

Monmouth County's

SPRING ISSUE
MAY/JUNE 2018

Ask The DOCTOR

THE HEALTH & WELLNESS MAGAZINE FOR YOU AND YOUR FAMILY

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Health Questions*

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

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Vitamin K, the Anti-Aging Supplement

By Lauren Kolacki

As we get older, we become more familiar with our bodies, and more familiar with the idea of them changing against our control. Our bone density decreases causing us to become weaker, move slower, and be at a higher risk for breaking a bone. Our brain cells deteriorate, which slows down our reflexes and alters our memory, hearing and vision. Our arteries experience arteriosclerosis, the hardening of the arteries, which causes a spike in our blood pressure. One minute you are young claiming this will never happen to you and the next you are aging, and this is...happening to you.

Vitamin K is a group of fat soluble vitamins that has an abundance of health benefits. Vitamin K can increase bone mineral density and reduce fracture rates in people who suffer from osteoporosis. For those with no previous bone complications, aside from aging, Vitamin K improves overall bone health, especially when administered with vitamin D. Studies have shown that an increase in Vitamin K, improves episodic memory. Vitamin K also, prevents mineralization, where minerals build up in the arteries. This helps to reduce blood pressure and enables the heart to pump blood freely through the body. This process resulting in a reduced risk of heart attack or stroke.

Vitamin K can be found in green tea, leafy greens (kale, parsley, spinach, broccoli) liver, soybean oil, wheat bran and fermented dairy (yogurt, cheese) /soy (miso, natto). By being sufficient in Vitamin K, you prolong the detrimental matters that accompany aging.



Consequences vs. Punishments

By Lauren Kolacki

When it comes to parenting, there are a million and one ways to do it. When it comes to dealing with bad behavior it usually comes down to two; consequences and punishments. Consequences are a result of one's choices, whereas punishments make a child suffer from their mistake. Which technique do you use?

The purpose of a consequence is to teach children how to do better in the future. Consequences can be a natural occurrence, for example, a child doesn't study for his or her test and they do poorly. The next test, they will think again before not studying. A punishment, in this case, would be the parents taking a picture of the lousy grade and posting it on social media. This would shame the child, in hopes the fear of embarrassment will be an incentive to not fail in the future.

Consequences are meant to help children learn. Kids understand why they need to improve their behaviors when they experience the effects of their actions. Punishments are assigned out of frustration or anger and although may serve in the short term, are detrimental to a child's view of self-worth in the long term.

When creating consequences for your child, you do not want this choice to come from a place of anger, therefore, it is important to be thoughtful before doing anything rash. For a consequence to be productive, it is important to stay consistent and stick to your guns. Consequences should always be directed at the behavior and not at the person to ensure a decrease in misbehavior and not in self-worth.



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Michelle Gursky Allen, MS, RD, CDN provides nutrition counseling for people with eating disorders, weight management issues and medical nutrition therapy, using a nonjudgmental and collaborative approach.

Dr. Herng Wu, Lic. Ac., Dipl. O.M., Ph.D. Acupuncture services can help a number of issues such as chronic pain, hypertension, weight, sleep, anxiety, fertility and menopausal changes.

Dr. Margo Hurewitz, PsyD licensed psychologist who specializes in treating children, adolescents and adults who are struggling with binge eating, anorexia, and bulimia as well as other psychiatric conditions such as depression and anxiety.

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QUESTION:

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



As 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:

What can I do as a parent to help prevent foot and ankle injuries as Spring Sports Season Starts Up?

ANSWER:

The ankle and feet are by far the most common sites of sports related injuries by children and are increasingly seen in youth sports. It is important that parents learn basic how to prevent sports related foot and ankle injuries and how to manage those injuries and when to seek aid of a podiatrist.

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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Meningitis at College

Did you know between 100 and 125 cases occur on college campuses every year?

- 5 to 15 college students die each year as a result.
- Cases among teenagers and young adults have more than doubled since 1991.
- The frequency of outbreaks has risen at U.S. colleges and universities during the 1990's.

What is meningitis? Meningitis is a rare but potentially fatal bacterial infection.

- It can occur in two forms, as either meningococcal meningitis, an inflammation that affects the brain and spinal cord, or as meningococcemia, the presence of bacteria in the blood.
- Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, or death can result from the infections.

Is there a vaccine to help prevent meningitis? A safe, effective vaccine is available.

- The vaccine is safe, with mild and infrequent side effects, such as redness and pain at the injection site lasting up to 2 days.
- After vaccination, immunity develops within 7 to 10 days and remains effective for approximately 3 to 5 years. As with any vaccine, vaccinations against meningitis may not protect 100% of all susceptible individuals.

Is vaccination recommended for college students?

Certain college students, particularly freshmen who live or plan to live in dormitories or residence halls, have a 6-fold increased risk of disease.

- The American College Health Association (ACHA) has adopted the recommendations of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), which states that college students, particularly freshmen living in dormitories and residence halls, be educated about meningococcal meningitis and the potential benefits of vaccination.
- Other undergraduate students wishing to reduce their risk of meningitis can also choose to be vaccinated.

Early symptoms of meningitis:

- high fever
- rash
- vomiting
- severe headache
- neck stiffness
- lethargy
- nausea
- sensitivity to light
- Meningitis usually peaks in late winter and early spring, overlapping flu season, and symptoms can easily be mistaken for the flu.
- Because the infection progresses quickly, students should seek medical care immediately if 2 or more of these symptoms occur at one time.

If untreated, meningitis can lead to shock and death within hours of the first symptom. If you have more questions please speak to your trusted physician.





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QUESTION:

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

ANSWER:



Dr. Steven Linker, OD

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

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

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

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

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Blue Light Blockers

By Lauren Kolacki

Sunlight contains several different color light rays, each that affects us differently. These shades are characterized by their energy and wavelength; light rays that have relatively long wavelengths contain less energy, and those with short wavelengths have more energy. Blue light rays have the shortest wavelengths, therefore, the highest amount of energy.

The display screens of computers, electronic notebooks, smartphones and other digital devices radiate only half the amount of blue light as the sun does; but because of the time using these devices and the proximity of the screens, it has become a higher risk for long-term eye health effects. The cornea and lens of the eye, are blockers of UV rays reaching the retina but blue light passes through, becoming a cause of serious damage and/or possible vision loss.

In the US, 97% of kids under the age of four use mobile devices. 77% of Americans have smart phones and teenagers spend an approximate 6.5 hours a day staring at a screen. With these statistics being so high, it is established that Americans have a high exposure to blue light. Because of this, it is important to be aware of certain blue light filters that can protect your retina. Fortunately, there has been several productions of blockers that protect your eyes without affecting the visibility of the display screen, some even act as a screen protector from scratches or cracks. Ask your eye doctor or optician about which type of vision correction and lens features best suit your needs for viewing your computer and other digital devices and protecting your eyes from blue light.



LESSER-KNOWN SIGNS OF CANCER YOU SHOULDN'T IGNORE

A constant headache that a Tylenol can't remedy, unexplained lower back or rib pain, or a nagging cough that won't quit, may not simply be signs of anxiety, stress or a cold or flu, but may indicate a more serious health concern—cancer.

According to the American Cancer Society, an estimated 1,735,350 new cancer cases will be diagnosed this year. However, thanks, in part, to the availability of new chemotherapy drugs and treatment technologies, more people are living with cancer as a chronic disease.

But, as we all know, early detection of cancer, no matter what the cancer type, is critical, yet, many symptoms of cancer don't always 'appear' the way you think they would.

So, what are some of the lesser-known signs of cancer we shouldn't ignore?

1. Changes in breast skin texture (e.g. puckering/dimpling) can indicate breast cancer
2. Swelling in the armpit or around the collar bone can signal lymphoma, a type of blood cancer
3. Hoarseness can indicate lung or vocal cord cancers
4. Persistent coughing can strongly imply lung cancer
5. Bowel changes can tip off colorectal cancers

6. Unexplained weight loss can be symptomatic of a slew of cancers, including lung, pancreatic and colon cancers

7. Lower back pain could reveal ovarian or testicular cancers

8. Rib pain can signal kidney or lung cancers

9. Recurring fever can be evidence of blood, kidney, lung and breast cancers

There are many other symptoms of cancer that are unfamiliar to most lay people, which include a rash, very heavy night sweats, persistent bloating, mouth or tongue sores that won't heal, breathlessness, excessive bruising, and chronic headaches, among others.

But, to not cause undue stress and worry, if you or a loved one experience any of these symptoms, don't panic because they don't always mean cancer, but don't ignore them either. Schedule an appointment with your physician to discuss your symptoms and medical history to rule out any chance of cancer. Again, early detection is key, and the more in tune with your own body and any changes that may take place to it, are habits of good health and can possibly lead to better outcomes if cancer is determined.



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Carrot Fries

These yummy baked carrot fries are crispy and delicious and simple to make! Carrots provide vitamin A and many other impressive health benefits including beautiful skin, cancer prevention and anti-aging.

INGREDIENTS

- 2 carrot
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup plain greek yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chives
- ¼ teaspoon salt
- ¼ teaspoon pepper

PREPARATION

1. Preheat oven to 425°F (220°C).
2. Cut carrots into fries and combine in a large bowl with olive oil, parsley, paprika, salt, and pepper.
3. Place on baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway.
4. Prepare dip while fries are baking. Combine all dip ingredients in a small bowl and set aside in the refrigerator until ready to use.

Gluten-free Butter-Dough Biscuits

These flaky and buttery biscuits can be eaten for breakfast, as a snack or a side dish. They are also made gluten-free and contain no wheat flour.

Makes 12 servings

Ingredients

- 1 cup full-fat Greek yogurt
- 2 cups gluten-free flour blend, plus more for flouring
- 2 teaspoons baking powder
- salt, as desired
- 2 tablespoons butter, melted

Preparation

1. Preheat oven to 425°F (220°C).
2. In a large bowl, mix together the yogurt, gluten-free flour blend, baking powder, and salt until a dough forms.
3. Transfer the dough to a lightly-floured surface and flatten into a 12-inch (30-cm) disk.
4. Use a small cookie cutter to punch out 12 biscuit rounds.
5. Transfer the rounds to a parchment-lined baking sheet.
6. Use a pastry brush to brush the butter on the biscuits and lightly sprinkle the tops with salt.
7. Bake for 15 minutes, until the biscuits are set and just starting to brown.



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Crazy for Calorie-Burning Spicy Cauliflower Nachos

This version of nachos is everything healthy and gluten free too!

Spicy food can boost your metabolism. Studies show that the main compound in chilies, called capsaicin, has a thermogenic effect and may cause the body to burn bonus calories after you are done eating.

YOU WILL NEED:

- 1 head cauliflower, cut into florets
- 3 teaspoons olive oil
- 1 tablespoon smoked paprika
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons hot sauce
- 2 tablespoons siracha
- ½ cup diced fresh chilies
- 1 tablespoon butter, melted
- 1 lime, juiced
- 8 cups gluten free corn tortilla chips
- 1 cup grated low fat Monterey jack cheese, grated
- 1 cup grated low fat cheddar cheese
- 1 avocado, chopped
- 3 radish, thinly sliced
- 2 celery stalk, thinly sliced
- low fat or fat free sour cream, to serve
- fresh cilantro, chopped, to serve



PREPARATION:

1. Preheat oven to 400°F (200°C).
2. On a large baking sheet, toss together the cauliflower florets, olive oil, paprika, salt, and pepper. Roast until tender, 20-25 minutes.
3. In a large bowl, whisk together the hot sauce, siriracha, melted butter, and lime juice.
4. Add the roasted cauliflower to the bowl and mix to coat.
5. Scatter the tortilla chips over the baking sheet. Top with the cauliflower, Monterey Jack cheese, and cheddar cheese.
6. Return the baking sheet to the oven and bake until cheese is melted and bubbling, about 5 minutes.
7. Top with avocado, radishes, diced fresh chilis, celery, sour cream, and cilantro. Serve warm.

Chickpea Meatballs

Chickpeas are a good source of protein, carbs, fiber, and many other nutrients. They may help with diabetes, blood pressure problems, heart issues, irritable bowel syndrome, cancer, and provides essential vitamins and minerals. This dish is a Plant-Based Protein and perfect for Vegans.

4 servings

Ingredients:

- water, or cooking oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 15.5 oz. chickpeas, 1 can, rinsed and drained
- ½ cup whole wheat breadcrumbs
- 2 teaspoons fresh parsley, chopped
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon red pepper flakes, optional
- 1 egg

Preparation:

1. Preheat oven to 375°F (190°C).
2. In a skillet over medium heat, add cooking oil or water and onions. Cook until onions are translucent, stirring occasionally.
3. Add the garlic and stir until fragrant. Transfer to a blender or food processor.
4. To the food processor, add the chickpeas, breadcrumbs, parsley, oregano, salt, pepper, red pepper flakes, and egg. Pulse until a dough forms.
5. Use your hands to form 1-inch (2-cm) balls from the chickpea mixture. Place in rows on a parchment paper-lined baking sheet.
6. Bake for 20 minutes, or until golden, flipping halfway.





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Baby Wipes: Reducing Your Baby's Food Allergies

By Lauren Kolacki

Food allergies affect one in thirteen children in the United States. Food allergies occur when your immune system believes that a substance is detrimental to your body causing it to overreact, triggering an allergic reaction. Peanuts are a common allergy because the body is alarmed by the protein ingredient. Allergies are brought on by a combination of the exposure to dust, food and specific chemicals. There are still so many questions about allergies and why they occur, however, researchers continue to find new discoveries every day.

In recent studies, it has been detected that baby wipes could increase the risk of a child developing a food allergy. The synthetic in baby wipes, sodium lauryl sulphate, is also found in soap and has been proven to disrupt the skin's protective fatty barrier. Even if a child has yet to ingest a food item, it may still enter their body through the skin. To reduce this risk, parents and guardians should be more aware. Always be sure to wash your hands before handling your baby, to reduce risk of exposure to unfamiliar food particles. Researchers also suggest rinsing off the area where a wipe was used to decrease the amount of sodium laurel sulphate that is absorbed by the skin.





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NEW NEWS:

Diabetes in Children and Teens

Until recently, the common type of diabetes in children and teens was type 1. It was called juvenile diabetes. With Type 1 diabetes, the pancreas does not make insulin. Insulin is a hormone that helps glucose, or sugar, get into your cells to give them energy. Without insulin, too much sugar stays in the blood.

Now younger people are also getting type 2 diabetes. Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due to more obesity. With Type 2 diabetes, the body does not make or use insulin well. Over time, high blood glucose can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth.

Children have a higher risk of type 2 diabetes if they are overweight or have obesity, have a family history of diabetes, or are not active. Children who are African American, Hispanic, Native American/Alaska Native, Asian American, or Pacific Islander also have a higher risk. To lower the risk of type 2 diabetes in children

- Have them maintain a healthy weight
- Be sure they are physically active
- Have them eat smaller portions of healthy foods
- Limit time with the TV, computer, and video

Children and teens with type 1 diabetes may need to take insulin. Type 2 diabetes may be controlled with diet and exercise. If not, patients will need to take oral diabetes medicines or insulin. A blood test called the A1C can check on how you are managing your diabetes.



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STOP SUFFERING IN SILENCE:

11 Truths About Menopause

By Helen Simigiannis, MD

For years women didn't talk much about the changes they experienced before, during and after menopause. It's just in the last 30 years or so that women have been encouraged to speak with their physicians about their symptoms. Now, women are much more in tune with their bodies and proactive about seeking treatment for the symptoms that can make life uncomfortable.

Here are 11 lesser-known facts about "the change of life."

1. Menopause is diagnosed after it's over.
2. The pre-cursor to menopause is peri-menopause.
3. Menopause is more than just hot flashes.
4. Hot flashes can affect your focus.
5. Menopause can start as early as 40 years of age.
6. Menopause can start as late as your early 60s.
7. There are several treatments for hot flashes, not just hormone therapy.
8. There's no correlation between when your period starts and when you start menopause.
9. The amount of calcium in your bones is set at age 30.
10. Not all women need both estrogen and progesterone after menopause.
11. There are several options to relieve vaginal dryness.



The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

When your body stops producing estrogen, one side effect is vaginal dryness, which can make intercourse uncomfortable. Estrogen therapy can help. If you have other menopausal symptoms, your doctor may recommend oral hormone replacement. However, if your only symptom is dryness, a topical, low-dose estrogen treatment may be more appropriate. Topical estrogen comes in several forms: cream, tablet or vaginal ring. Your doctor should prescribe the lowest dose of estrogen needed to relieve dryness. Vaginal moisturizers also can be used, as well as some newer, non-hormonal FDA-approved therapies. The FDA-cleared fractional CO2 laser has been a promising new non-medication treatment as well.

A recent patient had been suffering from vaginal dryness – and painful intercourse – for nearly three years before she booked an appointment with me for guidance. Her previous ob/gyn hadn't asked about vaginal dryness during her well-woman visit and she was embarrassed to bring it up herself. We had a frank discussion about her symptoms and after an examination, I prescribed a topical vaginal treatment. Her symptoms improved significantly at her two-month follow up visit and continued so she was able to be intimate with her partner again.

The most important advice I can give women is that there are a variety of effective treatments to manage the symptoms of menopause. There is no reason to suffer. Talk to your doctor about your options.

Helen Simigiannis, MD, FACOG, is a board-certified obstetrician/gynecologist on staff at Centra-State Medical Center. She is also a North American Menopause Society Certified Menopause Practitioner, and has a private practice in East Windsor. She can be reached by calling 866-CENTRA7.



Dr. Helen Simigiannis, MD, FACOG

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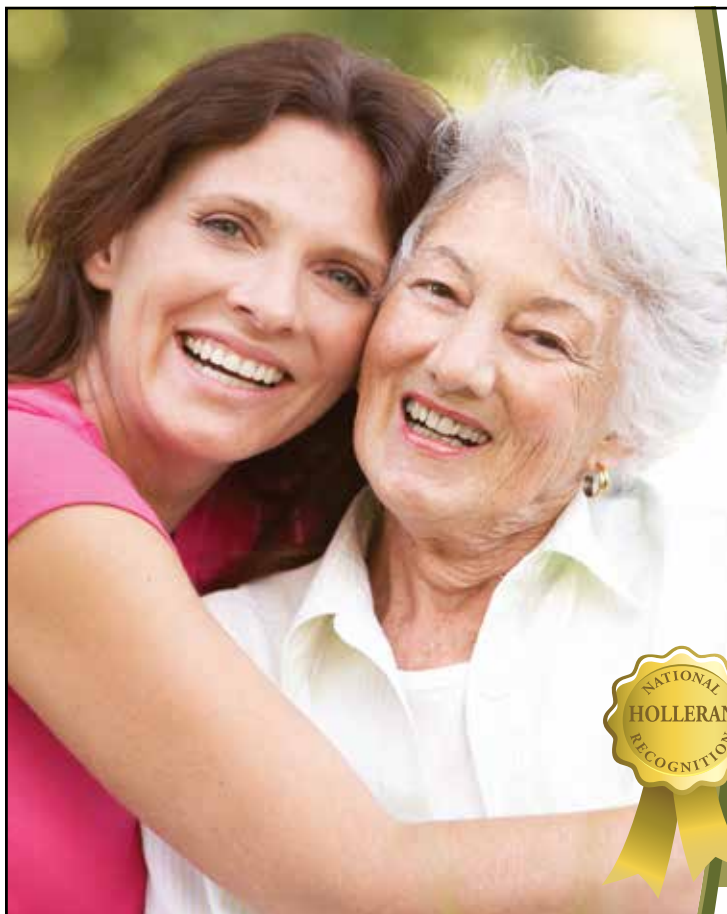
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**Dr. Helen Simigiannis,
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QUESTION:

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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

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Smell and Taste Change as You Age

Did you know that your sense of smell and taste are connected? As you get older, these senses can change. Changes in smell or taste can also be a sign of a larger problem.

Many problems cause a loss of smell that lasts for a short time. This temporary loss of smell may be due to:

- A cold or flu that causes a stuffy nose. The ability to smell will come back when you're better.
- Allergies. Try to stay away from things you're allergic to, like pollen and pets. Talk to your doctor about how to manage your allergies.
- A harmless growth (called a polyp) in the nose or sinuses that gives you a runny nose. Having the growth removed may help.
- Some medications like antibiotics or blood pressure medicine. Ask your doctor if there is another medicine you can take.

Sometimes, losing your sense of smell may be a sign of a more serious disorder, such as Parkinson's disease or Alzheimer's disease. Be sure to tell your doctor about any change in your sense of smell.

When food tastes bland, many people try to improve the flavor by adding more salt or sugar. This may not be healthy for older people, especially if you have medical problems like high blood pressure or diabetes (high blood sugar).

Eating food that is good for you is important to your health. If you have a problem with how food tastes, be sure to talk with your doctor.

Many things can cause you to lose your sense of taste. Most of the time there are ways to help with the problem.

Medications, like antibiotics and pills to lower cholesterol and blood pressure, can sometimes change how food tastes. Some medicines can make your mouth dry. Having a dry mouth can cause food to taste funny and also make it hard to swallow. Talk to your doctor if you think a medicine is affecting your sense of taste. There may be different medicines that you can try. Do not stop taking your medicine.

Gum disease, an infection in your mouth, or issues with your dentures can leave a bad taste in your mouth that changes the way food tastes. Brushing your teeth, flossing, and using mouthwash can help prevent these problems. Talk to your dentist if you have a bad taste in your mouth that won't go away.



Talk to Your Spouse About Your Retirement Vision

If you're single, your retirement goals are your own. However, if you're married, you and your spouse should develop a joint "vision" encompassing all the key areas of your retirement lifestyle. These are a few questions you may want to address first:

• **Where should we live?** Once you retire, you may need to consider two key aspects of your living situation: the size and location of your home. Regarding size, you may look around one day and realize you have more living space than you actually need. So, if you have a large single-family house, you may want to consider whether you should move into a condominium or even an apartment, either of which might be more cost-effective for you.

As for location, you may decide that retirement is the perfect time to move, either to seek a more favorable climate or to be near grown children and grandchildren. In any case, moving to a different area is a major financial decision, so you and your spouse will certainly want to discuss all the aspects of relocation.

• **Will either of us work?** You or your spouse – or perhaps you and your spouse – may want to use your skills and experience to do some consulting or even open your own business. Adding a source of earned income will almost certainly help your financial picture during retirement. However, any source of earned income during your retirement years may well affect important financial decisions, such as when to take Social Security and how much to withdraw each year from your retirement accounts, such as your IRA and 401(k). Again, it's essential that you and your spouse be on the same page about any type of employment during retirement.

• **How will we spend our time?** Aside from possibly doing some type of work during your retirement years, how else might you spend your time? Would you like to travel extensively? Or would you rather stick close to home and pursue your hobbies or volunteer? Keep in mind that there will be different costs for these various activities, so you and your spouse may need to prioritize your choices to ensure they fit in to your overall financial strategies.

As you can see, you and your spouse will have some key decisions about the financial aspects of your retirement. However, with some careful planning, you can make the moves that can help you work toward your common retirement vision.

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

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Legal and Financial Planning for People with Alzheimer's

By Lauren Kolicki

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease. Legal and medical experts encourage people recently diagnosed with a serious illness to examine and update their financial and healthcare arrangements as soon as possible. Basic legal and financial documents, such as a will, a living trust, and advance directives, are needed to ensure that the person's late-stage or end-of-life healthcare and financial decisions are carried out.

Families beginning the legal planning process should discuss several strategies and legal documents. Depending on the family situation and the applicable State laws, a lawyer may introduce some or all the following terms and documents to assist in this process:

- Documents that communicate the healthcare wishes of someone who can no longer make healthcare decisions
- Documents that communicate the financial management and estate plan wishes of someone who can no longer make financial decisions

Advance directives for financial and estate management must be created while the person with Alzheimer's still can make these decisions (sometimes referred to as "having legal capacity" to make decisions). These directives may include the following:

A will indicates how a person's assets and estate will be distributed upon death. It also can specify:

- Arrangements for care of minors
- Gifts
- Trusts to manage the estate
- Funeral and/or burial arrangements

Medical and legal experts say that the newly diagnosed person with Alzheimer's and his or her family should move quickly to make or update a will and secure the estate.

Healthcare providers cannot act as legal or financial advisers, but they can encourage planning discussions between patients and their families.

Start discussions early. The rate of decline differs for each person with Alzheimer's disease, and his or her ability to be involved in planning will decline over time.

Review plans regularly, and update documents as needed.

.



The Truth About Magnetic Eyelashes

By Gabriella Mancuso

The makeup industry is always producing new and exciting products that any makeup-guru will love. The newest product that has everyone buzzing are Magnetic Eyelashes. Anyone who has ever attended a party or wanted to take their look to the next level has experienced the struggle of false eyelashes. Everyone has dealt with the glue getting stuck to their lashes, the falsies not lining up right and the discomfort of not being able to apply. Magnetic eyelashes have been made to answer all our prayers.

Magnetic eyelashes are in pairs. Each eye gets two lines of eyelashes, one for on top and one for beneath. To apply you are instructed to place the lines of lashes so that your real eye lashes are in between. Magnetic eyelashes have been proven to be easier than glue-ons, and less time consuming. Although, many users have said that it takes some practice. Even though they may seem easier it takes a couple of tries to be able to consider them “not time consuming”. They are also less messy. Everyone hates the glue that comes with the usual fake eyelashes. The mess it causes and the discomfort of having it along the bridge of your eyelid is not something any make user looks forward to. Magnetic eyelashes do not include this hassle. They come free of glue, not messy at all, easy packaging and a lot cheaper. Magnetic eyelashes are a great buy for constant partygoers. They make the idea of upgrading your look not only doable but affordable.

Many companies have entered the fad. Favorites like Ardell and Glamour are now selling magnetic eyelashes as well as Revlon and 1,2 Cosmetics. You can buy them online or in stores. These time saving, non-messy look completers are what every beauty user loves and needs.



QUESTION:

If I have liposuction to one body area will the fat go to other areas?

If liposuction is done appropriately to a body area that is disproportionately large compared to the rest of the patient then the short answer is no. Liposuction can completely remove excess fat cell from specific body areas. The ideal candidate is generally healthy and not excessively heavy but has a couple of body areas that are simply out of sync with the rest of their body. The genesis of this is too many fat cells in that area - a disproportion that likely developed in their teen years. As we gain weight, every fat cell expands so if there is an area where there are too many fat cells then that area will take the brunt of the weight gain. Eliminating fat cells with liposuction from those problem areas can keep you from gaining too much weight and therefore you will look proportionate throughout your entire body.

We can see problems when liposuction is done on a patient who is globally heavy but well proportioned. If fat cells are eliminated from several body areas and the patient gains weight the remaining fat cells will all expand and can result in some odd shapes. When we see this type of patient (which we see asking for liposuction all the time) the better advice is to get down to a better body weight and if there are one or two areas that they are still struggling with then liposuction may be the answer.



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Collagen Benefits

By Lauren Kolacki

As you age you start to notice differences in your body. Your skin may appear looser with less elasticity and more wrinkles. It feels that all the workouts and aging moisturizer in the world is not benefiting you. Yes, this is a product of age but, more so, a result of a decrease in collagen production that occurs as we age. The other factors that can contribute to a decrease in collagen level is eating a diet high in sugar, smoking and high amounts of sun exposure.

Collagen is a rich source of protein present in all the body's organs and tissues. It is what helps give our skin strength and elasticity, along with replacing dead skin cells. Collagen provides the matrix that sustains the body's structure, as well as, binding cells and tissues together while helping them maintain shape and integrity. Aside from these by the book definitions, studies have shown collagen can improve much more than just the strength of our skin.

1. Improves detoxifications and liver function
2. Strengthens and repairs hair, skin and nails- Increasing collagen levels can help your skin look firmer, increase smoothness, and help your skin cells keep renewing and repairing normally.
3. Prevents joint pain- When we lose collagen, our tendons and ligaments start moving with less ease, leading to stiffness, swollen joints and more.
4. Helps repair a leaky gut- Collagen helps break down proteins and soothes your gut's lining, healing damaged cell walls and infusing it with healing amino acids.
5. Assists with weight management- Collagen can suppress your appetite, retain muscle mass that burns fat,
6. Supports bone growth and repair
7. Protects your heart- The amino acid proline helps your artery walls release fat buildup in the bloodstream, shrinking the fat in the arteries and minimizing fat accumulation.



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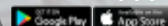
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How to fix Broken Makeup

By Nicole Iuzzolino

It is every makeup lovers worst nightmare. The moment that beloved eyeshadow palette hits the floor with an earth shattering smash, is the moment the images of dollar signs goes down the drain. However, it is not the end of the world. There are so many ways to fix broken makeup and have everything looking pretty much new. Here are some easy ways to fix our most used beauty products.

Eyeshadow: All you will need for this is rubbing alcohol, an empty spray bottle, coin the size of each eyeshadow pigment and a tissue. As Lauren Conrad states in her blog, begin by smashing the pigment with a pen to make it into a fine powder. Fill the empty spray bottle with alcohol and begin spraying the pigment. Make sure to give it a good soaking. Next take the coin and wrap the tissue around it. Press the coin into the pigment for 30 seconds. Let the pigment dry.

Highlighters: Highlighters are essential when wanting that goddess like glow, and this trick will leave you with a long lasting highlighter, even when it breaks. It is a bit similar to the eyeshadow fixing process. First gather up all the fragments into the original container and crush all the fragments together. Add a few drops of rubbing alcohol to the container and wait for it to soak. Using either your finger or the back of a spoon, rub and smooth down the makeup. It should be perfectly new!

Lipstick: Breaking a new lipstick is definitely one of the most stressful things for beauty gurus. First, twist the lipstick until everything that is left is exposed. Use a Q-tip to clean the base of the lipstick so the base is nice and smooth for the broken piece. Next, use a lighter to carefully heat the base of the lipstick until it is soft. Next, just for a second, light the base of the lipstick, but make sure not to burn yourself while doing this. Take out the Q-tip again and smooth the bottom of the piece so it can sit on the base better. Quickly light the broken piece again so it is warmed up and stick it on the base. Take the lighter and melt the pieces together, and then smooth out the whole lipstick. Put the lipstick in the fridge and let it cool. It is now 100% new!

These are just a few ways to fix our beloved makeup. It is easy, quick, and prevents us from having to splurge on products all the time!

SOME HEALTH TIPS FOR DAD THIS FATHER'S DAY

By Lauren Kowlacki

1. MEN NEED ZINC

This micro mineral is needed daily to help prevent erectile dysfunction and male infertility, as well as to maintain a healthy prostate. The safe dosage for taking supplements is 40 mg or less; taking too much can cause toxicity in the body and throw off copper levels, so consult a healthcare practitioner if you want to start taking this supplement.

2. MEN NEED TO WATCH THEIR IRON

High iron can result from eating too much liver, pork and beef or fortified cereals. Be sure to take multi-vitamins specifically for men as they will have lower amounts of iron or none. High amounts of iron are associated with higher risk of heart disease, liver disease, and cancer among other health issues. It is important for men to test their iron levels in the body through the following two blood tests called "serum ferritin" and "transferrin saturation." Both tests are necessary to determine an accurate reading.

3. EAT SAW PALMETTO

This plant has been shown in studies to effectively support the prostate. It is one of the most commonly consumed supplements by men with prostate cancer and benign prostatic hyperplasia (BPH). It also stops hair-loss in men.



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QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



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

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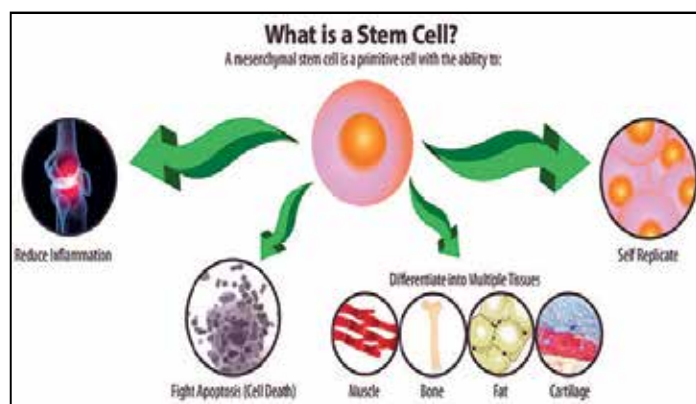
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QUESTION:

Can amniotic stem cell therapy help my knee pain?

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



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

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

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

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

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

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

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

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

AM I A CANDIDATE FOR STEM CELL THERAPY?

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

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



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

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Tackling Testicular Cancer: *Win the Game with a Strong Offense*

By Troy Sukkarieh, MD

It only takes a lump the size of a pea in your testicle to signal something serious.

It's estimated that 8,850 American men will develop testicular cancer this year. It is most frequently diagnosed in men aged 20 to 34. And, like several other cancers, your best defense is a good offense in the form of self-examination.

What are the symptoms of testicular cancer?

The most common symptom is feeling a mass, which is why self-exam is so important for detection. You may feel a mass in your testicle or in the scrotal sac. Additionally, you may notice that a testicle is enlarged, experience pain in one of your testicles, or, in extreme cases, experience weight loss or night sweats or cough up blood.

What are the risk factors?

Unfortunately, testicular cancer develops fairly randomly, although having an undescended testicle may increase your risk for developing cancer in either testicle. If you were born with an undescended testicle, you can decrease your risk by having the testicle brought down surgically.

How do I perform a self-exam?

You should conduct a self-examination of your testicles monthly, so I encourage my patients to do it on the first of the month to make remembering a bit easier. You should begin performing self-exams at age 15. The optimum time is after a bath or shower, when the skin of the scrotum is relaxed.

To perform the exam:

- Hold your penis out of the way and check one testicle at a time
- Hold the testicle between your thumbs and fingers of both hands and roll it gently between your fingers
- Look and feel for any hard lumps or smooth rounded bumps or any change in the size, shape or feel of the testicles

It's normal for one testicle to be slightly larger than the other and for one to hang lower than the other. And, each contains an epididymis, which can feel like a small bump on the upper or middle outer side of the testicle. This is normal.

Once you check your testicles regularly you'll learn what's normal for you and will be able to tell when something's different. If you notice anything unusual, contact your physician.

What happens if cancer is detected?

If cancer is suspected, your physician will perform an ultrasound to confirm it. If the ultrasound appears suspicious, blood will be drawn to test for tumor markers to "stage" the cancer and determine how far it has progressed. You will need a CT scan of your chest, abdomen and pelvis for staging purposes. If you're of child-bearing age, your doctor may recommend that you bank your sperm in case you wish to have children in the future, as some treatment options may affect fertility.

To treat testicle cancer, a surgeon will remove the affected testicle and implant a prosthetic silicon testicle, if desired. Your doctor also may recommend further treatment, such as chemotherapy, radiation or additional surgery.

Luckily, a testicular cancer diagnosis doesn't always equal infertility. I treated a patient in his late 20s who was diagnosed with testicular cancer a few months before his wedding. He had surgery to remove the testicle and had a prosthetic one implanted. He enjoyed his wedding and honeymoon, and began chemotherapy when he returned. Fast forward a few years, and he and his wife have two children. He has routine X-rays to check for recurrence but has been disease-free since finishing treatment. He banked sperm just in case, but by all measures is living a "normal" life.

Launch your own offensive against testicular cancer by making self-exams part of your regular routine.

Troy Sukkarieh, MD, is a board-certified urologic surgeon specializing in robotic and advanced laparoscopic surgery. He is on staff at CentraState Medical Center in Freehold and can be reached at Central Jersey Urology Associates by calling 866-CENTRA7.



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WHEN YOUR SPOUSE DISLIKES THE MOUSE

By Dawn Gunther

It's hard for us Disney Fans to imagine that there are people out there that don't like Disney. We all know that a Disney vacation promises to be full of entertainment, excitement, and adventure and they ALWAYS deliver. With commercials that boast about memories that will last a lifetime: who could not love going to the "Happiest Place on Earth"?

Sadly, there are people out there who don't share in our love for big eared; big hearted family fun. Some folks just don't get "it". I know about this first hand and struggle with this issue when planning our family vacations. My husband doesn't get my Disney obsession, which I can completely understand. I don't fully get his fishing obsession either, especially since it's catch and release. To me that is equivalent to shopping all day long and coming home empty handed, which would never be my case. To not be able to enjoy a Disney Park is another issue entirely and requires some strategic planning. I have managed to bring Hubby to Walt Disney World and Disneyland with great success. There are several key factors that one must consider when attempting to require a non-Disney lover to visit the parks. Visiting during the off-season is even more important since crowds will only help to prove any Disney dislike's point. Seeing crowds and waiting in long lines is a sure-fire way to ensure they will never return. Remember, your goal is to succeed in **EVERYONE** having a **MAGICAL** vacation and not a miserable one.



FIRST, consider what are your partner's likes? Do they like golf, fishing, boating, fine dining or maybe just hanging out by the pool? Well as you know, being a seasoned Disney Fan, Disney has something for everyone. Taking this into consideration, I took it upon myself to book a private Bass Fishing trip for my husband and son with Disney Tours. They fished early one morning on Seven Sea Lagoon while my younger son and I did some much-needed souvenir shopping. This allowed me to fulfill my shopping needs without boring my Hubby. My husband and son enjoyed the fruitful fishing experience and could create their own special memories outside the park. A win-win for all!

SECOND, on vacation, your non-Mickey loving friend may want to sleep in. Like most hard-working people, sleeping in defines the word "vacation". "What do you mean we need to get there before the park opens?": is what you will probably hear if you so much as attempt this rope-drop ritual. If you can't waver from your instinctive desire to be the first one in the park, then I suggest doing this once during a week-long vacation. If you do decide to instill this military-like schedule, you will have a very unhappy soldier unless you leave mid-day for a little R&R. Heed my warning, allowing a non-Disney loving friend to leave mid-day has a high probability they won't return the same day. Sleeping in isn't all-bad so let them sleep. If you are an early riser, this gives you time to enjoy your resort while they are catching some much-needed shut-eye. When you do get to the park, your entire family will be refreshed all the way until the nighttime parades and fireworks. Not so bad!

...continued on page 41

...continued from page 40

THIRD, bribe them with food. Who doesn't love good food? My Hubby is a foodie so this was easy. Be sure to book at least one Advance Dining Reservation (ADR) a day. I've been known to even do two ADRs a day depending on the length of our vacation and ages of the family members traveling with us. My sister calls my fast-walk my "Disney Walk". Remember, not everyone wants to move at your pace. A nice break in a cool, air-conditioned restaurant may be more MAGICAL to your guest than you know. Remember, if you don't see everything the first time (which you won't), it's a great excuse to return. Research the restaurants at the parks and select according to what your partner would like. Make sure you talk-up the restaurants you've selected before your trip as well as each day while on your vacation. This will hopefully encourage your non-like minded vacationer to get excited about their day ahead. Save the high dollar meals (California Grill) and special meals (Ohana) toward the end of the trip. You want to keep their excitement and anticipation up for the entire trip. Be creative!



LASTLY, schedule an off day. Yes, I said OFF DAY. This is the hardest for me. I'm a busy body and if I know that Disney is a stone's throw away, it feels almost illegal to not be there. When planning your vacation, ask your patient partner what they may want to do on vacation. If it's in Florida maybe an exciting airboat tour of the Everglades would do the trick. If it's in California maybe a day trip to iconic Hollywood and Beverly Hills for some sightseeing. Keep in mind that it's quite possible your guest may just want a day off, doing nothing at all. If this is the case, use this day for yourself with their permission of course. Disney offers some great tours. I've been to the park and experienced a tour by myself and had a great time. Don't let some one's disinterest detract from your dreams. Be brave!



In an ideal world, my Hubby would be mutually addicted to Disney and we would lie in bed at night discussing Disney trivia, upcoming changes to the parks and when we would be going AGAIN. (possibly wearing our ears) We would try to one-up each other and see who heard the Disney gossip first. I'm fortunate that we have 3 boys whom I've could brainwash at an early age. Luckily, my sister Norma and three boys, Cameron, Ian and Landon are more than happy to accompany me on my numerous visits to the House of The Mouse. I still hold out hope that my husband, Dave, will adopt a "can't beat 'em, join 'em" attitude. Until then, I will embrace our differences and consider him my lesser half. Everyone knows that the better half is the Disney Lover!



Relaxation Techniques: How much do we know?

By Lauren Kowlacki

Relaxation techniques may be helpful in managing a variety of health conditions, including anxiety associated with illnesses or medical procedures, insomnia, labor pain, chemotherapy-induced nausea, and temporomandibular joint dysfunction. Psychological therapies, which may include relaxation techniques, can help manage chronic headaches and other types of chronic pain in children and adolescents. Relaxation techniques have also been studied for other conditions, but either they haven't been shown to be useful, research results have been inconsistent, or the evidence is limited.

Relaxation techniques are generally considered safe for healthy people, although there have been a few reports of negative experiences such as increased anxiety. People with serious physical or mental health problems should discuss relaxation techniques with their health care providers.

Relaxation techniques include several practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being.

Researchers have evaluated relaxation techniques to see whether they could play a role in managing a variety of health conditions, including the following:

- Anxiety
- Asthma
- Childbirth
- Depression
- Epilepsy
- Fibromyalgia
- Headache
- Heart Disease
- High Blood Pressure
- Insomnia
- Irritable Bowel Syndrome
- Menopause Symptoms
- Menstrual Cramps
- Nausea
- Nightmares
- Pain
- Pain in Children and Adolescents
- Posttraumatic Stress Disorder
- Rheumatoid Arthritis
- Ringing in the Ears (Tinnitus)
- Smoking Cessation
- Temporomandibular Joint Dysfunction

Relaxation techniques are generally considered safe for healthy people. However, occasionally, people report negative experiences such as increased anxiety, intrusive thoughts, or fear of losing control.

There have been rare reports that certain relaxation techniques might cause or worsen symptoms in people with epilepsy or certain psychiatric conditions, or with a history of abuse or trauma. People with heart disease should talk to their health care provider before doing progressive muscle relaxation.

A variety of professionals, including physicians, psychologists, social workers, nurses, and complementary health practitioners, may teach relaxation techniques. Also, people sometimes learn the simpler relaxation techniques on their own.

If you have severe or long-lasting symptoms of any kind, see your health care provider. You might have a condition that needs to be treated promptly. For example, if depression or anxiety persists, it's important to seek help from a qualified health care professional.

Tell all your health care providers about any complementary or integrative health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care. Or for more information you can visit www.nccih.nih.gov, or call the NHH at 1-888-644-6226



Tara L. Fuchs, AuD FAAA Horizon Audiology



As both an industrial and clinical audiologist, Dr. Fuchs' professional experience spans from pediatric through geriatric patients. Dr. Fuchs began her impressive career when she was just 16. She was asked to help enter hearing screening data after school. She became interested in hearing loss and noise induced hearing loss as a result. When she turned 18, she was certified as a hearing technician and spent time performing industrial hearing screenings, where she worked through graduate school. She has spent time working as an adjunct professor at The College of New Jersey to help educate the next generation of hearing-health professionals. Because of her deep rooted respect and understanding of her patients' hearing circumstances, specific lifestyles and limitations, she strives to help the patient rather than simply address their hearing loss. Dr. Fuchs believes "every patient has a different need and hearing experience." Any weekend you might find Dr. Fuchs and her husband Glenn cheering on their daughter Abigail on the soccer field or their younger daughter Julia at a softball game!

Doctor Fuchs practices at Horizon Audiology, with offices located in East Windsor (609-448-9730) and Pennington (609-303-0291), New Jersey.

**300A Princeton Hightstown Road; Suite 204
East Windsor, NJ 08520
www.horizonaudiology.com**

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. Allison J Scharf, DC In Good Hands Chiropractic Center



Allison J Scharf, DC became interested in chiropractic at a very young age. She started having terrible migraines with the classic symptoms - intense throbbing pain in her head, sensitivity to light and sound, and nausea. When she was 12 years old she saw a chiropractor who took an x-ray and discovered something unusual in the position of the spine of her neck. There should be a natural curve in the cervical spine, but her neck was straight. This was irritating nerves and blood vessels in the area. It only took 1 or 2 visits of getting adjusted by the chiropractor for her migraines to resolve. To this day Allison has not had another migraine!

Allison is a licensed chiropractor for 25 years and founded In Good Hands Chiropractic Center, LLC in January 2005. Over these years Allison has enjoyed learning and exploring various techniques and products. Some of these services extend beyond typical chiropractic care and have enabled Allison to best serve her patients. Let her show you how chiropractic care and beyond can help relieve and prevent symptoms, so you can live your life more comfortably.

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Thomas A. Leach, M.D. Princeton Center for Plastic Surgery



Thomas A. Leach, M.D. is board certified in cosmetic, plastic and reconstructive surgery by the American Board of Plastic Surgery (ASPS). Founding Director of the Princeton Center for Plastic Surgery located in Princeton, New Jersey,

Dr. Leach has been servicing the Princeton and surrounding communities for over 25 years. He has an excellent reputation for achieving beautiful natural-looking results and for providing a very caring bedside manner. Awarded "Top Doctor" by the prestigious medical rating organization Castle Connolly Medical, Ltd. for 12 consecutive years, Dr. Leach performs surgical procedures such as breast augmentation/lifts, eyelid surgery, facelifts, laser assisted liposuction, neck lifts, and tummy tucks. He also performs non-invasive procedures such as CoolSculpting®, Botox®, Juvéderm®, Juvéderm® Voluma and Restylane® Silk.

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Healing Chronic Neck Pain is Possible: *Artificial Disk Surgery Exterminates Decades of Neck Pain for Lakewood Man in Days*

Kevin Mills, who suffered from neck pain for years, offers hope to those afflicted with persistent pain.

Formerly a licensed exterminator, Kevin Mills used to make a living by removing unwanted pests. However, there was one pesky thing he couldn't get rid of: his neck pain.

"I've had problems with my neck for as long as I can remember," explains 58-year-old Kevin of Lakewood, New Jersey. "My neck gave me trouble day and night for decades. That prolonged pain takes a huge toll on you physically — and mentally."

According to the National Institutes of Health's National Center for Complementary and Integrative Health, chronic or severe pain affects nearly 50 million American adults.

Kevin's health took another turn when he began experiencing terrible migraines and couldn't move his neck at all without being in pain. After having X-rays taken, his doctor advised him to contact a surgeon. That's when he connected with Dr. Pinakin R. Jethwa, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists.

"In this situation, Kevin did the best thing he could have done," says Dr. Jethwa. "First, he saw his primary care doctor very soon after his migraines and intense neck pain began. Second, he chose to consult a neurosurgeon. Neurosurgeons focus on treating the nervous system — the delicate and complex command, control and communication network in the body that's made up of the brain, spine and neurovascular system. The neck — or cervical spine — houses vital nerves that supply the head, arms, legs, esophagus, trachea, voice box and more. That's why neck injuries can be catastrophic, and in some cases, fatal. So, Kevin's decision to see a neurosurgeon instead of another type of surgeon who would have to consult a neurosurgeon was spot on."

Dr. Jethwa discovered two disks in Kevin's cervical spine were exerting pressure on the nerves, causing intense pain. He recommended Kevin undergo a two-level cervical artificial disk surgery. During this procedure, the damaged disks would be replaced with artificial disks, restoring the proper alignment and relieving stress on the nerves.

"Naturally, I was nervous about the surgery, especially in light of the fact that I had other health issues," Kevin shares. "I spent a lot of time reviewing everything with Dr. Jethwa — what the procedure would entail, outcomes, recovery time, and alternative options — and decided the artificial disk surgery was my best shot for getting better."

The surgery lasted only one hour, and Kevin returned home the next day.

"I was never in pain from the surgery," explains Kevin. "I lost my voice for three days and had a three-inch scar on the lower part of my neck. But, I felt great, so that was a small price to pay for alleviating my neck pain."

At his follow-up visit one month post-surgery, Dr. Jethwa confirmed his neck was fully healed.

"Beyond its restorative ability, one of the most attractive benefits of artificial cervical disk replacement is the fast recovery time," notes Dr. Jethwa. "There's no better example of that than Kevin. His story is one of many that proves healing chronic neck pain is possible, and it might be easier and quicker than you think."

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. For more information, visit www.ansdocs.com.



Following artificial cervical disk replacement surgery, Kevin Mills — pictured with his wife, Cheryl, at their son's wedding — is back to living his life pain free.



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THE TOP 10 MEDICAL MISTAKES YOU MAY BE MAKING

By Robert Pedowitz, DO

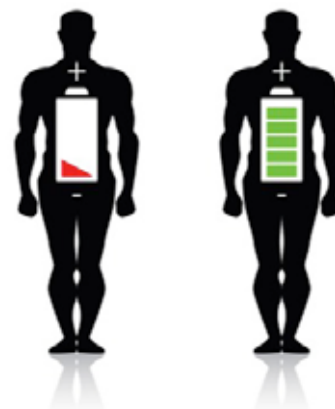
It's tempting to turn to Dr. Google when seeking medical advice, but searchers should be wary: not all information found online is accurate. When it comes to your body, it's best to seek the services of a medical expert. Here are a few mistakes you may be making.

1. NOT BEING OPEN WITH YOUR DOCTOR – Years ago, if your doctor said to do something, most people just did it. But we've learned that the best care comes from conversation. If you don't understand your doctor's advice, ask questions. And if he or she doesn't take time to fully explain things or answer your questions, then that's not the doctor for you. You should be able to ask questions, understand the answers and explain them to others.



2. NOT CHARGING YOUR BODY'S BATTERY – Most adults know that sleep is important, yet the majority still only gets about six hours of shut-eye each night. Lack of sleep can have a profound impact on your health, including:

- Decreased alertness
- Slower decision-making skills
- Poor performance at work
- Poor diet choices, including sugar and carb cravings
- Caffeine overuse, which can increase blood pressure and heart rate and affect your kidneys
- Weight gain
- Increased risk of developing diabetes



Climb into bed and aim for seven to eight hours of solid sleep. Your body will function much better when its energy reserves are full.

3. SITTING EXERCISE OUT – Our reliance on digital devices often means we spend our time surfing the internet instead of surfing the Atlantic. You don't have to train for a marathon or set an Olympic swim pace, but you should make 150 minutes of exercise your weekly goal. You can break it up into 30 minutes a day, five days a week. And, for an added boost, get moving outside to gain the added benefits of fresh air and sunshine, which can lift your mood. Without exercise, you risk developing high cholesterol, high blood pressure, diabetes and heart issues.

4. FALLING FOR FADS – Fad diets, like the ketogenic diet or intermittent fasting, can provide quick results, but those results are rarely sustainable. The one exception may be the Mediterranean diet, which seems to promote a sensible plan. For long-lasting results, ditch a diet that's restrictive and choose moderation in the form of lean meats, chicken, fish, healthy oils and nuts, and lots of vegetables. Most people know that too much sugar is bad, but not everyone is aware that overeating carbohydrates such as pasta, bread and cereal can have equally detrimental effects on our bodies. Avoid processed, fatty and fried foods, and if you're not that active, you'll want to curb your calorie intake at about 1,600 to 1,800 calories a day. If active, you may need more than 2,000 calories for energy. Consult a doctor or nutritionist for specific guidance.

5. DELAYING THE DENTIST – Few adults look forward to visiting the dentist, but bacterial infections that can affect your heart can start with poor oral hygiene. To keep your mouth smiling, brush and floss twice a day, consider using a mouth rinse and see a dentist at least once a year, ideally twice.

6. FAVORING FASHION OVER YOUR FEET — Shoes that are old and beat up don't provide adequate support for your feet. Your feet bear the brunt of hundreds of pounds of pressure with each step. As such, you need arch support and stability to avoid developing plantar fasciitis, an inflammation of the tissue that connects the heel bone to the toes. Replace or repair worn shoes and if unable to buy new shoes, consider using cushioned insoles. Limit your use of high heels, because they can cause injury, such as contributing to plantar fasciitis, knee, hip and/or back pain.

7. WEARING CLOTHES OUT OF SEASON — When the temperature drops, be sure to wear climate-appropriate clothing, including gloves, hats and coats. Exposure to the cold can weaken your immune system, which is particularly risky in bad flu seasons like the one we just experienced. Also, you risk damaging your skin, or in extreme situations, developing frost bite. The converse also is true: Wearing heavy, dark clothing in the summer can lead to overheating or heat stroke.

8. MISMANAGING YOUR MEDICATIONS — Patients can make several mistakes when taking medications, including:

- Not taking them as directed, which can cause side effects and reduce the medication's ability to treat your condition
- Stopping use of the medication too soon, which can lead to treatment failure, or cause withdrawal symptoms or a "rebound effect," in which the condition being treated develops again, sometimes stronger than before
- Relying too much on over-the-counter medications, as they may not appropriately treat your condition or may cause side effects. For example, if taken too much, acetaminophen can cause liver damage, and ibuprofen can cause damage to the kidneys, liver or intestines.

Talk to your doctor if you have any concerns about the medications that you've been prescribed, including concerns about price. If a patient can't afford a certain medication, I help him or her look for generic options or coupons to offset the cost.



9. TRYING ALTERNATIVE TREATMENTS IN A VACUUM - At times, you may want to use alternative treatments to alleviate your pain or illness. Going to a naturopath or an alternative non-physician provider, for example, may help but talk to your doctor about the treatments you'd like to pursue. Without the knowledge of your health history, or proper training and background, he or she may misdiagnose your pain or problem. And while I'm not opposed to alternative treatments like cupping and acupuncture, make sure your primary care physician is informed about it so he or she can add it to your medical record, or provide sound evidence based medical advice about all of your treatment options.

10. TRADING CIGARETTES FOR VAPING — There's not enough data to conclude that swapping one inhaled substance for another is a safer idea. The liquid in e-cigarettes is a chemical with unknown additives – and unknown health effects.

Having an ongoing relationship with a primary care physician who you trust is the paramount path to a life of health and wellness. Annual physicals are a great opportunity to discuss your overall health and any issues that you may be experiencing. Your physician has the advantage of knowing your full medical picture and can advise you best about seeing specialists, exploring new or alternative treatments and managing your total health, safely.



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

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

Recent studies have proven that endoscopic spine procedures are a safe and effective way to treat various spinal conditions such as disc herniations, spinal stenosis, failed back surgery syndrome, as well as other neck and back conditions.

If your neck or back pain is preventing you from participating in your daily activities, we encourage you to consider an endoscopic procedure as a possible option.



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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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BOOST YOUR METABOLISM

By Lauren Kolacki

One of the most common conversation pieces all over America is weight loss. Everyone is interested in new diet and fitness fads that will help them look their best this summer. Who wouldn't want to do that by contributing the bare minimum? Studies have shown that there are small lifestyle changes to be made that can boost your metabolism and aid in weight loss.

1. **Chewing slowly:** chewing is the first stage of digestion, by doing it slowly, you give your digestive system time to break down the food and help digestion. This also allows time for your stomach to communicate with your brain that you are full.
2. **Protein:** eating plenty of protein has been shown to help you feel fuller and prevent you from overeating. Studies show that it can increase your metabolic rate by 15-30%
3. **Drink More Water:** Drinking 17 oz. of water increases resting metabolism by 10-30% for about an hour.
4. **High-Intensity Interval Training:** the quick and intense bursts of activity spike your metabolic rate, helping you to burn more fat even after your workout has finished.
5. **Weight Training:** Building muscle can help increase your metabolism. Weight training will help you burn more calories each day, even at rest.
6. **Stand up More:** Sitting for long periods results in less calories being burned which can lead to weight gain.
7. **Drink Green Tea or Oolong Tea:** These drinks have been shown to increase metabolism by 4-5% They also help convert some of the fat stored in your body into fatty acids which increases your ability to burn fat.
8. **Eat Spicy Foods:** Some spicy foods, peppers as an example, contain capsaicin, a substance that can boost your metabolism.
9. **Get a Good Night's Sleep:** Sleep deprivation results in a speed decrease in your metabolism, which can eventually lead to obesity.
10. **Drink Coffee:** Coffee can boost metabolism by 3-11% and like green tea, it promotes fat burning.

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The Healthy Hammock

By James Keys

It feels absolutely wonderful to lie suspended in a hammock, nearly weightless, swinging or swaying in the cool breeze. The draw that we feel to the hammock is that it is the simplistic ultimate resting device has to do with our body over our mind. The fact is that our bodies know exactly what they need and want when they feel it. If you haven't tried resting in a hammock, you don't know what you're missing. If you have tried resting in a hammock you know how wonderful it is, but there are also health benefits of a hammock, which is another reason why you should try one.

A hammock is absolutely the best way to rest your whole body from head to toe. It is a simple matter of ergonomics. Regardless of your age or weight, everyone can improve their quality of life by using a hammock. Mexican people have installed hammock hooks all through their homes, and they use them for sleepers and daybeds for their babies, which are perfectly safe when used with continuous supervision. A primary health benefit of a hammock is that the tilting, swaying, action which they offer stimulates the brain's cerebral activity.

This means that swinging in a hammock with a stand combo improves a person's ability to concentrate and focus and at the same time it relaxes the brain's overall activity. This has been scientifically proven to be true and is an invaluable therapy for those who suffer from autism, or even just those who have trouble with comprehension and reading. The hammock is being sold by medical suppliers as therapy devices that are prescribed by psychologists and physicians. This is only the beginning of the health benefits of hammocks.

Use of a hammock reduces brain activity, which helps to reduce stress. When activity in the brain slows, the stress throughout the body releases, and, as a result, the blood pressure drops significantly. Therefore, while your inner body rejuvenates and relaxes, the health benefits of the hammock also start to work on your physical body.

When you are resting in a hammock, your body weight is evenly distributed throughout, something like floating in water only you don't have to kick or paddle. Your vertebrae will stretch and go back into their natural positions, the tail and neck bones align, and you are effortlessly entranced into full meditation of mind and body.

You deserve to enjoy spring and summer, and get yourself a hammock!

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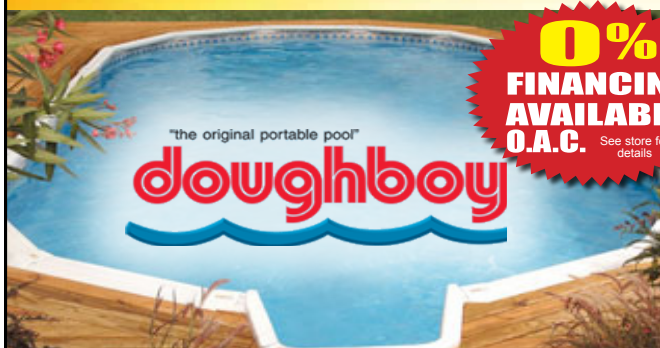
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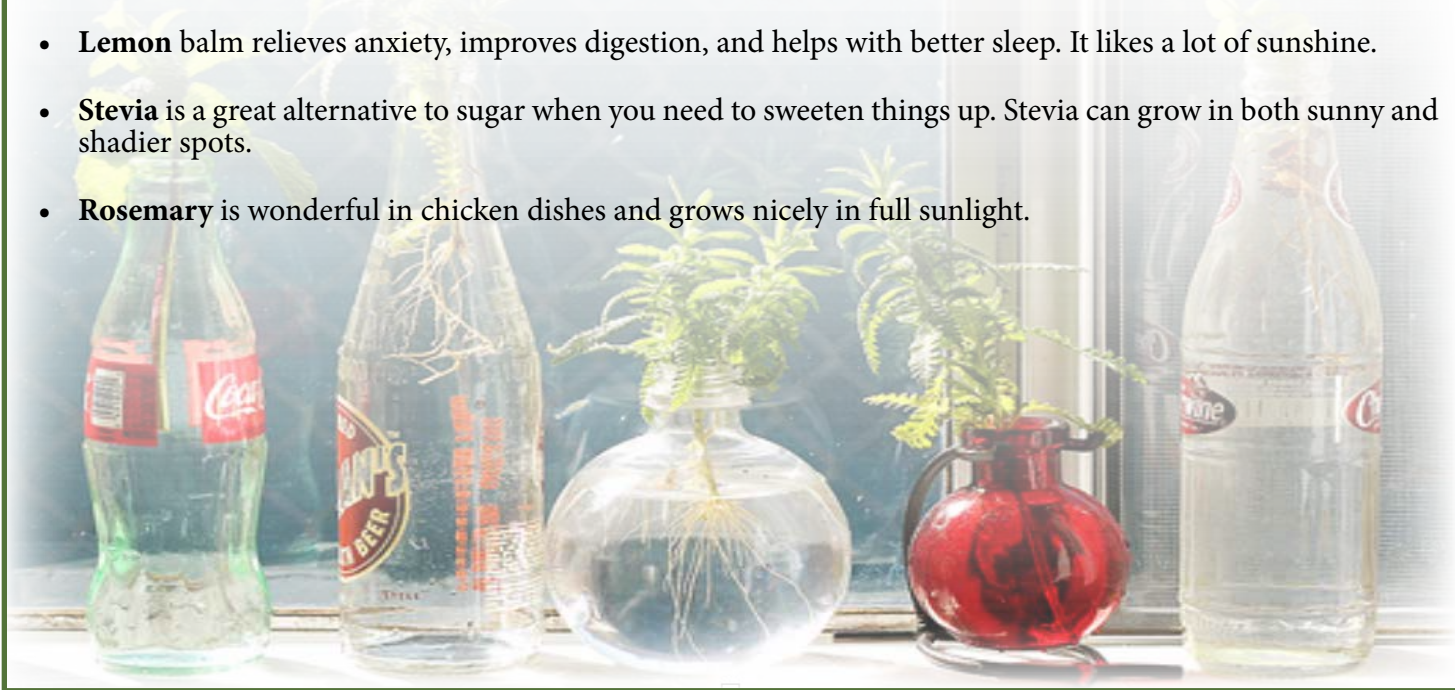
By Susan Heckler

Herbs you can grow inside with just water

If you have been loving your outdoor herb garden and want to keep those beauties coming, try aquaponics for the home. There are some herbs you can grow with just a glass of water. No matter what color your thumb is, fresh herbs year round are easy.

All you need is a medium-sized glass jar and fresh water to start cultivating your 12 herbs that don't require soil to grow. Your choice of jars can show your decorating flair as they will be visible, needing sunlight.

- **Cilantro** is an ingredient used in delicious dressings, rice, pasta, and a variety of other dishes. Your cilantro supply will be plentiful if you place your plant in a sunny spot.
- **Peppermint** is good as a fragrant herb, which makes a great tea, can be turned into an essential oil and tastes good. It will do well in a partially sunny or shady window.
- **Lavender** smells amazing and can be made into a tea or oil. This sun loving plant is used to soothe depression, ease migraines, and cramping, and promotes good sleep.
- **Oregano** plants grow large, but you can snip at it with kitchen scissors to trim off the leaves. Toss it on just about everything.
- **Marjoram** brings flavor to chicken and beef dishes, but is also used in lotions and bath soaps. It grows best indoors in full sunlight.
- **Basil** can be used in sandwiches, sauces, and just about everything else. It needs 6 to 8 hours of sunlight per day to thrive.
- **Chives** are an herb/onion combination, which is also a popular choice to bring in flavor and texture to dishes. Chives need a lot of water and sunlight for optimal growth.
- **Sage** is used holistically. Great in egg, chicken, lamb, or pineapple dishes. Needs moderate sunlight.
- **Lemon** balm relieves anxiety, improves digestion, and helps with better sleep. It likes a lot of sunshine.
- **Stevia** is a great alternative to sugar when you need to sweeten things up. Stevia can grow in both sunny and shadier spots.
- **Rosemary** is wonderful in chicken dishes and grows nicely in full sunlight.



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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
- 90% of claims denials are MISSED REVENUE if you don't work on them
- 67% of the denials and rejection are never reworked costing your practice HUGE MONEY

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of injury. Upon injection, the platelet-rich plasma signals the release of proteins known as growth factors that facilitate the growth of reparative cells. Although the exact mechanism is still not precisely known, these cells work to heal the injured tissues quicker, and more naturally than prescription medication. The side effects of PRP injections are minimal because it's your own blood; there's nothing for your body to reject! Following the procedure, the patient should rest for a few days, then then begin an effective stretching and strengthening routine with a physical therapist. You should always follow the exact instructions given by your doctor in order to get the best possible outcome. Contact us for more info on how our docs can help you GET BETTER FASTER with PRP and PT today!

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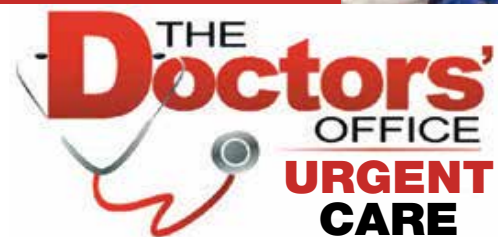
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The Amish and Health

By Erin Mumby

The Amish have been found to be the healthiest population in the United States. A study was conducted to see if cancer would be prevalent because they lack modern medical care. Their findings showed the opposite. As a group, the Amish have lower rates of cancer than other people. Their lifestyle choices make them so healthy.

A lot of the Amish are physically due to strenuous, physical labor. Most Amish are farmers or engage in a lot of construction or production jobs. All these occupations require a lot of physical activity. Only 3% of Amish people are obese! Compare this to the 31% of Americans that are obese. The Amish do not use cars. If they don't take their horse and buggy, they have to walk!

It's no secret that organic food is healthy. This is all the Amish eat. The Amish do not consume processed foods regularly. They enjoy home-grown food. The seeds they use aren't genetically modified. They use heirloom seeds! All their fruits and vegetables are organic. They are consumed during the season they grow in. If not, they are canned. This makes for an antioxidant rich diet. They use organic methods and consume a lot of untainted foods. Their meat and dairy products aren't tainted with hormones. Amish food is rich in living enzymes, and vitamins and nutrients. They eat a lot of healthy fats. They rely on raw dairy, butter and meat. Vitamins A, K2, and E are all found in these items. K2 is a vitamin that most Americans lack in their diet. Osteoporosis and cancer occur when people have insufficient amounts of K2 in their diet.

The Amish live very humble lives. The simplicity of their days doesn't cause them a lot of stress. Stress is a major cause of a lot of different diseases. Their lifestyle is truly unique. They must live in harmony for a successful society. They depend on their neighbors. The Amish also avoid drugs and alcohol. Alcohol and drugs are terrible for your health. The Amish avoid smoking cigarettes. We all know the negative effects smoking has on your health.

Most modern people would look down at the lifestyle of the Amish. However, their clean eating and daily physical activity makes them a healthy group of people. They are more resistant to diseases like diabetes and cancer. Most American people have sedentary jobs where they sit in office. Fast food and processed food are wildly popular in America. We rely on pharmaceutical drugs. It makes sense that the Amish are so healthy.





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