

Supplement to the Tribune

**Spring/Summer
2015**

Health, Fitness & Beauty Guide



2015 trend: Curly hair is "in" Why aren't you losing weight?

(BPT) - Pack away that flat iron because curls are making a comeback. From runways and the big screen, to boardrooms and capitol buildings, curls are taking center stage.

"I work with many women who love their beautiful curls, but often struggle to manage them, and instead opt for flat irons or chemical straightening," says celebrity stylist Cynthia Alvarez, a curl expert for Dove Hair. "But curls are having their moment. The secret to rediscovering a love of your curls is to keep them nourished so they are soft, smooth and defined."

Curly hair may vary by texture and pattern, but the common denominators seem to be dryness, frizziness and lack of moisture.

With the right cut, style, products and tips women can achieve their full curl-

potential.

Alvarez offers some tips for caring for your curly hair:

- Embrace your curls. Flat,



straight hair isn't for everyone. Celebrate your natural curls and focus on keeping them healthy-looking and beautiful.

- Choose products specifically designed to nourish and hydrate curly hair. Naturally wavy, curly hair needs nutrition and deep

nourishment from within.

- Deep condition often with a product like Dove Quench Absolute Intensive Restoration Mask. The product envelops each curl to deliver intense nourishment for a smooth and shiny finish.

- Lose the terry cloth towel and switch to a micro-fiber towel that is gentler on hair and able to help dry hair faster without creating frizz.

- Try a leave-in treatment like Dove Quench Absolute Supreme Creme Serum, which adds an extra layer of moisture to help

fight frizz.

For more curly-hair tips and products, visit www.dove.us.

"At the end of the day, whether your hair is curly and bouncy or straight and sleek, you should nurture the beautiful hair you were born with," Alvarez says.

(StatePoint) Research has identified nine weight gaining mechanisms: insulin resistance, hormone imbalance, excessive carbohydrate and starch absorption, muscle loss from low physical activity, low brain serotonin, slow resting metabolism, abnormal fat cell signaling, low adenosine monophosphate-activated protein kinase activity and diet imbalances.

A successful approach to weight loss will include a diet plan, an exercise regimen and specific nutrients for correcting the pillars supporting your weight gain. Here are some helpful tips to optimize your health and help you maintain a healthy weight:

- Take a robust multivitamin that delivers ideal doses of a full spectrum of essential nutrients. From vitamin A to the mineral zinc, your body is totally dependent on these nutrients for optimal weight and health. Dosing vitamins and minerals at

this "ideal" level can help optimize energy levels, promote hormonal balance, cardiovascular wellness, bone strength, digestive ease, visual acuity, cognitive agility, emotional stability, joint integrity, and help you maintain a healthy weight.

- Omega-3 fatty acids are essential to your health, yet your body can't make them. To support mental and cardiovascular health, promote cognitive agility and ease system inflammation, ensure your diet includes essential fatty acids by taking a supplement.

- Supplement your diet with coenzyme Q10 in the ubiquinol form. If your levels are low, every cell, tissue and organ in your body will suffer, especially your heart. Other benefits include supporting healthy nerve and brain cells, healthy blood sugar, healthy body fat and increased vigor.

- When your gut health is compromised, it doesn't



Photo Source: (c) Kekyalaynen - Shutterstock.com

matter how healthy a diet you eat – you won't be able to access all the nutrition it provides. Take a probiotic supplement to promote beneficial bacteria and good digestive health.

- To identify what is likely driving your weight gain, visit www.YourWeightLossRX.com. Download a free booklet that offers diagnostic quizzes, and customized suggestions for lifestyle changes to make. The booklet can also direct you to specific nutrients shown in research to target your issues.

Understanding depression

(NAPSI)—Pondering six important points can help you answer the question "Are you depressed" about yourself or someone you care about.

According to Healthline.com, one in 10 Americans experience depression at some point in their lives yet only about 20 percent seek

professional medical help—even though the malady is completely treatable.

Dr. Paul Corona, author of the book series *Healing the Mind & Body: The Trilogy*, says "Why not reflect on your own mental health by answering a few simple questions? Your answers may surprise you."

- Have you lost interest in doing things you used to enjoy?

- Are you more sad or crying more than usual?

- Do you have low energy, motivation and drive?

- Are you sleeping more or less than usual?

- Do you feel hopeless, helpless and worthless?

- Do you have suicidal thoughts or recurring thoughts of death?

"If you answered 'yes' to any of the above questions, you may be suffering from depression," says Dr. Corona. While, he points out, depression is not your fault, you can still do something about it. There is hope, he says, adding, "My advice is that you schedule an appointment with your preferred M.D., who can best diagnose you and offer a variety of solutions ranging from anti-depressants to therapy."

Based in Laguna Niguel, Calif., Dr. Paul Corona has helped tens of thousands of patients achieve the happiness they desire, and now he has written a series of three books called *Healing the Mind & Body: The Trilogy* to serve as a comprehensive reference guide for those seeking help.

For more information, visit <http://drpaulcoronamd.com>.



Facial Cleansing Tip

To really clean and exfoliate your face, add a couple teaspoons of baking soda to a squirt of your favorite liquid facial cleanser and rub this into your face. Start gently until you get a sense of what pressure works best. Rinse with warm water. I do this in the shower. You don't need to use an expensive cleanser either. A baby wash will do. You will be amazed at how clean and glowing your skin will look. Also, your pores will appear smaller.

Submitted by Lyn

Does a healthy diet require more salt than we thought?

(BPT) - The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey. You may have heard that this is too much, but according to new research it may actually be on the low side of the healthy range. A 2014 study, published in the New England Journal of Medicine, tested sodium consumption in more than 100,000 people in 17 countries. The study found that the healthy range for sodium consumption was between 3,000 and 7,000 mg

per day. Eating more than 7,000 mg per day of sodium increases your risk of death or cardiovascular incidents, but not as much as eating less than 3,000 mg per day. The low salt diet was significantly more harmful than the high salt diet.

These results are not as surprising as they seem. Another study published in the Journal of the American Medical Association three years earlier, found the same results. This study measured the sodium intake of more than 3,500 people for the better part of a decade.

Researchers discovered that low sodium diets were much more likely to result in death from cardiovascular disease.

Dr. Michael Alderman and Dr. Hillel Cohen of the Albert Einstein College of Medicine reviewed 23 observational studies covering some 360,000 individuals and published their comprehensive results in the July 2012 edition of the American Journal of Hypertension. They also found that both the very low and very high levels of salt consumption negatively affected health, but in between

those extremes, a very broad safe range of salt consumption resulted in optimum health. Based on this research, American average salt consumption is already in the safe range.

Long before the advent of refrigeration, people used salt to preserve food. The salt in your diet also acts as a natural antibiotic to fight infection.

It is well documented that the Japanese and the Swiss enjoy some of the longest life expectancy rates of anyone in the world. It is less known however, that they also have among the highest rates of salt consumption. Comparing the available data on salt consumption and longevity around the world indicates that if people were to actually consume the low levels of salt recommended in the U.S. Dietary Guidelines,

their life expectancy figures could drop dramatically.

The key to a gluten-free breakfast sandwich: potatoes

(BPT) - **Hash Brown Sliders Recipe** courtesy of Meagan from the blog "A Zesty Bite."

Prep time: 10 minutes

Cook time: 8 minutes

Makes: 10 sliders (5 servings)

Ingredients:

20-ounce package shredded hash browns

2 large eggs

1/2 cup shredded mozzarella cheese

1/4 teaspoon pure ground black pepper

1/2 teaspoon table salt

2 teaspoons olive oil, divided

3 small avocados

Pinch of garlic salt

8 ounces mozzarella, sliced

4 ounces Serrano ham

Directions:

In a large bowl add hash browns, eggs, shredded cheese, pepper and salt. Mix the ingredients using your hands, making sure everything is well coated.

Add 1 teaspoon of olive oil to a large nonstick saute pan over low to medium heat. Grab a handful of the potato mixture, about 1/4 cup, and create a ball. Place it down on the pan and carefully pat it down to create a flat disc shape. Cook for 3 to 4 minutes and

then flip it over and cook for an additional 3 to 4 minutes. Remove and place on a paper towel. Repeat until all hash browns have been used.

In a small bowl, mash the avocados and sprinkle with a little garlic salt. Place a spoonful of the mixture onto a hash brown stack. Top with half slice of Serrano ham and a slice of mozzarella cheese. Top it with another hash brown stack.

The versatile potato can be a healthy star on your breakfast menu. For more potato recipes, visit www.potatogoodness.com.



The link between snoring and heart disease



U.S., so treating sleep apnea is good for your sleep and your heart.

“Obstructive sleep apnea is destroying the health of millions of Americans, and the problem has only gotten worse over the last two decades,” says Dr. Timothy Morgenthaler, president of the American Academy of Sleep Medicine and a national spokesperson for the Healthy Sleep Project.

Sleep apnea involves repetitive pauses in breathing during sleep, which can put an enormous strain on the heart. Severe sleep apnea can reduce the amount of oxygen in your blood and cause dangerous surges in your blood pressure.

This stress triggers your body to respond in ways that may promote heart disease.

Sleep apnea may be far more common than you think. Between 30 percent and 40 percent of adults with high blood pressure also have sleep apnea. The rate of sleep apnea soars to 80 percent among people with high blood pressure that do not respond to treatment with medications. Research even shows that sleep apnea can affect the shape, size and performance of your heart.

“The good news is that detecting and treating sleep apnea can improve your heart health and other clinical

outcomes,” Morgenthaler says.

The primary treatment for obstructive sleep apnea is continuous positive airway pressure therapy. CPAP therapy keeps your airway open by providing a stream of air through a mask that you wear during sleep. Treating sleep apnea with CPAP therapy improves blood pressure control and reduces the risk of heart disease. It can even reverse the changes to the shape and size of the heart that can be caused by sleep apnea.

Excess body weight is the leading risk factor for sleep apnea, and loud snoring is a common symptom. Other warning signs for sleep apnea

include choking or gasping during sleep, and daytime fatigue or sleepiness. Visit stopsnoringpledge.org to pledge to “Stop the Snore” by talking to a doctor about your risk for sleep apnea.

“Treatment of sleep apnea can be life-changing and potentially life-saving,” Morgenthaler says. “For the best possible clinical outcomes, people with heart disease should discuss their risk for sleep apnea with their doctor.”

For more information, visit projecthealthysleep.org.

(BPT) - Did you know that loud, excessive snoring is often a sign of obstructive sleep apnea, a condition that – if left untreated – can cause you to be five times more likely to die

from heart disease? Along with good nutrition and regular exercise, healthy sleep is essential for a healthy heart. Heart disease is the leading cause of death in the

Leading trends and tips for cosmetic dental treatment

By Murad Thakur

Cosmetic dental treatments include techniques that restore, whiten or straighten your teeth. If you have any gum disease or tooth decay, you should go to an expert cosmetic dentist to get a better solution.

Cosmetic dentistry is optional where general dentistry is essential. Cosmetic Dentistry includes

the following processes: straightening teeth, whitening teeth, dental implants and removing bad breath.

Cosmetic dental treatment improves the appearance of a person’s teeth and, therefore, their smile.

• Whitening Teeth: Over years your teeth become yellow and plaque gathers. It diminishes the beauty of your smile. Stains can be removed easily to

make your teeth sparkling. By cosmetic surgery you can restore the natural color of your teeth. The dentist uses bleaching, strips and a special gel.

• Straightening Teeth: Crooked teeth occur when your teeth do not have enough room to rise and then they become twisted. Your jaw may fail to provide required room for your wisdom teeth. In cosmetic dental surgery,

you can easily make your teeth straight and enhance the beauty of your face and smile.

• Mouth Reconstruction: With mouth reconstruction you can remove problems with the muscle, bite, teeth and bone. It can give your dear smile back to you. The beauty of your face will be recovered easily. Some patients are worried about mouth reconstruction. They think that it is very serious and

they are afraid of it, needlessly.

• Composite Bonding: You may have an incident that caused your teeth to chip, discolor or break. Cosmetic surgery is suggested for repairing your chipped, discolored and broken teeth. Composite bonding works well in this case. It is durable and cannot be distinguished easily.

Article source: ArticlesFactory.com

Health, Fitness and Beauty Guide


Publisher: Becky Reed

Editorial Design: Joanne Cole

Snohomish County Tribune
P.O. Box 499
Snohomish, WA 98291-0499
Supplement to the Tribune Newspapers

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