



Dr. Steve Rosman's January 2010 E-zine

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Welcome to the January edition of my Ezine. If you are interested in any of the research discussed here, please use the reference information to read further or give me a call. Feel free to send any Ezine issue to a friend. If you are not currently on the Ezine email list, please forward your email address to me. You will receive this monthly Ezine and other important announcements. Of course, the information mentioned here is meant to be educational. It is not prescriptive, and I advise any reader to avoid self-medication or the application of any form of treatment without the supervision and consent of an appropriate healthcare professional.

(*Note: Previous Ezines are presented and archived on my website: www.drsteverosman.com. If you cannot access the websites to which I refer in this Ezine, simply cut and paste the site into your browser or copy it by hand and type it into your browser. Sometimes there are those who are confused about what I do or what to call me. You might call me an Integrative Healthcare Specialist. Yes, it is true that I have several graduate degrees and NY State licenses. As my website Home Page explains, I am a general practitioner who treats children and adults, families, and couples, no matter the condition, symptoms, or complaints in a manner that integrates nutrition, psychotherapy, clinical hypnosis, biofeedback, acupuncture, homotoxicology, and dietary remedies. For twenty years, I have been privileged to receive referrals from physicians and patients to help those suffering anxiety, depression, ADD/HD, Autism, every ...ology, end-stage disease, weight management, smoking cessation, addictions, chronic illnesses, and conditions that have previously escaped diagnosis and/or successful treatment. Please consult my website for all appropriate information.)

"When one door of happiness closes, another one opens; but often we look so long at the closed door that we do not see the one which has been opened for us..."

Helen Keller

In This New Year, I am going to...

- Lose ? pounds (swimsuit season is only 100 days away)
- Stop smoking (immediately upon quitting blood circulation increases, blood pressure and heart rate quickly improve and the carbon monoxide and oxygen levels in the blood soon return to normal; within a few days of quitting breathing becomes easier and the senses of smell and taste improve; within two to three months of quitting lung function improves up to 30 percent; one year after quitting your risk of coronary heart disease is reduced by 50 percent.)
- Try a safe, supervised, practical, non-extreme, non-laxative, rejuvenating, and big-time weight reducing Detox/Cleanse

Clinically proven strategies include hypnotherapy, acupuncture, Mental and Thought Field Therapy, and assessments to establish food timing and the types of foods that eliminate cravings for trigger foods, cigarettes, and sugar. In the spirit of the New Year, use the following as motivation to change your life as these inspiring individuals did:

When I came to Dr. Steve Rosman, it was a time in my life when I didn't know what to do. I didn't know where I was going. I couldn't think straight and my every action was second-guessed because of my unhealthy past. I remember the first time I went to visit him in his office. He made it all seem possible. Every goal that I needed to achieve was within my grasp. It was only a few months after the program that I was able to see a drastic change in my appearance and health. During my time with Dr. Rosman, I was able to lose a total of 110 lbs. as well as increase my muscle mass by 50 lbs (also significantly improved my health through blood examinations). I thought that it would be close to impossible because of me being away at school in Florida but it was easy thanks to our phone meetings. When I hit walls in weight loss, it was not a difficult thing to overcome because Dr. Rosman was able to help me in adjusting my exercise plan on multiple occasions which proved to be successful. I am proud to say that I am still losing weight and exercising regularly. I was able to make a change that I know will stay with me forever. If it were not for his program I don't think that my future would have panned out the way that it has. I was able to concentrate on school more and my most difficult times in my graduate studies were only made easier through eating right, exercising, and learning how to establish goals and achieve them. Dr. Rosman assessed my body's own metabolic and nutritional status. He examined my family history of heart disease and diabetes. He has turned around all of the scary possibilities and helped me find health and vitality. My program was completely personalized: diet, fitness, supplements, and thought habits. When I hit a plateau, we made all the correct adjustments. Despite a very busy life with many obligations, he made everything practical and

possible.

AP, Buffalo, NY

I started as a patient with Dr. Rosman after being diagnosed with a progressive neurological disorder. Along with a complete change in diet, supplements, and a detox program that have been recommended by Dr. Rosman, the speed of the progression of my disease has slowed dramatically.

However, the only vice left to my health was my 30 years of smoking. I have made numerous efforts to quit over the past 10 years: laser, patches, cold turkey - - all without success. So, I once again put my faith in Dr. Rosman. He introduced me to a procedure called Hypnotherapy. Thanks to this procedure, I am now entering my 8th week of being a non-smoker with minimal to no withdrawal symptoms and no desire to smoke. More importantly, my wife and children are extremely proud of me based on my past failures and are extremely grateful to Dr. Rosman. I can honestly say that today, I feel great...renewed and refreshed.

Once again, Dr. Rosman has successfully helped me achieve another goal.

With greatest appreciation and thankfulness to Dr. Rosman,
Chris S. & Family - Suffolk County

My Primary Care Physician referred me to Dr. Rosman for peri-menopausal symptoms and unusual weight gain. My first impression of Dr. Rosman was very positive. Initially, our exchange was over the telephone and his friendly demeanor and his vast knowledge impressed me. After a thorough discussion of my personal health information, he recommended extensive blood work. The results were very revealing and subsequently Dr. Rosman and I discussed recommendations for diet, exercise, and supplements. Within two weeks of beginning the protocols, I began feeling better. I lost fifteen pounds effortlessly since the beginning of September [September 2009 and as of this writing, it is December 15, 2009]. The supplements have considerably lessened my cravings and my tendency to binge late at night. Eating 4 meals per day, I am completely satiated. My mood swings and aggressiveness have disappeared. My hot and cold sweats are virtually gone. I am not a big advocate of artificial drugs so was relieved when Dr. Rosman recommended all natural supplements. Dr. Rosman consulted with my physician and also consulted with my trainer at the gym to provide the best regimen for my weight training sessions. Dr. Rosman provided a solution where I saw none and I am very pleased by the results. He is a wonderful person, a brilliant doctor and I am very thankful and appreciative of Dr. Rosman's assistance. I highly recommend him.

V.V., Nassau County

In 100 days or less you can kick the smoking habit and save your life and the lives of those you expose to second-hand smoke, cleanse your body of toxins,

lose pounds and inches and flab, become mentally sharp, emotionally strong, eliminate abdominal bloat, heartburn, constipation, grow stronger hair and nails, develop clean skin and reduce wrinkles and other signs of aging.

Free 15 minute introductory consultations are available to learn details and schedule appointments.

Please read the following for information and not as prescriptions. You do not know if the recommendations contained in this material pertains to you or will adversely affect you. However, you will find ample evidence for why each of us ought to consider a personalized and supervised detox program once, twice, or three times per year. Obesity, cancers, Alzheimer's, Parkinson's, Autism, some forms of ADHD, thyroid diseases, and others have been linked to cumulative effect of the toxins we inhale and ingest everyday.

<http://www.ultrawellnesscenter.com/downloads/Toxins-and-Obesity.pdf>

<http://www.newint.org/features/special/2009/12/03/chemicals-of-concern/>

Important Practice Announcements

- I am pleased and honored to announce that I have been appointed to the Medical Advisory Board of the American Association of Integrative Medicine and, additionally, have been invited to serve as a special consultant to the AAIM's committee charged with developing its College of Integrative Behavioral Medicine.
- I have added the following PDFs to the Practice Information section of the website: Cancer Diagnosis: Options and Hope; Functional Medicine and Functional Lab Tests; Homotoxicology; "Leaky Gut" Syndrome and Intestinal Permeability; Life Over Cancer and Anti-Cancer; Mental Field Therapy; Neural Facilitation Technique; The Only True Way to Lose Weight; The Truth About Weight Loss. There are a couple of dozen other PDFs there that may be of interest to you or those you know. I invite you to take a look.

News You Can Use

A meta-analysis, which is a study of studies already published in journals (Montgomery, G. H., DuHamel, K. N., & Redd, W. H. (2000). A meta-analysis of hypnotically induced analgesia: how effective is hypnosis? *International Journal of Clinical and Experimental Hypnosis*, Vol. 48, pp. 138-153.), showed that 75% of clinical and experimental participants with different types of pain obtained substantial pain relief from hypnotic techniques. Thus, hypnosis is likely to be an effective addition to current pharmaceutical or physical therapies for most people suffering from diverse forms of pain. Drs. Patterson and Jensen indicate that hypnotic strategies are equivalent or more effective than other treatments for both acute and chronic pain, and they are likely to save both money and time for patients and clinicians. Almost every person successfully learns self-hypnosis techniques so that they can continue to effectively manage their pain after the professional therapy ends.

Electromagnetic fields generated by cell phones should be considered a potential human health risk, despite recent industry-funded, special-interest reports to the contrary. Data, thus far collected from independent laboratories and research institutes around the world, point to connections between cell phone use and certain brain and salivary tumors. Other potential health risks are being identified by emerging research. With all this in mind, there are some things you should be aware of now. Then, check out the list of internationally eminent scientists who have signed off on these conclusions. Their names are attached at the end.

You may come to read about something known as a SAR (Specific Absorption Rate of thermal and electromagnetic penetration into our heads and bodies). Cell phone manufacturers may soon advertise that their phones' SAR ratings are safer than their competitors. The evidence suggests that there is more to worry about than the SAR of a phone. So, while, none of us is about to stop using cell phones, there are steps you can take to reduce health risks: Use the speaker feature as often as possible; discard conventional headsets for air tube headsets (there are many sites on the Internet); switch the ear you use to listen to calls; use SKYPE when possible; text instead of calling, when possible; when carrying your phone, try to position the back of the phone away from you. Since current research appears to indicate that there is even a greater danger posed to children's brains than our own, limit their use of cell phones, teach them how to use, and, yes, encourage them to text instead of calling.

The University of Pittsburgh Cancer Institute is among many medical and research centers to assemble blue ribbon panels to review evidence and present original research on the subject. Recently, the Cancer Institute collected advice from an international panel of experts. Some of the eminent participants included the following: Bernard Asselain, MD, Chief of the Cancer

Biostatistics Service, Curie Institute, Paris, France; Franco Berrino, MD, Director of the Department of Preventative and Predictive Medicine of the National Cancer Institute, Milan, Italy; Thierry Bouillet, MD Oncologist, Director of the Radiation Institute, Avicenne University Hospital Center Avicenne, Bobigny, France; Pr Devra Lee Davis, Director, Center for Environmental Oncology of University of Pittsburgh Cancer Institute, USA; Michel Hery, MD Oncologist, Chief of the Department of Radiotherapy, Princess Grace Hospital Center, Monaco; Pr Ronald Herberman, Director of the University of Pittsburgh Cancer Institute, USA; Pr Lucien Israël, Emeritus Professor of Oncology, University of Paris XIII, Member of the Institut de France; Annie Sasco, MD, Doctor of Public Health, Medical epidemiologist, Director of the Epidemiology Team for Cancer Prevention - INSERM, University Victor Segalen, Bordeaux 2, France; David Servan-Schreiber, MD, PhD, Doctor of Science, Clinical Professor of Psychiatry, University of Pittsburgh, Author of "ANTICANCER - A New Way of Life", Viking; et al.

Their conclusions are reflected in the previous comments. Personally, I do believe that the kind of radiation emitted by cell phones represents serious risks to our health and the health of our children. I believe you will read and hear more about this in the months to come. The research literature from around the world keeps mounting, and it seems very convincing to me.

Organic products can be expensive. If you have to make choices about which organic products you purchase, consider that the following fruits and vegetables tend to have the highest levels of pesticide residues. So, when possible buy the organic versions of these: nectarines; lettuce; spinach; cherries; peaches; potatoes; pears; imported grapes; bell peppers; apples; strawberries. Examples of produce that tend to be least contaminated include avocados, broccoli, asparagus, bananas, pineapple, and mangos. To get more information, go to www.ewg.org. This is the website of the Environmental Working Group.

Why Stomach Acid is Good for You

According to Jonathan Wright, MD, author of the acclaimed book *Why Stomach Acid is Good For You*: "When sufficient stomach acid is sensed, the LES [Lower Esophageal Sphincter, the muscle at the top of the stomach and bottom of the throat responsible for keeping stomach contents from refluxing into the throat] will close. However, in conditions where there is a lack of stomach acid [my note: or anything that suppresses the production of stomach acid], the sphincter remains open, allowing stomach contents, including acid, to flow back through the opening, potentially creating a sense of irritation and discomfort. Adequate stomach acid production is an essential criterion for the [LES] to function properly and prevent the back flow of stomach contents." If you currently take prescription medications for GERD, do not stop taking them. First, they are very, very hard to discontinue without significant side-effects. Second, there are very safe, natural, and effective ways to help with reflux or throat irritation. These alternatives help to fight inflammation while at

the same time healing the throat and increasing digestive efficiency.

Is Your Child A Picky Eater?

PediaSmart, found at www.NaturesOne.com, is a breakfast beverage (or anytime favorite) that is organic, lactose-free, gluten-free, and corn-free. It may not be perfect, but it does taste good and comes in vanilla and chocolate flavors. Check it out.

So, How Does Alcohol Affect Sleep?

Long after that last sip of whatever you were drinking has settled into the deepest recesses of your body, the alcohol converts to aldehydes. Aldehydes are a group of chemicals that are actually stimulating. Aside from stimulating you to think about work or worry about your kids or obsess over whatever your obsessions are, the sugar released by alcohol can cause a hypoglycemic affect. This sugar rollercoaster can do a number on your sleep all by itself. Finally, alcohol is dehydrating, can cause headaches, and prevents deep sleep. Look, am I telling you to give up that glass of wine? Not at all. But if you have trouble getting the deep, consistent sleep important to your health or recovery or mood management or pain management, give some thought to what you are drinking, how much and how often. Also, there are ways that natural remedies can help your negate some of these unwanted consequences of adult beverages.

If Your Pet Becomes Poisoned...

don't panic. If your pet is showing symptoms, go to the emergency vet immediately. Otherwise, collect any remaining toxic product and call Poison Control (888-426-4435), which comes with a \$60 consultation charge. Have your pet's age, breed, sex, and weight information on hand.

The substances that have caused the most pet poisonings are:

1. Human medications
2. Insecticides
3. Human food
4. Rodenticides (or the poisoned rodents they have killed)
5. Improperly dispensed veterinary medications
6. Plants (azaleas, rhododendrons, and lilies are all toxic to pets)
7. Chemical hazards (antifreeze, paint thinners, drain cleaners, etc.)
8. Household cleaners
- 9.

Heavy metals (especially lead paint)

10.

Fertilizer

Here are some human foods you absolutely should not feed your pets:

- Grapes and raisins, which can sometimes cause kidney failure
- Chocolate contains theobromine and caffeine, which are both classified as methylxanthines; these can cause hyperactivity, increased heart rate, tremors, and potentially death (and the more bitter the chocolate, the more toxic it is for your pets)
- Onions and members of the onion family, such as leeks, chives, garlic; these can cause damage to red blood cells which could result in anemia in both dogs and cats
- Macadamia nuts may cause problems including weakness, depression, vomiting, ataxia, tremors, and hyperthermia
- Rising bread dough can be life-threatening -- the animal's body heat will cause the dough to rise in the stomach
- Xylitol, a sugar substitute, can cause life-threatening hypoglycemia in dogs; if your dog has ingested gum, bring your dog to the emergency vet immediately!

Brain Exercise

What is so fragile that when you say its name you break it? See the answer at the end of the E-zine.

What are Probiotics?

Probiotic and Prebiotic Recipes for Health by Tracy Olgeaty Gensler, MS, RD, provides useful information about the health benefits of prebiotic and probiotics foods as well as delicious recipes so that you can reap the benefits of these vital substances daily. Probiotics refer to those bacteria that help us manufacture various B vitamins, our own antivirals and antibiotics, vitamin K, and that help us digest food and derive greater nutrition from what we eat, prevent the overgrowth and infiltration of harmful microbes, produce chemicals to help us rid our bodies of toxins and balance hormones. Prebiotics refer to those substances that provide sustenance for probiotics bacteria and help them take up residence, appropriately, throughout the intestines. So many unhealthy conditions, unwanted symptoms, and diseases can arise from a lack of probiotics residency in our bowels. Yet, while many of us seem to know that those little "buggers" exist in our yogurt, we know little about them nor where else to obtain them. I believe that they are an absolutely essential part of our

daily diets. This book will tell you why and how to consume more of them via delicious recipes.

Acts of Kindness

www.ecomomalliance.org is the website for a nonprofit foundation founded by Kimberly Pinkson that seeks to provide information about the small steps we can all take to promote ecological awareness and share information about tips, resources, meetings, products and more. It is Kimberly's hope that the collective EcoMom voice will help educate as well as influence markets, policies, and consciousness.

Consider This Short Tale

The Gift of the Magi, by: O. Henry

A story is told about a young married couple whose names are Jim and Della. They are poor but very much in love with each other.

As Christmas approaches, Della wonders what to get Jim for Christmas. She would like to give him a watch chain for his gold watch, but she doesn't have enough money. Then she gets an idea. She has beautiful long hair. So Della decides to cut off her hair and sell it to buy the fancy chain for Jim's watch.

On Christmas Eve she returns home, and in her hand is beautiful box containing a gold watch chain which she purchased by selling her hair. Suddenly Della begins to worry. She knows Jim admired her long hair, and she wonders if he will be disappointed that she cut it off and sold it.

Della climbs the final flight of stairs leading to their tiny apartment. She unlocks the door and is surprised to find Jim home and waiting for her. In his hand is a neatly wrapped box containing his gift he purchased for her.

When Della removes her scarf Jim sees Della's short hair, and tears well up in his eyes. But she says nothing. He chokes back the tears and gives Della the gift box. When Della opens it, she can't believe her eyes. There in the box is a set of beautiful silver combs for her long hair.

And when Jim opens his gift, he, too, is astonished. There inside the box is a beautiful gold chain for his gold pocket watch inscribed with the letters "MLF" (my love forever). Only then does Della realize that Jim pawned his gold watch to buy her the silver hair combs.

Far more beautiful than the gifts is the love they symbolize.

Why The Fisheries Expert Won't Eat Farmed Salmon

David Carpenter, M.D., director of the [Institute for Health and the Environment](#) at the University at Albany, published a major study in the journal *Science* on contamination in fish.

The problem: Nature didn't intend for salmon to be crammed into pens and fed soy, poultry litter and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT.

According to Carpenter, the most contaminated fish come from Northern Europe, which can be found on American menus. "You could eat one of these salmon dinners every five months without increasing your risk of cancer," says Carpenter, whose 2004 fish contamination study got broad media attention. "It's that bad." Preliminary science has also linked DDT to diabetes and obesity, but some nutritionists believe the [benefits of omega-3s](#) outweigh the risks. There is also concern about the high level of antibiotics and pesticides used to treat these fish. When you eat farmed salmon, you get dosed with the same drugs and chemicals.

The solution: Switch to wild-caught Alaska salmon. If the package says fresh Atlantic, it's farmed. There are no commercial fisheries left for wild Atlantic salmon.

Recipe of the Month: Peanut, Vegetable Chicken Soup

Ingredients:

- 8 cups organic chicken broth
- 2 cups diced, cooked hormone-free chicken meat
- 1 cup peeled and cubed potatoes
- 1 cup diced carrots
- 1 cup diced zucchini
- 1 cup broccoli florets
- 1 cup canned whole tomatoes, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 cloves garlic, minced
- 1/2 cup organic peanut butter

- 1 tablespoon chopped fresh parsley
- Sea salt (or Celtic Sea Salt) to taste
- ground black pepper to taste

Directions:

1. In a large stock pot, combine the broth, chicken, potatoes, and carrots. Bring the soup to a boil, and then reduce heat to medium. Cook for about 10 minutes, till vegetables are tender.
2. Add zucchini, broccoli, tomatoes, celery, onion, green pepper, and garlic. Simmer for about 8 minutes.
3. Add peanut butter, parsley, salt, and pepper; stir until peanut butter is fully blended. Simmer for 3 minutes longer.

What is Functional Medicine and Why Might It Help Me If I Seem to Have Fallen Through the "Cracks" of More Conventional Healthcare?

Functional Diagnostic Medicine is a amazingly fast growing approach to treating even the most difficult and confounding medical conditions. It has been around for more than twenty years. In fact, its roots go back more than half a century. Most medical professionals consider Jeffrey Bland, PhD, to be the "father" of functional medicine (see http://www.jeffreybland.com//content/Dr_Jeffrey_Bland.aspx). Truly, it offers a giant step forward in the diagnosis, treatment and prevention of many of today's most chronic diseases. To read more about Functional Medicine, go to the *Practice Information* section of my website and scroll down the page until you find the PDF. This is 21st century treatment for those who have suffered long enough and feel as if they have fallen through the "cracks" of other healthcare.

Pocket Change Program (or Help Me: My Life is Stuck!)

This addition to my Ezine is intended to help you take one step forward to successfully make those changes in your habits, your health, your career, or your life that you want to make or need to make (or may have been told you have to make). It is called *Pocket Change* because you can clip around the dashes and keep this month's strategy right in your pocket for constant reinforcement and inspiration.

This time of year we often think about creating a new healthy habit or eliminating an unhealthy habit. You know, eating that leftover piece of chocolate cake at 2:30 A.M. is not the only kind of unhealthy habit we may want to lick (no pun intended). Have you checked out your thoughts lately? When you think about doing something new and healthy, does a little gremlin start talking inside your head? Does he start listing all the reasons you can't do this or that? Does he remind you of all the times you started something new only to sabotage yourself? For decades, psychologists who research Cognitive and Behavioral Therapy have informed us that this kind of negative "self-talk" undermines us and we often go down to defeat without putting up any kind of fight. So, here is an antidote: Argue with your gremlin just like you would if your best friend was getting all negative about herself or himself. How would you help your friend poke holes in that negativity? How would you help your child or spouse or best friend overcome that same darn excuse he or she always uses? Defeating our own little "Mr." or "Mrs." Negativity is as easy as identifying one source of support, one important resource, one stronger argument your Best Self can make so that you are the winner. What are your thinking habits? Do you know? How often is your first thought a negative thought. Well, you were not born that way. You learned (or were taught) how to be that way. The next time you catch yourself making excuses, just stop. Spend a moment and come up with one really good reason why you can do what you really want to do. The alternative is chronic regret. Chronic regret is a very common condition. It may even run in your family, but there is an antidote... and you're it!

Pocket Change invitation: The book version currently underway will contain testimonies from those who have made positive changes due to the *Pocket Change* principles. If you would like to be included in this book, send me a brief testimonial of 100 words or less illustrating specifically how you have used a particular tip for change to bring positive change to your life. Please understand that to fit the format and style of the book, I may request that you tweak your testimonial in some way. Full name, initials, or first name only may be used. That is up to you. *Extra Pocket Change* is available for those who want one extra tip per month in addition to the tip in my monthly Ezine. Just send me an email requesting the additional tip, and it will be sent to you in the middle of each month.

What is Homotoxicology and Why Is It Used by Physicians Throughout Europe?

Homotoxicology is an approach to healing that integrates the treatment principles of homeopathy with the diagnostic approach of modern allopathic medicine. Homotoxicology uses homeopathic remedies which are FDA approved and come in tablets, liquid vials, oral drops, and injection solutions. Remedies work to stimulate the body's inherent capacity to heal itself. Learn how homotoxicology is used by physicians and other clinicians around the world to help treat infants, children, and adults safely, effectively, and side-by-side with pharmaceutical drugs or nutritional supplements. Homotoxicology and Spagyric Botanicals is a new PDF in section two of www.drsteverosman.com.

Question:

What breakfast food gets its name from the German word for "stirrup?"

A. The Bagel

Why Do I Have to Exercise To Lose Weight?

The short answer (believe me, I do have a longer rant than this): No one bulks up exercising, unless steroids are involved. Muscle does weigh more than fat, but it takes up less space. It is lean. Toned bodies are not bulked bodies. Muscle also increases metabolism by forcing the body to spend about 50 extra calories to maintain each new pound of muscle you gain. Weight loss for most people means reducing calories. That reduces metabolism. Now, if you are not exercising at the same time, your body will destroy muscle and reduce your metabolism even more. Also, the very act of exercising burns calories, creates a healthier cardiovascular system, reduces depression and anxiety, reduces pain and the perception of pain, reduces resistance to insulin, increases brain power and the connections brain cells make with one another, retains testosterone for better sex, mood, drive, focus and concentration, reduces the risk of all cancers, helps to manage stress, and, oh, by the way did I mention that it helps to prevent skin from sagging, faces from becoming old and hollow, bodies from drooping, and postures from looking sickly and weak. As you grow older, have you become more energetic and more functional? Every mainstream medical publication, advocates a minimum of 5 hours of exercise per week (that is the message and I am the messenger... please do not shoot the messenger from presenting you with an inconvenient truth). And, since growing and maintaining lean muscle is involved, weight training of some form that works for you and appeals to you must be part of the program. Spend all you want to on goop for your face. Undergo expensive and uncomfortable cosmetic procedures (and how attractive is it to have a face without wrinkles attached to a body that sags and huffs and puffs without the projection of vitality). So, if you want to get old and sickly fast, don't exercise or try to reduce calories and don't exercise. There are ways to modify these recommendations to fit anyone's busy schedules and anyone's current health challenges. **THERE ARE NO EXCUSES FOR ANYONE**, but you are free to get as creative and self-persuasive as you want. Who are you really fooling?

Illness, injury, and a busy life do not prevent me from helping you design an exercise program that will work for you. But, if you do not believe me, just continue doing what you have done all these years. How is that working for you?

Laughter Is The Best Medicine

Dear Dad,

School is really great. I am making lots of friends and studying very hard. With all my stuff, I simply can't think of anything I need. So if you would like, you can just send me a card. I would love to hear from you.

Love,
Your son

AND

The old family physician being away on vacation, entrusted his practice to his son - a recent medical student. When the old man returned, the youngster told him among other things, that he cured Miss Ferguson of her chronic indigestion.

"My boy," said the old doctor, "I'm proud of you, but Miss Ferguson's indigestion is what put you through college."

The Answer To The Brain Exercise Question: Silence

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