



What Color is Your Plate?

By Peggy Korody, RD

When you eat you should think color. Why? Because color is not only pleasing to the eye but research shows a colorful combination of fruits and vegetables can help keep our hearts, minds, and eyes healthy. When I was a little girl, my mother always told me to eat my carrots because they were good for my eyes. You know, she was right. In fact, the orange pigment in carrots has carotenoids that can be made into vitamin A in the body, which is essential for eye health. Fruits and vegetables are naturally cholesterol free, low in fat and calories, and high in fiber, vitamins, minerals, and natural chemicals called phytonutrients. Also, they come in a rainbow of colors each providing something a little different to help keep us healthy.

Red fruits and vegetables contain plant pigments called lycopene or anthocyanins. Research has shown that lycopene may inhibit the growth of cancer cells and anthocyanins have been linked to stimulating the immune system acting as a powerful antioxidant. Good sources include tomatoes (especially cooked), red peppers, radishes, beets, cherries, pomegranates, strawberries, and watermelon.

Orange and yellow fruits and vegetables contain carotenoids. A diet rich in carotenoid foods is associated with a reduced risk of coronary heart disease. Carotenoids are also linked with eye health, and aid the immune system by reducing "free radicals." Include peaches, oranges, cantaloupe, apricots, sweet potatoes, acorn and butternut squash in your diet.

Green fruits and vegetables contain a natural pigment called chlorophyll. Eating green fruits and vegetables such as dark leafy greens, green peppers, peas, and cucumbers in combination with other bright colors like corn, red peppers, oranges, and grapes work together to help reduce the risk of cataracts and age-related macular degeneration. Also, leafy greens such as spinach and broccoli are good sources of folate, a B vitamin, shown to reduce the risk of birth defects and keep our heart healthy.

Blue and purple fruits and vegetables contain health-promoting phytonutrients, such as polyphenols and anthocyanins. These act as antioxidants and protect our cells from damage. A study by the USDA and Tuft's University has shown the consumption of blueberries has reversed memory loss in rats. Besides blueberries, consuming purple grapes, plums, figs, eggplant, and purple cabbage all help to protect our cells from damage and should be included in your daily intake.

A healthy diet should include a variety of fruits and vegetables, 5-9 servings, every day along with whole grains and lean protein to reduce the risks of disease. A study by the Center for Disease Control and Prevention shows that in California, approximately 73 percent of the population ate fewer than 5 servings of fruits and vegetables a day for the year 2007. Fruits and vegetables come in a rainbow of colors and as a general rule, the deeper and darker the produce the greater amount of nutrients. Therefore, your daily goal should be to make your plate as colorful as possible. "What color is your plate?"

Peggy Korody is a Registered Dietitian and owner of RD4Health Nutrition Counseling, LLC in Rancho Santa Fe. For more information on services offered, please visit RD4Health.com or email pko-rody@RD4Health.com.

How does acupuncture work?

Dr. Anita Ming Lee

Many people ask me this question throughout my day. It seems as if the idea of sticking needles into various parts of the body to allow the body to heal and balance itself out may actually be a strange and baffling concept to some! In all seriousness, I feel it very important to address this question. The general public wants to know how does acupuncture work?

To begin with, there are 14 meridians that run throughout your body — some run from your toes to your head, and some from your arms to your chest and stomach. There are two however that run up and down your body, front and backside. Except for the two that run directly up and down your body, all the rest connect to a specific organ. These twelve organs are the five major zang organs — the spleen, heart, lungs, kidneys and liver. The pericardium also has a meridian that runs to it. Then there are the six minor fu organs — the triple burner, stomach, small intestine, large intestine, gall bladder and urinary bladder. There are specific acupoints that are located on each of these meridians. When stimulated, these acupoints are then able to promote the movement of qi, tonify or sedate the organ that the meridian pertains to, and increase the flow of blood throughout that meridian. It is all a very fine dance of balance. Balance between qi and blood, balance between the function of each organ and balance between the yin and the yang of the body, the specific meridian and the organ. And because all health and wellness is about balance, once we are able to attain balance within the body — optimal health and wellness can be achieved. This means that whatever symptom(s) that a patient comes in with, once balance is attained — those symptoms no longer exist. What does this mean? This means not only feeling great, but functioning great!

So how does the acupuncturist decide where to put these needles? Through a delicate analysis called TCM Diagnosis. Diagnostic methods in TCM (Traditional Chinese Medicine) include four basic methods: inspection, auscultation, olfaction and inquiry/palpation. The case history, symptoms and signs gained through these four diagnostic methods are analyzed and generalized to find the causes, nature, and interrelations of the disease, and to provide evidence for the further differentiation of syndromes. The four diagnostic methods are therefore indispensable and important steps in the differentiation and treatment of syndromes. There are many different ways to diagnose what is going on with one patient. This is because in TCM, we look at the body as a whole. Therapeutic principles are the basis for guiding clinical practice. They include biao (branch) and ben (root), that is, the principle of treating a disease by analyzing both its root cause and symptoms. Thus, factors such as climatic and seasonal conditions, geographic localities, and the patient's personal conditions must be considered in treatment, along with strengthening the zheng qi (the patient's body resistance or anti-pathogenic factors) and dispelling the xie qi (pathogenic factors). Therefore, diagnosis in TCM takes into account everything from what you eat, what type of body you have, what season it is, what climate you live in, how your emotional state is, and even how your spiritual state is! It is an all-encompassing diagnosis which results in a natural, holistic method of allowing your body to heal itself. TCM theory, as a product of traditional Chinese culture, reflects an extraordinary sensitivity towards nature and healing. Throughout the world, traditional Chinese medicine is praised for its holistic attitude in the understanding and healing of disease.

Dr. Anita Ming Lee practices acupuncture locally at Awake Acupuncture in Solana Beach on the 101 at 261 S. Hwy 101. For more information, please call 858-793-1309 or visit her Web site at www.awaketoday.info.



Dr. Anita Ming Lee

It's a New Year and a new you! Now you can have Botox at \$10 per unit...

Now through Jan. 31, Synergy Aesthetics is offering Botox at \$10 per unit, laser hair removal for 50 percent off and a Profractional treatment at \$1,000 per session. Profractional treatments dramatically reduce wrinkles and scars, while modifying tone and texture with little or no down time. Karen E. Lee, MD developed a medical cosmetic specialty department over a five-year period within her Carmel Valley Women's Health practice. Synergy Advanced Medical Aesthetics specializes in medical cosmetic treatments for women and men.

Synergy Advanced Medical Aesthetics specializes in treatment for wrinkles, acne and post traumatic scars, broken capillaries, brown spots, large pores, loose skin, spider veins, thin lips and unwanted hair. Synergy Aesthetics also offers chiropractic, homeopathy and therapeutic massage. With so many treatment options available in today's marketplace, it's important to know you will be completely comfortable and safe in this highly qualified medical office. The Nurse Practitioners and RN's on staff have been medically trained to perform your chosen procedure with experience and confidence.

Dr. Lee and her staff offer free consultations, and are available by appointment at 800-877-8872. The address for Synergy Advanced Medical Aesthetics and Carmel Valley Women's Health and is: 12395 El Camino Real, Suite 207, San Diego, CA 92130.

Dr. Lee is available at the Browtique Spa in Rancho Santa Fe once per month for Botox and other treatments. Please call 858-756-1334 to schedule an appointment at Browtique, located at 6105 Paseo Delicias, Suite 6B, Rancho Santa Fe, CA 92067.

Hi workout heroes!

By Timothy Schliebe

I hope that now many of you have already started your workout journey or have added new fitness components to your current routine. I am especially excited about those of you that have taken the time to call or email me about your progress or questions on how to improve the efficiency of your workout experience!

Along those lines, many of you have come to the realization that resistance training is more effective than just aerobic exercise for the purpose of becoming lean, strong, and functional. Scientific as well as personal research confirms that brief, high intensity exercise burns more calories, builds lean muscle mass, elevates metabolism, and improves overall fitness more efficiently than lower intensity forms of fitness.

One of the ongoing debates and a question I get a lot is what is better: aerobic or anaerobic exercise?

First, let's examine the definition of each and clear up some of the confusion. I like to read and study my industry and its leaders constantly! There are some great, intelligent authors and trainers that are legitimate resources. Unfortunately, there are also "pretenders" out there trying to sell you on some concept that they have created. They boast that it is the only way to train and if you buy their video or DVD you will have all you need to stay healthy for the rest of your life. What a bunch of crap! The fitness industry is in constant evolution and the great trainers are constantly evolving with it.

One of my favorite authors is Charles Stanley and I think he explains the difference between aerobic and anaerobic exercise the best. Most people know that the term aerobic means "with oxygen," but most people don't understand the difference between aerobic and anaerobic forms of exercise. Here's the scoop!

Intensive exercise produces a waste product called lactic acid. You've all heard of it or experienced it when your muscles burned in agony during a hard workout. When you stopped the drill or set, the burning feeling stops almost immediately. That burning sensation is caused by lactic acid (LA).

During anaerobic exercise such as weight training, sprinting or similar intense short duration drills, the LA levels reach a point called the lactate threshold (LT). This is where you're forced to either stop or slow down until the burn diminishes.

This LT is the exertion level beyond which your body can no longer produce energy aerobically. Continued intense work means your body can't deal with the resulting lactate build up. This is often marked by muscle fatigue, pain and rapid shallow breathing. LT used to be called the anaerobic threshold but that definition is now dated.

Aerobic exercise occurs below the lactate threshold. You are still producing LA, but at levels low enough to permit long-term activity. What this all means is that any exercise activity can be either aerobic or anaerobic depending on the pace, duration and intensity.

Even resistance training, which is normally thought of as an anaerobic exercise, can actually be an aerobic workout if you use small light weights, high repetitions and no or very little rest. Just try one of my Hero or Flying Iron workouts and you'll see the difference.

In summary, most exercises are fueled by both aerobic and anaerobic processes, when we refer to an activity as being aerobic what we really mean is that it is primarily aerobic in nature.

Once again, take the popular "spinning" workout phenomenon. When I teach an indoor cycle program, I'm proud to say that it is both aerobic and anaerobic, thus providing the best of both worlds. Try it; you will see the difference!

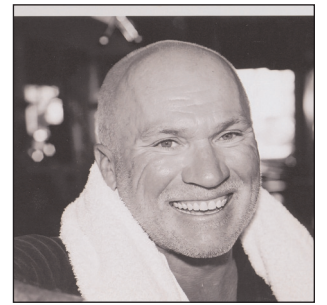
One more comment before I leave you: Several times in this article I mentioned the word "intensity." Intensity means results! If you can't create some sort of intensity within your workout venue you're wasting your time.

Remember, working out isn't supposed to be easy. The challenging phases make you strong both in the gym and in life. We learn to be strong through adversity. We learn to win by understanding loss. We all get knocked down, but we must always get back up and try again. Exercise, like life, is a journey. Savor the trials and tribulations as well as the rewards. The highs of hard work always bring success! Until next time!

Erromenon se hoi theoi diaphulattoien.

May the gods guard your well being...

Timothy Schliebe is the owner of The Training Club, 12264 El Camino Real, Suite 60, San Diego, CA 92130. Phone 858-793-0665. www.thetrainingclub.com



Timothy Schliebe



There was a whole lot of kicking going on!

Shaolin Kempo Arts and Ronald McDonald House Charities teamed up to host a Kick-a-Thon fundraiser on Dec. 6. More than 15 children of all ages kicked their way to almost \$400 for the local branch of this nationwide organization. Ronald McDonald House provides housing for families while their children are being treated for serious illnesses such as cancer and leukemia at nearby hospitals.

Students at the Shaolin Kempo Arts martial arts school were thrilled to be contributing to this wonderful cause and found sponsors who donated money for the number of kung fu kicks they each performed at the Kick-a-Thon. Shaolin Kempo Arts is located at 11633 Sorrento Valley Road, San Diego, 92121. For more information about Shaolin Kempo Arts call 858-794-0022 or go to www.ShaolinKempoArts.com.