



Dr. Steve Rosman's May 2010 E-zine

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Welcome to the May 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.)

"Do not let what you cannot do interfere with what you can do."
-John Wooden

Office Notes

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.

This month and next month, I will spend more than 60 hours in training with Dr. Dietrich Klinghardt, one of the foremost Lyme's experts in the world. He has also developed Autonomic Response Testing, a clinically proven, very effective and elegant means of identifying the hidden causes of refractive, hard to treat conditions. You can find Dr. Klinghardt at www.klinghardtacademy.com. He practices at clinics here in Washington State and in Germany, and in 2007 he was awarded Physician of the Year by the Global Foundation of Integrative Medicine. Take a look at his website. He is a very interesting physician. I will let you know more about the training in the months to come. I have already studied his Mental Field Therapy, which is described in a PDF document in section two of my website. It is an extremely effective therapy for anxiety, phobias, pain, depression, and other such conditions.

Last month, I attended a double seminar in Arizona as one of more than 8 seminar/trainings I have attended for specialization in the latest, most effective, most scientifically-based and exciting form of acupuncture (without the use of needles - - no pain)> The program included new research presented in the use of this form of treatment for anxiety, depression, ADD, ADHD, headaches, and, of course, all kinds of chronic pain.

WHAT IS ACUPUNCUTURE WITHOUT NEEDLES? QUANTUM ACUPUNCTURE IS NOW AVAILABLE WITHOUT THE USE OF A SINGLE NEEDLE. THIS IS 21ST CENTURY ACUPUNCTURE TREATMENT. IT IS INCREDIBLY EFFECTIVE, SAFE, AND IT IS DELIVERED WITHOUT ANY PHYSICAL SENSATION VIA THE USE OF COMPUTER GUIDANCE. TREATMENT IS AVAILABLE FOR ALL KINDS OF PAIN - - ALL KINDS, NO MATTER HOW CHRONIC. SPECIALIZED TREATMENT IS AVAILABLE FOR ANXIETY, DEPRESSION, AND EVEN MORE SPECIALIZED

TREATMENT IS AVAILABLE FOR NEURODEGENERATIVE CONDITIONS LIKE MS. FIBROMYALGIA RESPONDS SO WELL I GET EXCITED THINKING ABOUT THE RESULTS. TO READ MORE ABOUT THIS GO TO http://www.east-westseminars.com/knowledge_base_research.php. COPY THIS WEB ADDRESS AND READ THROUGH ANY OF THE RESEARCH ARTICLES THERE. THERE IS NO PAIN. TREATMENTS ARE BRIEF, BUT DUE TO THE TECHNOLOGY THEY ARE MANY TIMES MORE EFFECTIVE THAN THE MANY SCHOOLS OF TRADITIONAL ACUPUNCTURE I WAS TAUGHT AND HAVE PRACTICED. I HAVE USED THIS QUANTUM, 21ST CENTURY TREATMENT TO HELP WITH APPEPTITE CONTROL, SMOKING CESSATION, AND ADDICTIONS. FEES FOR THIS ADVANCED FORM OF THERAPY ARE THE SAME AS FOR THE MORE TRADITIONAL ACUPUNCTURE TREATMENTS. ALL FEES ARE DISCLOSED ON THE WEBSITE.

Must "Not See" TV

In a study published in the Archives of Pediatrics and Adolescent Medicine, researchers concluded that for every hour the TV was on, infants between the ages of 2 and 48 months old heard more than 600 words fewer from their moms and female babysitters. This begins to add up and limits the child's exposure to language. That affects cognitive development. So, here is a solution: spend time with your children, interact with them, love them and care for them (they grow up quicker than you think!) and record what you want to watch for viewing at another time.

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.

Are you interested in...

... support/education groups focused on weight management, chronic pain, or cancer care options? I will be hosting groups for 6-10 participants from 6-6:45 pm on weekday nights yet to be determined. These weekly sessions will be organized into groups of five. The fee, payable in advance, is \$175 for the first 5 sessions. You must commit to 5 sessions, but then you can decide to stop attending or you can renew your participation for another 5 sessions at the same \$175 fee. I plan to present information about how to shop, what exercise works best for which person, what makes metabolism burn or fizzle, whether acupressure or computerized acustim or acupuncture is for you, the role of guided imagery or hypnosis in pain management and cancer self-care, complementary and alternative cancer care options that are based in evidence and are effective and do not interfere nor conflict with conventional treatments, what is pain and what you can do to diminish it, what is diet myth and what is diet power, what kind of psychotherapy works best for pain, how to manage cravings, how to work with diet despite a busy schedule or poor personal habits, and more. The medical literature reveals that people lose weight successfully or learn to manage pain or overcome cancer due to attendance at groups. You come and learn from me, and you share tips, information, and secrets about what works with each other. You find support. You find help. You get a taste of what is available to help you whether you want to reshape your body, manage pain, or beat cancer. As long as there are six enrolled participants, one family member can attend with you free of charge. If you are interested, send me an email at srosman@prohealthcare.com. These sessions are meant to educate, inspire, motivate, and provide support. They are not a substitute for treatment plans I create for you based upon tests and evaluations of your personal needs.

Not So Sweet Facts

According to the USDA, Economic Research Service, Loss-Adjusted Food Availability, 2007 data, only 8% of the average American diet consisted of fruits and vegetables. More than 42% consisted of added sugars (added and not naturally occurring) and added fats.

Did You Know?

Did you know that the industry-funded food labeling program called Smart Choices (remember the use of that word "smart") would have labeled Fruit Loops and Cocoa Krispies as health foods. Oh yes, the FDA stepped in to halt the "smart" program.

The following 3 items elicited so many comments, I want to repeat them so that those who did not receive or read the last newsletter might benefit from the information:

How Can I Learn About Bioidentical (Human-Identical) Hormone Balancing?

I recommend that you rush to pick up *Slim, Sane, & Sexy: A Pocket guide to Natural, Bioidentical Hormone Balancing* by Jay H. Mead, MD, and Erin T. Lommen, MD (Calaroga Publishing, 2008, 971-645-4068). There is a great deal of misinformation and propaganda posing as legitimate medical information when it comes to what bioidentical hormones are and why they may be important for you. If you suffer from PMS, perimenopausal symptoms, menopausal symptoms or other hormonal imbalances or if you have been told that your symptoms are better treated with antidepressants, anxiolytics, pain killers, muscle relaxants, sleep medication, and the like, you have options you may not have known about or ever considered. This is a very, very readable introduction to hormone replacement and hormone augmentation therapy to will answer any question you have about your hormones. Don't believe that hormones are not for you or that they pose Risk A, B, or C until you read this book. I strongly recommend that anyone coming to see me about hormone balancing related to everything from migraines to menopause and from PMS to loss of libido or sleep, read this little book. Buy one and give it to a friend or loved one. The information is first-rate. The citations are superb. The myths that are debunked are priceless.

Mercury In Your Fish Is Higher Than You Might Think

A review of the country's streams by the U.S. Geological Survey found that every fish obtained (that's right I said every fish) from 291 streams across this great nation of ours tested positive for methylmercury contamination. Levels were so high, in fact, that one in every four fish tested had levels unsafe for consumption. What are some symptoms of mercury toxicity, even at very low levels:

CENTRAL NERVOUS SYSTEM

- . irritability
- . anxiety/nervousness, often with difficulty in breathing
- . restlessness
- . exaggerated response to stimulation

- . fearfulness
- . emotional instability
 - lack of self control
 - fits of anger, with violent, irrational behavior
- . loss of self confidence
- . indecision
- . shyness or timidity, being easily embarrassed
- . loss of memory
- . inability to concentrate
- . lethargy/drowsiness
- . insomnia
- . mental depression, despondency
- . withdrawal
- . suicidal tendencies
- . manic depression
- . numbness and tingling of hands, feet, fingers, toes, or lips
- . muscle weakness progressing to paralysis
- . ataxia
- . tremors/trembling of hands, feet, lips, eyelids or tongue

HEAD, NECK, ORAL CAVITY DISORDERS

- . bleeding gums
- . alveolar bone loss
- . loosening of teeth
- . excessive salivation
- . foul breath
- . metallic taste
- . burning sensation, with tingling of lips, face
- . tissue pigmentation (amalgam tattoo of gums)
- . leukoplakia
- . stomatitis (sores in the mouth)
- . ulceration of gingiva, palate, tongue
- . dizziness/acute, chronic vertigo
- . ringing in the ears
- . hearing difficulties
- . speech and visual impairment
 - glaucoma
 - restricted, dim vision

GASTROINTESTINAL EFFECTS

- . food sensitivities, especially to milk and eggs
- . abdominal cramps, colitis, diverticulitis or other G.I. complaint
- . chronic diarrhea/constipation

CARDIOVASCULAR EFFECTS

- . abnormal heart rhythm
- . characteristic findings on EKG
 - abnormal changes in the S-T segment and/or
 - lower broadened P wave
- . unexplained elevated serum triglyceride

- . unexplained elevated cholesterol
- . abnormal blood pressure, either high or low

IMMUNOLOGIC

- . repeated infections
 - viral and fungal
 - mycobacteria
 - candida and other yeast infections
- . cancer
- . autoimmune disorder
 - arthritis
 - lupus erythematosus (LE)
 - multiple sclerosis (MS)
 - scleroderma
 - amyolateral sclerosis (ALS)
 - hypothyroidism

SYSTEMIC EFFECTS

- . chronic headaches
- . allergies
- . severe dermatitis
- . unexplained reactivity
- . thyroid disturbance
- . subnormal body temperature
- . cold, clammy skin, especially hands and feet
- . excessive perspiration, w/frequent night sweats
- . unexplained sensory symptoms, including pain
- . unexplained numbness or burning sensations
- . unexplained anemia
 - G-6-PD deficiency
- . Chronic kidney disease
 - nephrotic syndrome
 - receiving renal dialysis
 - kidney infection
- . adrenal disease
- . general fatigue
- . loss of appetite/with or without weight loss
- . loss of weight
- . hypoglycemia

There are safe and effective ways (and they do not include conventional blood tests) to assess your mercury levels. Also, there are safe and effective ways to remove mercury, lead, and other heavy and toxic metals from your system. Call for an appointment.

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.metamatrix.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.

Brain Teaser

I have five letters. If you take the first and last, I will still be the same. Even if you take the middle letter, I will be the same as before. What am I?

Dirty Mouth: Did you know...

Your mouth contains more bacteria than the human population of the United States and Canada combined!

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).

Crucifers and Cardiovascular Health

Research funded by the British Heart Foundation found that the phytochemical sulforaphane, contained in cruciferous vegetables like broccoli, cauliflower, kale, and cabbage, can activate a protein in arteries that prevents inflammation and buildup of fatty plaque, both of which can lead to heart attack and stroke.

Bone Density and Bone Thickness

Measuring bone density alone does not provide an adequate measure of holistic bone strength and health. Bone diameter and the thickness of the outer portion of bone, cortical bone, are important assessment tools to help determine fracture risk. Bone-building exercise must include flexibility, balance, functional strength, resistance training, and power training. It is not hard to build such a program for yourself. However, an hour's walk, yoga, stretch bands, and the like will not increase bone diameter and cortical thickness. Neither will it increase balance and flexibility to help prevent falls that might cause fractures. I am prepared to help anyone put together a practical, convenient, but effective exercise program for bone health. If you are not including all these elements of exercise, you are not providing proper insurance against the health risks of osteoporosis.

Sugar: Not So Sweet

As noted in Psychology Today (July 23, 2009), British psychiatrist Malcolm Peet has found a link, a strong link he concludes, between high sugar consumption and the risk of both depression and schizophrenia. Most probably, this occurs because sugar appears to suppress BDNF, a hormone that helps neurons stay healthy and helps to repair them when that health is threatened, and because it contributes to inflammation. As we grow older, I will let you define when that happens, our natural repair mechanisms are less plentiful. As we age, we are more susceptible to inflammation from other sources other than sugar. However, if sugar consumption in all its forms, is a major player in heart disease, decaying, decrepit arteries, bone loss, diabetes, cancers, memory deficits, and now mood disorders, we can look much slimmer, feel more healthy, live to an older age, show healthier and firmer skin, and think more clearly if we reduce sugar consumption. There are strategies, food plans, fitness programs, supplements, and a dozen other ways I can help you or a loved one significantly reduce your sugar consumption. This kind of damage, once begun, can't be ignored because it will no longer be in hiding when your skin sags, your wrinkles increase and get deeper, you become embarrassed by what you are forgetting, your blood fats rise, your blood pressure gets higher, your waistline becomes unsightly, your sex life suffers, your progress toward diabetes, you become anxious or frequently panicked, you experience more and more depression, and you become more fatigued daily.

The Choice is Clear: It is Both Diet and Exercise and Not One or The Other

Research published in *Obesity Weight Management* (5:195-196, 2009) concludes that neither appropriate caloric intake (meaning appropriate caloric reduction) nor exercise results in the best management of obesity. If the trend continues, more than 4 out of every 10 Americans will achieve the medical diagnosed status of obesity within the next eight years. That comes to more than 100,000,000 men and women, boys and girls. Some work with diet programs. Some figure that they can eat what they want as long as they exercise. Both are wrong. Success, real lasting success, requires a proper eating plan and a proper exercise program. Again, research shows that most Americans don't have a clue about either diet or exercise. You can have your metabolism tested, and you can receive a program tailored to your lifestyle, your health needs, your genetics, your tastes and your budget. How much money have you already spent on diets? How much time have you spent in the gym or attempting to exercise at home? If you don't like the answers, stop the madness. Reduce fat. Gain healthy muscle at any age. Reduce your risk of early death or dementia or chronic illness. We both know that if the answers for you were simple, you would have results by now. So, it is not simple, but it is about your life. Take a look at the PDF documents - *The Truth About Weight Loss and The Only True Way to Lose Weight* found in "Practice Information" section of my website www.drsteverosman.com.

Do You Need Another Reason to Drink Green Tea?

If you need another reason, here it is: An article published in a recent issue of *Cancer Prevention Research* (2009 Nov;2(11):919-21) suggests that the phytochemicals in green tea may protect against the progression of lesions that are at high risk of developing into oral cancer. Guess a cup of green tea or two or three might just be good for you.

Throw Out the Scale (I Know This Was From Last Month, But It Is Worth Repeating)

You know that medical studies have shown time and again that that it is body composition that is important and not weight loss. I have written and spoken about that with you repeatedly. Recently, a study published in the *New England Journal of Medicine* (2008:359(20)2105-2120) gathered evidence from almost 400,000 people from nine countries. Here is what the researchers concluded: Weight and BMI (Body-Mass Index) were irrelevant in predicting risk of death and serious disease. What matters most is the size of your waist. It tells us a lot about the fat that surrounds your most important organs - visceral fat. Yes, there is fat that sits just underneath the skin. That is subcutaneous fat. Yet, visceral fat increases your risks of diabetes, all kinds of heart disease, various cancers, various kinds of dementia, and more, and the size of your waist is the predictor. My "weight management" programs focus on health, longevity, anti-aging, protection from disease, and fat loss along with muscle gain. You feel more energy, look younger, develop healthy skin tone and tighter skin tone, wear smaller clothes, gain toned muscle, think clearer, improve memory, regulate hunger, change negative behavior, reduce risk of mortality and debilitating disease you think you have an ideal weight, guess again. It doesn't matter. You should be concerned with an ideal waist size. Since these kinds of programs involve proper exercise (and that does not include taking a casual walk for 30 minutes), behavioral change, appropriate food selection and portion size, adequate sleep, inflammation

control, metabolic analysis, hormonal analysis, fat loss related nutrients, acupuncture and hypnosis if desired, and such, let's get started. Dietary foods often contain foods that actually promote fat gain. You might lose weight, but remember weight is not the issue. Come to the office for the proper assessments and the development of a proper program that I create with you as a partner. We work together, and I design what you are ready and willing to do. (Another study, one of dozens that are recent, was conducted over sixteen years. The same conclusions were drawn: *Circulation*. 2008 April 1; 117 (13):1658-67).

How You Can Make a Difference To A Child

Firstbook.org is the site dedicated to an organization that has distributed more than 60 million books to preschools, shelters, and daycare centers throughout the United States and Canada. Did you know that in low-income neighborhoods it is estimated that there is 1 age-appropriate book for every 300 children? Two dollars will purchase one book.

It's Not the Size (Of Your Brain) That Counts

The average adult brain weighs about 1,400 grams (3 pounds) and represents approximately 2% of a person's total body weight. It also uses about 20% of your body's energy supply. However, deficiencies of certain nutrients due to a poor diet, stress, prescription drugs, genetic metabolic dysfunctions, toxins, digestive malabsorption, and other factors will reduce your brain cell's ability to use the energy you feed it through food and drink. Improving focus, concentration, memory retrieval, and an overall sense of cognitive health may be as easy as one simple nutrient assessment. It is not size that matters here. It is whether or not the healthy food and drink you consume is converted, inside your brain cells, into substances that make energy. Without certain nutrients in certain amounts, that just will not happen.

Rip Van Winkle May Have Known Something About Longevity

A study published in *Sleep* (2009;32:A283-A284) evaluated the sleep patterns of 741 men and 1000 women over ten years and found that those men who experienced insomnia and short sleep duration were about 5 TIMES as likely to die more prematurely than men who had normal sleep. It is true that lack of deep sleep, short sleep duration, and other sleep problems contribute significantly to diabetes, obesity, many kinds of heart disease, certain cancers, and other medical conditions and diseases. A glass of wine to relax or certain sleep pills may get you some shut-eye, but they may not get you long life and freedom from disease. There are, in fact, very safe, effective, non-pharmaceutical sleep treatments. There are ways to identify causes of your sleep difficulties and, thus, evidence I can use to help you get good, sound, healthy sleep. Why let another night's sleep escape, when your life is waiting. My Sleep Program affords me enough options so that there are practical but personally designed strategies to meet your needs and your convenience.

Make This Cole Slaw For the First Spring Barbeque

3 carrots, grated
2 cups white cabbage, shredded
2 cups red cabbage, shredded
1/4 cup raisins (optional)
1 apple, diced
1/2 onion, finely chopped
2 tbsp. red wine vinegar
1 tbsp. lime juice
3 tbsp. olive oil (or Udo's oil)
1 tsp. horseradish
1/2 tsp. dill
1/4 tsp. garlic powder
1/4 tsp. onion powder
2 tbsp. fresh cilantro, chopped (optional)
1 tsp. fruit sugar
boiling water
1 tsp. Bragg Amino Acids (available at any Whole Foods Market, Fairway, Trader Joe's, or Wild By Nature Market)
sea salt to taste
pepper to taste

Add the shredded cabbage and raisins in a stainless steel or glass bowl, and pour enough boiling water to cover. Let it all sit for 5 minutes. Strain the water from the cabbage. Then, add the remaining ingredients to the strained cabbage, and let the mix sit for two hours or more in the refrigerator.

Fishing For Ways to Help Prevent Infant Eczema and Allergies

The results of a recent study indicate that maternal supplementation with fish oil may reduce the risk of food allergy and eczema during the first year of life in infants with a family history of allergic disease (*Acta Paediatr.* 2009;98:1461-1467). It is well-known already that the fatty acids in fish oil enhance the development of the fetal and infant brain. Yet, be sure of your fish oil supplement. Mercury is concentrated in fish oil, but there are many companies like Nordic Naturals that provide very pure products. By the way, there are studies emerging that report similar findings for specific probiotics supplements taken during pregnancy and breastfeeding. This is only one reason why so many obstetricians refer their patients to me for pregnancy nutrition evaluations.

Toxins and Male Infertility

While reports of the relationships between environmental toxins and conditions like Parkinson's, breast cancer, autism, and more have hit the 6 o'clock news, here is another news flash: environmental toxins may be yet additional contributing factors to male infertility. It is important to get the right kind of assessment. Blood tests are notoriously unreliable. They may show toxicity, and they may not. However, if they are negative it does not mean that toxins are not stored in the body where the blood shunted them. If you suspect that you or someone you know might need an appropriate assessment, now is the time.

Body Trivia

A human being loses an average of 40 to 100 strands of hair a day. There are many reasons for losing hair. It could be due to thyroid, adrenals, estrogen loss, excess androgens, autoimmune conditions, certain kinds of skin inflammation, stress, and it could be due to nutritional deficiencies and toxic metals. Due to environmental exposure and certain food consumption (like fish but not limited to fish, at all), some people can experience hair loss. Usually, this is accompanied by neurological symptoms. Nutritional deficiencies play a role. I have treated several women over the last few months for hair loss. What were the reasons? In these recent cases: chronic stress; poor diet and nutritional deficiencies; hormone loss. Sometimes there are reasons that have remedies. Sometimes, this is not the case. Call me if you think I can help you or someone you love.

This Really Is A Special "K"

You may know that vitamin K plays a role in helping your blood clot. But did you know that it plays a role in the creation of osteocalcin - - a vital component of bone health? Also, did you know that recent studies conclude that due to its role in the creation of matrix-Gla protein, vitamin K helps reduce calcification of your blood vessels? Thus, it helps reduce cardiovascular disease-related mortality. Do you know if you need more vitamin K in your diet or via supplementation than you currently get? You might want to think about finding out.

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.

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.

Try this. Keep a journal for the next week. On one page jot notes, they do not have to be formal or time-consuming, about what you notice brings you a smile, some joy, a laugh, relaxation, relief, a sense of wellness, and love. On the other page, jot down observations about what makes you sad, angry, frustrated, fatigued, aggravates pain, think negatively, and similar items. In some cases, it is not a what but a who. There may be activities

that elicit these emotions and inner-states or they be people who do this or places or foods or books or music. Once you have begun to identify such things, you can certainly continue to do so, but add the following exercise: make a commitment to spend more time with a person or in a place or doing something that brings the positive to your life and make a plan to avoid, minimize or eliminate, just for the next day only, something that arouses the negatives. Do this for a month. Research underscores the importance of writing these types of things down. You can do it reflectively at the end of the day in a ritualized way with a cup of nice tea or glass of wine or in a hot tub or sitting in a favorite place. You can do this on the run making notes on the go. You will begin to recognize what contributes to full-spectrum wellness and what plagues you with dis-ease or toxicity. Don't forget the really important ending: Do something about it. Do something about it by planning to do something about it, even with baby steps, the very next day. And, please, write down what you are going to do to accentuate the positive and eliminate or reduce the negatives in your life.

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.

Consider This...

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it ... It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life."

Laughter Is The Best Medicine

A child was watching his mother sift through and delete a long list of junk E-mail on the computer screen.

"This reminds me of the Lord's Prayer," the child said.

"What do you mean?" the mother asked.

"You know. That part about 'deliver us from E-mail.'"

Answer to The Brain Teaser

Empty.

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