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September/October 2009

MAGAZINE

5th Year Anniversary Issue

**PRENATAL YOGA
& MASSAGE**

CALENDAR OF EVENTS

HEALTHY RECIPES

Clint Flack, 28
Lives in Rushland
works out at
La Fitness, Warrington

phillyfit.com

TEAM VALKYRIES' MoDa Program participants Cathy (42)
& Emily (14) D'Vertola, Royersford, PA, Patti Czarnecki (42)
& Casey (14) Brill, Spring City, PA

**HEALTHY
PET SECTION
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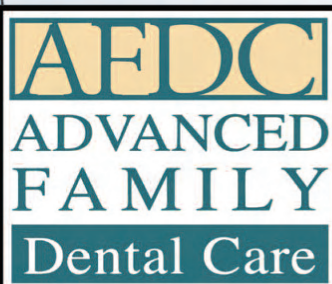
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If there's one thing I've learned... it's that you can't avoid a void.

How do you make yourself whole and stay FIT on the inside?

What's deep, piercing, omnipresent, unshakable and invisible? Sadly, for many, the answer to this riddle is a hole in the heart. I'm not talking about the physical muscle, full of veins and arteries which sustains us as humans, but rather the emotional tug, full of sorrow and confusion that often levels us.

With the arrival of the fall season, the majority of us look forward to celebrating Thanksgiving and then riding that turkey-coma wave of glee towards December's festive holidays. Of course, there will be glasses clinking, laughter over home-cooked meals and stories that get retold each year; but there will also be those of us who aren't feeling that jolly. A lot of people are plagued with distress and remorse. Some just drag around a despondent aura, mourning relationships lost, words that somehow can't be retracted (no matter how old they are) and cracks beyond repair in a family's foundation. What to do? I sometimes wish that Whole Foods would have a dedicated aisle to making humans "whole" again. That way we could pick up a box of gluten-free "confidence" and a bag of fat-free "happiness" whenever we need them. It's just not healthy to have unfinished business and as we all



Current photo taken August 2009 by Joe Chielli

get older, somehow it becomes more critical to heal and to mend those fissures or come to terms with depression triggers. In other words, fixing that hole in your heart becomes ultra time-sensitive. Turns out, looking the “beast” in the eye (whomever or whatever that demon is) and facing fears is the first step in attaining a new level of inner-peace and self-respect.

I have a story to share with you about two sisters who were estranged for more than thirty-one years. Yep, that’s my slightly older sis, Lori and me. As most of you know, I often use these first few pages to unabashedly reveal personal aspects of my life. The story that I am about to tell is beyond cathartic. Writing down a journey littered with angst and bewilderment ain’t easy, but as I type, a feeling of closure washes over me. I hope by glimpsing into the keyhole of my inner soul, you might find your own pathway to healing and serenity. Even if you don’t have a sister, I urge you to read on...

If you’re like most Americans, it’s all about covering up the pain, which often manifests in dangerous, and toxic ways. Avoidance tactics and defense mechanisms become our “comfort zones” over time. Now, I don’t profess to be a world-renowned psychologist, but I do know that many of us may develop eating issues (too much/not enough) or become obsessed with weight and turn into obsessive-compulsive gym junkies. I’ve been lucky to avoid these, but could have easily turned into a junk-food-junkie to lick my wounds throughout my life. Some may develop depression or lash out at loved-ones. Many seek comfort in drugs and alcohol. Others become Type-A overachievers, always going-going-going like that iconic Energizer Bunny, never stopping to take a breath, working thirteen-hour days and burying themselves and their emotions in briefcases (admittedly, this last category is the one into which I have fallen.)

I firmly believe that your identity – who you are on the inside and the uniqueness that you project to the world – is a very fragile thing. Sometimes your identity as a kid stays with you as an adult, meaning the baggage. Smudges and skeletons of the past can truly shape you. You choose to either rise above it or you can spend your life treading murky waters looking for a life preserver. I say be your own life preserver!

When I was a little girl, my Dad always told me how I was, “One of the ones found under the cabbage patch!” Years later, Mattel manufactured those had-to-have-one Cabbage Patch Dolls, I thought for sure that the little blonde one was me! Good one Dad! It was around that same time that I remember being in the Girl Scouts with my older sister Lori and singing this little song:

“Everywhere we go-o
People want to know-o
Who we a-are
And where we come from
So we tell them
We’re from [name of town]
Mighty, mighty [town]
And if they can’t hear us
We sing a little louder”



We’d sing this together repeatedly until we were practically screaming.

Ever wonder where you came from? And why you are the way you are today? Here’s my personal journey.

Once upon a time, there was this happy-go-lucky, bright-eyed blonde, named Jaime. (Yes, my Hawaiian pre-school teachers insisted that my own parents were spelling it wrong and modified it to JAMI). Born in Arizona, I briefly lived in Georgia, and then luckily, at the age of two, I was transplanted to Honolulu, Hawaii. Living there until the age of six, I recall joy in my life, taking Hula lessons together, or sliding down our imaginative backyard “adventure jungle” on makeshift sleds (basically, a small grassy hill, since snow was not an option). These tobaggons were merely flattened out cardboard boxes and man, did those suckers fly! Days with Lori were spent carving out banana trees into little forts. The trunks were so close together in a cluster, they were almost one; you could hollow them out and make little houses inside of them! Now I’m well aware that this all sounds very Disney-esk, but I tell you no lies, it truly was!

I remember walking to school barefoot (my afterschool playground was the beach) and also going to rock concerts, starring none other than Jimmy Page. I became known as “Beer Runner Girl” at the early age of six. Yes, I was the snarky little brat that ran brewskies back to the boys in the band between sets. Our neighbor, Harry (eighteen or so at the time), was a personal friend of the band (yeah Led Zeppelin). “Harry-boy,” as we called him, brought me and Sandy (his little sis) along with him to beach concerts! Little did I know how “lucky” we were back then! I recall actually being annoyed that we had to sit all night listening to excruciatingly loud, ear-drum busting beats, constantly being told when to run another beer up the stage steps! Ah, those were the good ol’ days!

Lori was always by my side during most of the escapades of my youth. Life was good, stable and normal. Just like any other average family, right? My Dad worked for Sperry Univac. Then, suddenly, we were (once again) relocated. This time it was to the lovely town of New Britain, Pennsylvania. (What ever you do, don’t ask my Dad how this happened. He doesn’t like to think he actually accepted a transfer OUT of Hawaii!) And this is where my “once upon a time” early beginnings take a life-altering turn.



Lori and me at our home in Hawaii, 1969.

We moved in, met the neighbors, started school and joined the local swimming team. Pennsylvania wasn't quite Hawaii, but it turned out to be fine, at least for a while. After just a few years in our PA digs, my Mom began to suffer from an illness which removed her from our home for a little while. My father traveled extensively for work, for long stretches at a time. This circumstance prompted the hiring of many baby-sitters. I guess I considered all this to be still quite normal. But Lori was three years my senior, and she was wondering what the heck was going on in her life and in ours. Our allegedly normal world starting changing rapidly. There was talk of us transferring yet again, this time to England. Bloody England! At this juncture, remembrances start to get pretty fuzzy. Lori was more impacted by the changes. The collective stress my family was feeling at that time mushroomed, but my childhood innocence had masked what all these changes were leading up to. My mind sort of hops, skips and jumps to a year or so later. We did in fact move to England and nestled into a small flat until my Dad located our first real "home." Again, I vaguely recall feeling that safe, status quo normalcy. Well, I confess, maybe not totally typical anymore, but still quite content. I remember skipping to the local public pool to swim. I made friends quickly, and although I missed American candy more than anything else, I managed to find a McDonald's (I know, I know) in a nearby town and good 'ole Ronald gave me a sense of familiarity and comfort.

Through all of this change, I never realized just how much Lori was affected as she spiraled quickly into a shell. She slowly morphed towards a semi-crisis state-of-being. She was (and is) such an attractive girl, gifted with uber talent, and a natural athlete like no other. I suppose that everyone assumed that she'd surely make friends and mesh into the Brit culture. She did for a while, but found herself hanging with a group of bad friends, she went toward them because she felt she "had no connection at home." A year or two passed and we "settled" into the American Community School, adjusting to the neighborhood and seasonal routines. But something was off. I always knew it. I could detect it, but I had no clue what was truly wrong. I was terrified on the inside, but never showed it. I had no frame of reference. There was no Dr. Phil, no Google, no book called "Feelings For Dummies." Was it me? Was it the strange culture and the influences of the kids in that foreign community invading my coveted, safe world, or were we just sort of outcasts by default? It was hard to tell. The lines were blurred. Perception and reality collided and swarmed around me like hungry summer gnats.

Fast-forward a bit more. Now, an undeniably rebellious Lori ran away from home at age fifteen, I was twelve. She didn't just go down the block! Truth be told, Lori's new frustration was scary to me, and probably to her too. But I now realize she didn't really mean to act out, nor was she totally aware of her behavior. She was an angry and confused young girl. I seemed to be busy and preoccupied. I've since concluded that this was (and quite frankly still is) the way I sort of handle things. As a result, Lori and I were no longer chummy-chummy; but geez, she was all that I knew (I have no other siblings). She used to comb the knots out of my hair each morning, and sang me songs on her guitar. She taught me the ropes of being cool like the older kids. In a flash,

she was gone. Thanks to my pony, Seagull, I kept myself busy (more on him later). Okay, maybe too busy (on purpose). In retrospect, I think I continued bopping along as if everything was fine, but deep down inside, I knew there was absolutely nothing ordinary about abruptly becoming an only child. I watched my mother try to coast through her life, joining cooking classes, playing bridge, attending craft fairs and blending in to the Brit culture as well as could be expected. But there was always this underlying pain that I had to witness all these years. My mother's face spoke volumes, my father's too, actually.

Lori ended up moving to San Francisco with "friends." At that time we were still living in England. Over the next few years, I had very little contact with her, although she and my parents managed to come to an arrangement that kept them all in touch. I did miss her, more than I probably realized. A tsunami of unanswered questions enveloped me and haunted me each night. "How was she doing? How did she feel? Was she homesick? More importantly to my youthful mind, did she miss me at all? I used to be her little buddy, her permanent sidekick! Where'd she go, and why? Oh man, maybe I caused this? Maybe I didn't show her enough love and she just split. Am I ever going to see her again? What about her birthday? And mine!" I felt so lonesome and rejected, but genuinely worried about her potential loneliness more. I didn't have the ability to wrap my head around where she was and how she might be living, so I simply chose to tuck those feelings away. This would surely leave a huge, permanent void...or so I thought.

An amalgamation of guilt, shame, and failure steadily hung around our family like the thick London fog. As I got a little older, I sensed it more and more and wished that I could wave a wand and fix it. I wanted so badly to mend my Mom's broken heart and help my Dad remember how to smile and laugh again. My father's coping mechanism was to bury himself in work. He traveled extensively, so I didn't get to perform emotional temperature checks on him. Maybe that was a blessing because as it turns out, he was absolutely crushed and had to find a way to come to terms with the supposed "loss" of a daughter. Lori was too young to be on her own, but too headstrong to live at home (governed by Mom and Dad).

I remember growing up fearing doing anything to make anyone mad. I had a fear of losing anyone I was close to. So I stayed tight with my pets, and gathered as many as I could throughout the years. This has carried over to my adult life, and has most likely contributed greatly to my inability to give one hundred percent of my inner soul to someone.

I am not sure I have ever trusted anyone enough to do that. I later found that my pony "Seagull" was the soul that I trusted most. He was safe. He was mine. I could control his destiny. He controlled mine. We were equal partners and there was no bad day with him in my life. This meant I knew I'd have him forever...or, so I thought. I replaced my passion and soul sharing from the human being kind to the equestrian kind. We were soul mates. Yes, tears are already pouring as I type. I swear, there are times that the sun is shining on my face a certain



Me, 10yrs. old and my love, Seagull.

way, the breeze passes by my cheek and I know that's him giving me a kiss, reminding me that he is with me and everything will be okay. I have his beloved ashes in a gorgeous, handmade cherry wood box. I keep it at the foot of my bed. My understanding husband Lloyd very happily maneuvers his large muscular body around my precious box every morning and every night, crawling into bed.

The heart wrenching year that I lost my beloved Seagull (six years ago this April), my life took another crazy twist. At that time, I had an epiphany. I realized that I had surrounded myself with negative people and negative circumstances that caused chaos around me. I had been sabotaging my own happiness! I was used to living in some sort of functional chaos as a child, so this helter-skelter state was familiar to me. I imported it into my adult life. Like a magazine subscription, I renewed it and kept renewing it because I liked the regularity of complexity, madness and turmoil showing up in my mail box each month. By the way, this was me trying to avoid a void.

To keep loved-ones from "running away," I spent a great deal of time trying to fix them, trying to reverse adverse situations, work through ill-feelings, and figure out conundrums. It wasn't until a very compassionate quasi-therapist friend told me that I had to stop trying to "fix" my family (namely my sister) and everyone's damn pain. Convincing Lori to come back home was futile. Therefore, I was predisposed to bringing other wounded souls into my life. I was trying to make up for the regret and despair of never luring Lori back home. The professionals call this classic transference. I finally got it. What a freakin' revelation! No one out there was my long lost sister. No one out there could bring me the joy that I was certain I'd find if and when my sister re-entered my life.

Well, Lori came to our home for a visit, this past June...and stayed longer than we'd expected! It was supposed to be a two-week visit, but has turned out to be a six-week wonderful, much needed, healing journey for our entire family. Much to my surprise, even though she came home for a few spotty visits over the years, this was the first time that I didn't take off and stay away. Lori came home with an open heart, a mission for healing and

talking openly and honestly, paving the way for forgiveness and closure, for everyone.

I finally did get that childlike joy and wonder back (as a middle-aged woman). Although not for a second do I regret the roller-coaster ride that took place along my personal journey all these years. Lori and I have led almost parallel lives. Totally different yet so the same. We've both had the same relationship ups and downs, we both had relationship bummer nearly the same years and at the same times. We both live and die for our kids—the only difference is that her kids have tails (3 cats and 2 dogs) and mine don't (3 kids and 2 step children), although as most of you know, I have a weakness for animals of all kinds! We have the same laugh, the same craving for morality and integrity in our lives. Our poor husbands, they have high standards to live up to—being committed to "broads" that crave nothing but perpetual realness and honesty. Her body is full of interesting tattoos, and me? Well, I only have one, in a strategically located place for only Lloyd's eyes only (grin). Much to our amazement, random folks have been stopping her left and right, asking if she is "Jami's twin sister." And my younger son Darion swears I "glow" when she is around me. It dawned on me that he is now the same age as I was when Lori left home. Darion is now one of the loves of her life, and visa-versa. When she comes to my house to visit for a few days they both play on the computer 'til the wee hours of the night, go go-cart racing, and watch movies together over a big bowl of popcorn. It's cute—sorta like Darion is picking up where Lori and I left off way back when...

Lori and I are still working out the pesky kinks in this newfound connection. We're communicating calmly, in our polar-opposite perceptions of our childhood reflections and "where we came from." (I'd like to say that wisdom has finally arrived, but I think we're just too old and tired to go at it!) There are no "rights or wrongs," just long talks and walks and private moments that are slowly fusing missing links and providing clarity. Even if we agree to disagree, we're still talking, still laughing, still being well...sisters.

* * *

I grew up determined not to let my pain be the focus of my being, and truly cared more about how the others were feeling in the family. (Turns out, she too was the same way, but was simply too far away to show it, and too caught up in her own healing to present it.) I now know about myself that although I am painfully independent, and try to let others "in," the only thing I really need to feel safe and secure is a home full of love (and Cliff Bars.) I don't need to work for a secure company; I don't need anyone to take care of me. I don't need their money; (Well, maybe a little would be nice, LOL.) I don't require much of their time. I just need to know that my home life will be the same when I walk through the front door each night. Welcoming Lloyd into my safe haven was easy to do because of the plethora of love I feel for him. Trusting him to keep my sanctuary the way I built it to be has been a separate challenge for me. But it's been three and a half years now, and he has only added to the security that I started to create for my children. Yes, I am learning to slowly, but surely, let him completely "in."

Lori, and her husband Reno, have traveled a similar journey. They too are just now learning to get past each others “baggage.” Each day they are finding new ways to help each other overcome their own fears and insecurities. Ironically, they are basically the very same fears and insecurities that I’ve had to deal with all these years.

As I sit here and reflect on this new *Sister Act*, I acknowledge that I’m only now just getting to know and understand her. It’s like we both woke up, and it feels good. No, let’s make that GREAT! We laugh when we notice that we wear the same style of jewelry, same toe rings, thumb rings, the same angels donning our family room walls. She might have a few more interesting piercings than I do though. We are about the same height, same build, similar body types, and same shaped eyes and face, depending on which pictures we look at. We’ve got the same damn acne scars, the same big toe. Up until about five years ago, ironically, we both finally got our S*#@# together. Let me clarify – not Lori and I as sisters, but just as individuals. ***Lori took the road of hard knocks and I took the knocks of hard roads*** – turns out that if you work at it, both of these paths can intersect and lead to a place called harmony.

Remember, no one knew I even had a sister all these years. So, this reunion is a real head-trip. I could not avoid that void any longer. And, I don’t think she could either. She left me a sweet picture of the two of us, and a letter the day she departed. I am still trying to digest and take in her words, that for so many years she kept to herself. I had to find some way to let her know how much her visit meant to me. I came across the perfect book. Local authors Carol Saline and Sharon J. Wohlmuth collaborate on *SISTERS* (Running Press; October 2004; \$29.95), a poignant collection of photographs and essays that revealed the intensity of this special bond. In no way could the authors have imagined the effect this book would have as women took it into their homes and their hearts. Providing an outlet for all kinds of emotions that sisters had always felt but rarely expressed. *SISTERS* has sold more than a million copies. The book provides an emotional catalyst for women everywhere to reflect upon their own changing lives and the enduring bonds that sister’s share. I can’t wait for Lori to get it!

* * *

What’s the point of my storytelling? If you don’t have a sister, why are you even reading this? And, what is life really about anyway? I am not usually overtly philosophical, but I do ponder this question often. For many, money and wealth is the focus. Honestly, I think money is just one big ugly chess game that I wish I didn’t have to play. Riches come and go anyway. No matter which way you slice it, either you have earned it and it’s 100 percent yours—or you have not earned it yourself. It tends to disappear almost as if to say that you shouldn’t have had it in the first place. The money game is an easy one for me. Follow your passions and earn your own honest money. In the end, you’ll have what you deserve. For others, life is about winning friends and collecting lovers. Again these ties can become untied — they come and go as well. There simply is no way to control the actions of other individuals. All you can ever be sure of in a relationship is how you handle yourself and what you’re willing to contribute. Now, the concept of family is a whole other ballgame. This is the bucket that represents an unconditional bond or inde-

scribable connection. Family ties provide a colorful framework throughout life, throughout decades, through candles being blown out and tempers being blown up — no matter what, they are there. They don’t come and go. Deep down, they are always truly there. It’s all a matter of perception, maturity and possibly timing. Sometimes people need to flee as a means to find themselves. Sometimes, they don’t return until they’re nice-n-ready!

When the front door opened back in June, I wanted to hug Lori when our eyes first met. Yet, there was a piece of me that felt a strong desire to run like hell, opting for the easy route of avoidance. My heart and my head were in a heated battle. I had to really remind myself to just “breathe” and roll with it. And I am so glad I did. I finally realized that everything else in my life can come and go at any time, my sister will never be gone again. That chapter has closed. We have learned how important connectivity is and how fast time goes by (especially as you get older) She and I have had little time together during this visit because my three kids gobble her up when ever she is around. So we’ll be working on our relationship for many days to come and we’ll be taking it slowly. For now she is having a hard time leaving (tomorrow) because of this blatant love affair that has developed with my rug rats. Darion even told her last night, “You know how I love my mom so much, I’d NEVER, ever leave her? Well, if you were my mom, I’d feel the same way about you.” She instantly teared up. Too cute, again.

My advice for anyone avoiding a sibling, or other family members, is to stop denying yourself the potential of a deep connection. Find that person, extend a sincere olive branch and then move onward with your life as a family. Forgiveness is contagious. I believe that it’s worth it, and will affect so many of your other loved ones around you. If you won’t do it for yourself, mend those rifts for your kids perhaps, or your parents. I couldn’t have asked for anything richer than to watch my parents during the past five weeks. Lori’s visit has lifted their spirits and soothed their aching souls. They really do look HAPPY! I mean, truly, whole, complete and joyful. Wow. I think I’ll ride this wave for a while. I hope to see many of you on that wave too! If you need a little encouragement, advice or just want to tell me your story, please email me! This subject is near and dear to my heart. I know that many of you can relate even though you may not have a sister. “Lori” represents many relationships that have been dismissed, brushed under the rug or ignored for too many years. Make this year — the year of the bigger person. It just may have to start with you!

Be encouraged to repair and mend those family fractures that can’t be ignored any longer. Life really is short. While this magazine is all about feeling FIT and eating right, I really do believe that good health starts with inner-peace. And this year, as the turkey gets proudly placed on the table and the joy of the holiday season sweeps us all up, think about repairing those holes. You might be surprised how much better that gravy tastes and how much more beautiful those glistening snow angels look when people come together to work through the pain of the past.

All the best,

TAMI

PHILLYFIT family

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Hello,
While reading your July/August edition during my recent gym workout, I saw an article on a woman who has had great weight loss success. She was a local woman and it was truly inspiring. I, too, have made MAJOR changes in my life. I am 25 and when I was 14 my mother passed away from breast cancer. With those risks all

ready doubled and high blood pressure that runs in my family, at the age of 23 I weighed 245 pounds and I knew I had to make changes. My husband and I joined our local gym, Retro Fitness. I cannot say enough about this facility - they are amazing AND affordable! I am now 25 and have lost 70 pounds. and have never felt better! I have a new found confidence and a new outlook on my life. I NEVER thought I'd be one of those "before and after" pictures, but now I'm glad I am! Seeing articles such as the one listed in your July/August edition on local woman and local people's success really inspires me to keep up on my fitness and to continue to work to reach my goal! I don't know what it takes to become featured in your magazine as she was, but I would love to do so to help inspire others (especially young women in my age bracket who don't think it can be done! I used to be one of them!). I've NEVER done anything like this before, so please excuse me if this comes across as rude or conceited (I'm really not at all!) I just know how hard it can be and how easy it is to just give up. **Thank you!**
Meghan I. Hart

Hi Jami,
Just thought I would send a note about the current issue. I loved the information on vegetarianism and raw foods. I belong to

the Pennypack Farm CSA in Horsham. They have a few options for membership, and also offer a food market. In addition they have a children's educational garden, where they teach youngsters about farming. Maybe it would be good future story. Here is the website.
www.pennypackfarm.org/joomla/index.php

Thanks for the great magazine!

Anonymous...
(too shy to print name in mag)

Hey Jami,
Thanks for letting me be a part of the PhillyFIT networking meeting last night, it was cool! I agree with the comment the one lady made when we were talking about "the best thing we have done for our business this past year" There were consistencies in what most everyone was saying was working for them; most were returning to the basics - they never fail. They were the SAME things I hear from the business coaching groups I've belonged to over the years as to how to grow a business. Here are the top 7 that I heard;

1. Having good employees/people working with you train employees well, get rid of dead weight
 2. Keep getting in front of people cold calling, doing workshops, etc
 3. Develop relationships with like-minded professionals can lead to joint ventures, referrals, etc
 4. Develop Multiple Streams of Income Ex. You have 5: magazine, football camp, retreat, kids gym, Lloyd's job, etc
 5. Be the BEST at what you do self explanatory
 6. Develop a unique specialty if possible, specialize in something others can't or won't do
 7. Always offer the BEST customer service and experience wow and thrill your clients at all times!
- Fernando Paredes**

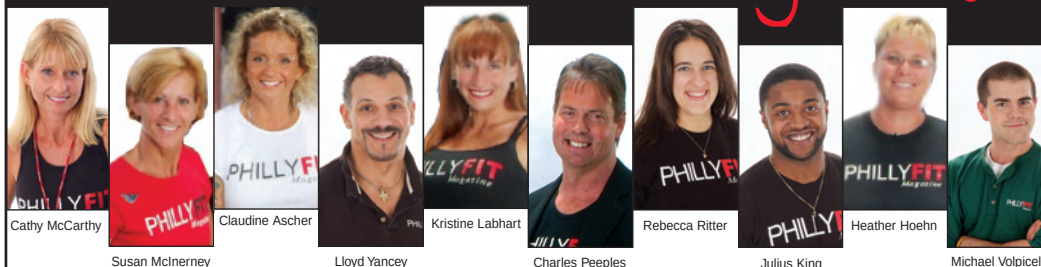
Jami,
I just wanted to thank you and Mary Nearpass for the wonderful article highlighting the Dr. Drill Instructor Program

(DDIP) and the impact it has had on my lifestyle change to be healthier. I was a little uncomfortable with the idea of being interviewed, but Mary put Val and I right at ease and she was so easy to talk to. It was a real pleasure to meet her. She really seemed to capture what the program means to many of us; not only the exercise and the encouragement to change to a healthier lifestyle, but also the support from the instructors and other members of DDIP. Without them and this program it would be much harder for me to continue my quest to be healthier, prevent type II diabetes and weight loss. To date, I have lost 55 pounds, over 60 inches, no longer have to buy clothes in the women's department and continue working at maintaining the weight loss. Jami, it was a pleasure to meet you at the PhillyFIT Bash and hope to see you at other events. Looking forward to the next Bash in Montgomeryville/Chalfont area.
Bonnie

Hi Jami,
Thanks so much for the latest July/August issue of PhillyFIT. I just love it. Thanks for all you do. FYI, I was introduced to Arnold at a friends potluck and in 1/09 went to my first raw potluck at Arnoldsway.com in Lansdale, PA. His philosophy is to do your own research and start adding two green smoothies daily and take it from there see how you feel etc. So I've been mostly maybe 80 percent raw since 1/09, no meat, no dairy, love green smoothies, salads, not too much nuts seeds for me, learning variety etc. feel great, my grey hair turned back to light brown, skin and gums fab-u-lous! Good luck. Thanks for a great article and for sharing your story. I'm sure it's touched a lot of folks.
Mary Cave
Southampton, PA

Hi Jami,
Just wanted to thank you for including the Linden "Let's Run" article in Philly Fit - looks amazing!!!! You Rock!
Ivy Stock

We challenge you... to challenge us!



The PhillyFIT Magazine Challenge Team is throwing down the gauntlet, and accepting any and all challenge offers. If you have something new and unique in the world of health and fitness, and would like our Challenge Team to put it to the test, tell us about it. We'll take your challenge.

Our team knows no limits. If you have something related to health, fitness, nutrition, healthy dining... whatever, invite us to take your challenge. We'll send our crew to your location to test your product or service and our experience and results will be written up in an upcoming edition of PhillyFIT Magazine. You might beat us... we might beat you. Either way, you can expect great exposure - and FUN for all.

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Glazed Salmon

INGREDIENTS:

1 lb Wild Salmon Filet Skinned – cut in 4 pieces

1 tsp fresh minced ginger or ½ teaspoon ground

3 T dark brown sugar or 1 T honey if preferred

4 tsp. Dijon or spicy mustard

1 T reduced sodium soy sauce

1 tsp rice vinegar

METHODOLOGY:

Wisk all ingredients except salmon in a mixing bowl. Set aside ½ the mixture for final preparation and marinate salmon in the refrigerator for up to one hour with the remaining mix.

Preheat Oven Broiler and place an all metal sauté pan 2-4 inches from the heat source. Let heat for 10 minutes. Using an oven mitt, carefully pull out the rack, remove salmon from marinade, pat dry with a paper towel and place in pan skin side down. There will be no need to turn the salmon and no use for any added fat.

Partially close oven door and cook for about 2-4 minutes – depending on how well you prefer your salmon cooked and the thickness of the cut.

Remove and drizzle with remaining sauce.

Nourishes 4:

NUTRITION INFORMATION: Per serving (3.5 ounces): 250 calories; 13 g fat; 6 g carbohydrate; 23 g protein

Nutritional Bonus: Excellent source of Omega 3 fatty acids and Selenium

Salmon Buying tips:

The skin should be bright and have a shine – flesh should be clean and even in color. Press your finger into the fish. If it's fresh, it will spring back. Always ask the counter professionals how fresh the fish is.



John is currently operating a corporate wellness employee benefit program in the Philadelphia area and is the Author of "Stop the Weight Loss" book. His degree in Nutritional Science and his National Academy of Sports Medicine Certification make him a valuable and exciting addition to our PhillyFit team. A former culinary director/Chef in Pennsylvania and a Fitness Trainer on the Dr. Phil Weight Loss Challenge show, John can help you reach your desired outcome. John also has his own "at home" weight management healthy cooking concepts system. You may find out more about him at www.weightlosscoaching.org Contact John at John@phillyfitmagazine.com.



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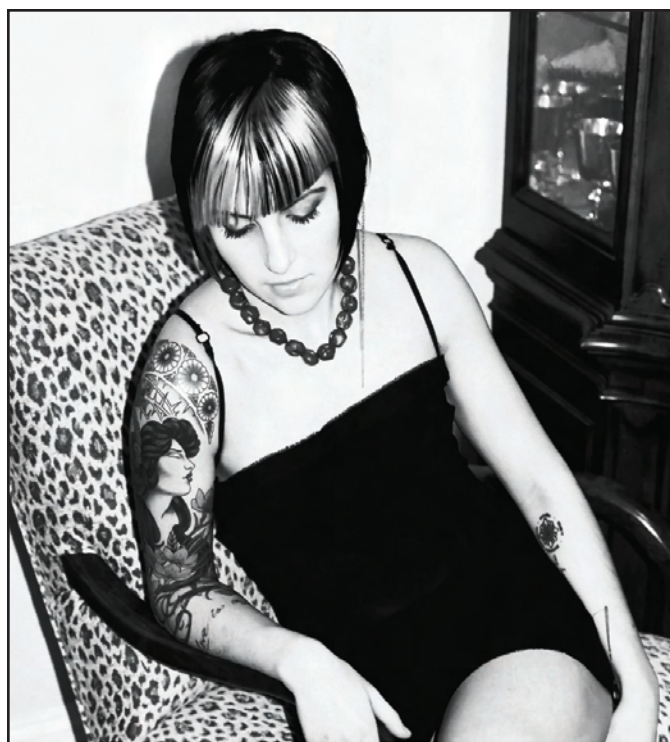
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Prenatal Yoga & Massage



By Christine (Citrin) Ware, Ph.D.

The essence of giving birth is relaxation, a profound letting go. Conscious relaxation through prenatal yoga, meditation, massage, and other means can, therefore, greatly contribute to a comfortable pregnancy and labor. Yoga and massage can help nurture a pregnant woman, attune to the changing body and to the developing baby, and ease the discomforts associated with pregnancy and giving birth. Being in the pregnant body – home for two – is a constant yoga practice, as it involves the union of body-mind-spirit and union of mother and baby, as well as continual adaptation to the pregnant body and the rapidly growing baby within. Taking time to connect with the body and one's feelings in the midst of day-to-day activity, in the midst of all of the changes, and in the midst of preparations for the new arrival, can help the pregnant woman notice, experience, and enjoy the transitions and sensations that so quickly pass. These practices can also help the pregnant woman appreciate that birth is a holistic, instinctive, and natural body-mind process.

When pregnant, the demands on the back may be particularly noticeable. Yoga postures and flows, as well as massage, can help relieve back pain, maintain good posture, and reduce pressure on the spine. Stretching while strengthening helps the pregnant woman adapt to her ever-changing body, remain fit, free the hips and pelvic opening, and counterbalance the growing abdomen. Practices to tone the pelvic floor can help relax and strengthen the pelvic opening, prepare for a more controlled birthing, diminish complications, and enhance postnatal healing. Moving keeps the breath, blood, oxygen, hormones, and energy flowing. Through yoga, the woman practices with gentleness and does what feels right, listening to her body's intuitive pregnancy and birthing wisdom.

Breath work can help women relax and calm down. Learning to ride these rhythms helps the pregnant woman stay present with whatever is happening and steadies breath, body, mind, and emotions. This is also essential in preparing to coordinate breath with the rhythm of contractions in labor.

The hormonal changes involved in pregnancy can heighten emotions. Feelings may change rapidly and may be more deeply experienced. Yoga gives the ability to witness the waves of emotion and sensation that occur during pregnancy and labor. The waves can shift from more to less energy, greater to fewer discomforts. Each woman's experience is as unique as the woman giving birth; yoga practices can be adapted to these changing needs. Allowing feelings to surface and being aware of them is beneficial to both mother and the developing baby. Yoga can help a mother develop her relationship with her baby through attentiveness to the major body and life transitions taking place.

It is natural to experience some fear of labor. Although messy and animalistic, labor and delivery are also profoundly spiritual, as one births and connects to a new life! Yoga helps prepare women to face childbirth with courage no matter how the birthing experience evolves. Yoga, massage, and relaxation can help a woman trust and follow her own instincts, access her

inner resources, become aware of and resolve fears and anxieties, and understand how to create optimum conditions for birth to be as natural as possible. Remaining as confident, relaxed, flexible, and calm as possible during labor facilitates the birthing process and reduces fear, pain, tension, and fatigue. Yoga can help one face labor with acceptance and equanimity, and increase the joy of giving birth!

Women who have never practiced yoga before may be drawn to it in pregnancy due to the increased motivation toward being healthy, as well as to the natural turning inward that is involved in nurturing a new life and preparing for motherhood. Prenatal yoga practices can hasten one's recovery. Caring for oneself and developing greater self-awareness through yoga and massage can become a source of health both during and after pregnancy. Yoga, breath work, and meditation allow women to experience the power and transformation of pregnancy, birth, and motherhood.

Christine (Citrin) Ware, Ph.D., RYT-500 is a certified Kali Ray TriYoga® instructor and director of Mind-Body Services and the TriYoga Center of Philadelphia in Havertown, PA. She teaches prenatal yoga classes on Thursday evenings. She is a new mom, and greatly benefited from yoga and massage throughout her pregnancy. She is also a licensed clinical psychologist who works with adults, children, adolescents, families, and couples. Rebecca Swinden provides massage therapy, including prenatal massages, at Mind-Body Services. She also has a specialty in myofascial release and teaches TriYoga classes. Contact Christine@phillyfitmagazine.com

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Vegan Dining Out

Content found at www.thehumaneleague.com

If you're on the road or hanging out with non-veg friends, you may want to know what vegan products are available at fast food and chain restaurants around the country. To find out what some of the national chains have to offer, simply read below.

Also, keep in mind that most ethnic restaurants carry or can provide vegan dishes. Chinese restaurants frequently carry tofu and always have vegetable and rice dishes. Mexican restaurants often have vegan burritos and similar items (as long as the beans aren't cooked in lard). Indian restaurants often have numerous vegan selections. Thai restaurants often have vegetarian sections on their menu, and Italian restaurants often have vegan pastas.

Applebee's – The Sizzling Vegetable Skillet is vegan if requested without butter, and you can also order a salad, the steamed vegetable plate, or French fries.

Arby's – The garden salad, side salad, apple or cherry turnovers, baked potato and potato cakes, and many of their sauces are vegan, bbq sauce, and bbq dipping sauce are all vegan.

Au Bon Pain – The plain, sesame, and cinnamon raisin bagels are vegan. Other options are the garden vegetarian soup, the Caribbean black bean soup and a salad.

Auntie Anne's – The original, Whole Wheat, Cinnamon Sugar, Garlic, Jalapeno, and Glazin' Raisin can be vegan if requested without butter.

Baskin-Robbins – The ices and the sorbets are vegan.

Ben and Jerry's – Their sorbets are vegan.

Boston Market – Chunky cinnamon applesauce, apple cobbler, fruit salad, zucchini marinara, cranberry walnut relish, and steamed veggies are all vegan.

Burger King – Unfortunately the BK Veggie Burger is not vegan, though it is obviously suitable for vegetarians.

Chi-Chi's – Chi-Chi's has many items that are or can be made vegan, including: Chi-Chi's Original Mild and Hot Garden Salsa, Ensalada del Casa (vegan if requested without cheese or dressing), Guacamole, Roasted Tomato-Red Pepper Habanero Sauce, Baked Potato (Vegan if requested without cheese or sour cream), Vegetable fajitas (vegan if requested without sour cream and cheese condiments), Vegetable Skewers, Refried Beans (vegan if requested without sour cream or cheese), Bean Burrito (vegan if requested without Enchilada Sauce and cheese), Bean Soft Taco (vegan if requested without cheese), and the applesauce.



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Chick-Fil-A – Any Cool Wrap can be ordered vegan without chicken or cheese, same for the salad. Also offers fruit cups and waffle fries.

Chipotle – Their crispy corn and soft wheat tortillas, the cilantro-lime rice, seasoned black beans, fajita vegetables, salsas, guacamole, and the romaine lettuce are all vegan. A vegetarian burrito or an order of tacos without sour cream or cheese would also be a good vegan choice.

Chuck E. Cheese – Pizza can be ordered without cheese, and there is also a salad bar.

Denny's – Denny's currently carries a Boca Burger which is vegetarian, but not vegan. Vegan items are the hashed browns/hash brown with veggies (onions, green peppers, mushrooms, tomato, diced green onion), Diced Skillet potatoes, diced Skillet potatoes with veggies (onions, green peppers, mushrooms, tomatoes, diced green onions), oatmeal, grits, fresh fruit, applesauce, nut topping, any fruit topping, frozen strawberries, and various toasts, English muffins, and bagels.

Fuddrucker's – The Fudwrapper is vegan if ordered without the cheese. All tortillas other than the cheese are vegan also.

Giovanni's Pizza – Pizza is vegan if made without cheese, they also offer salads.

Hard Rock Cafe – Carries a veggie burger and veggie sandwich and salads (check to see if they're vegan).

Houlihan's – The tomato bruschetta is vegan if you ask that the Romano cheese be left off. A vegan salad can be ordered without meat and cheese, and topped with an oil and vinegar dressing. They also have a vegan pasta dish consisting of rigatoni and marinara sauce.

Howard Johnson's Restaurants Spaghetti and plain sauce is a vegan option, and they also offer garden salads.

Jack In The Box – Pita bread, potato wedges, the grape, strawberry and cappuccino syrups, taco, teriyaki, barbeque, sweet and sour and soy sauces, malt vinegar packet, salsa and apple turnovers are vegan.

Kentucky Fried Chicken (KFC) – The 3-bean salad is vegan, as is the corn-on-the cob if you get it without the butter, and some locations have a garden salad.

Macaroni Grill – You can make your own vegan pasta dinner and create your own paste with olive and garlic sauce, and add all kinds of vegetables. Peasant bread is vegan as well.

Outback Steakhouse – The steamed veggies (if requested without seasoning), baked potatoes, and sweet potatoes are all vegan.

Panera Bread – Has vegan soups (rotating menu) and rolls as well as salads, and bagels with humus.

Papa John's Pizza – Can make vegan pizzas without cheese.

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Pita Pit – Their four vegan pitas are Garden, Hummus, Babaganouj, and Falafel. Vegan sauces include Special Sauce, Dijon mustard, mustard, hot sauce, and BBQ.

Pizza Hut – Pizza without cheese is vegan, as are their spaghetti marinara sauce, pasta, Italian and French dressings, dessert pizza crust, cherry topping and the icing.

Pizzeria Uno – Regular and thin crust pizzas are vegan if ordered without cheese, and deep dish can be specially ordered vegan as well. All pasta is vegan, and there is a vegan Grilled Vegetable Marinara served with ziti pasta. There are a number of salads including Pasta and Greens (marinated ziti pasta tossed with salad greens and served with Ike's dressing), and the House Salad (tomatoes, carrots, onions, peppers, cucumbers, and croutons) as well. Breadsticks are also vegan.

Popeye's – The apple pie and the corn-on-the cob (if requested without butter) are vegan.

Quizno's – Offers a delicious veggie sub (just order it without the cheese and red-wine vinaigrette dressing). Also has salad and chips.

Rita's Italian Ices – The water ices and pretzels are vegan.

Roy Rogers – Offers baked potatoes, fries, sides of veggies, and a salad bar.

Ruby Tuesday – Offers a vegan veggie burger and a Portabella Mushroom sandwich (both can be ordered without cheese), as well as a salad bar.

Subway – A Vegan Veggie hoagie without cheese can be ordered. Some subways also carry Vegan Boca Burgers or White Wave soy turkey subs.

Taco Bell – The burrito, corn, and wheat (used for the soft tacos) tortillas are all vegan. The pinto beans and red sauce is also vegan. So is the green sauce, the hot and mild sauces, the Pico de Gallo and the salsa. The tortilla chips, taco, tostada, taco salad and pizza shells are all vegan, and you can specially order a vegan Mexican Pizza by telling them what ingredients you want. Other vegan items are the cinnamon twists and the border ice products.

T.G.I Friday's – The veggie medley is vegan so long as you get it with a plain baked potato. They also offer vegan house salads.

Tony Roma's – The side salad and baked potato are vegan.

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Dirty Four **Letter Word** **“CAN’T”**

By Solomon Brenner

Successful people work through their fears and hesitations. Even when they don't feel like giving one hundred percent to a project, they do it anyway. Just because you've failed once does not mean you will never succeed. On the contrary, these little failures help guide us to our final success, but the only way to get there is by constant determination and persistence.



There will be times in any person's life where they just want to throw in the towel. When it comes to your children, they need to learn that copping out is not an option in the real world. Just because something is hard doesn't mean you should give up. In fact, often times the most difficult things are the most rewarding.

Persistence takes a lot of patience. For example if your child is struggling with math, throwing the pencil and claiming that he or she "can't" do it is not going to make the problems any easier. If you teach your children to struggle through little trials like this at an early stage in life, the bigger hurdles will seem less intimidating.

The biggest mistake you can make is letting your children believe they "can't" do something. This often means that they are simply too frustrated to continue trying. Frustration is normal when we are tackling something we find difficult, so help them work through their frustration. Maybe take part in an activity that releases pent-up aggression or practice breathing exercises that help calm their nerves. If you work through the frustration with them, it will make the task ahead a lot less daunting. The only way your children will succeed in

life is if they take the challenges head on and persevere even when they think they can't go on anymore. This ability to persist is what will make the difference between achieving their goals and not achieving their goals.

One way to motivate your children is to track their progress on whatever challenge it is they are trying to overcome. In the example of the math problem, you could mark on a calendar how many problems your child got right on his or her homework each day. Seeing their improvement on paper will only make them want to get even better.

I see students struggle with persistence all the time at my martial arts studio. Persistence is something that we try to teach all of our students. Learning new techniques, kicks or punches can be really frustrating, but our students know that this frustration is something they have to work through if they want to reach their goal of black belt. Susan Anderson said that martial arts' training has given her daughter, Brooke, "A great deal of confidence in everything she does

in school as well as at home. She does not give up when confronted with something difficult. She is very focused on what she wants to accomplish."

Letting them give up on their goals because they get too difficult is cheating your children out of reaching their full potential. You may know how it feels to think "what if" after you have given up on a goal. "What if I had tried to make it to the Olympics?" "What if I had tried to keep my grades up to get into a good college?" We want our children to be able to live with as few regrets as possible and the only way they will be able to do that is by giving their all into everything they do. Persistence through even the hardest of times will yield a sense of accomplishment that makes it all worth the struggle.

Contributed by Solomon Brenner, Author of *Black Belt Parenting: The Art of Raising Your Child for Success*, and Master instructor of Action Karate.



Solomon Brenner has been teaching martial arts to children and adults for over ten years, and holds a 6th degree black belt in Kenpo Karate. During that time he has held countless seminars on subjects such as self-esteem in children and teens, behavior and discipline, praise vs. punishment, career motivation, goal setting, parenting, and self defense. He has spoken to elementary schools, women's groups, scouting organizations, civic associations and corporate seminars. Using these experiences, he has recently authored *Black Belt Parenting*, a motivational how-to book for parents.

Contact Solomon at solomon@phillyfitmagazine.com

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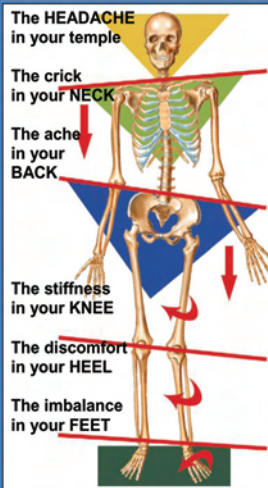
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Do Less ACHIEVE MORE

By Mitch Goldfarb

If you've ever seen the Celebrix commercial with the little dog standing on hind legs waving its paws in the air, then you've seen T'ai Chi. However, I don't think that's exactly what the Grandmasters had in mind when they passed down this wonderful art through the ages.



T'ai Chi is a slow moving meditative art where one takes laziness to an art form. No kidding! We celebrate laziness in our daily practice and study. The central ideas are to relax, relax, and then relax some more. It's hard to imagine that by simply letting go and doing less one can actually change his or her life. And, that's just it! T'ai Chi can be a life changing experience.

Now don't expect miracles if you try T'ai Chi, although they will happen. My wife always says that she learned patience from her practice. Things happen slowly over time, and then one day you realize, you are different, and you are reacting to the same stress and noise of your day-to-day life in a way that you never thought possible.

I started T'ai Chi many years ago after I read one of Oprah's recommended books. The central character had just returned from Vietnam and practiced T'ai Chi to keep his head from exploding. At that point it made my "life list of things" I absolutely had to experience. And yes, it can do that—keep your head from exploding, that and duck tape.

I've been blessed in my journey to have experienced three of the Grandmasters' teachings, all life-students of great Cheng Man-ching. Additionally, I found a fabulous teacher in the Philadelphia area, Andrew Heckert, of the Germantown T'ai Chi Study Group. Andrew introduced me to Dr. Ping-Siang Tao, and I've been able to participate in seminars with Benjamin Lo and William C.C. Chen.

The T'ai Chi journey is like peeling back the layers of an onion, and the enjoyment gets richer and richer as you go. The first benefit one usually experiences is an improvement in balance. Standing on one leg will do that. But it's not what you think. The focus is your connection to the earth, to rooting yourself. When we feel connected to our planet, we can relax and let go. When your feet are planted firmly on the ground, an unshakable confidence emerges. You become like the mighty oak.

An unexpected benefit of T'ai Chi for me was sports performance. The principles of T'ai Chi marry our anatomy perfectly in a way our bodies are designed to move. Tennis was my game and was improved immediately in a forty-minute lesson. My instructor said, "Stop playing with your arms. Use your legs." This is perfect T'ai Chi. Everything is done with the legs. After all, they're our second largest muscle group, and much larger than the muscles of the arms, so it makes sense.

Most of the literature and studies have pointed out that T'ai Chi boosts the immune system, while promoting health and longevity. While recently attending the PhillyFIT Bash, I had a full body scan. Now I'm sure conditions were not ideal for this kind of scan with all the crowds and excitement, (and, I must say it was a great turn out at the Bash, with lots of wonderful fitness opportunities—and fun too!), but the scan revealed my inner body age. The woman who did the scan said, "You're going to love me. Your inner body age is twenty-three!" Not bad for a fifty-six-year-old!

During our T'ai Chi practices we breakdown our movement into three distinct components. We separate stepping the foot, shifting our weight, then turning the waist. These basic movements are seen in baseball, golf and just about any activity you can imagine.

The most surprising benefit I've experienced from T'ai

Chi is the explosion of my creativity. I work in the creative arts as a record producer, songwriter and author (my other great passions in life, next to my grandchildren, of course). The quality of my music went through the roof. I started working from the inside out, which is what we do in T'ai Chi. I began listening from a deeper place in my soul. Instead of just selecting a flash speed-guitar solo for a track, I'd be able to hear a single note wailing, and if it was saying something, really communicating, that was the one that made the final recording. T'ai Chi is a mind-body activity that marries the Spirit and our environment. We start by bringing the mind into the body and pay attention. For example, when was the last time you thought of your feet when walking around? We are all used to putting our minds in our hands. We do it almost everyday when throwing a light switch on in the dark, or turning off the alarm in the morning before our eyes are open. Our feet are our primary contact with the earth. When you become mindful of your movement, everything changes.

A central idea I share with my students when learning the Short Yang Form is not to focus on the choreography. We learn that in time through repetition. The choreography is like dance steps. If you've ever seen Fred Astaire or Gregory Hines dance, they use their bodies in a perfect T'ai Chi fashion. Anyone can learn the dance steps, but to have the grace and elegance of their movements, this is what T'ai Chi exemplifies. Our bodies are a rational structure and through T'ai Chi, we seek integrated movement. Being calm, comfortable and fluid in our bodies, this is path of T'ai Chi.

T'ai Chi is the perfect exercise for people of any age or fitness level. It can even be practiced in a chair. It's also great for couples to enjoy at the same time. In one of my classes, a student is one hundred years old. God bless him!

A fun project I worked on at West Chester University was teaching T'ai Chi principles to the Mastersinger's Choir under the direction of Dr. Jane Wyss. The choir was preparing for a concert performing excerpts from Rossini's Stabat Mater, accompanied by full orchestra. Dr. Wyss asked me if T'ai Chi could enhance their performance, help the singers to relax and deepen their creative expression. It's hard to quantify what happened, but the concert was awesome. It was one of the best I've seen.

If you're open to something new that dates back some 4,000 plus years, you're ready for a potentially life changing experience, and you want to have fun at the same time, then I strongly urge you to check out a T'ai Chi class near you. You'll know in one or two classes that it's an activity that lifts your Spirit.



Along with writing and music, teaching T'ai Chi is one of Mitch's great passions in life. It's Taoist philosophy and background has helped to focus his creativity both in and out of the studio. Mitch is currently a Professor at West Chester University in the Kinesiology Department and is at work on a non-fiction T'ai Chi text for his students. He directs the T'ai Chi Arts School and teaches at various yoga studios and health and fitness centers in the Downingtown, Exton and West Chester area. His teaching background includes over three decades experience instructing at Philadelphia area colleges and universities. Mitch is a member of the World T'ai Chi and Qigong Day Organization. In addition to T'ai Chi, Mitch is certified as a Reiki Master in the Usui System of Natural Healing. Mitch has been actively involved in writing and producing various healing and meditation recordings, including five CD's for Dr. Deepak Chopra. Goldfarb's latest CD "Native Path" for T'ai Chi, Yoga and meditation is available on iTunes. Contact Mitch at Mitch@phillyfitmagazine.com

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Jun's Girls: The Other Eagles

By Charles Peeples



Jun (in blue) with a few of her younger players. Hundreds attend her camps each summer.

To the enviably rich and deep tapestry of Philly sports legacy, I'm honored to introduce a new entry. No, it's not a pro franchise or some wunderkind superstar foisted on us with great fanfare only to exit ignominiously in the shadow of failed expectation. Heck, this isn't even about a sport that many of you *watch*, though you likely grew up with it in your midst. But if you can appreciate sports excellence with growing supremacy and opportunity, grown on a shoestring, with all the makings of a dynasty... *Dynasty? When have we seen that?*

In a former furniture warehouse along Rt. 23, somewhere in the countryside west of Spring City, the W.C. Eagles Field Hockey club is holding indoor training. Tonight it's the U19s, but on other nights it will be different age groups. Some of them have traveled for over an hour to be at this two-hour session. Some have played for other clubs. All play at different schools. All of them are here because when it comes to field hockey training, this is the crucible; their best shot at Division I and beyond leads from here. It's a warm June night and the garage door along the side is open to let in the breezes. The thwack of balls colliding with sticks and walls echo like pistol shots, but above this snaps the taut voice of a compactly muscular chinese woman. This is Jun Kentwell, the Head Coach and the center of gravity of the W.C. Eagles. A former national player for China, Jun exhibited prowess that brought her to the Jaing Xi Sports Training Center at the age of twelve and back to it years later as a coach and administrator. When injury ended her playing she turned to officiating at the highest levels, including the Asian Games, the European Cup, the Pan Am Games, the Junior World Cup, three Olympic Qualifying Tournaments and the World Cup. She's also a Head Coach in the USFHA Futures Program. If that's not enough, she's got a husband who played for Wales, coached at the International level, and authored a definitive textbook on the sport, as well as a seventeen-year-old son, JaJa, who won a gold medal playing for the USA Men's Indoor Team at the Pan Am

Indoor Cup in Argentina last November. It's in the blood. It's hard to match, and it's gaining attention in the Field Hockey world: the Jun Dynasty?

To many of us Field Hockey is that once-predominant girls' fall sport made quaint by the ascendance of soccer. And even soccer has yet to succeed here as a pro sport for either women or men. But in much of the rest of the world, like soccer, Field Hockey is a pro sport, televised, followed by millions, fed by strong club systems where players start as young as age eight and may play in a variety of regional and national leagues. The stars are celebrities in the manner of McNabb and Utley. No one plays on grass either; it's all turf. In fact, this brand bears little resemblance to that trot-and-whack game your mom played in high school. As Jun points out: "When played on turf, field hockey's an extremely fast skillful game. When played well and at speed, the players are spread, not bunched around the ball, so there's far less risk of injury. Injuries in this country are caused mostly by playing on poor grass fields. The grass isn't cut short enough, the players play a hit-and-run style, and as a result the ball can rise into players. Field Hockey turf has a short pile and is watered before each game. This reduces the friction, allows the ball to travel much quicker, and allows the players to change direction at speed without their feet getting caught, reducing the risk of knee injuries" (Soccer-parents take note: ACL tears in this sport are relatively few.)

That sort of speed and skill level is much in evidence here on the hardwood floor of the warehouse, where the velocity, impact and competing in tight quarters (much like ice hockey, albeit with finesse rather than collision) require the development of extraordinary reflexes. It's fantastic conditioning for the field, but Indoor Hockey itself is an active subset, with its own rules, leagues and tournaments. Jun makes it all even harder: following a series of intricate drills, she has the girls scrimmage, but restricts them in various ways, such as allowing only one touch. Or two. She's constantly correcting her players' techniques and positioning. Occasionally she'll grab a stick and fill in for an empty position. It's a treat to watch this 46-year-old mom rip down the floor, weaving the ball around opposing players with ease, walking the talk

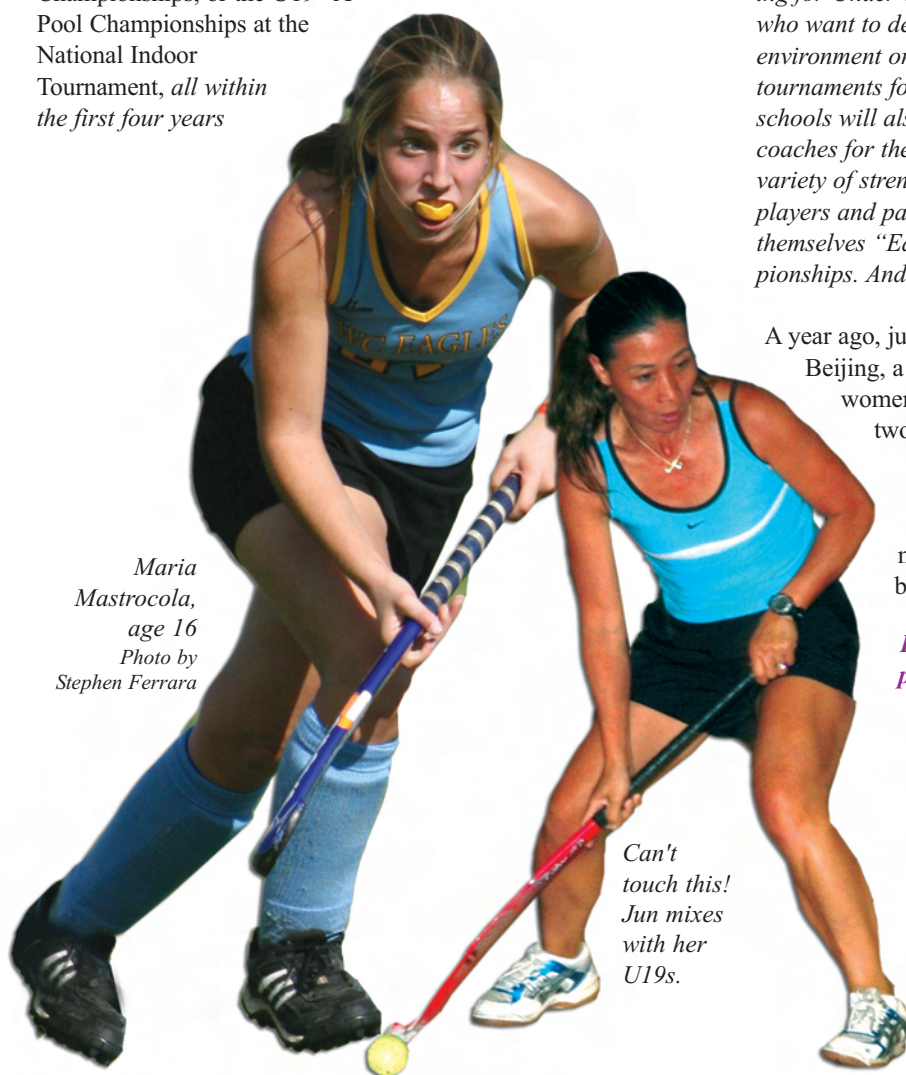
Yes, Jun's different. And her camps are different. She doesn't even need to advertise them. Word-of-mouth draws players to her camps from as far away as Spain. Coaches who want a winning season recommend them to their players. Maybe it's her expertise. And her assistant coaches, themselves star players from places like Argentina, Uruguay and England. And the four U16 and two U19 Pool Championships at The National Hockey Festival, the U14, U16, and U19 Pool Championships at the National Indoor Tournament, the U16 and U19 Disney Showcase Championships, or the U19 "A" Pool Championships at the National Indoor Tournament, all within the first four years

of the club's existence. And the twenty girls who've won Division I scholarships to top colleges in each of the past two years. Jun sees it more personally: "As the club has grown, I've maintained strong communication with all our players' families. I feel it's important to answer their questions quickly, to give them the feedback they need to feel comfortable as part of our hockey family. While I'm proud of our teams' successes, they're a byproduct of our philosophy to develop each player to her capacity, to remove her from her comfort zone, give her the courage to try new things, bringing her skills, awareness, vision, and decision-making to a new level. I study each girl's potential and challenge her to reach it." Jun's taken girls who've failed to make it into other clubs and molded them into players those same clubs now seek to acquire. Remarkably, unlike most clubs, the W.C. Eagles have no bureaucratic baggage, no politics. Just Jun and her staff. It's lean, clean and efficient. Things get done.

But this furniture warehouse will soon be history: Jun's just broken ground on a new facility in Parker Ford, right by the Schuylkill River. The new facility will have three full-sized indoor hockey courts and outdoors, a full field hockey turf. In addition to their competitive training this will allow the club to offer a number of new programs both indoors and out, including coaching for Under 8 and Under 10, a program for players from 13-18 who want to develop their skills and play but not in a competitive environment or on a travel team. The club will run leagues and tournaments for middle schools, high schools, and clubs. High schools will also have the opportunity to train with W.C. Eagles coaches for their pre-season on the turf field. It will also offer a variety of strength and speed conditioning programs, both for players and parents. Of course, it will be home to a club who call themselves "Eagles" and are known for regularly winning championships. And building champions.

A year ago, just as the Olympics were getting underway in Beijing, a local news story mentioned that ten of the sixteen women on the US Field Hockey team were from PA, and two more were from New Jersey and Delaware. No doubt that focus on this area as a gold mine for US Field Hockey talent will continue in years to come. And if Jun has anything to do with it, the mother-lode will be here at this quiet spot on the banks of the Schuylkill.

For more info about Jun and her W.C. Eagles, please visit <http://www.wcfieldhockey.com>



Maria
Mastrocola,
age 16
Photo by
Stephen Ferrara

*Can't
touch this!
Jun mixes
with her
U19s.*



Charles Peebles, NSCA-CPT, NCTMB, whose articles have appeared in numerous fitness and bodybuilding magazines, is a well-known proponent for girls' and women's physical advancement (www.teamvalkyries.org). In addition to being a Nationally-Certified Personal Trainer, he is a Nationally-Certified Massage Therapist (www.chesterspringsmassage.com). Contact him at Charles@PhillyFitMagazine.com.

“LOSERS”

Are There Any in Your Life?

Who Are They and Why You Should Lose Them ASAP

By Alice Donavin

Spouse, partner or significant other—loser can be anyone whose personality, attitudes, or behavior is damaging your life. A loser-dating relationship can lead to years of heartache and emotional problems; therefore, this year, wake up and smell the roses.

While some relationships are filled with pure joy, providing you with love, support, understanding, and security; others pose a serious risk to your psychological and physical health. These are loser relationships and you need to eliminate them *now*.

As explained by Alice Donavin, LCSW, who specializes in “loser” relationships and regularly makes house and office calls, “The loser has character traits and behaviors that create emotional, social, sometimes even physical damage. As they’ve always lived with this personality, they often simply accept it as ‘the way they are,’ and do not see a problem. In my years of psychotherapy and counseling practice, it has invariably and unfortunately been the *victims* of the loser whom I’ve treated. The men and women who arrive at the office severely depressed, with their lives in turmoil. If only the losers themselves would recognize the problem and come in for help!”

But, how can you identify a loser? There are definitive patterns and indicators. If the person you’re wondering about possesses even one of the following warning signs, there is risk in the relationship.

YOU KNOW YOU’RE INVOLVED WITH A LOSER IF:

1 He or she says, “I love you” way too soon.

The loser is quick to attach and even quicker to express their devotion. In less than a few weeks of dating, you’ll hear that you’re the love of their life and they want to marry you. Showered with attention and nice gestures, you may be overwhelmed by this display of instant connection or commitment. They may in fact be the best thing that ever happened to you, but truly great, healthy relationships take time—at least more than a few weeks.



2 He or she wants you all to themselves...all the time.

The loser is determined to be your *everything*. Telling you that your supportive friends and/or family treat you badly, take advantage of you, don’t understand how special the love you two share is, the loser urges you to cut everyone else off. They’re jealous and threatened by anyone you’re close to, even your children! You must be available and account for your whereabouts 24/7. In short, the loser wants *complete* control.

3 He or she fails the waitress test.

The way an individual treats a server, clerk, or other neutral person, especially of the opposite sex, is the way they’ll eventually treat you. If they whine, complain, criticize, torment, or act like an arrogant jerk, you can count on receiving the same treatment down the line.

4 He or she has a super-scary temper.

The loser *really* loses it. They get mad easily, blow up, and do dangerous things like drive too fast, throw stuff, get into fights, or threaten others. Though the loser promptly assures you that they are not angry with you, but at others or the situation, you

can be sure that their hostility and violence will eventually be directed at you.

He or she is a confidence assassin.

The loser repeatedly puts you down. Constantly correcting your slightest mistakes, they tell you you're too fat, not very intelligent, have no taste, and always leave you with the feeling that you're not quite good enough. This gradual chipping away at your self-esteem allows them to later treat you *really* badly and make you feel you deserve it.

He or she keeps you spinning.

The loser cycles from mean to sweet—and back again. One day is filled with hurtful criticism and verbal abuse. The next day they're absolute darlings, apologizing for their recent "lousy mood," and doing all those lovely little things that first sucked you in. Even if you were resolved to get out, you hang in, believing that the sweetness is the big permanent change you've been hoping for. It's not. The loser *will* be mean again and sooner rather than later.

He or she is a master of the blame game.

The loser never ever takes personal responsibility for their behavior. It's always someone else's fault—usually yours. You are the reason they yelled at you, treated you badly, or embarrassed you publicly. You're the one making them drive eighty miles an hour or drink too much.

He or she has you walking on eggshells.

The loser invokes fear. If you find yourself afraid to bring up topics, question the loser's behavior, or mention that you even spoke to another friend, you're with a loser. And, you probably *should* be afraid.

*This article is based on a public service piece by Joseph M. Carver, Ph.D., Psychologist titled "The Loser: Warning Signs You're Dating a Loser."

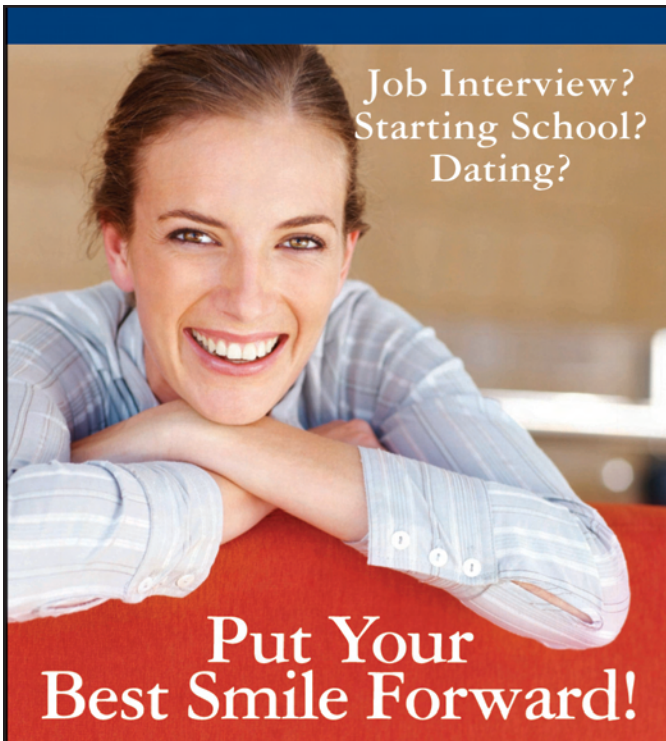
EDITOR'S Note: Alice Donavin is a Licensed Clinical Social Worker (LCSW), practicing as a Professional Life Coach and Psychotherapist in Haverford, PA and Palm Beach, Florida. A graduate of The Seton Hill College in Greensburg, PA and The Catholic University in Washington, DC, Donavin holds a BA in Sociology and Pre-Law, as well as an MS in Social Work. For more information, or to schedule a consultation with Alice Donavin, LCSW, please contact her at: 610.585.4028 or alicedonavin@aol.com. Contact Alice at Alice@phillyfitmagazine.com

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Injuries Young Women Should Watch Out For

Running Times Magazine

By: Jocelyn Brown

When I walked into my orthopedic surgeon's office in January, 2005, I expected a diagnosis for the pain in my right shin. I didn't expect some unsolicited running advice from his Physician's Assistant.

"Women just aren't built to run marathons," he said.
"Maybe you should stick to running five miles or less."

The truth is, while women are more than equipped to compete and excel at distance running, our physiological composition puts us at more risk for certain injuries. In fact, in the 1990s researchers at the University of Washington found that female cross country runners had a higher risk of injury than any other athletes.

According to Dr. Robert Good, Chief of Orthopedic Surgery at Bryn Mawr Hospital and Villanova University Team Physician, there is a physiological explanation for this.

"We see a lot of overuse injuries in women because the female lower extremity is very complex. A woman's pelvis is wider to accommodate the birth canal, so a 5'5" woman can have the same size pelvis as a 6'5" man. This leads to an increased quadriceps angle, which puts increased stress on the knee cap."

But while the hip widening and weight gain of puberty can lead to some injuries (plantar fasciitis, patella-

femoral pain, and iliotibial band syndrome) others can occur when women try to fight maturation. Afraid that weight gain will hurt their performance, many female runners attempt to delay puberty's effects by eating too little and exercising too much. This puts them at risk for stress fractures, bone loss, and osteoporosis.

Fortunately, by paying attention to signs of these injuries, and taking steps to prevent them, you can keep yourself out on the road—and out of a cast.

Plantar Fasciitis

Up to two million Americans seek treatment for plantar fasciitis each year, and most of them are women. Characterized by sharp stabbing heel pain, plantar fasciitis is an inflammation of the plantar fascia, a band of tissue that runs from the back of the heel up to the ball of the foot, and out through the toes. Pain usually occurs first thing in the morning or after exercise.

According to Stephanie Sposato, physical therapist and co-owner of Bounce Back Physical Therapy, women who have gained weight or are just starting a running program are most at risk for this injury. Treatment includes massage, night splints, icing, stretching (espe-

cially calves), taping, and custom orthotics. Plantar fasciitis can be prevented by stretching, increasing exercise gradually, and wearing supportive shoes.

Patella-Femoral Pain

According to a study in the *American Journal of Sports Medicine*, patella femoral conditions are the most prevalent injuries among females ages 10–17. These injuries occur because of increased pressure between the patella and the femur, either because of overuse, or because the patella is not properly following its track.

The most common symptom is a dull ache under the knee, especially during weight bearing activities when the leg is bent (e.g., stairs, stair masters, running, basketball, soccer, squatting, etc.).

For this injury, treatment and prevention are the same. According to the *American Academy of Family Physicians*, “The initial treatment plan should include quadriceps strengthening and temporary activity modification. Footwear should be closely evaluated for quality and fit, and the use of arch supports [orthotics] should be considered.”

Iliotibial Band Syndrome

One of the most common injuries in distance runners, iliotibial band syndrome is caused by an inflammation of the iliotibial band, a combination of muscle and tendon that runs from the hip to the outside of the knee. Runners with this condition typically feel pain 10–15 minutes into a run.

According to researchers at the University of Michigan, this pain can be caused by tight hip, pelvis, and leg muscles, running on sloped surfaces, over pronating, or running in worn-out shoes. Stephanie Sposato believes hip misalignment can also be a factor, especially in women who have recently given birth.

Treatment involves rest, anti inflammatories, and stretching. To prevent this injury, runners should stretch, run on even, cushioned surfaces, and retire their sneakers every 300–500 miles.

Stress Fractures

Because bone is living tissue, every time you run your bones become slightly damaged. As you sleep, this damage heals. However, when increased stress is placed on the bone because of tight muscles, improper footwear, overtraining, increased mileage, bone loss, or osteoporosis, this damage can build up and cause tiny crack.

Often confused with shin splints, stress fractures typically occur in the foot, tibia, fibula, femur, or pelvis, and cause intense pain that develops gradually, increases with weight-bearing activity, and decreases with rest. The bone usually feels tender at the breaking point and may be bruised. Treatment typically involves 4–6 weeks of rest and immobilization. After that period, runners can consider physical therapy and a gradual return to activities. Stress fractures can be prevented with a healthy diet including plenty of calcium, gradual mileage increases, strength training, and proper footwear.

Osteoporosis, Bone Loss, and Amenorrhea (The Female Athlete Triad)

Because every ounce gained is another ounce to carry each mile, many competitive female runners take drastic strides to lose weight. These actions range from diets and increased exercise to bulimia and anorexia. When these behaviors continue over a period of time, girls can stop menstruating, and the loss of calcium, vitamin D, and estrogen in their bodies can lead to bone loss and osteoporosis.

These effects can be prevented by ensuring female athletes consume enough calories for their activity level. While some effects of bone loss cannot be reversed, symptoms can usually be improved by decreasing physical activity by 10–20% and by meeting with a dietician to create a healthy eating plan.

As for me, I ignored the Physician’s Assistant’s advice and continued to run long distances. I completed my first marathon that November, and ran my second a year later. More importantly, by stretching, running on cushioned surfaces, retiring my sneakers every 400 miles, and treating pain with rest, I’ve managed to avoid the orthopedic surgeon’s office ever since.



Jocelyn Brown is a freelance writer and copywriter who works with small businesses and financial companies in the Philadelphia area. When she’s not helping her clients clean up their copy, she can be found hiking in Valley Forge Park, training for her next marathon, or working the baselines as a Phillies Ballgirl. Contact her at jocelyn@jocelynbrown.com.



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Hula for Fitness, Fun and Family

By Connie Majka

Say the word “hula,” and we are immediately transported to the Islands of Hawaii. We think of palm trees, moonlit beaches, and soft guitars. Even if we have never been to Hawaii, we can easily imagine the hula girl. Usually dressed in a sarong or grass skirt, a flower in her hair, she stands poised with swaying hips and graceful hands that tell a story. No other dance is associated so closely with one place. No other dance conjures up the same images, and certainly no other dance can take us on a virtual Hawaiian vacation like hula can.



But hula has now spread beyond the Hawaiian Islands. Hula schools called “halaus” have been growing in number around the world. In Japan, New Zealand and across the United States, people are starting to appreciate this ancient dance as never before. The interest in this Polynesian dance is attributed to its many benefits. Hula provides for both spiritual and physical wellness,- improving strength, flexibility and balance of the whole individual. The graceful hand motions and the concentration on the words of the song encourage focus. It is playful too. With sexy movements and playful glances, it encourages women of all ages, shapes and sizes to enjoy their sensuality, and it is a great way to unwind after a long day.

“Hula celebrates a woman’s body and will make you feel beautiful,” said Camille Olela who takes two classes at a local Polynesian dance studio, Aloha Style on the Main Line. Located in Narberth, just outside of Philly, Aloha Style is a unique Polynesian Dance Studio and Hawaiian Gift Store. “Suzanne (Aumack) and I opened Aloha Style because we love hula and wanted to bring this form of dance to the East Coast,” said Connie Majka, who together with Aumack teach most of the classes.

“With all of today’s emphasis on hard bodies and youth, it is refreshing to find a dance where you don’t have to be a size five to look good. And given the swaying hip movements, it actually looks better if you have curves,” chimed in Janet Leung, another student.

Indeed, Hula can be part of your life forever. There is no age limit. In Hawaii, some of the most graceful and beautiful “hula girls” are in their sixties and beyond! Hula keeps you young in body and mind. At Aloha Style, you can find the children dancing in one room while the women are learning a new dance in the larger studio.

Suzanne Aumack, one of the owners of Aloha Style said, “Sometimes we all get together and dance and it is a wonderful experience to see all ages at once involved in something that everyone enjoys. There is really a special feeling of family or, as they say in Hawaiian, “ohana.”

A Work Out for Mind and Body

Polynesian dance is a great way to a trim waistline and firmer thighs. It increases flexibility in the whole body, strengthens the back and shoulder muscles and helps tone arms and legs. There are no heavy weights involved, no running or jerky movements, and no straining to the point of exhaustion. Since many of the move-





ments are controlled and flow into each other, hula is a great low impact aerobic form of exercise. But make no mistake, while hula can be sensual and rhythmic, it is a great way to lose weight and develop strength.

As with most aerobic exercise, hula is an effective way to maintain bone strength. Any weight-bearing exercise, but especially dance, puts stress on the bone, and that stress helps maintain or even increase bone strength. Hula steps strengthen the muscles in the hips and thighs so they “pull” on the bone contracted—the muscles are constantly being worked which creates a good stimulus for renewal of bone growth. Done regularly, hula can help prevent brittle bones.

Most hula movements are performed with bent knees, so there is never undue stress put on the joints. It is wonderful for those who have back problems or for someone recovering from injuries caused by more stressful workouts. In short, hula is for everyone. It is a perfect way to stay in shape and have fun while doing it.

As with most forms of exercise, hula stimulates circulation, brings oxygen to the blood and helps release endorphins, which are responsible for what experts refer to as the “feel good” factor. Hula will make you feel younger by giving your self-esteem a boost and improving your mental outlook. Dancing regularly can also help fight fatigue. When you come home from a stressful day feeling exhausted, don’t give in to it. Go into a room, put on some Hawaiian music and dance. It will lift your spirits and give you an energy boost that will keep you going.

Fitness instructors talk about the benefits of compound movements or movements that work parts of the body in conjunction with others. Hula works arms, legs, hips in varied ways and since the dance routines vary, depending on the song or kind of hula, you and your muscles never get bored.

Hula works the entire body, but also engages the mind. The motions are fluid and there is a concentration on the dancer’s alignment. As the dancer’s feet perform the steps, her hands tell the story of the song. The dancer expresses the “feeling” of the song and carries that through the entire body. The mind is constantly engaged. Mind and body working together in harmony with each other, hula is a unique blend of balance, motion, and mental concentration. Hula dancers find the concentration and

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gentle movements of the dance, along with the soothing music, meditation in motion. Some have compared hula to Tai Chi and other forms of movement meditation.

Even if you have never worked out or danced before, hula will keep you feeling and looking beautiful.

Two Kinds of Hula

There are two basic forms of Hawaiian Hula: Kahiko (ancient) and Auana (modern). Kahiko are dances passed down from the early century. These are always chanted and often describe particular episodes in the lives of chiefs, kings and queens, or nature and the gods. The chanter, usually the kumu or teacher, chant the mele (poetry) and accompanies him or herself with percussion instruments such as the ipu (gourd drum). Only percussion instruments are used in kahiko style. Mele are recordings of Hawaiian culture that include everything from prayers for health, songs of praise for the land, and even love stories. The chanters are the keepers of the traditions, the old ways. Unlike Auana style, the hand movements do not tell the story, rather the hands emphasize a particular theme of the mele. The dancers wear the traditional costume called a pa'u skirt and often entwined ferns decorate their ankles, wrists and head.

Hula Auana is the modern style of hula that most people are more familiar with. Songs are in Hawaiian or English with any kind of instrumentation. The graceful hand movements interpret the words of the song and the gestures reflect particular parts. A dancer interprets a palm tree, with her hand swaying gracefully back and forth or indicates the moon with sweeping both hands in

a circle surrounding her. These hand movements continue the oral traditions of the ancient hulas and will always be a part of Hula Auana; but today, there is more room for interpretation and there are always innovative teachers willing to experiment with new styles. Women usually wear a long dress called a muumuu. But costuming is changing, too. Everything from a simple sarong to an elaborate gown has been used, depending on the dance and meaning that the dancer means to convey.

Tahitian

Many people associate hula with grass skirts, coconut bras and gyrating hips. This style is actually a form of Tahitian dance. Since it is very colorful and dramatic, it is often included in the luaus and performances at tourist hotels.

Tahitian movements, while similar to hula, are usually high impact. The emphasis is on lower body hip motions and many dances are done to drum beats alone. Called "Oteas," these dances are usually done with quick and sharp movements ranging from simple to complicated, while an "Aparima" is a Tahitian story telling dance that makes use of hands and hips.

Whether you choose Hula, Tahitian or both, you can be assured of a great workout. "I came to class just to see what it was like. Well, two years and two dress sizes lower later, I'm hooked on hula," raved Olela.

Aloha Style on the Main Line teaches all forms of Polynesian dance from beginners to advanced. www.alohastyledance.com or call 610-667-HULA. Contact Aloha Style at AlohaStyle@phillyfitmagazine.com



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Cruciate Injury

By Dr. Howe-Smith, M.S., V.M.D.

Football and baseball, soccer and basketball, skiing and lacrosse, and yes – even dog agility trialing can bring on a dreaded injury! Professional athletes and weekend warriors are all too prone to knee injuries, and chief among them is a tear of the ACL, or Anterior Cruciate Ligament; but, the family pet? Alas, yes. A cruciate tear is one of the most frequently seen injuries in veterinary orthopedics.

In dogs, however, this is rarely the result of a traumatic injury. Deterioration of the ligament, which veterinarians refer to as the CCL or Cranial Cruciate Ligament, occurs gradually over a period of months or even years. A typical history consists of a number of episodes of mild to moderate lameness that resolve with rest, only to recur weeks to months later. Often some seemingly harmless activity like chasing a ball or climbing a flight of stairs causes the last few shreds of the ligament to give way, and the dog becomes profoundly lame. At this stage your veterinarian is likely to use a “cranial drawer” or “tibial thrust” test to demonstrate abnormal motion or instability in the joint and diagnose the CCL tear. The problem can be diagnosed earlier with a thorough orthopedic exam, but early diagnosis does not alter the likelihood that without treatment the ligament will eventually tear completely.

Although some small dogs do well with conservative medical management, the joint usually remains painful unless treated surgically.

The surgeon will have several goals:

First, the damaged ligament must be removed. Otherwise, if left in place, the dog’s own immune system would react to it, resulting in continued inflammation.

Next, the surgeon will inspect the joint for other changes that may need attention. For example – damage to the menisci (cushions of cartilage between the two major bones of the joint) and osteophyte formation (small abnormal bony outgrowths around the edges of the joint).

Finally, the surgeon will stabilize the joint to prevent abnormal motion. There are many different surgical techniques that have been developed to do this, and most provide similar results. In fact the overall success rate (defined as good to excellent function) regardless of the surgical technique used is reported to be between



eighty-five and ninety-three percent. One of the most common causes of subsequent lameness after having surgery for CCL rupture is a damaged meniscus.

After surgery, follows a lengthy period of rehabilitation. Without further intervention the majority of dogs are not fully weight bearing until four to seven months after surgery. Perhaps it is not surprising that, during this period, we see an alarmingly high incidence of similar injury to the opposite leg. Some studies have shown a second cruciate tear in as many as forty to sixty percent of patients within a year after their first surgery! A recent approach to countering the problem of second tears is post-operative physical therapy, and the number of veterinary professionals providing rehabilitation services has grown dramatically over the past few years. Current data suggest that therapy to encourage early use of the repaired leg can be a valuable tool. For example, in my own experience, dogs undergoing formal supervised physical therapy have returned to normal muscle mass within six weeks of surgery. Hydrotherapy in the form of assisted swimming or working on an underwater treadmill provides a safe controlled environment in which to exercise the muscles without overloading the repair. And, although you might think that your pet’s previous reluctance to swim would interfere with therapy, a skilled therapist can provide a calm controlled environment in which even the most unwilling patient can learn to enjoy his time in therapy.

Arthritis is always a concern with orthopedic patients, and although surgical stabilization of the joint will help minimize this problem, most dogs that undergo joint surgery will develop some degree of clinical arthritis as they age. This risk can be minimized by aggressively managing the patient’s weight. Lean dogs hurt less. Encouraging lots of low impact exercise helps to maintain muscle mass, and there are a variety of medications that your veterinarian can prescribe to help manage pain and inflammation.

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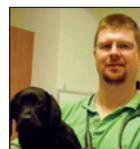


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Cruciate ligament repair can present a long and difficult process for you and your dog. So here's some advice: ask questions, know what to expect, and commit to working with your dog and your veterinarian throughout the period of post-operative physical therapy. You will ultimately find the process can be extremely rewarding as well.



Dr. Howe-Smith graduated from MIT in 1986 and worked as an engineer in the aerospace industry for 7 years before returning to school. He earned his veterinary degree at the

University of Pennsylvania School of Veterinary Medicine in 1997. He has a strong interest in orthopedics and has worked to incorporate the use of rehabilitation and physical medicine to speed post operative recovery of his orthopedic patients at the Cherry Hill Animal Hospital. As his interest and expertise in rehabilitation grew, Dr. Howe-Smith quickly recognized the enormous potential that this form of therapy holds for the alleviation of pain and management of many chronic diseases. Since he founded PetPT in 1999, Dr. Howe-Smith has become known as an innovative pioneer in this rapidly developing field. Contact Howe-Smith at Howe-Smith@phillyfitmagazine.com.

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ACUPUNCTURE IN PETS

Dr. Rose DiLeva VMD, MS, CVCP, CVA

Holistic veterinary medicine is an all-encompassing approach to treatment in which all the aspects of the pet's life are taken into consideration. This means that the holistic veterinarian will do a complete physical examination but also ask questions regarding the pet's dietary history, past medical problems, genetics, behavior, the environment it lives in, any emotional stresses and its daily routine. All of this information together produces a bigger picture of the pet's life and health.

There are a number of different modalities that fall under the umbrella of "holistic" veterinary medicine. This includes but is not limited to acupuncture, Traditional Chinese Medicine, herbal medicine, homeopathy and chiropractic. They can be used alone or in combination to provide relief and well being.

It has been my experience that many of these holistic modalities are beneficial when classical conventional medicine has failed or no longer is effective. Many of my clients have been to anywhere from two to seven conventional veterinarians, including specialists, before coming into my hospital. Most have spent hundreds and some thousands of dollars looking for help. Many utilize alternative medicine in their own lives and wonder if the same can be helpful to their pets. The answer is that yes it can.

The ancient Chinese were astute observers, recognizing the cyclical nature of the environment. They recognized the balance in nature: day and night, heaven and earth, male and female, birth and death, winter and summer and spring and fall. Observation of the pulse, the tongue and areas of sensitivity on the skin were indicators of internal organ dysfunction. The result was a complete medical system focused on prevention, diagnosis and treatment of disease.

The word acupuncture is derived from the Latin 'acus', which means "needle" and 'pungere', which means, "to pierce". So acupuncture is the art of piercing the skin with very fine metal needles in specific predetermined locations called acupuncture points or loci, for the purpose of preventing and treating disease.

The needles used in veterinary acupuncture vary by length, width and shape of the head. Most of my pet patients are unaffected by the acupuncture needles once they are placed. In fact, many become extremely relaxed and often fall asleep during or shortly after their treatment. The neurohumeral events that occur as a result of needle placement initiate a series of reactions in the body. This results in the release of endorphins, enkephalins and other neurotransmitters. The physical reaction is often a calming and relaxing effect which leaves the patient with a sense of well being.

This allows the body to heal itself and return to balance and homeostasis.

When a pet is ready for an acupuncture treatment it is taken into the examination room and given a complete physical examination. After this I determine which acupuncture points are to be treated and gently place them into their specific locations on the body. The pet is usually standing or sitting when this is done. Once the needles are in place the pet can sit, stand or lie down during the treatment. Treatments generally last between 10 and 30 minutes. Most pets relax and enjoy the sensation of relaxation.

Acupuncture point stimulation has been shown to release some of the body's natural painkillers. Additionally, acupuncture can increase oxygenation, increase blood supply to treated areas, increase white blood cell production, increase antibody production and stimulate bone healing.

Various methods are utilized in clinical practice to stimulate acupuncture points. Dry needling, moxibustion, laser, microcurrent therapy and aquapuncture are some examples. Dry needling involves thin, metallic needles which are inserted into the skin. Moxibustion is the application of heat to certain locations on the skin surface. Aquapuncture is injecting a small amount of a sterile liquid into the acupuncture points. Commonly utilized is Vitamin B12, which is my personal preference. Other substances found effective are saline, antibiotics and injectible homeopathics.

Presently, acupuncture on pets is used to treat a number of musculoskeletal problems such as hip dysplasia, arthritis and intervertebral disc disease. Other conditions that have responded positively include epilepsy, weakness (particularly hind end weakness), urinary or fecal incontinence, diabetes, thyroid disease, asthma and allergies. Dermatological problems are frequently responsive to acupuncture as well.

Sam is a two-year-old black Labrador retriever whose owner complained of his persistent licking of his right front paw over a period of more than 6 months. Previous vet visits utilized topical

creams and ointments, foot socks, steroids (topically and orally), anti-inflammatories and bandaging. Sam had symptomatic relief, but within a short period of time, returned to licking. Sam's owner heard about acupuncture from a friend who employed the services of a veterinary acupuncturist for her diabetic cat. Her friend's positive experience lead her to investigate the possibilities for Sam. Sam was seen weekly for one month. It became obvious after the second treatment that the lick granuloma was beginning to resolve. Additionally, Sam's compulsiveness to lick his paw was significantly reduced. By the fourth treatment he was well on his way to complete healing. The important thing to remember here is that this condition was resolved without the use of steroids, anti-inflammatories or tranquilizers to stop the behavior and resolve the lesion.

Baby is a three-year-old brown dachshund that presented with disc issues. Baby had traumatized herself while running and ruptured a disc in her lower lumbar area. She was unable to stand on her own and could barely walk. She was dragging herself around with her front legs and dragging her back ones. The owners elected to have the surgery to correct the problem. Unfortunately, the surgery did not work.. Cage rest did not work. Conventional medications did not work. Baby needed something else. A friend told her people about my hospital and they brought her in. After careful evaluation it was determined to start a regime of electroacupuncture treatments. Baby came in twice a week for three weeks. Electroacupuncture is a means of stimulating acupuncture points using the application of a small pulsating electrical current. The needles are placed as usual and then connected to an electrode that

passes between the two acupuncture needles. Baby was a good patient and responded well. After 4 weeks Baby could stand on her own and walk a few steps. After 8 weeks Baby was not only standing but also walking and playing with a ball. Baby now comes in three or four times a year for maintenance treatments.

When searching for a holistic veterinarian, it is important to consider all your options. Do you want a practitioner that practices just acupuncture or do you want someone who is skilled in more than one of the holistic modalities? Presently, certifying organizations for "holistic" veterinarians do not exist. More commonly there are certifying organizations within each modality. Another consideration is to search out a pet insurance company that covers acupuncture treatments, chiropractic adjustments, homeopathy and herbal treatments.

There are hundreds of holistic veterinarians throughout the United States. Check out the American Holistic Veterinary Medical Association (AHVMA) at www.AHVMA.org. You will be able to access a holistic practitioner in your area fairly easily. Also, a list of certified veterinary acupuncturists from the American Academy of Veterinary Acupuncture (AAVA) can be obtained at www.AAVA.org. as well as, the International Veterinary Acupuncture Society (IVAS) at www.IVAS.org.

Dr. Rose DiLeva is owner and director of Animal Wellness Center in Chadds Ford, Pa. She practices alternative and conventional veterinary medicine. Dr. DiLeva is a certified veterinary Acupuncturist and a certified veterinary Chiropractor. She can be reached at 610-558-1616 for appointments or telephone consultations. Her web site is www.altpetdoc.com

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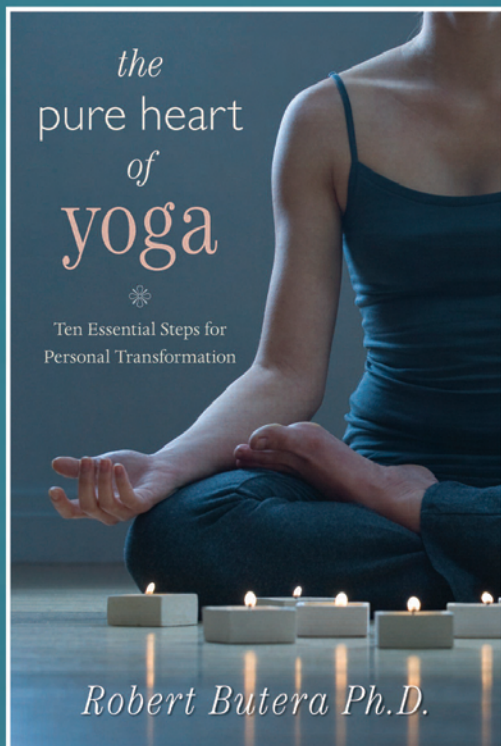


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The Pure Heart of Yoga 10 Essential Steps for Personal Transformation

by **Bob Butera, PhD,**
Publisher of Yoga Living Magazine

*A New Book that Looks Beyond
Physical Benefits of Yoga*

More and more people are doing Yoga these days – from spry grandmothers to small children everyone is uncovering the benefits of this age-old practice. Though many may have learned how to do yoga, one must ask if they truly understand why they are doing yoga?

It doesn't matter if you are a beginner or advanced student, this book will help you to discover the deeper meaning and purpose of your Yoga practice. Learn yoga the way the original masters envisioned it - a holistic union of body, mind, and spirit.

Meet the Author: Local Seminars and Book Signing Events

- Sept 2:** Kripalu Center for Yoga and Health, Lenox MA
- Sept 12:** YogaLife Institute, Devon, PA
- Sept 15:** The Yoga Place, Ephrata, PA
- Sept 16:** Creative Healing Arts, West Chester, PA
- Sept 18:** Healing Yoga, Douglasville, PA
- Sept 19:** The Studio at Summit Fitness, Chester Springs, PA
- Sept 19:** The Center, Downingtown, PA
- Sept 23:** EarthSpeak, Kimberton, PA
- Sept 23:** Kimberton Arts Center, Kimberton, PA
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Passing the Family Fitness Torch

By Alison McNelis

The period after college graduation is a quarter-life crises for many. The major you harbored over for the past four years suddenly loses its luster once you are actually considered qualified to go out and begin a career in your chosen field. Student loan bills and credit card debt starts to pile up as you spend your days contemplating if college was even worth the effort. Scott Aaron experienced similar feelings after finishing school. However, while he was working a part-time desk position at his father's gym, trying to figure his life out, he discovered his future in the family business.



"I had no direction," says Scott Aaron on his mindset after graduating with a degree in human resources from Temple University. "I didn't have a job so, as I was working at the front desk, I started to get more involved in other aspects of it."

While being in the gym atmosphere may have prompted Scott to become more involved in the industry, his father Howard's enthusiasm for fitness and nutrition obviously inspired Scott to consider the family business of fitness a career option. Years and pounds dropped by clients later, Howard and Scott, along with the rest of the Aaron family, manage and operate East Falls Fitness.

Howard and Scott are fitness and nutrition devotees who are truly passionate about transforming not just the bodies of their clients, but their lives as well. "It isn't about numbers," comments Howard who stresses the importance of working out to change the way you feel, not the way you look. "Someone can go down two dress sizes and only lose a few pounds. The scale might not change the way you feel."

While the father-son fitness duo reiterates the importance of numbers not measuring progress, they carefully evaluate each client's individual needs to assure they receive a workout that will be most beneficial to them. "I always pride myself on getting to know the client. I can look at someone

and know what they can do. I've had clients with diabetes, cerebral palsy and even elderly people. There nothing I can't handle," says Scott on working with clients of all backgrounds and skill levels.

Howard and Scott don't just stress the importance of regular trips to the gym to clients; they also make sure they are aware of the necessity of proper nutrition. "Most trainers are afraid to say it but eating clean is seventy percent of it," says Howard. "You can push cardio as much as you want but, if you don't eat clean you won't change."

Scott Aaron has come a long way since the early days after college graduation. While fitness was something his family had always been involved with, it wasn't always the direction Aaron saw his career going. However, he has turned fitness into more than just a career. He takes great pride in helping to improve the lives of his clients and is dedicated to motivating them to feel as strongly as he does about living a healthy lifestyle. "You get what you want out of out. It's a lifestyle change. I live and breathe fitness."



Alison McNelis is a graduate of Temple University. She is currently making a full time job out of looking for a full time job in marketing and public relations. She can be reached at alimcnelis@gmail.com.



TAKING IT TO THE **EXTREME**

By Mary Nearpass

EXTREME: Extraordinarily Talented Ray of Ever-Motivating Energy – and this doesn't even do him justice – but the founder and owner of Extreme Fitness located in Lower Bucks County, Fairless Hills, PA, is whom I have the pleasure to feature in this month's article.

Marty McLaughlin, and his wife Dawn, have been changing lives and physiques since 2001 at Extreme Fitness personal training. Their primary focus is on providing goal-oriented training, custom tailored to the individual, which is then designed to put the client in their greatest shape ever.

Their services include: Strength training and yoga, cardiovascular conditioning, sports-specific training and youth training, weight loss OR gain, post-rehabilitative training, T.R.X. suspension training, nutritional counseling and agility/flexibility training. They see clients as young as twelve with Autism, to seventy plus, all sessions are one-on-one by appointment only.
www.extremefitnesspa.com.

Marty has always loved SUPERMAN, and wore a bright royal blue, red and yellow tee shirt with a huge "S" on his chest the day of my visit. The entire gym reflects his passion for these colors as well as the inner belief that everyone who enters his doors can become a super man or woman.

In addition to a cheery ambience, you'll see motivational quotes scattered throughout the entire gym. No matter how UN-motivated you may be feeling on any given day, you will definitely find your groove within five minutes.

What I really found to be unique about *Extreme Fitness* isn't the equipment or approach to physical fitness; it's about Marty McLaughlin. He EXUDES a captivating charisma that is so electrifying; you can't help but *want* to come back for more. Turns out that Marty, too, has had more than his share of life challenges that he has not only overcome, but embodied into his essence, and serves to even further motivate himself to help others to BELIEVE that not only CAN they achieve feeling fabulously, but it is part of his MISSION of paying it forward.

Marty and his beautiful wife, Dawn, have been together for thirteen years with their home being right around the corner of their gym. One of Marty's passions in his "free" time is riding his BRIGHT RED motorcycle. Those of you who are avid bikers

can appreciate the freedom, power and vitality that are achieved while riding. This one particular evening, July 10, 2007, Marty's life was changed in an instant.

After leaving his home to do a quick errand literally around the corner, Marty and his motorcycle had a head-on collision with a mini-van. He was making a left hand turn, with his signal on, going a mere 25–30 miles an hour, when this woman in the van, pulled out from the bar where she had been imbibing and hit Marty head-on. It was one of those moments in life that appear to be going in slow motion; like in a dream, when no matter how hard you try, you can't seem to get where you are desperately seeking to go. In Marty's case, that desperation was to avoid this unexpected van.

Upon impact, Marty was ejected like a missile off his prized possession landing on his occipital, the base of his cervical spine; C1 and C2. – disoriented, numb and completely disassociating for about 10 seconds. Marty miraculously was able to pick himself up off the highway intersection, walk across the two lanes into the parking lot where the three times the legal limit, intoxicated female departed, and fell to the ground. Still semi-conscious, he was aware of his surroundings enough to note that the very same mini-van that had just struck him with such force, was turning around to return to the scene of the accident – only to pull up, stop, stare, and TAKE OFF as fast as she could, without even calling 911!

Luckily, a guardian angel, eye witness came to his side and immediately called 911. When he was wheeled into the Emergency Room, the medical team had a déjà vu moment, all proclaiming, "Marty, is that you? Weren't you just in here?" —A noteworthy sidebar, Marty spent three days in St Mary's hospital of Langhorne in their Cardiac Rehabilitation Unit two months earlier. One of the fittest young men I have ever had the pleasure of meeting, weighing in at 150 pounds, 5'8", about 2 percent body fat, achieved oh naturale – no steroids in this guy's system, or anything impure for that matter. At that time, Marty was experiencing episodes of Tachycardia (rapid heart beat) which caused him to pass out periodically. Their frequency increased quickly and while in the E.R., Marty flat lined (his heart literally stopped) numerous times due to an irregular, vagus nerve response. (The vagus nerve conveys sensory information about the state of the body's organs to the central nervous system. After a series of nuclear stress thallium tests and studies, the doctors were able to pinpoint and correct this heart irregularity. His family physician was also extremely influential in numerous consultations with the hospital staff.)

Fast forward to July 10th, 2007. Marty, quite frankly, was lucky to be alive. Upon a complete history and physical, Marty was diagnosed with a broken left lamina, (thin, flat layer of membrane which is part of the vertebral arch) both the left and right side, requiring a full restriction collar, in layman's terms, *Marty broke his neck!* A seventy five percent tear with extreme inflammation in his Erector Spinae muscle, (major muscle running vertically along the superior aspect of the spine), and the nerve endings in the C-5 vertebrae, (upper part of the spine/neck), completely damaged. On top of all this, the pain was unimaginable. Everyone has a different pain tolerance and threshold, but if you knew Marty, he is no stranger to pain. This was exorbitant. His life was literally touch- and-go for the next twenty four hours.

You know the saying, "Life is ten percent what happens to you and ninety percent how you react to it?" Well, it is my strong belief that

Marty's will for life and desire to be here for his wife, son, clients, family and friends is what pulled him through these initial life-threatening hours.

The next four months were "hell on wheels," not only physically, with all of the physical therapy and rehabilitation, but mentally. Most of you reading this know how you feel when you haven't been to the gym for awhile. Now multiply that mentally with a guy whose very essence is physical fitness, and his physical limitations precluding him from doing what comes so naturally; that was Marty's biggest challenge and hardest hurdle. Yet he discovered the art of surrendering periodically, and letting the body heal by simply being still.

We all, for the most part, function much better with routine in our lives. It gives us a sense of predictability in an unpredictable world. Yet change is inevitable while going with that change is optional. Change is a curious thing. In most areas of life we dread it, yet in others we pine for it.

We are told that change is hard, that it takes time. Think about it – how many people do you know who struggle with their weight? They want to make a healthy change by getting in shape, but the change never seems to take hold.

Whether you want to change, or change is thrust upon you, I believe that three key ingredients are essential in order for anyone to be successful toward making and maintaining change. Marty McLaughlin eats, sleeps, walks and talks the following:

Belief #1: Something **must** change. In order to make a lasting change you must be convinced that the time is right.

Belief #2: I must change it. It is vital that you take full responsibility in making the change. In the end you are the one who is going to make it happen. You have to want this change enough to make it your personal mission—no one else will do it for you.

Belief #3: I can change it. Don't let past failures get in your way. The truth is that you can do amazing things when you put your mind to it. Believe that you are capable of losing weight or making any other positive change in your life.

After bouncing back completely from a hit and run accident, leaving him with a broken neck, Marty McLaughlin has become more FOCUSED than ever and is taking his training to the next level.

You are capable of making a big change in your life – as well. I'll leave you with Marty's mission statement: "You can do anything that you put your mind to."

—NEVER, NEVER GIVE UP



Mary has an extensive background in both the traditional and holistic health-care settings. The first part of her career focused on teaching, sales and marketing, and training and development. She has worked in the classroom setting (from elementary to the college level), for a major weight loss corporation and a leading hospital in the Philadelphia region. Her focus began to shift, as did her hunger for knowledge in the numerous aspects of complementary modalities, and how they assist in both the preventive and healing components toward health. With several certifications in Massage Therapy and Yoga, Mary also holds two master's degrees in Health Education and Behavioral Psychology. With an almost equal number of years experience in both traditional and alternative healthcare, she brings a working knowledge from both sectors. Mary's current passion focuses on the union of Mind/Body medicine and it's role towards health and wellness. Contact MaryNearpass@phillyfitmagazine.com

Jahri Evans

At 6'4," 318 pounds, New Orleans Saints guard, Jahri Evans, is definitely a force to be reckoned with in the National Football League. As a four-year starter for the Saints since his rookie year, Jahri knows what it takes to compete at the highest level and has been training hard for the upcoming 2009-10 football season with strength and conditioning coach, Julius King. While he executes his professional career in New Orleans, Jahri spends much of the off-season back in his hometown of Philadelphia, PA.



Jahri Evans

Jahri, who attended Frankford High School and graduated from Bloomsburg University with a Bachelor's degree in Exercise Science, took time out of his busy training schedule to sit down with PhillyFIT Magazine to answer a few questions:

Coming from a "smaller" college, how did you feel going into the NFL with players coming from more major/"big name" colleges? I wanted to show everyone that even though I came from a smaller school, I could play with the best of them. I also wanted to represent Bloomsburg University well!

When did you start playing football and at what point did you know that you were going to make it to the Pro's? My football career began in high school. By my senior year in college, I knew I had a good shot when a lot of NFL teams were coming up to my school to watch me practice.

What year were you drafted? I was a 4th round pick (#108) in 2006.

What keeps you so level headed, you appear to be very real and grounded. It is just the way I was brought up and I know that it is a blessing to be playing in the NFL.

How do you stay focused on your position, and not worry about "losing your spot" to a trade, or a younger guy? What keeps your confidence that you will remain in your "slot"? When I won the starting job from a thirteen-year-veteran player, he told me never let anyone, including him, take it from me. Ever since that day, I told myself that it was "my job" to lose. So when I step out there on the field, I try to get better every day to improve my game and give 100 percent on every play.

Was there anyone in particular in your life that you credit for helping this dream come alive? If I would have to choose one per-

son, it would definitely be my mother. But I had a lot of people in my corner, such as coaches and other family members as well.

Do you have a best friend on the team? The offensive line as a whole.

Are you single or married? Do you have kids? I have a girl-friend, but no kids.

Local gym you train at when in town: Body Dynamics

Favorite body part to train: Shoulders/leg work out

Dreaded body part to train or workout that you HATE to do: Cardio

Do you have a trainer? If so, why did you pick him? Yes. My trainer is Julius King from All Fitness. He and I trained together in college. He's very knowledgeable about sports performance training and how the body works. Julius holds no punches and doesn't just tell me what I want to hear. He has been a good impact on my career and life.

Favorite Philly hang out: GiGi's

Favorite junk food: Chocolate chip cookies

Favorite body part on a woman, and why: Like curves and swerves with beautiful eyes

Would you consider yourself modest, flamboyant, or somewhere in the middle? Modest

What do you drive? BMW and Cadillac Escalade

Do you have any pets? Rottweiler

What kind of music is on your iPod: Rap, Hip Hop, R&B, Jazz, Gospel, definitely a wide variety

What is your future goal, once you retire from the NFL: I would like to own some businesses.

Are there any charities that are near and dear to your heart?

Just helping people who are less fortunate. I also have a non-profit

corporation, The Jahri Evan's Foundation, which has been formed to advance education, provide relief to the poor, distressed and underprivileged, and instruct and train youth for the purpose of improving or developing their athletic capabilities.

We asked personal trainer, Julius King, to tell us a little bit about how he trains Jahri:

A typical session with Jahri begins with a dynamic warm-up. This is a great way of warming up the muscles, while stretching at the same time. From this point, I focus on three areas: balance and joint stability, core strength, and explosive movements. Each of these plays a pivotal role in Jahri's success on the football field. To help with his balance and joint stability, we spend a great deal of time on the Bosu ball doing things like the single leg Arnold press and Spiderman push-ups. Because this part of the workout is not his favorite, Jahri refers to these types of exercises as "Dominique Dawes Circuit."

Next we move on to utilizing fundamental tools, such as the medicine ball and weighted bar, favorites of mine when it comes to improving core strength. Jahri and I do everything from tree chops at various angles to simulating shoveling with the bar and use the medicine ball for tosses and swings. These exercises mimic the constant push and pull battle between linemen every snap.

Finally, for explosion I like to hook him up to a set of bungee cords while on a hill. Our goal is to simulate firing off the ball in many different situations, from second level blocks to goal line pulling. These are just a few of the training tools that I use to help get Jahri prepared for a phenomenal upcoming season!



Jahri, with trainer Julius

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▲ Marilyn Fiorito of Limerick



▲ Maria Blaney of Harleysville



▲ Golf caddie Colby Kim of Bryn Mawr



▶ PGA tour pro Kenny Perry at the Exelon Invitational at ACE Golf Club in Lafayette Hills



▲ Jon Lee of King of Prussia



▲ Dance instructor Carolann Hyland of Downingtown with students Hailey Johnson and Olivia Baez



▲ Dwayne Townsend of Philadelphia



▲ LPGA Tour pro Morgan Pressel at the U.S. Women's Open at Saucon Valley Country Club



◀ Diane Kelchak of Pottsville

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It is estimated that over 11 percent of the North American population has fungus of the toenails. That's 35 million Americans. An astonishing 700 million people are afflicted worldwide. It is one of the most common afflictions foot specialists see; and, until now, people suffering from toenail fungus, or Onychomycosis, have had few options. Fungal toenail infections are relatively common. Like other fungal foot infections (athlete's foot), it's thought that the fungus can be picked up while walking barefoot in locker rooms or public shower facilities.

Symptoms of toenail fungus, include swelling, yellowing, thickening or crumbling of the nail, streaks or spots down the side of the nail, and even complete loss of the nail.

Toenail fungus can be picked up in damp areas such as public gyms, shower stalls or swimming pools, and can be passed among family members. Athletes and people who wear tight-fitting shoes or tight hosiery that cause trauma to the toes or keep the feet from drying out are at higher risk. The condition can also spread from one toe to another, or to other parts of the body. Fungal infections can affect the fingernails as well as the toenails, but toenail fungus is more difficult to treat because toenails grow more slowly. It occurs most often on the big or small toe, but might occur on any toe. It is rare in children but the incidence increases as you age, with an estimated 48 percent of people in the United States having at least one toe affected by the time they are 70 years of age.

Ointments, powders and sprays have little effect on the fungus because it lives deep under the nail, and the most popular prescription medication, Lamisil, has recently been found to have profound effects on the liver.

In July 2008, PathoLase, Inc. introduced the PinPointe FootLaser, a breakthrough in toenail fungus treatment. The PinPointe FootLaser is a patented laser device that is specifically designed to kill toenail fungus. With PinPointe FootLaser, patients are treated quickly and effectively with no oral or systemic drugs and no anesthesia. PinPointe's laser light passes through the toenail and surrounding skin without causing damage to either structure. The procedure allows the new nail to grow in healthy and clear.

Unlike pharmaceutical treatments, which can take several months for any noticeable improvements to appear, the PinPointe FootLaser kills the fungal organisms immediately, promoting the growth of clear, healthy nails. The treatment takes between 30–60 minutes and the patient feels no pain. Additionally, there are none of the unpleasant side effects associated with oral medications. The fungus is usually completely killed in one treatment and the doctor can recommend techniques to reduce recurrence of the infection. Clinical studies

through the National Institutes of Health showed **improvements in 88 percent of patients** after only one treatment.

The PinPointe FootLaser is now available in Bucks and Montgomery Counties. For more information please contact Bucks County FootLaser LLC at 215-942-2347 or visit our website at www.LaserMyFungus.com or e-mail Lisa@LaserMyFungus.com.

BEFORE



AFTER



How does it work?

The laser light passes through the toenail without causing damage to the nail or the surrounding skin. At the time of the procedure, the toenail will not become instantly clear, it takes time to grow out.

What can I expect in the provider's office?

A consultation with your provider, the procedure to be performed and any follow-up visits as prescribed by your provider.

Is the procedure painful?

Most people feel no pain. Some people feel a warming sensation and very few feel a pinprick.

Is there a recovery period?

No; just walk in and walk out.

Will the fungus come back?

The infection improves following one treatment and typically the provider will recommend care techniques to reduce recurrence of the infection. There is a chance of reinfection because the fungus is present everywhere in the environment.

When can I paint my nails or have a pedicure?

You can apply polish immediately after the treatment. It is important to remove all nail polish and nail decorations the day before your treatment.

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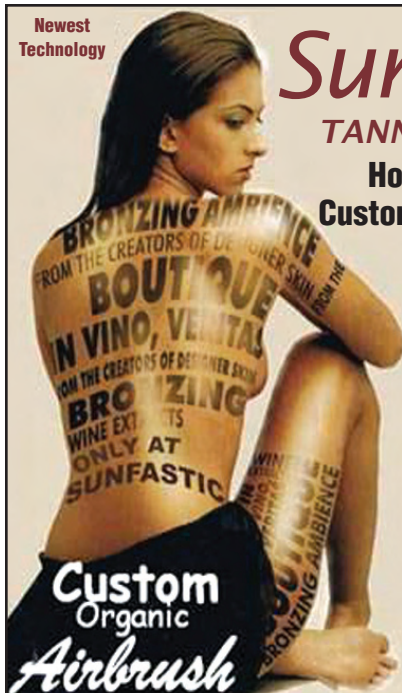
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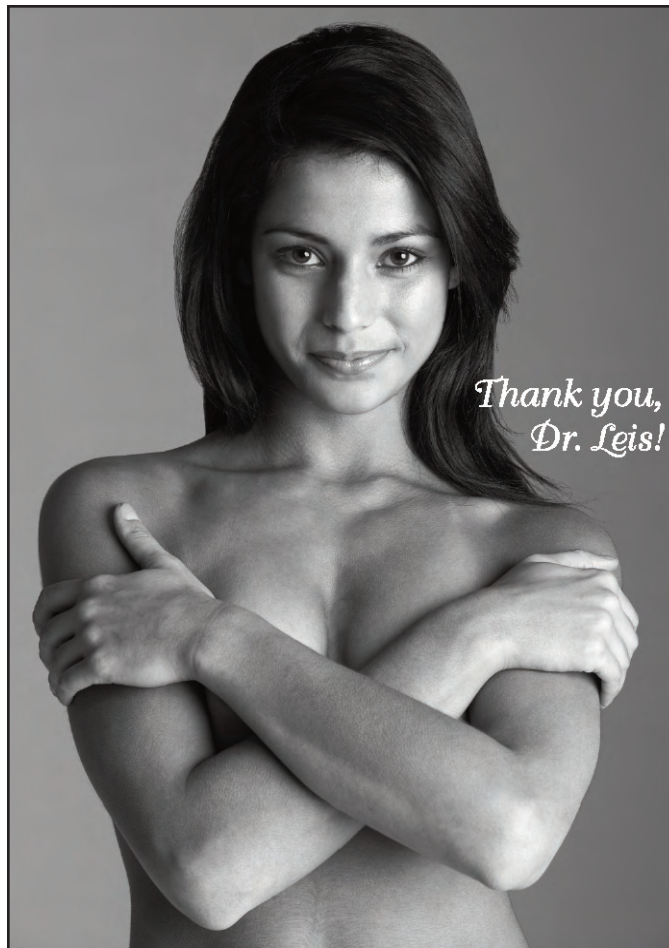
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DrShermanLeis@DrShermanLeis.com**

The Full Moon in PISCES on September 4th brings a time to maintain your position. Review and begin follow-up work but avoid initiating anything new until October. Mercury retrogrades on the 7th putting the kibosh on any new projects. You will find solutions to your problems by thinking outside the box. You can expect stalemates with relationships as well as legal matters.

Stargazing

By Elizabeth Joyce September 2009

The New Moon in LIBRA on September 18th brings in the celebration of Rosh Hashanah with the Fall Equinox to follow on the 21st. This is week energy because Mercury is still retrograde. Continue to do follow-up work but avoid beginning any new projects until Mercury moves out of its storm on October 5th.

VIRGO: Polarity: Feminine Sign: Mutable
Element: Earth Planetary Rule: 6th
House/Mercury Body: Intestines/Nervous System
FOCUS: I analyze.
MERCURY retrogrades between Sept. 7th and Sept. 29th.

The Personal Signs

Aries (3/21 – 4/20)

Expect to go another round with the relationship challenges that began in August. Mercury retrogrades in your 7th House of partnerships and it will be mid-October before these issues are resolved. This means, of course, that you Aries will need to curb your tempers, your frustrations and choose your words with care. Be sure to re-read your e-mails before you hit send. The Universe offers you stress relief through internal exercises and meditation. Calm yourself every evening by tuning out the world with soft, relaxing music, meditation, and reading an uplifting book. Give yourself at least thirty minutes a day to tone down. If you need physical exercise as well, consider clearing out your home of clutter and/or beginning a domestic project. Friendships and romance are in high focus the first three weeks. However, close, personal relationships are prone to misunderstandings due to Mercury. If you are unsure about taking a relationship to the next level, postpone your decision until mid-October to ensure its success. The week of September 19th – 26th you could be rewarded with a step up or be faced with a tough choice regarding your job. Change is a given, Aries. Take some time off if you feel your job has run its course. You'll regret any rash decisions made at this time.

Taurus (4/21 – 5/21)

A dating relationship or friendship may end now or in early October. Change also surrounds group activities or group partnerships, such as renting housing with a group. If you are a parent, you need to be aware of what is going on in your children's lives. Compromise is the way to resolve challenges. Your mind is quick and you're thinking

clear and on target. This is a plus for decision-making, important talks and meetings, college tests, as well as information gathering. Reading and meditation are excellent September stress relievers. Family relations are a bright spot, and you'll enjoy reconnecting with your friends over the Labor Day weekend. Working relationships become more stressful because Mercury is retrograde from September 7th through the 29th. Expect stress, misunderstandings, disagreements, and you may encounter some manipulative, controlling people. Keep your cool and focus on the knowledge that nothing lasts forever. At times you may feel that your work progress is at a standstill or perhaps, even moving backwards. This is sure to trigger frustration. However, the more you try to move things forward, the worse it becomes. Let go and know that this is only temporary. Be patient and look forward to October, when these matters straighten out for you.

Gemini (5/21 – 6/20)

You can expect changes in your domestic and family life this month, Gemini. The Full Moon on the 4th brings a sudden promotion at work, or a difficult career decision. You could move, relocate, a relative could move in or out, and/or you could need some major home repair. Be sure your home had adequate insurance coverage. If possible, wait until October before making any life-reversing decisions. You have charm and a way with words this month, so use tact when trying to get support or the information you need. Listen closely and use your common sense because Mercury is retrograde and influenced by other planetary activity as well. Family and work relationships are stressful at times, so think before you speak. Just when you think your social life is active, you can expect a lag, because of Mercury. Don't fret, in October it promises to pick up again. This is not a month to purchase property, establish a business, or to welcome a new roommate. It will be tough enough to keep the status quo without creating any changes, which promise to be costly.

Cancer (6/21 – 7/22)

If you're in school or in any kind of a training program, be sure to stick with it. If not, but you feel your career could benefit with more education, begin now. One or two classes could be all you need to position yourself for a new career direction in a year or two. Travel is prone to delays and cancellations this month, which is also unfavorable for any legal matters. You have all the energy you need to do just about anything. Keep up your exercise and body-toning routine to balance and tighten up the body. Keep your physical activities in moderation because you could suffer a strain or sprain. Be careful in the kitchen and with working with electronic equipment on the job or at home. To get the best of this energy, rest and meditate to gain stress relief. Expect family relationships to be a bit of a strain at this time. Misunderstandings can occur with Mercury retrograde, so don't assume and do a daily update of everyone's plans to avoid mix-ups. Make it a priority to avoid any nasty neighbors, while keeping a close eye on your oldest son. If your community does not have a neighborhood watch program, now is the perfect time to organize one. Money matters will benefit you this month, Cancer, but keep an eye on your spending. What sounds like a great deal may not be so great. Always protect your resources.

Leo (7/23 – 8/22)

Mechanical problems could pop up at any time during September for you Leo's. Any worn out appliance could need your attention or replacement. It may be tough to diagnose the problem while Mercury is retrograde, between September 7th and 29th. Keep in mind, if you need any repairs, to get a second quote or opinion. This could save you money. September's best news is that you can attract just about anything you want, whether it's people, money, or a growth opportunity. Share your wishes with the universe, visualize and manifest. Let this be your physical, creative exercise now. Romance is high on your list now, so set aside some sizzle time with your partner. Be alert for a new love interest who

could walk into your life at any time. You'll be in touch with relatives and neighbors all month. There also may be a need to help your oldest son in some way. Unfortunately, the contact is likely to be more negative than positive. The same is true at the workplace, so be patient, kind and tactful. Finances continue to acquire a conservative approach. Although there will be some bright spots, including a chance for a raise or increased income, you'll need to watch expenses closely and stick to your budget. There may be mix-ups involving money and/or delayed payments. There is some kind of final payment or payoff coming for you as well.

Virgo (8/23 – 9/22)

Stress will surround a close business and personal tie, and perhaps both, on an issue of independence vs. responsibility, similar to what you experienced earlier this year. For some this will trigger an ending, while for others redesign their relationship to better suit each other's needs. You may want to put any relationship decisions on hold until October because Mercury is retrograde, and there are sure to be further events at that time. Your powers of attraction are at their best around the Fall Equinox on the 21st. This is a plus for dating and socializing, which extends into October. You now have all the charm and charisma to attract new people into your life. You will enjoy many evenings and weekends with friends, taking a class or short trips here and there. Extra expenses, perhaps to fund your children's activities, may crop up this month. You should carefully check all financial statements and pay your bills early since Mercury is retrograde for most of September. Safeguard financial information and other valuables, especially when you're in a crowd.

Libra (9/23 – 10/22)

Expect September to be stressful pertaining to your job. Be prepared for sudden changes, similar to whatever you experienced last winter. You'll want to postpone any important decisions until at least mid-October. You also should monitor your health. Get a check-up if it has been a while and do your best to prevent a cold or virus. Kick back and give yourself the gift of relaxing evenings and weekends through the 20th. Do something nice for yourself and share your time with loved ones. They will appreciate the extra attention as much as you will. Friendship is at its best through the 19th, but a clash with a relative or someone in the workplace can make life difficult. Choose your words with care and resist the impulse to vent your true feeling, which could have some negative repercussions next month. Despite the potential downside with stress associated with your work, you will also have some fulfilling days. Initiative, focus, and high energy can help you make your mark, but be careful not to step on anyone's toes.

Scorpio (10/23 – 11/22)

Expect to have some difficulties with friends, groups, a romantic interest and possible children. You should be able to manage these conflicts better than most. Think positively and be open to change. September is an ideal time for a change of scenery. If that's impossible, consider an alternative such as a day at the spa, a one-day recreational class, or a museum tour. If business travel

is in your plans, try to add on an extra day or two to relax and for seeing the sights. Enjoy the Labor Day weekend with friends and try to get to the beach. Spend a day at a nearby recreation park and become a kid again. Better yet, take your children or grandchildren out for a day at the zoo. The timing is great for creating a hobby or creative project. Career success meets or exceeds your expectations through the 19th. This is the perfect time to impress people and to interview if you're in the market for a new position. Snap up every opportunity to showcase your skills and talents.

Sagittarius (11/23 – 12/21)

You can expect more developments in matters that had your attention last February. Tensions will arise at work as well as in your family life. Job relocation is possible, but this is not the time to purchase property or change your living situation by, for example, acquiring a roommate. If your job situation has reached the breaking point, remain calm, keep your thoughts to yourself, and try to postpone any decisions until late October or November, as things may change, and quickly. Don't be surprised if you hear from far away friends out of the past. This may have already begun to happen. A former college roommate or school friend could be among them. However, be sure to draw the line with revealing your personal information if you meet anyone online. The internet can be deceiving. You may also be strongly touched by your spirituality, and a class or self-help book could trigger surprising insights. Be sure to confirm dates, times and appointments so you don't miss an important appointment while Mercury is retrograde. Also, keep a close eye on your valuables while you are out socializing. You have some marvelous money making opportunities this month. Make the most of it because these aspects won't last forever. It's just your time, Sag!

Capricorn (12/22 – 1/19)

You can expect some legal matters as well as unexpected travel this month, Capricorn. You might also encounter differences with a friend or neighbor. However, listen closely if someone you respect suggests you return to school or take a learning course. Begin now and you can achieve whatever you wish by next summer. Finances promise to be right on track this month. You might even make a gain of some sort, and this energy brings the potential for a lovely gift, something you've wanted for a long time. Just continue to be cautious about using your credit. What you desire and what you can afford can be two different things. Passions are very much alive for you Caps in love. There is also a strong potential for a new love relationship. Be alert for a brewing conflict at work midmonth. Do your best to stay out of it, even if you find this rather difficult. Tension is more the norm than the exception at work this month. Mercury retrograde from the 7th through the 29th can trigger anything from mix-ups, lost paperwork, and misunderstandings. Be sure to cover yourself. Get instructions and directions in writing, and reread it (or simmer down and cool off) before you hit send with your e-mail.

Aquarius (1/20 – 2/18)

Be careful with financial arrangements and commitments all month, Aquarius. Consult a financial

expert, if necessary. Hold off with any financial decisions before late October or early November. Matters associated with this line-up will not fully conclude until next month. Be careful with spending, and check your credit report, even if you have done this earlier in the year. Take a breather around the 22nd. Travel isn't the best choice now, but you can seek an alternative. Learn about whatever captures your fancy, or simply devote some weekend hours for reading the latest best sellers. This is the perfect time to explore the self-help section of your library or bookstore. Relationships benefit now, and you'll find that you both are on the same wavelength, and people will be genuinely helpful to you. Continue to be a bit skeptical with personal or professional contacts. What you hear, or the latest rumor, simply may not be the truth. Your work life varies from simple to hectic throughout September. Keep up the pace, but slow down enough to double check appointments and work for any errors.

Pisces (2/19 – 3/20)

Stress may be surrounding your relationships during September, but ongoing issues can be resolved now, in one way or another, putting the past to rest. For some, a close relationship will end, while others will feel a renewed commitment. The outcome of this fall turning point depends on whether you can adapt, bend, and fulfill your changing needs within the context of a relationship. Hold off with any decisions if you are unsure about what to do, especially between the 16th and 22nd. You may change your mind later on. High energy accompanies the Full Moon on Pisces on the 7th, which will also have you in the mood to play as summer draws to a close. Get involved with your children's activities, see friends, and most of all, use your creativity with a hobby or artistic project that expresses the essence of you. You will have an active social life and this month is great for romantic evenings designed for couples in love. However, with Mercury retrograde, there can be some misunderstandings at work, as well as in your personal life. Think before you speak or put anything in writing. You could also experience some money mix-ups. Check your bank statements as well as your monthly bills as soon as they arrive. Pay bills early if you can, and just say no if a friend looks to you for some cash. You just may never see it again.



Psychically gifted since birth, Elizabeth is a professional Astrologer, Spiritual Counselor, Medium, Clairvoyant, Clairaudient and Clairsentient who interprets dreams and utilizes the Tarot as well as Astrology in readings. Named one of the World's Greatest Psychics, she is a spiritual healer and gives personal readings worldwide. Her TV Appearances include Unsolved Mysteries, Beyond Chance, and The Psychic Detectives. Ms. Joyce's first book *Psychic Attack - Are You A Victim* was released in October 2007, IUniverse Press. Her website — www.new-visions.com—is one of the top-rated in her field. Her second book is scheduled to be released in the fall of 2009. Elizabeth is a Reconnective Healer and teaches classes in developing your self-awareness and psychic sensitivity. She is located in Doylestown, PA and Bergen County, New Jersey. For an appointment call 201-934-8986.

SEPT. 3-24

Wissahickon Trail Series-Fall
4-5 mi. run.
Time: 6:30pm
Place: Valley Green Inn, Philadelphia, PA
Email: events@wanderersrunningclub.org
Web: www.wanderersrunningclub.org

SEPT. 5

D and Q Triathlon
Swim a quarter mile, bike 11 mi., run 3 mi.
Time: 7:45am
Place: Marlton Lakes, NJ
Web: www.dqtridu.com
Phone: 856-424-5969

SEPT. 6

Bicycle Club of Philadelphia Annual Peter Odell Memorial New Hope to New York Ride
Time: To be determined
Email: info@phillybikeclub.org
Web: www.phillybikeclub.org

SEPT. 12

Bicycle Club of Philadelphia Annual Scenic Schuylkill Century
Time: To be determined
Email: info@phillybikeclub.org
Web: www.phillybikeclub.org

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5 mi.
Time: 9am
Place: Ridley Creek State Park, PA
Email: info@goalsara.org
Web: www.goalsara.org
Phone: 866-338-5167

Run for Mito 5K

Place: Philadelphia Art Museum, Philadelphia, PA
Email: Nivrag53@aol.com
Phone: 215-281-9228

SATURDAY SEPT 12, 5-9 P.M. PHILLYFIT WORKOUT-A-THON!

A cool night of working out, dinner and post-workout social/organic wine. The participants will decide "Who teaches Philly's hottest workout". Several different presenters showcasing diverse workouts on stage, in a group exercise format, located in the gymnasium of Manor College, 700 Foxchase Rd., Jenkintown, PA. A great night out of fitness and fun, call 215-396-0268 to pre-register, or go online to www.phillyfit.com to download the form.

SEPT. 13

D and Q Triathlon
Time: 8am
Place: Vianland, NJ
Web: www.dqtridu.com
Phone: 856-424-5969

Delaware Diamondman Triathlon

Half: 1.2-mi. swim, 56-mi. bike, 13.1-mi. run.
Sprint: 0.6-mi. swim, 17.5-mi. bike, 2-mi. run.
Time: 7:15am
Place: Bear, DE
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

Frankford Hospital 5K & Children's Run
Place: Northeast Philadelphia, PA
Phone: 215-612-4808

Bike Philly

10-50 mi. for all levels.
Time: 8am
Place: Philadelphia Art Museum, Philadelphia, PA
Email: beth@bicyclecoalition.org
Web: www.bicyclecoalition.org
Phone: 215 242-9253, ext. 4

SEPT. 16-19

Source of the Delaware
Cycling, 250 mi.
Time: 11am
Place: New Hope, PA
Email: info@pedalpa.com
Web: www.pedalpa.com
215-513-7550

Marshman Triathlon

Quarter-mile swim, 12.5-mi. bike, 2-mi. run
Time: 7:30am
Place: Downingtown, PA
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

SEPT. 20

ING Philadelphia Distance Run
13.1 mi.
Time: 7:45am
Place: Philadelphia, PA
Email: runphilly@eliteracing.com
Web: www.ingphiladelphiadistance.com
Phone: 800-311-1255

SEPT. 26

12th Annual Main Line 5K Run & Fun Walk
Main Line Chamber Foundation Event. Title Sponsor: Main Line Health
Time: 8am
Place: Main Line Chamber Conference Center, 175 Stratford Ave., Wayne, PA
Email: ckuhn@mlcc.org
Web: www.mlcc.org
Phone: 484-253-1103

Kimberton 5K Run/Walk & Half-Mile Kids' Fun Run

Time: 8:30am
Place: Kimberton, PA
Email: toffey@comcast.net
Web: www.kimbertonrun.com
Phone: 610-935-2346

North Penn United Way 5K race/1K Fun Run

Time: 9am
Place: Harleysville, PA
Email: np5K@harleysvillegroup.com
Web: www.npuw.org/5k
Phone: 215-256-5288

3rd Annual Kaleidoscope of Hope Walkathon III

Running/walking, 1, 3 and 5 mi., for all levels.
Time: 10am
Place: Avon, NJ
Email: m2race@OYMP.net
Web: www.OYMP.net
Phone: 732-381-4238

SEPT. 30-OCT. 4

Tour de Pines Cycling
40+ miles
Level: Fun.
Time: 9am
Place: NJ Pinelands
Email: tour@pinelandsalliance.org
Web: www.pinelandsalliance.org
Phone: 609-859-8860, ext. 24

OCT. 3

Genesis Sprint Adventure Race-Ringwood
15-20 mi.
Time: 9am
Place: Ringwood, NJ
Email: info@genesisadventures.com
Web: www.genesisadventures.com

OCT. 3-OCT. 4

Bike MS: Bike to the Bay
25K, 45-, 75-, 150-mi.
Time: 8am
Place: Dover-Rehoboth Beach, DE
Email: carla.koss@MSdelaware.org
Web: www.biketothebay.org
Phone: 302-655-5610

Bike MS: City to Shore Ride

25, 45, 75, 150 mi.
Place: Cherry Hill, NJ
Web: www.bikems.org

OCT. 4

Delaware Distance Classic 15K
Time: 8:30am
Place: Wilmington, DE
Web: www.pcvrc.com Phone: 302-798-4179

OCT. 10

Women's Distance Festival 5K Run/Walk
Place: Media, PA
Email: info@delcorrc.com
Web: www.DelCORRC.com



Clip In For Cancer
A 12 Hour Spin Experience
Presented by Temples In Shape Exercise Studio

On October 10, 2009 from 6am – 6pm, Temples In Shape Exercise Studio is hosting Clip In for Cancer – A 12 Hour Spinning® Experience fund raiser for the Linda Creed Breast Cancer Foundation, where our goal is to raise \$10,000 for the benefit of breast cancer prevention and awareness. Registration fee is \$35 per individual or \$30 for each person on a team consisting of five participants. For additional information visit www.TemplesInShape.com.

OCTOBER 10, 2009**12TH ANNUAL GREAT EASTERN STATE BREAK OUT 5K**

USATF-sanctioned 5K race through Fairmount and historic Girard College. Race benefits the Friends of Eastern State Penitentiary Park and the Police Survivors Fund of Philadelphia.
Time: 8:45am
Place: 22nd and Brown Streets, Philadelphia, PA
Email: dcollins@aegispg.com
Web: <http://www.active.com> Event ID: 1774535

Oil Creek Trail Runs

Challenging runs: 50 mi., 50k, 100 mi.
Time: To be determined
Place: Titusville, PA
Web: www.oilcreek100.com

Hounds and Harriers Run for You and Your Dog

3 mi. 200-yard dash.
Time: 10am
Place: Morris Twp., NJ
Email: HoundsAndHarriers@verizon.net
Web: www.HoundsAndHarriers.com
Phone: 973-377-6276

OCT. 11

French Creek Adventure Race
Run 7 mi., mountain bike 12 mi., canoe 2 mi.
Time: 9am
Place: French Creek State Park
Email: ibulrich@aol.com
Web: www.makebreak.com
Phone: 610-775-4614

Dottie's House "End of Season"

Triathlon/Duathlon
Tri: Quarter-mile swim, 10-mi. bike, 5K run.
Dua: 2-mi. run, 10-mi. bike, 5K run.
Time: 8:30am
Place: Island Beach State Park, Seaside Park, NJ
Web: www.dqtridu.com
Phone: 856-424-5969

Cape Henlopen Triathlon & Duathlon

Tri: Quarter-mile swim, 14-mi. bike, 3.1-mi. run.
Dua: 1.5-mi. run, 14-mi. bike, 3.1-mi. run.
Time: 7:45am
Place: Lewes, DE
Email: nsemmel@piranha-sports.com
Web: www.piranha-sports.com

Radnor Red Run 5K Steeplechase

Time: 9am
Place: Malvern, PA
Email: tchaves@aol.com
Web: www.radnorredsteeplechase.org
Phone: 610-316-6541

Stockton Alumni Legacy Fund 5K Run/Walk

Time: 9am
Place: Pomona, NJ
Email: ofans@stockton.edu
Web: www2.stockton.edu/ofans
Phone: 609-626-3604

OCT. 18

Wissahickon Cross Cycling-Mountain and Cross
Place: Ludwig's Corner, PA
Web: www.midatlanticcross.com

OCT. 23-OCT. 25

Bicycle Club of Philadelphia Fall Foliage Weekend
Time: To be determined
Place: Hanover, PA
Email: info@phillybikeclub.org
Web: www.phillybikeclub.org

OCT. 24**Flip Fitness Certification**

Time: 9-12:30pm
Calling all personal trainers for group fitness instructors certify to teach best new workout. To register call Monica 610-660-7795.

OCT. 25**The Edge Adventure Race**

20 mi./6 hrs.
Place: Wilmington, DE
Email: info@goalsara.org
Web: www.goalsara.org
Phone: 866-338-5167

Katz JCC 10th Annual 5K Run/1-Mile Walk

Time: 8:15am
Place: Katz JCC, Cherry Hill, NJ
Email: gbonetti@jffedsnj.org
Phone: 856-424-4444, ext. 141

Penn Medicine at Radnor Run

5 mi.
Time: 8:30am
Place: Plymouth Meeting, PA
Web: www.lunginfo.org/radnorrun
Phone: 610-941-9595

Northeast Roadrunners Marathon Tuneup 25K

Place: Kelly Drive, Philadelphia, PA
Email: runadvte@rcn.com

Evansburg Challenge Trail Run

10 mi.
Time: 10am
Place: Collegeville, PA
Web: www.pretzelcitysports.com

OCT. 31**Beacon Cross**

Cycling.
Place: Bridgeton, NJ
Web: www.midatlanticcross.com

NOV. 22**Philadelphia Marathon and 8K**

Distances: Marathon, Half and 8K (26.2, 13.1 and 4.9 miles)
Time: 7am
Place: Eakins Oval, Philadelphia, PA
Web: www.philadelphiamarathon.com

SEPTEMBER**Wednesday Night Ride**

20-25-mi. fun ride.
Time: 6pm
Place: Glenside, PA
Email: salesstaff@keswickcycle.com
Web: www.keswickcycle.com
Phone: 215-885-RIDE

THROUGH OCT. 1**Thursday Night Training Series**

Cycling.
Web: www.pacycling.org

THROUGH OCTOBER**Bikesport Friday Morning****Women's Road Bike Ride**

25-38 mi. for all levels.
Time: 9:30am
Place: Trappe, PA
Email: info@bikesportbikes.com
Web: www.bikesportbikes.com
Phone: 610-489-7300

NOV. 15

Are you coming to the 10th PhillyFIT BASH - INDOOR EVENT, Coming Sunday, Nov. 15th 11-3? We are holding it at the Phila. Sports Club, Chalfont, PA, and it will be totally interactive, so wear your workout gear and come try just about every kind of workout there is, including ZUMBA, Salsa, Core, Bootcamp, YOGA, Pilates, Tai Chi...too much to mention, all hosted by local businesses! 215-396-0268 phillyfit.com

HEALTHY COOKING CONCEPTS

TRIED AND TESTED BY JOHN FAIRCHILD

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HUMMUS DIP



INGREDIENTS:

2 cups canned organic garbanzo beans (chick peas), drained
2 T tahini (sesame paste) or 2 teaspoons toasted sesame oil
1/4 cup lemon juice – fresh squeezed if possible about 3 lemons
1 teaspoon sea salt
2 cloves garlic roasted in olive oil
1 tablespoon olive oil

Additional twists:

Basil
White pepper
White wine
Lime juice
Black olives
Cucumbers
Red peppers
Cumin
Sour cream
Use your imagination!

DIRECTIONS

Place garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Pulse for 5 seconds then add olive oil (slowly) until smooth.

SERVE

With pita corners, on crackers or as a spread for tortilla sandwiches

NUTRITION

Nourishes 12 – 1/4 cup servings
Per serving
Calories 131, Fat 5 g, Sodium 87mg,
Total Carbohydrate 17g, Dietary
Fiber 4 g, Protein 5 g

FULL BODIED MISO SOUP



INGREDIENTS:

1 tablespoon sesame or canola oil
try a mix of the two for different tastes
6 ounces shiitake mushrooms, stemmed and sliced
1 clove garlic, chopped fine
1 tablespoon grated fresh ginger
can use 1 teaspoon of ground ginger
1 teaspoon low sodium soy sauce
1 stalk lemongrass – fresh is best (found in produce with the fresh herbs)
4 cups vegetable broth – can use chicken broth if desired (low sodium varieties available)
5 chopped green onions
1 carrot, thinly sliced
1 small red bell pepper, thinly sliced
1 pound extra-firm tofu, drained and cut into
1-inch cubed pieces
2 tablespoons miso paste

Method:

Heat oil in a large soup pot over a medium flame. Add mushrooms, garlic, ginger and soy sauce and toss to coat. Cook slightly until mushrooms are browned about 3 minutes. Flatten or cut slits in the stalks of lemongrass to release the lemony oils and cut into pinky size pieces and add to pot. Stir in green onions, carrots, red peppers and tofu.

Pour in vegetable broth and increase heat to medium high. Bring to a boil and reduce to a simmer for 5 minutes. Turn off heat and remove lemongrass. Mix miso paste in a small bowl and add two tablespoons of hot broth from the pot. Stir to dissolve miso, and return to soup.

Nutritional Analysis:

Per serving: approx 260 calories, 7g total fat, 39g total carbohydrate, 15g protein, 6g fiber. Soup is high in sodium.

Featured Ingredient: Miso Paste:

Miso is fermented soybean paste, which give foods that meaty taste known as umami. Commonly it is used to give depth and flavor to soups, sauces, marinades and salad dressings. It is high in salt, but also rich in B vitamins and protein. It is used as a salt replacer in many dishes.

Wraps Salads Juices Paninis Smoothies



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Considerable research has produced a relatively new therapy that is highly effective in treating intervertebral disc problems. This treatment, known as Decompression Therapy, has opened the floodgates of new patients to Tri County Pain Management and Precision Pain Management Centers.

Decompression Therapy is a traction-based procedure that can relieve pain associated with disc herniation, degenerative discs, posterior facet and compression-related syndromes. It also enhances the healing process and renders quick, effective and amazing pain relief that enables most patients to return to a more active lifestyle! It is an FDA-cleared procedure, and most insurances cover traction therapy.

Decompression occurs as a result of an improved understanding of how to reliably cause the spine to "unload." The vertebral separation causes a vacuum or a centripetal force in the disc, which results in a "phasic change in pressure." This "vacuum effect" helps in the retraction (pulling in) of the extruded disc material.

When the disc retracts it can stop putting pressure on the spinal nerve or spinal cord. Thus the term "Decompression." Once the nerve is decompressed, a significant amount of patients will notice a decrease in arm/leg pain.

Someone who has previously not found relief through other treatments is a perfect candidate for this treatment. Decompression Therapy may also be useful in determining the overall prognosis of passive care and expediting the phase-in of rehab protocols. Clinical findings suggest Decompression will create a relatively quick initial response. Patients who do well tend to feel a sense of relief (which can be direct pain cessation or a centralization of pain and/or reduction to an ache or stiffness) within six sessions. Full relief, if attainable through this passive treatment, can be in as soon as a few weeks. (Occasionally a "stubborn" pain syndrome may continue to improve slowly over 15 sessions, though this is not the norm.) Often, patients will be treated in 4-6 sessions and notice enough relief to allow active rehab to begin. Their Decompression may continue (pre- or post-rehab depending on the methods chosen) for 4-6 further sessions before discontinuing or reducing the frequency. Typical frequency is 3-5 times per week. The extent and seriousness of the symptoms will determine if more than 3 sessions per week should be used. Treatments only take about 25-30 minutes, and again, most insurance companies cover them.

For more information on how you can benefit from the Dynamic Traction System (DTS), call Tri County Pain Management Center 215-957-5400 or the Precision Pain Management Center at 215-657-9393.

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