



Dr. Steve Rosman's June 2010 E-zine

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Welcome to the June 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.)

"One problem with gazing too frequently into the past is that we may turn around to find the future has run out on us."

Michael Cibenko

Office Notes

In just one week I will be attending my third seminar with Dr. Stephen Kaufman, a respected master of myofascial and trigger-point release techniques. Virtually in minutes, chronic myofascial pain and trigger-points can be relieved. There is no manipulation, no "cracking" of bones, and no needles. There is relief - - real pain relief. I have sat at the seminars along with some of the top pain specialists in the country - - perhaps I should say the world because often I have enjoyed meeting physicians from Europe, South America, Asia, and even New Zealand at these hands-on, very intense training sessions. Together we treat each other's back pain, leg pain, sciatic pain, neck pain, headaches, high blood pressure, intestinal cramping, and more. Call the office for You can read more about the technique in the Practice Information section of www.drsteverosman.com. For the months of June and July, PNT treatments are \$50 per session, and they are brief, effective, and involving no "cracking" or manipulation.

Also, I will attend a special seminar for biological treatments for autism, ADD and ADHD, anxiety, and depression.

Pediatric acupuncture (don't worry, there are techniques that do not use needles), safe, effective, and painless, are available to help with bedwetting, digestive issues including, but not limited to constipation, upper respiratory infections and immune strengthening, allergies, ADD/ADHD, nightmares, explosive anger, anxiety, depression, and more is available. I will treat and show you, when appropriate, what you can do at home to extend and reinforce the treatments. The fees normally are \$65. In the months of June, July, and August, with the children around the fees are \$50 per session.

To come, I will be in California and Alaska to learn university-tested, innovative acupuncture for all pain syndromes and for training in allergy elimination treatments. More to come about what I learned and how I can help you in the next Ezine.

Jacob Teitelbaum, MD, may be the foremost Chronic Fatigue and Fibromyalgia Syndrome specialist in the world. A sufferer, himself, years ago he set out to help himself and then the millions of others who are challenged daily with the symptoms of these syndromes. His protocol, which was published in peer-reviewed medical journals, is the most successful protocol available. In those days, his private practice in Annapolis, Maryland, was overwhelmed with calls from all over the world, and so, years ago he began to refer patients to clinicians around the globe who were proficient in his protocol. I was honored, then, to be one of his few referrals in this area. Since then, he lectures around the world, trains physicians and other clinicians, writes (read his book *From Fatigued to Fantastic*), and develops natural products (for which he receives no remuneration). His training program is the gold standard. Recently, he has updated his list of referrals and pared that list down based upon the experience and training of the clinicians. I remain one of his very few NY State referrals. Additionally, I took additional training last month in a special protocol that has proven to be of great help with CFS/FMS,

as well as neurodegenerative diseases like MS (it works with microcurrent treatments and so I recommend reading the PDF entitled "Acupuncture on the Cutting Edge" in section two of my website www.drsteverosman.com). I have received referrals from around the country, thanks to Dr. Teitelbaum's website and I am available to you and those you know and love, if you suffer with CFS/FMS.

Three Patients Write...

I have fibromyalgia and lumbar stenosis, and I have been in terrible pain for years. I've had 17 epidurals which are invasive procedures which are very expensive and covered by my insurance. You never know what the result will be of this procedure. It can be both good and bad. At times, you develop pain in areas where there was no pain in the first place. It is so disgusting when that happens. When Dr. Rosman treated me with acupuncture and an herbal plaster placed on the area at L5, I felt much better. It was not an invasive procedure, and it was very effective even though my pain is difficult to manage. I think I would prefer going this route in the future as it would provide more timely relief for my chronic condition. You are free to make different choices that suit you and it is up to you to decide which suits your needs best.

BD, Queens

Clearly, this is a personal decision, and I am not advocating that you choose one over the other. Please discuss options with your physician. However, you may not be aware of the benefits of acupuncture. Sometimes, with pain, it is complete relief. Sometimes, it is effective pain management. I employ both traditional treatments taught by many schools that include the use of needles, and I use auricular acupuncture or microcurrent treatments, that do not involve needles but are guided by computer feedback. You can investigate these options for yourself on the website in the Practice Information section: www.drsteverosman.com.

Eight months ago I visited Dr. Rosman with the intention of trying to lose weight I had put on after graduating from college. I tried every diet imaginable with no success and thought I should make an appointment to see him. To say the least it was nothing I had ever expected. Dr. Rosman exceeded any expectations I had for losing weight. From the moment I met him I could tell he truly cared about every one of my goals and wanted me to achieve them just as much as I wanted to. Within eight months, I have lost 57 lbs and over 20 inches. I have seen many different doctors about my weight problem and what really set Dr. Rosman apart was not only his vast knowledge, but his dedication and willingness to take the time to personalize my diet and exercise routine along with necessary supplements. I have never felt better and am so happy he was able to assist me in my lifestyle change. There was never a time he didn't answer an e-mail or call me back right away which is incredibly helpful and truly made all the difference in helping me attain my goal.

There are not enough ways to thank Dr. Rosman for all he has done for me and I am so lucky to have a doctor like him.

CR
Nassau County

Dear Dr. Rosman,

As you know, I just returned from Biomed Klinik in Germany. There, I met with Dr. F. Migeod and his associates, and received local-regional hyperthermia treatments for any residual benign hyperplasia and ovarian cancer metastases remaining in my liver. Dr. Migeod is a world-famous expert in hyperthermia and complementary medicine, having worked closely with Dr. E. Dieter Hager, "the father of hyperthermia", until the latter's death late last year. He and the Biomed Klinik are extensively written about, praised and quoted in the literature and by noted cancer expert Ralph Moss. To say that Dr. Migeod and his associates were impressed with the effectiveness and comprehensiveness of the complementary protocol you have developed for me during the last year to deal with the liver situation would be a huge understatement! They were literally astounded by how healthy I am and how your plan covered all the aspects of any clinical protocol they would have suggested for me. In fact, they spent a lot of time writing down the names of certain of the supplements you have been using for me, so that they can get them for their own patients! It made me feel extremely encouraged to know that our protocol is completely aligned with what the foremost international cancer experts in Germany are developing and using! Thanks so much, Dr. Rosman!

Sincerely,
DKO
Muttontown, NY

Some of you may not think of holistic treatments when it comes to cancer, but read books like *Anti-Cancer*, by Dr. Daniel Servan-Schreiber or *Life Over Cancer*, by Dr. Keith Block. When it comes to overcoming cancer, you have many more options and weapons than you may have thought existed. These can be used very effectively along with conventional care, as the German physicians note in their comments. By the way, please recommend those books to anyone you know challenged by a diagnosis of cancer.

Baby Steps to Get Children to Sleep

According to the National Sleep Foundation, there are several steps you can take to help increase your child's compliance with bedtime and his/her depth and duration of sleep:

- Establish consistent and predictable bedtime routines. Now, mom and dad are able to employ different routines, but they must be consistent and predictable.
- Turn off all electronic devices about 30 minutes before bedtime.
- Find restful, relaxing, quieting, non-stimulating activities for those 30 minutes and create a quiet, calm environment in the house.
- Since many children experience worries at night, use the evening and bedtime to talk about the day. Don't make it a worrisome conversation

by asking about bad or troubling things that may have happened. Just have a casual conversation about the day. Talk about anything that may be troubling in calm, quiet, and positive terms. Comfort your child and move on to the other bedtime routines.

- Hold fast to your bedtime rules. Do not negotiate the details of the routines.

Think EPOC and Not Calories

So, there you are on the treadmill or out for a walk, and you go on and on for even as much as an hour. Perhaps you burned 200-300 calories (exercise equipment at the gym notoriously exaggerates calories burned). You worked up a sweat. You spent all that time. Well, once you stop exercising, you have finished burning calories - - done - - no more burn. However, there are forms of exercise that are known as High Intensity Interval Training or Burst Training or by other names. These are exercises of a certain kind, performed in a certain way that influence enzymes in your body that are responsible for muscle building and fat burning, and they are responsible for obliterating calories for 24 hours or more after you are done. This is known as post-exercise oxygen consumption (actually known as "EPOC"). For health, for fitness, and for cosmetic appearance, you want to build muscle and burn fat. This approach to exercise reduces risk of heart disease, diabetes, dementia, many forms of cancer, osteoporosis, depression, and it helps improve immune function, joint function, reduce and manage pain of all kinds (if done correctly), increase healthy hormone production, control and diminish harmful stress, reduce symptoms of menopause and andropause (male menopause), and more. Everyone you can do these exercises, and yes, I am saying that you are wasting time and energy doing all other forms of exercise. If you enjoy them, please continue to enjoy them. There is a place for a nice walk, and yoga, qigong, golf, tennis, basketball or other such activities are healthy, but they do not do what these other forms of exercise do for your mind and body. And, by the way, muscle gain does not mean bulking-up. Unless you are taking illicit drugs, you cannot bulk-up with these exercises. Since muscle weighs more than fat, you may not lose pounds as quickly, but do not be fooled that what you weigh has anything to do with how you look or how healthy you are. I have been trained in these forms of exercise and am happy to work with you and your personal trainer (if you use one) to design a convenient, personal program for you based upon your metabolism and ability to exercise. It is a brief consultation, and I am happy to arrange one for you when you call the office.

Natural Medicine and Cancer

I get too many calls about this to be quiet anymore. Many people diagnosed with various cancers are referred to me. It might be due to referral from other patients who are enjoying good health and want others to find hope, too, or it might be because I was asked to be the expert in Complementary Medicine and write a chapter in the book. I don't know. However, when I hear that oncologists are scaring their patients away from the use of complementary medicine, as an adjuvant treatment along with more conventional treatments, it saddens and angers me. The evidence for the use of natural treatments has too much basis in the conventional literature. Just take a look at the citations provided in the two books I list below. Those are conventional physicians and those are citations from conventional journals - - the kinds of evidence all physicians read and accept (if they read current literature). You have so many wonderful options available to you, and THOSE THAT ARE CHOSEN DO NOT INTERFERE WITH ANY OTHER TREATMENT. THAT IS WHY THEY ARE CHOSEN. IN FACT, THEY MAKE CONVENTIONAL THERAPY MORE EFFECTIVE, HAVE CHEMOTHERAPEUTIC BENEFITS OF THEIR OWN, AND MAKE THE BODY MORE ABLE TO IDENTIFY AND DESTROY CIRCULATING CANCER CELLS. Also, you will find when you review the citations listed below and the books listed below, there are many, many mechanisms by which many natural substances and therapies stop abnormal cell division, disrupt or repair DNA mutation, help prevent metastasis of the prime tumor, stop the proliferation of circulating tumor cells, and more. You owe it to yourself or someone you love to become familiar with the information recommended to you and found below. Solid research evidence continues to grow for the efficacy of non-patent drug treatments for various cancers. This is both in terms of prevention AND TREATMENT. This next citation is one of thousands that has appeared in the most elite peer-reviewed journals over the past decade. This information is not meant so that you or someone you know is advised to purchase a natural substance and begin to use it. Everything that can help also has the potential to harm or interfere with other treatments. However, under the guidance of a specialist, non-drug substances have garnered their own impressive credentials for use in the treatment of cancer. I am a professional member of the Society for Integrative Oncology and have published on the use of Complementary Medicine and cancer. If you would like to stick your toe in the water of this research, see Cancer Diagnosis: Options and Hope in the section entitled "Practice Information" of my website. Also, I encourage you or someone you love to read both Anti-Cancer, by Dr. Daniel Servin-Schreiber, and Life Over Cancer, by Dr. Keith Block. Siwak DR, Shishodia S, Aggarwal B, Kurzrock R. Curcumin-induced antiproliferative and proapoptotic effects in melanoma cells are associated with suppression of I κ B kinase and nuclear factor κ B activity and are independent of the B-Raf/mitogen-activated/extracellular signal-regulated protein kinase pathway and the Akt pathway. Cancer. 2005.

Cancer and Your Estrogen Ratios

A woman's body makes three forms of estrogen: estriol; estradiol; estrone. Once they have been produced and done their jobs, your body looks to reduce them to chemicals that can be eliminated. Your liver is the main organ that breaks these hormones down into bits called metabolites. These metabolites are excreted from the body through bile and urine. For one moment, let's focus on just two of these metabolites: 2-hydroxyestrone and 16-hydroxyestrone. Like the two forms of cholesterol, one is considered 'good' and one is considered 'bad' - - though, like with cholesterol, that is an oversimplification. In this case, the 2-hydroxyestrone is the good guy, or anti-carcinogenic. The metabolite 16-hydroxyestrone is pro-carcinogenic, or, in other words, is the one believed to stimulate cells to reproduce, including cancerous cells in the breast. When a person's urine is analyzed in the 2/16 estrogen metabolism test, laboratory technicians evaluate the balance of the two types of estrogen metabolites and figure the ratio. A ratio of 2.0 or higher seems to indicate a lower risk of getting breast cancer. A lower ratio indicates your chances for developing the disease is higher.

The following is a research article supported by more than 100 reference citations. If you would like, take a look: http://www.metametrix.com/resources/content/LearningCenter/Articles/Estrogen_Metabolism.pdf. If you cannot access it directly from this page, copy and paste it into your browser. You have access to this simple test through me.

Just a note about the 2/16 ratio. While a favorable ratio may have significant protection properties, a ratio excessively in favor of the 2-hydroxy form may increase the risk for osteoporosis. So, it is important to run the test under supervision and interpret its results in light of your own personal medical history and personal medical needs.

Dangers of Processed Meats

According to a recent Reuter's report, researchers at the Harvard School of Public Health said that eating bacon, sausage, hot dogs, and other processed meats can raise the risk of heart disease and diabetes. "To lower risk of heart attacks and diabetes, people should consider which types of meats they are eating," said Renata Micha of the Harvard School of Public Health, whose study appears in the journal *Circulation*. "Processed meats such as bacon, salami, sausages, hot dogs, and processed deli meats may be the most important to avoid," Micha said in a statement.

Acts of Kindness

Check out www.healthyfoodbank.com. On that website you will read: "The Healthy Food Bank is a non-profit organization that raises money to buy nutritious staples, like fruits, vegetables and whole grains, for people in need around North America. We raise money via donations and subscriptions to our magazine, Spezzatino - the food magazine that really feeds people. The money we raise is distributed to local food banks around the United States and Canada, with the stipulation that it be used to buy healthy, nutritious food. All our administrative costs are covered by corporate sponsorships, so that 100% of the money donated by the public goes toward purchasing quality food for someone who can't afford to eat today."

Medical Trivia That Is Pretty Significant

What is the average lifespan of a red blood cell in the normal human body?
A: Four months.

This bit of medical science is used to help determine if you have diabetes or are at risk for developing it. When red blood cells are born, they are pristine and clean. Over the course of their 90-120 day lifespans, they become glazed with the sugar we ingest during that time. All of us ingest foods that are metabolized into glucose or blood sugar. However, if we accumulate more than our share, measured by a simple blood test called HbA1C, we have a much more accurate sense of our risk for diabetes than a mere morning blood sugar test taken at a lab. That is a one-day deal. It is important, but it does not indicate our sugar trend like this test. Here we have a 3-4 month perspective. So, if you have a family history of diabetes, you might want to make sure that you have this HbA1C test drawn in addition to simple fasting blood tests for morning glucose and insulin. In some cases, I have patients who have normal blood sugar but elevated HbA1C levels. They are at risk, and their morning glucose levels are deceiving. Those levels can fall within a normal range due to various biochemical mechanisms in the body.

Low-Carb Pasta

Egg-based low-carbohydrate pasta often has about 40 percent less carbohydrate content than traditional pasta. Of course, those who are watching their weight or their blood-sugar levels ought not see this as an invitation to over-indulge. If it is the basis for an abundant amount of healthy vegetables, perhaps a very healthy, low-fat, clean sauce, and an appropriate amount of healthy protein, it can be used wisely and with good results. So, it is an option for some of you, but not everyone. You know who you are.

Vitamin D Levels and Asthma

According to a study conducted at National Jewish Health, in Denver, asthma sufferers with the lowest vitamin D levels had more difficulty breathing than did their counterparts who had healthy levels of this vitamin/hormone. These researchers believe that adequate levels of D, which I and others define as at least 60-80 nanograms per milliliter, may hold inflammatory chemicals called cytokines in check and help manage symptoms. Ask your pulmonologist, allergist, or internist to run a 25-hydroxy vitamin D level the next time your blood is drawn.

Don't Blame Cancer on Your Genes

An unhealthy diet and poor lifestyle - such as a lack of exercise and being overweight - causes three times as many cases of cancer as genetics, said Dr Rachel Thompson, science program manager for the World Cancer Research Fund (WCRF). Evidence suggests that only about 5 per cent to 10 per cent of all cancers result from specifically inherited genes. This was reported in the online version of the Daily Telegraph (February 7, 2010).

Sodium What?

Sodium benzoate is used as a food and drink preservative. You might want to know about it because there are studies connecting it to a role in some neurodegenerative diseases like Parkinson's. However, another reason to know it in order to avoid it is because when it is combined with citric acid, as in soda, it converts into benzene - - and benzene is an unquestionable carcinogen.

Coenzyme Q10 and Chronic Fatigue

Researachers from Poland and Belgium recently published a study in which they concluded that Chronic Fatigue Syndrome (CFS) appears to be associated with lower plasma levels of coenzyme Q10. CoQ10 is a substance naturally produced by our bodies that is found in the energy producing organelle, the mitochondrion, of every single cell in our body. The researchers believe that this lower level of CoQ10 contributes to fatigue, muscle weakness, and neurocognitive symptoms. The study can be found in *Neuroendocrinology Letters* (2009;30 (4)).

Estrogen and Men

There is an enzyme in our fat cells called aromatase, and it is responsible for transforming testosterone into estrogen. Men of a certain age, with excess body fat, may have more estrogen in their bodies than their wives. This increased conversion of testosterone to estrogen naturally lowers testosterone levels as it raises estrogen levels. Lower testosterone in men contributes to muscle loss, fat gain, greater propensity to diabetes and heart disease, cognitive decline, bone loss (yes, some men are at risk for osteoporosis), depression, fatigue, and more. In a study of more than three thousand men, those with low testosterone had 65% greater all-cause mortality (J Clin Endocrinol Metab. 2009 Jul;94(7):2482-8). Get your testosterone and free testosterone and estrogen levels measured, and if you are low or borderline, we can do something about it now.

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.

Find just a bit of quiet time. Make yourself quite comfortable. Sit comfortably and surround yourself with music or fragrances that help you ground yourself. Permit yourself a moment of daydreaming, and think about yourself as you would be in a month or two months or a season from now or a year from now when you achieve a goal you have for yourself. Make it an achievable goal. Visualize it and do so for several days. Before you fall asleep, visualize yourself as you would be having achieved this goal. Then, spend 10 minutes or so each day writing a letter from your future-self to the "you" of today. In that letter, write about what you did to achieve that goal. Write about obstacles you overcame. Write about the joys you experienced as you noticed yourself getting closer and closer to achieving that goal. Take note of any resources you needed to get there and any people who provided the kind of support that helped. End each writing session with encouragement from your "future-self" to the "you" of today. Feel the satisfaction that comes with growing confidence about achieving your goal and all the joy and health and other benefits it brought to you.

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.

Is This Your Soy Burger?

According to a report issued by The Cornucopia Institute (May 18, 2009) most non-organic veggie burgers currently on the market are made with the chemical hexane -- a neurotoxin. Makers of many soy-based burgers submerge the soybeans in hexane to separate the oil from the protein and reduce the amount of fat in the product.

Check out this list to see if your favorite veggie burger contains a neurotoxin I urge you to avoid:

- . Amy's Kitchen
- . Boca Burger, conventional
- . Franklin Farms
- . Garden Burger
- . It's All Good Lightlife
- . Morningstar Farms
- . President's Choice
- . Taste Above
- . Trader Joe's
- . Yves Veggie Cuisine

Recipe of The Month: Crunchy Apple and Yogurt

INGREDIENTS:

- . 2 large apples (diced)
- . 1 T lemon juice
- . 1/2 Cup diced dried apricots
- . 1/2 Cup raisins
- . 1/4 Cup sliced almonds
- . 1/3 Cup vanilla yogurt
- . 1/2 tsp. ground cinnamon

DIRECTIONS:

Toss apples with lemon juice (prevents browning).
Mix in other ingredients, except yogurt.
Add yogurt, and chill.

Fungus of The Month: Shitake Mushrooms

(Yes, I did say fungus because mushrooms are fungi and not vegetables. But, hey, if it makes it easier for you to eat them by calling them vegetables, I don't mind.)

Recent studies have traced shiitakes' legendary benefits to an active compound contained in these mushrooms called lentinan. Among lentinan's healing benefits is its ability to power up the immune system, strengthening its ability to fight infection and disease. Against influenza and other viruses, lentinan has been shown to be even more effective than prescription drugs; it even improves the immune status of individuals infected with HIV, the virus that can cause AIDS.

Lentinan also has been shown to have anti-cancer activity. When lentinan was given for human gastric cancer, reticular fibers developed in tumor sites. Reticular cells, which are spread throughout the body in various tissues, are immune cells that have the ability to ingest (phagocytose) bacteria, particulate matter, and worn out or cancerous cells. When lentinan was administered, not only was there a proliferation of reticular cells in gastric tumor sites, but many T lymphocytes (another type of immune defender) were drawn to these cancer sites with the result that the cancer cell nests were fragmented and destroyed.

A large number of animal studies conducted over the last ten years have shown that another active component in shiitake mushrooms called eritadenine lowers cholesterol levels-and this amazing compound lowers cholesterol no matter what types of dietary fats the lab animals are given. Other research has concluded that there are a variety of antioxidants in shiitake and other mushrooms. All in all, not a bad fungus to have around the house.

Now a couple of important notes for those new to purchasing and storing mushrooms: Look for mushrooms that are firm, plump and clean. Those that are wrinkled or have wet slimy spots should be avoided. The best way to store loose shiitake, maitake or reishi mushrooms is to keep them in the refrigerator in a loosely closed paper bag. They will keep fresh for about one week. Dried mushrooms should be stored in a tightly sealed container in either the refrigerator or freezer where they will stay fresh for six months to one year. Mushrooms are very porous, so if they are exposed to too much water they will quickly absorb it and become soggy. Therefore, the best way to clean mushrooms without sacrificing their texture and taste is to clean them using minimal, if any, water. To do this, simply wipe them with a slightly damp paper towel or kitchen cloth. You could also use a mushroom brush, available at most kitchenware stores.

If the fresh mushrooms become dried out because of being stored for too long, soak them in water for thirty minutes.

Safety of Supplements

There are an estimated 108,000 deaths from pharmaceutical medications annually. According to the most recent report compiled by the American Association of Poison Control Centers' National Poison Data System there was not even one death caused by a dietary supplement in 2008. The Orthomolecular News Service has underscored these statistics. Now, no one is telling you to prescribe supplements for yourself and expect that "nothing bad" will happen. I want to make clear that my position has been and continues to be that anything that has the ability to help can hurt. So, leave the prescription of natural substances to those trained in doing so. We have all kinds of assessments to help us and years and years of education, clinical experience, and continuing education to guide us. However, when properly recommended by a licensed and trained clinician, supplements are very safe and effective. By the way, I want to be clear that I am not discouraging the use of properly prescribed pharmaceutical medications, despite the statistics. I believe in the safe, effective and appropriate use of drugs and non-pharmaceutical supplements and remedies. Just don't take anything on your own because you read about it or heard about it or a friend recommended it. You can do harm. Let those who are properly trained take care of you.

Balance and Bones

One of the major problems associated with aging is a loss of muscle strength and balance. A loss of muscle strength, in the large muscles but also in the smaller and less known stabilizing muscles, is more responsible for bone fractures in the elderly than any other causes. Why? Falls are the greatest cause of fractures, and falls are caused by lack of balance and muscle strength. Qigong (pronounced "chee-gung"), yoga, tai chi, and proper strength training with a personal trainer who includes exercises for balance and functional movement in your routine are an important part of fracture prevention. Of course, diet, hormonal health, and adequate levels of essential nutrients are the other parts of a fracture prevention program. You are welcome to make an appointment for assessments and personalized recommendations.

I Recommend...

MS: How I Solved the Puzzle of My Multiple Sclerosis by Kathryn Simpson is a must-read for those of you who have been diagnosed with MS or those you know who have been diagnosed. In my opinion, it is a blueprint for treating all neurodegenerative diseases. This book provides hope and help. If you are interested in pursuing her plan, or a modified version, please contact me at the office. I have been trained to assess and treat as she describes, and I have colleagues who are superb physicians and clinicians who are ready to help me form a team around you.

Time To Quit

A study noted in the *New England Journal of Medicine* indicates that, to some degree, many smokers do have the control to quit. In this study, smokers who were paid to quit were far more successful than those who were not. In this study smokers who were paid received \$750 to quit. If you love someone who is a smoker or if you are a smoker (and love yourself), I have a very successful program to help you quit for good. Go to the "Practice Information" section of my website and read about my Quit Smoking Success program. I am willing to take two people at a time as long as each promises to be a partner and support for the other. It seems as long as the incentive is sufficient most people have the personal power to stop for good. \$750 should appear to be a weak incentive when compared with the development of cancer, heart disease, emphysema, blood clots, and dementia.

Brain Teaser

Forward I am heavy, but backwards I am not. What am I? (Find the answer at the end of the Ezine)

Consider This:

Charles Schultz Philosophy

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions. Just read it all straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winner for best actor and actress.
6. Name the last decade's worth of World Series winners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.

3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

Laughter Is The Best Medicine

Real Signs From Around the World

Plumber:

"We repair what your husband fixed."

On the trucks of a local plumbing company in NE Pennsylvania:

"Don't sleep with a drip, call your plumber."

Pizza shop slogan:

"7 days without pizza makes one weak."

At a tire shop in Milwaukee:

"Invite us to your next blowout."

Door of a plastic surgeons office:

"Hello, can we pick your nose?"

At a Laundry Shop:

"How about we refund your money, send you a new one at no charge, close the store and have the manager shot. Would that be satisfactory?"

At a Towing Company:

"We don't charge an arm and a leg. We want tows."

On an electricians truck:

"Let us remove your shorts."

In a Nonsmoking Area:

"If we see smoking we will assume you are on fire and take appropriate action."

On Maternity Room Door

"Push, Push, Push."

At an Optometrists Office:

"If you don't see what you're looking for,
you've come to the right place."

On a Taxidermist's window:
"We really know our stuff."

In a Podiatrist's office:
"Time wounds all heels."

At a Car Dealership:
"The best way to get back on your feet - miss a car payment."

Outside a Muffler Shop:
"No appointment necessary, we hear you coming."

On a desk in a reception room:
"We shoot every third salesman, and the second one just left."

In a Veterinarians waiting room:
"Be back in 5 minutes, Sit! Stay!"

Answer To The Brain Teaser:

Not

Contact Info

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