Avoid Holiday Weight

Benefits of Tea

Sideline Pass

VetNaturally by Dr. G.

Ashley Geoghegan DVM, CVA, CVFT
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Have Healthy, Beautiful, Protected Wintertime Skin!

BY EMILY M. HARWOOD

The onset of winter brings cooler, dryer air, artificial heat and a lessening of the natural thirst for water. It also brings dullness and flakiness to skin. Therefore, it is important to boost your winter skin care regimen, so that skin stays moist and healthy throughout the dry winter months.

You already know that UVB rays are harmful in summer, but they are just as harmful during the winter months and skin requires the same vigilant protection from too much sun exposure. The good news is there are plenty skin moisturizers available that have built in sunscreen. Many multitasking face and body moisturizers seamlessly slip sun protection into your skin care routine, because there is SPF already in the formula. Here are a few to consider:

- **Olay Complete Daily Defense All Day Moisturizer with Sunscreen SPF30 Sensitive Skin**
  It provides active hydration and helps protect skin from UVA/UVB rays with SPF 30.

- **Cetaphil® PRO Oil Absorbing Moisturizer with SPF 30**
  It is formulated especially for oily skin to soften and relieve dryness.

- **Origins A Perfect World SPF 40 Age-Defense Moisturizer**
  This thick, rich moisturizer is packed with antioxidants and has SPF 40, soothing white tea extract and five hydrating fruit oils to pamper and protect skin.

- **MURAD Essential-C™ Day Moisture Broad Spectrum SPF 30**
  This antioxidant-rich moisturizer shields environmentally stressed skin with SPF 30, while improving skin’s radiance, firmness and elasticity.

Remember your lips!
To keep your mouth looking soft and kissable all winter long, apply a vitamin E based lip balm before going out into cold air and several times during the day to soothe and moisturize.
• SPF30 & Natural Organics
Lip Balm with Vitamin E and
Sunscreen with Organic Essentials
It offers a highly protective natural
organic moisturizing chap-free balm.

Another trick for combating winter dryness
is using mineral water instead of tap water
for rinsing and cleansing, because deposits
found in tap water may be damaging to skin. Keep a refillable
spray bottle on hand to fill with mineral water as needed.
Avoid using extremely hot water for showers and baths, and
limit time spent for either. Although it is tempting to enjoy
a long, hot soak on cold winter days, hot water can lessen
moisture from skin leaving it drier, flakier and more prone
to damage or irritation. Be sure to slather on moisturizer
after every bath or shower to help seal in moisture. Use
regenerating moisturizers and gently massage into skin.

Nighttime moisturizing is also essential during winter
months. Try this century old household product for many
problem areas: Vaseline Petroleum Jelly. It is great for dry
winter cuticles, chapped lips, chaffed hands and feet and
rough elbows and knees. Whatever form of moisturizer you
choose, keep in mind that heavier creams are more suitable
in the winter and lighter lotions are better in summer.

The most important tip for combating cold weather skin
maladies is to hydrate, hydrate and hydrate - both inside and
out! Drink plenty of water to keep skin healthy and glowing,
no matter what the weather.

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The Cancer Center of Thibodaux Regional provides leading-edge cancer treatment, services and support. The state-of-the-art technology utilized by the Center offers many benefits including earlier and more precise diagnosis, detection of small tumors, avoidance of invasive procedures, fewer side effects and better chances of a positive outcome.

Thibodaux Regional Medical Center is building a brand-new cancer facility. The five-story building will offer 100,000 square feet of space and will be at the current location, 608 N. Acadia Road, Thibodaux, Louisiana. Dr. Laura Chauvin, Medical Oncologist with the Cancer Center of Thibodaux Regional, says, “The new facility will be more comfortable for the cancer patients and offer more privacy during chemotherapy. It will be a more calming interaction.”

Music therapy and aromatherapy will be offered in the new facility. “Studies show that music therapy actually impacts quality of life and sense of well-being,” says Dr. Chauvin. “There are a lot of things that may not seem important enough to affect treatment outcomes but they actually are and they also help with a patient’s ability to cope with treatment. When a patient is better able to cope with their treatment, they are more likely to stay on treatment and not give up.”

The Cancer Center will continue to focus on survivorship, says Dr. Chauvin. “We will remain committed to promoting overall health and wellness to our patients. Partnering with our Wellness Center to coordinate cancer patient programs is an important aspect of assisting patients to lead an active lifestyle.”

There is a special fitness program available for all cancer patients; those who are currently undergoing chemotherapy treatment are especially encouraged to participate. “The program offers two months of supervised exercise in a way that is consistent with studies that show cancer recurrence is reduced anywhere from 25% to 50%, depending on the type of cancer a patient has, if you exercise while you are on chemotherapy,” explains Dr. Chauvin.

Dr. Chauvin recommends exercise for all cancer patients and encourages lifestyle changes away from high-fat diet and a sedentary lifestyle. “Being thin, following a low-fat diet and participating in cardio exercise reduce risks for all types of cancers,” says Dr. Chauvin. Exercise has other benefits for cancer patients such as the production of natural mood boosters and improving your sense of well-being. Dr. Chauvin says that even just a little movement may help a patient feel better.

In addition to the exceptional technology and therapies offered, the Cancer Center of Thibodaux Regional has an extraordinary and compassionate staff. “All of our patients are being treated in such a loving way. We have a wonderful, caring staff,” says Dr. Chauvin.

For more information on the Cancer Center of Thibodaux Regional, please call (985) 493-4008.
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How can I lose belly fat?

Everyone has some belly fat, even people with flat stomachs. Fat under the abdominal muscles is more dangerous to your health than fat that is deposited on top. People who do not exercise and eat a low nutrient diet can have belly fat too. Fat does not just sit around it makes lots of nasty substances. If you are a female, your waist measurement should not exceed 35 inches and 40 for a male. There are four steps for beating body fat: physical activity, diet, sleep and stress management. It is not possible to spot reduce fat from one specific area. You gain and lose fat from all areas. Adding more abdominal work will firm the muscles underneath the layer of fat, but it will take diet and physical activity to burn the fat from the top. This will reveal the muscles underneath. Vigorous physical activity for 30 minutes every day will help reduce body fat. Add in some strength training to increase your muscle mass, which burns calories for you 24/7. Add at least 10 grams of fiber a day to your diet, 25 is suggested. People who get at least 10 grams have less belly fat. Getting six to seven hours of sleep consistently is preferred over five, for reduced body fat. How you handle stress affects your body fat levels. You should meditate, pray, yoga, Tai Chi or see a therapist. If time is an issue, exercise helps burn calories and aides in managing stress levels. Losing belly fat requires that you move more than you eat. The movement must be vigorous, and the diet must be rich in fruits, veggies, whole grains and lean proteins. Drink plenty of water, and get your rest.

I want to avoid putting on holiday weight this year. What are some preventive measures I can take to avoid packing on those pounds?

Experts say that to avoid holiday weight gain, plan to handle all the high-calorie temptations at this time of year. Weigh yourself once a week. Stick to your vigorous exercise plan throughout the holidays. This can help combat the added calories consumed. The average weight gain in our area is 5-8 lbs. Practice positive self-help talk by making a list of all the reasons you want to lose weight and read it daily, especially before a party or social engagement. Keep the list in the notes on your phone so it is accessible anywhere. You must rehearse your reasons for wanting to prevent weight gain. Reduce calories in your own recipes. Practice mindful eating by paying attention to what’s in your hand and what you are putting on your plate. Eat before you go. Do not go hungry! Skip seconds. Set limits on what you will be indulging in at the party or event. Stick to your plan. Just say “no” to food pushers and keep saying it. Be firm and you don’t have to explain. Don’t let yourself focus on the food. Choose any of the healthy options and the smallest plate. If you put it on your plate it doesn’t mean you have to eat it. If you want to have alcohol, I suggest wine, lite beer or a liquor with a diet mixer. Stay focused, exercise your plan and skip the holiday bulge!

Carla Gray, BSES, HFS, CPT is a personal trainer and can be reached at info@fitnessconnection.net or (504) 885-7855.
If you regularly run on a treadmill, you may risk overtaxing your hamstrings and calves. This is due to the fact that the treadmill does not provide the necessary degree of stability for these muscles to operate efficiently. The moving treadmill platform does not allow runners to plant their feet firmly enough to propel themselves forward as they would on a stable surface. To compensate for this failing, treadmill runners must lift their legs higher than normal, which places more tension on the hamstrings and calves. To counter this effect, treadmill runners may want to try adjusting the incline to about one percent, which will place more demand on their glutes to approximate a more natural glide.

A physical therapist is a specialist trained to work with a patient to restore their activity, strength, and motion following an injury or surgery. If you need to schedule an appointment for physical therapy, please call TSR PHYSICAL THERAPY. Our caring and concerned staff work together to create a pleasant patient experience. When you enter through our office doors, you can be certain you will leave with the best, most positive care.

P.S. Running on sand produces the same hamstring/calf stress as running on a treadmill due to the instability of the sands surface.

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INGREDIENTS:

Cake
1 stick unsalted butter, softened (you’ll need a little extra to coat pan)
¾ cup light brown sugar
2 large eggs
1½ cups all-purpose flour, sifted
1 tsp baking powder
1 tsp ground cinnamon
2 apples - peeled, cored and chopped into ½-inch pieces

Crumble Topping
¼ cup sugar
¼ cup all-purpose flour
4 tbsp unsalted butter

Note: I used a standard 9-inch springform pan for this cake, although the original recipe calls for a 7 or 8-inch pan. Adjust your baking times to suit the size of your pan.

DIRECTIONS:

Preheat oven to 350°F. Coat the inside and sides of a spring form pan with butter and a sprinkle of brown sugar.
In a large bowl, cream the butter and sugar with an electric mixer for 1-2 minutes.
Add eggs, one at a time, and mix thoroughly.
Add the flour, baking powder, salt and cinnamon. Mix gently. Batter will be thick. Fold in the apples.
Place batter into pan.
For the crumble topping, add all of the ingredients into a small bowl. Mix with your fingers until well mixed and crumbs start to form. Scatter evenly over the top of the cake.
Bake for 40-45 minutes or until a toothpick comes out clean.
Cool before serving.
Addiction: Disease or Choice
Leah Steele, MSW, LCSW, MPH
As an LCSW (Licensed Clinical Social Worker) for nearly 20 years, I have treated a multitude of clients who have battled addiction throughout their lives. The reality of substance abuse dependency is that it is, in fact, a battle; a lifelong struggle to abstain. Recovery is a word that is used by addicts long after they make changes to become “clean”. Recovery indicates that an addict is aware that he/she suffers from a disease and that the effort involved in abstinence is a continual process. My belief in such process is the reason I was disturbed by an article posted on Facebook recently entitled, “Addiction Begins With A Choice That You Make, That’s Why It Isn’t A Disease”. This is my rebuttal:

Merriam-Webster defines disease as, “a condition of the living animal or plant body or of one of its parts that impairs normal functioning and is typically manifested by distinguishing signs and symptoms; a harmful development.”

That the development of a disease process can occur secondary to lifestyle choices has been shown to be an unequivocal truth. Poor choices DO lead to addiction, just as tobacco use sometimes leads to not only nicotine dependence but cancer and heart disease as well.

What makes addiction a disease are the same factors that make diabetes, cancer, heart disease, stroke and arthritis diseases: it is chronic; it is progressive; it impairs normal functioning, including behavioral and biological and it is potentially fatal if untreated; it may be the result of genetic predisposition and it is treatable but typically incurable. I should also note that, like other diseases, addiction is subject to relapse, which is defined as, “a recurrence of symptoms of a disease after a period of improvement.”

Addiction is a complex disease of the brain and the body, the hallmark of which is loss of control over the offending substance(s). However, because it is primarily driven by behavioral manifestations, we have a proclivity to believe that it is merely a consequence of poor choices easily remedied by better ones. Anyone suffering from addiction will tell you that this is not so easily accomplished, although this contention is likely to be viewed with skepticism.

Many in our society are understandably reluctant to conceive addiction as a disease, as doing so is paramount to condoning the behavior of the addict and effectively letting him/her, “off the hook.” Truth be told, it is not surprising that some addicts will - and do - avail themselves of the designation of their addiction as a disease as justification for their behavior. Nonetheless, acknowledging addiction as a disease confers upon those afflicted with the disease of addiction responsibility for seeking appropriate treatment, NOT an excuse for continuing to perpetuate their self-destructive behavior.

Sadly, the above article, and those like it, do a great disservice to the afflicted and the affected alike. Such tomes presuppose that those engaged in addictive behavior need merely discontinue the offending behavior, and Voila! Problem solved! However, abstinence is only part of the solution, and the contention that an alcoholic (or other addict) is suddenly, “cured,” by being confined to a jail cell is not only ludicrous, but intellectually dishonest.

What invariably happens when said alcoholic is released from jail (assuming he or she survives that long without dying from withdrawals, if the disease has progressed to that critical point)? It is merely a matter of time before such an individual resumes his or her dysfunctional drinking. The cycle continues, and uninterrupted, it can invariably be expected to result in incarceration, institutionalization and/or death. This is directly attributable to the disease process of addiction.

While society doesn’t typically stigmatize and blame those afflicted with cancer, congenital diseases and the like, it is more likely to employ these practices in the case of those afflicted with addiction. However, while those afflicted with addiction should most certainly be held to account for their harmful behaviors to self and others, stigmatizing and blaming them does nothing to improve the situation for them or society at large.

In the final analysis, those of us who have experienced addiction firsthand as well as those who have lived with, worked with and/or treated those with addictions recognize that addiction is not only a bona fide disease of mind, body and spirit but one for which there is no cure. Indeed, total abstinence from mind-altering substances and rigorous adherence to the principles of recovery are typically required for healing to occur.

https://awarenessact.com/addiction-begins-with-a-choice-that-you-make-that-is-why-it-isnt-a-disease/
VetNaturally is an Integrative Veterinary Medicine practice owned and operated by Dr. Ashley Geoghegan, affectionately known to all of her clients as “Dr. G”. With a clear passion for animals as well as educating the community on Integrative Medicine, Dr. G treats her patients using modalities such as acupuncture, Chinese herbs, essential oils, Tui-na, cold laser therapy and food therapy.

Dr. Geoghegan graduated from LSU School of Veterinary Medicine and entered the U.S. Army as an officer. During her time in the military, she traveled the world while treating President Bush’s bomb-sniffing dogs and search and rescue dogs. “My years in the military taught me invaluable lessons about treating acute (temporary) conditions, but it wasn’t until I started my own private practice that I truly began to understand the need for alternative medical treatments for chronic conditions, especially in elderly pets,” says Dr. G.

**Integrative Medicine**

Dr. G received Integrative Veterinary Medicine training at the renowned Chi Institute. “At last, I discovered a way to help our ailing pets without always resorting to expensive surgical procedures and prescription medications,” says Dr. G.

Having extensively trained in both Western (conventional) and Eastern (holistic) veterinary medicine, she is able to treat patients with a fully integrated approach. “When you combine the 3,500 years of knowledge from the East with the technology and diagnostics of the West, you get something pretty powerful,” Geoghegan explains.

**VetNaturally Cares**

Dr. Geoghegan has a heart for giving back, especially to shelter animals and military working dogs. She has created an initiative called VetNaturally Cares to specifically help them.

“I love all animals, but I feel a special responsibility to the voiceless pets waiting for a forever home,” shares Dr. G. VetNaturally Cares funds specific animal shelter projects at no charge. VetNaturally Cares also collects shelter-safe toys to be distributed to shelter animals during the holiday season. There are many drop-off locations throughout the Northshore and Southshore. Please see page 19 for more information on the types of items collected and a list of drop-off locations. Collections begin each year at the end of October and run through November. Drop-offs start in early December. Geoghegan and her team members work diligently to make sure the shelter pets feel loved and celebrated. They truly enjoy the drop off days and invite everyone in the community to take part.
Holistic Veterinary Center

VetNaturally will be breaking ground on a state-of-the-art facility in November/December 2018 on the Mandeville lakefront. The brand-new Holistic Veterinary Center is a collaborative effort from the most innovative minds in the veterinary and construction industries. Dr. G is extremely grateful to Greenleaf Lawson, Sal Longo architects and Brett Davis Construction for their dedication and collaboration to make this center come to life. Some of the services offered will include acupuncture, canine rehabilitation, daycare, medical spa services and education classes. There will be luxurious pet suites and a wonderful, grassy playground with water features. “It will be an exciting community for pet lovers, a first of its kind!” says Dr. G.

VetNaturally provides new and exciting options to pet parents who may feel that they have exhausted all Western medical options. Dr. Geoghegan is a dedicated champion of integrative medicine. She says once the light goes off for people, there is no going back. “Not only do people bring me their sick pets, they make appointments for their healthy pets so we can start a wellness program together,” she says. “This proactive step allows their beloved furry family members to stay balanced, healthy and happy. When pet parents know better, they do better.”

Please visit www.vetnaturally.com and follow VetNaturally™ on Facebook for more innovative information regarding pet care. VetNaturally™ is currently located inside of Mandeville Animal Hospital but the new address will be 123 Girod St, Mandeville. Dr. Geoghegan welcomes referrals from all local veterinarians.

Rosie is the most recent recipient of VetNaturally Cares program, where shelter pets are treated at no cost. Rosie was an integrative medical case treated with the combined effort of Dr. G and Dr. Troxler of the St Charles Parish Animal Shelter.
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The following drop off locations each have a green VetNaturally Cares bin. Please bring donations to any of the following participating facilities:

Southshore: Susan Geoghegan State Farm and H20 salon Metairie

Northshore: VetNaturally by Dr G, About Face Mandeville, Emmas Shoes and Accessories, Planet Kids Academy, All American Chiropractic

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Check our facebook for dates and details of where to meet and how you can help deliver!

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CAT TOYS: PING PONG TYPE BALLS, SCRATCHING POSTS, LASER POINTERS, CRINKLE TYPE TOYS, CAT BEDS AND HIDEAWAY HUTS

BLANKETS THAT ARE MACHINE WASHABLE AND NOT FULL OF STUFFING, OLD BABY BLANKETS "LOVIES" SOFT AND MACHINE WASHABLE, TOYS WITH SQUEAKERS NEED TO BE STUFFING FREE OR EXTREMELY DURABLE, DOG OR CAT TREATS SEALED IN A BAG
One of my greatest joys in life is the work that Sideline Pass does in the Greater New Orleans community. We’re a group of women who believe we can positively impact the next generation of female New Orleans leaders through education, outreach and opportunity. We have a few signature events. Our Scholarship Soiree sends an academically deserving, but financially disadvantaged, young woman to a private high school here in the Greater New Orleans area. We host a Holiday Toy Drive for children living in foster care and in shelters across South Louisiana.

That’s coming up, by the way, so mark your calendars! We’re kicking off the Toy Drive with a Saints Watch Party on Thursday, Nov. 29th, at Canal Place. We’ll have free food, multiple big screen TVs with the Saints vs the Cowboys game, celebrity guests and Santa! Admission is free, with the donation of a holiday gift for a child or teen in need. We hope you’ll join us to cheer on our Saints and make the holidays bright for children who might not otherwise receive a gift!

Our most recent Sideline Pass event is one of our favorites – something we’ve been doing since we first became an organization five years ago. Literally, our first Sideline Pass event was to equip our Girls on the Run scholarship athletes for the upcoming season. Now, every fall, we take scholarship athletes wanting to participate in Girls on the Run shopping for new athletic shoes and socks.

Sideline Pass loves supporting the Girls on the Run organization because it builds self-esteem, work ethic, determination and character in 3rd-8th graders through a 10-week running program and service project. Each team’s training culminates with a 5k at the end of the semester. While the girls are running each day, they’re also learning important messages about valuing themselves, coping with social pressures, giving back to others and working hard to accomplish a goal, even when things are tough. At the end of each semester, the teams at every school with a Girls on the Run chapter, along with the public, run a 5k race all together. The next Girls on the Run 5k is coming up on Saturday, November 17th. Please consider walking, jogging or running this important 5k. Your support of this amazing organization is truly life changing for many of the young women who participate.

Sideline Pass is proud to support the scholarship athletes who may not otherwise have access to running shoes. However, it’s important to note that one of my favorite things about Girls on the Run is that there are chapters in many schools, regardless of economic level. I love that these girls all run together at the end of the semester in this 5k, learning from each other and about each other.

The ladies of Sideline Pass are honored to have been able to help students from three Girls on the Run scholarship sites get their running shoes and socks for this semester so that they can participate fully and safely! We had a pizza
party fundraiser during the Saints Pre-Season at Louisiana Pizza Kitchen Uptown. A huge thanks to Rob Gerhardt for donating the proceeds from that dinner to our shopping trip! Former Saints player Roman Harper and his wife Heather also donated to this cause through their foundation, Harper’s Hope. Former Saint, Robert Meacham, came out to take photos and sign autographs for fans. The Shoe Carnival location on the Westbank was so kind to host us and offer us a generous discount so that we could provide more athletes with proper footwear for the season. There’s nothing better than a community coming together for a wonderful cause. Thank you everyone! And best of luck to our Girls on the Run athletes – have a great season ladies!
The Health Benefits of Tea

By: Sammy Cusimano

Cultures from one corner of the world to another all inevitably have their own unique differences; however, one common aspect of so many areas far-and-wide is the importance of brewing and drinking tea. It is more than simply a drink. Tea is an experience. It is a beverage that brings people together and helps to connect one person to another. Aside from water, tea is consumed more than any other drink in the entire world. In Britain, there is a designated “tea time” ranging between the hours of 3:00 pm - 5:00 pm. In many Asian countries, tea is as integral a part of special ceremonies and rituals as it is in daily life during meals. Egypt values tea so much that it holds strong as the national drink. The universal appeal of tea is unquestionable. This is for very good reason considering the long list of health benefits of drinking tea, in all of its varieties. With its high levels of antioxidant polyphenols, tea not only helps the body fight the effects of all forms of stress, but also aids in digestion as a calorie-free beverage that contains less caffeine than coffee. Tea comes in many forms. Each has different health benefits, but all share the common quality of being good for the mind, body and spirit.

Black Tea

When one speaks of traditional tea in Western culture, he or she is referring to black tea. This tea is darker in color and stronger in flavor than most other teas. Black tea is beneficial to the body in a number of ways. It improves blood pressure and may reduce the risk of stroke due to the fact that it contains theophylline, a chemical which increases blood flow throughout the body. The increased blood flow also aids in the function of the capillaries, which makes black tea beneficial for respiratory diseases such as asthma, by expanding the airways and even protecting the lungs from exposure to damaging pollutants such as
cigarette smoke. Black tea can be enhanced with honey and lemon for a healthy boost of natural flavor.

**Green Tea**

Originally from China, green tea is slightly different from other teas in regards to the oxidation process that it undergoes during production. It has been called the healthiest beverage on the planet due to its incredible cancer-inhibiting properties (particularly bladder, breast, lung, stomach, pancreatic and colorectal cancers). The antioxidants in green tea are beneficial to the body in so many ways. The tasty beverage can even reduce the risk of stroke as well as neurological disorders such as Alzheimer’s and Parkinson’s diseases. There are heart-health benefits to drinking green tea as well. It improves cholesterol, while also preventing the clogging of the arteries. The fluoride content in green tea even makes it beneficial to preventing any tooth decay. Green tea is an all-around excellent immune system builder, with its many antioxidants that fight the damaging effects of free radical damage caused by stress of all types.

**White Tea**

Much like black tea and green tea, white tea also has blood-thinning qualities to improve artery function and also maintain a healthy level of blood pressure. Similar to green tea, it has anti-cancer benefits, while also protecting the heart and keeping the entire circulatory system healthy. White tea is also renowned for its dental health benefits. It contains small amounts of fluoride, along with other nutrients that kill the bacteria that causes plaque, tooth decay and bad breath to help keep the teeth healthy and strong.

**Oolong Tea**

The caffeine content in tea aids in weight loss due to increased energy, motivation and a faster rate of burning calories. Particularly, oolong tea is an effective addition to any weight loss program mainly due to a polyphenol, called catechin, which is found in oolong tea and helps keep metabolism from slowing down as weight loss occurs. Oolong tea also helps to lower cholesterol levels and keep blood sugar levels in check, which makes it beneficial to any person who has diabetes.

**Chamomile Tea**

While most teas are best in the morning or afternoon due to the stimulating effects of caffeine, one of the best choices at nighttime is chamomile tea. It has no caffeine because it does not come from the camellia sinensis plant as green, black and white tea do. Instead, chamomile tea comes from chamomile flowers, thus making it a soothing, calming herbal tea which aids in falling asleep. In addition to the relaxation benefits of chamomile tea, it also helps to stunt the growth of cancer cells, treat irritable bowel syndrome and even help stop gastrointestinal inflammation. The antioxidants in chamomile tea are also beneficial to diabetics because of their ability to help prevent complications of the condition such as loss of vision, nerve and also kidney damage. Chamomile tea is also an excellent drink before bed to alleviate anxiety and to help treat insomnia.

**Peppermint Tea**

Another excellent choice of tea for relaxation with a calming, soothing effect is peppermint tea. Similar to chamomile, it is an herbal tea that does not contain any caffeine. This allows it to serve as an effective remedy for headaches, bloating, nausea and even bad breath. Simply the aroma of peppermint is strong enough to help soothe the tension of a headache or the queasiness of nausea. It aids in relaxing the body by opening up constricted blood vessels, thus relieving tension. Combining peppermint tea with a peppermint oil diffuser can help to relieve even a strong migraine.

**Ginger Tea**

One of the best natural remedies for nausea and stomach aches is ginger tea. It comes from the ginger root, like chamomile and peppermint, ginger tea does not contain any caffeine. It is so effective at treating nausea that it has successfully been used to relieve the discomfort patients feel after undergoing surgery and even chemotherapy. Ginger tea has even been known to help lessen arthritis pain and decrease muscle aches. With cold and flu season starting this fall, ginger tea is also a very soothing choice of beverage to help relieve a sore throat.

The world drinks over 1.4 million pounds of tea every single day. More than three billion cups are consumed daily across the globe in all cultures, making tea the one beverage, besides water of course, that unifies all people. In addition to being so delicious and soothing, tea is one of the most healing beverages that you can drink. It is no surprise that five out of six Americans are tea drinkers. With so many processed beverages full of sugars and artificial sweeteners out there today, organic tea is still one of the best choices for a healthy lifestyle. Former British Prime Minister of the 19th century, William Ewart Gladstone, once said, “If you are cold, tea will warm you; if you are too heated, it will cool you; if you are depressed, it will cheer you; if you are excited, it will calm you.” The versatility of tea is unparalleled. It will enhance not only your health but also your quality of life. With so many varieties of tea on the market today, there is something for everyone that is sure to satisfy your taste buds, while keeping you feeling healthy inside and out.
We live in a technology-driven society, making our day-to-day tasks stationed at a desk. Therefore, our lives are more sedentary. We’ve been less physically active for years now, yet our lives are more chaotic, demanding and stressful than ever. This all makes carving out time and having the energy to increase our movement incredibly challenging.

So, could one answer to the complex equation be that we should think about reformatting our day-to-day activities to incorporate more natural physical activity? This can be in a variety of forms:

- **Walking to the job site, rather than taking shuttles from parking lots and garages**
  Yes, you may need to plan extra time in the morning and the evening to get to and from work, but a good 10 minute walk each way can really add to your daily activity. It’s similar to parking in the further parking spot at the store, except it has a chance for bigger impacts depending on the distance from your car to the worksite.

- **Incorporating walk and talk meetings**

Why do our meetings, especially one-on-ones, need to take place seated at a desk? Walk outside or create a little walking path within the walkways of your building to gain some steps while talking.

- **Utilizing breaks**
  Even 10-15 minutes in the morning or afternoon or possibly your 30-60 minute lunch would be a good opportunity to get in some steps, walk the stairs or even do some light strength training. A personal trainer and co-worker with me at Ochsner Fitness Center, Margaret Mrozek, recommends easy stretch-like activities such as:

  - Shoulder circles for those of us hunched over computers all day
  - Backward leg lunges (stabilizing yourself on your desk, as necessary)
  - Side leg lunges
  - Push-ups against a wall or desk

If you work in cubicles, you may feel odd doing this next to your desk, but...
it might just encourage others to join in with you and promote a healthier environment in the workplace. Lunch breaks may give you more freedom to step away from the office area, if you want to start solo or have some more privacy, depending on your comfort level.

Sure, these may not all get your heart rate up or put your muscles to the test like a more intense workout, but then again, if you’re more likely to do some of these, it’s absolutely better than nothing. It’s maximizing your limited time, making you more proficient when you do get back to your work and improving your mental and physical health.

If you are really passionate about your health and nutrition, you can even become your own advocate to work towards changes in food that is offered at the workplace.

**Lunch Meetings** - The most common lunch offered during workday meetings often includes a sandwich with chips and a cookie. Nutritionally, that entails not much else than a whole bunch of carbs. I’m not one to complain about this occasionally, but if this happens frequently in your work week, it’s an area to inquire about some better balance. What about a lettuce wrap or cucumber roll? These are often available from various restaurants that cater. Sure, 100% whole grain bread on sandwiches is nutritious, but it’s often more a mix of whole-grain and wheat flours (enriched flours), which is less nutritious but still carb-rich. And while carbs are not bad for you, especially fiber-rich whole-grain ones, when combined with other high sugar options like cookies and nutrient poor chips, you’re left with high calories from carbs that leave you full momentarily, but leaving you crashing in energy and searching for something else to satisfy your hunger within no time at all. Serving sandwiches but switching up the sides to skip the chips and serve a veggie or salad would be better options. You could serve fruit in place of the cookie. Again, I’m not saying any of these are bad, I personally enjoy a good cookie but do we really need these in the frequency and size they are offered at these events?

**Break Rooms** - All too often, this is the place to find donuts. Every once in a while, having one is okay, even healthy, and allowing yourself that grace will diminish the appeal of wanting things like this often. But if there are particular co-workers, clients or vendors that bring in these items, you can work with them to offer better options.

**Vending Machines** - Candy, chips and treats galore aren’t bad in moderation, but if this is your go-to snack, then you might want to rethink how you can better serve your energy and appetite with more nutritious options. If you can bring items from home you may be better off, but there are some things already in vending machines you can pick if they are available. If they aren’t, here is where you can advocate with the vending company to see what else can be stocked. Small packs of nuts (under 200-250 calories), whole grain chips like Beanitos, Sun Chips, Food Should Taste Good chips, even some lower sugar protein bars like Think Thin, Quest and some KIND bars could be available.

**Parties** - Special occasions like the holidays can be (rightfully-so) associated with beloved and comfort foods, and to some extent, these special occasions don’t need to be altered. If lunches, break room habits and vending options were made healthier, the true holiday celebrations could be enjoyed without modifications. But if this is an area you see some potential room for growth as well, there’s a variety of ways to make it more nutritious and still delicious. My favorite happens to be bringing a dish to share that you enjoy, maybe it’s different from what is expected but still festive and of course needs to be just as delicious. Think about lean proteins and veggies to mix up all the carb-heavy dishes that are sure to make an appearance. Bacon wrapped fruit or veggies like figs, dates, melons or asparagus; homemade slow cooker meatballs made from extra lean ground beef or ground turkey breast and roasted root vegetables are all festive and flavorful options that also offer a balance of fats, fibers and/or protein compared to the starch-rich casseroles and dishes.

There are occasions that I fully believe can be enjoyed without modifications, whether some would consider the food choices nutritious or not. But depending on how often these events takes place, there can be room for improvement, especially as the workplace culture shifts to be more conscientious of personal health and wellness goals. Setting up physical activity or nutrition-related challenges among your colleagues can be a great way to get the workplace shifted to a more health and wellness-promoted environment.
Tighten the Turkey Neck

Preventing neck sagging and crinkling begins with an antioxidant diet rich in Vitamins A, C and E from fruits and vegetables. Supplementing with multivitamins, minerals, omega fish oils with a high EPA concentration, and Vitamin K also prove beneficial. Keep the skin supple with hydration, drinking at least eight glasses of purified water daily.

The skin of your neck is just as delicate as the skin on your face, sometimes more fragile. The sun hits directly on the neck and has a skin-thinning effect by destroying the collagen. This delicate area must be treated with tender loving care. The basic steps to healthy skin care certainly apply here.

Skin care:
- Cleanse with a gentle alcohol-free cleanser using upward and outward strokes.
- Exfoliation improves cell regeneration of the neck skin. Use microdermabrasion products, as well as glycolic and lactic acids.
- Moisturize with a preservative-free serum or cream containing hyaluronic, squalene, lipids and/or vitamin E. A clear moisturizer that you can see through usually has no added chemicals.
- Anti-Age with serums containing retinoids, Vitamin C, resveratrol, placenta growth factors and protein peptides.

Sun exposure and damage accelerate neck wrinkling, apply sunscreen with a SPF 30 or greater with zinc oxide or titanium oxide ingredients daily to prevent future degradation, also wear scarves or collared blouses for added protection. Exercise is great for the body and for lifting the neck skin. A simple pose for improvement- look up at the ceiling and open and close the mouth 20 times morning and evening.

Sometimes treatment for neck aging requires more than topical skin products, exercise, diet and hydration. Fortunately, this inevitable damage is treatable in a number of nonsurgical ways.

Botox is used to address the neck bands and lines. It relaxes the platysma muscle bands which are between the chin and collar bone. A very pleasing relaxation of the taut muscles improves the appearance dramatically.

Kybella is deoxycholic acid, a rebirth of the mesotherapy procedure with phosphatidyl choline/deoxycholate from the early 2000’s. The branded version of this old generic drug is called Kybella and was FDA approved in 2015. Kybella, (deoxycholic acid), dissolves fat and has been accepted as an injectable procedure to dissolve superficial chin fat, or double chin, which is the fat between the skin and muscle. Patients usually need three to five treatments, which are spaced a month apart.

Photodynamic Therapy, (PDT), is a combination chemical treatment and laser peel which uses light and laser to activate the acid solution. The acid solution is applied to the neck skin. Only sun damaged and aged cells absorb the special acid solution which begins to incubate in the neck tissues. An IPL/ BBL light laser and/or Blue light therapy then activates the solution. With PDT, we see pore sizes diminish, discolorations vanish, and healthy, young-appearing skin blooms. There is about three to six days downtime with redness and peeling.

Lasers such as Radiofrequency (RF), Radiofrequency Needling (RFN) and Intense Pulse Light (IPL or BBL) are wonderful options to turn back the sands of time for the delicate neck chin areas. We typically see tightening, decrease in wrinkling and remission of brown discolorations with multiple sessions. The study “Forever Young” by Dr. Patrick Bitter documented that IPL/BBL light lasers rebuild collagen and elastin maintaining beautiful skin.

Some clients lose skin elasticity faster than others due to poor genetic reasons and others from a poor diet, lack of skin regimen and negligence of sunscreen. To recover aged neck skin tightening, sculpting and redefining the neck can be accomplished through many non-surgical procedures. A combination of treatment options often gives the best various results. Consult a physician well versed in aesthetics for a customized plan.

Dr. Kelly Gilthorpe Burkenstock is a longstanding member of the International Academy of Cosmetic Dermatologists and has studied abroad with several of the world’s foremost international luminaries. She has locations in Metairie and Mandeville.
INGREDIENTS:

½ cup unsweetened applesauce
¼ cup nonfat milk
¼ tsp ground cinnamon
1 ½ – 2 cups ice cubes

DIRECTIONS:

Add all ingredients to blender in the order listed, and pulse until smooth. Drink immediately.

You may sprinkle with additional cinnamon and granola to garnish.

Notes: If you prefer, you may substitute any milk (1%, 2%, whole, non-dairy) in place of the nonfat milk.

If you prefer a sweeter smoothie, add your favorite sweetener.

Recipe yields one smoothie.
**EVENTS**

**FREEBIES (free events)**

**Sundays**
- 3 mile run
  - 6 a.m., Holy Cross College
  - bestbanktrackclub.com
- The Giro Ride
  - 7 a.m., Starbucks at Harrison Ave
  - neworleansbicycleclub.org
- Yin and Restore Yoga
  - 4:00 p.m. Bastion Community of Resilience, New Orleans
  - jaibhaktiyogafoundation.org
- Cycle Mid City
  - 12:00 p.m., Higher Power Yoga & Service-Members & Family Yoga
  - Connected Warriors Veteran, Tuesdays
- Louisiana Running Walk/Run
  - 6:30 p.m., 4153 Canal
  - louisianarunning.com

**Mondays**
- Men Only Peer Led Boot Camp
  - 5:30 a.m., Pontiff Park
  - F3nation.com
- Speed Work Training
  - 5:00 p.m., Gretna Ferry Landing
  - bestbanktrackclub.com
- Beginner Karate Class
  - First Class Free
  - Louisiana Karate Association School
  - Metaairie, LA
  - LKAkarate.com
- Restorative Candelight Yoga
  - 6:00 p.m., Esplanade City Park
  - jaibhaktiyogafoundation.org
- Louisiana Running Walk/Run
  - 6:30 p.m., 4153 Canal
  - louisianarunning.com

**Tuesdays**
- Connected Warriors Veteran, Service-Members & Family Yoga
  - 12:00 p.m., Higher Power Yoga & Cycle Mid City
  - jaibhaktiyogafoundation.org
- Bounce Ya Brass
  - 5:45 p.m., Crescent Park
  - 2300 N. Peters St.
  - fb.com/groups/MYBKrewe
  - mybkrewe@gmail.com
- Gentle Yoga
  - 10:00 a.m., Lyons Rec Center
  - jaibhaktiyogafoundation.org

**Wednesdays**
- MyB Krewe Shakeout Run
  - 6:00 p.m., Crescent Park
  - 3230 Chartres - Rusty Rainbow
  - fb.com/groups/MyBKrewe
  - mybkrewe@gmail.com
- Fit Lot Group Training
  - 5:45 a.m., Sojourner Truth Neighborhood Center
  - FitLot.org
- November Project Workout
  - 6:00 a.m., Champions Square
  - facebook.com/NovProjectNO/ovProjectNO/
- VS Mandeville Women’s Group Run
  - 7:30 a.m.
  - Mandeville, LA
  - varsityrunning.com
- City Ride with Crescent City Cyclists
  - 9:00 a.m., NOMA
  - crescentcitycyclists.org

**Thursdays**
- Morning Levee Ride
  - 6:00 a.m., Levee at Dakin St.
  - neworleansbicycleclub.org
- Northshore Cycling Ride
  - 7:00 a.m., Mandeville Trailhead
  - facebook.com/groups/213862775392103
- Rise and Shine Yoga
  - 8:00 a.m., Esplanade City Park
  - jaibhaktiyogafoundation.org
- Yogalates
  - 10:00 a.m., Esplanade City Park
  - jaibhaktiyogafoundation.org
- VS Mandeville Group Run
  - 6:00 p.m.
  - Mandeville, LA
  - varsityrunning.com

**Fridays**
- Men Only Peer Led Boot Camp
  - 5:30 a.m., Audubon Park
  - F3nation.com
- Aqua Yoga
  - 9:00 a.m., Treme Center Pool
  - jaibhaktiyogafoundation.org
- Yogalates
  - 4:00 p.m., Esplanade City Park
  - jaibhaktiyogafoundation.org
- Soul Steppers Walking Group
  - 9:00 a.m., NOMA
  - hkamer@tulane.edu

**Saturdays**
- Men Only Peer Led Boot Camps
  - 6:30 a.m., City Park
  - F3nation.com
- STCC: Pagoda Café Club Ride
  - 7:00 a.m., Pagoda Cafe
  - facebook.com/groups/semitough/
- Giro Ride
  - 7:00 a.m., Starbucks at Harrison Ave
  - neworleansbicycleclub.org
- City Ride with Crescent City Cyclists
  - 9:00 a.m., NOMA
  - crescentcitycyclists.org
- Aqua Yoga
  - 9:00 a.m., Treme Center Pool
  - jaibhaktiyogafoundation.org
- Jazz Yoga
  - 10:00 a.m., NO Jazz National Historical Park
  - 504-589-4841

**ADVENTURE RACING**

**November 17**
- Terrain Race
  - 10k & 5k
  - Avondale, LA
  - Terrainracing.com

**December 2**
- The Great Amazing Race
  - Mandeville, LA
  - Eventbrite.com

**CANOEING/HIKING/KAYAKING CLUBS**
- Bayou Haystackers
  - Paddling Club
  - bayouhaystackers.com
The Louisiana Hiking Club
hikelouisiana.org

Hike it Baby New Orleans
hikeitbaby.com
facebook.com/groups/hikeitbabyneworleans

CyCLING
November 3
Tour da Parish
59 miles, 35 miles & 16 miles
St. Bernard, LA
stbernardchamber.org

OTHER SPORTS CLUBS
Louisiana Karate Assn: Karate Club
www.LKAKarate.com

New Orleans Badminton Club
neworleansbadminton.com

New Orleans Rugby Club
neworleansrugbyclub.com

Northshore Table Tennis Club
http://facebook.com/NorthshoreTTC

Riptide Masters & Adult Fitness Swimming
southernmastersswimming@gmail.com

RUNS/WALKS/MARATHONS
November 10
The YMCA Second Line for Literacy
5k & kids’ 1/2 mile
City Park, New Orleans
Runnotc.org

Middendorf’s Manchac Run
10 mile, 10k, & 5k
Manchac, LA
Nolarunning.com

Dance Project Alliance 2nd Annual Color Fun Run
4.2k
Slidell, LA
Eventbrite.com

November 11
Battleship 12k
Mobile, AL
battleship12k.com

November 17
Big Easy Running Festival
Half marathon & 5k
New Orleans, LA
pem.events/event/big-easy-running-festival/

Terrain Race
10k & 5k
Avondale, LA
Terrainracing.com

November 22
111th Annual Turkey Day Race
5 miles & kids’ 1/2 mile
City Park, New Orleans
Runnotc.org

Tammany Turkey Trot
5 miles, 5k & “gobble jog”
Covington, LA
tammanyturkeytrot.com

November 24
NOLA Dogs to the Rescue 5k
Audubon Park, New Orleans
Active.com

December 8
Celebration in the Oaks
2 miles
City Park, New Orleans
ccc10k.com

Reindeer Run & Romp
1 mile & 1/2 mile
New Orleans, LA
Nolarunning.com

Q50 Races Santa on Trails 5k
Mandeville, LA
Q50races.com

December 14
5th Annual Dashing Through the Dome
2 miles
New Orleans, LA
Eventbrite.com

December 15
Ole Man River
Half marathon & 5k
Gretna, LA
Runnotc.org

December 16
Festival of the Bonfires 5k & 1/2 mile
Lutcher, LA
Festivalofthebonfires.org

MULTISPORTS CLUBS
BNG Endurance
bngendurance.com

BQuick Tri-Dat Triathlon Club
tri-dat.com

RUNNING CLUBS
15th Street Flyers
15thstreetflyers.org

Best Bank Track Club
bestbanktrackclub.com

Chalmette Track Club
chalmettetrackclub.org

Girls on the Run
gotnola.org

Gulf Coast Running Club
Gulfcoastrunningclub.org

Happy’s Running Club NOLA
facebook.com/HappysRunningClubNOLA

Hash House Harriers
noh3.com

Louisiana Ultra Runners
louisianaultrarunners@yahoo.com

Move Ya Brass Krewe
Moveyabrack.com

New Orleans Running Systems
NOLArunning.com

New Orleans Track Club
runNOTC.org

Ochsner Running Club
www.ochsnerfitness.com

Pacers Fitness
facebook.com/pages/Pacers-Fitness/106072839446413

Varsity Sports
varsityrunning.com

YMCA Running Club
ymcaneworleans.org

December 29
Laketown Distance Festival
10 mile, 10k & 5k
Kenner, LA
Nolarunning.com

January 6
112th Anniversary Jackson Day Race
9k
Arabi, LA
Runnotc.org
Sleep Hygiene - How to Get a Good Night of Z's

More than half of men and women over the age of 65 complain of a sleep problem. Many middle-aged and older people sleep less, wake up multiple times a night and end up not feeling rested in the morning. This article will discuss the common causes of sleep disorders and how to restore a good night’s sleep by practicing good sleep hygiene.

Causes of Sleep Problems
Several factors may contribute to the inability to sleep well as we get older. Probably, the most common cause of sleep disorders is poor sleep habits. Examples include the consumption of alcohol and caffeine before bedtime, increased wakeful time in bed or late afternoon napping can also affect a person’s ability to sleep. One of the causes that so many of us don’t recognize as a factor includes overstimulation with late-night activities such as television.

There are medications such as the use of diuretics or water pills that may impair a person’s ability to fall asleep or stay asleep and may even stimulate wakefulness at night. There are also medical conditions such as hypertension, diabetes and depression that are frequently accompanied by difficulty with sleep. Finally, there are sleep disorders such as obstructive sleep apnea and restless leg syndrome causing sleep problems.

Restoring Good Sleep Hygiene
Begin by having a fixed bedtime and wake time. The body “gets used” to falling asleep at a certain time, but only if this is relatively fixed. Even if you are retired or not working, this is an essential component of good sleeping habits.

Avoid napping during the day. It is natural to feel sleepy at the end of the afternoon. Avoid the temptation to take a nap at this time, as you will certainly have a problem getting to sleep at night. If you do take a late afternoon nap, limit the nap to 30-45 minutes or avoid going into a deep sleep where you start dreaming.

Avoid alcohol and caffeine 4-6 hours before bedtime. Many people believe that alcohol helps them sleep. While alcohol has an immediate sleep-inducing effect, a few hours later, as the alcohol levels in your blood start to fall, there is a stimulant or wake-up effect.

Exercise regularly but not right before bed. Regular exercise, particularly in the afternoon, can help deepen sleep. Strenuous exercise within the two hours before bedtime, however, can decrease your ability to fall asleep.

Find a comfortable temperature setting for sleeping, and keep the room well ventilated. If your bedroom is too cold or too hot, it can keep you awake. A cool (not cold) bedroom is often the most conducive to sleep.

Block out all distracting noise, and eliminate as much light as possible. Use blackout curtains to keep the room dark and avoid sunlight entering the room early in the morning.

The bed should be only for sleep and sex. Don’t use the bed as an office, workroom or recreation room. (Sex is excluded from this caveat!) Let your body “know” that the bed is associated with sleeping.

Try a light snack before bed. Warm milk and foods high in the amino acid tryptophan such as bananas may help you sleep.

If possible, don’t take your worries to bed. Leave your concerns about job, school, daily life, etc. behind when you go to bed.

Establish a presleep ritual. Presleep rituals such as a warm bath or a few minutes of reading can help you sleep. Avoid reading thrillers or reading that may stimulate your brain making it difficult to get to sleep.

When all else fails, if you don’t fall asleep within 15-30 minutes, get up, go into another room and read until sleepy. Most people wake up one or two times a night for various reasons. If you find that you get up in the middle of the night and cannot get back to sleep within 15-20 minutes, then do not remain in the bed “trying hard” to sleep. Get out of bed. Leave the bedroom. Read, have a light snack, do some quiet activity or take a bath. You will generally find that you can get back to sleep 20 minutes or so later.

**Bottom Line:** Good sleep is part of leading a healthy lifestyle. Practicing good hygiene is part of being able to get to sleep and staying asleep. If these simple measures don’t work, consider speaking to your doctor.
New Orleans Heart Walk

American Heart Association
Heart Walk

November 17, 2018
LaSalle Park
Dr. Burkenstock’s Skin Body Health

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