

HEALTH & TRAVEL

Diabetes without drugs: Suzy Cohen says it can be done

Dear Pharmacist, I have Type 2 diabetes, my dad has mild Alzheimer's, and my daughter is 35 pounds overweight at 12 y.o. (but no diabetes). I want to buy your new book on diabetes, but because of holiday expenses, and my husband's in Iraq ... please forgive me for asking, but can it help all of us or just me?

— C.T. Oklahoma City, Oklahoma



SUZY COHEN

DEAR PHARMACIST

Alzheimer's as Type 3 diabetes.

It's unfortunate to me that most doctors and health organizations consider diabetes a one-way street. Once you have it, you have to live with it, and the restrictive diet. Not in my book.

There's so much more that can be done, and it can be reversed. I get letters all the time from people who have reversed their conditions, some who no longer need insulin injections and many who have lost 30 to 40 pounds in several months.

Losing weight and preventing diabetic complications such as blindness, amputation and heart attack have more to do with balancing hormones and reducing inflammation-causing chemicals and free radical damage. I recommend lipoic acid, spirulina, trace minerals, vitamin D, curcumin and resveratrol just to name a few. There is much more

about proper use and selection of these supplements in the book, sold at book stores nationwide and Amazon. It's an easy read, intended for regular folks, but get this: Three chapters were extracted and selected by The American Academy of Anti-Aging as required reading for all physicians seeking board certification in Diabetes and Metabolic Syndrome. There's a reason that this worldwide health organization wants physicians to rely on my book as a learning reference. It works! Getting healthy isn't about chasing blood sugar numbers down. I offer a five-step plan that turns on life-extension genes and anti-cancer genes while simultaneously burning fat, controlling appetite, reducing pain and wrinkles, and, most of all, protecting your precious limbs and organs. I've sent you an autographed copy of my book for the holidays, and my prayers are with you and your family.

Did You Know?

Grape seed, coconut and flax seed oil are remarkably better for you than cheap vegetable oils.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of "The 24-Hour Pharmacist." For more information, visit www.dearpharmacist.com.

A: I know it can help all of you. The reason is because the supplements and recipes that I recommend in "Diabetes Without Drugs" (Rodale 2010) are used to help suppress appetite, curb cravings for fat and sugar, prevent complications of diabetes and turn on key anti-aging genes. This begins burning fat and sugar rapidly, and a lovely thing happens after that: You lose weight, blood sugar and insulin levels come down, blood flow improves, blood pressure goes down, cholesterol ratios improve, pain diminishes and diabetic complications retreat! Yes, all that by "hitting a switch" in your body which turns on longevity genes.

High levels of sugar and insulin in the blood are like "acid" and contribute to cancer, migraines, fibromyalgia, diabetes, heart attack, stroke, and yes, memory loss too. Some experts now refer to

Avoiding allergies, starting in childhood

By Alison Johnson
DAILY PRESS

Many cases of food allergies and eczema — a skin condition marked by itchy rashes — are unavoidable. But dermatologists say these steps may help reduce your child's risks:

Consider your pregnancy diet. Babies whose mothers eat peanuts are more likely to test positive for peanut allergies, and the same may be true for eggs and egg allergies, according to a recently published article in the Journal of Allergy and Clinical Immunology. However, previous studies have had conflicting results. Talk to your doctor.

Breastfeed your baby. Here's another plus for nursing: "There is evidence that for at-risk babies, exclusive breast feeding for the first four months reduces the risk of eczema and cow's milk allergy during the first two years of life," says Dr. Stephen Shield of Allergy Partners of Eastern Virginia. "At-risk" refers to a child

who has a parent or sibling with allergies.

Ask about a specialized formula. If you don't breastfeed, extensively or partly hydrolyzed formula — mixtures in which protein is broken into smaller parts for easier digestion — may prevent or delay the onset of eczema in at-risk children.

Don't introduce solid foods before age 4 to 6 months. Rice and oat cereals are good first choices because they rarely trigger allergies. Many pediatricians recommend not feeding highly allergenic foods to a child until age 1 (cow's milk and citrus fruits), 2 (eggs and wheat) and 3 (peanuts and fish).

Introduce single foods at a time. Give your child a new food every three to five days. That way, you'll know exactly which one is to blame for any allergic reactions.

Ditch antibacterial soap. Regular soap and water is fine for cleaning — and may be better at preventing allergies as a child's immune system matures.

Man uses boxers to fight airport X-rays

By Nicholas Riccardi
LOS ANGELES TIMES

DENVER — A Colorado man thinks he's found a way to protect your private parts from unwanted radiation and government peeping at airports.

Jeff Buske, of Larkspur, Colo., is selling tungsten-lined underwear online, with fibers of the X-ray-repelling material strategically placed over the crotch. He says he's seen his sales skyrocket in the past week, since the Transportation Security Administration began rolling out new full-body scanners at several airports and conducting aggressive pat-downs of people who refuse to use them.

"You shouldn't have to be digitally strip-searched or doused

with radiation to visit your grandmother," Buske, a 52-year-old electrical engineer, said by cell phone Monday from New Jersey, where he is trying to find facilities to manufacture more of his undergarments.

Buske hit upon the idea in January after a Nigerian man unsuccessfully tried to detonate a Christmas flight with a bomb in his underpants. That led the TSA to speed its deployment of full-body imaging machines across the country. Buske anticipated an inevitable backlash.

He began selling the undergarments in March. The opaque parts are emblazoned with a fig leaf or other patterns and positioned over the crotch or, on brassieres, the nipple. He peddled them through an ad on the

website www.infowars.com, which tracks the intelligence community and got so many orders that it crashed the servers. He sold the undergarments, which retail for up to \$35, at street fairs and to friends.

After a local television station did an item on his product last week, Buske sales have jumped. He said his total orders are in the "thousands."

Nonetheless, a TSA spokesman said Monday the agency has yet to hear from any screeners who were foiled by one of Buske's underwear. Buske himself has traveled wearing the special-made shorts, but when he approached a full-body imaging device last week, the contraption was out of order.

feeling of fullness, researchers say, and so helps with weight loss. According to the Harvard School of Public Health, nut eaters were how much more likely to lose weight and stick to a diet than non-nut eaters?

- three times
- twice
- four times
- not likely

4. The Harvard study also found that women who ate five or more servings of walnuts per week were 30 percent less likely to develop what?

- gout
- Type 2 diabetes
- heart disease
- shingles

5. One cup of chopped walnuts contains 200 percent of the daily value of manganese. What benefits does manganese provide?

- normalizes blood sugar levels
- helps the thyroid gland function properly
- linked to better bone health
- all of the above

ANSWERS: 1: b; 2: d (1 cup of walnuts: 765 calories); 3: a; 4: b; 5: d.

Snapshot: News-Sentinel readers rate their vacations



COURTESY PHOTOGRAPH

Jack and Sheila Dunn, Dennis and Linda Sattler and Kent and Connie During traveled to the San Juan Islands for a four-day sailing trip around the islands.

Three Lodi couples hike, sail San Juan Islands

In September, three Lodi couples — Jack and Sheila Dunn, Dennis and Linda Sattler and Kent and Connie During — traveled to the San Juan Islands via airplane and seaplane for a four-day sailing trip around the islands.

After touring Orcas Island and getting a restful night sleep and sumptuous breakfast at the Inn at Orcas Island in Deer Harbor, they boarded a 54-foot catch named Na'walak, which means "spirit of nature." Its owner and captain, Dave Lutz (Emerald Isles Sailing Charters), navigated the waters expertly and served as the knowledgeable naturalist on the afternoon island hikes. Good thing there was no sea sickness, because the food prepared by the chef

was outstanding — and there was plenty of it.

We had a blast and recommend this charter to all interested in seeing orcas, harbor seals, bald eagles, beautiful country and even some shopping.

Readers who submit snapshots published in the Lodi Living section receive a free Lodi News-Sentinel tote bag. Entries should include a quick description of your vacation, a snapshot, your name, address and phone number. Snapshots run in the order they are received.

Snapshots may be dropped off at the Lodi News-Sentinel during regular business hours or sent to Lodi Living, Snapshots, 125 N. Church St., Lodi, CA 95240.

16-year-old wants boob job just because. Should parents say yay or nay?

Dear Straight Talk: One of my friends is considering breast implants for her sixteenth birthday. She complains that she is a size B (like most in our class), and wants to be a size C or D. She looks completely fine! I'm wondering if she has self-esteem problems, but everyone insists that it's just like makeup or hair-straightening. Are breast implants really acceptable for 'just because' situations like this?

— Curious in Huntington Beach.

Hannah, 16, Safford, Ariz.: They ARE a big deal for someone so young. It's common to have image issues at 16. But studies show that most breasts continue growing until the early 20s. If she still feels the same way in 10 years, then go for it. Encourage her to wait. Help her feel good about her appearance as she is, not as society dictates.

Mariah, 19, Sand Springs, Okla.: When I was 16, I thought I had small breasts, too. Now they are Ds. Believe it or not, LOTS of men like smaller breasts. And most prefer natural. And many of us with big breasts wish we had smaller ones. Your friend should postpone this decision until she's had children. But she needs to do it for herself, not to make guys like her. I personally think natural is always better. You will find someone who likes you the way you are.

Jessie, 18, Eugene, Ore.: Breast implants are a terrible thing to do to your body. They can cause back problems, your body can reject them, they can become infected. And they feel and look fake. Who really wants to look like a Barbie doll? Accepting one's body is difficult, but buy some padded bras and don't mutilate yourself with unnecessary alterations.

Maureen, 18, Redding: She should wait until at least 21 so the body is mature. Mine are bigger than they were at 16 — and that was only two years ago. It is NOT the same as makeup and hair straightening. It is surgery! Most guys like natural boobs and some-



LAUREN FORCELLA

STRAIGHT TALK FOR TEENS

one will find her perfect just the way she is. Fake ones just aren't the same. I'm agree, I think the only reason someone would want a boob job at 16 is because of insecurity.

Shelby, 18, Auburn: I didn't have boobs at 16 and was really self-conscious, but then they grew all on their own. I was just a late bloomer. She should wait until at least 18.

Dear Curious: That only one panelist (Jessie) considers the procedure "terrible," shows how acceptable vanity breast enhancements have become. The others suggest that

implants are okay if a woman has finished growing and does it "for herself" — whatever that means. I'm all for self-improvement, but between breast and penile enhancements, the world has gone mad. Breast augmentation costs between \$3,000 and \$6,000 and needs redoing every 10 to 15 years. Can you imagine if a woman devoted that much intention and money toward her spiritual, emotional, and physical fitness? Such an investment in true beauty wouldn't leave her looking for the next quick fix. You are correct that your friend likely has self-esteem problems. Multiple studies show that women seeking breast implants are inclined toward psychological problems. Seven studies connect breast implants to higher rates of suicide down the road. Your friend could use a counselor, not a plastic surgeon.

For more discussion, to ask a question, or inquire about being a youth panelist, visit www.straighttalkforteens.com or write P.O. Box 963 Fair Oaks, CA 95628.

Health quiz: Know the benefits of eating walnuts

By Sam McManis
MCCLATCHY NEWSPAPERS

November marks the culmination of the walnut harvest in California. It's also prime season to consume the fibrous treat, preferably while sitting in front of your TV watching "The Nutcracker." Take our quiz:

1. Nutritionists say the proper serving size for chopped (or shelled) walnuts is 1 ounce, which is 183 calories. How many shelled walnut halves constitute an ounce?

- 7
- 14
- 21
- 28

2. Most people overindulge once they start eating walnuts. Be careful. Eating a cup of chopped walnuts is akin to eating what?

- 1 1/4 McDonald's Big Macs
- 3 slices of cheesecake
- 2 KFC extra-crispy thighs
- any of the above

3. A cup of walnuts, however, does contain 31 percent of the daily value for fiber. That high fiber content leads to a

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