

SUN Exposure

Steroids: Stop pickin' on A-Rod, 1 out of 3 women do it everyday

If you look up the definition for the word **steroid**, you'll find this: a terpenoid lipid produced by animals, plants and fungi. The most common of the steroids are estrogen, progesterone, cortisol and testosterone. Some men take it in the form of anabolic steroids. Women take it and it's called the birth control pill. It contains either synthetic forms (or from a female horse) of estrogen or combinations of estrogen and progesterone.

Either way, when you take steroids, it slows and/or stops the production of your own hormone. And nature has a "use it or lose it rule" so eventually your own organs start to shrink and that's why men's testes shrink after use! It may not seem so bad now, but long term effects of constant use of exogenous hormones can lead to severe hormonal imbalances, skin issues, hair growth/loss, sterility

and potential hormone induced tumors. Soy is considered a strong phytoestrogen (phyto meaning "plant"), which also competes, wreaking havoc on your body.

Apart from women taking the birth control pill scripted out from their doctors for acne or cramps, the real truth is that the birth control pill doesn't necessarily control unexpected pregnancies. If you read the statistics of any of the pills, the percentages are rather high (and go higher) when using just the pill during intercourse. The barrier method (condoms) is far more effective and will not mess up your body. Although A-rod maybe trying to improve his game, you're doing the same to your body as he is if you pop birth control. If you truly want to get rid of your acne or cramps, there are far easier and less damaging ways to do it.

Chocolate Truffles

Want to enjoy a delicacy without the guilt? Try these handmade chocolate truffles, made with ingredients that contain many health benefits.



This variety box contains 6 truffles: 2 regulars, 1 with a sweet chili powder, 1 with walnuts, 1 with sea salt, and 1 with coconut.

- ALL ORGANIC
- FAIR TRADE
- HANDMADE

Special: \$10 a box

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Thank you

Recipes for Health

Shrimp Kebobs

Juice of 1 lemon
1/4 cup of butter, melted
2 cloves of garlic
1 tablespoon of grated ginger
1 lb of **wild** shrimp (farmed shrimp is dangerous)
Small onion, large slices
Green pepper—large slices
1 tablespoon cumin powder

Combine all ingredients, except shrimp, in a medium bowl. Add the shrimp and marinate, turning to coat thoroughly, at least 4 hours. Prepare grill. Alternate shrimp onion and peppers on the skewer. Grill over high heat for 3 minutes on each side. Serves 3.



Kinesiology Corner

with Dr. Michael Minond

Hip Pain—A Common Complaint

There is no way to sugar coat this one...and the fact that we always want it sugar coated may be part of the problem. We live in a society where morbid obesity is becoming a national problem. This may be because we are a very sedentary society. Currently we have 200,000 hip replacements every year. Some “experts” estimate that in 5 years there will be 500,000 hip replacements every year. I believe most of these procedures are completely preventable.

The hip joint is made up by the pelvis and the femur bones coming together. The hip joint has numerous muscles that cross the joint, as well as a variety of ligaments to further complicate this joint. The hip joint and all the hip muscles are innervated by nerves that begin in the lumbo-sacral spine. To maintain a healthy hip joint you want to make sure all the muscles are functioning optimally. You also need to

make sure all the muscles and ligaments are getting the PROPER nutrition that they need. Finally you want to use your hip joint daily with some daily stretches or exercises that will move your hip through a complete range of motion.

A detailed exam must be done to properly diagnose the primary cause of each patient’s specific hip pain. With Applied Kinesiology, we can test all the muscles of the hip and find out what is causing your hip pain. A muscle may not be functioning properly due to a lack of normal motion in the joint, some sort of interference in the innervations from the spine, or even a nutritional deficiency. For example I had a patient with a complaint of hip pain on both right and left joints and with our exam we found a **Bilateral Tensor Fascia Lata** imbalance (the muscle on the side of your hip both on the right and left) which she had sprained while running, but we had to supply her diet with a good source of iron to make her corrections hold for a longer period of time. Sometimes the solution to your hip problem may be nutritional and sometimes it may be more structural. Most often it is a combination of the two.

What you can be sure of is if you leave your hip pain to get better on its own, or if you resort to a “pharmaceutical” solution you will most likely end up with the hundreds of thousand of other hip replacements when you reach your senior years. For a natural and positive treatment plan for your hip pain, please contact Dr. Minond to schedule an Applied Kinesiology exam to find the cause of your hip pain at www.minond.com or (718) 930-0662. Or talk to Dr. Arce about what you can do from a naturopathic perspective.



Butterfly - Baddha Konasana

Representing transformation, this seated pose helps open the hips and elongate the spine. It stretches the inner thighs as well as some of the hamstrings.

Use this as a warm up before meditation or after slouching a long period of time.

1-sit with you legs outstretched and back straight.

2-Bend your left leg and bring the foot to your right thigh.

3- Do the same for the right leg

and bring your feet together. Try opening your feet, like opening a flower or book.

4-interlace your finger underneath your feet. Make sure you're sitting up straight, pushing your head towards the ceiling.

5- Raise you knees up slowly and back down slowly as if flapping your wings like a butterfly.



Did You Know?

Are you a rat, mouse or rabbit? Do you eat just leaves, bugs, or seeds? No, than why are you making relevant to your life the studies they post in the newspaper done on these animals and equate them to human physiology? Never in human existence did we have any similarities to the physiological processes of rodents or rabbits. **Our ingestion, digestion, assimilation and overall biochemical processes are different.** So why when a study comes out that scientists test the effects of water-soluble Vitamin C on rats, that's supposed to be significant for us? Its not, because each animal requires different things, dogs make their own vitamin C and rats need fat-soluble vitamins C, and no, scientists do not take that into account. Please be wary of the studies that you read and the hype around them.

Every patient carries her or his own doctor inside—Albert Schweitzer



What is this?

Chicken broth, carrots, cooked white chicken meat, tomatoes, wild rice, rice, celery, contains less than 2% of the following: modified food starch, water, potassium chloride, corn protein (hydrolyzed), chicken fat, onion powder, **sea salt**, carrot puree, sugar, **salt**, yeast extract, garlic powder, **sodium phosphate**, **disodium inosinate**, **disodium guanylate**, chicken powder, natural flavor, spice, celery, **soy protein isolate**, parsley, calcium chloride, citric acid, beta carotene (for color) **soy lecithin**.

MMM all the sodium!

Why is there soy in it?

rice soup
Reduced sodium, chicken &
Progresso

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