

# yOu!

*Health  
Fitness  
Beauty*

## INSIDE:

Alternative medicine: Is it for you?  
Skin-care secrets of SD news anchors  
Fitness and injury prevention from the pros

# Our inaugural edition is all about 'You!'



**Tony Lovitt**

When the decision was made to launch You! - our new magazine that focuses on health-, fitness-, and beauty-related topics - many story ideas were suggested. Those of us who are charged with coming up with content had differing opinions about which stories would actually be included in this, our inaugural edition. However, we reached an immediate consensus on one key point: all the stories must have a local angle.

San Diego is known as "America's Finest City," but it could also be in contention for the title of "America's Fittest City." Like many

San Diegans, you're probably very conscientious about staying healthy, eating properly and looking your best.

Not surprisingly, there are a number of leading-edge professionals, facilities and organizations throughout San Diego who are dedicated to helping you do so. In this and subsequent editions of You!, we'll bring you stories that will help you maintain a healthy lifestyle, or perhaps get you on track toward living one.

If you have story ideas of your own, we'd love to know them. After all, this publication is all about You!

## Tips for choosing the perfect athletic shoe

**(NewsUSA)** - Jogging a few miles each week or strolling four blocks to the local deli may not seem like much distance, but those extra miles add up to a world of difference for your feet.

According to the American Podiatric Medical Association, Americans log thousands of miles on their feet by the time they turn 50. And, as spring approaches and people get ready to resume outdoor activities like walking and running, it's important to make sure your athletic shoes are ready for the job.

"Individuals today have better and more customized choices in footwear that address the specific needs of their feet," said Dr. Harold Glickman, immediate past president of the APMA.

To take advantage of these innovations in footwear, individuals must first know the particular needs of their feet. According to the APMA, the right type of shoe can help prevent foot-related injuries and reduce the risk of accelerating certain foot deformities.

## Tips for finding that perfect fit:

- Determine your foot type. There are three general types of feet: low-arched (flat feet), medium-arched and high-arched.

- If you're not sure of your foot type, simply wet the sole of one foot and then stand on a surface that will leave a visible footprint, such as a piece of cardboard or a paper grocery bag. Take note of the print that's left behind.

- If the inside curve of the print is minimal, then you have low-arched feet. If the curve cuts about halfway across the total width of the print, you have medium-arched feet. If the curve cuts almost entirely across the width of the print, you have high-arched feet.

- Be aware of a shoe's design and the type of foot for which it's made. Shoe manufacturers produce models specifically geared toward different foot types. Low-arched feet need shoes that emphasize motion control, medium-arched feet need shoes that stress stability, and high-arched feet need shoes that minimize rigidity and allow for a high degree of twisting and bending.

- Do your research. Consider reading online about various models of athletic shoes and the criteria that each one satisfies. Better still, visit your podiatrist and ask about which kind of shoe best suits your individual needs.

For more information on foot care, visit the Web site at: [www.apma.org](http://www.apma.org).

## You! Health/Fitness/Beauty

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# *Fitness and injury-prevention tips:* **Learn from the pros**

**By Tony Lovitt**

You're watching the big game when, suddenly, a top athlete drops to the playing field, writhing in pain. Instantly, a cadre of trainers trots out to attend to the fallen player, ascertain the nature of the injury and begin treatment. Later that day, you're doing some kind of physical activity when you hear something "pop" and feel tremendous pain. Just like the pro athlete you were watching earlier, you're injured. Unlike the athlete, there's no cadre of trainers trotting out to attend to you. Now what?

Dr. Sean Higgins runs the San Diego Family Chiropractic Center. He's also an official chiropractor of the San Diego Chargers, so he's seen - and treated - scores of sports-related injuries. And, whether an injury is suffered by a 300-pound offensive lineman during a professional football game or a 110-pound secretary while jogging, an injury is an injury and needs to be treated properly. The old adage "An ounce of prevention is worth a pound of cure" applies to sports injuries, too, according to Higgins.

"The best thing that a lay person

can do to prevent injuries is an overall self-assessment of their body conditioning, their flexibility and their strength level relative to their gender, and age," he said. "After a self-assessment, sometimes a person needs to go to meet with a personal trainer and have them do a functional assessment to tell them that what benchmark (the client) thinks they're at is not really where they're at. What (someone) was able to do (physically) in high school or college, they might" not be able to do in their 40s or 50s. Higgins advises taking a tip from professional athletes and establish a comprehensive overall fitness plan, whether it includes Pilates, yoga or just a walking and stretching program at the "Y."

"When I work with professional athletes, they have a vast array of people around them - chiropractors, orthopedic surgeons, doctors, personal trainers, nutritionists - that are all 'spokes in the wheel' specifically geared to design a nutrition plan, a stretching program, a weight-strengthening program, a motivational program (sports psychology), so we can get very detailed and elaborate with a

professional athlete, but there are also resources out there for a lay person that can holistically attack all those areas for basic health maintenance and prevention."

Higgins also said that sticking to the basics - such as keeping properly hydrated - can also aid in promoting fitness and preventing injuries. In fact, dehydration is probably the biggest cause of injuries and fatigue while performing, he said.

"The (advice) I heard when I was going through chiropractic school was 'drink eight, 8-ounce glasses of water a day,'" Higgins said. "Most of the research and literature out there now says eight 8-ounce glasses is under where you need to be and, especially when you (factor in)

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## **As a source of vital folic acid, rice is nice**

(NAPS)—According to a report published in the American Journal of Public Health, Americans should consume more of the B vitamin folic acid for better health. Yet less than half of women of childbearing age and under 5 percent of those 65 and older consume the FDA-recommended 400 micrograms daily.

Fortunately, the FDA mandates folic acid fortification of U.S. grain products such as enriched white rice to improve health and help prevent birth defects. Enriched white rice is also low in calories, fat free and a good source of iron. It is gluten free and nonallergenic,

low cost and easy to prepare.

Among the health benefits from folic acid:

- According to the U.S. Centers for Disease Control, the incidence of neural tube birth defects has decreased by 26% since fortification began.
- High dietary folic acid intake may be associated with a reduced risk of pancreatic cancer.
- Diets high in folic acid may reduce the risk of Alzheimer's.
- Dietary folic acid intake may be associated with reduced risk of ovarian cancer, especially among women who consume alcohol.
- Adolescents can lower levels

of a marker for cardiovascular disease by boosting their intake of folic acid from enriched grains.

● A half-cup serving of cooked rice contains approximately 46 mcg, or 11.5 percent of the recommended daily allowance, and partners well with such other folic acid-rich foods as spinach, asparagus and beans, as in this recipe from the USA Rice Federation:

### **TUSCAN WHITE BEANS, CHICKEN AND RICE** (Makes 6 servings)

- 1 tablespoon olive oil
- 3/4 pound boneless, skinless

chicken breasts, cut into 1/4-inch-thick strips

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1/2 pound fresh spinach leaves, washed, stems removed, torn
- 1 14.5-ounce can diced tomatoes, drained
- 6 cups cooked rice
- 2 15-ounce cans navy beans or Great Northern beans, drained and rinsed
- 2 tablespoons red wine vinegar
- 2 tablespoons dry sherry
- 2 teaspoons Italian seasoning
- 1/2 teaspoon ground black pepper
- 3/4 cup grated parmesan

cheese

Heat oil in large skillet over medium-high heat until hot. Add chicken, onion and garlic; cook and stir 7 to 10 minutes or until chicken is slightly brown and onion is tender. Add spinach and tomatoes. Cook 3-4 minutes or until spinach is wilted and tomatoes are simmering. Add rice, beans, vinegar, sherry, Italian seasoning and pepper. Cook and stir 3-4 minutes more until thoroughly heated. Sprinkle with parmesan cheese.

For more recipes and facts on rice, visit [www.usarice.com](http://www.usarice.com).



## Headline News:

# Local anchors report they're comfortable in their own skin

### By Roy Robertson

Type the phrase "skin care" into the Internet search engine Google, and it will return 55,000,000 results. Cosmetically and medically, skin care has become a multi-billion dollar industry. We're interested in everything under the sun that will protect and preserve our skin from damage and deterioration, most of which is caused by the sun itself. But or local television news anchors - some of San Diego's most familiar faces - skin care concerns involve more than just exposure to natural UV light. Harsh television lighting and heavy, stifling makeup are part of their daily routines and, without proper care, can take an additional toll on their skin.

News anchors live very public lives, and they're quick to admit that their looks are a part of their livelihood. "Looking good is part of the job when you're in front of the camera," says KUSI's Sandra Maas. "You don't have to be a beauty queen, but looking good helps you feel confident. I'd love to say

that's it's all about health, but I'm as vain as the next person," Maas jokes

Estha Trouw from Fox 6 News expresses a preference several anchors shared. "I hate looking at myself on camera. I try not to look. It's painful!"

KNSD's Kimberly King says that when you're on television every day, nothing goes unnoticed. "We just get bombarded with e-mails saying, 'What are you doing with your hair? Your

clothes?'"

San Diego's leading anchors are very open when discussing the skin care issues they face every day. They each have their own philosophy about the importance of skin care, and the origins of their approach to looking their best. From cleansing routines to attitudes about aging and cosmetic surgery, the anchors are very candid about how they make sure they look their best on camera.

Joanne Butler has been a nurse practitioner in the dermatology field for 29 years, and has often worked with television talent. "I don't think they're being vain. They don't want to change who they are, they just want to look a little better," she says. "People don't mind being forty; they just want to be a good forty."

Kimberly Hunt of KUSI has hosted TV newscasts in San Diego since 1987. She describes her strategy for healthy skin as "holistic, organic and simple. I put on a moisturizer and some makeup, and I go!" She adds, "I feel skin is a reflection of general health. My approach to skin care is in line with my approach for overall health and



**Kimberly King - KNSD**



**Kimberly Hunt - KUSI**

well-being in life," she says, stating a preference for Jurlique herbal and organic skin care products, and the Sonia Dakar line. She's also adamant about protecting herself from the skin's biggest nemesis, exposure to sunlight. "I don't expose my skin to the sun. I haven't for years and years. I stay out of the sun, so I don't have any damage that I try to go fix."

The Mayo Clinic cites guarding your skin from the sun's ultraviolet rays as the single-most important thing you can do to keep your skin healthy, stressing the importance of avoiding the midday sun, and wearing protecting clothing and sunscreen. Additionally, says Butler, "We probably get two and a half hours of 'unintentional sun' every day" as we drive around town, for example. "You're still going to get UVA rays right through glass, and UVA rays are just as strong at nine a.m. as they are at four in the afternoon."

KFMB's Barbara-Lee Edwards applies sunscreen as soon as she gets up in the morning, and said she once noticed a cluster of dark spots of skin on the left side of her face, which a doctor attributed to exposure to sunlight as she drove. She advocates a procedure known as IPL, intense pulse light. "It sort of brings little bits of damaged skin to the surface and then it sort of flakes off," she says. Edwards also has had glycolic peels, which she describes as "like a good exfoliation of your skin, and I like to go once every month or so for that." She also regularly uses vitamin C and vitamin A treatments, and says she's "very loyal" to the Clinique line of cosmetics.

Lee Ann Kim of KGTV also had the IPL procedure done. "It's definitely



**Lee Ann Kim - KGTV**

lightened my skin discolorations but they haven't completely gone away." She links the change in her skin's pigment to sunlight. "Before I moved to California ten years ago, I never had a single freckle. I had fabulous skin. But the daily dose of sun really changed my skin." Kim has also had botox injections to reduce lines in her forehead, "but I found that it caused me to wrinkle my nose when I was laughing a lot more to compensate."

KNSD's King says she, too, would consider botox or other measures to maintain her good looks. "It's a competitive industry, and you've got to do what you've got to do," she says.

Maas says of procedures like botox, "I'm a little creeped out by some of the injections out there, but when it comes



**C.S. Keys - FOX 6**

to blasting off damaged skin, who doesn't want that?" She's a big believer in laser treatments. "Lasers are miracles, really. Lasers can take away brown spots, red spots, and improve the texture of your skin. I'm a big fan of that. A lot of these laser peels, they zap all the damaged skin off your face."

Butler says that the population in general is becoming more aware of skin care procedures that dermatologists now perform routinely. "They're getting much more educated. People are coming in with a set of questions and



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## Local anchors

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they want to know what's available." Some of the news anchors that she has treated through the years have expressed a common desire. "They tell me they see age creeping up and they want to know what they can do without having to resort to surgery."

But where will anchors draw the line in how far they'll go to improve their looks? At least one, Channel 10's Kim, wouldn't rule out cosmetic surgery. "I think many of us on camera think about what we would do to improve our look," she said. "I'm not totally against it, so long as it doesn't change who I am. Some Koreans get eyelid surgery. In fact, my own mother has encouraged me to do this, but I've resisted so far."

But it's the skin care products, more than the procedures, that keep San Diego's anchorwomen looking good and feeling good about themselves. Butler recommends simple, affordable and sensible skin care products for all of the clients she sees. "You don't need anything fancy. White Dove soap, white Dial soap and Purpose brand soaps are fabulous." Her basic primer on skin care involves selecting products that avoid vitamin E, lanolin, aloe and fragrance. She stresses cleansers and moisturizers that are high in glycolic alphas hydroxy acids, which help retain your skin's natural moisture, and of course, sunscreens that include ingredients that are "physical blockers" such as zinc oxide and titanium oxide. She also suggests thorough cleansing after workouts, using warm water instead of hot water, and shorter showers and

baths to avoid depleting skin of essential natural oils

Kim agrees that you don't have to spend a fortune to protect your skin. "I've spent a lot of money on department store high-end skin products, but seem to always revert back to the simple products like Neutrogena," she says. "I love Neutrogena's foaming cleanser to take off my makeup, and then for moisturizer, I use Rachel Perry products."

The anchors are quick to name names when asked about their brand preferences, and they have very strong allegiances to certain product lines. "I'm in love with this product called Clinique All About Eyes," reports King, who works on the NBC 7/39 morning show, and says when she sees herself on a monitor, "I see my alarm going off at 2 a.m. Nap? I have no idea what that means. I know what's in store when you don't get sleep and you don't take care of yourself." Her busy day continues after the show, as she takes care of her two children after leaving work.

Trouw is also a working mother, who is home schooling her kids before

anchoring the Fox 6 Nightly News. Like King, she's similarly sleep deprived and tries to catch up on her rest on the weekend to revitalize the ways she looks and feels. Estha Trouw also understands the role proper nutrition plays in healthy skin, saying, "I try to eat as many fruits and vegetables as I can, and to me, the biggest thing is taking my vitamins. The selenium and copper and those things really do help with regenerating skin cells." She also relies on Arbonne skin care products. "I just really find that Arbonne Nutrimin C is the line I like a lot."



**Lorrie Jordan - KNSD**

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me." Jordan says San Diego's unusually cold weather has caused more skin irritations this winter than during a normal season. "The weather is changing week to week. We're having a cold Santa Ana one week, then it's raining and blustery the next."

She says the fluctuating conditions have led to some severe skin breakouts. "That happened to me a couple of months ago. A lot of it has to do with these extreme climate changes that we're having. That's when you really have to moisturize, especially under the dry conditions."

Jordan isn't the only anchor who didn't have much experience with makeup prior to targeting a career in



**Kathleen Bade - NEWS 8**

television. Says News 8's Kathleen Bade, "My mother was just a very simple woman in terms of how she cared for herself, so I just never really grew up around that. She's just very natural. It was a big surprise when I went college, says Bade. "I asked my roommate 'What is all this stuff?' I had no idea about all these cosmetics. To this day, I'm still intimidated by makeup counters. I don't like them at all." She still stands by a very basic routine, using Oil of Olay facial wipes to remove the TV makeup, and a vitamin C serum. "After having all that stuff on that just dulls your skin all day long, it just really brightens it up," she says."

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**Brian Christie - FOX 6**



# Local anchors

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Brian Christie - FOX 6

# Fitness and injury-prevention tips:

CONTINUED FROM PAGE 5



**Dr. Sean Higgins**

the people who drink a lot of coffee, sodas (diuretics that actually zap healthy moisture from the tissues), people don't drink enough water.

That said, injuries are inevitable - "part of the game" as it were. According to Higgins, the most common type of injury suffered by so-called weekend warriors or even mostly sedentary persons is an acute injury called an "acceleration injury." For example, imagine walking down the hallway, then slipping and falling and landing hard, or perhaps lunging to keep a cup of coffee from falling off your desk and pulling or tugging something in the process. Those kinds of injuries, Higgins says, are no different than when a professional athlete is sprinting down the sideline or basepath, feels a "pop" and immediately knows something bad has happened.

Another common type of injury - a deceleration injury - can occur, for example, as a result of sitting at a desk for a long period of time or typing a lot on the computer keyboard. A pro athlete, such as a quarterback or pitcher commonly suffers a

deceleration injury as a result of repetitive throwing motion.

"He accelerates to throw the ball, but he needs to put the brakes on to stop the arm motion," Higgins explained. "Constantly trying to decelerate (the arm motion) and slow down that process, creates wear and tear on the shoulder, like on the rotator cuff of a quarterback (or baseball pitcher). That's (a situation) where an athlete finishes a practice and goes home and wakes up the next day and says, 'Why is my shoulder bothering me?'" Similarly, Higgins says, computer programmers might wonder - after working five days in a row - why every Friday they're getting burning in the forearms or pins and needles in their fingertips.

"It's because their bodies are trying to decelerate an active, repetitive motion," said Higgins, who added that merely being in a seated position all day and looking down at one's keyboard and to the right at a notepad prevents a lot of fresh blood flow and nutrients from reaching the tissues.

When injuries occur, Higgins tells his patient to remember the acronym "RICE" - Rest, Ice, Compression and Elevation - as the initial way to start the healing process. However, he says few people know how to ice properly.

"A person needs to place ice on the injured area or tissue for at least 20 minutes, which is the therapeutic maximum time," said Higgins. "I have some patients who think, 'Well, if 20 minutes is great, then 40 minutes is twice as good' and that's actually the wrong way to go. After 20 minutes of icing, the body will try to prevent frostbite to the skin - there's a term called Huntington's response, where the body will try to prevent frostbite to the skin - and you're actually heating the area and doing the exact opposite of what you need to do."

In the case of a serious, acute injury, Higgins advises 20 minutes of icing, followed by 60 to 90 minutes off for three to five days.

The biggest mistakes people make when icing are, according to Higgins: icing longer than 20 minutes or not icing enough over a period of three to five days; and putting an ice bag over a dry t-shirt to avoid discomfort, which results only in cooling the skin, rather than getting the cold deep into the inflamed tissues.

"Someone who has low back pain with sciatica, for example, might have to go through two-and-a-half inches of tissues to get to where the nerve roots have been irritated. So, I encourage a person to invest in a gel icepack that's moveable, and to wet a towel with water and wrap it around the icepack (to conduct the cooling effect). I have a lot of senior citizens (as patients) who hate icing because it's so cold, so I encourage them to put a hot, wet towel on the area they're going to ice, just for a minute or two to warm the skin, get the towel under warm water again and to find out where they're going to lay down on their back to ice, to wrap the ice pack quickly and lay on it so you get a 15-second to 30-second transition of warmth to cold and you don't get that shock effect."

Those who don't ice properly promote what Higgins described as a "fibrotic cascade of muscle adhesions" - scar tissue formations that can cause problems later on down the road, as might be the case with a pro football wide receiver that improperly ices after a severe hamstring strain. "Then you wonder why you hear about that specific receiver pulling that same hamstring about midway through the season every year," said Higgins. "It's because he never really addressed the first acute injury and now he's gotten some scar tissue formation where the ice did a little bit of benefit, but not the full benefit because of the lack of consistency (of icing) over the (prescribed) duration and time, and now he's got scar tissue under the skin."

In such cases, Higgins uses Active Release Technique (ART), a soft tissue myofascia release to break up scar

tissue. Higgins said ART is to a chiropractic patient what teeth cleaning is to a dental patient. That is, no matter how diligently one brushes and flosses, a thorough cleaning is advised every so often to clean the areas one might have missed or neglected.

"When people are dehydrated and not drinking enough healthy fluids, drinking diuretics and losing fluids and - after a number of months and years in a constrained posture - tissues have hypoxia (lack of oxygen)," said Higgins. "It's like you've cut your skin. Underneath the skin, your tissues have become fibrotic and get what we call muscle adhesions or nerve entrapments, where the dehydrated muscle tissue that's adhered is entrapping the nerves and causing what people describe as he classic carpal tunnel syndrome...pins and needles in the fingers, (or) sciatic nerve pain, where pain is in the back, but it's radiating down to the feet because of dehydration, lack of oxygen to the

tissues and this fibrotic muscle 'gunk' that builds-up over time."

So, whether his patient is a 23-year-old rookie athlete that has a back injury or a 40-year-old office worker that's been sitting at a desk and typing for 20 years, Higgins treats the first episode of acute injury with RICE and hydration so the injury does not become a problem later in life.

"But if the problems don't resolve after a couple of days of that treatment," Higgins said, "I know that's when they need to get that 'teeth cleaning' - the scar tissue broken up with the Active Release Technique - so it's not a constant problem for the remainder of their career, whether in the office place or on the athletic field."

## Editor's note:

Dr. Sean M. Higgins' practice, San Diego Family Chiropractic, is at 3784 Clairemont Drive in San Diego. Call (858) 272-0074.



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