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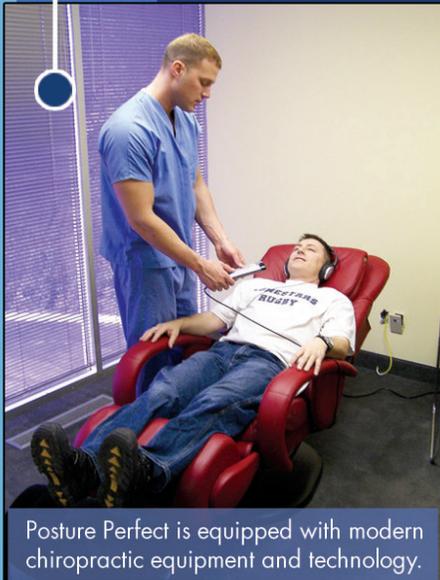
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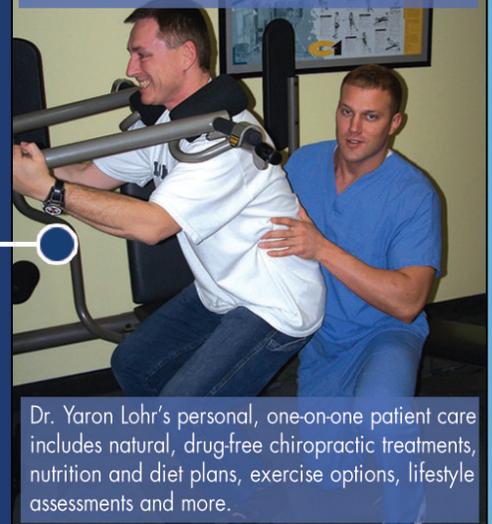
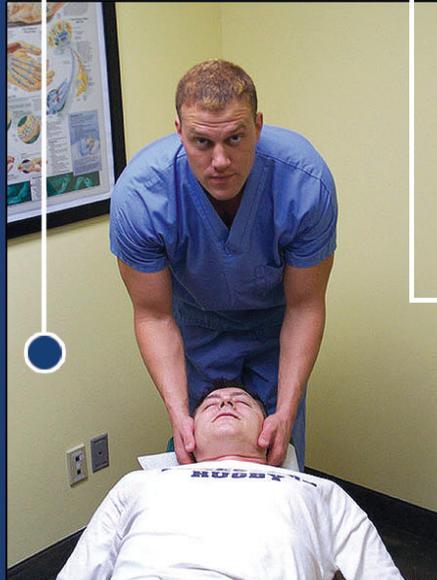
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Jeffrey Life, MD, age 67, after CeneGenics
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Peaceful easy feeling

Forget the spiritual component. Modern yoga is about flexibility, strength and weight loss

By Arnold Wayne Jones

Say the word “yoga” to someone unfamiliar with the practice, and one of two images will likely come to mind: Either that of a lean, limber man from the subcontinent twisting himself into a human pretzel or of suburban soccer moms pulling up to a studio in a minivan.

The reality is, both are accurate in their way. But they do not reflect some of the modern trends in yoga.

“Traditionally, yoga classes have been 87 percent female,” says Helen Stutchbury, director of marketing for SunStone Yoga and an instructor at its Routh Street studio. “But we have noticed that 25 percent of classes — sometimes lately even as much as half — are men. That’s very unusual outside the Castro District.”

What accounts for the influx? Two things, Stutchbury says: Men are learning that yoga reduces stress, and that it is great for weight loss — which many post-holiday revelers can appreciate.

“People think that they’re going to get a good workout, but students tell us about these changes they make in their lives, too,” she says.

If you’re thinking Stutchbury is referring to the touch-feely spiritual component, she’s not. Some studios are very dogmatic, she says. “They say yoga is 5,000 years old — why should we change it? Because it’s not 5,000 years ago. We live in a hyper-competitive, stress-filled world,” she says.

SunStone, tries to steer away from the emphasis on meditation and religious enlightenment and concentrate instead on awareness of the body — something many exercise programs disregard. Just think of how many gyms have TVs in front of their equipment and you get the idea.

“Your mind can still churn while you’re running, making grocery

lists in your head,” Stutchbury says. “With yoga, that’s impossible. Because a lot of the postures are focused on balance,

you need to be completely present.”

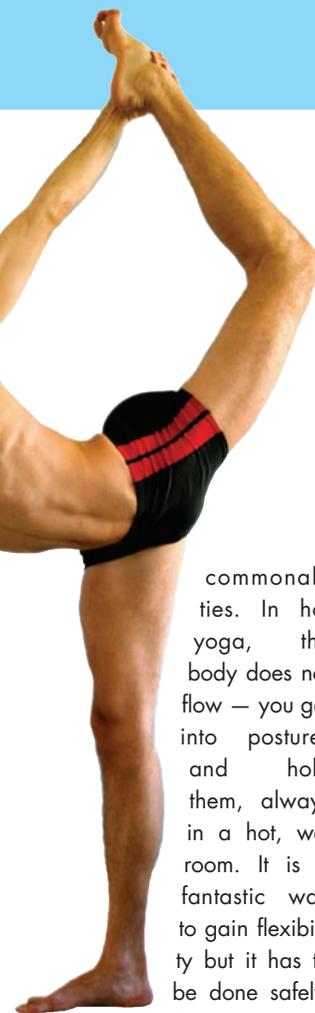
Various disciplines have developed under the umbrella of yoga. One type, hatha, simply means “postures,” but in modern parlance, “it’s a term that talks about your grandmother’s yoga — very simple,” she says. Ashtanga involves fast-moving poses, kundalini emphasizes breathing and vinyasa is all about flowing movements (the routine typically changes with each session). But Stutchbury says most men respond to a program she calls “pain-free yoga.”

Yoga has typically appealed to women more because they tend to have greater inherent flexibility. But men needn’t be scared off by the contortions practiced by Hindu mystics — those are extreme postures that aren’t necessary to achieve the benefits of a less taxing routine. In fact, yoga actually builds strength and promotes health. (Flexibility, she says, is one of the proven factors in longevity.)

Men tend to gravitate toward hot yoga, because the effects can be visible more immediately.

“A typical practice in a hot room will burn 500 calories an hour,” she says. “Men show the weight-loss benefits faster than women — they can lose 30 lbs. in a couple of months. For women it happens slower but they tone more.”

There are several different hot yoga styles, all derivative of the Bikram style, but all share several



commonalities. In hot yoga, the body does not flow — you get into postures and hold them, always in a hot, wet room. It is a fantastic way to gain flexibility but it has to be done safely, she says.

“The thing about Bikram is, the postures are so static that as people get bored or restless, the only thing you can do to mix it up is increase the heat,” Stutchbury says. “Some turn it into a competition — ‘We’re at 115 degrees and even had seven students pass out!’”

She doesn’t recommend such extremes, saying SunStone’s hot yoga is practiced at 98.6 degrees at 60 percent humidity.

“It is freeing for people who have not done much exercise before — it surprises them how hard it is. They are bulky and tight but they have no flexibility at all. To be in that heat is a very good feeling for guys,” she says.

But whatever system people use, Stutchbury can’t say enough about the benefits of yoga.

“Do your postures, learn to breathe and relax,” she says. “Everything else will follow.”

Yoga models on cover: Britt McEachern, Chris McGraw, Travis Gerhart (above) and Elizabeth Criner. Photographed by Terry Thompson at SunStone Yoga Studio.

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Not-so-basic training

Eric Peay puts his chiropractic patients on a new road to wellness

By Steven Lindsey

Eric Peay combines his chiropractic background with a demanding exercise program for the intensive Booty Camp.



Photo by Debra Gloria

Who wouldn't like to wake up with a handsome young doctor every morning?

Before you answer too quickly, consider these additional requirements. You have to get up at 4:30 a.m., commit to intense daily workouts for three consecutive weeks (including a stiff financial penalty for missing a class) and be prepared for various forms of physical torture, including push-ups, crunches, jumping jacks, running, bear crawling and pull-ups.

Still intrigued? Then Booty Camp may be just what the drill sergeant ordered.

Inspired by a patient who needed motivation to lose weight, Eric Peay came up with the idea to create a workout program that would be motivational, effective and most importantly, safe for a variety of patients with varying degrees of pain and health problems.

When Peay began CoreHealth Chiropractic, his goal was to create an environment where he could spend plenty of time with every patient and develop treatment plans so that they don't have to see him as frequently.

"If a patient has good core strength, they're not going to need as many visits," Peay says. "I want them to get to the point where they can come in once every few months rather than several times per week."

The main goal of Booty Camp is to increase core strength through health, nutrition and fitness. His simple philosophy for everyone: get chiropractic adjustments, eat right, exercise and drink plenty of water.

"Then you may just start viewing life in a different way. It sounds ridiculously easy, but people can't see how important it is unless I get down and do it with them," Peay says. "It's also essential that they learn how to do exercises correctly to protect their spines and strengthen their cores."

Originally named Body Boot Camp, it was affectionately renamed Booty Camp by the participants because of the emphasis on keeping the butt tight during every exercise.

The class meets at Turtle Creek Athletic Club promptly at 5:30 a.m. Monday through Friday for three weeks in a row. Participants must join TCAC to use the facilities, but because of the partnership with Peay they are able to get a discounted monthly rate and initiation fee and month-to-month terms.

For the first tour of booty duty this past January, eight brave souls enlisted in the program. They ranged in age from 27 to 58, and each person had different goals and different physical hurdles to overcome, all of which

Peay had intimate knowledge of.

Debra Gloria, 45, was referred to Peay for knee pain after training intensely for a year.

"I didn't realize the importance of chiropractic health, but once I added chiropractic treatments to my training regimen I saw and felt a tremendous difference," Gloria says.

During the three-week session, Gloria lost both weight and inches. "My energy went up during the second week. I wanted to make better food choices to work out better every day. My confidence level now is so high," she says.

Eric Pratt, 43, is what some might call a workout fanatic. He first saw Peay for severe shoulder and back pain, which were both eliminated through chiropractic treatment.

Booty Camp helped Pratt increase his endurance, as well as understand what he was doing wrong when he worked out on his own.

"Even someone like me who works out all the time, I have weakness and when you have someone to watch what you are doing, they can correct your errors," Pratt says. "What a person may think they are doing as far as lifting and what they are really doing can be two different things."

See **CAMP** on **PAGE 9**

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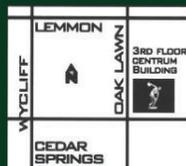
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You look flawless

Thinking of getting your first facial? Not all hotel spas are created equal

By Howard Lewis Russell

The Spa at the Crescent's treatment room, above right, is as soothing as their signature "Gentleman's Facial."

Like most men, gay or straight, I'd somehow managed to live quite a few years without ever having had a professional facial. But in recent years, day spas have popped up fast as mushrooms in Dallas, and rumors run rampant about how fabulous the soon-to-open Ritz Carlton Spa will be (followed closely on its heels before decade's end by the sumptuous Mandarin Oriental Spa). Was it just me, or had the hotel luxury spa become, for our new millennium, what in-house fitness centers were to the '80s and computer business centers to the '90s: A ubiquitous hotel necessity?

Whatever the reason, the time has obviously come to take the face-plunge.

Call it survival of the most luxurious, but no hotel dares open its doors anymore without a full-service spa offering every form of pampering imaginable — some all but unimaginable. From triple oxygen treatments to super sleeping peels; from anti-cellulite wine baths to lymphatic drainage massages; from shrink wraps to salt scrubs — if you've got the cash, there's nothing too bizarre that can't be attempted on your body in the name of beauty. As the Japanese proverb goes, "Just as your eyes are the mirrors of your soul, your skin is a reflection of your health." (And as Mae West added, "Too much of a good thing ... can be wonderful.")

There aren't many ways one can legally buy an hour's pleasure with a total stranger and remain guilt-free. It's the "intimate strangers" factor that probably scares most men away from facials in the first place. But I decided to check out three uptown hotel spas to see what, if anything, I'd avoided all my life.

The Spa at the Crescent

"Your aesthetician will be with

you shortly."

Aesthetician?

It sounded so ... painful. I trembled in my plush robe as Renita graciously introduced herself and led me to a private room with a contoured, heated bed and soothing piped-in music. The lighting was dim and relaxing. For the next 50 minutes, Renita

and I were alone together as I crawled under the warm sheets and entered heaven. Renita was a dream as she pampered me with the spa's "Gentleman's Facial."

The main purpose of a facial is simply to exfoliate dead skin. Men are generally lucky in that, by shaving every day, their jaw lines remain smooth well into middle age. But Renita pointed out that around the nose and cheek areas most men need help.

Her men's treatment began with an overall facial cream cleanse, followed by a toner "for balance," an exfoliation scrub, a serum steam to open pores followed by manual pore "extractions" (the popping of blackheads and whiteheads). She finishes up with a facial massage for stimulation, an eye mask for hydration and to decrease puffiness, a clay-based mask mixed with a rejuvenating cream, an eye gel for fine lines, and finally a hydrating serum and a moisturizing anti-oxidant sun screen. Cost: \$105 for nearly an hour.

When it was over my face looked like it did when I was 19. What *had* I been missing all these years? Were all facials as good as this?

Bliss Spa at the W Hotel

Located on the 16th floor of the Victory W Hotel, like an aerie in



photo courtesy of The Crescent Court

the sky, is Bliss. Sunlight floods the relaxation room where you await your aesthetician (I'd grown to like the word) while nibbling from a buffet of cheese and crackers, brownies and lemonade.

Candace greeted me every bit as graciously as Renita up the road, and at 85 minutes she even threw in a foot massage.

Bliss' menu is more tongue-in-cheek than the Spa at the Crescent. Its men's "Homme Improvement" facial is described thus: "This very virile, absolutely masculine version of our triple oxygen facial is performed with lots of hot towels, a series of scrubs, some amino acids, and an anti-ingrown hair follicle calming mask."

Very butch, but also very fey. And very gay.

At \$150, it cost the most, but ran nearly an hour and a half, all of which was sheer delight.

Za Spa

The Za Spa at the Hotel ZaZa also aimed for fey butchness but missed the mark. In contrast to the celestial ambiance of Bliss — with its sky-blue walls and painted clouds — Za Spa feels almost subterranean. It revels in a sort of Far East rococo décor that can best be described as Angkor Wat meets the Addams Family: all heavy

draperies, dark woods, dripping candelabra, beaded fringe chandeliers and walls of gloomy cinnabar and ochre. Everything is illuminated in a sort of Moorish murk, like Cher during her Goth period. As I waited in the "relaxation room," I half expected a monkey to offer me a plate of poisoned dates, or my aesthetician, Morticia, to appear in a sari.

Alas, no such luck. My facialist seemed disengaged from the task, like someone who had better things to do. (Half-way through my treatment, she flatly announced,

"Be back in a few — I'm gonna take a cigarette break.") It was unsettling enough that the bed had all the comfort of an autopsy slab, but at the end of the hour my face felt exactly the opposite of clean — it felt greasy. Afterward, I paid the \$95 (plus gratuity — the least



Photo courtesy of Bliss Spa

Bliss Spa at the W Hotel takes a tongue-in-cheek approach to facials but the setting is wonderfully serene.

expensive of the lot) and promptly fled home to scrub my face.

Tremendous success on two out of three excursions probably ain't bad, but I learned a good rule of thumb when choosing a spa: The more famous the hotel is, the better its spa services seems to be.

CAMP

Continued from Page 9

For Mary O'Keefe, 58, there was a bit of hesitation that she might not be able to keep up.

"I now can actually do crunches without feeling like I am going to toss my cookies and I can also do pushups now. I definitely feel the benefit and see the difference in my clothes already," O'Keefe says.

In order to get the full experience for this story, I joined Booty Camp and observed dramatic changes in both my fellow campers and myself. Over the course of the three weeks, I lost more than 12 pounds and have completely changed my eating habits.

The group dynamic is a huge reason the program succeeds. Like regular military boot camp, everyone's actions affect others. If one person shows up late, he may end up doing push-ups in front of the class. Or he might get to sit while

the rest of the class runs laps as punishment for his behavior.

Even though Peay rules the class with an iron fist (and a rather loud whistle), it is never an intimidating or humiliating experience.

"I was always amazed at the dedication we all had as a group to succeed," Gloria says.

"There has been a visible change in the participants from Day One, visually and more importantly mentally," says Billy Young, managing partner at TCAC. "I see it every morning when they arrive and when they leave. The camaraderie among the participants and Peay is obvious. I also like how he mixes up the program where it's not the same thing day in and day out. From my observation, each day brings something new which obviously keeps it fresh and challenging... and I especially like when he blows his whistle!"

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System reboot

One of the best ways to feel, be and look healthy is a detoxification program

By Arnold Wayne Jones

George DeJohn, above, created a 21-day purification program that requires eating lots of fresh fruit and vegetables.

It's possible to look fit but not feel fit, or to feel good but not look good, but the real goal for most people is to be healthy.

And when it comes to the modern lifestyle, getting your body in shape takes more than just working out. That's what led George DeJohn, a nutritionist, radio host and personal trainer, to develop a three-week purification program.

The principal underlying the program is that eating inexpensive whole foods for 21 consecutive days — at least the right kinds — can detoxify the body, reduce fat and increase energy.

And for David Ellis, the system has worked well. In fact, he's done it three times over the past year and a half and has noticed a marked improvement in his health.

Ellis first learned of the program when he and his partner, Howard Okon, hired DeJohn as a trainer.

"I started with him because I have a bad back and needed him to fix it," Ellis says. "George said, 'First you need to strengthen your back and your core and lose some weight around your middle.' I've become a lot more fit — my appearance has changed, and the effect on me has been that I've had a lot less pain in my back."

The detox portion of the regimen has gone hand-in-hand with the exercise, Ellis says. Although it's not a diet specifically focused

on weight loss, "if you do it right, it will help you lose weight." He estimates he has lost 25 pounds since beginning, and attributes most of that to the periods he was undergoing the purification.

For the first half, participants almost exclusively drink fruit and protein shakes and eat lots of vegetables. The second half includes all that "plus you're eating specific proteins like salmon or chicken," according to Ellis.

And you eat a lot. DeJohn subscribes to the philosophy that many small meals regularly throughout the day are better than one or two big ones. But, like Atkins, the program also requires strict adherence to the rules.

"If you follow George's advice, especially to continue to eat throughout the day, it is not difficult. You schedule three or four snacks a day, whether it be cauliflower or strawberries, and eat before you get hungry," Ellis says. "If you allow yourself to get hungry, I see why they cheat and

have a piece of chocolate pie."

The first time Ellis did the detox, he admits he cheated and didn't keep up with the daily cardio requirement (the regimen also involves taking dietary supplements, most of which are included in the program price). That time, he didn't lose as much weight. But, he says, it's actually easier to do than it may sound.

"If you do vary from eating exactly what you're supposed to you can feel the effect," he says. Your body talks to you."

But if you learn to listen to what it's saying, the results speak for themselves.

For more information on the program, visit Georgedejohn.net.



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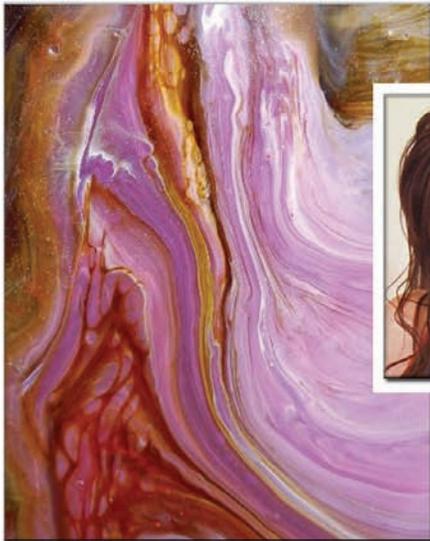
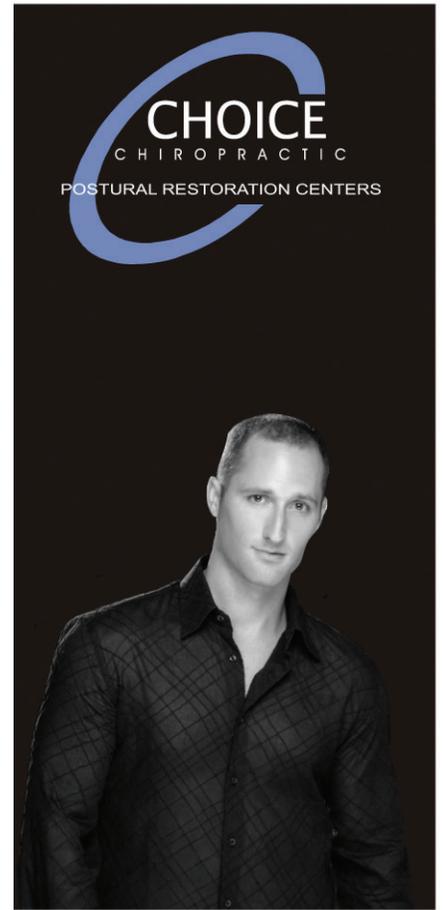
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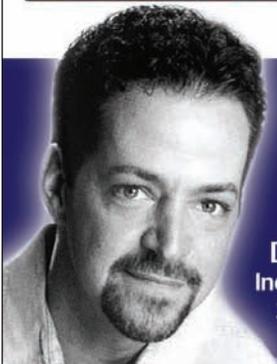
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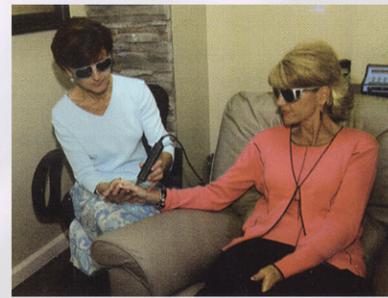


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What to Expect after You Stop Smoking

- After 20 minutes: your blood pressure and pulse return to normal.
- Within 8 hours: nicotine and carbon monoxide levels in the blood have been dramatically reduced, while oxygen levels in the blood return to normal.
- Within 24 hours: carbon monoxide has been eliminated from your body and your lungs start to clear out.
- In 48 hours: there is no more nicotine left in your body; your sense of taste and smell is greatly improved.
- Within 72 hours: breathing becomes easier as the bronchial tubes start to relax; stamina will improve.
- 2-12 weeks: your circulation improves, making walking and running easier.

Reasons to Stop Smoking

- To look and feel better
- To stop breathing the poisons in tobacco smoke
- To lower the risk of heart attack, stroke, cancer and other smoking related diseases
- To be free of nicotine addiction
- Family and friends won't be exposed to my smoke
- Less cough, flu and chest infections
- To feel good about myself for quitting
- Breathe easier

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Frequently Asked Questions

Will I Gain Weight?

Most clients report no weight gain. The laser can also be used as an appetite suppressant if this is a concern.

Does it hurt?

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Will it work if I have been smoking more than forty years?

It doesn't matter how long you have smoked or how many packs a day you have smoked. We have helped long time smokers and individuals who, like Anne Penman, have smoked three packs a day and quit with Laser Therapy.

How long is the process?

Success is usually quite rapid. Most clients Stop in just one session. Others may utilize The additional 2 sessions to maximize their Success. The initial treatment is approximately 45 minutes, and follow up treatment is 30 minutes. During the treatment, you will feel relaxed and comfortable. You will be able to return to your normal routine immediately after the treatment.

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Turning back

Thee Viron Roe can help you look younger

You don't need to *be* young and slim as long as you know how to *look* young and slim. And Thee Viron Roe can help out.

Roe spent more than seven years working under Jose Eber, and for the past six years, he has snipped, dyed and trimmed at the Salon at Stanley Korshak. He's even coiffed celebs like Kathy Bates and Faye Dunaway, so he knows a lot about making people look their best.

"Men are starting to get it — they request facials, manicures, pedicures," he says. But even in a post-"Queer Eye" world, a lot of men are hesitant to request a male makeover.

"Makeovers are always geared toward women," he says. "Big fashion designers need to do more clothes for men. And the word 'metrosexual' works my nerves — come out of the closet!"

There are many tricks of the

trade, however, that men can use to make themselves look young and fit without hitting the gym.

"Number one, you can always tweak your eyebrows," Roe says. "Not too much, but just clean it up." He suggests going to a professional for waxing rather than plucking yourself. "You don't want to look like a drag queen — unless you are one."

The same trimming policy holds true for other facial hair. Moustaches and beards can easily grow out of hand, but keeping it close-cropped can make you look cleaner — and younger. "Take it down if it's too full — it takes years off," he says.

As many men start to go gray, they worry that coloring it dark will make them seem vain — one day they are gray, the next they come into the office with black hair and everyone *knows*. But you don't

need to be so dramatic.

"Use highlights," Roe says. Adding layers of subtle color throughout your hair will create depth and won't happen so quickly that it draws attention to the changes. Coloring also adds volume by thickening the hair follicle.

The number one "no" in doing a successful male makeover, according to Roe: No comb-overs ever. If your hair is thinning, "Just say goodbye and cut it short," he says. And consider highlights to make your hair more voluminous.

One of the best ways to look



your best is to have healthy skin, which is as easy as a good diet.

"Drink lots of water and eat apples," Roe says. "I had very bad acne in my younger years and my dermatologist told me water and apples would help — and it did. All fruit is good." So are jalapenos, he

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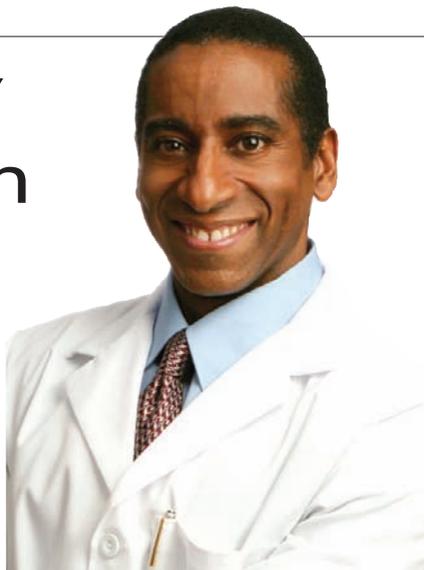
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says, which are full of vitamin C. (He eats several every day.) Also add vitamins C and E to your diet. And to remove wrinkles around

the eyes, there's always the old stand-by: Preparation H. After all, sometimes nature needs a little help. — Arnold Wayne Jones

Beauty through diet



Every January, people promise to eat right and exercise then forget. But Dr. Raul Rodriguez of Rejuvenex Medical & Cosmetic Spa suggests five eating tips that may keep you looking younger without having to go under the plastic surgeon's knife.

1. Eat good fats, like Omega 3 found in fish oil and wild salmon (3-5 grams a day). Get monounsaturated oil (extra virgin olive oil is the best), or snack on almonds to get your good-fat fix.

2. Avoid bad fats, such as trans fats found in processed foods, hydrogenated oils used in fast food and saturated fats (those solid at room temperature). These can make your cells age prematurely, causing them to become stiff and inflexible.

3. Eat colorful fruits and

vegetables, especially darkly colored ones like blueberries, spinach, broccoli and romaine (not iceberg) lettuce. These are loaded with antioxidants that save your cells and aid in their repair.

4. Take youthful supplements, like zinc and vitamin C, which are necessary for good collagen production. Chromium and melatonin (3 mg at bedtime) are also good.

5. Finish eating at least four hours before bedtime — especially carbs. This practice keeps nighttime insulin levels low and allows your body to make more human growth hormone.

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Ancient Chinese secret

The Far East treatment called acupuncture is gaining a hold in Western medicine

By Arnold Wayne Jones

Karim Harati-Zadeh treats himself with acupuncture on a weekly basis, and has used it since he was a teen to relieve allergies.

Characterizing acupuncture as “new age” medicine requires a somewhat peculiar idea of what “new” means — it has been traced back 2,000 years to China. But whatever label you give it, acupuncture is more popular now in the West than it has ever been.

Although some critics have dismissed the efficacy of acupuncture, Karim Harati-Zadeh happily treats patients all the time. He practices only evidence-based acupuncture — that is, treatments supported by scientific research. Indeed, Harati-Zadeh says many of his patients work in the medical field as nurses or doctors.

It probably doesn't surprise devotees of non-traditional, homeopathic or Chinese medicine that acupuncture has been shown effective in relieving pain, but “in the past 10 years, the Journal of the American Medical Association has done many medical research studies” into acupuncture and have found it effective in treating a variety of disorders, he says. Everything “from irritable bowel syndrome, diarrhea and skin problems” have responded to acupuncture.

Harati-Zadeh gives himself a treatment once a week, and has been a patient of acupuncture since he was 14 years old. Back then, he suffered from chronic sinus infections and allergies, but after seeing an acupuncturist recommended by his pediatrician, he ceased having those problems.

Is that right? Acupuncture can relieve *allergies*? Yes, he says. Indeed, some conditions he treats include:

Generalized pain. “Neck, shoulder and knee pain are frequently treated, as are arthritis and tendonitis,” he says. It is also used for muscle spasms.

Bursitis. “Every joint has bursa on it — there are 14 on the knee.

They are sacs that when they fill with fluid after repeated trauma, causing bursitis,” he says. Hip, knee and shoulder treatments are common and effective.

Appetite suppression. Two tiny silver balls on the ears, plus a few pins in the belly and feet, can minimize hunger pangs.

Insomnia and relaxation. Along with pain, these are probably the most common acupuncture treatments.

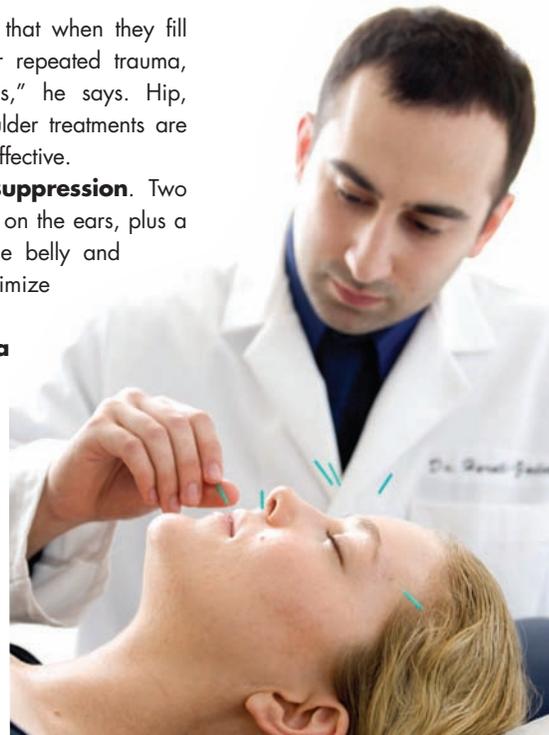
Treatment is based on the concepts of *chi* (the life force in all humans) and the existence of several different meridians in the body, each corresponding symmetrically to an organ in the body. These meridians provide the practitioner with “acupoints,” where energy can become blocked.

It's not as spiritual as it may sound. Anyone who's ever had a massage knows that stimulating areas of the body can release tension and create feelings of calm. (For more on reflexology, see story on Page 18.) Acupuncture (and the related acupressure) operates on similar principles.

“Acupuncture was discovered by the Chinese when looking at war wounds,” Harati-Zadeh says. “They started using stones and bamboo without puncturing the skin. Needle acupuncture took it to a new level.”

The acupoints are very close to nerve endings, and the practitioner needs to know exactly where to place the needles. They feel for certain landmarks on the body — “There are hundreds of acupoints,” Harati-Zadeh says.

The needles used are hair-thin,



and there is virtually no pain associated with the procedure. And the idea of looking like a pincushion is an exaggeration. Harati-Zadeh uses a few carefully-placed needles rather than dozens (“More is not better”), and they never need to stay in more than 20 minutes (“That's the maximum,” he says).

Usually a series of sessions are required for results to manifest. For instance, Harati-Zadeh says that he routinely treats patients with hypertension; after three or four visits, their blood pressure normalizes.

Some patients don't realize that placement of the needles often has little to do with the area being treated. “If you have pain in your wrist, the acupoint for that is not necessarily on the wrist,” Harati-Zadeh says.

So where would you expect to have the needles inserted? “I would put them around the ankles,” he says.

Karim Harati-Zadeh with Spectrum Chiropractic, 3303 Lee Parkway, Suite 404. 214-520-0092.

FITNESS FOR YOUR SKIN

Latest ways to tone and buff at state-of-the-art spa

Now that 2007 is well underway, many of us have started on our New Year's Resolution to hit the workout trail. But what's the point of having that great body without the glowing, polished skin to show it off?

"Our clients see smooth skin as the 'crowning touch' of their look," says William A. Moore, clinical director of Advanced Skin Fitness in Uptown. "We give our clients buff skin they can be as proud of as a buff body."

Naturally each client's needs and expectations vary, and ASF clinicians are uniquely qualified to recommend the right combination of treatments. All therapies take place in a state-of-the-art medical spa environment.

Laser Hair Removal* Training and certification can vary quite a bit from spa to spa. For instance, Moore was one of the first 10 clinicians in the country to hold board certification through the Society for Clinical and Medical Hair Removal.* ASF uses the latest Candela laser technology known as the GentleLASE® process; the treatment works for both men and women, tanned skin and skin of color.

ASF client Scott Beseda says that having laser hair removal around his jaw line was "the best money I've ever spent." Like many men, Beseda found shaving the sensitive neck area continually produced irritation, especially for someone with a heavy beard.

"Mine was so bad I had to change my blade every two days," he says. "Three of my friends have done it and they love it too."

Skin Resurfacing* A myriad of conditions can mar skin's natural beauty. Acne scarring, enlarged pores, uneven pigmentation, sun damage, fine lines and wrinkles, or dull, oily, leathery texture — all are treatable at ASF. The latest, greatest kid on the block is Fractional Skin Resurfacing with the Alma Pixel®, an FDA-approved laser for aged, scarred and photo-damaged skin.

Realtor Debbie Sutton recently experienced her first photorejuvenation and is openly amazed: "I love it. I had so much damage — I was a sun worshipper and spent every available moment soaking up the rays. After one treatment, my skin is already a whole new color. Bill Moore is a great clinician — I'll sing his praises all day long."

Another effective resurfacing technique for many skin types is microdermabrasion, which mixes gentle abrasion with tiny crystals to remove the dead, outer layer of skin.

In fact, client Scott Beseda's first visit to ASF was for microdermabrasion and chemical peels. He recalls, "I had some scarring and someone suggested I try it and, yes, it worked. But then I also noticed how much clearer and younger looking my skin was overall — so I keep going."

ASF also offers a generous array of acids, chemicals, enzymes and peels for skin therapy. Clients have the option of adding an acid, or combination of acids.

Some of ASF's lauded skincare lines include SkinCeuticals, Obagi and Dermaware, as well as some holistic products from Pure Intentions and the M'lis Company. The spa offers skincare options from cleansers and serums to green tea and body detoxification programs.

A Kinder, Gentler Cure for Acne*. The most recent addition to ASF's skincare arsenal is Clearlight™, which utilizes a high-intensity, unique spectrum of light to destroy skin bacteria on any area of the body. There is no downtime and it's a great alternative to Accutane.

Other Lumps and Bumps Along the Way*. Just as unsightly as acne, scars or age spots, broken capillaries and spider veins can mar the skin's surface. These too are treated with the latest laser technology at ASF, which also offers VelaSmooth for non-invasive body contouring (goodbye love handles).

"Whatever it takes," assures Moore, "We're here to give your skin the ultimate workout."

— A.M. Davis

*The ASF website, www.advancedskinfitness.com, offers detailed information about procedures and product, and ASF clinicians' qualifications.



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What you knead

Wonder how to get the most from a (legitimate) massage? Here's what you should know

By David Taffet

A HAPPY ENDING? Joe Andrews says all massage therapists in Texas have to learn Swedish, but most practice a variety of techniques to individualize their treatments.

"Swedish, shiatsu, deep tissue, sports, myofascial." Flip through a list of massage ads, and you'll see all those terms. But what exactly do they all mean — and which one is best for what ails ya? Here's what you need to know before you ask for a rubdown.

Chances are good that if you don't specify a style of massage, you'll find yourself on the receiving end of a Swedish. That's because Swedish is required for licensing in Texas, according to Joe Andrews, a massage therapist. Swedish might be the way to go — it usually features oils and lotions, is the best style for simple relaxation, and employs five basic strokes: kneading, gliding, friction, vibration and percussion.

But relaxation isn't always the goal of a massage. Steve Reedy, who has been a masseur for more than four years, says Swedish provides little benefit to the muscular system. He describes his technique, "neuromuscular therapy," as good for chronic pain, improved posture, recovery from surgery or car accidents or

migraine headaches. His method is more rejuvenating than relaxing, Reedy says.

Deep tissue and sports massages also work the muscles. Deep tissue massage helps with chronic muscular pain and is often used for those recovering from injuries or suffering from inflammation caused by arthritis or tendonitis.

A sports massage is designed to enhance both athletic performance and recovery. This fast-paced technique has two components: A pre-workout massage compliments a warm-up by increasing blood flow to the muscles to prevent injury. A post-exercise massage helps cleanse tissues of toxins by releasing spent fluid to allow fresh, oxygenated blood to relieve muscle pain.

Andrews says that experienced therapists develop their own methods, incorporating a variety of techniques to suit specific needs. He will do a chair massage in an office, which he describes as "modest and quick, concentrates on upper body and is a good conversation piece." He says it is effective in relaxing neck and shoulder muscles that tighten after hours sitting in front of a computer screen.

Jay Green specializes in myofascial and deep tissue massage, which he recommends for chronic pain, headaches and trauma caused by accidents. "It uses more pressure but shouldn't hurt," he says. As in a sports massage, the pressure increases blood flow. For headache relief, Green says he relieves tension in the neck by applying pressure to the place where muscles attach at the base of the skull.

Trained in a variety of methods, Jonathan Clements also adds features to his massages upon request that are usually available only at spas. Body wraps, sugar scrubs and facials compliment a deep tissue massage, he says.

Clements describes a body wrap using clay and aloe vera as a good detox treatment. After the paste goes on the skin, he wraps his client in Mylar for 20 to 40 minutes. As body temperature rises, sweat drains toxins from the lymph system.

With a mixture of brown sugar and lotions, his body scrub also removes the top layer of skin cells. A shower completes the exfoliation, which he follows with a massage. The skin is now prepared to absorb more of the cream and lotion used during the massage.

Most massages are done on a table. Swedish usually begins lying down with the body draped by a sheet. Myofascial is more participatory, with the client moving into a variety of positions. Shiatsu, done with knuckles, palms and the feet, is usually performed on a mat with no lotions or oils.

Therapists agree that clients get the best massage by talking about what they are looking for before beginning. Tell your masseur if you sit in front of a computer at the office all day or work out regularly; let them know where you have knots or aches; and share any medical conditions with them. A massage that increases blood flow might also change how the body metabolizes insulin, which diabetics should know. Taking an injectable medication? The therapist should avoid the injection site. Those in recent accident might want to obtain a medical exam from a doctor before getting a massage that could compound the injury.

And don't be afraid to experiment with various techniques. What begins as a Swedish massage for relaxation may change into some deep tissue work to release toxins or myofascial technique to relieve knotted tissue. The benefits and uses are almost endless.



Photo by Arnold Wayne Jones



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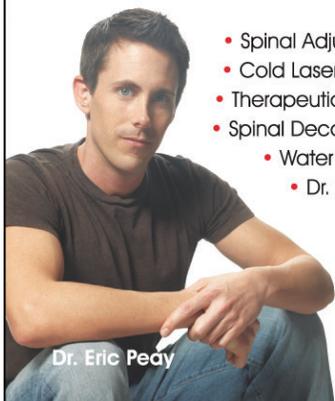
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Brace yourself

Adults looking for dramatic makeovers have something to smile about

By Steven Lindsey



For most American teenagers, there's one rite of passage that can be as traumatic as the end result is rewarding — not sex, but good ol' dental braces. But with more choices and many affordable financing options, there is a growing trend in adults getting braces to correct crooked teeth and cavernous gaps.

They're in good company: Some of Hollywood's most famous ladies all had braces as adults, including Janet Leigh, Linda Evans, Diana Ross, Carol Burnett, Whoopi Goldberg and Tom Cruise. And the wildly popular *Ugly Betty* has brought even more mainstream attention to the reality of braces for the over-18 set.

But you don't have to be a "metal mouth" like Betty to fix that bite. Other choices include lingual (behind the teeth), ceramic or clear braces and the ever-trendy Invisalign brand.

Oak Lawn-area dentist Paul C. Dunn has been practicing orthodontics for 32 years. While he estimates that only about 5 percent of his braces patients are adults, he says that the number increases every year. "Some have had braces before and other are first timers," Dunn says.

Steven Boening had worn braces three times before getting his fourth set at age 35 after

determining that veneers weren't practical.

"My teeth were getting very spaced out and veneers were going to be about \$15,000 just for the front teeth," Boening says, so braces were a relative bargain at \$5,000.

His entire bite was becoming misaligned and he was banging up his front teeth more than he should, "but vanity was the big reason," he admits.

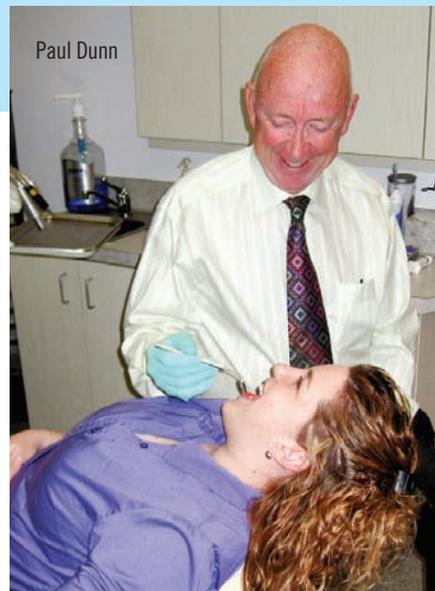
Oddly enough, most people don't even notice that Boening has braces until he points it out.

"Once they do know, they react positively and usually want to know more because they have been thinking about getting them, too. They always want to know my orthodontist's name and how much I paid."

Boening, a vice president for the Bank of New York, speaks for a living and admits it does take a little time to adjust to the new apparatuses taking up residence in his mouth.

"When I am doing a training class I really have to focus on speaking, but sometimes I still sound like Jan Brady."

Twenty years ago, when attorney Carl Johnson decided to get braces at age 40, it wasn't particularly common to see adults



Paul Dunn

with silver smiles. As a child, his parents couldn't afford to buy him braces, so after furnishing them for both his sons, Johnson realized it was finally his turn.

"I felt out of place in the office full of teeny boppers, so I learned to joke about being the oldest living person to wear braces," Johnson says. "However, when the braces were removed and my picture joined the wall of smiley young faces, I was pleased."

For adults with average dental problems, Dunn says to expect to wear braces for 18 to 24 months. He also advises that patients do their homework before investing in braces: "Interview several dentists before you decide and be open and honest about what you want."

In the end, that will leave everyone smiling.



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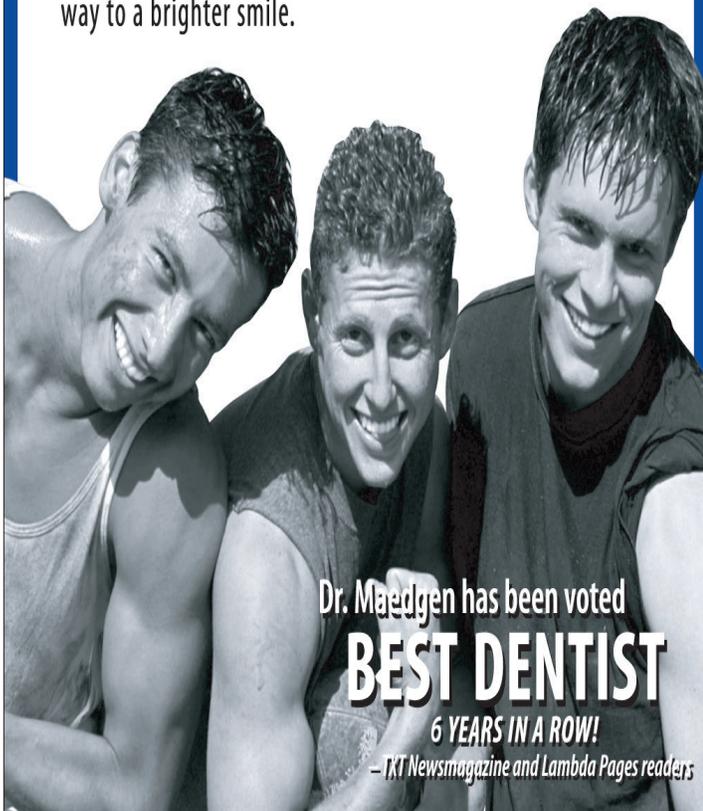
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Gold's Gym International. 2425 McKinney Ave., 214-306-9000; Goldsgym.com; M-F, 5 a.m.-midnight; weekend, 8 a.m.-8 p.m.

Description: The facility, which opened in the fall of 2006, features free weights and resistance machines, a yoga and Pilates studio, spinning and group exercise classes and personal trainers.

Bally Total Fitness. 3232 McKinney Ave. #400, 214-871-7700; Ballyfitness.com; M-Th, 5:30 a.m.-11 p.m., Fri, 5:30 a.m.-10 p.m., weekends, 8 a.m.-7 p.m.

Description: After a workout with a personal trainer, on the track or on more than 45 pieces of cardiovascular equipment or 60 pieces of resistance training equipment, relax in the pool, whirlpool, juice bar or with a massage and browse the retail shop. The Bally store sells fitness products.

Premier Athletic Club. 5910 N. Central Expressway, 214-891-6600; Premierathletic club.com;

M-Th, 5:30 a.m.-11 p.m., Fri, 5:30 a.m.-9 p.m., weekends, 7 a.m.-9 p.m.

Description: One of the largest sports and fitness center in Dallas with 62,000 square feet of space, they offer yoga, Pilates, spinning, kickboxing, step and other classes every week. Nutritional counseling offered.

Energy Fitness. 2901 Cityplace Blvd., Suite 100 in the West Village, 214-219-1900; Utownenergy.com; M-Th, 5 a.m.-11 p.m., Fri, 5 a.m.-9 p.m., Sat, 8 a.m.-8 p.m., Sun, 8 a.m.-6 p.m.

Description: Cutting edge fitness equipment featuring Nordic Trac and Life Fitness in an energetic, elite atmosphere.

Turtle Creek Athletic Club. 3102 Oak Lawn Ave., Suite 300, 214-219-2167; TCathletic.com; M-Th, 5 a.m.-10 p.m., Fri, 5 a.m.-9 p.m., Sat, 8 a.m.-8 p.m., Sun, 9 a.m.-6 p.m.

Description: Total results are the key to fitness. A complete training and



nutrition plan is designed for each member. The Web site offer an enrollment discount.

24 Hour Fitness. 700 N. Harwood St., 10th Floor Bryan Tower, 214-220-2423; 24hourfitness.com; M-F, 5 a.m.-9 p.m., weekends, 8 a.m.-8 p.m.

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