets the job done. This balm is full of vitamin E, provitamin B5, and chamomile. Another great option is Lather & Wood After Shave Balm. The Manual states that it is a little different than most balms since it has more of a consistency like a body butter. However, the formula does not feel greasy at all and doesn't feel heavy on the skin despite the consistency. It is also alcohol free which will prevent an sort of stinging. The Art of Shaving After-Shave Balm is created for men with sensitive skin. It contains shea butter, grapeseed oil, and other essential to keep the skin looking healthy.

If you are into buying more high end products, then the Cade from L'occitane is the route to go. This balm contains wonderful scents such as rosemary, juniper, and sandalwood. It is guaranteed to have your face smelling like a garden and feeling as soft as can be. The Lab Series 3-in-1 post-shave is also a great product, but requires some splurging. It will prevent any burns or bumps and allow a slower growth of facial hair. It even allows the new hair growing in to be much softer than before. This balm also contains palmento, which is an anti inflammatory.

It is always important to take care of your skin, especially when it comes to men with sensitive skin. These products are sure to help to increase the shaving process immensely.



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## Ingredients

- 9 bananas
- 1 ½ cup nut butter, of choice
- ½ cup cocoa powder
- 1 ½ cup blueberry

## Preparation

1. Preheat oven to 350°F.
2. In a bowl, mash the bananas with a fork.
3. Add nut butter and mix until combined.
4. Divide the batter into two bowls.
5. Add cocoa powder to one bowl of batter and mix well.
6. Add the blueberries to the other bowl of batter and mix well.
7. Add the batter to a muffin tin.
8. Bake for 18-20 minutes.
9. Let muffins cool.
10. Enjoy!





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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.





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Pasta is delicious and filling. Pasta has plenty of health benefits like folic acid, being cholesterol free, and sustaining energy. It also keeps you fuller longer. As a filling dish, you won't be quick to follow your pasta meal with unhealthy foods. It is also affordable and very versatile. You can have it as an appetizer, side dish, or the main meal. It is also a very simple meal to make which makes this fun recipe a great beginner project for children.

### INGREDIENTS

- 6 Ziploc bags
- 1 lb. spaghetti, cooked
- Food coloring (we used 6)
- 1 c. Water, Divided
- 3 tbsp. butter, melted
- 1/3 c. freshly grated Parmesan
- kosher salt
- Freshly ground black pepper

### DIRECTIONS

1. Place 2 tbsp. water into each zip lock back (we used 6 for 6 different colors). Add 10 drops gel food coloring to each bag.
2. Divide the spaghetti into the 6 different bags. Shake until they are coated in their colors.
3. Remove each pasta individually from zip lock bag and rinse with cold water. Combine in a large bowl and toss together with butter and parm cheese. Season with salt and pepper and serve.



# Chocolate Avocado Smoothie for Weight Loss

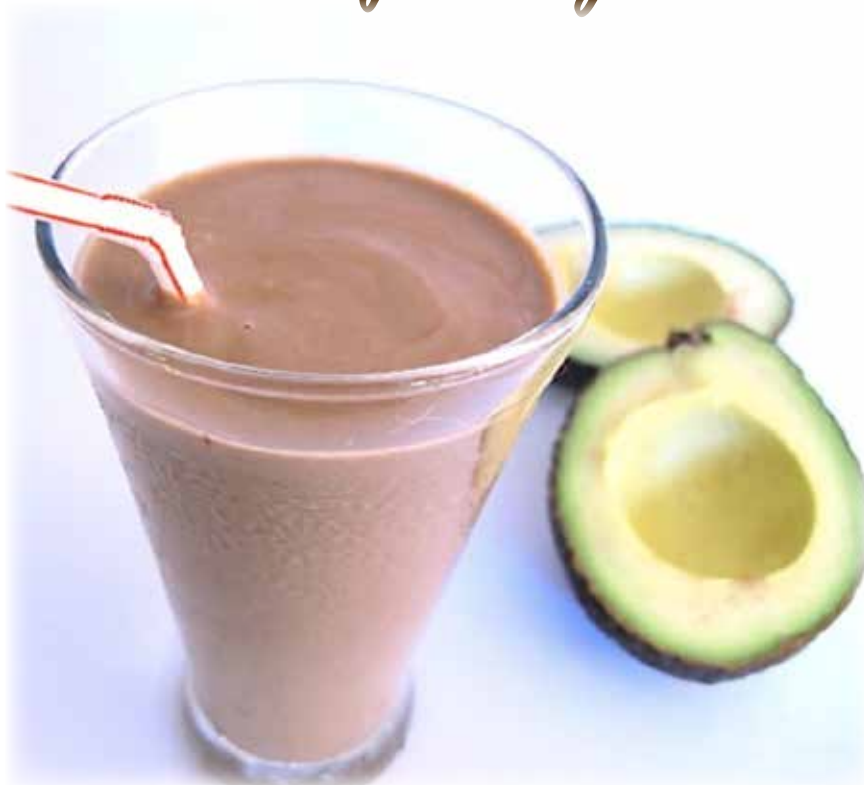
For a lusciously creamy smoothie, this blended avocado drink was made famous by Kourtney Kardashian! It is full of healthy fats and potassium and tastes beyond delicious and has many health benefits. Avocados can also help lower blood pressure, banish bloat, quell hunger pangs and is one of the few foods that can aid rapid weight loss efforts. Makes 1 serving.

## Ingredients:

- ½ avocado
- 1 banana
- 1 cup chocolate milk, of choice

## Directions:

1. Add avocado, banana, and chocolate milk to blender and blend until smooth.
2. Pour into a glass, and enjoy!



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## INGREDIENTS

- 3/4 cup strong green tea, chilled
- 1/8 teaspoon cayenne pepper
- Juice of 1 lemon (2-3 TBSP)
- 2 teaspoons agave nectar
- 1 small pear, skin on, cut into pieces
- 2 tablespoons fat-free plain yogurt
- 6-8 ice cubes

## DIRECTIONS

Put all ingredients in blender. Blend until smooth. Drink cold. This 1 serving meal has only 213 calories and 9 grams of protein. It is low in sodium and sure to target unwanted belly fat and bloat.





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## Acupuncture for Seniors

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.



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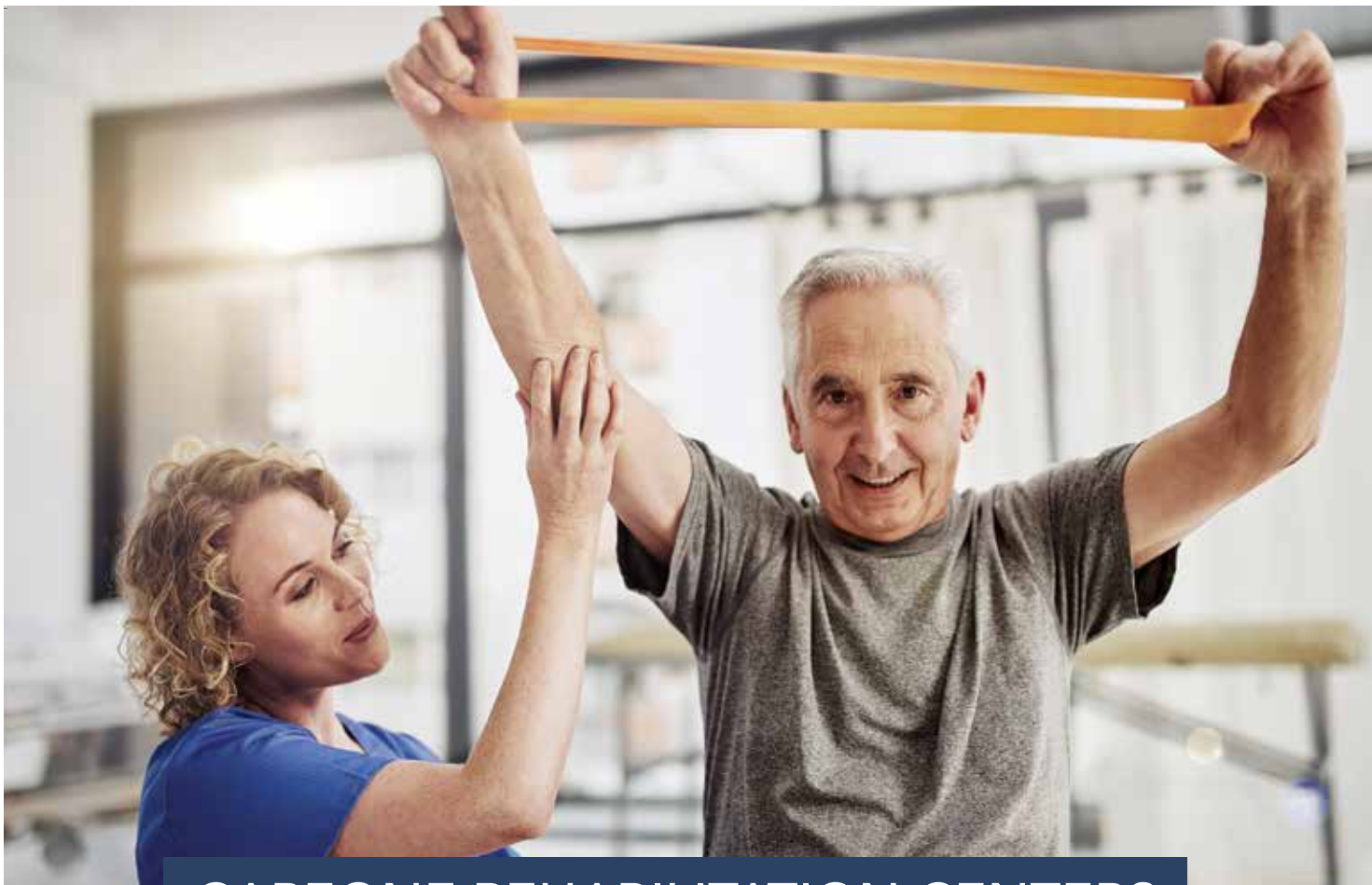
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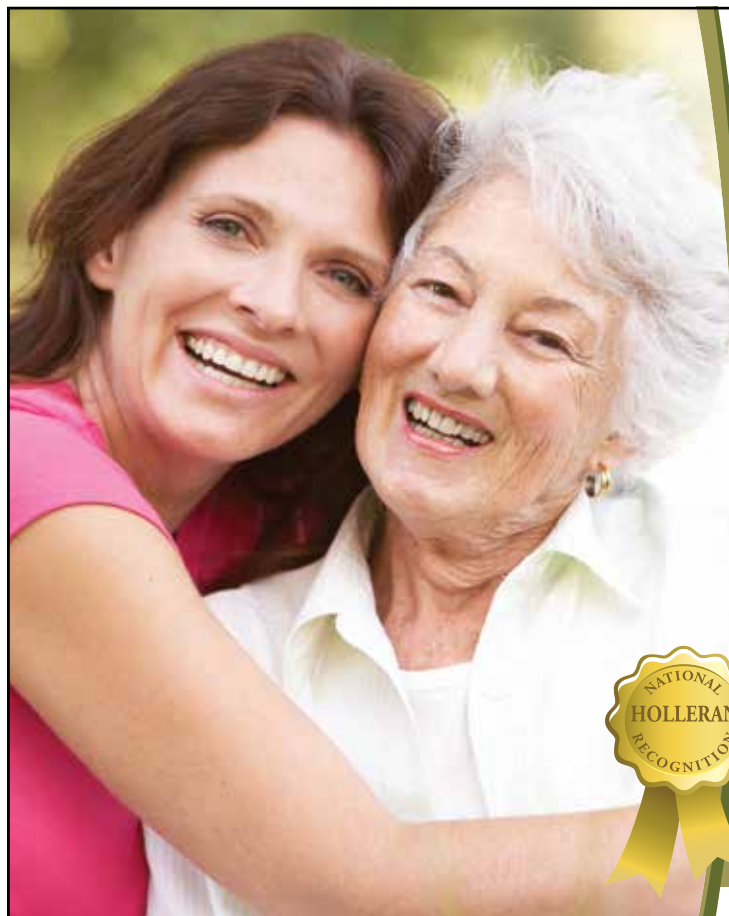
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## Best Things to Do with Grandma & Grandpa this Spring

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.



# Idiopathic Intracranial Hypertension ... The “False Brain Tumor” That’s Increasingly Affecting Americans

Idiopathic Intracranial Hypertension (IIH) – caused by cerebrospinal fluid (CSF) pressure within the skull that is too high – is considered a rare disorder because it affects only one in 100,000 Americans. Yet, with the epidemic of obesity in our country, a key factor in IIH, the number of cases is increasing.

“While IIH’s symptoms are often commonplace and dismissed as nothing – it can lead to blindness,” Dr. Pinakin R. Jethwa, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists (ANS), explains.

The most common symptoms of IIH are headaches, loss of vision, blind spots, poor peripheral vision, double vision, temporary blindness, ringing in the ears, neck and shoulder pain. Because these indicators can also resemble those of a brain tumor, IIH is often called a “false brain tumor.”

While IIH is most common in overweight women aged 20 to 50, it can also occur in patients who are pregnant, have recently given birth or take oral contraceptives.

That was the case for Nancy Collins, a 31-year-old mother of two young boys from Jackson, NJ.

“I was in so much pain I couldn’t look at the walls in my room,” Nancy describes. “A few days of testing in the hospital didn’t reveal any issues. Finally a spinal tap resulted in the diagnosis of IIH.”

Nancy was in intensive care at Jersey Shore Medical Center when she met Dr. Jethwa.

“Surgery is usually the last option for treating IIH,” Dr. Jethwa details. “However, in Nancy’s case, we didn’t want to wait for fear she would lose her vision and her quality of life would further decline.”

Dr. Jethwa proceeded with surgically implanting a shunt in Nancy’s brain to drain the CSF and lower intracranial pressure.

“I returned home the day after the hour-long surgery, and three weeks later, I started a new career,” Nancy continues. “Most importantly, I can be a wife and a mother again. Dr. Jethwa truly gave me my life back.”

*Atlantic NeuroSurgical Specialists (ANS) is New Jersey’s largest neurosurgical practice and one of the most advanced in the country. Visit [www.ansdocs.com](http://www.ansdocs.com).*



*After undergoing surgery to treat Idiopathic Intracranial Hypertension – often the last option for treating a “false brain tumor” – Nancy Collins was back in action at home with her husband, Kevin, and sons William and Michael ... and started a new career three weeks later.*



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## Health Benefits of Chocolate for Seniors

There's nothing quite like chocolate! The aroma, the flavor, and the melt-in-your-mouth goodness are enough to make anyone's day. But, did you know that there are even more reasons to savor a piece of chocolate?

Enjoying moderate amounts of chocolate, especially dark chocolate, has some surprising health benefits, especially for seniors: improved cardiovascular health, stress reduction, and improved vision, just to name a few!

**Improved Cardiovascular Health** – Dark chocolate has been shown to improve cardiovascular health, lower blood pressure, and help raise good cholesterol levels. Chocolate, like some fruits and vegetables, is high in flavones. Flavones help protect plants from environmental damage, and they help protect people, too!

**Stress Reduction** – Small, daily servings of dark chocolate reduce stress and act as a natural mood enhancer, especially for women. Chocolate increases production of serotonin, the neurotransmitter associated with feelings of happiness and contentment. Chocolate is also high in magnesium, which contributes to relaxation and better sleep.

**Anti-Inflammatory** – Chocolate is a known anti-inflammatory. Research has shown that the good microbes in your gut digest the antioxidants and fiber in cocoa, releasing anti-inflammatory compounds into the bloodstream.

**Healthy Skin** – Maybe when you were younger you heard that chocolate is bad for your skin. Good news: not only has this been debunked, but research has shown that chocolate is good for your skin! Sensitive skin is a natural part of aging, but chocolate with high levels of flavones helps improve blood flow to the skin and protect skin against sunburn.

**Cognition and Vision** – A study from Oxford University showed that people over 70 who regularly ate chocolate scored higher on cognitive tests. The flavones in chocolate improve blood flow to the brain and retina, resulting in mental sharpness and improved eyesight. Increased blood flow to the brain helps keep cognition sharp and may also help protect against Alzheimer's Disease.





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



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# PUMPING MENTAL IRON: IMPROVE YOUR MEMORY WITH BRAIN GAMES

By Marilyn Abrahamson, MA, CCC-SLP

We've all experienced it: that moment of panic when someone approaches and we can't remember her name, or when we're running late to an appointment and we can't find the car keys. These little lags in memory can slow down our days and add to anxiety, but all hope – and memory – is not lost.

## IS IT DEMENTIA OR DISTRACTION?

Most often, it's perfectly normal to walk into a room and forget why you walked in, or know the answer on Jeopardy! but struggle to find the right words. Our memories can fail us at times, but just like most things, a little practice makes (almost) perfect.

As a speech-language pathologist, I've worked with many people who say that they "can't remember anything anymore." However, when we test their information-retention skills, it's usually not a memory issue at all, but a problem with lack of attention. Mobile phones, and the access they provide to distracting activities like surfing social media sites, have shortened our attention spans over time.

Research has shown that even when people kept their cell phones on silent and upside down on their desks, they performed worse on tasks requiring focus and attention than those who stored their phones in a separate location. For years we've known that we begin to notice our attention starting to waver in our 40s but now it's happening much sooner. Recent reports have stated that a person's attention span has decreased from an average of 12 seconds to an average of 8 seconds. The average attention span of a goldfish is reported to be 9 seconds.

Because of this reduced ability to maintain a quiet mind, our brains are persistently seeking out new content, more stimulation, and it's having a marked effect on our ability to receive, retain and recall information. I often use the analogy of picturing a door on your forehead to explain attention. If you're fully engaged, that door is open and allowing the information to enter, but if you become distracted, the door closes and the information is lost. So, it isn't that you can't remember what you were told, you just never processed it in the first place. The good news is there are ways to overcome distraction. Our classes teach people ways to "switch on" their attention which will help them to acquire information and store it more effectively.

## SHARPEN YOUR SKILLS, SHARPEN YOUR MIND

The Minds in Motion program helps participants learn how memory works and why we forget, and teaches simple and effective strategies for improving information retention, retrieval and processing speed. Classes are designed for all adults who want to learn more about brain health and develop the cognitive reserve that will help stave off any future cognitive decline.

All classes focus on building cognitive reserve, preventing memory loss and acquiring new knowledge, so they're appropriate for people as young as 40 who want to strengthen their memory skills for the future.

And, this summer we're launching several new classes, including a series devoted to training your brain to improve the speed at which it processes information. The classes use beat-the-clock activities and team-based exercises to increase thinking speed and build confidence.

It's a normal aspect of aging that our processing speed slows down, but sometimes we make it worse by taking extra pauses because we're afraid of saying or doing the wrong thing. During this series, we'll stress "don't think, just do" to speed up response-time, build confidence and slow down the cognitive changes that go along with aging.

## THE 'KEYS' TO FINDING MORE TIME

One of our class participants told me that she had been wasting 20 to 40 minutes each day trying to find misplaced items, which was frustrating for her. After taking the Master Your Memory class, she learned the simple technique of placing a basket in each room to store the items that she lost most often, like her keys, wallet and glasses. By committing to only putting these items in a handful of places, she no longer has to search the entire house for them, and she's thrilled to have all of that time back in her day.

Through the miracles of modern medicine, Americans are living longer. Mental fitness will be a key component to maintaining independence and quality of life. By living a brain-healthy lifestyle, we can delay the onset of the symptoms of dementia and stay independent longer.

Classes are offered at CentraState Medical Center's main campus in Freehold and its satellite office in Monroe. To learn more, call 866-CENTRA7 or visit [livelifewellnj.com/memory](http://livelifewellnj.com/memory).

Marilyn Abrahamson, MA, CCC-SLP, is a speech-language pathologist and a certified brain health coach on staff at CentraState Medical Center.

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## Dr. Sanjay Gandhi, DPM A Step Up Podiatry



Sanjay Gandhi, DPM started his medical career by studying biology and earning his bachelor's degree in only three years from the University of Maryland College Park. After he completed his undergraduate work, he was accepted into the Ohio College of Podiatric Medicine where he began to study comprehensive foot and ankle care, maintaining high academic marks. He completed his residency through the Department of Veteran Affairs Medical Center (DVAMC) in Baltimore, Maryland.

This period of working with veterans opened his eyes to the wide variety of foot and ankle needs that exist, as well as the traumatic conditions that can affect soldiers. His experiences also involved rotations at the Cleveland Clinic, Joslin Diabetes Center, Fort Bragg Army Base in North Carolina, and the National Naval Medical Center in Bethesda, Maryland. Through his work with both veterans and everyday people with foot and ankle pain, Sanjay Gandhi, DPM is equipped to treat many different painful conditions.

He continues to pursue additional education through seminars and publications to stay at the top of the podiatry field and provide the best care for his patients. In 2011 and 2012, he earned an America's Top Podiatrists award. In 2015, he received the Worldwide Leaders in Healthcare award.

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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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## Dr. Karla Isaacs Teeth Tamers Orthodontics, LLC



Dr. Karla Isaacs is a Columbia-trained orthodontist with more than 15 years as an orthodontic specialist. Having started as an associate orthodontist working many hours in multiple practices in the New York, New Jersey, and Pennsylvania areas, she has concomitantly maintained similar employment even throughout practice ownership, facilitating her objective of maximizing opportunities for treatment plan development, as well as execution, in diverse areas with diverging populations. This rigorous level of commitment has allowed her to remain on the cutting edge of orthodontic innovations, employ a multitude of treatment plans and bracket systems, and develop a special interest in the popular Invisalign application.

Dr. Isaacs has always dreamed of pursuing a career in orthodontics. She is a mother of two children. When she is not working, the majority of her time is spent supporting their active participation in dance, gymnastics, musical instruction, and singing.

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# Making a Salad That is Low Calorie and Fills You Up

By Gabriella Mancuso

Salads are the obvious choice for someone searching for a healthy meal. They include all the elements a healthy meal should. However, low calories salads have been proven to be the better choice. Low calorie salads have everything your body wants and needs plus they fill you up. Eating a salad low in calories compared to eating a salad high in calories has many more than just one perk. Besides the obvious "less calorie" notion, they also offer many fibers, they keep you filled up for a long time and come in different styles. Every low calorie salad consist of lettuce, vegetables and dressing. For example:

**Greek Salad:**

*cucumber, tomato, red onion, bell pepper, kalamata olives, feta cheese, romaine lettuce, olive oil, red wine vinegar*

**Tuna and Spinach Salad:**

*mayo, pepper, tuna, red onion, celery, spinach, tomato, romaine lettuce*

**Rice and Beans:**

*brown rice, olive oil, white vinegar, pepper, pinto beans, green onions, romaine lettuce*

**Apple and Cheddar Spinach Salad:**


*mustard, sour cream, green onions, pepper, tabasco sauce, spinach, apples, almonds, cheddar cheese, romaine lettuce*

**Chicken Salad:**

*oil mayo, parmesan cheese, lemon, anchovy paste, garlic, worcestershire sauce, black pepper, romaine lettuce, boneless skinned chicken breasts, croutons*

These are just some examples of low calorie salads that you can make any day. Even though all are different they have one very important characteristic in common, they are healthy! No matter what you put in your salad just make sure it is not only tasty but nutritious. You can add your favorite vegetables and fruits to make a salad exactly to your liking. The most important thing is that you don't dread being healthy, but you actually enjoy it.





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## Question:

# What is meant by minimally invasive spine surgery and what are the advantages?

## Answer:

Minimally invasive spine surgery developed over time and the first trials date back to the 1980s. These were first done with endoscopic cameras that sacrificed some sense of three dimension. We progressed to small tubes through which we visualize spinal anatomy with magnification. Traditionally spine surgery was done through longer incisions and muscle was cut into or stripped off it's attachment to the bone. Powerful metal devices are then placed to hold the wound open to allow the surgeon access to the spine and all of this causes damage to the muscle. Today, the great majority of spine surgeries can be performed through slender tubes. After making a small incision, usually under an inch in length, we place a thin probe through the muscle down to the spine. We then slide slightly larger tubes over the probe spreading the muscle fibers gently apart. When we are done with the procedure, the tube is pulled out and the muscle falls back together, causing minimal damage to the muscle. Research has also determined that minimally invasive surgery results in lower blood loss and lower infection rates. Recent literature has shown better patient overall results at two and four years after minimally invasive surgery in comparison to an open procedure.



### Larry Deutsch, MD

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

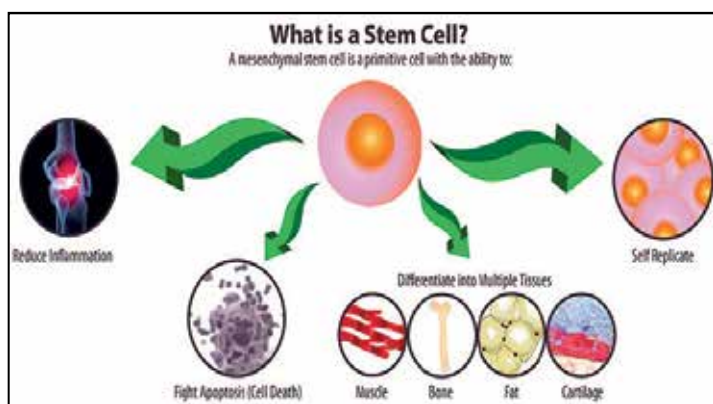


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# QUESTION:

## 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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# 2018 Garden Resolutions

By Nicole Iuzzolino

Spring is around the corner, which means the flowers will start to be blooming soon. It is about that time to whip out the gardening gloves and seeds to start planting. Gardening can be a bit of a process and a lot of work. But with a solid list of resolutions, you can get it all done in no time.

Organization is the key to everything, and it certainly helps with gardening. Make a list in advance so you know exactly what you need for the season. Make a journal of your experience gardening each year. Maybe you sowed the beans too soon or waited too late to plant. By jotting down these notes you will improve your gardening skills every year. Another great thing to do is journal your observations. Maybe a certain type of butterfly prefers one of your flowers over the other. Maybe one plant you planted this year attract hummingbirds that you never got before. This will make you take time to appreciate the beautiful garden you put so much effort into doing. Also, adding some heirloom vegetables to your garden will definitely spice things up for you this spring season. Heirloom vegetables are open-pollinated, and passed down through the family for generations. Besides having massive amounts of flavor, you can save the seeds and replant them each year. If you did this with hybrid seed you would not get the same result. Plus, heirloom vegetables come with wonderful stories on how they came to the United States. You can grow a magenta sunset chard, sweet chocolate peppers, japanese white eggplant, and so much more! Another way to really add some character to your garden is by building a “bee motel”. It’ll be a little get away for all the little bees ready to pollinate your newly planted garden. Use hollow reeds or bamboo to make a little nesting place for them. It is the perfect way to attract bees to your garden.

This is just a few resolutions to have for spicing up your garden this 2018. Remember to have fun and make the garden the way you envision it to be.







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## Crushing on Velvet

By Nicole Iuzzolino

Velvet took the world by storm this past year, and continues to make a statement in 2018. There are velvet scrunchies, velvet tops, velvet pants, and even velvet boots. While there is so many clothing options, what about room decor? Here are a few ways to make any bedroom look on trend with velvet.

### One: Chairs

If you have enough chair in your room, a velvet chair is great piece to have. If you have space in a corner in your room, create a little reading nook! Have a tiny little basket for books and add a velvet chair. The velvet chairs look regal and age very well. It'll instantly increase the elegance of the room. Plus the velvet is very comfortable.

### Two: Headboard

Velvet headboards can instantly increase the level of style in a bedroom. Velvet headboards have always been popular, and since the velvet craze, their popularity increased even more. Adding a few pieces like this, elevates a rooms style.

### Three: Bedding

Velvet bedding will make anyone fall asleep feeling like royalty. Add a popping blue or royal purple bedding to have a trendy look. If you want to put a colorful twist, add in some gold and white velvet pillows. It'll be comfortable and stylish.

### Four: Throw Blanket

Everyone loves a good throw blanket. Why not upgrade your normal blanket to a trendy velvet one? Just like the bedding, it is comfortable and stylish. Buy a popping color and throw it across a crisp white. It is look that is appealing to everyone.

### Five: Floor Pillows

Floor pillows are big, fluffy pillows that lay on the floor and add the feeling of comfort to any room. They are great for dorm rooms and bedrooms and serve many purposes. They are great for relaxation, a studying session, or for when you have friends over to hang out. A popping velvet floor pillow raises the style factor in any bedroom.







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- Have trees pruned away from your home.



### HEALTH

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- In our yards, trees often times need nutritional support.
- Water your trees every 3-4 days during periods of drought.
- Girdling roots kill trees. Have your trees inspect by an Arborist.



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# HOT TUB BENEFITS

By Lauren Kolacki

The alleviation that accompanies moments in a hot tub is one of the most rewarding, beneficial feelings. Along with the undiminished serenity, a hot tub can contribute to an increase in an individual's mental and physical well-being.

## HEALTH BENEFITS:

**Arthritis:** The heated water raises body temperature, increasing circulation which alleviates pain and stiffness. The water also allows for non-weight bearing exercises, that can aid in the increase of strength, flexibility, and endurance.

## WEIGHT LOSS:

The extreme heat raises the heart rate and lowers blood pressure simultaneously, mimicking exercise. The buoyancy of the water allows for non-weight bearing exercises, which is beneficial for those whose injuries restrict them from being active otherwise.

## INSOMNIA:

The temperature and circulation of the water reduces stress and anxiety, allowing users to enter a serene state of mind. This relaxation can contribute to a more tranquil night's sleep.

## BLOOD PRESSURE:

The initial reaction of the body when it is introduced into the steamy water is to stabilize its temperature. To regulate its conditions, the heart pumps faster bringing additional blood to the surface and increasing the supply of oxygen. This process originally increases blood pressure but because the heat is causing blood vessels to dilate, the pressure on the heart decreases, resulting in a decrease of blood pressure.

## STRESS:

The pressure of the jets act as a massage feature, contributing to an increase in blood circulation deep in your muscle tissues, relieving tense muscles and headaches.

## SKIN:

The high temperature will open your pores allowing for an intrusive clean. This results in your skin not only glowing, but feeling great as well.







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## Feeling Sick or Just Cranky? Make a Menthol Bath Bomb

Menthol Bath Bombs are a great remedy to use in the bath or shower when you or your loved ones are feeling under the weather. Easy to make and store for when you need a quick pick me up, simply place a Menthol Bath Bomb in your tub and you'll be on the way to feeling better in no time.

### What you'll need:

- 2-ounce travel spritzer bottle filled with ½ Florida Orange Juice and ½ water
- Silicone mold
- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup cornstarch
- Drops of your favorite essential oils

### Preparation:

- 1.) Mix baking soda, citric acid and cornstarch in a mixing bowl. Be sure to break up any clumps.
- 2.) Slowly mix in the essential oils. Spritz small amounts of Florida orange juice and water while stirring until the mixture resembles wet sand.
- 3.) Press mixture into molds and let dry for up to eight hours.
- 4.) Carefully push completed bath bombs out of mold and store in container for future use. Enjoy!



*Fun Tip: Mix it up by using different essential oil combinations. Menthol Bath Bombs make a great addition to cold and flu care package for family members and friends.*

# GROUNDING:

## *A technique to reduce anxiety in the moment*

By Lauren Kolacki



The more we understand our anxiety and can name what emotions are causing it at any given moment, the more capable we will be to help our Self. While education on anxiety doesn't make it go away, it does make it less scary and more predictable.

We all know anxiety is uncomfortable. And we all experience anxiety in different ways. Some people feel jittery, some people feel it in their stomach or intestines, some people feel it in their heart area. Some people feel it in their head in the form of dizziness, headaches, fogginess, confusion and more.

Below are times we can anticipate feeling some anxiety:

When we give up using a defense in favor of dealing with the underlying emotions. For example, let's say I typically avoid (defense) asking for what I want but decide I really would get more from life if I asserted my needs. The first few times I ask for what I want, I will likely have a spike in my anxiety.

Core emotions that we are not used to arise. For example, if I am frightened of my anger but try to feel it in my body, I will likely get

anxious and experience some sort of physical tension or constriction as my anxiety tries to squash or constrict my anger.

When many core emotions or inhibitory emotions or conflicts arise, I am likely to experience anxiety. Again, my mind is trying to block the whole upsetting experience and anxiety is the signal.

**When you feel overwhelmed and anxious try this simple quiet practice that you can do anywhere in public or private:**

1. Shift from thoughts or images from the past or future to being in the present moment. By sensing your feet on the ground. Literally and immediately focus on the soles of your feet, feeling the ground with them. This is called grounding. It is as simple as feeling your feet on the floor. If you want to do more, go to step 2.
2. As you sense your feet on the ground, take 5 or more slow, deep breaths using belly breathing.
3. Without casting judgment, but radically accepting what you find, try to name each core emotion under the anxiety. Don't search for logical thoughts. Instead, search your emotional world which is in your core or rest of your body. Literally ask your Self, "Am I sad?" "Am I angry?" "Am I scared?" "Am I disgusted?" "Am I joyous?" (Yes, Joy can cause anxiety!) "Am I excited?"
4. Name and validate each emotion you find. There can be more than one emotions and often there is when anxiety is very high.

Remember that listening to your body and connecting with yourself is the most important way to reduce your anxiety.



# Protecting Your Personal Information While on Your Phone

By, Lauren Kolacki

## Lock your phone.

Set up your device so that fingerprint authentication or a code is needed to unlock your phone.



## Know how to erase data remotely.

If your phone is lost or stolen, erasing its data can prevent someone from accessing your personal information.

**Back up your data.** If the data on your phone is backed up on a regular basis, you can easily transfer it to a new device. If necessary.

**Keep your operating system and your apps up to date.** Updates not only provide new features, they often include security fixes as well.

**Don't take the bait.** Clicking on links in text or email messages on your phone can provide hackers access to your accounts and personal information.

**Don't overshare.** Be careful about the information you are sharing with apps, and understand what information they are sharing with third parties.

**When possible, adjust your privacy settings to limit what data the apps can access.** Avoid public Wi-Fi. Using unsecure connections puts your data at risk. Many of us use our phones to help manage our finances, coordinate our calendars, and stay in touch with family and friends, so it makes sense that we would feel a sense of panic without it. But the very information on the phone that enables us to do all this is a treasure trove for hackers looking to steal your identity. Perhaps not surprisingly, millennials and social media users were more likely to fear having their phone lost or stolen. But all of us should follow these tips to keep our phone and personal information safe – even when the device is in our possession.

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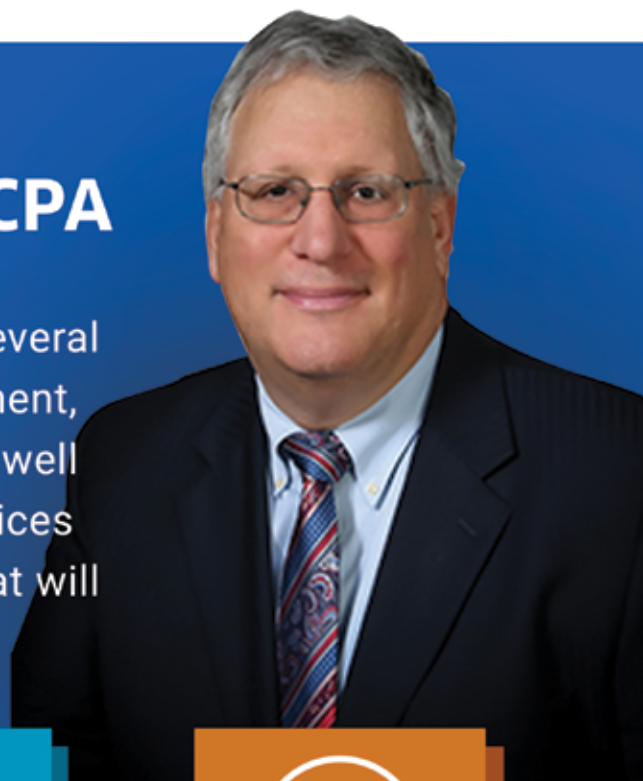
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# Can You Save for College and Retirement?

Few of us have unlimited financial resources — which means that almost all of us need to prioritize our financial goals. Consequently, you'll have some decisions to make if you'd like to help pay for your children's college educations someday while, at the same time, saving for your own retirement.

Your first step in addressing these objectives is to maintain realistic expectations. Consider the issue of paying for college. Right now, the average four-year cost (tuition, fees, room and board) is about \$80,000 for in-state students at public universities and approximately \$180,000 for private schools, according to the College Board. And these costs are likely to keep rising in the years ahead. Can you save this much for your kids' education?

Instead of committing yourself to putting away this type of money, take a holistic approach to saving for your children's higher education. You should encourage your children to apply for as many scholarships as possible — but keep in mind that most scholarships don't provide a "full ride." Here's the bottom line: Don't assume you will receive so much aid that you don't need to save for college at all, but don't burden yourself with the expectation that you need to pick up the full tab for your children's schooling.

On a practical level, you may want to commit to putting a certain amount per month into a college savings vehicle, such as a 529 plan. By starting your 529 plan early, when your children are young, you'll give the investments within the plan more time to grow. Plus, you can make smaller contributions on a regular basis. By following this approach, you may be in a better financial position for investing in your IRA and your 401(k) or other employer-sponsored retirement plan. If you're investing in a 401(k) or similar employer-backed plan, try to boost your contributions every time your salary increases. At the very least, always put in enough to earn your employer's matching contribution, if one is offered.

And once your children are through with college, you can discontinue saving in your 529 plan and devote more money to your retirement accounts.

It can certainly be challenging to save for education and retirement — but with discipline and perseverance, it can be done. So, give it the "old college try".

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

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# QUESTION:

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

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



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

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

### WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

### DOES IT HURT?

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

### WILL MY INSURANCE COVER HYALGAN?

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

### WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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# No Equipment Exercises for Your Arms

By Gabriella Mancuso

Upper body exercises are a crucial part maintaining a fit body. They create better posture and form, increase speed and benefit your entire body. Toning your shoulders and arms helps to benefit your posture and increase your speed. With a better posture and faster speed, you can complete your daily workouts quicker. When working out your upper body you are also working out the rest of your body. In order to complete most upper body exercises you use a variety of muscles from your quads, abs and back. The muscles from your upper body are very important to your form considering they connect to all parts of the body. This is why you should exercise them in the most beneficial and natural way, without weights.

Working out without weights is more efficient for helping build muscle throughout your whole body. Some examples of no equipment exercises for your arms include:



**Planks:** planks are an exercise that involves you staying up in an elevated push up position for a certain period of time. Planks help build muscles on your core and shoulders. There are multiple types of planks such as regular planks, lateral plank walks, plank jacks, etc.

**Inchworm:** the inchworm is an exercise that consists of you starting off standing and then walking into a plank position. You then walk back up into an upright standing position, and repeat this for the desired amount of sets.



**Pushup:** in order to complete a push up you must start in a plank position and then move your body/elbows up and down continuously at a steady pace. Just like planks, push ups have a variety of different forms. You can complete a regular push up, elevated push up, diamond push up, etc.

**Burpee with Push Up:** a burpee is a combination of a jumping jack, a push up and then a jump up. You start off by doing a jumping jack, then you retract into push up position to complete a single push up which you would later jump up from into an upright standing position. You then repeat this for as many sets as you would prefer.





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## Travel with Your Resistance Band 4 Strength Training Exercises You Can Do Anywhere

### How it works:

Do this circuit 3 times without resting between exercises (only resting at end of circuit).

### 1. Single-Leg Step-Ups

Reps: 10-15 on each leg

Stand facing a step. Place one foot on the step and the other on the floor. With your abs braced and glutes squeezed, start the movement by pushing through the front foot on the step, driving powerfully upward to the standing position. Lower your body under control. Pause briefly at the bottom and repeat. Complete 10-15 reps on each side.

### 2. Reverse Lunge

Reps: 10-15 on each leg

Stand with feet together, place the ball of your left foot on the floor. Slide your left foot back; Right leg will bend at 90-degrees. Slide your left foot up to start position, pulling up with the glute of your right leg. (You should feel this in your glutes and some in your quads of the stationary leg). The sliding leg is just going along for the ride. Complete 10-15 reps on each side.

### 3. Two-Arm Row

Reps: 15

Keeping your feet shoulder width apart, bend your knees and lean forward until you're at a forty-five-degree angle. Pull your shoulder blades back. Now, use a rowing motion to pull the resistance band toward your stomach then lower your arms down. That's one rep. Complete 15 reps.

### 4. Planks

Get into plank position with your forearms on the floor and your feet straight back so your body and back and your head is looking straight ahead. Make sure to keep your abs tight and don't allow your hips to sink. Stay in position and breath in and out for a minimum of 60 seconds.



# Thicker Hair

By Aleena Mcilvaine



A full head of thick, healthy hair is something everyone wants to have and keep as they get older. As we age though, it is harder to keep our hair looking as soft and beautiful as it once did. Some of these things may seem a bit out there, but they are all worth trying if you want to keep your locks looking young.

We'll start off with something easy, **olive oil**. Using this in a hot oil treatment will not only give your hair more volume, it will also make it stronger. Heat the oil in the microwave and apply evenly through your scalp and hair, then put on a shower cap or warm towel and let it sit for about a half hour. When the time is up just shampoo it out as you normally would. This can be done once or twice a week. Other oils like coconut, rosemary, castor, or argon also really help nourish your hair.

While it may sound a bit gross to put foods in your hair, the natural vitamins and oils in the fruits do wonders for your hair. A great mask for thickening and growing your hair is a mix of **avocado** and **banana**. Make a mixture of one mashed avocado, one mashed banana and one tablespoon of olive oil. Massage it on your scalp and leave the mixture on your hair for about a half hour, then rinse it out and shampoo your hair. Too much oil in your hair won't help the growth so this "mask" should be used once a week for the best results.

Another food item that can really help your hair is **plain yogurt**. All you need is one cup of plain yogurt and a shower cap. You have to section your hair off and apply the yogurt straight to your scalp and rinse after about twenty minutes. The acids in yogurt will exfoliate your scalp and open up the hair follicles to promote more growth. The high fat in it will also nourish and hydrate your scalp.

Your hair needs a lot of protein to stay strong, healthy, and full and something that has a lot of protein is **eggs**. While this is definitely something that isn't for everyone, an egg hair mask once a week promotes the most hair growth of anything mentioned already. Eggs are full of fats and vitamins as well that reduce hair fall/breakage and promote shine.

Thin, brittle hair is something that no one, no matter the age, wishes to have. With these few masks it is something that you won't have to worry about again! Most of the masks should not be used more than once or twice a week, because too much oil or protein could actually damage your hair more than help it. Figure out first what kind of hair you have and go from there. There is a remedy for fuller hair of any type, you just have to look for it!

# Barefoot is Better

*Have you ever had to wait in the car for your child to come out because they were taking too long to tie their shoes? After reading this article leaving the house may just get a little easier. Studies have proven that walking barefoot is a better option than wearing your shoes. Barefoot walkers seem to have healthier feet than non-barefoot walkers.*

The foot has 26 bones, 33 joints and 19 muscles and each are used when walking even a single step. Most functions you do involve walking, so having a good form is very important. Shoes corrupt this form. They effect which muscles you use and the way in which you use them. Having good form is crucial because good form results in good posture. Without good form in your feet you can cause your posture to disfigure. When walking barefoot your foot creates a fatty protection layer that will assist you in many ways. This layer will give you the ability to walk on any surface naturally. Being able to express these muscles freely will result in a naturally good result.

It is very important to make sure your kids walk barefoot as much as possible as their feet are still growing. You must train your feet to walk on natural surfaces to achieve positive results. Sneakers are commonly worn by children and teens. These specific shoes lack flexibility, or room within the shoe, causing the foots muscles to stiffen and create a harden feel to your gait. As well as limited free space, sneakers consist of laces. When tied too tightly laces cut off the blood circulation in the foot. Heels are another enemy to the foot. Heels are harmful for all the joints in the feet, especially the ankle.

Although, shoes are sometimes inevitable there are plenty of things you can do to help. Eating healthy can improve the foots growth just as it would any other part of the body. Vegetables, fruits and protein are all essentials in a healthy diet. You can also purchase shoes with little cushioning for more space. Finally, it is necessary that you try and set a good example for the people around you. Whether it is your children or your friends no one wants to be the odd one out, so having someone to go barefoot with will create a universal belief; Barefoot is better.







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Post-hospital care has become quite sophisticated and now includes treatments such as wound care, IV antibiotics and medications, cardiac issues, and respiratory compromise and conditions. A patient or their loved ones should choose a facility with excellent nurses, good physical facilities, and a proven track record of being able to handle these conditions. A patient admitted for post hospital care should be seen by a physician within two days of the admission. Depending on how sick the patient is, and how recent the admission, the patient should be seen 2 to 3 times per week. Every facility cannot excel in every field, so you need to find a facility with expertise in the conditions your loved one might have. In the case of COPD, for example, does the facility have a formal program with active involvement of pulmonologists and respiratory therapists? Facilities can be assessed in many fashions. Medicare rates them with a Star system, but this can be misleading at times. Tour the facilities, ask lots of questions, speak with members of your community, and do your online research to determine which facility might be right for you or your loved one.



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