



Health & Wellness

Summer 2012
Vol. 10



"Health is a large word. It embraces not the body only, but the mind and spirit as well;... and not today's pain or pleasure alone, but the whole being and outlook of a man."

~James H. West

Work Out **FASTER...HARDER...SHORTER**

We must all do long grueling hours of exercise to stay slim and healthy, right? **WRONG!** If we look to evolution for logical answers, we find that throughout the animal kingdom, animals, including humans, used exercise for two purposes: play and survival. Almost without exception, these activities are "stop-start". **HIGH-INTENSITY INTERVAL TRAINING (HIIT)** means short, give-it-your-all sprints followed by less demanding recovery periods.

Here's why you should incorporate it into your exercise routine:

- **STRENGTHEN YOUR HEART:**

Compared to moderate exercise, HIIT is better at reversing risk factors that contribute to metabolic syndrome-a combination of high blood pressure and cholesterol, abdominal obesity and insulin resistance that increases your odds of a heart attack or diabetes.

- **GET HAPPY:**

In research comparing three styles of exercise-steady state, intervals, and an uphill bout to exhaustion- intervals boosted mood the most, inducing a sense of well-being and reducing stress.

- **GET IN SHAPE FASTER:**

HIIT whips you into shape faster than other kinds of cardio by boosting your "VO2 max", the maximum amount of oxygen you use during high intensity exertion and a measure of your cardiovascular fitness.

- **BURN FAT:**

Because HIIT's work bouts are performed at full throttle, it takes longer for your metabolism to return to its normal resting rate than with other forms of exercise. This means that up to 24 hours after you work out, you'll still be burning up to 15 percent more calories than if you hadn't exercised.

For more information on HIIT, contact Jon Linchitz, CPT, at (516) 759-4200.

INSIDE

HIIT	1
Jon Linchitz, CPT	2
Did You Know...?	2
Gluten Free! Recipe	2
Depression	3
Prolotherapy/Prolozone	4

Jon Linchitz

Certified Personal Trainer/Fitness Nutrition

Jon graduated with a Bachelor of Fine Arts degree but fitness has been his passion throughout his life.

After college, while playing rugby for the New York Athletic Club, he sustained a debilitating neck injury and was forced to give up his dream of playing rugby for the national team in the Olympics.

In 2008, he took up track cycling and quickly rose to the top of the field in New York State. He moved to California in 2009 and began training at the national track cycling center. In his first national elite competition, he placed 11th in the Men's Kilo. The next year he placed 8th in the Men's Sprint and won a bronze medal in the Team Sprint. He was invited to join the team that was training to go to the 2012 Olympics in London.

Unfortunately, the injury that had slowed him down was now so severe that he required surgery which did nothing to help the weakness and foot drop that had developed. Once again he had to give up his dream.

Jon now brings his fitness education and expertise to Linchitz Medical Wellness. He is experienced in all levels of fitness training, specializing in High Intensity Interval Training. He is also proficient in ultrasound bone density testing, PEMF therapy and the Heidelberg gastrogram.

Jon is available for personal one-to-one training. Contact him at the office to schedule your session: 516-759-4200.

Did you know...?

The new section of the newsletter with useful (and sometimes useless) facts.

...Seafood is the best natural source of Omega-3 fatty acids. Studies based on information supplied by the American Health Foundation indicates that regularly eating small amounts of Omega-3 fatty acids has a beneficial effect by reducing blood pressure and reducing the risk of heart disease.

Order your supplements by email at:
linchitz.supplements@yahoo.com

www.linchitzwellness.com



GLUTEN FREE ! CHEWY CHOCOLATE CHIP COOKIES

Ingredients

8 ounces unsalted butter
11 ounces brown rice flour, approximately 2 cups
1 1/4 ounces cornstarch, approximately 1/4 cup
1/2-ounce tapioca flour, approximately 2 tablespoons
1 teaspoon xanthan gum
1 teaspoon kosher salt
1 teaspoon baking soda
2 ounces sugar, approximately 1/4 cup
10 ounces light brown sugar, approximately 1 1/4 cups
1 whole egg
1 egg yolk
2 tablespoons whole milk
1 1/2 teaspoons vanilla extract
12 ounces semisweet chocolate chips

Directions: Preheat the oven to 375 degrees F.

Melt the butter in a heavy-bottom medium saucepan over low heat. Once melted, pour into the bowl of a stand mixer.

In a medium bowl, sift together the rice flour, cornstarch, tapioca flour, xanthan gum, salt and baking soda. Set aside.

Add both of the sugars to the bowl with the butter and using the paddle attachment, cream together on medium speed for 1 minute. Add the whole egg, egg yolk, milk and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Add the chocolate chips and stir to combine.

Chill the dough in the refrigerator until firm, approximately 1 hour. Shape the dough into 2-ounce balls and place on parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes, rotating the pans after 7 minutes for even baking. Remove from the oven and cool the cookies on the pans for 2 minutes. Move the cookies to a wire rack and cool completely. Store cooked cookies in an airtight container.

-Courtesy of Alton Brown of The Food Network

Creating Vibrant Health

Depression

by: Aviva Epstein, RPA-C

Do you have the blues this summer? Are people telling you “snap-out of it”, but you just can’t? Depression can often be fixed naturally, simply by looking for the root cause. This article will discuss just a few of the common causes for depression.

Hormone Imbalance: Low testosterone (in men and women) and low progesterone and/or estrogen (in women) cause symptoms of depression. In men, this is usually accompanied by loss of libido, loss of assertiveness and loss of physical endurance. In women, this typically occurs with moodiness, bloating, tender breasts, loss of drive, vaginal dryness and/or mental fog. However, we have seen many cases where low hormones can be the cause of depression even when there are no other symptoms.

Hypothyroidism AKA “underactive thyroid”: The thyroid is a gland in the neck that creates thyroid hormone (T4). Most people who have depression have already gotten screened for thyroid disorders and have been told their thyroid is fine. Chances are pretty good that the doctor who screened them only tested TSH, the hormone sent out from the brain instructing the thyroid how much hormone to create. Many people have a normal TSH and T4, but a low T3. The body turns T4 into T3, the usable form of thyroid hormone. If your body cannot convert T4 you will have thyroid symptoms and a normal TSH/T4! Other patients will present with a normal thyroid panel but the “reverse T3” is elevated, meaning your body is suppressing normal thyroid function. If a low T3 or high reverse T3 is present, then patients may experience depression, constipation, hair loss, weight gain and/or sleep problems.

Iodine Deficiency: Iodine deficiency is extremely common. The thyroid uses iodine to create thyroid hormone, and therefore people who are iodine deficient will exhibit low energy, usually coupled with depression, constipation, hair loss, weight gain and sleep problems. Iodine helps women process estrogen properly and is important for keeping breast tissue healthy.

Malabsorption: Many people are ingesting food that prevents them from absorbing nutrients properly. These may include allergens, dairy, or gluten, depending on the individual's sensitivity. The symptoms for these can range from stomach pain immediately following ingestion to no symptoms at all. Often people present with depression and fatigue, and blood tests reveal that malabsorption is the culprit.

L-tryptophan: L-tryptophan is an amino acid that is involved in creating serotonin, the neurotransmitter that helps us cope with stress and feel happy. Many people have a genetic mutation that does not allow them to properly use the amounts of L-tryptophan normally ingested. For these people, giving extra L-tryptophan supplements can usually solve the problem.

Chronic Stress: Chronic stress often leads to depression. The reasons for this are many, including weakened adrenals, weakened emotional resources, and vitamin deficiencies (the body burns extra vitamin B when under stress, which is normally used to build the serotonin neurotransmitter). Stress management is one of the most important things a person can do for their health. Joining an emotional intelligence class can help one learn how to live life more easily, acupressure and acupuncture can be fabulous for relieving stress, and setting aside time for one's passion(s) and relationships can change one's life around.

This is just a sampling of some of the things that can lead to depression. In today's society, people are quick to reach for anti-depressants, forgetting to look at the root cause. At Linchitz Medical Wellness we look for the underlying cause of a problem to help our patients achieve true healing.

Never give in, never give in, never; never; never - in nothing, great or small, large or petty - never give in except to convictions of honor and good sense." - Winston Churchill

PROLOTHERAPY AND PROLOZONE

A non- surgical approach to joint pain

Millions of people suffer both acute and chronic pain as a result of injuries or degenerative changes to the spine and joints of the body. When these injuries become chronic, the ligaments (the structural “rubber bands” which hold bones to bones in joints) become injured and weak. The ligaments lose strength and endurance and, because of poor blood supply, fail to heal completely. Because these ligaments have many nerve endings, the damage to these ligaments may cause chronic pain. When trauma and/ or inflammation occur there are excessive amounts of lactic acid which also cause pain.

Traditional modalities used to treat these afflictions include rest, non-steroidal and steroidal medications, injections and surgery. The results of these treatments have been so limited that millions continue to suffer from back pain, degenerative and herniated discs, carpal tunnel syndrome, TMJ, sciatica, heel spurs, tennis elbow, rotator cuff tears and virtually all sports injuries.

So, what is prolotherapy and how does it help? Prolotherapy is an injection technique that stimulates your natural healing process by stimulating growth of cells and tissue. It increases oxygen, nutrients and growth factor to the affected areas and helps facilitate healing. In ancient times, Hippocrates was known to treat a dislocated shoulder by sticking a hot poker into the joint resulting in healing. The “controlled irritation” was the mechanism of healing to stimulate the body to repair itself. In the 1920’s prolotherapy was discovered by George S. Hackett MD and over the course of time, developed into a viable treatment modality for suffering patients.

Prolotherapy is a modern version of Hippocrates’s theory. Derived from the Latin “prolo” which means to proliferate , regenerate or rebuild, the goal is the introduction of a mild irritating solution which will result in a localized inflammation. The resultant increased blood flow will bring nutrients, fibroblasts, osteoblasts and chondroblasts to facilitate the repair process. Adding Ozone (Prolozone therapy) to the mix supplies the oxidative stimulus to bring cells back into a positive state of energy production and eliminate lactic acidosis, a major cause of pain.

The injections are administered weekly and each treatment results in the increased deposit of tissue into the affected area. The joints continue to become stronger and more stabilized. The frequency and number of injections is individualized for each patient based on the area and type of dysfunction or damage. Research has shown this modality is capable of increasing the strength and structure of ligaments and tendons 30-40% above normal.

The key points to know about prolotherapy include:

- There is no surgery.
- It stimulates the body’s natural healing ability.
- It is a conservative treatment that does not weaken the body part.
- There is no down time.
- It relieves pain, function is regained and the results are permanent.
- There are no significant side effects.

In general patients notice a marked improvement after a few series of injections. Prolotherapy must be done by a physician who has been trained in Prolotherapy and Prolozone technique.

In conjunction with proper diet and Omega-3 supplementation, Prolozone therapy brings together ancient thinking and modern technology. The result is a more cost effective, less toxic and more efficacious modality in the treatment of many chronic, debilitating problems.

Contact Linchitz Medical Wellness to schedule an appointment to determine if Prolotherapy is the right treatment for you.

70 Glen Street, Suite 300
Glen Cove, NY 11542



p: 516.759.4200
f: 516.759.7600